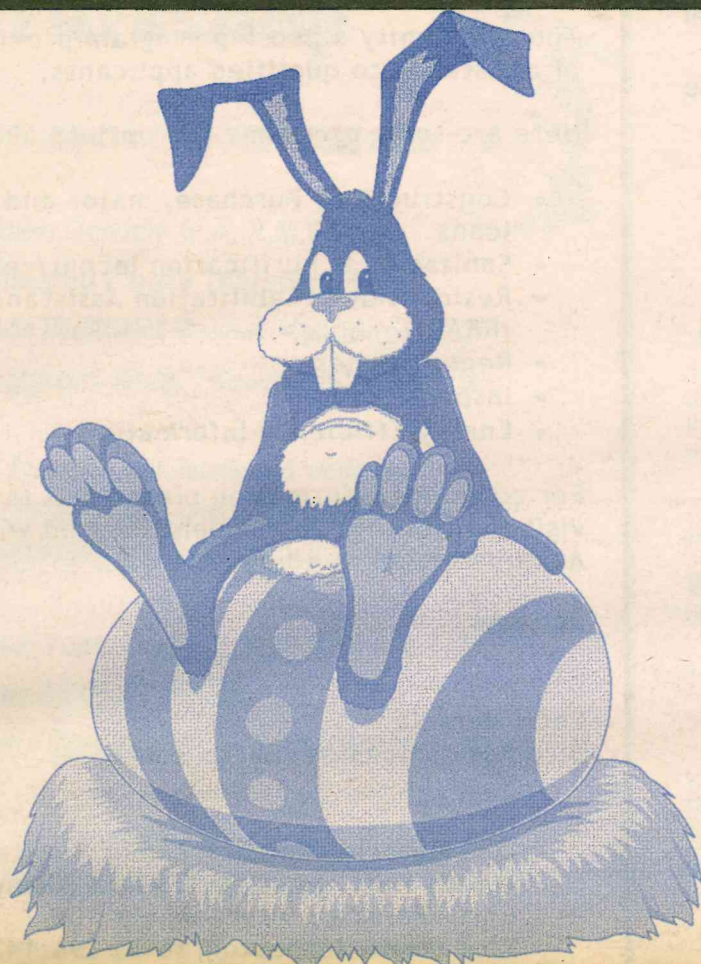


# TYENDINAGA NEWSLETTER



## ISSUE 4/07



### HAPPY EASTER

The Offices will be CLOSED  
Friday April 5 & Monday April 9

**PLEASE NOTE THAT T.M.C.  
MEETINGS ARE SCHEDULED FOR:**

**WEDNESDAY, April 11** (agenda deadline April 5 at 12:00 p.m.  
*due to the holiday weekend*)

**WEDNESDAY, April 25** (agenda deadline April 20 at 12:00 p.m.)  
(Local Business: 7:00 p.m.)

**TUESDAY, April 19** (agenda deadline April 13 at 4:00 p.m.)  
(Regular Meeting: 9:00 a.m.)

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#### Newsletter Deadline

Tuesday, April 24

12:00 noon

396-3424

*We're on the Internet*

[www.mbq-tmt.org/](http://www.mbq-tmt.org/)

#### JOB POSTINGS

Positions that become available with the Mohawks of the Bay of Quinte can now be viewed on the Tyendinaga Mohawk Territory Web Site.

[www.mbq-tmt.org/](http://www.mbq-tmt.org/)

## ADMINISTRATION

### LANDFILL CLOSURE UPDATE

Indian and Northern Affairs approved to cost share the landfill closure expenses 50-50 with Tyendinaga Mohawk Council. Originally the site was to be closed by March 31, 2007 however, based upon the preliminary design; additional site assessments are required due to the volume of trucked fill which increased the costs from the previous estimate. The additional investigations will explore the feasibility of maximizing existing fill material at the site to minimize trucked fill in an effort to reduce costs.

The following is a revised timeline to complete the closure:

- April 13<sup>th</sup> Proposals for Waste Truck Deadline
- April 15<sup>th</sup> Landfill Closure Design Completed
- April 30<sup>th</sup> Truck Ordered
- April 15<sup>th</sup>-May 7<sup>th</sup> Closure Tender Period
- May 15<sup>th</sup> Contractor Selected
- July 31 Landfill Closure Completed

A curbside collection program for both waste and recyclables will be implemented upon the purchase of a waste collection truck. The operation and maintenance costs to operate the program will not be covered 100% by Indian and Northern Affairs. Therefore, the options under consideration include implementing bag tags and bag limits. There will be advanced notice before implementing a bag tag or bag restriction program. Please look for monthly updates in the newsletter.

If you have any questions or comments please contact Kristin Maracle or Todd Kring at the Administration Office, 396-3424 ext 125 or 134.

### NOTICE

The Mohawks of the Bay of Quinte is looking for any Community Members interested in being part of the Mohawk Landing Planning Committee

If you are interested, please submit your name to Shelley Bowden at the Administration Office @ 613-396-3424 no later than Wednesday, April 11, 2007

#### TERMS OF REFERENCE MOHAWK LANDING PLANNING COMMITTEE

1. To prepare the plan for the Mohawk Landing celebration that occurs the long weekend in May each year.
2. The celebration plan is to be based on Mohawk culture and our perspective to the Landing.
3. To submit the plan to the Chief and Council for approval by April 30<sup>th</sup> of each year.
4. To limit the cost of the celebration to \$2,000.00.

### HOUSING PROGRAM INFORMATION

Are you or someone you know considering to build or purchase a home, would you like to replace that leaky old roof or undertake major or minor renovations?

The community's housing program provides various forms of assistance to qualified applicants.

Here are some programs and options available:

- Construction, Purchase, major and minor renovation loans
- Sanitation & Purification Incentive(s)
- Residential Rehabilitation Assistance Program (RRAP)
- Rental Homes
- Inspections
- Energy Efficiency Information

For complete information please call (613) 396-3424 or visit the Housing department located within the Administration Building.

Nia:wen,

Chris Maracle  
Director of Housing, Parks & BPM

Lori Maracle, Housing Admin Assistant, ext: 128  
Wendy Hutt, Housing Account Manager, ext: 102  
Chris Maracle, Director, ext 105  
Rick Brant, Inspector, (613) 396-1471

### EMPLOYMENT & TRAINING

#### NOTICE

Mr. Claude Boily, Human Resource person for the Kellogg's company will be coming to Tyendinaga Mohawk Territory, ON. He will be making a presentation regarding Kellogg's. A question and answer session will begin immediately after the presentation.

Please join us at the information session and have your questions ready regarding the employment process for Kellogg's.

**DATE: WEDNESDAY, APRIL 18, 2007**

**TIME: STARTING AT 2:00 P.M.**

**PLACE: 1807 YORK ROAD  
TYENDINAGA MOHAWK COMMUNITY CENTRE  
(UPSTAIRS)**

**WHERE: TYENDINAGA MOHAWK TERRITORY, ON**

If you have questions prior to attending the meeting with Kellogg's, regarding the information session please contact me at the Mohawk Administration Office, 613-396-3424 EXT 104.

Thank you.

Sandy Sero  
Employment & Training  
Mohawks of the Bay of Quinte

# MEETING MINUTES

## TYENDINAGA MOHAWK COUNCIL MINUTES FEBRUARY 8, 2007

A special meeting of the Tyendinaga Mohawk Council held on Thursday, February 8, 2007 at 1:00 p.m. in the Council Chambers regarding the 2006/07 Proposed Budgets.

Present: Chief R. Donald Maracle  
Councillors: Barry Brant, Roy C. Maracle and Blaine Loft. Trevor Lewis was absent due to work related business.  
Staff: Rod Jeffries, CAO, and Sue Maracle, Finance Officer

MOTION #1: Moved by Barry Brant, seconded by Blaine Loft that this Council approve the change in name of the former Emergency Loan Fund to Discretionary Fund which is comprised of the Emergency Loan Fund that is capped at \$50,000.00, the Roads Clean-Up Initiative and other expenses.

Carried.

MOTION #2: Moved by Roy C. Maracle, seconded by Barry Brant that this Council approve the special report dated January 26, 2007 on the newly named Discretionary Fund that has a total balance of \$94,988.23.

Carried.

MOTION #3: Moved by Barry Brant, seconded by Blaine Loft that this Council approve to utilize \$14,313.00 from Casino Rama Funds towards the Richmond Landfill Site. Mohawk Council Resolution to follow.

Carried.

MOTION #4: Moved by Barry Brant, seconded by Roy C. Maracle WHEREAS, The Tyendinaga Mohawk Council has deemed Recreation to be an integral component of the services provided to the community, and THEREFORE BE IT RESOLVED that the Tyendinaga Mohawk Council approve to utilize the Casino Rama funds under the Health component in the amount of \$73,146.52 to ensure sustainability of the 2006-07 Recreation Program. M.C.R. #2006/07-142

Carried.

MOTION #5: Moved by Roy C. Maracle, seconded by Barry Brant that this Council approve all the Program Budgets for 2006/2007.

Carried.

MOTION #6: Moved by Roy C. Maracle, seconded by Blaine Loft that this Council approve the Home Support Program Budget for 2007/2008.

Carried.

MOTION #7: Moved by Barry Brant, seconded by Roy C. Maracle that this Council approve to send a letter of support for David R. Maracle's endeavor to host Mr. Chaoparaya Arayaputra from Thailand as part of a cultural exchange.

Carried.

MOTION #8: Moved by Blaine Loft, seconded by Roy C. Maracle that this meeting adjourn. (2:20 p.m.)

Carried.

Recorded by:  
Rod Jeffries, CAO

Rod Jeffries  
Chief R. Donald Maracle

Disclaimer: Comments of individual members may not necessarily reflect the opinion of the whole Council.

## TYENDINAGA MOHAWK COUNCIL MINUTES FEBRUARY 19, 2007

A special meeting of the Tyendinaga Mohawk Council was held on Monday, February 19, 2007 at 11:00 a.m. in the Council Chambers.

Present: Chief R. Donald Maracle was absent; on a conference call at home  
Councillors: Trevor Lewis, Barry Brant and Roy C. Maracle. Blaine Loft was absent due to illness.  
Staff: Brant Bardy, Communications Officer

MOTION #1: Moved by Barry Brant, seconded by Trevor Lewis that this Council convene a special meeting to address two urgent matters and in the absence of Chief R. Donald Maracle that Roy Maracle be appointed chair.

Carried.

MOTION #2: Moved by Trevor Lewis, seconded by Barry Brant that the Tyendinaga Mohawk Council hereby approve of awarding the Peatland Design Project to the lowest bidder as recommended by First Nations Engineering Service. The lowest bidder was Build-All Contractors for the amount of \$1,169,576.

Carried.

MOTION #3: Moved by Barry Brant, seconded by Trevor Lewis that the Tyendinaga Mohawk Council request an official letter be sent to the Minister of Indian Affairs requesting that a public announcement be made regarding the status of the Culbertson Tract lands; stating that the land continues to be Mohawk land.

Carried.

MOTION #4: Moved by Barry Brant, seconded by Trevor Lewis that this meeting be adjourned. (11:30 a.m.)

Carried.

Recorded by:  
Brant Bardy

Chief R. Donald Maracle  
Chief R. Donald Maracle

Disclaimer: Comments of individual members may not necessarily reflect the opinion of the whole Council

## TYENDINAGA MOHAWK COUNCIL MINUTES FEBRUARY 21, 2007

A meeting of the Tyendinaga Mohawk Council was held on Wednesday, February 21, 2007 at 9:00 a.m. in the Council Chambers.

Present: Chief R. Donald Maracle  
Councillors: Barry Brant, Roy C. Maracle and Blaine Loft. Trevor Lewis was absent due to work related reasons.  
Staff: Rod Jeffries, CAO

Chief R. Donald Maracle opened the meeting with Prayer.

MOTION #1: Moved by Barry Brant, seconded by Blaine Loft that the Tyendinaga Mohawk Council Minutes of December 19, 2006 be accepted as read.

Carried.

MOTION #2: Moved by Barry Brant, seconded by Roy C. Maracle that the Tyendinaga Mohawk Council Minutes of January 10, 2007 be accepted as read.

Carried.

MOTION #3: Moved by Barry Brant, seconded by Blaine Loft that the Tyendinaga Mohawk Council Local Business Minutes of January 17, 2007 be accepted as read.

Carried.

MOTION #4: Moved by Roy C. Maracle, seconded by Blaine Loft that the Tyendinaga Mohawk Council Minutes of January 23, 2007 be accepted as amended.

Carried.

MOTION #5: Moved by Barry Brant, seconded by Roy C. Maracle that the Tyendinaga Mohawk Council Special Minutes of January 27, 2007 be accepted as amended.

Carried.

MOTION #6: Moved by Barry Brant, seconded by Roy C. Maracle that the Tyendinaga Mohawk Council Special Minutes of January 31, 2007 be accepted as amended.

Carried.

MOTION #7: Moved by Blaine Loft, seconded by Roy C. Maracle that the Tyendinaga Mohawk Council Minutes of February 7, 2007 be accepted as read.

Carried.

MOTION #8: Moved by Barry Brant, seconded by Roy C. Maracle that the Tyendinaga Mohawk Council Local Business Minutes of February 14, 2007 be accepted as read.

Carried.

MOTION #9: Moved by Barry Brant, seconded by Roy C. Maracle that this Council acknowledge the Environment Committee Minutes dated January 22, 2007.

Carried.

MOTION #10: Moved by Barry Brant, seconded by Blaine Loft that this Council acknowledge the Ontario First Nations Technical Services Corporation Board of Directors Report.

Carried.

# MEETING MINUTES

The following meeting dates were acknowledged:

- February 21, 10:40 a.m. – Zac McCue, Aboriginal Athlete & Youth Role Model Pilot Program
- February 22-23 – Iroquois Caucus Organizational Working Group
- February 26, 9:00 a.m. – Tyendinaga Mohawk Council Caucus Meeting
- February 27, 4:00 p.m. – Tyendinaga Mohawk Council Local Business Meeting
- February 27, 28 & March 1 – Ontario Chief's Forum on Health in Toronto
- March 1, 7:00 p.m. – Election Reform Community Meeting at Quinte Mohawk School
- March 5, 9:00 a.m. – Tyendinaga Mohawk Council Caucus Meeting
- March 9-11 – Strategic Health Plan Retreat
- March 12, 9:00 a.m. – Tyendinaga Mohawk Council Caucus Meeting
- March 19 – Chief's Committee on Health in Toronto
- March 19, 9:00 a.m. – Tyendinaga Mohawk Council Caucus Meeting
- March 20, 10:00 a.m. – 4:00 p.m. – Emergency Measures Table Top Exercise
- March 20-21 – AFN Chief's Committee on Health in Ottawa
- March 26, 9:00 a.m. – Tyendinaga Mohawk Council Caucus Meeting
- March 28-29 – Iroquois Caucus in Kahnawake

**MOTION #11:** Moved by Blaine Loft, seconded by Roy C. Maracle that this Council approve to hold an Internal Strategy Meeting on February 26, 2007 at 9:00 a.m. regarding the Culbertson Tract Claim.  
Carried.

**MOTION #12:** Moved by Blaine Loft, seconded by Roy C. Maracle that this Council approve to have the CAO Evaluation during the March 12, 2007 Council Caucus meeting.  
Carried.

Darlene Loft introduced Zac McCue, Aboriginal Athlete and Youth Role Model Pilot Program, to Council. Zac is from Curve Lake and is associated with Steam Team. He is scheduled to visit Tyendinaga three times re: counseling and motivating youth in sports.

**MOTION #13:** Moved by Roy C. Maracle, seconded by Barry Brant that this Council approve to meet on March 7 and March 21, 2007 at 9:00 a.m. for regular Council and March 14 at 7:00 p.m. and March 26 at 4:00 p.m. for Local Business.  
Carried.

**MOTION #14:** Moved by Barry Brant, seconded by Blaine Loft that this Council approve the following meetings outside of Territory for Council: Chief Maracle: February 27, 28 & March 1 – Ontario Chief's Forum on Health in Toronto; March 19 – Chief's Committee on Health in Toronto and March 20 & 21 – AFN Chief's Committee on Health in Ottawa.  
Carried.

**Note:** Barry Brant's travel to Six Nations on February 19-20, 2007 re: Lands Survey Committee was re-scheduled to March 13-14, 2007.

**Note:** Two meetings with the Five Large First Nations - dates to be scheduled on Study of Inequitable Funding.

**MOTION #15:** Moved by Barry Brant, seconded by Roy C. Maracle that this Council approve to send a letter to Ms. Denise Stonefish, Grand Chief, Association of Iroquois and Allied Indians regarding Family Violence Initiative/AIAI Disability/INAC Allocation.  
Carried.

**MOTION #16:** Moved by Barry Brant, seconded by Blaine Loft that this Council approve the following Applications for Business Registrations as recommended:

1. Mohawk Auto Body, Howard & Nancy Brant – owners; type of business: auto body repair and paint (renewal)
2. Roxanne's Place, Roxanne Lewis – owner; type of business: restaurant (renewal)
3. Two Toes Variety, Nancy & Howard Brant – owners; type of business: variety (candy & snacks) (new)

Carried.

**MOTION #17:** Moved by Barry Brant, seconded by Blaine Loft that this Council approve to ask for a status report from Alan Pratt, MBQ solicitor, regarding hydro utilities in Turton Penn.  
Carried.

**MOTION #18:** Moved by Roy C. Maracle seconded by Blaine Loft that this Council approve payment of the following invoices from Alan Pratt: #3020 in the amount of \$214.00 re: Turton Penn Lease #3021 in the amount of \$1,871.46 re: Culbertson Tract Claim  
Carried.

**MOTION #19:** Moved by Roy C. Maracle, seconded by Barry Brant that this Council approve the 2006-2007 CFA Amendment Change #6, #7 and #8.  
Carried.

**MOTION #20:** Moved by Barry Brant, seconded by Roy C. Maracle that this Council approve the Land Transfer from Beverley Anne Hill & Leslie David Hill to Amanda Marie Woodward, the whole of Lot 21A-5, Concession 1, as shown on Plan No. RSO 1475 and the whole of Lot 21A-6, Concession 1, as shown on Plan No. RSO 3618.  
Carried.

**MOTION #21:** Moved by Barry Brant, seconded by Blaine Loft that this Council approve the Land Transfer from Bonnie Marie Thompson to Cassie Laine Thompson, the whole of Lot 27C-8, Concession 1, as shown on Plan No. 6961R RSO.  
Carried.

**MOTION #22:** Moved by Barry Brant, seconded by Roy C. Maracle that this Council approve the three year Agricultural Lease between David & Angie Hill and Herb Hart for the term of May 1, 2007 to April 30, 2010; Lot 27B-1, Concession 1, as shown on Plan No. RSO 2111 and Lot 27B-2-2, Concession 1, as shown on Plan No. RSO 6961R. M.C.R. #2006/07-143  
Carried.

**MOTION #23:** Moved by Barry Brant, seconded by Blaine Loft that this Council approve the three year Agricultural Lease between Muriel Freda Maracle and Herb Hart for the term of May 1, 2007 to April 30, 2010; Lot 14A-1, Concession 2, as shown on Plan RS 2007 and Lot 15A-1, Concession 2, as shown on Plan 896 RSO. M.C.R. #2006/07-144  
Carried.

**MOTION #24:** Moved by Barry Brant, seconded by Blaine Loft that this Council approve the three year Agricultural Lease between Audrey Maracle and Herb Hart for the term of May 1, 2007 to April 30, 2010; Lot 27A-1, Concession 1, as shown on Plan CLSR 74979 and Lot 28C-2, Concession 1, as shown on Plan CLSR 76646. M.C.R. #2006/07-145  
Carried.

**MOTION #25:** Moved by Blaine Loft, seconded by Barry Brant  
WHEREAS the Mohawks of The Bay of Quinte do not have a Fitness Resource Centre  
AND WHEREAS youth/family developing healthy lifestyles are a priority of the leadership;  
AND WHEREAS the Mohawks of The Bay of Quinte staff are committed to start this project before the future Recreation/Sports Complex is completed in the temporary location of the Tyendinaga Fitness Resource Centre  
AND WHEREAS the Mohawks of The Bay of Quinte has submitted a proposal for funding at the amount of \$93,650.00 for over two years to the Trillium Foundation for the "Tyendinaga Fitness Resource Centre"  
THEREFORE BE IT RESOLVED that Chief and Council support this "Tyendinaga Fitness Resource Centre" as a temporary space until the new Recreation/Sports Complex is completed because the health of our people of being physically active needs to start with small steps today.  
M.C.R. #2006/07-146  
Carried.

**MOTION #26:** Moved by Blaine Loft, seconded by Barry Brant that this Council will consider the Ministry Natural Resources' request for data collected by the Mohawks of the Bay of Quinte if MNR provides money for a year round program re: Spring Monitoring Program.  
Carried.

**MOTION #27:** Moved by Barry Brant, seconded by Roy C. Maracle that this Council approve the request from Hydro One for the placement of an anchor on MBQ land located on Lot 32J-7, Concession A as shown on RSO 852.  
Carried.

**MOTION #28:** Moved by Barry Brant, seconded by Blaine Loft that this Council declined participation in the Matrimonial Real Property meeting in Ottawa being held this week and that a letter be sent regarding TMC practices on matrimonial property.  
Carried.

**MOTION #29:** Moved by Barry Brant, seconded by Roy C. Maracle that this Council approve payment of the invoice from Patrick Schindler dated January 31, 2007 in the amount of \$25,000.00 for the period of December 6, 2006 to January 31, 2007 regarding the Johnson Brant Litigation and recommend that Barry Brant and Trevor Lewis meet with Patrick Schindler for an update.  
Carried.

**MOTION #30:** Moved by Barry Brant, seconded by Blaine Loft  
That the Tyendinaga Mohawk Council hereby support the submission to Kagita Mikam Aboriginal Employment & Training Services in the amount of \$59,203.40 for the Employment Counselor Proposal for the fiscal year 2007 - 2008. Amount includes client based funds of \$10,000.00. M.C.R. #2006/07-147  
Carried.

MEETING MINUTES

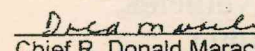
- MOTION #31: Moved by Roy C. Maracle, seconded by Barry Brant that this Council approve to send a letter to Jim Prentice, Minister of Indian Affairs, regarding a Request for a Public Announcement on the Culbertson Tract Claim. Carried.
- MOTION #32: Moved by Barry Brant, seconded by Blaine Loft that this Council approve to send a letter to Elton A. Brant, B.A., LL.B, re: Land Dispute relating to Morley Maracle. Carried.
- MOTION #33: Moved by Barry Brant, seconded by Roy C. Maracle that this Council approve for drill test sites to be done re: land to be used by FNTI for their campus and that a copy of test results be provided to MBQ. Carried.
- MOTION #34: Moved by Roy C. Maracle, seconded by Barry Brant that this Council approve to apply to the Environmental Bill of Rights process regarding the Richmond Landfill with Richard Lindgren at no cost to MBQ. Carried.
- MOTION #35: Moved by Roy C. Maracle, seconded by Barry Brant WHEREAS the local community strongly objects to the continued operation and use of the Richmond Site for the same environmental reasons that led to the refusal of the expansion application (i.e. concerns over impacts upon groundwater, surface water, and air quality) and WHEREAS Tyendinaga Mohawk Territory residents have endured the Richmond Landfill (and its impacts) for over 50 years BE IT RESOLVED THAT the Council of the Mohawks of The Bay of Quinte hereby requests the MOE to immediately amend the site's certificate of approval under Part V of the Environmental Protection Act by imposing new conditions which require WM:  
1. To stop accepting and disposing waste and contaminated soils at the Richmond Landfill by March 1, 2007; and  
2. To immediately prepare, with meaningful public input, an appropriate Richmond Landfill closure plan (including post-closure care, monitoring, remediation and contingency measures) that takes effect on March 1, 2007.  
AND BE IT FURTHER RESOLVED to advise the Mohawks of The Bay of Quinte in writing of the various steps that the MOE intends to take in relation to this urgent request.  
AND BE IT FINALLY RESOLVED that the Mohawks of The Bay of Quinte sends a letter stating this motion to:  
The Hon Laurel Broten, Ontario Minister of the Environment; Premier Dalton McGuinty, Premier of Ontario; Deborah Richardson, INAC; Jim Prentice, INAC; John Baird, Minister of Environment Canada; Paul Shaffer; Daryl Kramp, MP, Ernie Parsons, MPP; Leona Dembrosky, Ministry of Agriculture; Angus Toulouose, Ontario Regional Chief; Denise Stonefish, Grand Chief AIAI, and Phil Fontaine, National Chief AFN. M.C.R. #2006/07-148 Carried.
- MOTION #36: Moved by Blaine Loft, seconded by Roy C. Maracle to go in private. Carried.

Summary of Private Minutes:

- Approval of Private Minutes: December 19, 2006, January 4, 2007 Special, January 18, 2007 Special, January 23, 2007, February 7, 2007 and February 14, 2007 Local Business

Recorded by:  
Molly Kohoko

Rod Jeffries  
Chief Administrative Officer

  
Chief R. Donald Maracle

Disclaimer: Comments of individual members may not necessarily reflect the opinion of the whole Council

TYENDINAGA MOHAWK COUNCIL MINUTES  
MARCH 7, 2007

A meeting of the Tyendinaga Mohawk Council was held on Wednesday, March 7, 2006 at 9:10 a.m. in the Council Chambers.

Present: Chief R. Donald Maracle  
Councillors: Trevor Lewis, Barry Brant and Blaine Loft. Roy C. Maracle arrived at 10:10 a.m. due to dental appointment.  
Staff: Angela Maracle, Administrative Officer

Chief R. Donald Maracle opened the meeting with prayer.

- MOTION #1: Moved by Blaine Loft, seconded by Barry Brant that the Tyendinaga Mohawk Council Special Minutes of February 8, 2007 be accepted as read. Carried.
- MOTION #2: Moved by Barry Brant, seconded by Trevor Lewis that the Tyendinaga Mohawk Council Special Minutes of February 19, 2007 be accepted as corrected. Carried.
- MOTION #3: Moved by Barry Brant, seconded by Blaine Loft that the Tyendinaga Mohawk Council Minutes of February 21, 2007 be accepted as corrected. Carried.
- MOTION #4: Moved by Trevor Lewis, seconded by Barry Brant that this Council acknowledge the Kanhiote Tyendinaga Territory Public Library Minutes dated February 6, 2007. Carried.
- MOTION #5: Moved by Blaine Loft, seconded by Trevor Lewis that this Council acknowledge the Environmental Committee Minutes dated January 8, 2007. Carried.

The following scheduled meetings were acknowledged:

- March 9-11 – Strategic Health Plan Retreat – portfolio holders only to attend
- March 12, 9:00 a.m. – Tyendinaga Mohawk Council Caucus Meeting
- March 12, to follow – Process for CAO Evaluation
- March 13 & 14 – Lands Survey Committee in Six Nations (Barry Brant)
- March 14, 7:00 p.m. – Tyendinaga Mohawk Council Local Business Meeting
- March 19 – Chief's Committee on Health in Toronto (Chief Maracle attending)
- March 19, 9:00 a.m. – Tyendinaga Mohawk Council Caucus Meeting
- March 20, 8:30 a.m. – 3:00 p.m. – Emergency Measures Table Top Exercise
- March 20 & 21 – AFN Chief's Committee on Health in Ottawa (Chief Maracle attending)
- March 21, 9:00 a.m. – Tyendinaga Mohawk Council Regular Meeting
- March 26, 9:00 a.m. – Tyendinaga Mohawk Council Caucus Meeting
- March 26, 4:00 p.m. – Tyendinaga Mohawk Council Local Business Meeting
- March 28 & 29 – Iroquois Caucus in Kahnawake
- March 28, 29 & 30 – A.I.A.I. Chief's Council in Toronto

- MOTION #6: Moved by Barry Brant, seconded by Trevor Lewis that this Council approve to meet on March 14, 2007 at 9:00 a.m. for approval of 2007/08 Proposed Budgets. Carried.
- MOTION #7: Moved by Trevor Lewis, seconded by Barry Brant that this Council approve to meet on March 27, 2007 at 9:00 a.m. for Culbertson Negotiations with Federal Government. Carried.
- MOTION #8: Moved by Barry Brant, seconded by Blaine Loft that this Council approve to meet on March 26, 2007 at 10:30 a.m. with Ministry of Environment regarding the next steps for the Deloro Mine Site Integrated Clean Up Plan. Carried.
- MOTION #9: Moved by Barry Brant, seconded by Blaine Loft that this Council approve to meet on March 26, 2007 at 1:00 p.m. with Canadian Hydro Developers regarding projects that are taking place on Wolfe Island and Royal Road in Picton. Carried.
- MOTION #10: Moved by Barry Brant, seconded by Trevor Lewis that this Council defer a decision on the Salmon River Project Limited proposal until March 26, 2007 for further internal discussion. Carried.
- MOTION #11: Moved by Trevor Lewis, seconded by Barry Brant that this Council approve the following meetings outside the Territory:  
Barry Brant: March 8 or 9 – Toronto for meeting with member on Water Plant Land Acquisition and March 13 – Land Survey Committee Meeting in Six Nations  
Blaine Loft: March 19 – Local Health Integrated Networks Governance Meeting in Kingston  
Chief Maracle: March 8 – Meeting with Price Waterhouse in Toronto on First Large First Nations Inequitable Funding Levels Carried.
- MOTION #12: Moved by Trevor Lewis, seconded by Blaine Loft that this Council request input from Tom Maracle, Build All Contractors, on Lot 28, Concession 1 and Plot 54 in the Industrial Park for suitability for the Business Centre site. Carried.

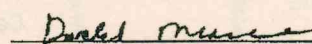
# MEETING MINUTES

- MOTION #13: Moved by Barry Brant, seconded by Trevor Lewis that this Council approve the \$5,000.00 donation from Patrick Schindler, MBQ lawyer, be utilized by the Mohawk Recreation Committee for the period of April 1, 2007 to March 31, 2008. Carried.
- MOTION #14: Moved by Trevor Lewis, seconded by Barry Brant that this Council approve to not sign the Tobacco Retailer Agreement from the Minister of Finance, Client Accounts and Services Branch, for the Statement of Allocation of Tobacco as recommended. Carried.
- MOTION #15: Moved by Blaine Loft, seconded by Roy C. Maracle that this Council approve to sign the Integrated Contribution Agreement Amendment regarding Health Services Accreditation in the amount of \$20,000. Carried.
- MOTION #16: Moved by Barry Brant, seconded by Trevor Lewis that this Council approve the one year Agricultural Lease between Freda Maracle and Clayton Long for the period of April 1, 2007 to March 31, 2008 for Parcels A, B, C & D in Lot 14, Concession 1, as shown on Plan No. 51173 together with Lot 15C, Concession 1, as shown on Plan No. RSO 561. M.C.R. #2006/07-149 Carried.
- MOTION #17: Moved by Barry Brant, seconded by Trevor Lewis that this Council approve the one year Agricultural Lease between Estate of Eileen Brant and Garry Tucker for the period of April 15, 2007 to April 14, 2008 for Lot 20D-4, as son on Plan 3921R RSO, Parcel E, Lot 20, as shown on Plan 4673 CLSR and Lot 20G, as shown on Plan 1012 RSO, all in Concession A. M.C.R. #2006/07-150 Carried.
- MOTION #18: Moved by Barry Brant, seconded by Trevor Lewis that this Council approve the one year Agricultural Lease between Glenn Hill and Garry Tucker for the period of April 1, 2007 to March 31, 2008 for Parcel H Lot 22, Parcel F Lot 23, both shown on Plan 5072 CLSR; Lot 22K-4 as shown on Plan 6616R RSO; Subdivision 1 and 2 Parcel G Lot 23, as shown on Plan 768 LTS; Lot 22N as shown on Plan 2687 RSO; Parcel J Lot 23, as shown on Plan 5072 CLSR; Parcel M Lot 23, as shown on Plan 1495 LS; all in Concession A. M.C.R. #2006/27-151 Carried.
- MOTION #19: Moved by Barry Brant, seconded by Trevor Lewis that this Council approve the one year Agricultural Lease between Chris Maracle and Garry Tucker for the period of April 1, 2007 to March 31, 2008 for Lot 21K-4, Concession A, as shown on Plan RSO 6477R and Lot 22J-4, Concession A, as shown on Plan RSO 1553R. M.C.R. #2006/07-152 Carried.
- MOTION #20: Moved by Barry Brant, seconded by Trevor Lewis that this Council approve the one year Agricultural Lease between Carmen Sero and Garry Tucker for the period of April 1, 2007 to March 31, 2008 for Lot 20F-1, Plan 5457R RSO; Lot 20H, Plan 1012 RSO; Lot 21N, Plan 2686 RSO; Parcel J, Lot 21, Plan 5072 CLSR; Lot 22E-1, Plan 2688 RSO; Lot 22M, Plan 2687 RSO, all Lots in Concession A. M.C.R. #2006/07-153 Carried.
- MOTION #21: Moved by Barry Brant, seconded by Trevor Lewis that this Council approve the two year Agricultural Lease between Mohawks of The Bay of Quinte and Garry Tucker for the period of April 1, 2006 to March 31, 2008 for Lot 20B, Concession A, as shown on Plan CLSR 4673; Lot 21A and Lot 21B, Concession A, as shown on Plan CLSR 5072. M.C.R. #2006/07-154 Carried.
- MOTION #22: Moved by Barry Brant, seconded by Trevor Lewis that this Council approve the Bell Canada request to install a Bell pole on the Bayshore Road to tie a community member into Bell and Hydro at no cost to Mohawks of the Bay of Quinte. Carried.
- MOTION #23: Moved by Trevor Lewis, seconded by Barry Brant to go in private. (11:00 a.m.) Carried.

## Summary of Private Minutes:

- Approval of Private Minutes: February 21, 2007 and February 26, 2007 Special
- Recorded by:  
Molly Kohoko

Angela Maracle  
Administrative Officer

  
Chief R. Donald Maracle

To better serve the community and its members, the Tyendinaga Mohawk Council has asked that the following procedure for public presentations to the Council be recognized. This procedure will ensure that the Council receives all pertinent information in order to serve you and the community. This procedure has not been established to hinder your access to the Council, but to enhance service in a timely fashion.

## PROCEDURE FOR LOCAL BUSINESS

Local Business Meetings are held the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday's of each month at 7:00 p.m. unless otherwise notified.

The deadline for inclusion on the Local Business Agenda is the previous Friday at 12:00 p.m. Requests made after the deadline will be placed on the following Local Business Agenda.

The Tyendinaga Mohawk Council requires that the Community member provide a written statement on the issue the member wishes to discuss by the deadline. Assistance will be provided upon request. This will allow the staff the opportunity to gather any additional information on the issue so the Council can be fully informed and that your time is well spent.

All requests are to be directed to Angela Maracle, Administrative Officer, or Bonnie Thompson, Administrative Support.

The order for the agenda is determined on a first-come, first-serve basis and each slot is scheduled for 20 minutes.

Please be advised that Community members that do not follow this procedure will not be recognized to be heard at the meeting. This is to ensure that all the proper information is available to the Council so that an informed decision can be made that is fair and equitable to every member.

## \*CONSTRUCTION NOTICE\*

Please be advised that TMC has received approval from Indian Northern Affairs to replace the Sewage Lagoon that currently services Quinte Mohawk School, Daycare, and Health Center, with a Peatland Sewage Treatment System.

The Construction is expected to continue on into Mid July.

Please watch for construction vehicles, and avoid the area if possible.

If you have any questions regarding the project please feel free to contact

Todd Kring, Capital Project Officer, 613-396-3424  
or Justin Gee, First Nations Engineering Services,  
519-445-0040

ENVIROMENT

MOHAWKS OF THE  
BAY OF QUINTE

WETLAND, SHORELINE  
AND WATERCOURSE  
ALTERATION POLICY

Wetland, Shoreline and Watercourse Alteration Policy

1.

PURPOSE

- a. The primary purpose of the Wetland, Shoreline and Watercourse Alteration Policy is to ensure projects near shorelines, wetlands, or watercourses are carried out according to best management practices. This policy provides a process to work cooperatively with community members, Mohawks of the Bay of Quinte and Department of Fisheries and Oceans to ensure proposed projects that may impact fish habitat are designed and implemented in such a manner as to avoid a harmful alteration, disruption or destruction of fish habitat.

2.

CONDITIONS

- a. Prior project review and approval is required before any work takes place within 30m of a shoreline, wetland or watercourse.
- b. Community member is required make application to the Technical Department at the Mohawk Administration Office in advance of any work proceeding near surface water.
- c. If the proposed work requires a review by the Department of Fisheries and Oceans, the Technical Department will arrange with their office for any technical review support or meetings that may be required regarding the project design.
- d. Upon receiving approval, all work is to be completed between July 1 and September 15 as per Department of Fisheries and Oceans regulations.

3.

APPLICATION

- a. Application for proposed projects should be submitted to the Technical Department at least three months prior to July 1.
- b. Applicants must demonstrate ownership of the lands for the proposed work through Certificate of Possession or a land transfer which has been approved by the Tyendinaga Mohawk Council.
- c. Applicants must provide a layout or sketch detailing the scope of the proposed project, equipment to be utilized and methodology.
- d. Applicants should contact the Technical Department for additional information, questions or clarification regarding the application process.
- e. The application and supporting documentation must be submitted to the Technical Department located within the Administration Building.

4.

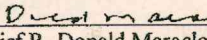
APPROVALS

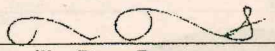
- a. All work must receive prior approval from the Mohawks of the Bay of Quinte, the Department of Fisheries and Oceans and all other relevant agencies prior to commencing the project.
- b. No work shall proceed until the approvals are confirmed by letter from the Technical Department.

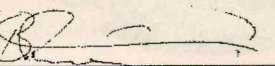
5.

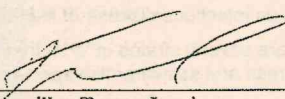
ACCEPTANCE


- a. Duly accepted by a quorum of the Tyendinaga Mohawk Council this 6<sup>th</sup> day of September, 2006.

  
Chief R. Donald Maracle

  
Councillor Barry Brant

  
Councillor Blaine Loft

  
Councillor Trevor Lewis

  
Councillor Roy C. Maracle



MOHAWKS OF THE BAY OF QUINTE  
R.R. #1, Tyendinaga Mohawk Territory, Ontario K0K 1X0  
Phone: (613) 396-3424 Fax: (613) 396-3627

Surface Water Project Application Form

Name: \_\_\_\_\_ Project Location: \_\_\_\_\_  
Address: \_\_\_\_\_  
Telephone #: \_\_\_\_\_ Lot and Concession: \_\_\_\_\_  
Certificate of Possession (Yes/No): \_\_\_\_\_

Project Start Date: \_\_\_\_\_ Project End Date: \_\_\_\_\_  
Project Sketch provided (yes/no): \_\_\_\_\_ Name of Contractor: \_\_\_\_\_

Project Description (include equipment and methodology): \_\_\_\_\_

SAMPLE ONLY

I hereby certify that the above information is correct.

Signature \_\_\_\_\_ Date \_\_\_\_\_

OFFICE USE ONLY

Comments: \_\_\_\_\_



# ENVIROMENT

## Fact Sheet Feuille de Renseignements

Ministry of Natural Resources

Ministère des Richesses naturelles



February 16, 2007

### Help Prevent the Spread of Fish Disease Viral Hemorrhagic Septicemia

#### What is VHS?

- VHS is an infectious disease of fish.
- There are several strains of VHS that affect fresh and saltwater fish species.
- The Great Lakes strain of the virus is new and appears to be affecting multiple species of fish, including:

**Game Fish**  
Walleye  
Yellow perch  
Muskellunge  
Smallmouth bass  
Rock bass  
Chinook salmon

**Baitfish**  
Emerald shiners  
Bluntnose minnows

#### What does a fish with VHS look like?

- A fish can look healthy, showing no signs at all.

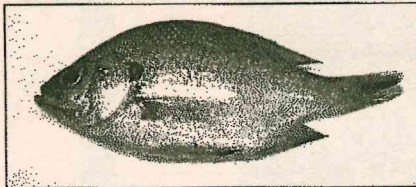


Photo by John Larned

- Or a fish can look sick, showing typical signs of disease.

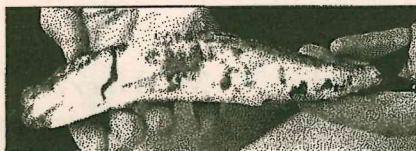


Photo by John Larned

#### Can VHS infect people?

- No, the virus does not affect humans.
- Fish carrying the VHS virus are safe to eat. VHS is destroyed at human body temperature.
- Fish carrying the VHS virus are safe to handle.
- Corkscrew swimming behaviour
- Pale gills and organs
- Bulging eyes
- Hemorrhaging on body and organs
- Darkening of body colour
- Bleeding
- Bloating abdomens

#### Where has VHS been found?

- Lake Ontario
- Lake St. Clair
- St. Lawrence River
- Detroit River
- Lake Erie
- Lake Huron
- Niagara River
- Conesus Lake, NY



**MOHAWKS OF THE BAY OF QUINTE**  
TYENDINGAGA TERRITORY

#### VISION

Tyendinaga, as part of the Mohawk Nation, is a healthy, sustainable Kanienkeha community, built on and united by our language, culture, traditions, knowledge and history.

We exercise our rights and responsibilities for the protection of and respect for our people, our land, our resources and the environment.

## Now Available!

The Administration Office is now on line to receive your payments by on line banking or telephone banking.

For more information please call Carla: 396-3424

October 13, 2005

### TECHNICAL BULLETIN: BACKGROUND VIRAL HEMORRHAGIC SEPTICEMIA (VHS) DETECTED IN THE BAY OF QUINTE

The Ontario Ministry of Natural Resources received notification on September 16, 2005, that Viral Hemorrhagic Septicemia (VHS) virus was diagnosed in association with a mass mortality of freshwater drum in Lake Ontario, Bay of Quinte, in the spring of 2005.

There is no indication that this virus is a threat to public health.

This may be the first time VHS has been detected in a freshwater species outside marine or estuarine waters in Canada, and is the first report of VHS in Ontario and the Great Lakes basin. The source of the virus in the Bay of Quinte is unknown.

The freshwater and marine European isolates of VHS have had a serious impact on the European aquaculture industry (primarily rainbow trout). The Makah or 'North American' strain of VHS found in marine and estuarine waters of the Pacific United States and Canada has proven to be less virulent to salmon and trout species, but it has been associated with significant fish mortality in the wild (e.g. Pacific herring in Alaska).

The east coast marine/estuarine VHS found in Atlantic Canada also appears to be less virulent among salmon and trout. It has been found in the wild in mummichog, stickleback, striped bass and brown trout, but has not been associated with a mass mortality event. The east coast VHS has been found in the Miramichi drainage basin but has not been diagnosed in wild salmon from the Miramichi River. To date, it has not been found in commercial salmon stocks in Atlantic Canada.

The DFO Gulf Fisheries Centre in Moncton has examined the isolates from the Bay of Quinte fish and determined that the virus is definitely a North American strain, and probably east coast related, more than west coast-related. DFO is continuing to work towards a more conclusive analysis.

If the Bay of Quinte isolate is determined to be a new freshwater strain, then little is known about species susceptibility or virulence. Early lab results suggest that the Bay of Quinte isolate is an opportunistic infection expressed as a result of abnormally high water temperatures in late spring/early summer this year. Further analysis and research will need to be carried out with respect to virulence and host-specificity.

MNR is working closely with DFO and the Canadian Food Inspection Agency (CFIA) to further characterize the Bay of Quinte VHS, isolate and to determine what, if any, action is warranted.

-30-

#### CONTACTS:

##### Research:

Dr. Sharon McGladdery  
National Aquatic Animal Health – Science  
Fisheries and Oceans Canada  
Ph: 613-991-6855  
Fx: 613-993-7665  
[mcgladderys@dfo-mpo-gc.ca](mailto:mcgladderys@dfo-mpo-gc.ca)

##### Emergency Response:<sup>1</sup>

Dr. Sharon McGladdery  
National Aquatic Animal Health – Science  
Fisheries and Oceans Canada  
Ph: 613-991-6855  
Fx: 613-993-7665  
[mcgladderys@dfo-mpo-gc.ca](mailto:mcgladderys@dfo-mpo-gc.ca)

##### Implications of VHS on Fisheries Management Activities in Ontario

Lisa Miller-Dodd  
A/Coordinator – Fish Health and Aquaculture  
Fish Culture Section  
Ministry of Natural Resources  
Ph: 705-755-1928  
Fx: 705-755-1957  
[lisa.miller-dodd@mnr.gov.on.ca](mailto:lisa.miller-dodd@mnr.gov.on.ca)

Prepared by: Lisa Miller-Dodd  
A/Coordinator, Fish Health and Aquaculture  
705-755-1928

# EDUCATION

## Trustee Report for March 2007

The Hastings and Prince Edward District School Board is currently looking at the budget for the 2007/2008 school year. School boards across Ontario are required to submit to the province a balanced budget by the end of June each year for the following school year. This is no easy task and often requires cutbacks along the way since the operating grant money also comes from the province. The difficulty comes in recognizing and meeting local needs with grants that are determined by the province.

With Education Week celebrations coming in May we are currently looking to recommend from our school and community a couple of deserving candidates for Educator of the Year, which is selected from across the Quinte region. The successful candidate will be recognized at the Education Week Breakfast at Loyalist College in early May.

For more information on what is happening with the Hastings and Prince Edward School Board, committee and public board minutes can be viewed at the following web site [www.hpedsb.on.ca](http://www.hpedsb.on.ca).

If you have any questions or comments please call Mike Brant at (613)962-3595.

Respectfully submitted  
Mike Brant, HPEDSB Trustee representing Tyendinaga First Nations

**To use as involved community members:** read the newsletter; take part on boards and committees; speak out on matters affecting their children and themselves; understand legal information and their rights as parents, tenants, community members....

### First Nations Community Literacy

- The CLC project is a Frontier College initiative intended to support adult and family literacy in First Nation communities.
- The CLC program will be delivered in informal, voluntary learning sessions with the support of existing community programs and agencies.
- The content and delivery of the CLC program will reflect the values and priorities of our community's literacy needs.

FIRST NATIONS COMMUNITY LITERACY CATALYSTS (CLC) PROJECT 2007

FRONTIER COLLEGE  
MOHAWKS OF THE BAY OF QUINTE

Janice Brant  
Community Literacy Facilitator

RR1, 1042 Lower Slash Road  
Tyendinaga Mohawk Territory  
Deseronto, Ontario  
K0K 1X0 Canada

Phone: (613) 396-3988  
Fax: (613) 396-6852  
E-mail: [jbrant@on.aibn.com](mailto:jbrant@on.aibn.com)

FIRST NATIONS COMMUNITY LITERACY CATALYSTS (CLC) PROJECT 2007

### ADULT & FAMILY LITERACY

#### WHAT IS ADULT LITERACY?

- ADULT LITERACY IS FOR ADULTS AND YOUNG ADULTS 18 YEARS OF AGE AND UP.
- LITERACY IS NOT JUST ABOUT READING AND WRITING; IT IS ALSO ABOUT BUILDING STRONGER FAMILIES AND HEALTHIER COMMUNITIES.
- LITERACY LEARNING CAN ENHANCE:
  - READING AND WRITING
  - NUMERACY
  - WORKPLACE LITERACY SKILLS

#### WHAT IS FAMILY LITERACY?

- Family literacy is for parents and their children under 10 years of age.
- Family Literacy is about developing stronger relationships between parents and children. It supports parents in their role as their child's first, best, and most consistent teacher.
- Family literacy is a celebration of our ability to express and communicate who we are through:
  - Listening and talking
  - Singing and dancing
  - Storytelling and reading stories
  - Asking and answering questions
  - Drawing pictures and writing
  - Creative play
  - Participation

*"It takes an entire village to raise a child."*

#### Literacy is for Life

The Community Literacy Catalyst project is for adults that want better literacy skills

**To use at home:** read to their children or help with homework; read labels; read recipes; safely give or take medicine; follow instructions and read manuals to perform household tasks.

**To use in the community:** read schedules; talk comfortably with doctors and community service providers; shop economically; do banking without help; attend local events and use the library effectively.

### April 2007 Adult & Family Literacy

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Mohawk Family Services Family Literacy 6:30-8:30 pm	5 Head Start Family Literacy Workshop 9:15-10:45 am	6	7
8	9	10 Kanhote Library Adult Literacy 6:30-8:30 pm	11 Mohawk Family Services Family Literacy 6:30-8:30 pm	12 Head Start Adult Literacy Workshop 9:15-10:45 am	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## NOW AT:

### Kanhote Tyendinaga Territory Library!

- ☺ **LITERACY KIT**
- ☺ **Free to families with children 6 years & under**
- ☺ **Includes Mohawk CD**
- ☺ **Fun Thinkers Match Frame**
- ☺ **Fun Thinkers Book**

While supplies last

Hours: Tuesday 8:30-4:30  
Wednesday 8:30-4:30  
Thurs 12:00-4:00 and 6:00-8:00

EDUCATION

To i:i tetewatha:ren

(Let's converse)

Designed to encourage our people to learn and speak Kanienke'ha in our homes.  
To learn how to pronounce the words in the following lessons,  
Tune in to *Kwe Radio 105.9 fm* on  
Tuesday 4:30-5:00 pm, Thursday 6:30-7:00 pm and Sunday 1:00-1:30 pm.

Lesson 1

Key Phrases

Ne	the	nek tsi	but	akwah	quite
Tsi	that	ase'ken	because	sotsi	too
Katon	or	né'e tsi	because	oni	also
ó:nen	now	Shé:kon	again or still		

Dialogue

Shé:kon	hello	Skennenkó:wa ken?	Are you at big peace?
Kwe kwe	hello	Hen, skennenkó:wa.	Yes it is big peace.
		Hen, skennen.	Yes, peace.
Ok ní:se?	And you?	Yah, yah skennen té:ken	No it's not peace.
ó:nen kí:wahi.	Bye for now.	Satatkarí:te ken?	Are you well?
ó:nen.	Bye.	Hen, wakatatkarí:te.	Yes, I'm well.
		Yah, tewakatatkarí:te.	No, I'm not well.
		Oh niyohtonhatye?	How is it going?
		Hen, yoyaneratyé.	Yes, it's going well.
		Yah, teyoyaneratyé.	No, it's not going well.

Ohén:ton Kariwatehkwen

Teyethinonhwará:ton ne...	We give thanks and greetings to...
(use this form when referring to something feminine)	
Tentshitewanonhwará:ton ne...	We give thanks and greetings to...
(use this form when referring to something masculine)	
Teyethinonhwará:ton ne onkwe'shon:'a	We give thanks and greetings to the people.

Keep these lessons on hand while you listen to *Kwe Radio!*

kará:ken	white	kahontsi	black	orón:ya	blue
onekwénhtara	red	otsi:nekwar	yellow	óhente	green
otsyarén:ta	orange	oharennáhta	purple	ata'kén:ra	grey
wahsén:rate	pink	athéhsa	brown		

Oh niwahsohkó:ten? What kind of colour is it? (with reference to inanimate objects)

Oh niwahsohkó:ten ne ahsire?	What colour is the blanket?
Onekwénhtara niwahsohkó:ten ne ahsire.	The blanket is red.

Oh niwahsohkó:ten ne athahsteren?	What colour is the blanket?
Oronya niwahsohkó:ten ne athahsteren.	The pants are blue.

Oh nikayató:ten? What kind of colour is it? (with reference to living things)

Oh nikayató:ten ne takos?	What colour is the cat?
Kahontsi nikayató:ten ne takos.	The cat is black.

Oh nikayató:ten ne yakosatens?	What colour is the horse?
Athéhsa nikayató:ten ne yakostens.	The horse is brown.

Ken? Turns a word into a question that requires a yes or no answer.  
Will always be the 2<sup>nd</sup> word in your sentence.

Otsi:nekwar ken niwahsohkó:ten ne kasere?	Is the car yellow?
Hen, otsi:nekwar niwahsohkó:ten.	Yes, it is yellow.
Yah, yah otsi:nekwar te.	No, it is not yellow.
Kará:ken niwahsohkó:ten ne kasere.	The car is white.

Ata'kén:ra ken nikayató:ten ne erhar?	Is the dog grey?
Hen, ata'kén:ra nikayató:ten.	Yes, it is grey.
Yah, yah ata'kén:ra te.	No, it is not grey.
Athéhsa nikayató:ten ne erhar.	The dog is brown.

Ohén:ton Kariwatehkwen

Teyethinonhwará:ton ne...	We give thanks and greetings to...
Yonkhi'nihstenha Yohwentsyá:te.	Mother Earth.

MOHAWK LANGUAGE IMMERSION 2007  
Class Schedule

SESSION 1 "Making Sense of Learning the Mohawk Language"  July 22-August 3, 2007 Instructor: Frank Miller from Six Nations	SESSION 2 "Reading, Writing & Speaking the Mohawk Language"  August 5-17, 2007 Instructor: Frank Miller from Six Nations
This intensive beginner's class provides a strong foundation for learning Mohawk and is a PREREQUISITE for attendance in Session 2. Basic vocabulary, 225 phonics sounds, incorporated sentences, unincorporated sentences and an introduction to reciting the Ohén:ton Kariwatehkwen will be taught  <u>Introductory Mohawk Conversation</u> This course begins by introducing the student to the current orthography and phonics of the writing system, so they will be able to read and pronounce words correctly when engaged in independent study. The students will also engage in conversations that are everyday practical situational phrases, including greetings, coming and going, occupations, family, weather, topics of study, time, clothing, eating, and asking and answering a variety of questions. The culminating activity will be a field trip so students can practice their language.	This class is for ONLY those students who have successfully completed Session 1 in 2003 or 2004 or completed "Introduction to Mohawk Language" in 2000 or 2001. Students will apply and build on those skills learned in Session 1 to read, write and converse in Mohawk. They will expand on the Ohén:ton Kariwatehkwen.  <u>Intermediate Mohawk Conversation</u> This course is designed for students who have some working experience with the Language and who wish to expand their knowledge in conversation. The students will also engage in a greater variety of conversations that are everyday situational phrases including fixing things, buying and shopping, cooking and eating, time, working, family, housework, and asking and answering a variety of open ended questions. The students will learn how to manipulate the verbs to suite their individual needs. The culminating activity will be a field trip so students can practice their language. Note: A portion of time may also be included to learn a short version of the opening address. This is done through learning the key words in the address. The student will then be able to recite the entire address, which is designed to expand on as they become comfortable with the vocabulary. **Along with courses 1 & 2, we are offering (in English) Cultural/Ceremonial Teachings every other evening at no extra charge. Instructor: Tom Porter

SESSION 3 "Advance Mohawk Language"  August 19-31, 2007 Instructor: Richard Cook Of Akwesasne
This session is for Haudenosaunee students who are already fluent and wish to learn the ceremonial speeches for wakes, funerals and marriages.  Tuition, which includes room and board for each 12-day session is \$1,000 to be paid in full in U.S. funds by the first day of class. A non-refundable deposit of \$100 (to be deducted from the tuition) is due by April 30, 2007. A children's class will be held if there is enough interest.  KANATSIOHAREKE 4934 State Highway #5 – Fonda, NY 12068 Tom's Cell: (518) 469-3905 Tom's Home: (518) 673-5692 (7:00-9:00 pm only) Fax: (518) 673-5575 E-mail: <a href="mailto:kanatsio@hotmail.com">kanatsio@hotmail.com</a>  PLEASE NOTE: THE ABSOLUTE DEADLINE FOR REGISTRATION IS APRIL 30 <sup>TH</sup> .  IF THERE IS INSUFFICIENT ENROLLMENT AS OF APRIL 30 <sup>TH</sup> , CLASS WILL BE CANCELED.  EACH CLASS MUST HAVE A MINIMUM OF 10 STUDENTS.

# EDUCATION



April 2007 Highlights

As Ontario's public educational media organization, TVO creates safe, enriching and fun learning experiences for children, offers support to their parents, and encourages active citizenship through a range of media platforms that allow for interaction and participation in our province.

For information on these and other programs and services, visit [www.tvo.org](http://www.tvo.org).

## TVO puts the Spotlight on Cancer Awareness in April

In April, TVO presents special documentaries and current affairs programming that aim to raise awareness about a key health issue in our society: cancer. Cancer is an indiscriminate disease that affects everyone from the very young to the very old, male and female, directly and indirectly. The word alone is frightening for many, but knowledge is vital in combating the disease. Through personal stories presented in the documentaries *At My Mother's Breast* and *A Lion in the House*, and through insightful reports and discussions on *The Agenda with Steve Paikin*, TVO adds to the understanding of a disease that kills over 25,000 Ontarians every year, and touches the lives of many more.

### A Lion in the House

Sundays April 8 and 15 at 8 pm  
2 / 120 minutes  
Directed by Julia Reichert and Steven Bognar

Filmed over a period of six years, this compelling four-hour documentary follows the stories of five exceptional children and their families as they battle pediatric cancer. Filmmakers Julia Reichert and Steven Bognar stress that with cancer there are no guarantees and the endings for some are not always happy. Their aim in this remarkable film is to put viewers in the shoes of parents, physicians, nurses, siblings, grandparents and social workers as they struggle to defeat an indiscriminate and predatory disease. From the trauma of diagnosis to the physical toll of treatment, this series documents the stresses that can tear a family apart as well as the courage of children facing the possibility of death with honesty, dignity and humour.

Media Contact: Paul Ginis 416.484.2600 x2445 [pginis@tvo.org](mailto:pginis@tvo.org)  
Anne Rubenstein 416.484.2600 x2881 [arubenstein@tvo.org](mailto:arubenstein@tvo.org)  
Audience Relations: 416.484.2665 [asktvo@tvo.org](mailto:asktvo@tvo.org)

### The View From Here At My Mother's Breast

Wednesday, April 4 at 10 pm  
60 minutes  
Directed by Heather Watson-Burgess

Filmmaker Heather Watson-Burgess is 27 years old and fears it is only a matter of time before she develops breast cancer. Her mother, grandmother and great grandmother have lived with the disease. Heather illustrates how this illness changes mothers and daughters and how they become sisters of a kind. They go through the process together and come out forever changed. Through intimate interviews, up-close footage and video diaries, Heather weaves together an extraordinary story of a family coming together and sharing their tender moments of laughter, tears and loss.

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Audience Relations: 416.484.2665 [asktvo@tvo.org](mailto:asktvo@tvo.org)

### The Agenda with Steve Paikin

Special focus on Cancer

8 pm Monday to Friday April 9 to 13

As part of TVO's exploration of cancer and its effects on Ontario's citizens, *The Agenda with Steve Paikin* will present special reports at the top of each show during the week of April 9 that will offer viewers insight into a disease that touches the lives of many Ontarians one way or another.

*The Agenda with Steve Paikin* is TVO's flagship current affairs program practicing what its trusted anchor Steve Paikin calls "long-form" journalism. Each program focuses on one or two issues, never more, providing Ontarians with more intelligent analysis, and more robust, thought-provoking debate and discussion among newsmakers and experts.

Also in April, on *Allan Gregg in Conversation* on April 8, 2007 at 11 pm, well-known broadcaster, columnist and cancer survivor, Dr. Marla Shapiro talks to Allan about her personal journey from doctor to patient when she was diagnosed with breast cancer. And on *PAULA TODD Person 2 Person* on April 13, 2007 at 10 pm, inspirational speaker and cancer survivor, Annie Smith, talks about her battle with this terrible disease that has affected every major organ in her body. Now she helps children and parents cope with the disease through her lectures and writing about being a cancer patient and using illustrations of her alter-ego, Bear.

Media Contact: Paul Ginis 416.484.2600 x2445 [pginis@tvo.org](mailto:pginis@tvo.org)  
Anne Rubenstein 416.484.2600 x881 [arubenstein@tvo.org](mailto:arubenstein@tvo.org)  
Audience Relations: 416.484.2665 [asktvo@tvo.org](mailto:asktvo@tvo.org)

Also this month...

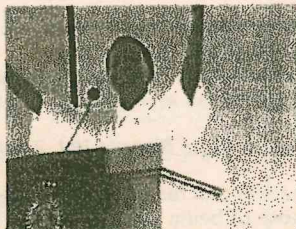
### Your Voice

Live!  
Tuesdays at 1 pm, exclusively on TVOParents.com  
30 minutes

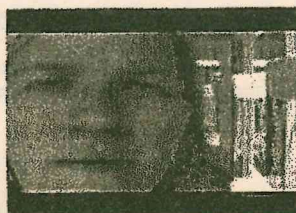
*Your Voice* is the first live exclusively online interactive parenting show at TVOParents.com. *Your Voice* combines the power of the Internet with the immediacy of live interaction to provide EXPERT advice in REAL-TIME for parents and caregivers on how they can help their children succeed in school. Parents told us they needed a tool to help them navigate through the challenging period of their child's learning years. With that in mind, TVO created *Your Voice* specifically for parents of kids aged 2 to 12. Every Tuesday, *Your Voice* host Cheryl Jackson, an award-winning journalist and mother of three, welcomes education and child development experts to explore issues facing parents and their kids. During the show, Jackson and guest experts will take questions from parents via email or phone. Parents can also share their opinions and experience with other parents through an online chat. At the end of each show, an open-ended segment with parenting expert Beverley Cathcart-Ross called "Ask Away" allows parents to ask their own personal questions on any topic.

Topics in March and April include:

- Parents: Hurdles to School Success? (March 13)



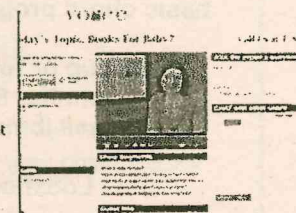
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VIDEO: Hi Speed Lo Speed



VIDEO: Hi Speed Lo Speed



VIDEO: Hi Speed Lo Speed

- Is Your Child Normal? (March 20)
- Immigrants and Education (March 27)
- Schoolyard Bullies (April 3)
- Online Predators (April 10)

Media Contact: Angela Garde 416.484.2600 x2305  
[agarde@tvo.org](mailto:agarde@tvo.org)  
Paul Ginis 416.484.2600 x2445 [pginis@tvo.org](mailto:pginis@tvo.org)  
Audience Relations: 416.484.2665 [asktvo@tvo.org](mailto:asktvo@tvo.org)

## The View >From Here

### Escarpment Blues - World Broadcast Premiere

Wednesday, April 25 at 10 pm  
60 minutes  
Directed by Andy Keen and produced in association with TVO

Nominated for a Best Music DVD Juno, *Escarpment Blues* follows a personal crusade of singer/songwriter, Sarah Harmer. In June 2005, Sarah Harmer launched the I Love The Escarpment tour across southern Ontario in support of PERL (Protecting Escarpment Rural Land), a conservation group she co-founded. The group's aim is to prevent a mining company from expanding their quarry by engulfing the natural area around Mt. Nemo, the plateau near the Burlington, Ontario homestead where Harmer grew up. With an issue close to her heart, Harmer fights to protect the remaining fresh water supply for local inhabitants, save doomed species such as the Jefferson Salamander and butternut tree, and preserve the area's overall ecology balance. The film is a mix of onstage performance and offstage activism including a heated public meeting with mining company executives. Harmer performs such songs as *Dandelions in Bullet Holes*, *Salamandre, I'm A Mountain*, and *Escarpment Blues*.

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## National Geographic

### Insect Wars

Saturday, April 7 at 7 pm  
60 minutes

The world of insect empires is explored including the sometimes brutal battlefield tactics, ingenious defensive strategies and struggles for power between empires. *National Geographic* cameras peer into the inner sanctums of the world's mightiest insect empires, capturing rare and close-up glimpses at the world of invertebrate power not often seen by the naked eye.

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Audience Relations: 416.484.2665 [asktvo@tvo.org](mailto:asktvo@tvo.org)

## Saturday Night at the Movies

Saturdays, beginning at 8 pm

*Saturday Night at the Movies* is an evening of great movies and includes *The Interviews*, your all-access pass to the actors, directors and producers who make the films you love. *The Interviews* examine the themes, myths and conflicts presented in cinema, placing them in context of today's society.

### April 7: It Happened One Night (1934); Mr. Deeds Goes to Town (1936)

#### Interviews: Under Capracorn

Actors James Stewart, Charles Lane, the director's son, Frank Capra Jr., and the maestro himself discuss the political, social and human attributes Capra gave to all his films.

### April 14: The Snake Pit (1948); One Flew Over the Cuckoo's Nest (1975)

#### The Interviews: Hollywood Asylum

Explored or exploited? The ways Hollywood has dealt with the subject of mental illness.

### April 21: Sweet Smell of Success (1957); The Bad and the Beautiful (1952)

#### The Interviews: What Price Success

How cinema has explored the need for success and the lengths to which people will go to achieve it.

### April 28: Witness for the Prosecution (1957); Ox-bow Incident (1943)

#### Interviews: Cinema in the Courtroom

Before cameras were allowed in the courtroom, Hollywood imposed its own take on the judicial system.

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VIDEO: Hi Speed Lo Speed



VIDEO: Hi Speed Lo Speed



VIDEO: Hi Speed Lo Speed



VIDEO: Hi Speed Lo Speed

Remember if you have an EMERGENCY  
CALL **911**

## EDUCATION

### Pleasure Craft Boating Licence



**Great idea, from a community member !**  
If you are interested in obtaining your licence please call (613) 396-3424 ext.107

#### Artist Checklist

- ☐ Are all submission materials clearly labelled according to the submission guidelines?
- ☐ Have you submitted the number of materials requested - no more, no less?
- ☐ Have you completed the ID labels in full?
- ☐ Have you included your most current biography? Artist's statement?

### CALL FOR ENTRY



**For further information contact:**

**Woodland Cultural Centre**

**184 Mohawk St.,  
P.O. Box 1506  
Brantford, ON  
N3T 5V6**

**Phone: 519-759-2650  
Fax: 519-759-2445**

**Email:**  
museum@woodland-centre.on.ca

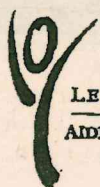
**Website:**  
www.woodland-centre.on.ca

**First Nations Art  
2007  
May 18 - July 22**



**Woodland  
Cultural  
Centre**

Sponsored by:



**LEGAL AID ONTARIO  
AIDE JURIDIQUE ONTARIO**

February 2, 2007

Legal Aid Ontario reminds residents of the Mohawk Territory that a First Nations Advice Clinic operates each Monday (excluding holidays) from 12 – 3pm at the Legal Aid office, 214 Pinnacle Street, Belleville.

The clinic offers advice regarding qualifying legal issues to those financially eligible. A First Nations lawyer is available to those self reporting to be First Nations People.

The clinic is part of the clinic providing legal advice to the general public.

214 Pinnacle Street, Belleville, ON K8N 3A6

Toll free / Sans frais : 888-551-9755  
Phone / Téléphone : 613-962-9634  
Fax / Télécopieur : 613-962-4001  
www.legalaid.on.ca



### The Magenta Foundation's NATIONWIDE Call for Canadian PAINTERS

In the footsteps of The Magenta Foundation's successful *Carte Blanche Vol. 1 Photography*, we are happy to announce the second volume in this collection *Carte Blanche Vol. 2 PAINTING*.

**Submissions begin February 19th and close May 18th 2007.**

The Magenta Foundation would like to extend an invitation to all Canadian painters. Please go to <http://www.magentafoundation.org/en/submissions/submit.php?project=5> to find out how to submit and all criteria associated with this nationwide call for submissions.

#### Why a resource book of Canadian painters?

The main purpose of this book is to provide a survey and showcase of the current state of painting in Canada. A book of this nature will bring the recognition for Canadian painters that is long overdue. Please see all press associated with *Carte Blanche Vol. 1 Photography* on our website.

#### Breakdown of *Carte Blanche Vol. 2 Painting*

- 1] A Canadian Call for Entries for all working painters to submit, showcasing the work they do for the purpose of being selected for the upcoming book in Fall 2008
- 2] All work will be juried by nationwide industry professionals.
- 3] All Painters will be notified about submissions.
- 4] ONLY painters who make the selection will be contacted.
- 5] To accompany the launch of this book, an exhibition will be launched in Toronto Fall 2008

Please note: ALL submissions will be judged upon the bio submitted with the application.

#### The criteria for Artist I which we will ONLY accept is:

**Applicants must be Canadian citizens or permanent residents of Canada.** If you are Canadian and living in another country, if you hold a valid Canadian passport, you are qualified to submit.

Magenta defines painters based on this criteria:

**Emerging Artist** as someone who is at the start of his or her career. All ages can apply here.

**Mid Career Artist** as someone who has specialized training in the field (not necessarily in academic institutions), who is recognized as such by her or his peers (artists working in the same artistic tradition) and who have a history of public presentation or publication

**Established Artists** are those at a mature stage in their careers who have created an extensive body of work and have reached an advanced level of achievement.

Please email [info@magentafoundation.org](mailto:info@magentafoundation.org) for any questions associated with this call for submissions.

Best of luck! Here's to another exciting volume of *Carte Blanche*.



## Group Guitar Workshop

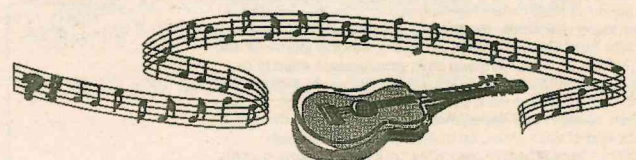
**April 11 – May 16 (Wednesdays 7-8 pm)**

**\$ 80.00 per person**

**Jennifer & Kieran (Karl) will be teaching chords and basic chord progressions for learning songs.**

**To sign up or for more information contact:**  
Jennifer Brant 613-396-3308 or  
email [jbmustang@sympatico.ca](mailto:jbmustang@sympatico.ca)

**Location to be announced.**

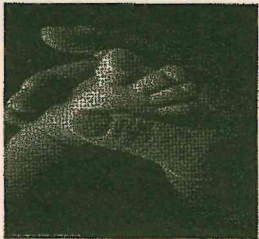


BE SAFE HAVE AN ALCOHOL FREE PREGNANCY

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

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

For more information on having a healthy pregnancy, or information on FASD and resources call the ECD Coordinator 613-396-6716, Health Centre 613-396-3603 or Healthy Babies Healthy Children 613-967-0122.



Coming Events:

Healthy Snack at Quinte Mohawk School April 11<sup>th</sup> & 25<sup>th</sup>  
April 18<sup>th</sup> Scrap booking workshop kit called Child's Play boy or girl kit's each \$10.00  
A Close to My Heart consultant will be instructing the workshop.  
April 20<sup>th</sup> Tom's Walk from Quinte Mohawk School to the Community Centre around noon, all are welcome to take part in this event. This event is to raise awareness in regards to FASD.  
April 21<sup>st</sup> noon - April 22<sup>nd</sup> noon Crop for the Cure this event is held in Kingston at the Lion's Club 935 Sydenham Road.  
April 25<sup>th</sup> Scrap booking workshop at Head Start \$5.00 per person  
Please call if you would like to take part in any of these events space is limited.



Allison White  
ECD Coordinator  
613-396-6716

Support  
**"Tom's Walk" 2007**  
for FASD Awareness



**Coming April 20th thru  
Tyendinaga Mohawk Territory**

Join the walk from the "Quinte Mohawk School" on York Road, at approximately 12:00. There will be refreshments at The Community Centre and an update about the walk so far. Let's show Tom our support and give him a great welcome!!!  
Call Allison @ 396-6716 for more information.

**\*\*Attention Tyendinaga\*\***  
Come out to support "Tom's Walk" 2007

Tom will be going through Tyendinaga Mohawk Territory on April 20 and the ECD Committee would like you to join us to meet Tom at Quinte Mohawk School on York Road and walk with him from there to The Community Centre for a "pit stop".

Tom will be leaving Wal-Mart that morning at 10:00 a.m. and we are estimating his arrival at the School around noon.

We will have drinks and a snack and hear how Tom is doing so far on the walk and then send him on his way to Ottawa.

We are requesting that the business operations post on their road side signs some kind of welcome to Tom and/or some encouraging words of support.

There are pledge forms available if you would like to help raise funds for this very worthy cause.

Mark your calendar now and plan to join us and support this young man on his journey.

If you would like to help with this event or if you have questions, please contact Allison White at Tahatikohsotontie Head Start, 396-6716.

# HEAD START

Tahatikohsotóntie  
Head Start

## NEW!! JR. PRESCHOOL PROGRAM

*"Nurturing Generations  
of strong Spirits"*



Tahatikohsotóntie  
Head Start

#9 Deserontyon Drive  
Tyendinaga Mohawk Territory  
Ontario, K0K 1X0

Phone: 613 - 396 - 6716  
Fax: 613 - 396 - 3409  
E-mail: traceyg@mbq-tmt.org



Tahatikohsotóntie Head Start is offering a new Jr Preschool Program. The program is for Children 2 1/2 - 3 1/2, who are toilet trained. It will run Wednesdays and Fridays from 9—11 am. Parents are not obligated to attend with their children. Children will gain social, language and fine motor skills through interactive games, fingerplays, crafts and songs. Please call Gabrielle at Head Start (613)396—6716 to enroll your child.

Please note we are still offering a drop-in program for children and parents or caregivers Tuesday and Thursday mornings from 9—11 am.



A BIG NYA:WEN FROM THE STAFF AT HEAD START FOR  
THOSE PARENTS AND COMMUNITY MEMBERS FOR  
DONATING BOOKS, TOYS AND PUZZLES.

Sash Making Workshop  
Come out and sew a Sash to go around  
a ribbon shirt or dress.

Katsitsia:se will be facilitating this  
interesting workshop here at Head Start.  
The Sash making workshop will take place on  
Thursday April 19<sup>th</sup> in the evening  
from 6 pm - 9 pm.

8 participants only

If you are interested please call  
MJ Loft at 396-6716 by April 16<sup>th</sup> to register.

Head Start will be closed for the week of April 23<sup>rd</sup> to  
April 27<sup>th</sup> to attend High Scope training.

## Thank You

### Community Elders

**Your great!**

*For the really nice things  
you do.*

*We love our new colourful  
knitted mittens,  
Now little hands are as  
cozy as kittens.*

*Our hats and toques keep  
our ears warm and toasty,  
But it is your kindness that  
has touched us mostly.*

We would also like to thank  
Charlie Brock at Home  
Support Services helping  
co-ordinate this project. We  
are honoured to be a part of  
bringing generations closer  
together.

MJ Loft  
Family Resource coordinator  
613-396-6716



Tahatikohsotóntie  
Head Start

# ABORIGINAL HEAD START

## TAHATIKONHSOTONTIE (7 Generations) HEAD START

***Our Vision Statement is:  
Nurturing Generations of  
Strong Spirits by providing  
resources to children,  
families and  
community that will  
empower self-identity as  
Aboriginal  
People.***



## TAHATIKONHSOTONTIE FIRST NATIONS HEAD START TEAM

Tracey Gazley, Program Manager  
Gabe Doreen, Office Assistant/ECE Teacher  
Laura Wood, ECE Teacher  
Shari Maracle, ECE Teacher  
Betty Maracle, Cultural Teacher  
Melissa Maracle, Mohawk Language Teacher  
Mary Jean, Family Resource Co-ordinator

The Head Start Program has regular parent meetings.

Watch for information regarding programs in the Head Start newsletters or in the Community newsletter.

### Key Components of Head Start

Tahatikonhsotontie Head Start focuses on holistic child development which includes the following 6 components:

- 1) Culture and Language
- 2) Education
- 3) Health
- 4) Nutrition
- 5) Social Support
- 6) Parental Involvement

### Programs and Services

The morning drop-in program is for infants/toddlers and their Parent, Guardian, or Childcare provider.

The afternoon program is designed for children 2 1/2 to 5 years of age. This program is licensed for 22 children under the Ministry of Community and Social Services Day Nursery Act. Children must be registered for the Afternoon Program.

Parents/Guardians are encouraged to assist us by volunteering their time in some capacity.

### Other Services Include:

- Caregiver and Community Workshops
- Home Visits
- Resource lending
- Co-operatively Plan Community Events
- Hosting Cultural and Language Events
- Hosting Social Dances

### Hours of Operation

The facility is opened 8:30 to 4:30 each day. The morning program runs from 9:00 am to 11:00 am, Tuesday through Friday. The afternoon program runs from 1:00 pm to 4:00 pm, Monday through Friday. Evening programs may be available from time to time.

## GOALS

- ★ to support the spiritual, emotional, intellectual and physical growth of each child
- ★ to help each child to enjoy life-long learning
- ★ to support parents and guardians in their role as primary teachers and caregivers
- ★ to help parents play a part in planning, developing, starting up and evaluating the projects
- ★ to support the role of the extended family in teaching and caring for children
- ★ to include the Tyendinaga Mohawk Territory throughout all its stages from planning to evaluation
- ★ to ensure linkages with other programs and services to enhance the project
- ★ to ensure that the resources are used in the best possible way to produce measurable and positive outcomes for everyone involved.

### Philosophy Statements: We Believe....

- ☉ that children are valuable, irreplaceable resources who are gifts from the Creator
- ☉ that all children have the right to develop to their full potential socially, emotionally, intellectually, physically and spiritually
- ☉ in parent involvement, extended family, elders and community members in order to provide a holistic program for our children
- ☉ that we must develop self-esteem, confidence and build our identity in order to be successful in life
- ☉ that it takes a whole community to raise a child
- ☉ that meeting the needs of parents, guardians and family in their role as caregivers, supports growth and development
- ☉ that all people are unique and genius in their own right
- ☉ that respect, love, kindness, humility, honesty, strength, sharing and caring are inherent rights
- ☉ that early exposure is key to empower self-identity as Aboriginal People

## HOW CAN THE COMMUNITY SUPPORT HEAD START

- ☉ volunteer for advisory board and other committees
- ☉ share knowledge and expertise and resources ie: cooking, crafting and gardening
- ☉ participate in surveys, needs assessments and evaluation
- ☉ share legends, singing, dancing and drumming
- ☉ participate in workshops, in-services and information sharing

Please call to enroll your child(ren) or if you have any questions about the program.

#9 Deserontyon Drive  
Tyendinaga Mohawk Territory  
Ontario  
K0K 1X0  
(613) 396-6716  
(613) 396-3409 (Fax)

Funding Provided by First Nations and Inuit Health Branch:  
a Division of Health Canada

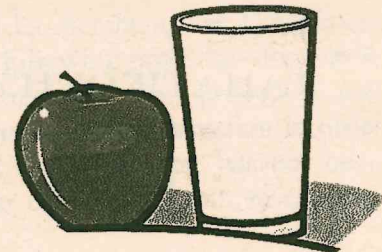


Health  
Canada    Santé  
Canada

Your health and  
safety... our priority.

Votre santé et votre  
sécurité... notre priorité.

# Eating Well with Canada's Food Guide



Recommended Number of Food Guide Servings per Day

Age in Years Sex	Children			Teens		Adults			
	2-3	4-8	9-13	14-18	14-18	19-50	19-50	51+	51+
	Girls and Boys			Females	Males	Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

Having the amount and type of food recommended and following the tips in *Canada's Food Guide* will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.



Enjoy a variety  
of foods from  
the four  
food groups.



Satisfy your  
thirst with water!

Drink water regularly. It's a calorie-free way to quench your thirst. Drink more water in hot weather or when you are very active.

## How do I count Food Guide Servings in a meal?

Here is an example:

### Vegetable and beef stir-fry with rice, a glass of milk and an apple for dessert

- 250 mL (1 cup) mixed broccoli, carrot and sweet red pepper = 2 Vegetables and Fruit Food Guide Servings
- 75 g (2 ½ oz.) lean beef = 1 Meat and Alternatives Food Guide Serving
- 250 mL (1 cup) brown rice = 2 Grain Products Food Guide Servings
- 5 mL (1 tsp) canola oil = part of your Oils and Fats intake for the day
- 250 mL (1 cup) 1% milk = 1 Milk and Alternatives Food Guide Serving
- 1 apple = 1 Vegetables and Fruit Food Guide Serving

## Advice for different ages and stages...

Following *Canada's Food Guide* helps children grow and thrive.

Young children have small appetites and need calories for growth and development.

- Serve small nutritious meals and snacks each day.
- Do not restrict nutritious foods because of their fat content. Offer a variety of foods from the four food groups.
- Most of all... be a good role model.



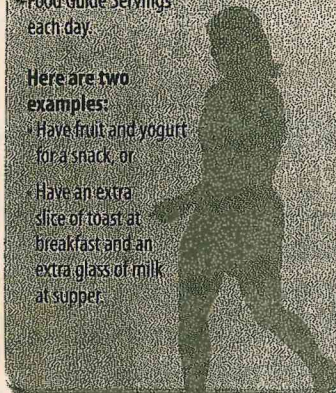
### Women of childbearing age

All women who could become pregnant and those who are pregnant or breastfeeding need a multivitamin containing **folic acid** every day. Pregnant women need to ensure that their multivitamin also contains **iron**. A health care professional can help you find the multivitamin that's right for you.

Pregnant and breastfeeding women need more calories. Include an extra 2 to 3 Food Guide Servings each day.

Here are two examples:

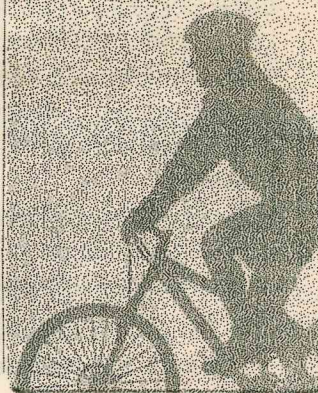
- Have fruit and yogurt for a snack, or
- Have an extra slice of toast at breakfast and an extra glass of milk at supper.



### Men and women over 50

The need for **vitamin D** increases after the age of 50.

In addition to following *Canada's Food Guide*, everyone over the age of 50 should take a daily vitamin D supplement of 10 µg (400 IU).

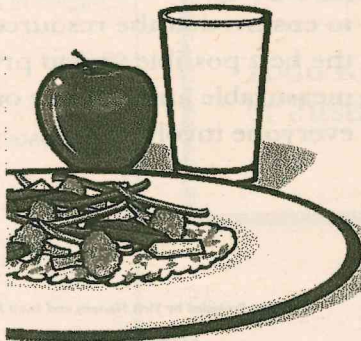


## How do I count Food Guide Servings in a meal?

Here is an example:

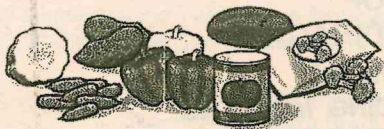
### Vegetable and beef stir-fry with rice, a glass of milk and an apple for dessert

- 250 mL (1 cup) mixed broccoli, carrot and sweet red pepper = 2 Vegetables and Fruit Food Guide Servings
- 75 g (2 ½ oz.) lean beef = 1 Meat and Alternatives Food Guide Serving
- 250 mL (1 cup) brown rice = 2 Grain Products Food Guide Servings
- 5 mL (1 tsp) canola oil = part of your Oils and Fats intake for the day
- 250 mL (1 cup) 1% milk = 1 Milk and Alternatives Food Guide Serving
- 1 apple = 1 Vegetables and Fruit Food Guide Serving



# HEALTH CENTRE

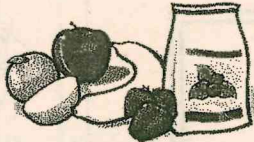
## What is One Food Guide Serving? Look at the examples below.



**Fresh, frozen or canned vegetables**  
125 mL (½ cup)



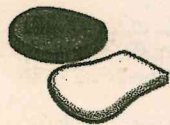
**Leafy vegetables**  
Cooked: 125 mL (½ cup)  
Raw: 250 mL (1 cup)



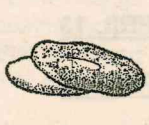
**Fresh, frozen or canned fruits**  
1 fruit or 125 mL (½ cup)



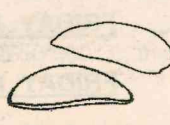
**100% Juice**  
125 mL (½ cup)



**Bread**  
1 slice (35 g)



**Bagel**  
½ bagel (45 g)



**Flat breads**  
½ pita or ½ tortilla (35 g)



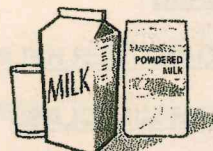
**Cooked rice, bulgur or quinoa**  
125 mL (½ cup)



**Cereal**  
Cold: 30 g  
Hot: 175 mL (¾ cup)



**Cooked pasta or couscous**  
125 mL (½ cup)



**Milk or powdered milk (reconstituted)**  
250 mL (1 cup)



**Canned milk (evaporated)**  
125 mL (½ cup)



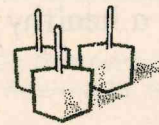
**Fortified soy beverage**  
250 mL (1 cup)



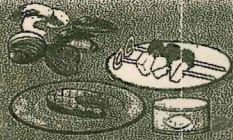
**Yogurt**  
175 g (¾ cup)



**Kefir**  
175 g (¾ cup)



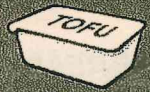
**Cheese**  
50 g (1 ½ oz.)



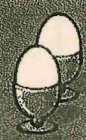
**Cooked fish, shellfish, poultry, lean meat**  
75 g (2 ½ oz.) / 125 mL (½ cup)



**Cooked legumes**  
175 mL (¾ cup)



**Tofu**  
180 g or 175 mL (¾ cup)



**Eggs**  
2 eggs



**Peanut or nut butters**  
30 mL (2 Tbsp)



**Shelled nuts and seeds**  
60 mL (¼ cup)

## Make each Food Guide Serving count... wherever you are – at home, at school, at work or when eating out!

- **Eat at least one dark green and one orange vegetable each day.**  
Go for dark green vegetables such as broccoli, romaine lettuce and spinach.  
Go for orange vegetables such as carrots, sweet potatoes and winter squash.
- **Choose vegetables and fruit prepared with little or no added fat, sugar or salt.**  
Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.
- **Have vegetables and fruit more often than juice.**
- **Make at least half of your grain products whole grain each day.**  
Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.  
Enjoy whole grain breads, oatmeal or whole wheat pasta.
- **Choose grain products that are lower in fat, sugar or salt.**  
Compare the Nutrition Facts table on labels to make wise choices.  
Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.
- **Drink skim, 1%, or 2% milk each day.**  
Have 500 mL (2 cups) of milk every day for adequate vitamin D.  
Drink fortified soy beverages if you do not drink milk.
- **Select lower fat milk alternatives.**  
Compare the Nutrition Facts table on yogurts or cheeses to make wise choices.

- **Have meat alternatives such as beans, lentils and tofu often.**
- **Eat at least two Food Guide Servings of fish each week.\***  
Choose fish such as cod, herring, mackerel, salmon, sardines and trout.
- **Select lean meat and alternatives prepared with little or no added fat or salt.**  
Trim the visible fat from meats. Remove the skin on poultry.  
Use cooking methods such as roasting, baking or poaching that require little or no added fat.  
If you eat lunch on meats, sausages or prepackaged meats, choose those lower in salt (sodium) and fat.

## Eat well and be active today and every day!

### The benefits of eating well and being active include:

- Better overall health.
- Lower risk of disease.
- A healthy body weight.
- Feeling and looking better.
- More energy.
- Stronger muscles and bones.

### Be active

To be active every day is a step towards better health and a healthy body weight.

Canada's Physical Activity Guide recommends building 30 to 60 minutes of moderate physical activity into daily life for adults and at least 90 minutes a day for children and youth. You don't have to do it all at once. Add it up in periods of at least 10 minutes at a time for adults and five minutes at a time for children and youth.

*Start slowly and build up.*

### Eat well

Another important step towards better health and a healthy body weight is to follow Canada's Food Guide by:

- Eating the recommended amount and type of food each day.
- Limiting foods and beverages high in calories, fat, sugar or salt (sodium) such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, french fries, potato chips, nachos and other salty snacks, alcohol, fruit flavoured drinks, soft drinks, sports and energy drinks, and sweetened hot or cold drinks.

### Read the label

- Compare the Nutrition Facts table on food labels to choose products that contain less fat, saturated fat, trans fat, sugar and sodium.
- Keep in mind that the calories and nutrients listed are for the amount of food found at the top of the Nutrition Facts table.

### Limit trans fat

When a Nutrition Facts table is not available, ask for nutrition information to choose foods lower in trans and saturated fats.

### Nutrition Facts

Per 0 mL (0 g)	
Amount	% Daily Value
Calories 0	
Fat 0 g	0 %
Saturated 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 0 g	0 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 0 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 0 %

### Take a step today...

- ✓ Have breakfast every day. It may help control your hunger later in the day.
- ✓ Walk wherever you can – get off the bus early, use the stairs.
- ✓ Benefit from eating vegetables and fruit at all meals and as snacks.
- ✓ Spend less time being inactive such as watching TV or playing computer games.
- ✓ Request nutrition information about menu items when eating out to help you make healthier choices.
- ✓ Enjoy eating with family and friends!
- ✓ Take time to eat and savour every bite!

For more information, interactive tools, or additional copies visit Canada's Food Guide on-line at: [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

### or contact:

Publications  
Health Canada  
Ottawa, Ontario K1A 0K9  
E-Mail: [publications@hc-sc.gc.ca](mailto:publications@hc-sc.gc.ca)  
Tel.: 1-866-225-0709  
Fax: (613) 941-5366  
TTY: 1-800-267-1245

Également disponible en français sous le titre :  
Bien manger avec le Guide alimentaire canadien

This publication can be made available on request on diskette, large print, audio-cassette and braille.

## HEALTH CENTRE

### April 2007 Moms - In - Waiting Canadian Prenatal Nutrition Program

The Thayendanega Health Centre is offering **MONTHLY FOOD VOUCHERS** to women during their pregnancy. For more information please drop by or call the Health Centre and speak with the Community Health Nurses who will outline the program. Tel 613-967-3603  
We want you to have a healthy pregnancy and healthy baby!

Mary McCauley R.N.  
Brenda Asselstine R. N.  
Community Health Nurses



So, you're having a baby...  
Let us help you  
Learn more about pregnancy,  
nutrition, labour and delivery  
and breastfeeding,  
Receive information through  
videos, talks and demonstrations.

Spring Prenatal Classes  
will begin Wednesday  
April 11, 2007  
7-9 pm

A series of six classes will be taught  
by

the Community Health Nurses  
For more information or to register  
for classes, please contact the  
Thayendanega Health Centre  
Tel: 613 967-3603

Partners/Supports are really  
important, please come too.



### NURSING MOTHERS' GROUP OF TYENDINAGA INVITES\* BREASTFEEDING MOTHERS AND BABIES AND EXPECTANT MOTHERS

To their ongoing series of meetings

FRIDAY APRIL 13

&

FRIDAY APRIL 27

at Thayendanega Health Centre

10:30 am : 15 MINUTE MINI-CLASS

FOLLOWED BY DISCUSSION & MOTHER-TO-MOTHER HELP

BREASTFEEDING CLINIC AVAILABLE AFTER MINI-CLASS  
AND BY APPOINTMENT

\*Interested women and girls also Welcome.

FOR BREASTFEEDING HELP  
AND  
BREASTFEEDING CLINIC APPOINTMENTS

PLEASE CALL HEALTH CENTRE: 967- 3603

### BREASTFEEDING CIRCLE

*"What is Celiac Disease? What is Gluten? Does breastfeeding protect against celiac disease and gluten sensitivity?"*

It has been discovered that in people with a genetic predisposition, gluten triggers a very severe ailment: Celiac disease. Gluten is a protein in some grains (such as - wheat, oats, rye, barley, spelt, kamut). It is what gives dough a stretchy quality and surrounds the air pockets in baked items so they don't collapse after rising. In celiacs, gluten is toxic and causes severe damage to the intestinal lining, leading to malabsorption of nutrients. However, gluten sensitivity is now being linked to other disorders (such as autism in some people), and is now known to be more common than previously believed.

Recent studies in Scandinavia confirm that breastfeeding reduces the risk of developing celiac disease. Interestingly, the main protective factor is not the late introduction of gluten foods, as with preventing food allergies, but the *gradual* introduction of gluten while the child is still breastfeeding.

In practical terms, what this means is that it is best to have the child continue to breastfeed for at least one month after introducing gluten, and that for the first month or two, it is best to offer only small amounts of gluten.

If you plan to wean your child at 7 or 8 months, it is better that their first food contain gluten. But if you plan to nurse for a year or more, it might be a little better to wait until 7 or 8 months to start introducing gluten foods, and to only give small amounts for a month or so.

So how do you go about offering only small amounts of gluten? You can have the baby's main dish be without gluten (for example cooked rice or rice cereal), but let him have a small piece of bread each day, or a couple of pieces of macaroni (or mix a half-teaspoon of oatmeal in with his cereal), but not more. After 1 or 2 months you can increase the amount of gluten cereal, bread, or pasta. Remember, teething biscuits or cookies do contain gluten, since they are usually made from wheat flour.

Reference: *My Child Won't Eat!* by Dr. Carlos Gonzalez, MD.  
pg.99. September 2005.

## FAMILY SERVICES



### INTRODUCING KEY NOTE SPEAKERS

**Jann Derrick- M.A. R.M.F.T.,**  
**Registered Family Therapist MSW**  
**Four Winds Wellness Centre, Kamloops, BC**  
**Janice Longboat- Elder / Teacher Six Nations**

**Topic:** Focus on self, family and workplace  
**Attaching trauma, acting out trauma**  
**Tools:** Rebalancing & Healing within and between

**Date:** Tues. May 1, 2, 3, 4, 2007  
**Time:** 9:00am - 4:00pm  
**Location:** TYENDINAGA COMMUNITY CENTRE

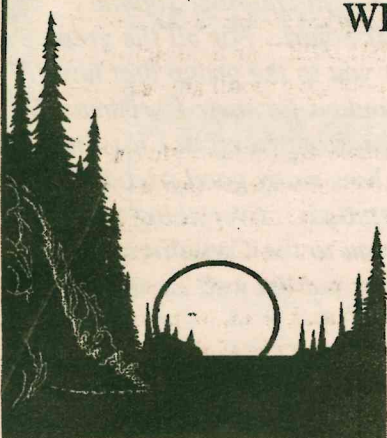
**Two sessions will be held:**  
**Session 1: Service Providers**  
**May 1 & 2**  
**Session 2: Community Members**  
**Date: May 3 & 4th**

**Note:** Limited spaces - Please call to register NOW!!!!  
**Mohawk Family Services : 613-967-0122 ext. 0 Jan Maracle**

**Attn:Community Members:** Day Care available, May 3rd & 4th. ONLY  
**Contact:** Kim Maracle, Healthy Babies, Healthy Children, **613-967-0122**  
**Very important to register children prior to workshop!!**

**Sponsored by:**  
 Mohawk Family Services & AIAI Demonstrated Mental Health Project

## Moon Ceremony



**All Women Welcome!**  
 Bring a lawn chair if you can!

**WHERE:** RED CEDARS  
**WHEN:** May 4 & May 31 at Dusk

Please wear a dress/skirt and bring tobacco if possible.  
 Call for more information:  
 969-2215 or 967-2003  
**POTLUCK MEAL SHARING**

**Facilitated by Red Cedars Traditional Practitioner Program**

Jan 11, 2007

RE: Good Baby Box Orders



Dear Parents:

From this date forward:

- **Parents are responsible for paying for the Box by the Friday before the pick up date.** If boxes are not paid for at that time, we will not be able to pick up your box. It is becoming too much of a deficit for the Community Development Council. If you do not have the money until a certain time, you are able to pick them up yourself or you can also pay in advance for a certificate. We encourage each family to pay in advance when it is possible for you to do so.
- **we will be delivering the Boxes to Mohawk Family Services.**
- **Each parent is responsible for picking up, or having someone else pick it up by 4:30 on the Tuesday of delivery.**

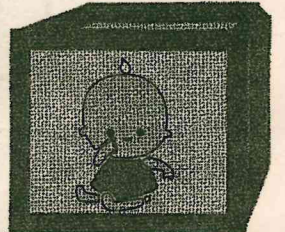
We will continue to order and pick up every other Tuesday.

We will work very hard at having the boxes there for 1:30 pm. If you like, you can call the Mohawk Family Services before going to ensure that they are there. It is imperative that these boxes are picked up on the Tuesday. We cannot be responsible for them after that time. If you are unable to pick up your box, please contact us to make alternate arrangements.

Thank you so much for your time and patience in getting this program organized. I appreciate your assistance and look forward to working with your family. If you have any questions or concerns regarding this issue, please do not hesitate to contact myself or Barbara Gail Brant, HBHC Home Visitor. We will work with you in order to continue offering this important service.

Sincerely,

Kim Maracle, Program Manager  
 Healthy Babies/Healthy Children Program  
 Mohawk Family Services  
 613-967-0122



## GOOD BABY BOX

Healthy Babies Healthy Children Program offers the Good Baby Box, in partnership with the Community Development Council of Quinte. ***This box is available to all families in Hastings County with children under the age of two years.***

**FORMULA:** Enfalac, Enfalac with Iron, Good Start,  
 Concentrate = \$2.00 per can, max 8 cans per week  
 Powder = \$15.00 per large can, max 1 can per week  
**BABY BOX:** Infant (0-4mth) = \$5.75  
 Baby (4 mth +) = \$9.00  
 Toddler (under 2 yrs) = 6.00

**All boxes include:**

- 20 diapers, one child care item (bottle, shampoo, wipes, Vaseline, etc)
- Baby box 4 month + includes above mentioned plus:**
- 6 small jars of baby food or 4 junior foods, + one cereal (rice, oatmeal, mixed or cookies)

We will fax and pick up your order. **Orders are made in two week intervals.**  
**Must be paid for by Friday before the pick up date of every other Tuesday.**

**To order, please contact the Healthy Babies Healthy Children Program.**  
 We are now located at Mohawk Family Services  
 967-0122

## "Parenting For Life" Workshop

**5 Week Workshop on Parenting Skills**  
**Presented by Linda Maracle and Esther Brant**

**Starting April 17**  
**And running for 5 weeks**  
**7 - 9 pm**

**At**  
**Mohawk Family Services**  
**Please call to reserve your seat**  
**613 967-0122**

## COMMUNITY INTEREST

### *In Memory of the Late Donald J. Maracle*

*My Husband who passed away on April 11, 2000*

*From his wife, Ivy Maracle  
Tyendinaga*

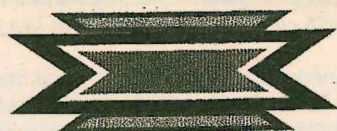
### *In Memory of the Late Donald J. Maracle*

*Our Father who passed away on April 11, 2000*

*From your daughters,  
D.J. Maracle of Arnprior  
&  
Margie Maracle of Arnprior  
and the Grandchildren*

### *In Memory of the Late Aunt Hilda Maracle*

*From  
Ivy, D.J. & Margie*



**Bill Hill (huck)**  
**Aug 23, 1941 - April 8, 2006**

*Sleep in Peace at last no more hurt,  
you are in our hearts each day we live.  
Our love will never die,  
for you are all around us.  
In each and everything we do,  
we miss you with your laughter,  
your jokes and your funny little smile,  
and humour.  
Our hearts break when we think of you,  
for you kept the family together with kindness and hope.  
Thank you for the years together and the blessing  
that was given to all of us.*

*Missing you so very much.  
Our love always,  
Linda, Shannon, Traci and Grandson Seth*

### *Thank You!*

*My 75th Birthday Party  
Feb. 24/07*

*It really was a nice surprise as I was looking for a real good fish dinner, but thanks to all my very special friends and relatives, they really can keep a secret.*

*It was beautiful, the food was truly scrumptious, and the music was truly special, because it was my precious off spring that played. Audie, Jim, Lynn and Lonnie. Dave Green and Cheryle joined in too.*

*I want to say a special thanks to Lynn as she was the catalyst with her brothers support.*

*After the meal many left and I did not get a chance to express my gratitude to everyone for all the gifts, vouchers, money and flowers. (even some from Pennsylvania)*

*Each gift, I will treasure every day. Each one so appropriate and unique. The party was planned on short notice and I'm so nosy, they were not able to contact everyone so those who did not get called or didn't attend please know I love you anyhow.*

*When one is fortunate to live this long, each day is a blessing. I come to the conclusion no matter how my feelings are hurt by times that I'll look up and say Bless that one anyhow.*

*I love each and everyone of you in a very special way. When we extend that love we cannot fathom the consequences.*

*Love to all!  
Audrey*

### *Thank You!*

*Hi my name is Gord Foster and I would like to take this time to thank a few people. I would like to thank the staff, nurses, home workers at Home & Community Care Shannonville for the great job they did looking after me while I was recuperating from having my hands operated on. Doing a great job from May 06- Jan.07. Also a big thanks to Millie Maracle and her daughters Carol Anne & Kathy for all the great meals that was brought to me, also the fruit basket and baked goods. Everything was great. Also M. J. & Carol and Manson. Mary Lynn, Keitha & Jocelyn for the get well cards and visiting me in the hospital. Also to Bill & M.J. Loft for the homemade stew and movies that was dropped off for me. Also thank you to Community Care for South Hastings, Deseronto, Diners Club for all the get well cards and all the phone calls to check to see if I needed anything or just say hi. So thanks to Carolyn Stimpson, Millie Maracle, Jocelyn DeMille, Joanne Rhonde, Anne Tomlison, Cindy Chant, Al Stuart. For all the great meals that were dropped off. Also thank you to the group that have their church services at the lodge on Sundays for their Christmas turkey dinner and the ham dinner that was dropped off at Christmas time. I guess a person doesn't realize how many good friends a person has. So a big thank you to everybody. Everything was greatly appreciated. Also thank you to the Coalition for Healthy Lifestyles for the flowers and get well card.*

*Thanks a bunch.  
Gord Foster*

## COMMUNITY INTEREST

### POSTCARDS FROM THE VISION QUEST

by Joseph Brant

#### On over-anticipation and under-sleep...

I went to see Rosanne Cash last month. As I write this, one week has passed and I'm still not sure how I feel about it. My friend Sandra came with me and we laughed later because we both knew that, had we paid for our tickets, we'd have made sure we loved the show. Free tickets? We can be critical.

It took place at this brand new symphony hall downtown here in Nashville. Of course I'd never been there and, it being a "symphony" hall and all, the odds were pretty good I'd never visit there for regular purposes. And I was thinking this was a country music show, so I just wore jeans and a shirt, because I thought, if anything, I can silently protest the fact that a "country" show was presented at a symphony hall (with no symphony, by the way).

My favorite album from all of last year was one by Rosanne called, "Black Cadillac." It's filled with songs about her father, Johnny Cash, and her step-mother, June Carter Cash. It's about their lives and their influence and is just, to me, an incredible example of artistry: it's not all about the beats and getting it on the radio.

So Rosanne was trying to sell the album that night. She sang a few songs and, of course, I knew all of them but soon Sandra noticed there were no happy songs. "How 'bout a happy one now?" she'd whisper to me between songs, like I could change it all. Slowly, as the night wore on, I began to agree.

The show was broken down into three parts, each one introduced by a long-ish narrative/video piece shown on a screen above the stage. She'd begin by telling a story that would suddenly just turn into some kind of poetry, and either the words were being spoken so fast we weren't expected to comprehend it all or, as I suspected, the poetry just didn't make any sense. Then the first song would start.

The beginning and end parts of the show were all about the "Black Cadillac" which I was okay with. I'd read in the newspaper a day or two earlier that the middle section would be a collection of her hits. You remember, they were all from the 80s: "I Don't Know Why You Don't Want Me" "Seven Year Ache" "Never Be You" "Runaway Train" "It's Such a Small World" "Tennessee Flat Top Box."

Turns out that, when she was a young woman, her father presented her with a list of the 100 best country songs that he'd chosen. I read just today that he actually asked her to learn those songs, but she didn't say anything about it that night, though it was obvious she'd learned quite a few of them. During the middle section of that show she clung to that list like it held the secret to eternal life somewhere on it.

"Sea of Heartbreak" was one of them and, as I sit here now, I don't remember any others. Of course, she did "Seven Year Ache" and "Tennessee Flat Top Box" but, as far as her old songs go, that was about it. Then she went off the damn list.

It took about twenty minutes (or so it seemed) to get through Bobby Gentry's "Ode to Billy Joe" and nearly halfway through it I leaned over to Sandra and said, "I don't think Rosanne's got enough soul to sing this song." Sandra finds lines like that funny because she's black and thinks, therefore, that she knows soul. I added, "I don't think I have enough time for Rosanne to not have enough soul to sing this song."

It was absolutely a low point of the entire show so, wouldn't you know, it was the one song the audience loved the most. Same thing happened at her step-sister Carlene Carter's show last year. She sang the old Johnny & June song, "Jackson," with her new husband, and it just stunk. Stunk? Stunk. And the rest of the crowd loved it.

So it was a good show, but because it was a symphony hall, you couldn't really start knockin' 'em back and get hootin' and hollerin' all that much. At the same time, it was a full two hours of sad slow songs. And yet, who's gonna complain about two solid hours of a show? That I didn't pay to attend, nonetheless? Here's the truth: if that show had gone on and I'd not been there, I'd have hated myself. And nobody wants that.

I was in Atlanta for a few days last month, too. There was a bookstore convention there, and if that doesn't sound like a rollickin' good time, then you've just not lived. A few of us from the store went and none of us are morning people so the fact we had to be across town (from the hotel) by 9am - earlier than that, really, to register - was funny and sad. Funny, because it was ironic; sad, because it ruined the entire day.

During one of the seminars I realized I was sitting immediately behind Steve Carell. You know who I'm talking about. That guy from "The 40 Year Old Virgin." The star of "The Office." I'm not a fan of the TV show and I couldn't sit through the first ten minutes of the movie but, as of that very moment, I was a fan of Steve Carell.

And you know when you're in that stupor because you've only had a few hours sleep and you want to be awake but the speaker is either talking about something you already know, or something you don't care about? THAT'S when I realized Steve Carell was sitting ahead of me. It was funny, so I started passing notes to people around me like we were all back in college.

And then this woman came in and, just like back in college too, she wanted to take over the entire show. She started talking more than the presenter and I was getting pissed because I didn't pay to hear her speak (well, my boss

didn't pay to hear her speak) when I realized that, from the angle I could see her - one seat ahead of Steve - with her dirty blond hair and big, big broad shoulders, she looked exactly like Bruce Vilanch. If you still don't know these people, just go to [www.google.com](http://www.google.com) and look up their names, because as soon as I landed on Bruce Vilanch, I fell apart.

The very next seminar was a lunchtime one and, because we registered late, there was no lunch for us. I was fine with that because you don't want to potentially look a fool in front of a celebrity...and wouldn't you know it: Steve Carell and his friend sat at our table and was exactly in my line of sight for the entire hour.

So I glanced. And I stared. And then I glanced again. My boss sat beside me and would nudge me if the speaker said something he found important, and each time I'd give him a dirty look: "Get-away-from-me-I'm-trying-to-put-the-moves-on-Steve-Carell!"

I think it kind of worked because, the next day, Steve seemed a bit more interested. Unfortunately, it didn't matter at that point. On day number two, he didn't so much look like Steve Carell as he did...just some regular ol' white dude.

So we went out and bought some souvenirs. Mine was a keychain in the shape of a duck and, when you push a button, it quacks.

[josephebrant@yahoo.com](mailto:josephebrant@yahoo.com)



#### 911 Emergency

The use of 911 is for emergency calls only involving life-threatening circumstances. At all other times our officers can be reached during our Administration office hours Monday to Friday, 8 - 4 PM. at

**967-3888.**

After hours, an officer can be reached through the OPP Telecommunications Centre, Smiths Falls by dialing **1-888-310-1122.**

The dispatcher will contact the officer on patrol. If we do not have an available officer an OPP officer will be responding.

Helpful  
Easy going  
Admirable  
Listeners  
Trustworthy  
Healing

Caring  
Able  
Reliable  
Energetic

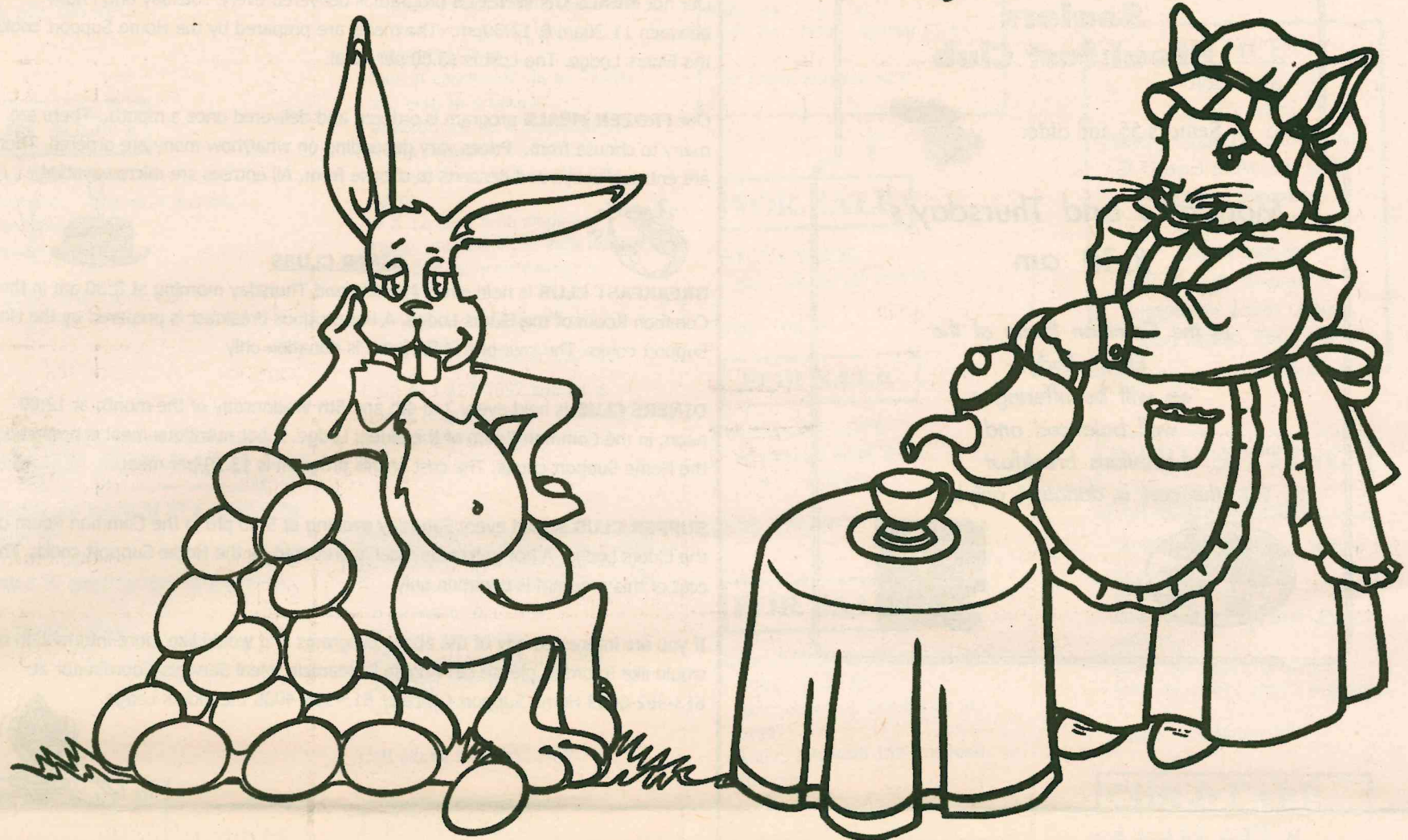
Let us pray for all health care workers this month





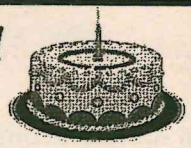
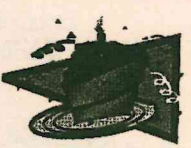







# BIRTHDAYS

<p>Happy Birthday!</p> <p>April Conger April 16</p> <p>Love Mike, Grace &amp; Satch</p> 	<p>Happy Birthday!</p> <p>April Conger April 16</p> <p>Love Ron &amp; Ann Conger</p> 	<p>Happy Birthday!</p> <p>April April 16</p> <p>Love, Mom, Dad &amp; Jamie</p> 	<p>Happy Birthday!</p> <p>Aunt Carol April 16</p> <p>Love Doris</p> 
<p>Happy Birthday!</p> <p>Nanny April 24</p> <p>Love Krissy, Doug, Makayla &amp; Gaven</p> 	<p>Happy Birthday!</p> <p>Mom (Nanny) April 24</p> <p>Love Mary, Dont &amp; Chris</p> 	<p>Happy Birthday!</p> <p>Grams April 16</p> <p>Love the Girls</p> 	<p>Happy Birthday</p> <p>Mom April 16</p> <p>Love Turkey</p> 
<p>Happy Birthday!</p> <p>Aunt Sharon April 28</p> <p>Love Krissy's Gang Marty, Dont &amp; Chris</p> 	<p>Happy Birthday!</p> <p>Brandy April 28</p> <p>Love Krissy's Gang Aunt Dont, Uncle Marty &amp; Chris</p> 	<p>Happy Birthday!</p> <p>Jake April 25</p> <p>Love Krissy's Gang Aunt Dont, Uncle Marty &amp; Chris</p> 	<p>Happy 29th Birthday!</p> <p>Mommy April Fools Day</p> <p>Love always, Doug, Makayla &amp; Gaven xoxo</p> 
<p>Happy Birthday!</p> <p>Jake April 25</p> <p>Love Mom, Angela &amp; Shirley</p> 	<p>Happy Birthday!</p> <p>Daddy (Jake) April 25</p> <p>Hugs &amp; Kisses Victoria &amp; Ashton</p> 	<p>Happy Birthday!</p> <p>Krissy April 1</p> <p>Love Aunt Linda, Angela, Jake &amp; Family</p> 	<p>Happy Birthday!</p> <p>Krissy</p> <p>Love always, Mom, Dad &amp; Chris</p> 
<p>Happy Birthday!</p> <p>Nan (Mom) April 24</p> <p>Love Linda, Angela, Jake &amp; Family</p> 	<p>Happy Birthday!</p> <p>Uncle Keith April 10</p> <p>Love you! Angela, Jake &amp; Family</p> 	<p>Happy Birthday!</p> <p>Aunt Sharon (Sis) April 28</p> <p>Love ya, Linda, Angela, Jake &amp; Family</p> 	<p>Happy Birthday!</p> <p>Linda April 5</p> <p>Love, Marilyn, Rick, Sam &amp; Mark</p> 
<p>Happy 2nd Birthday!</p> <p>Wyatt April 16</p> <p>Lots of love, Auntie Sam &amp; Mark</p> 	<p>Happy Birthday!</p> <p>Dawn April 29th</p> <p>from the Co-workers!</p> 	<p>Happy Birthday!</p> <p>Kassy April 14</p> <p>Love, Aunt Marilyn, Uncle Rick, Sam &amp; Mark</p> 	<p>Happy Birthday!</p> <p>Mary April 6</p> <p>Love, Marilyn, Rick, Sam &amp; Mark</p> 
<p>Happy 18th Anniversary!</p> <p>Tracey &amp; John April 29</p> <p>Lots of love, Marilyn, Rick, Sam &amp; Mark</p> 	<p>Happy 2nd Birthday!</p> <p>Wyatt April 16</p> <p>Hugs &amp; Kisses Granmola &amp; Pappa Henry</p> 	<p>Happy Birthday!</p> <p>Bill April 20th</p> <p>Love the neighbours, Marilyn &amp; Rick</p> 	<p>Happy Birthday!</p> <p>Bill (Guts) April 29</p> <p>Love, Sam &amp; Mark</p> 

# HAPPY EASTER!



<p>Happy Birthday!</p> <p>Uncle Dave April 4</p> <p>We love you! Have a great day!</p> <p>Love Ang, Josh &amp; Lucas</p> 	<p>Happy Birthday!</p> <p>Auntie Danielle (Dan-o) April 11. We love ya!</p> <p>Have a good one!</p> <p>Josh, Ang &amp; Lucas</p> 	<p>Happy Birthday!</p> <p>Auntie March 9</p> <p>Love, Doodie</p> 	<p>Happy Birthday!</p> <p>Mommy April 29</p> <p>from Shae Lynn</p> 
<p>Happy Birthday!</p> <p>Gram March 30</p> <p>Hope you have a great day! We love you!</p> <p>Bonnie, Bill, Haley, Casey, Greg, Melissa, Bart &amp; Elijah xoxoxoxo.</p> 	<p>Happy Birthday!</p> <p>G.G. March 30</p> <p>Wuv you berry much!</p> <p>Love always, Jared xoxoxo</p> 	<p>Happy 9th Birthday!</p> <p>Shae Lynn April 25</p> <p>from Mommy</p> 	<p>Happy Birthday!</p> <p>Doris "Big Bum" April 16</p> <p>from the Big Bum Crew</p> 
<p>Happy 1st Birthday!</p> <p>Baby Sister April 22</p> <p>Love, Mitchell, Madison Reegan &amp; Katie</p> 	<p>Happy 1st Birthday! to our Beautiful Baby Girl</p> <p>Abbie April 22</p> <p>Love Mom &amp; Dad</p> 	<p>Happy Birthday!</p> <p>Charity Bone April 28</p> <p>from her little friend</p> 	<p><b>Birthday Announcements are "Free" call 396-3424</b></p>

# HOME SUPPORT


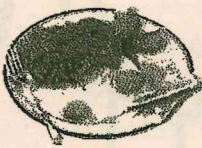

## DINER

### Seniors Breakfast Club

Seniors 55 and older

**Monday's and Thursday's**  
**8:30 am**

*in the Common Room of the Elders Lodge  
we will be offering a  
well balanced and  
nutritious breakfast  
the cost is donation only!!!*



## MEAL PROGRAMS

### Hot and Frozen!



Our hot **MEALS ON WHEELS** program is delivered every Tuesday and Friday between 11:30am & 12:30pm. The meals are prepared by the Home Support cooks at the Elders Lodge. The cost is \$3.00 per meal.

Our **FROZEN MEALS** program is ordered and delivered once a month. There are many to choose from. Prices vary depending on what/how many are ordered. There are entrees, soups and desserts to choose from. All entrees are microwavable!



## DINER CLUBS



**BREAKFAST CLUB** is held every Monday and Thursday morning at 8:30 am in the Common Room of the Elders Lodge. A hot nutritious breakfast is prepared by the Home Support cooks. The cost of this Program is donation only.

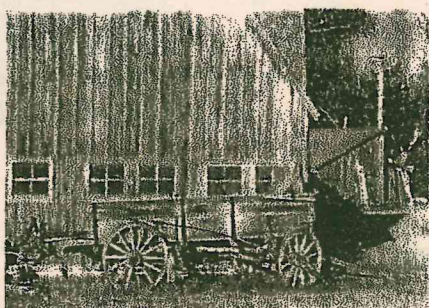
**DINERS CLUB** is held every 2nd 4th and 5th Wednesday of the month at 12:00 noon, in the Common Room of the Elders Lodge. A hot nutritious meal is prepared by the Home Support cooks. The cost of this program is \$3.50 per meal.

**SUPPER CLUB** is held every Saturday evening at 5:00 pm in the Common Room of the Elders Lodge. A hot nutritious meal is prepared by the Home Support cooks. The cost of this program is donation only.

If you are interested any of the above programs and would like more information or would like to order, please call Angela D. Maracle, Meal Services Coordinator at 613-962-6653 Home Support Office or 613-396-4005 the Elders Lodge.



## ATTENTION SENIORS 55+



## FLEA MARKET TRIP

**WHEN?** Saturday, April 28, 2007  
**TIME?** Departing from Lodge at 9am  
 (estimated time back-4pm)  
**COST?** \$5.00 for transportation  
 (Responsible for own meals and purchases)

If you are interested in attending, we will be stopping at a few different flea market type locations. Please call by April 24th to sign up.



## -WANTED- Volunteers

### Why would I want to be a volunteer?

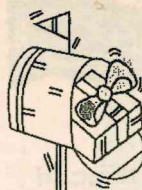
- ✎ Contribute to the community
- ✎ Learn or develop skills
- ✎ Meet people and establish new relationships
- ✎ Build self-esteem and self-confidence

### Are you a student that requires 40 hrs of community service?

- ✎ Make a difference and learn more about the needs in your community
- ✎ Expand your resume and explore possible careers
- ✎ Help others
- ✎ Have fun!!

Tyendinaga Home Support Program is currently looking for volunteers to help with Supper Club to serve and help clean up for the Seniors every Saturday from 4:30 p.m. to 7:00 p.m.

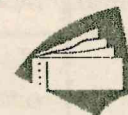
If you are interested in becoming a Home Support volunteer please contact Angela Maracle @ 613-396-4005



Is there a special occasion coming up and you have no idea what to buy.....

## NOW AVAILABLE

## Home Support Gift Certificates



Gift Certificates available for:  
 Meals on Wheels  
 Diner's Club (Elder's Lodge)

RECREATION

**T-BALL & JUNIOR 3-PITCH  
SIGN-UP**

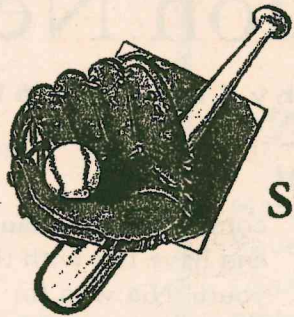
for the  
2007 Summer Season are  
April 21 & 28 from 10:00 til 12:00 at  
the Sports Complex Building  
on the York Road

\* all children must be signed up by April 28 to be  
guaranteed a T-shirt but the  
*first 25 children will receive  
a free gift*

There is a \$5.00 registration fee before  
April 28 and \$10.00 after this date  
Season starts Monday May 28 and ends  
Monday July 23  
Game Time: 6:30-7:15



Volunteers needed to



**"COACH"**

the 2007

Summer T-Ball

&

Junior 3-Pitch Season

Season starts: Monday May 28

Season ends: Monday July 23

Game Time 6:30-7:15

\*all games are played Monday nights except for holidays  
THIS IS A GREAT OPPORTUNITY FOR HIGH SCHOOL  
STUDENTS TO OBTAIN THIER COMMUNITY HOURS

FOR MORE INFORMATION  
CONTACT WILL BARBERSTOCK  
613-962-7804

**TYENDINAGA  
TERRITORY  
GOLF TOURNAMENT**



**Friday June 15, 2007**

**PRIZES**

First, Second &  
Third Prize

Shot Gun Start at 11 am  
9 HOLES

An first time fundraising initiative to assist the youth  
and families of Tyendinaga Territory. Proceeds will  
go towards Youth Sports, Children & Families in fi-  
nancial need.

**BEST BALL**

Event at : **Briar Fox Golf & Country Club**  
Hyw.2 , 15 min. East of Belleville , and west of Napanee (613) 396-2433

Event sponsored by a Fun Team Partnership  
Adventure of Tyendinaga Recreation & Mohawk  
Family Services. Everyone welcome !

Contact the Recreation Department to sign up your team by **May 31, 2007**  
**LIMITED TO 16 TEAMS**, arrive at 11am for the shot gun start, lunch at 2pm

Phone: (613)396-3424  
ext.107  
Fax: (613)396-3627  
E-mail:  
darlenel@mbq-tmt.org

**\$75.00 includes**  
• Green fees/Cart  
• Registration  
welcome gift  
• Steak or BBQ  
Chicken  
• Special awards

**Big bike  
For  
Heart &Stroke**

We need 25 riders for  
Tyendinaga's Stress Control Big Bike # 6  
on Sunday May 6/07  
At Bayview Variety—12:30pm  
For more information call  
(613) 396- 3424 ext.107 or (613) 966-0368  
Have A Heart & Take Part !



## RECREATION

# Recreation News

Promoting Healthy Living ! (613) 396-3424 ext.107

### March Break Event

We had 20 youth take part in the Sports Day event during the March Break. Everyone was very active for most of the day. Nia:wen to the teenagers: Trevor Maracle, Jennie Reilly, Isaiah Loft and Travis Leween that came out to manage the day of fun. Also Nia:wen to the lacrosse coaches that came out to teach our youth some lacrosse skills, Joe Brown and Jim Bowden. We also had two mom's

come out just to laugh and have fun with the youth. Nia:wen for your time, Shelley Bowden and Sam Maracle. It was great that we were able to use the Quinte Mohawk School gym for the event. Nia:wen to Marie Loft for making it possible. The donation received for the day event was eleven dollars. Nia:wen to the parents who donated for this special March Break event.

### Tyendinaga's First Celebration of Dance

A Special dance show will be held at the Quinte Mohawk School April 27th, during the day and at 7pm to show our community's dance talent. We welcome volunteers to help us make the event a success.

The "Let's Move It" dancers from Angela Maracle's School of dance along with some native dancers are currently

working hard on preparing for the show. This will be a special fundraiser for the school and to continue the After School Dance Program. Funding for the program by Communities in Action is done in May 2007. It has been a great year for dance. The After-School program has had over 40 youth taking part in learning steps of dance, our youth have so much talent. It is great to see the parents support this program, Nia:wen.

### Big Bike

Sunday, May 6 will be the sixth year the Big Bike will be in Tyendinaga, it would be great to see more youth on the bike this year. The youth could use the time towards their school credit.

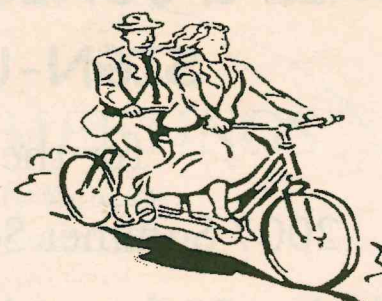
So far we have the following people on the bike: Peter Prevost, Lisa Morris, Rob Morris, Greg Loft and Darlene Loft.

We need 25 more people, forms are also available at Aboriginal Expressions - 966-0368

Check out the poster in this newsletter, and come out to the event with your family members.

### Bodacious Babes

This is for ladies who just want to play ball for fun. The rules can be made up as the team develops. We have a couple ladies already on the list, waiting for more bodacious babes to sign-up. Everyone is welcome to take part in having fun.



*Riding a bike with a friend makes the paddling easier.*

### Get Your Body Ready For Spring!

The most important step to getting back to a routine after time off is to make sure your mind is in a good place. When you do too much too soon, you risk injury, burnout and a lot of post-exercise soreness. Allowing your body and mind the time they need to get back into routine will actually pay off in the long run. Check out the website [www.exercise.about.com](http://www.exercise.about.com) for other great ideas.

### Other websites of interest:

[www.mcs.bc.ca](http://www.mcs.bc.ca)  
[www.mph.gov.on.ca](http://www.mph.gov.on.ca)  
[www.laidlawfdn.org](http://www.laidlawfdn.org)  
[www.dosomething.org](http://www.dosomething.org)  
[www.theinnovationcenter.org](http://www.theinnovationcenter.org)

## Games Room Rental

The games room is available for rent for Birthday parties, meetings or for family fun  
**Only \$30.00**

*Special Certificate & Prize for the Birthday Person*  
 Sports equipment & games available to use

For more information contact (613)396-3424 ext.107  
 or (613)396-5339 24 hr. voice mail or email  
[darlenel@mbq-tmt.org](mailto:darlenel@mbq-tmt.org) or [www.mbq.tmt.org/](http://www.mbq.tmt.org/)

*Promoting Healthy Living & having fun doing it!*



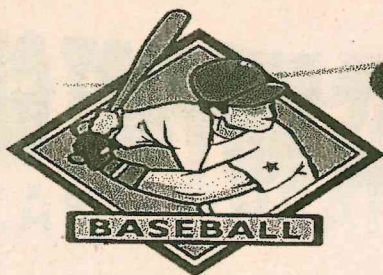
**Diamond  
Rental**

**Tyendinaga Karon hiak ta'kie Sports Complex**  
 (2) Ball diamonds, Soccer Fields & Lacrosse box  
 (613) 396-3424 ext.107

### Canteen / Bathrooms / Playground

- Rental per game - \$5.00 Youth, \$15.00 for Adult
- 1 day tournament \$125.00
- 2 day tournament \$165.00
- 3 day tournament \$205.00
- Call for more details. 24 hr. voice mail
- A Eat Smart Canteen 396-5339
- Lights for night games
- Proceeds from canteen assist with Youth Sports, adult teams & Community Events.
- Email - [darlenel@mbq-tmt.org](mailto:darlenel@mbq-tmt.org)

## RECREATION



**Play Ball in Tyendinaga**

**Mix League 2007**

**\$10.00**

We are looking for Teams to play ball on the Tyendinaga Territory. The Recreation Department will collect the registration fee of \$10.00 a person and work with the Team Organizers.

**So that is only \$10.00 a Player**

What will you get for \$10.00 ????

- 1) Your rental fee for the diamonds will be paid
- 2) Maintenance of the diamonds
- 3) Year end award night with Dinner & Dance
- 4) Weekly game, choice of night or day



Phone: (613)396-3424 ext.107

Fax: (613)396-3627

Canteen: (613)396-5339

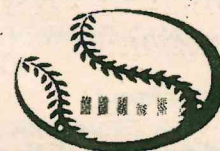
E-mail: [darlenel@mbq-tmt.org](mailto:darlenel@mbq-tmt.org)

**Promoting Healthy Living**

We are looking for one or two volunteers to be the Team Organizers, call for more details.

The goal is to have more fun playing ball !

The more teams signed up, the more games your team will play. Sign-up yourself or your team by **ASAP let's GO !**



**Play Ball in Tyendinaga Territory**

**Promoting Healthy Living**

**"Let's Move It Dancers"**



**Tyendinaga's  
Celebration of Dance**

**Friday April 27**

**7pm to 8pm**

At the

**Quinte Mohawk School**



A dance event to remember, organized by Angela Maracle's School of Dance & The Tyendinaga Territory Recreation Department, for more information contact (613) 968-9902 or (613) 396-3424 ext.107

**Funding support from Communities In Action Fund & Recreation Department 2006/07**

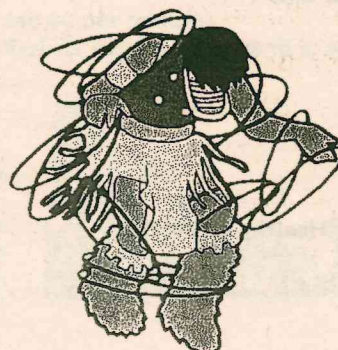
Fundraiser for the Quinte Mohawk School & to continue the After School Dance Program for 2007/08

**Performances:**

"Let's Move It" After -School Dance Program  
Reflections of Quinte Mohawk Native Dancers  
Angela Maracle School of Dance, Tyendinaga  
Studio students. (59'ers)  
Angela Maracle School of Dance, Stirling  
Studio students.

Community Show at 7pm  
One hour dance show for \$5.00  
(age 6 and under free)

Purchase tickets at the door  
Niatwen for your support



**\$5.00  
A person**

## UPCOMING EVENTS

### "SADIE'S WALK"

Diabetes Awareness



Sadie's Walk will take place

on

Friday April 6, 2007 at  
Tahatikonhsotontie Head Start

In the meantime, if you have any  
questions call:

396-3424 ext.107 or 613-396-3900

Refreshments will be available

Nia:wen,

Carol Loft

Regional Diabetes Worker

Southern Ontario Aboriginal Diabetes Initiative

Darlene Loft

Tyendingaga Recreation Department

On behalf of Tyendingaga Coalition for Healthy Lifestyles



IN MEMORY OF SADIE MUIK

"SADIE'S WALK"

Diabetes Awareness

Sadie Muik hailed from the community of Okanagan, B.C. She was a Community Health Representative, and a mother of three young children. On April 4<sup>th</sup>, 1996, on her way home from one of her events, she was in a car accident. She died the following day, as a result of the injuries she sustained.

Sadie was a very active and health conscious active woman. This was conveyed through her work on the various projects and programs that she ran in her community. In honor of her values and beliefs, which included health, laughter, love, and honesty, the Okanagan people walk annually on Good Friday.

Sadie's Walk has taken place on Tyendingaga Mohawk Territory for many years and has been very successful.

Registration for the walk will take place at 8:30am at Tahatikonhsotontie Head Start.

Make sure to wear appropriate footwear and dress comfortably, as we will be walking a total of 7 km.

You and your family members are invited to participate in "Sadie's Walk".

"Sadie's Walk" will take place on Good Friday, April 6<sup>th</sup>, 2007 at  
Tahatikonhsotontie Head Start

Nia:wen,

Carol Loft

Diabetes Worker

Southern Ontario Aboriginal Diabetes Initiative

On behalf of Tyendingaga Coalition for Healthy Lifestyles

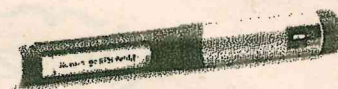
## DIABETES SUPPORT GROUP

AT THE THAYENDANEGA  
HEALTH CENTRE

APRIL 10, 2007  
7 PM TO 8:30 PM

TOPIC: INSULIN-WHAT DO YOU KNOW?  
and INSULIN PENS

SPEAKER: Scott Lackie, B.A. Medical Representative  
NOVONORDISK



Novolin-Pen 3  
When pen safety is your first priority

CONTACT: Brenda Asselstine, CHN  
613-967-3603

ALL WELCOME



JACK & JILL

FOR

FRED BARNHARDT

&

TRUDI ROBERTSON

AT DESERONTO LEGION ON  
MAY 5TH, 2007

DANCE TO START AT 8:30 P.M.

TICKETS \$5.00 SINGLE OR  
\$8.00 COUPLE

AVAILABLE AT THE DOOR  
OR CALL JAN @ 613-392-2652  
MUSIC BY D.J.-- DOOR PRIZES

EVERYONE WELCOME

## UPCOMING EVENTS

### ROOTS TO ROUTES PANCAKE BREAKFAST

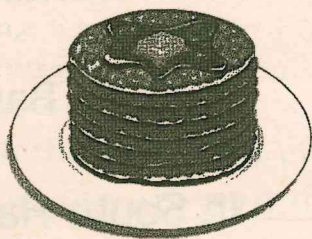
Saturday, April 14

7:30 - 10:30 a.m

\$5.00 Adults

\$3.00 Children

Mohawk Community  
Centre



Prize Table!

Menu: Pancakes, Bacon or Sausage, Beverage  
HOMEMADE MAPLE SYRUP

### Mohawk Fair Meeting



and



### Corn Soup Cook-off

The Mohawk Agricultural Society is always looking for new faces and new ideas. So, for the regular meeting held this May, the M.A.S. is hosting a

**Corn Soup Cook-off at Pat's Variety**

in Kanata Hall on

**Monday, May 7, 2007**

at 7:00 pm.

There will be a fee of \$5.00 per entry.

The top two [2] winners will receive the return of their entry fee, together with the possibility a corn soup cook-off between Deseronto and Tyendinaga at the 2007 Mohawk Fair. Please come out and become an official Taste Testing Judge for only \$2.00 per person.

For all those individuals who wish enter their corn soup into the cook-off, please **contact Laura Akey at (613) 396-3154 by April 30, 2007.**

*We hope to see you there!*



### 5TH ANNUAL OHAHASE/HOPE COMMUNITY FISH FRY

**WHEN- THURS APRIL 25TH**

**TIME- 11:30am. TO 1:30pm.**

**WHERE- OHAHASE EDUCATION CENTRE 314  
AIRPORT RD.**

**COST- ADULTS \$10, ELDERS and CHILDREN (under  
10) \$7...ALL YOU CAN EAT**

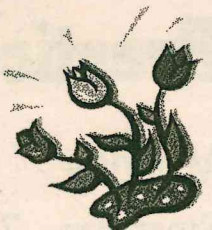
#### MENU

GOLDEN FRIED WALLEYE, VARIETY OF SALADS, DESERTS, AND A DRINK (COFFEE, TEA, JUICE, OR WATER)

- TAKE OUT AVAILABLE
- DELIVERY ON LARGE ORDERS (PLEASE CALL 1-2 HRS IN ADVANCE)
- ALL PROCEEDS WILL HELP GO TOWARD OHAHASE/HOPE EXCHANGE TRIP TO ALBERTA
- COME OUT FOR A GREAT MEAL AND MEET OUR EXCHANGE STUDENTS FROM ALBERTA



*Spring*



*Fling*

Dance to the music by

**Jennifer Brant  
& Mustang**

Country music & 50's & 60's Rock

**April 28, 2007**

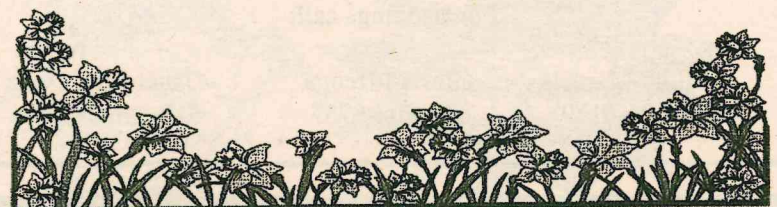
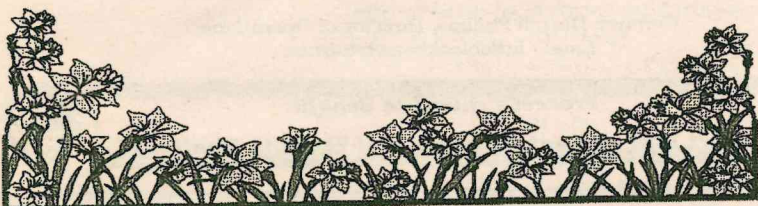
**8pm – midnight**

Luncheon included, non-smoking

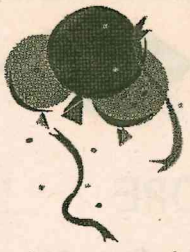
Kanata Hall, Hwy 49, Tyendinaga Territory  
Pat's Variety 613-396-1372

\$10.00 per person

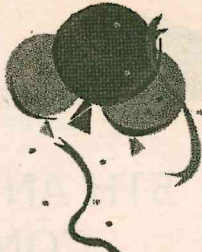
Tickets can be purchased in advance at Pat's Variety



## UPCOMING EVENTS



**CELEBRATING 20  
GREAT YEARS!**



**TYENDINAGA MOHAWK POWWOW  
COMMITTEE 2007**

**THEME:**

**HONOURING OUR NEXT GENERATION**

Volunteer Appreciation Dinner

Sunday April 15, 2007

Mohawk Community Centre

Corn Soup & Bannock

Doors open 3-6

*Welcome current/past volunteers as well as those  
interested in volunteering throughout the  
year and at our annual event.*

*Call for more information:*

*Dan & Delores (613-396-6561)*

*Sheila Desjarlais (chairperson 613-848-5172)*

## Inter-Reserve BOWLING Practice



Monday

Start time 7:00 p.m.

Belleville Plaza

### **Tyendinaga Seniors 59'ers Club**

Meetings are 3rd Monday of the month at 1 p.m. with a social  
afternoon to follow. New members are invited to join.

Euchres are every 2nd Tuesday at 7:30 p.m.

Call Millie Maracle at 613-396-6179 for more information.

Hall rental available for \$100.00 per day.

Private meeting room with lunch area available for \$75.00 per day.

For bookings call:

Millie Maracle  
613-396-6179

Gloria Idzenga  
613-962-8757

Janet Jung  
613-396-1432



Any Boys

16-25



Wanting to Play

Baseball

in South Hastings League

for Tyendinaga Territory

Please Contact

Brian Kring @ 613-969-0269

or

Pete Hill @ 613-968-7615



*Host Society, the Manitoba Men's Federation  
& the Southeast Resource Development Council*



*The Host Society is pleased  
to invite you to the 31st Annual:*

## 2007 CANADIAN NATIVE FASTBALL CHAMPIONSHIPS

John Blumberg Softball Complex  
WINNIPEG, MANITOBA  
AUGUST 2-6, 2007

### Highlights:

- Over \$50,000 in Cash & Prizes!
- Top Calibre Aboriginal Men & Women Fastball Teams from across Canada
- Skills Competition
- Youth Exhibition Softball Games & Activities for Families
- Social Gatherings with Live Entertainment
- Training Clinics
- Booths for Businesses and Aboriginal Arts & Crafts

### ENTRY FEES:

WOMEN'S \$800

MEN'S "B" \$800

MEN'S "A" \$900

*Early Bird Benefits  
for Teams that  
register by  
April 30th, 2007!*

**Tournament Information & To Register Your Team:**  
**www.NativeFastball2007.ca**

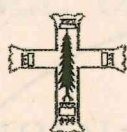
Contact: Darrell Phillips, Director of Operations  
Email: littleblackbear@shaw.ca

**Proceeds raised to Benefit:**

**"Sport Development for Aboriginal Youth in Manitoba"**



## UPCOMING EVENTS



THE ANGLICAN PARISH OF TYENDINAGA  
IN THE DIOCESE OF ONTARIO

Parish Priest  
Father Brad Smith

### SUNDAY SERVICES

Easter Sunday is 8 April. Join us to celebrate the Resurrection of Jesus Christ!

All Saints' Church - 1295 Ridge Rd  
8:30 a.m.

Holy Trinity Church - 104 Young St, Shannonville  
10:00 a.m.

Christ Church, Her Majesty's Chapel Royal of the Mohawks - 52 South Church Lane  
11:30 a.m.

Combined Parish Service - Sunday 29 April  
10:00 a.m. at Holy Trinity (no other services that day)

### UPCOMING EVENTS

Every Thursday: Bible Study at 10:00 a.m., Holy Eucharist/Communion at 11:00 a.m.

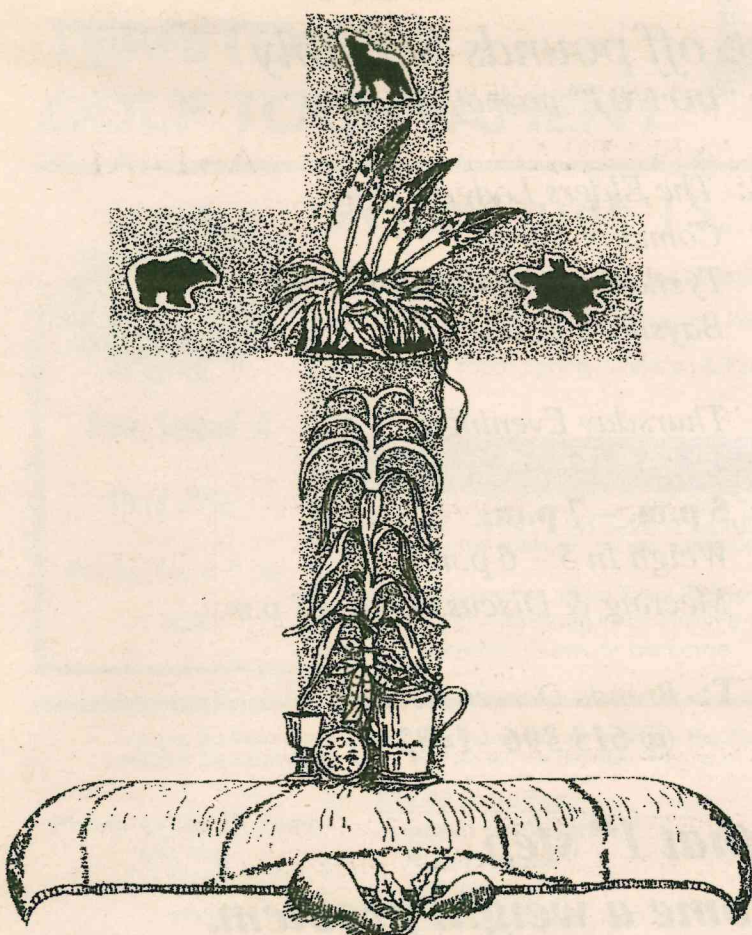
Wednesday 11 April: Games and Social Night at the Queen Anne Parish Centre, 7-9 p.m. A social evening with games, snacks, and fun. All ages are welcome. No cost.

Sunday 29 April: Musical Variety Show to benefit the restoration of the Parish Rectory at the Mohawk Community Centre, 1:00-4:30 p.m. Special guests, bands and musicians with good music, door prizes, refreshments for sale and a dance floor. Tickets \$8 in advance, \$10 at the door.

Sunday 6 May: Combined Choral Concert at 7:00 p.m. at Christ Church. Come and listen to a variety of sacred and secular choral works featuring choirs from Tyendinaga, Belleville and Napanee. Free will offering for admission and refreshments to follow at the 59'ers Club.

Sunday 20 May: Service of Celebration of the 223<sup>rd</sup> Anniversary of the Landing of the Mohawks. A service of Holy Eucharist with Mohawk Address, hymns, music, and prayers. Starts at 11:00 a.m. (after the Re-enactment of the Landing).

FOR THE MOST UP-TO-DATE INFORMATION, SEE OUR WEBSITE  
[WWW.PARISHOFTYENDINAGA.ORG](http://WWW.PARISHOFTYENDINAGA.ORG)



### Traditional Anglican Communion

PARISH OF CHRIST THE KING, TYENDINAGA  
Keristos ne Korahkowa  
Tyendinaga Elder's Lodge (Common Room)  
Service - 10:00 a.m.

The Reverend Graham Eglington  
Tel: (519) 856-9094

### SERVICES - APRIL 2007

- April 1<sup>st</sup> - Palm Sunday  
Liturgy of the Palms & Holy Eucharist
- 6<sup>th</sup> - Good Friday (11:00 a.m.)  
Mattins & Litany  
Ante-Communion & Veneration of the Cross
- 8<sup>th</sup> - Easter Day - Holy Eucharist
- 15<sup>th</sup> - Mattins & Litany
- 22<sup>nd</sup> - Holy Eucharist & Baptism
- 29<sup>th</sup> - Mattins

\*\*\*\*\*

### REAL RELIGION

The real Bible, The real Prayer Book, Real Sermons,  
The full Anglican Way of Repentance, faith and holy living, The  
Real Presence

.... every Sunday

Everyone Welcome!

For information please call (613) 296-6561

## UPCOMING EVENTS

Attention: Ontario Aboriginal Athletes

for



**TEAM ONTARIO**

*Track & Field / Cross country athletes*

# NAIG 2008

2008 North American Indigenous Games

Cowichan, British Columbia

### Events

*Boys' Girls' Boys (13-14 years old at NAIG competition)*

100m, 200m, 400m, 800m, 1500m, 4x 100m, 4x400m, 3 km CC, High Jump, Long Jump, Shot Put, Discus

*Midget Girls' Boys (15-16 years old)*

100m, 200m, 400m, 800m, 1500m, 3000m, 4x 100m, 4x400m, 5 km CC, High Jump, Long Jump, Shot Put, Discus, Javelin

*Juvenile Girls' Boys (17-19 years old)*

100m, 200m, 400m, 800m, 1500m, 3000m, 4x 100m, 4x400m, 5 km CC, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin

*Senior Women/Men (20+ years of age)*

100m, 200m, 400m, 800m, 1500m, 5000m, 10,000m 4x 100m, 4x400m, 8/10 km CC, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin

Sign-up to receive updates, training schedules, and information  
for the Team Ontario NAIG Trials Championship during Summer 2007  
Check out <http://hiitter.kingofhosts.com/index.html>

Scott Haines  
Team Ontario Track & Field Coach  
NAIG 2006—Denver

(807) 582-3190 (Home)  
hiitter@hotmail.com

KEEPER ATHLETICS  
P.O. Box 411  
Hudson, Ontario  
POV1X0



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### PRESENTS

#### 2007 VOLUNTEER APPRECIATION BUFFET BREAKFAST

Location: Ramada Inn Belleville  
11 Bay Bridge Rd.  
Belleville



Date: April 21st., 2007

Time: 9:00am to 11:30am

Cost: VIQ member agency : \$8 per person  
Non-member agency: \$10 per person  
\*\* non-refundable

PRESENTATION OF:  
THE RUTH BURROWS VOLUNTEER OF THE YEAR AWARD  
THE MAURICE ROLLINS YOUTH LEADERSHIP AWARD

Space is limited, register your volunteers early

RSVP: April 16th (with payment and attendees names)  
By phone: 613-969-8862  
By email: [info@viq.ca](mailto:info@viq.ca)  
By fax: 613-969-2826



## "AA OPEN MEETINGS"

8:30 every Monday  
Queen Ann Parish Centre

For more information call:  
Bev 962-5183 or Lorna 396-5013

*Want to Drink?  
That's your business.*

*Want to stop?*

## Alcoholics Anonymous

Discussion group meets  
every Monday night  
8 p.m.

Thayendanega Health Centre

## T.O.P.S. ON#5258

*Take off pounds Sensibly*

*We "DO NOT" promote any diets.*

**WHERE:** The Elders Lodge  
Common Room  
Tyendinaga Mohawk Territory  
Bayshore Road.

**WHEN:** Thursday Evenings.

**TIME:** 5 p.m. – 7 p.m.  
Weigh In 5 – 6 p.m.  
Meeting & Discussion 6 – 7 p.m.

**CONTACT:** Brenda Doreen (leader)  
@ 613 396-1482

*T.ake that 1<sup>st</sup> step.  
O.vercome a weight problem.  
P.ut yourself in a happy place.  
S.upport one another.*

## CLASSIFIED

### LOOKING TO RENT

- 2 OR 3 BEDROOM HOUSE**
- reasonable rent
  - references available

Call: 613-396-6522

### FOR RENT

- FARM HOUSE**
- 2 bedroom, 35 acres of pasture
  - large barn
  - available May 1st

For more information call:  
613-771-1881

### HOUSE FOR SALE

- 3 BEDROOM RANCH STYLE HOUSE**
- central air
  - 2 1/2 acre lot
  - located 39 Snookies Rd, Shannonville

Call: 716-833-7392

### FOR SALE

- 1993 Chevrolet Beretta GTZ
- 240,000 km
  - asking \$1500.00 or Best Offer

Call: 613-396-1650 or  
613-813-0900

### FOR SALE

- SPACIOUS 4 BEDROOM HOUSE**
- natural gas heating plus new fireplace
  - central air
  - approx. 3/4 acre
  - laminate flooring throughout
  - municipal water and sewer supply
  - huge heated garage
  - located on old Hwy # 2

Serious inquiries only:  
Please call 613-396-5879

### FOR SALE

- MOBILE HOME**
- 12 X 60 (all weather)
  - 2 bedroom with full bath between them
  - large open airy living room and kitchen with eating bar separating them
  - tons of cupboards, large closets and built in drawers
  - peaked roof, new carpet in the living room, new paint, newer stove, refrigerator, washer & dryer.
  - 6 X 12 deck with steps and a ramp, small deck at back door
  - installed security system is available
  - reduced to \$23,000.00 in Deseronto **MUST BE MOVED**

Call: 613-827-7992 and let it ring at least 20 times. If no one answers try again in 5 minutes.

### LAND FOR SALE

- Waterfront lots
- Hickory nut grove
- 100' frontage X approx 466
- serviced road & hydro
- will hold mortgage

Call Glenn Hill: 962-5470

### FOR SALE

- 92 GMC 1/2 TON TRUCK
- as is

- 1991 5TH WHEEL HOLIDAY TRAILER WITH HITCH
- excellent shape

Call: 613-967-7786

### CHILD CARE PROVIDER

- Mother of one
- C.P.R. & First Aid trained
- No pets, lots of T.L.C. in a clean environment
- healthy meals and snacks
- located in the subdivision on Huron Brant Drive

Call Angela at 613-396-6564

### MILL TOWN MEATS

- Corn Fed Beef
- Quarters & Half Cuts of Beef Wrapped & Frozen
- Individual pieces sold at home AAA Beef

*Make your own Soup!  
Lyed Corn, Beans, Special Pork!*

Call: Glenn Hill 962-5470

### FOR SALE

- STOVE WOOD**
- ash, oak, maple mixed

Call: 968-3917

### FOR SALE

- BUILDING LOTS**
- located on Mark's Rd
  - 1 acre or larger

Call: 968-3917

### FOR SALE

- BUILDING LOTS FOR SALE**
- Upper Slash Rd (lots posted on South side of road)
  - 1 acre lots with 150' of road frontage

For more information, please call Mr. Glenn Hill at 962-5470

### LAND FOR SALE

- 1 acre lot
- located on Wymans Rd.
- lot 22 Cons. 2
- culvert included
- will hold the mortgage

Call Glenn Hill:: 962-5470



### SEEKING

#### 1-2 bedroom accommodations

- ready to occupy as soon as possible

Please call: 613-396-3897

### NOTICE

Olde Tyme  
Country Band  
playing Country, Blue Grass  
& Gospel music for most  
functions including  
\* Weddings \*  
\* Anniversaries \*  
\* Birthdays, Banquets \*  
Reasonable Rates contact  
Don Brant: 396-3759

### BABY SITTING AVAILABLE

- Mother of 4 willing to babysit in my home
- Monday - Fridays
- large yard, indoor and outdoor activities
- lunch and snacks provided
- Give me a call, spaces available

Susan: 613-396-1077

### CHILD CARE AVAILABLE

- Mom of 4
- any age welcome
- in my home, located off of Bayshore Road, meals provided
- large outdoor play area
- first aid & c.p.r.

Call Melissa: 613-242-6487

### BABYSITTING AVAILABLE

- in my home located in the sub division
- Mondays to Fridays (weekends on request)
- nutritious lunch
- outside activities
- any age

Call Teddy: 613-396-1610

### FOR SALE

- MOBILE HOT & COLD  
PRESSURE WASHER**
- all accessories included

Please call for more information:  
613-396-5879

**Do you have  
something to sell?  
Put it in the newsletter?  
Ads are free of charge call:**

**613-396-3424**

## COMMUNITY BUSINESSES



### Polished Affair

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offering basic spa treatments plus....

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an international skin care product line
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results for your at-home skin care regime
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Anti-Aging Skin Care Treatments

Relax and enjoy Dianna's treatments, expertise and experience  
in a clean, sanitary environment!

Amazing in-spa specials!  
Free Paraffin hand wax treatment with pedicure!  
Call today to book your appointment!  
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Dianna, Nail Technician

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fax. 905.786-9824

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Newtonville, Ont. L0A 1J0  
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FAX: 613-969-9733  
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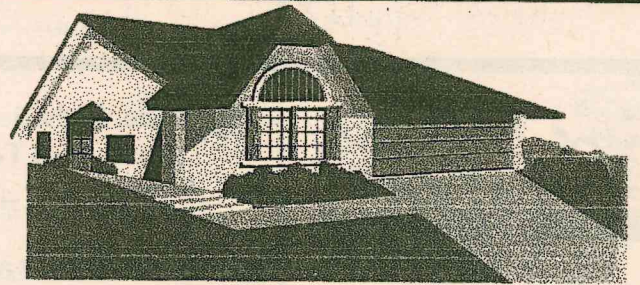
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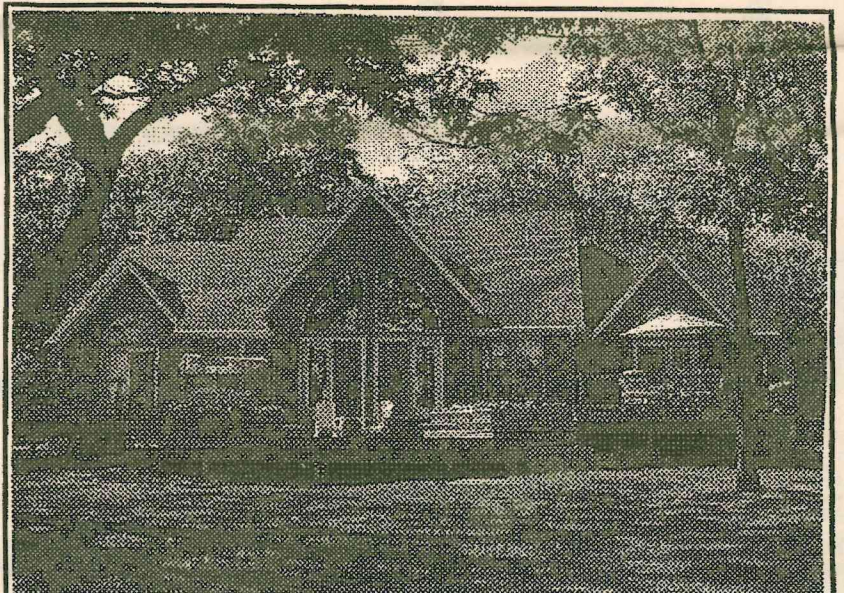
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