



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ISSUE 4/12
ONERAHTOKHA (April)

ORI:WASE (News)

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

EARTH DAY CELEBRATION

Date: April 21, 2012

Time: 10-3pm

- Clean up your Road!

*Bags available at the Community Centre
at 8:30 am*

- Tree Seedlings
- BBQ

Proceeds to Youth Program

- Information Booths
- Bird House Competition

*Bring your homemade birdhouses to be
judged.*

*All birdhouses will be property of MBQ and
will be placed around the community!*

ALL WELCOME!

**Mohawk Community Centre
1807 York Road,
Tyendinaga Territory, ON**

For more information call Kristin Maracle at the
Administration Office 613.396.3424

TYENDINAGA MOHAWK COUNCIL PORTFOLIOS FOR 2012-2013

Maracle, Chief R. Donald Box 98, 48B Bayshore Road Tyendinaga Mohawk Territory, ON K0K 1X0 Phone (H): (613) 396-3089 Cell Phone: (613) 391-9249 E-Mail: rdonm@mbq-tmt.org	<ul style="list-style-type: none"> ➤ All Portfolios ➤ Media Relations – Council Spokesperson ➤ AIAI Chiefs Rep – COO Liaison ➤ External Government Relations – Lobby ➤ Fed/Pro Legislative Initiatives ➤ Chiefs Committee on Health ➤ Seniors Issues ➤ BREC/Drainall
Brant, Barry 368 Lower Slash Road Tyendinaga Mohawk Territory, ON K0K 1X0 Phone (H): (613) 396-3827 Cell Phone: (613) 391-885-5512 E-Mail: bbrantb@hotmail.ca	<ul style="list-style-type: none"> ➤ INFRASTRUCTURE <ul style="list-style-type: none"> - Roads - Water & Sewer - Sanitation - Environment - Mohawk Fire Department - Emergency Preparedness - Technical Services - Utilities - Special Projects – Tobacco Quotas
Maracle, Douglas E. 186 Ridge Road Tyendinaga Mohawk Territory, ON K0K 3A0 Phone (H): (613) 969-9568 Cell Phone: (613) 391-7058 E-Mail: dmaracle@kos.net	<ul style="list-style-type: none"> ➤ EDUCATION, CULTURE & LANGUAGE <ul style="list-style-type: none"> - Post Secondary Education - Daycare - Headstart - Quinte Mohawk School – Operations - Elementary k-8 - Secondary Education - Busing - Library - Before & After School Program - Ohahase
Maracle, Roy C. 781 York Road Tyendinaga Mohawk Territory, ON K0K 1X0 Phone (H): (613) 968-9953 Cell Phone: (613) 885-0544 E-Mail: roymaracle@aol.com	<ul style="list-style-type: none"> ➤ COMMUNITY WELLBEING – HEALTH & SOCIAL <ul style="list-style-type: none"> - Health Services - Home Support - Red Cedars - Ontario Works - Mohawk Family Services - QHC Diabetes - Income Support - Home & Community Care - Youth Services - Fitness Centre
Maracle, Carl (Ted) 1112 York Road Tyendinaga Mohawk Territory, ON K0K 1X0 Phone (H): (613) 966-0009 Cell Phone: (613) 885-2458 E-Mail: tedm@mbq-tmt.org	<ul style="list-style-type: none"> ➤ HOUSING <ul style="list-style-type: none"> - New Construction - Renovations - RRAP – CMHC - HASI – CMHC - Band Rentals - Elders Lodge – Maintenance - Band Property Maintenance - Parks - Recreation Complex – Future Planning/Maintenance

Council as a whole	<ul style="list-style-type: none"> ➤ Lands Research & Claims ➤ Lands & Estates ➤ Membership ➤ Treaty Rights ➤ Iroquois Caucus ➤ Police Relations ➤ Community Safety ➤ Nation Building ➤ Communications ➤ Casino Rama Funding ➤ Major Capital Projects ➤ Finance / Administration / Human Resources ➤ Budgets ➤ MBQ Organizational Structure ➤ Legal Matters ➤ Consultation ➤ MBQ Standing Committee ➤ Intergovernmental Relations ➤ Economic Development ➤ Employment & Training
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Tyendinaga Mohawk Council Meetings
April 2012:

TMC Meetings	Agenda Deadlines
Local Business – Wednesday , April 11, 7:00 p.m. Regular – Wednesday , April 18, 9:00 a.m. Local Business – Thursday , April 26, 7:00 p.m.	Thursday , April 5, 12:00 p.m. Thursday , April 12, 12:00 p.m. Friday , April 20, 12:00 p.m.



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in March responded to 7 calls:

2 Medical Assist
1 Tanker Assist
1 C.O. Detector
3 Auto Alarm

This brings our total to 23 calls for the year 2012



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

April 2012

Business of the Month

BAY OF QUINTE

Property Service

**Providing Safety and
Peace of Mind**



77 Snookies Road, Tyendinaga Mohawk Territory

613.813.0089

Bay of Quinte Property Service has been chosen by the Economic Development Office as the April 2012 Business of the Month!

Owned and operated by Andrew Kring, a fully insured Forestry Technician, Bay of Quinte Property Service has been open since August 2011. The business hours are Monday to Friday, 8am to 6pm.

He specializes in a wide variety of services, such as Tree Removal, Pruning, Brush Clearing & Grubbing, Tree Aesthetics, Stumping and Yard Enhancement. The services he provides are available all year round.

Check out his ad in the phone book!

Support Local Business

ABORIGINAL BUSINESS DAY!

APRIL 17, 2012

8:30am to 4:30pm

Mohawk Community Centre

**For more information or to register, contact Renee Barnhart-Brant at
613.968.1122 or reeneb@mbq-tmt.org**



"People are definitely a company's greatest asset. It doesn't make any difference whether the product is cars or cosmetics. A company is only as good as the people it keeps."

- Mary Kay Ash

April's Tip

Social Media Marketing Tips for Small Businesses

Here is a list of the top 10 social media outlets that small businesses can use to help market themselves! To learn more about how they are useful, visit <http://mashable.com/2009/10/28/small-business-marketing/>.

1. Facebook
2. Twitter
3. Company Blog
4. LinkedIn
5. Participate on Other Blogs
6. Mobile Social Networks and Other Local Strategies
7. Comments and Conversations about your Company
8. Multimedia
9. Maintain Brand Consistency
10. Leverage Combinations of Social Media Tools

For information regarding
the employment and
training
program, please contact:

Sandy Sero

Employment and Training
Coordinator

Phone: 613.968.1122

Fax: 613.968.1128

Email: sandys@mbq-tmt.org

Or visit us on our website
at:

www.mbq-tmt.org

ADVERTISING OPPORTUNITY

Bay of Quinte Tourist Council visit www.bayofquintecountry.com
(the cost is \$99.00 and you become a business member, with many
other benefits, including a website which gets about 10,000 hits a
day!)

**Don't forget that Employ-
ment has a computer avail-
able for producing resumes,
job searching or even
creating business cards!**



News from the Ohahase Education Centre

Welcome to the twelve new participants in the Tyendinaga Youth Program! The participants are in the classroom for six weeks, from March 19 – April 27, and will be in a field placement of their choice for the ten weeks following. The Ohahase Education Centre is pleased to be able to facilitate this program and provide educational and career support to the youth of our community.

Welcome also to the two students who joined our Grade 9/10 program for Semester II. It is exciting to see our high school program continue to grow, and we look forward to welcoming more new students in September.

A note to our Adult Education students graduating this year: **Please have all work submitted for grading by June 1.** As you can imagine, grading is a time-consuming, labour-intensive pursuit and the June 1 deadline will give us enough of a window to have it all done in time for graduation ceremonies. Thank you for your cooperation in this matter.

On a final note, welcome to Amanda McCambridge, a Queen's University ATEP student who chose our Centre for one of her field practicums. We are happy to have her assist in the Youth Program and she is also facilitating four workshops to help prepare students for the Ontario Secondary School Literacy Test. Welcome Amanda!

Ohahase Education Centre
314 Airport Road
613-396-6742

Trustee Report for March 2012

The focus of work being completed by the Board at this time has been centered around capital projects undertaken to accommodate declining student enrollment, budget meetings, the Board is Ministry mandated to present a balanced budget by the end of June, and working through the process of the Director's performances appraisal.

On the home front we continue to work on the renewal of our tuition agreement which at this point will be presented to AANDC (Indian Affairs) on April 11th for approval.

For more detailed information of Board and Committee Minutes, please go to the Board website HPEDSB.on.ca > Board and Committee meetings.

Remember, if you have any comments or concerns, please call me at (613) 962-3595 or email me at mbrant@hpedsb.on.ca.

Respectfully submitted

Mike Brant, Trustee HPEDSB, representing Tyendinaga First Nations

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

Medical Transportation Benefits

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

What is covered?

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

How do eligible recipients access medical transportation benefits?

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

Is there an appeal process when a benefit is not covered?

Eligible recipients can appeal a decision of declined coverage for a benefit. Please refer to official Health Canada website and review the Appeal Procedures section.

Medical Transportation Policy Framework

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

Volunteer Drivers

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

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

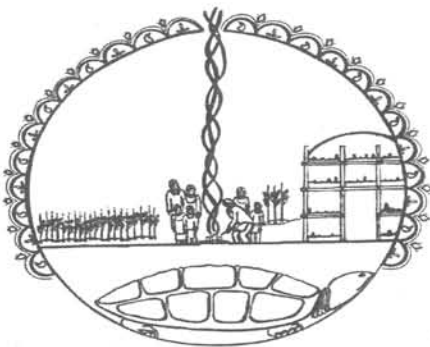
Any other questions may be made directly to the Medical Transportation Clerk at the Community Well Being Centre.

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

Health Canada Website for Medical Transportation Benefit:

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

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



Community Wellbeing/Community Health

50B Meadow Lane, Tyendinaga Mohawk Territory

Health Canada notifies Community Health Department regarding

Food/Product Alert on regular bases.

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

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



**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

WEEKLY on TUESDAYS
10:30 am – Noon

@ COMMUNITY WELLBEING

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

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

BREASTFEEDING CLINIC
AVAILABLE :

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

FOR APPOINTMENTS or HELP
CALL: 613-396-2942
TEXT: 613-849-1868

April 2012

Moms - In - Waiting

Canadian Prenatal Nutrition Program (CPNP)

MONTHLY FOOD VOUCHERS are offered to women during their pregnancy. For more information please call Community Wellbeing at 613-967-3603 and speak with the Community Health Nurses who will outline the program We want you to have a healthy pregnancy and a healthy baby

Mary McCauley R.N.

BREASTFEEDING CIRCLE

This was printed in the medical journal 'JAMA' in October 1987:

Q: "Several physicians in our area prescribe one beer a day to 'increase lactation' for new moms who are breastfeeding their babies. Is there any scientific basis for this practice/recommendation? What is the hazard to the baby of ingesting alcohol metabolites in the breast milk? —MD, California

This inquiry was sent to a substance abuse specialist (Dr. Blume), a lactation consultant (Dr. Auerbach), an obstetrician (Dr. Schreiber), and a pediatrician (Dr. Faulkner). Their responses were:

Substance Abuse Specialist: Physicians should be wary about prescribing alcohol as a drug to their patients for any indication since iatrogenic cases of alcoholism have been reported

Lactation Consultant and Obstetrician: We should proceed with caution until more is known about alcohol's effects on the lactational process and the developing infant

Pediatrician: Like many other long-standing old wives' tales, there probably is a scientific basis for such claims."

It is now 2012 and we are learning more. Officially, the word is that "occasional light or moderate alcohol intake by a nursing mother has not been shown to be harmful to a nursing baby". What is now recognized is that *occasional light or moderate* alcohol exposure via breastmilk may be safer for most babies than the many known risks of artificial feeding. And there are plenty! However, that doesn't mean there are no consequences from alcohol to consider carefully.

The most recent studies show that the alcohol babies consume through breastmilk alters infant nutrition and sleep. Maternal consumption of *moderate* dose of alcohol was associated with:

- Less milk and more difficulty getting milk from the breast
- Babies experienced less total sleep, less active sleep*
- Babies woke up from naps sooner*

***Note: Sleep promotes learning in infants.**

Infants also learn about the *flavor* of alcohol through breastmilk when moms drink. This is important especially in communities and families with a history of problem alcohol use.

Studies are showing that women with a *family history* of alcoholism may have a different response to the milk producing hormone prolactin. This does not mean that they cannot breastfeed but that they may have to be prepared to nurse even more frequently in the evening or night hours.

Studies have also shown that the effects of alcohol on babies *persist long after* any traces of alcohol can be found in the milk or the baby. Alcohol is a mind altering substance. Be careful, consider... ***Teka'nikonhratenyes... it changes your o'nikonhra which refers to the mind, senses, conscience, sensibility.***

As we continue to learn, Tyendinaga's health providers take a holistic approach in advocating alcohol abstinence for *all* people, for the wellbeing of Ourselves and Our Children...Our Future.

Gale Hayward, IBCLC, RN, CHP

Let's Walk & Beat Diabetes Together!

April 2012

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



Gentle Walk @ Noon: A gentle paced walk, that may be divided by rest breaks as needed. Suitable for families with babies or toddlers along, and anyone who desires a more relaxed walk. Approx 30 min. Come prepared as above. Meet @ Community Wellbeing Social Services east door or waiting room.

Spring Walking Group @ 4:30-6:00pm: Walk at your own pace, weather permitting. Approx 30-minute walk. Quinte Mohawk School Track, please use Sadie's Lane entrance.

Some pedometers available on loan for walk

PRENATAL DIABETES EDUCATION SERIES @ CWB
STARTING FRIDAY, APRIL 13TH 11:00AM-12 NOON!!



Yonata'karite Konwai'nihsstenha,
Yonata'karite Rotiwirā'a'

A Strategy to Improve the Care and Outcome of Teyakonekwehstsihssteh-tareh
(Diabetes) In Yokowroyentaseh (Pregnancy) in
On and Off-Reserve First Nations Women

Dorothy Green & Gale Hayward
Community Healthcare Professionals
Community Wellbeing Centre
50 Meadow Drive
Tyendinaga Mohawk Territory, ON
K0K 1X0

Phone: 613-967-3603 Extension 166 Email: chp_cwb@mbq-mtl.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Gentle Walk @ noon CWB	4	5	6 Sadie's Walk 8am-11:30am Walk @ your Leisure. Meet @ 8am Elder's Lodge	7
8	9	10 Gentle Walk @ noon CWB	11	12	13 Walk @ noon CWB	14
15	16	17 Gentle Walk @ noon CWB	18	19	20 PN Diabetes Education 11am-12 noon CWB	21
22	23	24 Gentle Walk @ noon CWB	25	26	27 Walk @ noon CWB	28
29	30	1 Gentle Walk @ noon CWB				



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

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

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

We are starting this new program, open to all (all ages, all stages, all genders!), offering 30 minute walks twice weekly, which will be increased in frequency. Walking may be the single most important thing we can all do to control and prevent diabetes. Other activities will be added as we can arrange them and as we see where interest leads. Watch for updates on our calendar in the newsletter and in the community.

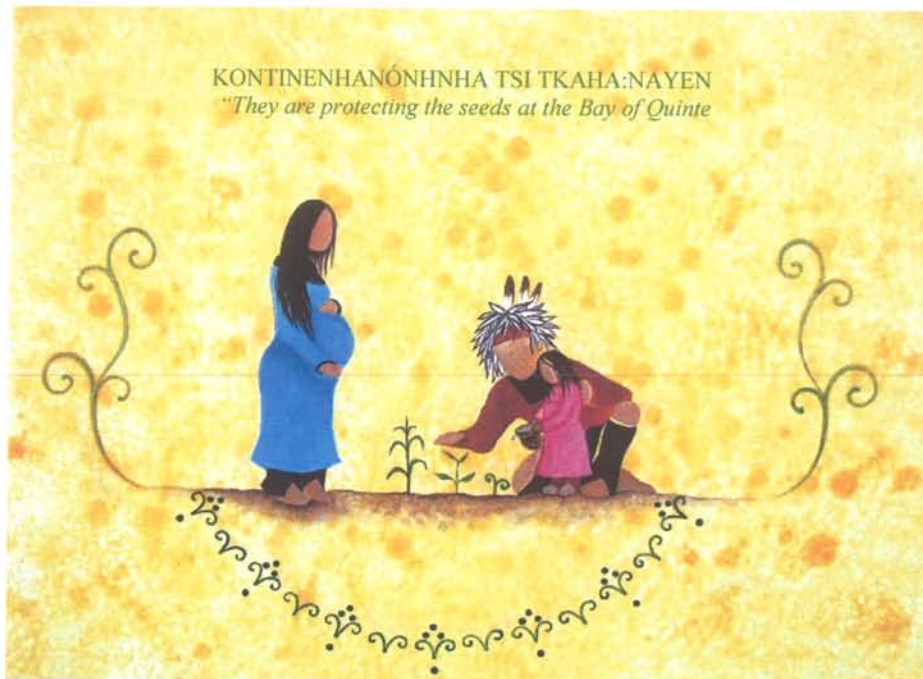
**A RECENT TEN YEAR
STUDY SHOWED THAT
JUST A HALF AN
HOUR'S (30 MINUTES)
WALKING A DAY CAN
ERADICATE THE RISK
OF DEVELOPING
DIABETES.**



**After two to three weeks,
regular walking will:**

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

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



Birth Search Survey Results Meeting

Pancake Breakfast
at the
Community Centre
on
Sat. April 14, 2012
9am—1pm

Everyone Welcome!!
(Childcare provided)

For more information please contact:

Dorothy Green or Gale Hayward
Community Health Programs
Phone: 613-967-3603 ext 166



OPENING IN MAY!!

Turtle Island Produce & Deli

*Featuring Fresh Veggies, Deli Meats & Grocery Items
&*

"Don't Go Without"

Healthy Diabetic, Gluten Free Choices

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



EMPLOYMENT OPPORTUNITIES

Classroom Instructor - Shatiwennakaratats Adult Language Program

The Mohawk Speaking Instructor is responsible for providing Mohawk Language instruction to adult students utilizing a communicative approach for second language acquisition.

Duties include:

- Ensure curriculum meets program standards
- Provide guidance in language learning utilizing team-teaching methods
- Develop long and short range plans through thematic units and lesson plans
- Design and develop language-learning materials
- Provide instruction utilizing a multitude of strategies appropriate for language learning and a variety of evaluation and assessment techniques
- Provide positive leadership to the adult students within the program
- Participate as a member of the instructional team at TTO
- Abide by the policies and procedures of the program and TTO

Qualifications:

- ✓ Able to speak, read and write Mohawk to a high level of language proficiency
- ✓ Post Secondary education in Mohawk Language and/or adult learning, teaching or related field
- ✓ Demonstrated experience in teaching the Mohawk Language
- ✓ Experience in teaching adults; experience in team-teaching
- ✓ Willingness to undergo additional professional development as it pertains to the position

Classroom Instructor - Kawenna'on:we Primary Immersion

The Mohawk Speaking Instructor is responsible for the provision of academic instruction in this Mohawk Language immersion program to children from Grade 1 to Grade 3 level

Duties include:

- Ensure curriculum meets program standards
- Develop long and short range plans through thematic units and lesson plans
- Provide instruction utilizing a multitude of strategies appropriate for language learning with a variety of evaluation and assessment techniques
- Design and develop language-learning materials
- Participate as a member of the instructional team at TTO

- Abide by the policies and procedures of the program and TTO

Qualifications:

- ✓ Valid appropriate undergraduate education, possess a letter of qualifications for teaching
- ✓ **Able to speak, read and write Mohawk to a high level of language proficiency**
- ✓ Experience in and/or understanding and appreciation of language immersion programming
- ✓ Experience in culturally relevant materials/resource development
- ✓ Proven knowledge of, understanding and appreciation for Mohawk culture and traditions
- ✓ Drivers license and a reliable means of transportation is an asset
- ✓ Must provide a satisfactory CPIC and TB testing

TTO Resource/Curriculum Developer

Tsi Tyonnheht Onkwawenna is looking for a self-directed, enthusiastic and well organized individual with a strong functional understanding of Kanyen'keha to fill the position of Curriculum Developer. The primary objective of our language programming is to generate speakers.

The expectation is that curriculum will be developed utilizing course outlines from all levels of Mohawk Language Instruction: Language Nest (2 - 5 yrs), Primary (6 - 8 yrs) and Adult. The plan will also provide a variety of assessment and evaluation tools as well as suggestions for remediation as required.

All materials developed will be copyrighted and will be the intellectual property of Tsi Tyonnheht Onkwawenna Language and Cultural Centre.

Individuals seeking to fulfill these expectations are invited to submit a letter of interest and resume to:

To apply submit cover letter and resume outlining qualifications.

Deadline for Applications: May 11, 2012

Supply/Casual Call In

TTO is looking to maintain a current listing of Teachers who are interested in supply and/or casual call-in positions for our programs. If you are interested in having your name added to this list, please provide a letter of interest and resume.



Language & Cultural Centre
314 Airport Rd., Tyendinaga Mohawk Territory, Ontario K0K 1X0
Ph: (613) 396-3100 Fx: (396-1083)

Job Posting - Part-Time Receptionist

We have an immediate opening for a Part-Time Receptionist. The receptionist is responsible for a wide variety of duties and presents a positive and professional image to all visitors and staff.

Typical Responsibilities include:

- ▶ Answering all incoming calls and schedule patient appointments for 3 Clinicians.
- ▶ Maintaining appointment book manually and electronically.
- ▶ Greeting and screening all visitors.
- ▶ Preparing invoices and taking payment.
- ▶ Maintain the reception in a tidy and presentable manner.
- ▶ Other duties as required.

The successful candidate will possess the following skills, abilities and education:

- ▶ Strong team player; able to work with a diverse group of people, and be willing to assist where needed.
- ▶ Strong customer service orientation.
- ▶ Knowledge of general office procedures with an attention to detail.
- ▶ Ability to organize, prioritize and multitask.
- ▶ Ability to work independently with minimal or no supervision.
- ▶ Effective verbal and written communication skills.
- ▶ Strong knowledge of Microsoft Office products, including Outlook, Word, WordPerfect and Excel Spreadsheet.
- ▶ Completion of Grade 12 or equivalent.

Please drop off Resume at: Eagle Orthopaedics
Attn: Janet Brant-Parkin
5973 Hwy 2 East
Shannonville, ON
Tel: (613) 968-3330



5 Pin Bowlers Needed!!

for the Inter Reserve
Bowling Teams



Practicing every Monday Night at the
Belleville Plaza at 7 p.m.

For more information call: 613-396-3800

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

April 2012

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Beading & Ceramic Class Wii Bowling @ Ball Diamond	3 Meals on Wheels Library	4 Diners Club Deseronto	5 Meals on Wheels Blvl Shopping	6 OFFICE CLOSED	7 
8 	9 OFFICE CLOSED	10 Meals on Wheels Library	11 Diners Club HOME SUPPORT @Community Centre	12 Meals on Wheels Birthday Tea @Ball Diamond	13 Meals on Wheels Handivan Des Scrapbooking @Ball Diamond QW Home Show	14
15	16 Beading & Ceramic Class Wii Bowling @ Ball Diamond	17 Meals on Wheels Library	18 BINGO @Community Centre	19 Meals on Wheels Euchre @Ball Diamond	20 Meals on Wheels Handivan Des @Ball Diamond	21
22	23 Beading & Ceramic Class Wii Bowling @ Ball Diamond	24 Meals on Wheels Library	25 Diners Club HOME SUPPORT @Community Centre	26 Meals on Wheels Extra Shopping To Dewe's	27 Meals on Wheels Handivan Des Scrapbooking @Ball Diamond	28
29	30 Beading & Ceramic Class Wii Bowling @ Ball Diamond	Diners Club—12:00 to 1:00 p.m. Handivan Departure—10:00 a.m. Meals on Wheels delivered between: 11:30 a.m. to 12:30 p.m. Beading Class—1:00 to 3:00 p.m. Scrapbooking—10:00 a.m. to 3:00 p.m. Birthday Tea—2:00 to 4:00 p.m. Bingo/Lunch—12:00 to 3:00 p.m. Wii Bowling—7:00 to 9:00 p.m. Euchre —6:30 to 8:30 p.m. Library—2:00 to 4:00p.m.				



Family Bus Trip!

April 21, 2012

SPACES ARE LIMITED!

**CALL TODAY!
613 967 3603**

COST FOR NON CLIENTS OF MCH OR HBHC

Adults (18 to 64)	18.00
Teens (13 to 17)	14.40
Kids (4 to 12)	11.70
3 and under	Free
Seniors (65 +)	14.40
MCH CLIENTS	Free
HBHC CLIENTS	Free

The bus will be leaving the Community Wellbeing Centre at 7:00 am sharp and returning by 7:00pm. We will be taking a Foley coach bus that will be equipped with a bathroom. We will not be making any stops on the way to the science centre but will be stopping at an On Route to eat on the way home. You will be responsible to cover the cost of your meals. There is the option to bring a brown bag lunch with you if you would like. The travel time is approx 2hrs 20 min each way, it would be a good idea to bring activities to keep your child busy on the bus. It's going to be a very active exciting day we hope to see you there!!!!



Special points of interest:

- IMAX Theater (additional cost for movie)
- Kids Spark Area - Hands on workshop
- Indoor rainforest observatory, tree frogs & plants!
- Hair raising electric ball!!
- Planetarium
- Birds Eye View Exhibit
- Plus many more !!!!



**Maternal Child
Health Program**



If you are a HBHC or MCH client your trip is free for your immediate family. This includes the children in your care and two adults. We will be covering general admission only. Any other activities will be at your own expense. If you are interested please call Julie or Johanna.

613 967 3603 Ext. 149

April 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 OFFICE CLOSED	7
8	9 OFFICE CLOSED	10	11	12	13	14 Drop In Pancake Brkfst 9am
15	16 Quilting 6-9	17	18	19	20	21 Science Centre Trip 7AM
22 Earth Day	23 Quilting 6-9	24	25	26 NFL Dad and Me 6 to 8 pm	27	28
29	30 Quilting 6-9					

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

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

HAPPY EASTER HAPPY EASTER HAPPY EASTER



**Maternal Child Health &
Healthy Babies Healthy Children Newsletter**

**Community Well Being Centre
50 Meadow Drive, Deseronto, Ontario, K0K 1X0
613 967 3603**

**Johanna Goodfellow— HBHC Coordinator
Julie Brant — MCH Home Visitor**



“NEW” NFL “NEW”

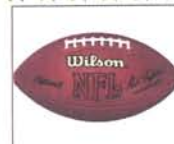
We would like to introduce our newest program!

**This program is for Grandpa's, Uncles, Dad's or that
special “Big Guy” in your child's life!**

**April 26th, 2012 at the Community Well Being Centre
6-8 pm (613 967 3603)**

**We will be having pizza, wings and root beer for dinner
and also a fun make and take craft!!!!**

**Please call Julie or Johanna for more information and to sign up! Spaces are limited!
The NFL program is free and open to all clients and non clients of MCH and HBHC!**



DROP IN / PLAY GROUP!!

FREE PANCAKE BREAKFAST!!

SATURDAY APRIL 14TH , 2012

AT THE COMMUNITY WELLBEING CENTRE

9:00 AM - 11:30 AM



Thank You!

*The family of Viola Brant would like
to express our sincere thanks and
appreciation for the prayers, kind
words and support and for the
donations of food and flowers
during this difficult time.*

*Special thank you for the many hands
that helped for the wake and funeral
meals including Romilda and Bill,
Kathy, Barbara Gail and her sisters.
We couldn't have done it without you.*

*Thank you so much,
Art Brant & Family*

Jeannette Irene Sero
July 13, 1938 – April 16, 2009

We thought of you today, but that is nothing new
We thought about you yesterday and days before that too
We think of you in silence, we often speak your name
All we have are memories and a picture in a frame
Your memory is a keepsake, from which we'll never part

God has you in His arms

We have you in our hearts!

Your children with Love,

Rhonda Kunkel, Peter, Paul & Dawn Sero

XOXO



Kwe Radio would like to thank the community and volunteers for all the support received in the past months in our fund raising efforts to keep up expenses of moving and maintaining our new home. In an effort to name all the wonderful people who have helped we will make a separate thank you next month to insure we don't miss anyone. A lot of changes will be coming in the near future. To keep you informed and give you a preview of our vision we titled this entry.

The New Kwe Radio

Sewatonhonsious ne (listen up). Our community radio is coming back, a new transmitter is in the process of being purchased which will enhance the range and most of all strength of a new frequency. With the help of our community the New KWE Radio can be heard by all residents of Tyendinaga and the surrounding communities. It is the belief of the newly formed and diverse KWE radio committee that enhancing our frequency, and updating the equipment will bring back the spirit of true Mohawk Nation radio personalities which along with a vast range of programming line-ups will meet the needs of all music lovers. Our dedication to serving this kanienkaha community with important information, daily news, and weather, along with great music, traditional legends, cultural awareness and optimum use of our Mohawk language is the goal of the KWE radio.

To get the radio station off and running the existing committee members and volunteers will be canvassing the community to raise the funds needed to serve this community with the quality radio you deserve. We will be setting up silent auctions, 50/50's, raffles, and special events with cook outs, so don't miss out on the fun and please feel free to stop by 1145 York Road or contact KWE radio at (613) 967-0463 or toll free at 1-877-572-3794 with donation to help support building a solid KWE radio foundation.

Niawen Kowa (Big Thank you) on the behalf of the KWE Radio committee, volunteers and DJs for your support and we will be look forward to seeing you at future events.

Volunteers and DJ of the KWE

Whoever "borrowed" the KWE trash barrel from the old station location, PLEASE return. This was custom made as a gift for KWE and has been missing almost a year.

Nia:wen



David R. Maracle of Tyendinaga Mohawk Territory, Randy Sibbeston of Fort Smith, and Dewey Smith of Ottawa placed third overall at this prestigious Snow Sculpting Competition at the Quebec Carnival for 2012. There were twelve countries represented from as far away as Peru, Switzerland and China.

Over the years, this prestigious activity underwent many modifications before becoming the outstanding presentation we now enjoy. That is how the International Snow Sculpture Competition forged an enviable credibility and

reputation throughout the world. It is the oldest snow sculpture competition and one of the most prestigious. Every year, sculptors from the four corners of the earth meet the challenge to create a work of art with this ephemeral and fragile medium under extraordinary conditions.

Seeing a sculpture being created, discovering it and watching it come to life is pure magic. The many enthusiasts on site for the whole night, this magical night because of the powerful silence interrupted only by the final hammer

blows of the artists, who create like a song in the night, confirming that the Québec Winter Carnival's International Snow Sculpture Competition is an extraordinary event.

David wants to thank the MBQ, FNTI, The Work Gear Company of Shannonville, Trevor Lewis, Mike Holmes of Homes on Homes, and The County Cider Company for their generosity in their donations of clothing and funds to help support Team Turtle Island.

Nia:wen kowa

Congratulations!

Tim Maracle

at winning 2 Silver and 2 Bronze Medals in speed skating at the National Special Olympic Winter Games that were held Feb. 27th to Mar. 4 in St. Albert, Alberta

We are so proud of you.

Love Mom, Craig and the rest of the Family

A BIG THANKS goes out to the people that sponsored me to attend the Winter Games in St. Albert Alberta.

Bowden Contracting
C & S Interiors
Phil & Tonya Maracle
Trevor Lewis
Dockside Tavern
Tyendinaga Propane
Janice Reid
David Smith
Blue Hockey Team

Thanks again,
Tim Maracle





The Napanee Beaver

Sports

INDEPENDENT AND LOCALLY OWNED SINCE 1870

Local hockey star Select(ed) for Italy

*TMT's Logan Conger
gearing up for
international tourney*

By Adam Prudhomme
BEAVER SPORTS



Submitted photo

Logan Conger, seen here at the Ontario Winter Games, has had a busy season this winter, building an impressive hockey resume.

Logan Conger doesn't mince words when talking about her hockey career goals, aiming for the highest level possible.

Although the Tyendinaga resident is only in her first year of high school, she's already working on plans for her post-secondary career.

"I'd love to go as far as a national team," Conger says of her hockey aspirations. "I'm really goal orientated. Ever since I was little I've wanted to play at a really high level. I want to go to Boston University."

Conger is already starting to impress scouts, as earlier this year she earned her way onto an Ontario Winter Games roster. She was one of 162 girls who made the cut, out of 650 who attempted.

Held in Collingwood earlier this month, Conger's team lost a tough 1-0 game in the bronze medal game. In six games she had four goals and four assists.

"I tried the best I could and I was really happy with the outcome," she said of her Winter Games experience.

She also earned her way onto the International World Selects team which will head to a tournament in Bolzano, Italy Aug. 4-13. The tournament will feature some of the world's best players aged 15 and under, starting with two exhibition games in Austria. The cost of the trip is about \$3,100, so Conger has been doing as much community fundraising as possible to help finance the once-in-a-lifetime trip.

When not representing the province she is a member of the Kingston Ice Wolves, as well as the NDSS Golden Hawks. This week she's with the high school team trying to capture an OFSAA medal in Mississauga.

Playing at an elevated level is nothing new for Conger. She began her hockey career at age four with the Deseronto Bulldogs and it wasn't long before she was captain of the boys' team. After spending some time with the Napanee Crunch, she is now in her second year with Kingston.

As if adjusting to life as a high school student wasn't challenging enough, she's somehow managed to balance playing on three separate teams this winter.

"It keeps me pretty busy," she says of her hockey life. "But I always find time for friends."

This article is from Napanee Beaver
March 22, 2012

Thank You!

Tyler Smart would like to give special thank you to the
Dreamcatcher Fund for supporting his 2011/2012 Hockey Season.
Your contribution was greatly appreciated



Thank you!

*I would like to thank all the people who made my 80th
Birthday celebration a very special day.*

*I appreciate the many good wished, beautiful gifts
and big hugs too. Also I would like to thank my
children, daughter-in-laws and grandchildren for
putting together a memorable event in my honour.*

*A big thank you also to the musicians
and clean up crew too.*

Hugs and good wishes to all.

Audrey Brant

Nyawen Kowa Dreamcatcher Fund!!



Thank you Dreamcatcher Fund for all your support.

Blake and B'Elanna Maracle

Happy Birthday!



★ Happy Birthday
 ★ April Conger
 ★ April 16
 ★ Love ya!
 ★ from Mike and the kids,
 ★ Mom & Dad
 ★ and Ron & Ann
 ★
 ★ Happy Birthday
 ★ Elaine Hill (Nan)
 ★ April 10th
 ★ Love, Sadie, William and Elijah
 ★ xoxo
 ★
 ★ Happy Birthday
 ★ Donna Brant
 ★ Love Chip, Allison & Kody
 ★
 ★ Happy Birthday
 ★ Poppa (Bill Brant)
 ★ Love Chip, Allison & Kody
 ★
 ★ Happy Birthday
 ★ Nama April 22
 ★ Love Ray, Dylan and Lucy
 ★
 ★ Happy Birthday Papa!!
 ★ Lots of Love and Hugs
 ★ Your Little Buddy,
 ★ Colton William
 ★ (Shane and Amy too!)
 ★
 ★ Happy Birthday Aunt Donna!
 ★ Love Shane,
 ★ Amy and Colton 😊
 ★
 ★ Happy Birthday
 ★ Uncle Keith
 ★ April 10
 ★ Love you!
 ★ Angela, Jake
 ★ & Family

Happy Birthday Aunt Angie April 11

*I'm wishing you another year
 Of laughter, joy and fun,
 Surprises, love and happiness,
 And when your birthday's done,
 I hope you feel deep in your heart,
 As your birthdays come and go,
 How very much you mean to me,
 More than you can know.*

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

Happy Birthday
 Krissy
 April 1
 Love Aunt Linda, Angela,
 Jake & Family

Happy Birthday
 Daddy (Jake)
 April 25
 Hugs & Kisses
 Victoria & Ashton

Happy Birthday
 Jake
 April 25
 Love, Mom, Angela & Shirley

Happy Birthday
 Aunt Sharon (Sis)
 April 28
 Love ya
 Linda, Angela, Jake & Family

Happy Birthday
 Linda – April 5th
 Love Rick, Marilyn, Sam
 & Emmett

Happy Birthday
 Mary – April 6th
 Love Rick, Marilyn, Sam
 & Emmett

Happy Birthday
 Kassy – April 14th
 Love Aunt Marilyn, Uncle Rick,
 Sam & Emmett

Happy 7th Birthday
 to our awesome grandson
 Wyatt – April 16th
 Lots of Love Grandma & Papa

Happy 7th Birthday
 to a wonderful nephew & cousin
 Wyatt – April 16th
 Lots of Love Auntie Sam
 & Emmett (Roo Roo)

Happy Birthday
 Bill – April 20th
 Love the neighbors – Rick,
 Marilyn, Sam & Emmett

Happy Birthday
 Dawn – April 29th
 From Marilyn

Happy
 Anniversary
 Tracey & John – April 29th
 Love Marilyn, Rick,
 Sam & Emmett





AWARDS & DANCE

Friday, April 13, 2012

8:00 p.m. – 1:00 a.m.

Deseronto Community Centre

Tickets: \$15.00

Available at the door or call **613-391-1480**
to reserve your tickets!

DJ

**Cash
Bar**

**Lunch provided
by
Cub's Catering!**

Prizes

~ Everyone Welcome ~

*Come out for a fun evening with your
Deseronto Storm!!*

Ask the Doctor:

My question is:

I am 41 year old female who has been trying to lose weight for years now. I have tried all the diets out there but nothing seems to last. Right now I eat two good meals a day and am gaining weight. What is the best diet to lose weight and keep it off? So frustrated.

- Pam

Great question Pam. Before I answer that question I am going to ask you to start eating another meal plus three small snacks a day(i.e 1/2 cup yogurt and 5 almonds = 122 cal, 4.5g fat, 9 carbs, 8.2g protein). Before I freak you out let me explain. Think of your body as a log furnace from the aspect that the hotter you want it to get, the more frequently you need to fuel it.

Our bodies work the same way. The more you keep consistent meals throughout the day the more efficient your metabolism becomes and the more it improves. You will actually start losing weight by eating more frequently throughout the day. (healthy choices of course)

Now for the simple and most accurate answer, there is no diet that lasts! **STOP DIETING!** Pam, the only thing that will work with any consistency is **Portion Control**. Learn your portions. One serving: meat = deck of cards / fruits/veges = baseball / grains = lightbulb / fats/oils = poker chip

If we can learn to roughly measure out our portions it will drastically reduce the excess calories we consume because it is merely on our plate. The other bonuses are that we will not only lose weight but we will save money on groceries. For the next 4 weeks monitor your portion sizes and then notice the difference in how your clothes fit.

Fill this half of the plate with non-starchy vegetables such as broccoli, carrots, green beans, or tomatoes.



Fill this 1/4 of the plate with a grain such as pasta, or a starchy vegetable such as corn, peas, or potatoes.



Fill this 1/4 of the plate with chicken, fish, lean meat or any other protein source.



Dr. Jason Maracle Young DC

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

Maracle Chiropractic is proud to be helping build healthy families in the community. We are offering an initial exam and report of findings for the entire family for only \$35. This is a great opportunity to get your family's spine and nervous system checked.

Come and see how we can help!

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

14 York Road, Unit #1
Shannonville, Ontario
K0K 3A0

April 2012

Discover the Balance

We have Gift Certificates

Discovering the Balance

**By Working the
Mind, Body,
Heart and Spirit**

Hours of Operation

Monday - Thursday

6:30am-8:00pm

Friday

6:30am-6:00pm

Saturday

8:00am- 1:00pm

Fees

Senior (55+) \$15.00

Student \$20.00

Adults \$25.00

**We Are Open to
The Public**

Staff

**Darlene Loft /
Recreation Manager**

**Sonya Maracle /
Fitness Staff & P.T**

Part -Time Staff

Ryder Sager

Talon Barnhardt

Damon Brant

Tabatha Gordon

Reasons to Run

- Running improves your health-making it an excellent way to strengthen your heart
- You can lose weight- running is an efficient way to burn calories and lose weight
- Running improves your energy level- people who run in the morning have improved energy levels throughout the day
- Running can help with stress relief- running is a great cure for stress, emotional strain and even depression

CONGRATS!!!

Winner of cook book draws during our Hanio Oksa Healthy Lifestyles : Bonnee O'Neill and Janet Brant-Karnik

Thank You to the Great Presenters & to the Fatman, we had to move the workshops to the restaurant.

Winner of The Lose to Win

The winner is Jim Newitt who lost 17.4lbs won \$90.00

Winners of the Fit for 2

All 14 participants are winners of this program, they did great. They all received one month free at TFRC, gym bag, t-shirt, water bottle and fitness /nutrition planner.






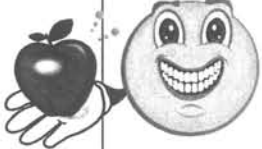


NEW STAFF

Tabatha Gordon: I have graduated from Loyalist College and took the Sales and Marketing course. I'm a Type 1 Diabetic for 15 years. I'm excited to meet everyone at the Fitness Centre.

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

Calendar of Events April 2012

www.mbq-tmt.org under community services

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Yoga Easter Hunt	2 For all TFRC Members	3 MARACLE CHIROPRACTIC	4 Healthy Eating Session 5-7	5 MARACLE CHIROPRACTIC	6 GOOD FRIDAY CLOSED	7
8 We have A Cross Trainer	9 EASTER MONDAY Open	10 	11 Pilates SOADI 9am -1pm	12 	13 	14
15 Yoga 10am-11am	16 	17 We Have A TRX	18	19 	20 FREE Coffee & Tea	21
22 Yoga 10am-11am	23 	24	25	26 FREE FITNESS PLAN	27	28 Healthy Living Expo Belleville
29 	30	Spring Show Off May 28-31	Specials & TRX Demo	Urban Poling DEMO		



TFRC is Having their 5th Anniversary

Saturday September 22/12

We are Welcoming Ideas for a FUN CELEBRATION

Please email us or call (613) 962-2822

tyfitnessres@mbq-tmt.org

"It Has Been a Great 5 Years at TFRC"

PRENATAL FITNESS

POWERFULLY PREGNANT



CLASSES

TUESDAY & THURSDAY

1:00 - 1:50PM

8 Week Course for \$120

Sign up NOW - Limited Space Available

TYENDINAGA FITNESS RESOURCE CENTRE
14 York Rd. Shannonville, ON K0K 3A0
Led by Fitness Instructor
Dr. Jason Young

Call to Reserve Spot by April 13, 2012
Starts April 17th, 2012



EMPOWERED WITHIN

Are you ready for a challenge?

Are you ready to create the body you want?

Group Circuit Training is Here!

Come out and Play!

Come learn how to use the most advanced piece of equipment ever designed -

YOUR BODY!

Tuesday and Thursday from Noon to 1pm

8 Weeks of Empowered Training for only \$120

Call to Reserve Spot 613-962-2822 by April 13, 2012

Start Date	Location	Time	Notes
04-17-12	TFRC	NOON-1PM	Dr. Jason Young will be heading up the circuit training class. Its time to make a change, are you ready?

You Tube

Broadcast Yourself

Are you familiar with **YOU TUBE??** How would you like to be a part of a

You Tube Video??

Tyendinaga Fitness Resource Centre is interested in making a Video for You Tube and we need you help!!

If your interested in this idea, please let us know and we'll sign you up!!



You Can be a You Tube Star!!!

<<Urban Poling>>



The Tyendinaga Fitness Resource Centre is starting a new program. It combines the physical benefits of walking and cross country skiing in one activity! Turn a basic walk into a full body work out. Urban Poling uses 90% of the body's muscles.

Tyendinaga Fitness Resource Centre

Thursday May 17/12

6pm to 6:30pm

Introduction of Urban Poling

Programming continues : Thursday May 24 & 31

6pm to 6:30pm

Cost : \$25.00 for 3 weeks

(You receive the Urban Poles at the end of the Program, valued at \$100)

Weather Permitting

Program Instructed by Certified Urban Pole Instructor - Darlene J.Loft

Limited space only 11 Participants

Payment & Sign-up by May 10/12 or ASAP

tyfitnessres@mbq-tmt.org (613) 962-2822

Program Funded by : Physical Activity Project Fund

www.urbanpoling.com

Day Fitness

Low Impact
Every Tuesday
Morning



May 1st to May 29/12

10:30 am to 11:30am

5 Classes for \$40.00 or \$10 a class

Special Programming by Certified Instructor Wendy Meraw

Deadline to sign up April 20 - limit 10 participants

Tyendinaga Fitness Resource Centre

tyfitnessres@mbq-tmt.org (613) 962-2822





Spring "cleaning" has arrived.

As you go about the annual purge please think about donating a few items to the annual

Tyendinaga Parish Yard Sale.

Your previously loved treasures can be dropped off at the

Queen Anne Parish Hall.

Sorry, no clothes or shoes.

Please contact

Pam Detlor 613-961-1852 for further info or assistance.

Mohawk Fair 2012

If you wish to rent the Mohawk Agriculture Sign.

You must give Cynthia Loft a weeks notice for advertisement for the sign across from the Community Centre.

*Please e-mail Cynthia Loft at
cindy.loft@yahoo.ca*

*Cost of the sign is \$20.00 and must be paid
at the time of the sign rental or
call Pat Brant 613-396-2132*

*We would like to thank each volunteer
that helps make our fair a success.*

**Mohawk Fair Date for 2012 is Sept. 21, 22 &
23**

*We are also looking for volunteers for help with the
Treasurers job, Gate foreman, Lady director
and more positions available.*

*Looking forward to seeing you out at the next meetings.
Watch for fair board meeting dates on the
sign across from the Community Centre.*

Thank you.

Pat Brant



Jack & Jill

Koj & Melissa

Sat. May 26th

8 p.m. - 1 a.m.

Mohawk Community Centre

\$5.00 per person

LOOKING FOR VOLUNTEERS FOR POLICING COMMITTEE

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

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



ATTENTION HUNTERS AND SHOOTERS

Interested in getting your PAL and/or Hunting Licences?

“ONE STOP” courses will be offered.

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

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

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

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

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

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

There is limited space.













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

Enyonkwa'nikonhriyohake (Good Minds) Program

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

All events are FREE

APRIL

 Tuesday: ages 6-10	Wednesday: ages 11-13
3rd  Games Night	4th  Games Night 
10th Craft Night 	11th  Wii Games
<div data-bbox="178 1136 805 1451">17th</div> <div data-bbox="448 1157 1024 1419"><p>DROP-IN MOVED TO SATURDAY, APRIL 21ST FOR EARTH DAY CELEBRATIONS!*</p></div> <div data-bbox="805 1136 1432 1451">18th  *Check @ drop-in for details</div>	
24th  5-Pin Bowling @ Bayview Mall* <small>* Limited spaces. Please call Tracy or Crystal @ Good Minds by Friday, April 20th to sign up: 613-967-0122. Parent/Guardian will need to sign permission slip.</small>	25th  An Evening @ the Cinema in Napanee*  <small>* Limited spaces. Please call Tracy or Crystal @ Good Minds by Friday, April 20th to sign up: 613-967-0122. Parent/Guardian will need to sign permission slip.</small>
May 1st BINGO! 	May 2nd 

Market Gardening Seminar

(An opportunity for market gardeners to discuss production practices to improve quantity and quality of their garden produce.)

All Saints Anglican Church
1295 Ridge Road, Tyendinaga
Saturday, April 14, 2012
10:30 a.m. to 2:30 p.m.

Agenda:

Options for Weed Control

Lorne Jamieson, Field Manager, Ignatius Farm, Guelph

Sourcing Seeds and Plants

Dave Wilson, Lazy Garden Greenhouse, Tyendinaga

Lunch (complimentary)

Maintaining Fertility

Lorne Jamieson, Field Manager, Ignatius Farm, Guelph

Extending the Growing Season

Jamie Hall, General Manager, Indian Agricultural Program of Ontario

Please call IAPO Stirling 613-395-5505 or 1-800-363-0329 to confirm your attendance by Thursday April 5.

Sponsored by:



MIXED 1 - PITCH BALL TOURNAMENT

SATURDAY, April 28th, 2012

KARONHIATA'KIE SPORTS COMPLEX



(TYENDINAGA)



ENTRY FEE: \$250.00

(Minimum of 3 girls)

PLEASE CALL TO ENTER YOUR TEAM BY FRIDAY, April 20th.

CINDY @ 613-396-3933 OR CASSIE @ 613-396-5173

****PRIZE MONEY BASED ON TEAMS ENTERED****

All teams must hand in roster & entry fee before second game.

Dance to follow @ Community Centre: 8:00pm

Cost: \$5

**ALL PROCEEDS TO THE MOHAWK AGRICULTURAL
COMMITTEE FOR THIS YEARS MOHAWK FAIR**

INCOME TAX RETURNS DUE

APRIL 30/2012

Let us help you to complete and file your income tax returns.
FOR FREE!!

The “*Community Volunteer Income Tax Program*” will be offering again tax preparation clinics on the following dates and locations in Tyendinaga:

SATURDAY APRIL 14, 2012	10:00am – 2:00pm @ FNTI
SATURDAY APRIL 21, 2012	10:00am – 2:00pm @ FNTI

If you are a low-income earner and would like free assistance with the preparation of your individual income tax return, **please call Wendy Anderson @ 613-391-2658 to schedule an appointment** for one of the above mentioned dates.

The Canada Revenue Agency has administered the “*Community Volunteer Income Tax Program*” for over forty years. WHAT IS IT? CVITP is a community-based program designed to help low-income individuals with simple tax situations complete their income tax and benefit returns, *free of charge*.

Should you have any questions, please contact Wendy Anderson at (613) 391-2658.





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

April 2012 events...

**Saturday, April 14
THE CONSECON QUARTET
Great live Rock, Rhythm n Blues
2 - 6pm**

**Saturday, April 21
LEGION (bar games) OLYMPICS
1 pm
(Open to the public w/ \$5 entry fee)**

**Monday, April 23
BRANCH 280 General Meeting and ELECTIONS
All members welcome and encouraged to attend
Please bring your 2012 membership card!
7:30 pm**

**Saturday, April 28
LISA HART & HARTACRES
2 - 6pm
come and enjoy live country music from
Our own local recording artist!**

**Victim Services Hastings, Prince Edward,
Lennox & Addington Counties**

**Abduction
Assault
Suicide
Homicide
Hate Crimes
Property Crimes**



**Sudden Death
Internet Crime
Elder Abuse
Break & Enter
Sexual Assault
Domestic Violence**

Criminal Harassment

Are you a victim or know someone who is?
We can help victims of crime move forward after
victimization and maintain hope for the future.



TOLL FREE - 1.866.680.9972

www.victimservicesquinte.ca



Interested in volunteering with Victim Services?
Please contact us for further details.

CFUW SPRING FORUM

Public Service Release

"A Contradiction at the Heart of Canada:
From Oka to Attawapiskat" Dr. Marlene
Brant Castellano will share her insights
into this major Canadian dilemma on
Saturday, April 14, 2012,
10:a.m. at the Empire Theatre.
Cost is \$5.00. All are welcome.
This is a public forum presented by the
Canadian Federation of University
Women Belleville and District. Tickets
available at Greenley's Front St Belle-
ville, or by calling 613-962-6451 For
additional information visit
(www.CFUWBelleville.ca)."

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



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

Holy Communion

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

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

Traditional Anglican Services
Using the long-established

Book of Common Prayer (1962)
and the time-honoured hymnal
Book of Common Praise (Blue Book)

For more information, please call:

Mr. Charles E. Maracle at 613-396-3089
OR

Ms. Lorna J. Moses at 613-396-2538

Food Bank Day:
Third Sunday of each Month



"This is the Day the Lord hath made!"



TYENDINAGA MOHAWK TERRITORY

1984 YORK ROAD

CHURCH • 613-396-5329
PARSONAGE • 613-396-5325

Sunday
10:30 am Worship Service
11:30 am Children's Church
6:30 pm Worship Service

Wednesday
7:00 pm Bible Study

Saturday
7:00 pm Prayer

Coming Events

April 6 • Good Friday Service
at Deseronto Pentecostal Church
9:15 am Refreshments
10:00 am Service

April 8 • Easter Sunrise Service 6:30am
and Breakfast at 8:30 am

May 4 • Revival Service
Odessa Free Methodist 7:00 pm

May 5 • Love and Respect
Info Seminar 9am to noon

June 24 • Annual Church Picnic



THE ANGLICAN PARISH OF TYENDINAGA

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

Parish Priest
The Rev'd Brad Smith
962-2787

We wish everyone a very happy and blessed Easter! At this time of year, the Church teaches that the Creator raised Jesus from the dead in order that the whole Creation might be restored and reconciled to God. We pray that all people, regardless of faith or tradition, may find healing and peace through the restoration of right relationships.

SUNDAY SCHEDULE

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

8:30 a.m. – Sunday Celebration

Christ Church (Lower Church)
52 South Church Ln

10:30 a.m. – Sunday Celebration

This schedule is in effect in April only

HOLY WEEK & EASTER

Maundy Thursday 5 April

6:00 p.m. – Queen Anne Parish Centre
Potluck supper and worship

Good Friday 6 April

10:00 a.m. – All Saints' Church

Great Vigil of Easter, Saturday 7 April

8:00 p.m. – Christ Church

Easter Sunday 8 April

8:30 a.m. – All Saints' Church

10:30 a.m. – Christ Church

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

UPCOMING EVENTS

Parish Fun Night

Wed 18 Apr, 7 p.m., QAPC

Bring a game, a friend, and a snack!

Men's Breakfast

Sat 28 Apr, 8 a.m., Small Town Cafe, Deseronto
The men of the Parish (and friends) gather once a month for breakfast and fellowship.

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

“AA OPEN MEETINGS”

8:00 p.m. every Monday
Queen Ann Parish Centre

For more information call:
Bev or Bill 613-962-5183

WE ARE TOPS, ON#5258 T.M.T.

Losers Unite, Join Us!

Thursday Evenings

5:00 - 6:00 p.m. - Weigh In

6:00 - 7:00 p.m. - Meeting

Elders Lodge
(Bayshore Rd)

TOPS is a weigh loss meeting and support group established in 1948 as a nonprofit organization. Our goal is to help each other lose weight for better health and appearance.

If you are struggling with a weight issue join us and together we can achieve our goals.

**You may be the one person I need to help
me lose these pounds.**

The first meeting is FREE. Its time to be a loser,
come see for yourself.

Contact: Joy Brant - 613-967-0411
Tree Good altree94@gmail.com

CLASSIFIED

LAND FOR SALE

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

Call Fern: 1-403-237-9879 & leave a message or email maracle1@live.ca

FOR SALE

- BALES OF STRAW
- 4 X 4 round
 - small bales - \$2.50

Call: William J. Brant
613-967-1129

HOUSE FOR SALE

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

LAND FOR SALE

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

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

FOR SALE

- BUILDING FOR SALE
- negotiable with terms

Call: Calvin
613-827-4338

FOR SALE

- 4 BEDROOM HOME
- eat in kitchen
 - dishwasher
 - 2 bathrooms (updated 4 piece) & 3 piece bath, laundry room
 - large family room with new Wood stove
 - upgraded well
 - new roof & deck
- Owner will consider holding mortgage for qualified buyer with down payment.
Please contact:
tyendinaga11@yahoo.com or
416-938-4157 or 613-396-2151

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Eye Patches
for Eye Glasses
to order call:
613-967-9955

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- SEARS FLOOR
MODEL
12 inch band saw

Phone: 613-967-6082



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2012
Call if
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613-396-1433

FOR SALE

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

Serious inquiries only
Call: 613-396-5879

FOR SALE

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

Please call Bill: 613-966-1092

Babysitter Available

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

LAND FOR SALE

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

Call 1-403-237-9879

FOR SALE

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

Please call Bill: 613-966-1092

HOUSE FOR SALE

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

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- tenants pay hydro (electric heat)
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maraclechris@yahoo.com

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Asking \$200,000.00
Contact Jim McMurter
613-396-1607

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- creek, good land
- well & roadway
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reasonable offer

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- asking \$500.00 OBO

Phone Phil: 613-396-2603

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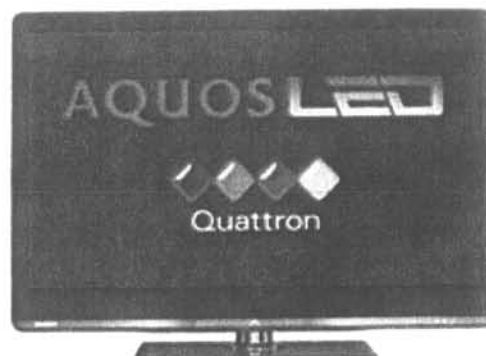
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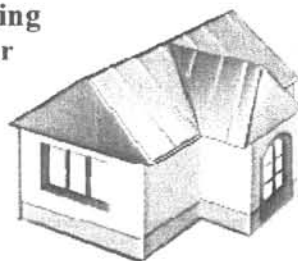
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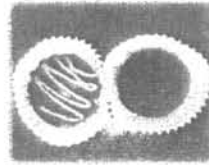
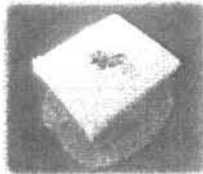


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