



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ISSUE 4/10  
Onerahtokha (Apr.)

**ORI:WASE** (News)

*We are on the web [www.mbq-tmt.org](http://www.mbq-tmt.org)*

# Earth Day Celebration



## Tree Seedlings

Available 12 pm—2 pm at the  
Ball Diamonds  
(First 5 free, then \$1.00 each)

*Clean-Up Your Road!*

Together, with your neighbours and friends,  
**Sign-Up to Clean Up!** your road during our  
**Earth Day Celebration!**

Join everyone at the Ball Diamonds for a **BBQ!**

**Garbage Bags and Pick-up** will be provided.

**Prizes** for: The Most Unusual Item,  
Most Recyclables Collected, Best Earth Day T-Shirt.

**BB-Q**

FREE BBQ for those who  
participate in Clean-Up!

**April 17, 2010**

**12 - 2**

**Ball Diamonds**

To sign up your road, or for more details, call Kristin at the  
Administration Office at 613-396-3424 ext 125.

The Mohawks of the Bay of Quinte is seeking a community representative to take part on the Board of Directors of the  
***Hastings Children's Aid Society***

Expectations of individual board members include:  
Knowledge

- Develop an understanding of the bylaws, governance policies and procedures, as well as the mission and values of the organization
- Keep informed about developments relevant to the governance of the organization
- Participate in ongoing board development activities

Planning

- Try to ensure the board of directors undertakes appropriate planning

Participation

- Attend board meetings on a regular basis and actively participate
- Be aware of the business to be discussed by reviewing agendas and distributed material in advance of each meeting
- Respect and listen to the opinions of other board members
- Be courteous towards those in attendance at board meetings
- Constructively and consistently participate in discussions
- Inform the board and/or Executive Director of any issues or public comments of which he/she is aware that might have an adverse effect on the organization
- Maintain confidentiality as warranted and as defined by the board
- Avoid conflict of interest

Decision Making

- Respect and support the collective decisions of the board, once they have been reached after due consideration by the board
- Give careful consideration to all decisions

- Uphold the bylaws, policies, principles, goals and objectives of the Hastings Children's Aid Society in the decision making process
- Recognize that no individual board member has authority over the Executive Director or staff

Monitoring

- Seek to verify that all statutory requirements are met
- Assess whether adequate monitoring for effective management performance, financial management and risk management is in place
- Review on a routine basis reasonable reporting systems designed to ensure financial stability and quality service delivery

Evaluation

- Participate in self and external evaluation processes designed to enhance the effectiveness and efficiency of the organization

Promotion

- Promote a positive image of the organization
- Refrain from publicly taking positions that differ from those of the governing body
- Attend public and/or social functions as a representative of the Hastings Children's Aid Society when requested by the board of directors

Reporting

- The Mohawks of the Bay of Quinte community representative is required to submit written quarterly reports to the Tyendinaga Mohawk Council.

Interested individuals should contact Bev Hill-Human Resources Officer  
Mohawk Administration Office (396-3424, Ext 132)  
for information regarding Board Governance Policies,  
Director Criteria, HCAS Mission statement

Resumes will be accepted no later than **April 16<sup>th</sup>, 2010** at NOON  
for consideration for this two year appointment.



The Mohawk Firefighters in March responded to 10 calls:

- |                  |                 |
|------------------|-----------------|
| 1—Auto Alarm     | 3—Tanker Assist |
| 1—Structure Fire | 1—Gas Leak      |
| 1—M.V.C.         | 1—Ice Rescue    |
|                  | 2—Grass Fires   |

**MOHAWK FIRE DEPARTMENT** This brings our total to 20 calls for the year 2010.





# MOHAWKS OF THE BAY OF QUINTE KENHTEKE KANIENTEHA

Administration 18 Old York Rd., Tyendinaga Mohawk Territory, K0K 1X0  
Phone 613-396-3424 Fax 613-396-8627

## ATTENTION

### TYENDINAGA MOHAWK COMMUNITY

#### **FOOD PREMISE INSPECTIONS**

Please be advised the Environmental Health Officer, Health Canada is available to conduct inspections of your facility upon request. We encourage you as a business owner of a food establishment to volunteer to have an inspection completed. The EHO can provide you with best practices to assist you in providing quality services to the public.

The Public Health Inspection agency located in Belleville Ontario offers a Food Safety Course which you can register for a minimal charge.

#### **SEPTIC AND WELL INSTALLATIONS**

If you are constructing a house this year on the Territory, MBQ can provide information on procedures for Septic and Well Installations. This information is free of charge and available to everyone at their request.

#### **WELL INSPECTIONS**

Do you have a well that you are concerned about? The EHO is available to conduct a complete well inspection upon your request. She will provide you with written recommendations to ensure you are protecting your well water source. Please call to make an appointment if interested in having an inspection completed.

#### **CHEMICAL ANALYSIS**

Do you know what is in your well water? Please be aware Health Canada provides a free chemical analysis of your water. If you are interested in having your well water tested or would like more information, please feel free to contact the Environment Department.

#### **BACTERIOLOGICAL TESTING**

If you would like your water tested, please contact the Drinking Water Safety Program. Bacteriological testing should be completed at least three times yearly.

Please call the Mohawk Administration Office 613-396-3424 ext. 131, if you require information on any of the above information.

Nia:wen,

**Share your photos!** Do you have pictures of Tyendinaga or from community events that you'd love to share? MBQ is looking to showcase your pictures, old and new, on the website!

Please bring your pictures to the band office, where we can scan them and return the originals OR email them to [sarahw@mbq-tmt.org](mailto:sarahw@mbq-tmt.org).



## **ASK A TEACHER**

Ask A Teacher chat rooms are open  
Sunday through Thursday evenings  
from 5:30 pm - 9:30 pm.

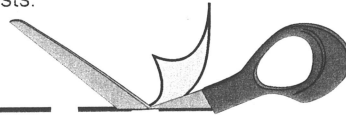
It is free to all high school students  
and a wonderful opportunity for a young person  
to interact with a teacher in live time via the internet.

Go to  
<http://www.ilc.org/aat/chat.php>

and you can find the schedule for each evening.  
Just click on the subject you need  
and you will find out how many are before you or not.

Great for regular homework problems,  
special assignments or  
before the big exams or provincial tests.

Enjoy!



Cut this  
out &  
place it  
on your fridge  
when  
needed!

This is a gift from ILC through TVO.org





## RECYCLING ON TYENDINAGA

### What is Recyclable?

#### Blue Box 1

##### Cardboard & Mixed Household Paper

- Cereal boxes
- Detergent boxes
- Milk Cartons
- Sugar and Flour Bags
- Egg cartons
- Newspapers
- Phone books
- Catalogues
- Magazines
- Junk mail



#### Blue Box 2

##### NOT RECYCLABLE

- Blister packs
- Blue newspaper bags
- Butter Wrappers
- Cereal Box liners
- Chip Bags
- Drinking Glasses
- Kitchenware
- Light Bulbs
- Paper Towels
- Prescription Bottles
- Plastic Bags
- Plastic from tissue paper
- Soiled Newspaper
- Stretch Wrap
- Styrofoam
- Tissues
- Toys
- Waxed Boxes

##### Metals, Plastic and Glass

- Metal cans
- Aluminum cans
- Foil
- Pie Plates
- Aerosol Cans
- Plastic Bottles
- All Plastic with No. 1 - 6
- Shampoo bottles
- Bleach Bottles
- Glass Bottles and Jars



## Prenatal Classes

### Spring Session

Wednesday April 14<sup>th</sup>, 2010

7 PM to 9 PM at

Thayendanega

Health Centre

A weekly series of six classes will be offered to learn about pregnancy, the value of healthy eating (nutrition), labour and delivery, breastfeeding, etc...

For more information or to register for classes call

613-967-3603 and speak with a Community Health Nurse

Partners/Supports are really important and are welcomed to participate

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### NURSING MOTHERS' GROUP OF TYENDINAGA INVITES\*

#### BREASTFEEDING MOTHERS AND BABIES AND EXPECTANT MOTHERS

(\*Interested women and girls also Welcome)

To their ongoing series of meetings

FRIDAY April 9, 2010

&

FRIDAY April 23, 2010 at

Thayendanega Health Centre 10:30 am - Noon

*DISCUSSIONS ON A VARIETY OF TOPICS  
RELATED TO THE CHALLENGES AND JOYS  
MOTHERHOOD*

*LIBRARY, & MOTHER-TO-MOTHER HELP*

BREASTFEEDING CLINIC AVAILABLE

9:00 am - 11:00 am on meeting days

**FOR APPOINTMENTS for BREASTFEEDING HELP**

**CALL HEALTH CENTRE: 967- 3603**

**or 396-2942 when Health Centre closed**

### April 2010 Moms - In - Waiting Canadian Prenatal Nutrition Program (CPNP)

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 at 613-967-3603 and speak with the Community Health Nurses who will outline the program.

We want you to have a healthy pregnancy and a healthy baby!

Mary McCauley R.N.



# IBCLCs:

## Experience You Can Trust

### *What is an International Board Certified Lactation Consultant?*

New mothers often have questions and challenges that are best addressed by an experienced and highly-skilled healthcare professional. An International Board Certified Lactation Consultant (IBCLC) is a healthcare professional who is specialized in breastfeeding and related issues. International Board Certified Lactation Consultants acquire expertise through years of study and extensive training that enables them to provide families with specialized care, not only with breastfeeding but also help with parenting, growth & development, nutrition, introducing solid foods, breast problems, breast surgery, fertility while breastfeeding, weaning, and more! It is a unique role, separate from any other profession.

Sometimes people are confused about other roles, thinking that doctors, nurses, doulas, or lactation educators are also "lactation consultants". These are separate roles with their own qualifications, licenses, and certifications.

The title IBCLC is granted to those who have passed an international exam set by the International Board of Lactation Consultant Examiners (IBLCE), held only once a year worldwide. This is the **ONLY** way to become certified as a lactation consultant, and others are prohibited from using this title. Certification must be renewed every 5 years through ongoing education or by rewriting the international exam. This certification (IBCLC) is your assurance that someone has done the studies and gained supervised experience before practising and calling themselves a lactation consultant. Members of the public may check the certification status of any person calling themselves a lactation consultant by contacting the IBLCE @ (703) 560-7330; or by visiting the Current IBLCE Registry @ [www.iblce.org](http://www.iblce.org) (click on Americas, then on "Resources")

This year celebrates the 25th Anniversary of the profession of IBCLC's. Tyendinaga currently has **one** IBCLC. She has been certified continuously since 1989 (3 times by exam + twice by other continuing education approved by IBLCE).



## Red Cedars Shelter - Staff Introduction

*Hello,*

*My name is Megan Hill. I have recently been hired as a Counselor with Red Cedars Shelter. I completed a two year Social Service Worker Program at St. Lawrence College. During this time I completed three field placements at social agencies and have gained new skills that I believe will be an asset to the team for program delivery. I live here in the community and look forward to meeting and networking with other local agencies.*

*Hi,*

*My name is Carla Hill. I have been hired as a Counselor at Red Cedars Shelter. I graduated from the Developmental Service Worker Program through Loyalist College. I have been working in the Social Service Field for almost four years. I am looking forward to learning new skills and abilities to help those who are in need. I currently reside on the Territory with my family and look forward to working with everyone in my community.*

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For April 2010 Advertisment---

### Introductory Workshop for Psychodrama Bodywork

Come and learn how our emotions affect the way our body feels and how to release those emotions safely.

[www.youremotions.com](http://www.youremotions.com)

April 23, 24, & 25 (3 full days)

Tyendinaga 59'ers Senior Citizen Club

8011 Highway #2

Tyendinaga Mohawk Territory

Contact: Aline Dzikewich 613-476-0446

Cherylann Brant 613-849-7719

[adzikewich@hotmail.com](mailto:adzikewich@hotmail.com)

[barbaraguest@cyg.net](mailto:barbaraguest@cyg.net)

### **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.

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



# **DIABETES WELLNESS CIRCLE**

**On May 11, 2010**

## **Alternative Therapies For Wellness**

**With Suzanne Brant**

**From 7:00pm to 9:00pm  
At the Thayendanega Health Centre  
1658 York Road**

**Transportation may be provided.  
For more information contact Wendy  
at (613)-967-3603**



Tyendinaga Home Support Program

1306 Upper Slash Rd

Phone: 613-9662-6653

Fax: 613-962-1702

# For Seniors 55+ or 18+ Physical Challenges



# April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast Club - 8:30 a.m - 9:30 a.m. Diners Club - 12:00 p.m. - 2:00 p.m. Supper Club - 5:00 p.m. Handivan Departure - 10:00 a.m Meals on Wheels delivered between: 11:30 a.m. - 12:30 p.m. Friendly Visiting - 1:00 - 3:00 p.m.		Birthday Tea - 2:00 p.m. - 4:00 p.m. Bingo - 12:00 p.m. - 3:00 p.m. Wii Bowling - 7:00 - 9:00 p.m. Fitness - 9:00 - 11:00 a.m. Scrapbooking - 10:00 - 3:00 p.m. Ceramics - 1:00 p.m. - 3:00 p.m.		1 <b>Breakfast Club (Full)</b> <b>Shopping Trip (Belleville)</b> Meals on Wheels	2 <b>OFFICE CLOSED</b>	3
4 	5 <b>OFFICE CLOSED</b>	6 Breakfast Club (Continental) Meals on Wheels	7 Breakfast Club (Continental) Diners Club Deseronto <b>Bayview Plaza</b>	8 <b>Breakfast Club (Full)</b> Meals on Wheels Birthday Tea	9 Breakfast Club (Continental) Meals on Wheels <b>Handivan (Deseronto)</b> Income Tax	10
11	12 <b>Breakfast Club (Full)</b> Ceramics <b>Wii Bowling</b>	13 Breakfast Club (Continental) Meals on Wheels	14 Breakfast Club (Continental) Diners Club ELDER'S LODGE <b>Bayview Plaza</b>	15 <b>Breakfast Club (Full)</b> Meals on Wheels	16 Breakfast Club (Continental) Meals on Wheels <b>Handivan (Deseronto)</b> Friendly Visiting	17
18 Hand Drum Workshop Leaving Lodge at 12:00 p.m.	19 <b>Breakfast Club (Full)</b> Ceramics <b>Wii Bowling</b>	20 Breakfast Club (Continental) Meals on Wheels	21 Breakfast Club (Continental) Diners Club Deseronto <b>Bayview Plaza</b>	22 <b>Breakfast Club (Full)</b> Meals on Wheels <b>BINGO</b>	23 Breakfast Club (Continental) Meals on Wheels <b>Handivan (Deseronto)</b> Income Tax	24 <b>Supper Club</b>
25	26 <b>Breakfast Club (Full)</b> Ceramics <b>Wii Bowling Banquet</b>	27 Breakfast Club (Continental) Meals on Wheels	28 Breakfast Club (Continental) Diners Club ELDER'S LODGE <b>Bayview Plaza</b>	29 <b>Breakfast Club (Full)</b> Meals on Wheels	30 Breakfast Club (Continental) Meals on Wheels <b>Handivan (Deseronto)</b> Scrapbooking	All programs are held at the Elders Lodge unless otherwise stated.



# Mohawks Of The Bay Of Quinte Tyendinaga Native Women's Association



DOROTHY Wells



FRANK BRANT



\* Some Members + Quilters. \*

BACK ROW: Debra Paul, BARB HOWARD, Carol LAMQUE, Rose Turcotte,  
FRONT ROW: Delores Marack-Whalen, Donna Crouse, Joy BRANT.



ROSE RENDELL

RECIPIENTS OF LAP QUILTS ARE PICTURED.



GORDON BRANT



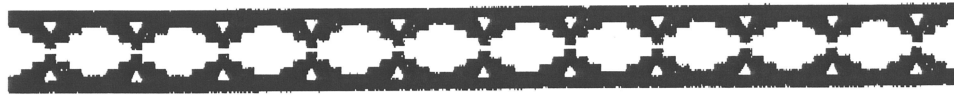
TYENDINAGA HOME SUPPORT PROGRAM



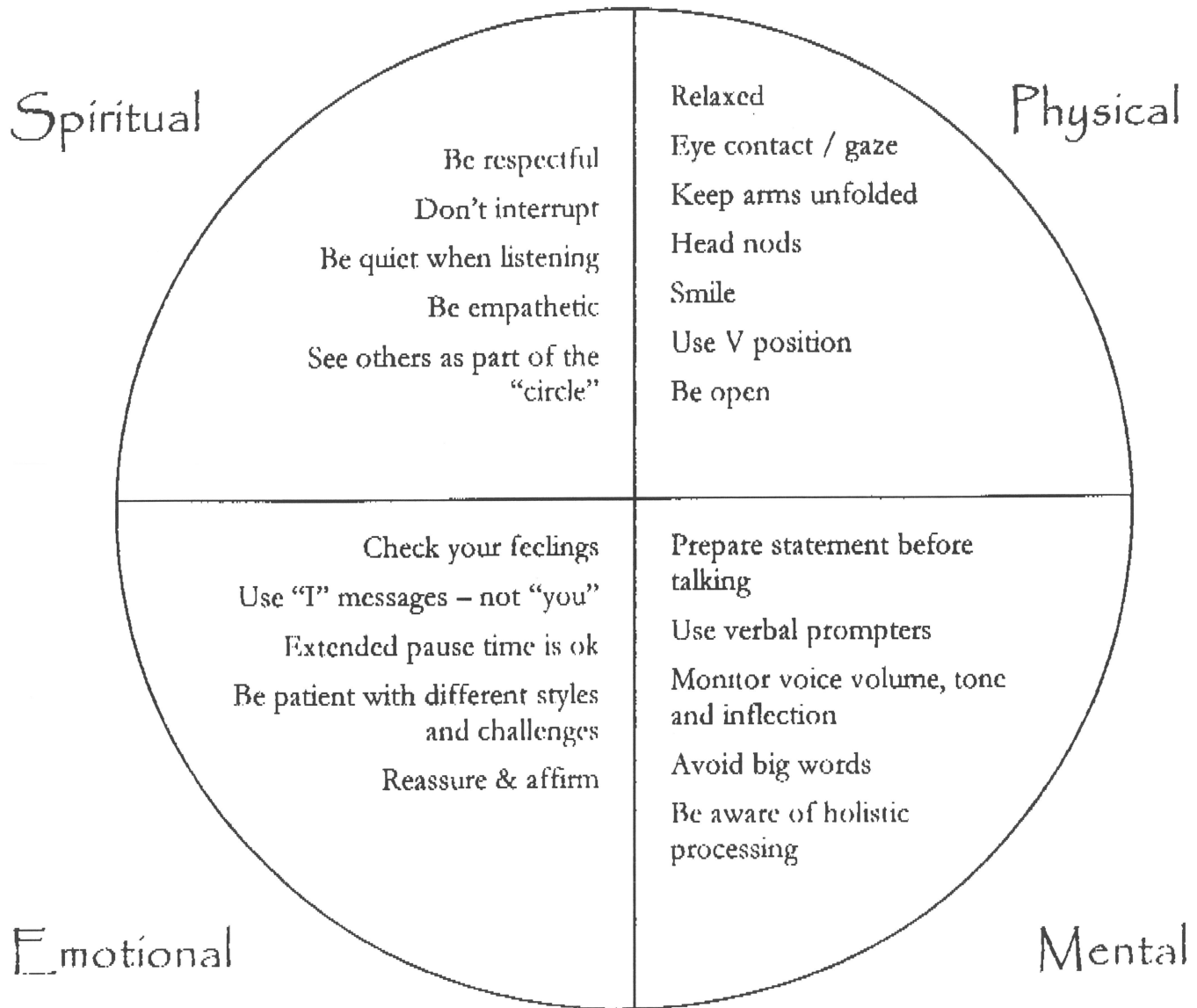
MIKE BRANT

## NATIVE WOMEN'S ASSOCIATION

Calling all Status Native Women!! As the new Chairperson, I invite you to join our group. We conduct meetings once a month (second Thursday) from 7:00 - 9:00 pm at the Aboriginal Bible Academy on 49 Hwy. Membership fees are \$3.00 per year and \$1.00 is collected at each meeting. The purpose is to provide a forum for the members of the Association to discuss and advocate Native Women issues that may affect them and their families. We cook and serve at funerals, for Revenue Canada, for the Band Council, PowWow, Mohawk Fair, Thanksgiving Dinner for the Quinte Mohawk School and we were invited to the opening of the Aboriginal building at the Warkworth Pen. We have finally fulfilled one of our dearest elder's dream, Aunt Ada Doreen, by sewing and quilting lap throws for donation. We share stories, ideas, a lot of laughs, and we work hard. If you would like to participate or help others in your community then this could be the organization for you. Our membership rep is Joy Brant who can be contacted at 613-967-0411 or the Hospitality rep is Barb Howard who can be contacted at 613-969-2136.

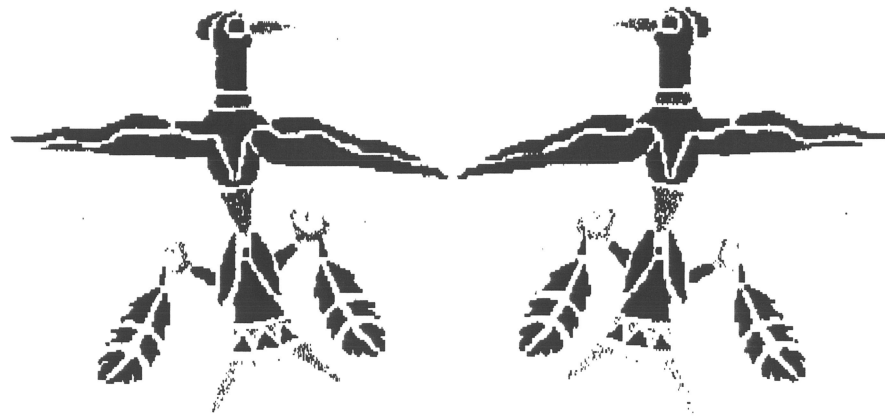


## 4 Ways of Connecting - Native Communication -



"Listen with heart and mind."





## Conflict Resolution Principles



okay

Disagreeing with someone is



Focus on coming to the best solution -- not on winning an argument



avoided

Conflict should not be



Listen well!



Resolve in good faith



Be open-minded



Be reasonable



Differences with someone should not reflect negatively on that person as a whole



Let go of resentments, grudges and anger



Be persistent -- don't give up

**We are searching for common ground.**





# *3rd Annual* **Uniting Our Nations Voices** *Lifting our spirits*

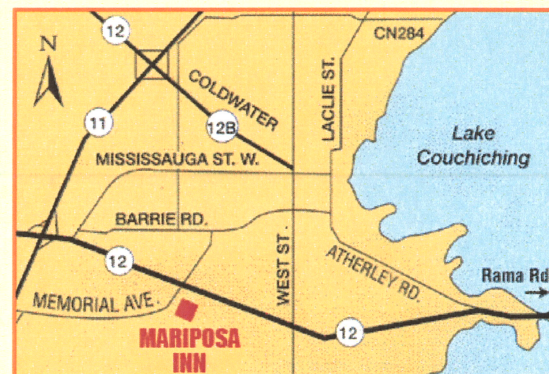


*To improve opportunities for social practitioners of First Nation communities to share knowledge, experience and self-care while enhancing our sustainability in providing family preservation in the protection of our sacred gift, Our Children.*

**Where Best Western  
Mariposa Inn, Orillia, ON**

**When May 4, 5 & 6, 2010**

*Northbound-Exit from 11 North to Memorial Avenue. Southbound-11 South exit to 12 South, 2nd light right on Memorial.*



**Registration early bird deadline: April 15th, 2010 – space is limited so be sure to register and book your rooms early!**

**Costs** \$275.00/person prior to April 15th  
\$350.00/person after April 15th

**Payable to** **Mohawks of the Bay of Quinte**

**Mailed to**

Jeannie Hebert, Manager, Mohawk Family Services  
Mohawks of the Bay of Quinte  
Box 132, Tyendinaga Mohawk Territory  
Ontario K0K 3A0

**Fax** **613-967-8990** (registration forms)

For more  
Information  
please contact:

Jeannie Hebert – 613-967-0122 ( [jeanneh@mbq-tmt.org](mailto:jeanneh@mbq-tmt.org) )  
Adrienne Pelletier— 705-497-9127 ( [peladr@anishinabek.ca](mailto:peladr@anishinabek.ca) )  
Arliss Skye— 519-445-2071 ( [askye@sixnations.ca](mailto:askye@sixnations.ca) )



## Obituary

*BRANT, Roger Mitchell—of Deseronto.*

*Peacefully with his family by his side at the Lennox & Addington Hospital on December 31, 2009. Roger was born on March 16, 1946 to Viola Brant and the late Mike Brant. Roger grew up in Picton and attended the Prince Edward Collegiate School in Picton. He also attended Sir Sandford Fleming in Peterborough and Loyalist College in Belleville. Roger met the love of his life, Patricia Brant and married her on December 5, 1969. Roger and Pat had 4 children together, Jennifer Brant (Karl Edwards), Janice Brant (Ken Post) both of Tyendinaga Mohawk Territory, Rueben Brant and Danny Brant both of Toronto. Their children gave them 6 grandchildren, Shanoa Brant, Wabomaygun Harper, Dyami Brant, Emma Rose Brant Edwards, Savannah Jackson-Brant, and Adina Brant-Edwards. Roger had on sister, Roseanne (Ernie) of Castleton and two brothers, Robert (Marj) of Kingston and Ronald (Penny) of Picton. Roger was an electrician by trade, he was also a*

*Farmer and Co-Partner of Pat's Variety. He was very much a part of the community, Roger formed a club called "Just Past the Pines Jamboree", he was a part of the Mohawk Agriculture Society, Quinte Soil & Crops Association, Board of Directors of the First Nations Technical Institute, Councillor with the Mohawks of the Bay of Quinte, he was on the Mohawk Fire Department, Hastings Board of Education and was a member of All Saints Church in Tyendinaga. Funeral services were held on Tuesday January 5, at 11:00 a.m. in the Mohawk Community Centre, York Road, Tyendinaga Mohawk Territory. The Reverend Bradley Smith officiating. Cremation took place after the funeral services. The pallbearers that took part were Joseph Brant (nephew), Timothy Brant (nephew) Lyle Mitchell, Jim Donovan, Roger Hollan, Bill Wales, Chris Auten (friends) Mike Lessard (cousin) Leland Peeling and Luke Peeling (brothers in law)*

*Patricia Brant and family of the late Roger M. Brant would like to thank family, friends and neighbours for their expressions of sympathy that have been extended through love, support, friendship, cards, flowers, donations, visits and food brought to Lennox & Addington Hospital and our home. Thanks to father Brad Smith for the special service at the Mohawk Community Centre, Thank you to the Ladies of the Mohawk Guild, Mohawk Pentecostal Church and the Longhouse Ladies for the beautiful luncheon and for all the Musicians who played in the afternoon. Thank you to the Mohawk Council for the use of the Community Centre and to W.J. Brant for the memories of Roger's life and thank you to the pallbearers that are family and friends.*

*Patricia Brant & Family*

### *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*

## Thank you!

*A special thank you to friends and  
family of the late  
Gord Foster*

*in honouring his last wishes.  
And to M.J. Loft, Carol Loft,  
Tracey Gazely, Jessica Brant and  
Betty Carr-Braint for putting on  
such a lovely luncheon after the  
services.*

*And to Chief Don Maracle,  
McGlades Funeral Home.  
To all of you, your kindness will  
always be remembered.*

*Gord's friends,  
Millie, Carol-Anne & Kathy*



*In Loving Memory of Larry  
Stewart Brant*

*August 17, 1959 - March 28, 2009  
Dear Son, Brother, Father, Hus-  
band and Grandfather*

*This comes with sad regret, which  
brings a day we can't forget  
You passed away without good-bye, but  
our memories of you will  
Never die.*

*We miss you more than anyone knows,  
as each day passes, the  
Emptiness grows...*

*The tears we shed, we can wipe away,  
but the aching heart will  
Always stay.*

*For unto us, a child is born  
Unto us a son is given...*

*When his name was called, we could  
not bear...*

*The everlasting Father, the Prince of  
Peace*

*We were not ready, the day he was  
called, but who are we,  
Only God knows...*

*We will always Love you, and we miss  
you everyday*

*Our Son was a loving man, and quiet  
in his own special way*

*We would give a million dollars just to  
laugh with him today.*

*Sadly missed and always loved  
by brother Vincent, sisters Theresa,  
Kathy, Sandy, sons Billy, Michael,  
daughter Mellissa, wife Doreen and  
grandsons Ean, Ethan and Colton  
With much Love,  
Joan and Stewart Brant*

***Thank You!***

*The Family of Reg Maracle  
wish to extend their sincere thanks to  
all our family and friends who came to  
the visitation, funeral, and for all the  
donations of food, cards, hugs, flowers,*

*Diners club, Long House  
Building Fund and the Canadian  
Diabetes Association.*

*Special thanks to Elsie Dowdle,  
Cheryl Maracle, Angie Brown,  
Jason Maracle, Lonnie Brant,  
& Chief Don Maracle.*

*The family is so very grateful to you all.*

*A big thanks goes out to the  
Longhouse Ladies and Gents for the  
wonderful luncheon after the services.*

*Thanks also to McGlades Funeral  
Home, your kindness and  
thoughtfulness will always be  
remembered.*

*Millie Maracle & Family*

*Thanks to those who donated  
to the fund raiser bazaar at  
Kentwood Park Manor.  
The Bazaar was a huge success in  
memory of Reg.*

*Thanks!  
Millie Maracle*

**Thank you!**

*I would like to thank the  
Dream Catcher Fund for their  
generosity in providing funding for my  
spinal compression therapy.*

*Thank you very much, Billy Brant*



***Congradulations***

**Denise Leafe**

For the successful completion of the

***Community Diabetes Prevention  
Worker Program***

through

**Yellowquill College**

We know it's been a challenge to be away  
from your family and community.

Your dedication and service to  
Community Health  
is greatly appreciated by all.

*from the Community Wellbeing Team*

**Thank you!**

*I would like to say thank you to my family for all  
the work they did in celebrating my 90th  
Birthday with a **Come and Go Tea** at the Elders  
Lodge on February 6, 2010. As well, to extend  
my gratefulness to those friends who attended to  
bring their own personal birthday wishes.  
My appreciation to all for this lovely day will  
always be in my memories.*

*Thank you,  
Helen H. Brant*



**It's a Boy!**



***"Quintin William Christopher  
Layfield"***

Made his grand entrance one week early on  
Tuesday, February 2, 2010

at 4:30 p.m. weighing in at 6 lbs. 10 oz.

Proud big brother Logan, Mommy (Kim)  
& Daddy (Chris) are very excited.

Thrilled Poppas & Nannies are  
Bill & Sandy Layfield of Tyendinaga  
John & Heather French of Belleville.

Quintin is also welcomed by many Aunts,  
Uncles & Cousins. A special welcome from  
Auntie Jod and Uncles (Dakota & Skyler)  
of Tyendinaga.



# Onerahtokha – O-ne-rah-tók-ha'

April (common translation)

Leaves popping a little (literal translation)



**Ska'teqayenton**

**Kawennaawitla**

## Owennashon'a - words



yohsheyonte – yohs-hè:-yon-teh



yonterahkwawerhohstha – yon-te-rah-kwa-wer-hóhst-ha'



ahsikwara – ah-si'-kwa-rah



tewennine'karahwanyon – te-wen-ni-ne'-ka-rah-wá-nyonh

## Okara - story

Ethóne shíke'skwe atste nonkati, wa'katho ne oskenònton. Sok eh ya'tekahrátate nek tsi sotsi yosnòre nène thíken oskenònton.

Wake'nikonhráksenskwe tsi niyore wa'katho éneken nonkati, táhnon eh nònwe nène kanonhsakàyen. Onkeneráko sok ya'katàweya'te nikanònhskon. Wakhteronníhne nek tsi kesha'tste. Kwah tsi yohstyon ne kahswenkeràke nek tsi waketshenryònhne skahyatónhserakàyen shikehràthens éneken nònkati kanònhskon.

Ethóne yonsakatènti táhnon wa'khena'tònhase Aksotha. Yenerakwaskwe ne aorihwàke nène wa'eron "I':I akwàwen ki kahyatónhsera. Ka'nonwe rahsetshènrì," wa'kheyathròrì táhnon wa'enerako táhnon yakotheronníhne. Ethóne wa'kherihwanòntonse', "Shé:kon ken sata'karíte? Othénen ken tenhsatonhwèntyon' wa'onkéken táhnon wa'onkhròrì nène yorihwakwèkon ...

Ethone tsi niyore ensewenhnite ...

ethóne – so then...

shíke'skwe – while I was about

atste - outside

wa'katho – I saw it

oskenònton - deer

eh - there

nek tsi - but

sotsi – too much

yosnòre - fast

thíken - that

wake'nikonhráksenskwe – I was sad

éneken nonkati – up/south

nònwe – in the location

kanonhsakàyen – old house

onkeneráko – I got surprised

ya'katàweya'te – I entered there

kanònhskon - inside the house

wakhteronníhne – I was scared

kesha'tste – I am strong

kwah tsi teyohstyon – really dirty/gross

kahswenkeràke – on the floor

waketshenryànhne – I had found it

skahyatónhserakàyen – one old book

shikehràthenskwe – while I was ascending

yonsakatènti – I went home

wa'khena'tònhahse' – I showed her

ka'nonwe – where?

yenerakwaskwe – she was surprised

akwàwen – I own it



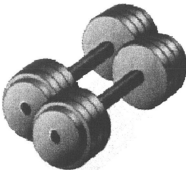

wa'kheyathròrì – I told her about it



## A vibrant, cartoon-style illustration of a round birthday cake. The cake has a thick layer of white frosting on top, with a decorative swirl of pink frosting around the base. Five lit candles with blue and red bases are placed on top, with bright yellow flames. The background is a soft, warm yellow, suggesting a festive atmosphere.

[illegible]

## Calendar of Events April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All programs will continue if successful during the month.	<b>Singles Lose to Win Starts April 6</b>	Saturday Hours 8am-1pm	<b>Summer hr. Start June 1st Open at 6:30am</b>	1 <u>Yoga</u> 5:15- 6:15 <u>Belly Fit</u> 7:00-8:00	2 <b>Good Friday closed</b>	3 Belly Fit 9am-10am
4	5 <b>Easter Monday open regular hours 7am-8pm</b>	6	7 <b>Cardio Kick Boxing</b> Women Only 6:00-7:00 7:00-8:00	8 <u>Yoga</u> 5:15- 6:15 <u>Belly Fit</u> 7:00-8:00	9 Help a senior today	10 <u>Belly Fit</u> 9:00-10:00
11 <b>Membership</b> \$20.00 a month <b>Seniors</b> \$10.00 a month	12 No TAXES No hidden Fees	13 Thank You For Exercising At TFRC	14 <b>Cardio Kick Boxing</b> Women Only 6:00-7:00 7:00-8:00	15 <u>Yoga</u> 5:15- 6:15 <u>Belly Fit</u> 7:00-8:00	16 	17
18 	19 Take 5 minutes and walk during your lunch	20	21 <b>Cardio Kick Boxing</b> Women Only 6:00-7:00 7:00-8:00	22 <u>Yoga</u> 5:15- 6:15 <u>Belly Fit</u> 7:00-8:00	23 Bring a Friend To TFRC	24 <u>Belly Fit</u> 9:00-10:00
25 We Welcome College Students	26 Sign-up For the summer Walking/biking and running Groups.	27 	28 <b>Cardio Kick Boxing</b> Women Only 6:00-7:00 7:00-8:00	29 <u>Yoga</u> 5:15- 6:15	30  We Have FREE Coffee for Clients	Tea Talk last Wednesday of every month



## "Spring Show Off Event" May 25 to May 31st

### TOONIE SPECIALS & DEMOS

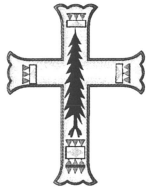
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Parish Priest  
The Rev'd Brad Smith  
Mohawk Rectory, 396-3797

SUNDAY CELEBRATION

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

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

\*On 18 April, the only service is at Christ Church

UPCOMING EVENTS

Thursday 1 April, 6 p.m., All Saints'  
Maundy Thursday Liturgy (potluck meal)

Friday 2 April, 10 a.m., All Saints'  
Good Friday Liturgy

Saturday 3 April, 8 p.m., Christ Church  
Great Vigil of Easter with Baptisms

Sunday 4 April – Easter Day  
Services at the usual times (see above)

Sunday 11 April, 5 p.m., Christ Church  
Evensong to Commemorate Molly Brant and the 300<sup>th</sup>  
anniversary of the Visit of the Four Kings to England  
Preacher: The Very Rev'd Mary Irwin-Gibson, Dean of Ontario  
Choir: The Choir of the Cathedral Church of St George

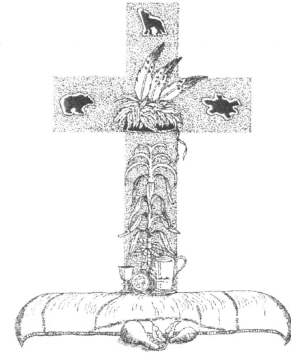
Wednesday 21 April, 7 p.m., All Saints'  
Parish Fun Night  
Bring a game, a friend, and a snack!

REACHING OUT TO THE COMMUNITY

Four times a year, we publish *By The Way*, the Newsletter of the Anglican Parish of Tyendinaga. You can find electronic copies of the newsletter on our website or request to have your name added to the mailing list by calling 396-3797. In the Easter 2010 issue, there are feature articles by Lindsay Brumwell (formerly Brant) on the joy of motherhood and Marlene Brant-Castellano on residential schools.

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

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



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

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Fr. Gérard Trinque, OHI, SSM, Officiating

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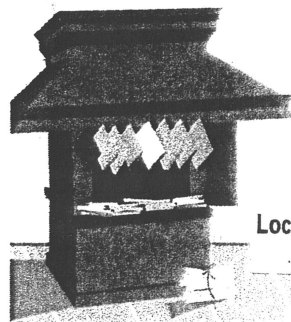
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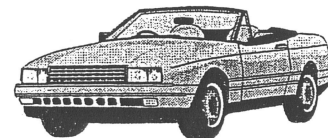
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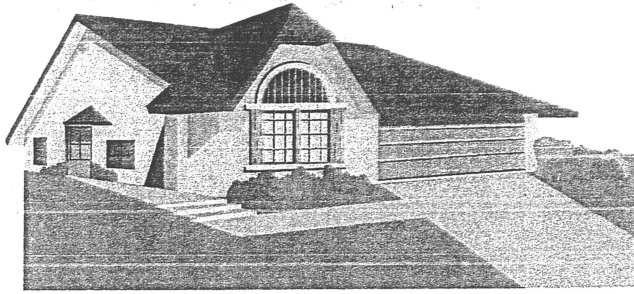
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