



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

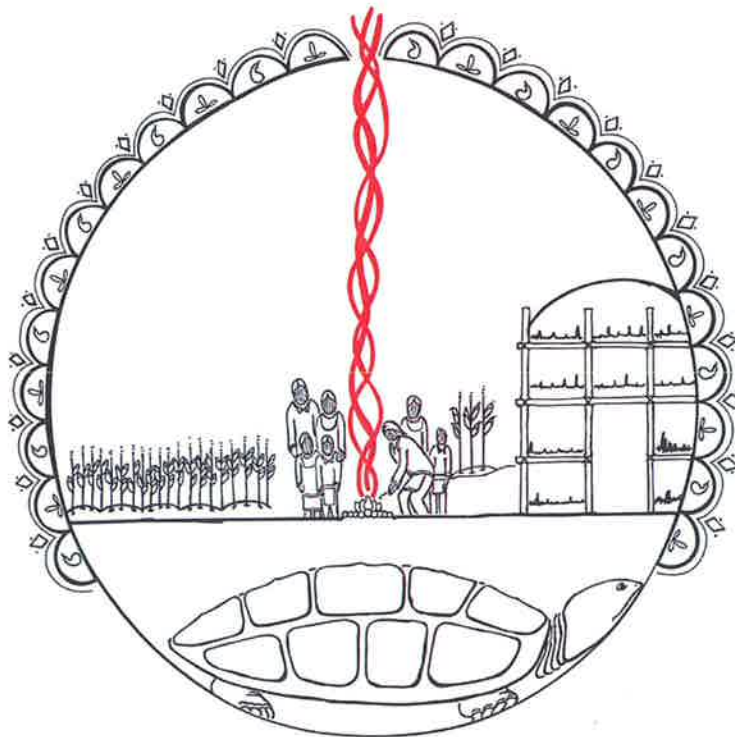
ORI:WASE (NEWS)

ISSUE 4/13
ONERAHTOKHA (April)

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

Immunization Awareness Week 2013

April 20-27, 2013



COMMUNITY HEALTH

Community Health Nurse: Mary McCauley



MOHAWKS OF THE BAY OF QUINTE

KENHTEKE KANIENKEHA

ADMINISTRATION

13 Old York Rd., Tyendinaga Mohawk Territory, ON K0K 1X0
Phone 613-396-3424 Fax 613-396-3627

Dear Resident:

I am pleased to announce that primary health care services will now be offered on the Tyendinaga Mohawk Territory through a formal agreement with the Belleville and Quinte West Community Health Centre.

The agreement between the Mohawks of the Bay of Quinte and the Belleville and Quinte West Community Health Centre gives individuals and families on the Territory without a family doctor, access to some primary health care through a Nurse Practitioner at our Community Wellbeing Centre as part of the health and social programs offered there.

The Community Wellbeing Centre is a central, easily accessible facility in which individual departments within the Mohawks of the Bay of Quinte can work together to offer health and social programs. Lynn Brant is a dedicated nurse practitioner from the Belleville and Quinte West Community Health Centre who will be on-site at the Centre on a regular basis. Primary care services that Lynn will be able to provide include physical assessments, diagnosis and treatment, consultation with physicians for ongoing illness and disease, and referrals if needed.

The partnership reflects the joint goals of the Mohawks of the Bay of Quinte and the Belleville and Quinte West Community Health Centre to support the health and wellbeing of people who live in the community, and to help people become actively involved in their own care.

Striving to maintain a healthy community is the goal of our Community Wellbeing Centre. We offer a unique approach to holistic services that also promote the cultural needs of residents in the community. We look forward to the working relationship with the Belleville and Quinte West Community Health Centre.

Sincerely,

R. Donald Maracle
Chief

Client: BQWCHC
Project: MBQ primary health care services – Q&A
Draft: THREE

Why are primary health care services being provided through the Belleville and Quinte West Community Health Centre?

The Belleville and Quinte West Community Health Centre is dedicated to improving access to appropriate health care services for people who encounter a diverse range of social, cultural or geographic barriers. With a dedicated nurse practitioner on the Tyendinaga Mohawk Territory, community members can receive primary health care as part of other community health programs that recognize the specific needs of the Mohawks of the Bay of Quinte.

The nurse practitioner is supported by physicians at the Community Health Centre who can provide guidance and expertise when necessary.

What is a nurse practitioner?

Nurse practitioners are registered nurses with additional education and experience who are able to order and interpret diagnostic tests, communicate diagnoses, prescribe pharmaceuticals and perform specific procedures.

Nurse practitioners practice a holistic approach to health care, grounded in research. In addition to providing a wide range of health care services, they help clients access other health and social services that they may require. Nurse practitioners work collaboratively with many other health professionals. In particular, they consult with physicians, as required by the needs of their patients.

As a resident of the Tyendinaga Mohawk Territory, should I start to see the nurse practitioner instead of my family doctor?

No. The primary care services offered by nurse practitioner at the Community Wellness Centre will assist individuals and families who do not have a family health care provider, or if the family health care provider is not local.

If I am an MBQ member but do not live on the Territory, can I access the Nurse Practitioners services?

At this time the priority is to service clients who reside on the Tyendinaga Mohawk Territory.

Why do I have to register to see the nurse practitioner?

The Community Wellbeing Centre is not a walk-in clinic or an urgent care centre. By registering to make an appointment with the nurse practitioner, community members who do not have a family physician or have difficulty seeking help in conventional health clinics will become clients of the Belleville and Quinte West Community Health Centre. This will facilitate management of medical records, prescription renewals, diagnostic tests and health-related care.

After I complete a registration form, how long will it take to get an appointment with the nurse practitioner?

Because of the demand for primary care services on the Tyendinaga Mohawk Territory, it may take a few weeks after completing a registration form to get an appointment with the nurse practitioner, and this depends on urgency. Every effort will be made to schedule an appointment as quickly as possible based on the medical or health concern.

If I've already been using the current health and wellness services at the Community Wellbeing Centre, do I need to register for an appointment with the nurse practitioner or can I just telephone for an appointment?

Yes. You need to complete a registration form before you can make an appointment to see the nurse practitioner because although the primary care services on the Tyendinaga Mohawk Territory are being provided at the Community Wellbeing Centre, they are services through the Belleville and Quinte West Community Health Centre.

Do I have to be a band member to see the nurse practitioner?

No. The primary health care services provided by the nurse practitioner on the Tyendinaga Mohawk Territory are for any residents in the community.

When will primary health care services start at the Community Wellbeing Centre?

It is expected the nurse practitioner will begin to schedule appointments effective April 2nd, 2013.

When will registration forms be available at the Community Wellbeing Centre?

Forms will be available in early April from the Health reception area of the CWC.

If I have a health issue that requires special treatment, will the nurse practitioner be able to refer me to a specialist?

Yes. The nurse practitioner will work with the physicians at the Belleville and Quinte West Community Health Centre to assist with timely referrals for specialist care when necessary.

Although the Community Wellbeing Centre isn't a walk-in clinic, if I have an emergency, can I come to the Centre and see the nurse practitioner?

You cannot see the nurse practitioner without an appointment. There will generally be some openings for same-day visits, but you must call to arrange a same-day appointment. If the nurse practitioner determines there is a medical emergency, you will be referred to emergency care in a hospital.

If I'm a client with the nurse practitioner and there's a program at the Belleville and Quinte West Community Health Centre that's not offered on the Tyendinaga Mohawk Territory, can I join that program?

Yes. Programs at the Belleville and Quinte West Community Health Centre are open to the MBQ community. The nurse practitioner can provide information on how to register for programs if you are interested in any.

Culbertson Tract Judicial Review Heard in Federal Court

On Monday, February 18, 2013, Alan Pratt, legal counsel for the Mohawks of the Bay of Quinte and legal counsel for the government of Canada presented oral argument before Mr. Justice Rennie of the Federal Court of Canada in Ottawa. The judicial review application seeks a declaration that the Minister of Indian Affairs and Northern Development has breached his duties to the MBQ by refusing to consider options that would result in the restoration of the Culbertson Tract to the Tyendinaga Mohawk Territory without a surrender.

The Specific Claims Policy states that where land has never been lawfully surrendered, negotiations can result in the return of that land or compensation for its current unimproved value. The legal position of the MBQ is that the Minister has improperly refused to consider purchasing lands within the Tract in order to facilitate the return of land as contemplated in the policy itself. The submissions on behalf of the MBQ were that the position of the Minister is unreasonable, contrary to the honour of the Crown, contrary to the duty of the Crown to negotiate in good faith and contrary to the duty of the Crown to promote reconciliation.

At the conclusion of the hearing, Mr. Justice Rennie indicated that he would attempt to release his decision in the near future. Council believes that a positive ruling will enable MBQ to return to the negotiation table to seek the return of the land in a peaceful and orderly fashion.

Tyendinaga Mohawk Council Meetings for April 2013:

TMC Meetings	Agenda Deadlines
Local Business – Wednesday , April 10, 7:00 p.m. Regular – Tuesday , April 16, 9:00 a.m. Local Business – Wednesday , April 24, 7:00 p.m.	Thursday , April 4, 12:00 p.m. Wednesday , April 10, 12:00 p.m. Thursday , April 18, 12:00 p.m.

Treaty 3 ½ also known as the Simcoe Deed

1st April 1793

220 years

In the years after the Landing on the shores of the Bay of Quinte on May 22, 1784, Captain John Deserontyon pressed the government for a deed to the land. It took almost 9 years. But on the 1st of April 1793, Captain John Deserontyon and Captain Isaac Hill attended a meeting at the Council Chamber, Navy Hall in the County of Lincoln. His Excellency John G. Simcoe, the Lieutenant Governor of Upper Canada, The Honourable William Osgoode, Chief Justice for Upper Canada, and The Honourable Peter Russell, all members of the Executive Council for Upper Canada were present. At this meeting a report was read and approved. It described the lands to be “reserved for the Mohawk Indians at the Bay of Quinte”:

"The tract will then be bounded in front by the bay of Quinte, between the mouths of the river Shannon, and Bowen's creek, about twelve miles - westerly by a line running north sixteen degrees west, from the west side of the mouth of the river Shannon, and easterly by a line running north sixteen west, from the mouth of Bowen's Creek, - and northerly by a line running east sixteen degrees north, and west sixteen degrees south at the distance of about thirteen miles back, from the bay of Quinte, measured on the western boundary [?] aforesaid to the north east angle of the township of Thurlow"

It was resolved at this meeting that this reserve for the Mohawk Indians settled on the bay of Quinte “be carried into execution and for that purpose that a grant be directed to be made under the great seal of the Province in favor of the principal Chiefs, on behalf of their nations (or tribe, as above mentioned), or persons in trust for them forever.”

The grant that followed this resolution is known as the Simcoe Deed and also known as Treaty 3 ½.

The words of the Simcoe Deed are clear in the reasons for the granting of the land, it says:

“Know ye that Whereas the Attachment and Fidelity of the Chief Warriors and People of the Six Nations to Us and so Our Government have been made manifest on divers occasions by their spirited and zealous exertions and by the bravery of their conduct and We being desirous of shewing our approbation of the same, and in recompense of the losses they may have sustained of providing a convenient tract of land under our protection for a safe and comfortable retreat for them and their posterity.”

The words of the Simcoe Deed say the land is given and granted “unto the Chiefs Warriors Women and people of the said Six Nations and their Heirs for ever”. The land is granted to “them and their heirs for ever freely and clearly of and from all manner of Rents, fines or services whatsoever to be rendered by them the said Chiefs, Warriors Women and People of

the said Six Nations to us or our successors for the same and of and from all conditions, stipulations and agreements whatever except as hereinafter by Us expressed and declared;”

The Simcoe Deed goes on to say that that land is given and granted “and by these presents confirming to the said Chiefs, Warriors, Women and People of the said Six Nations and their Heirs the full and entire possession, Use, benefit and advantage of the said District or Territory of Land to be held and enjoyed by them in the most free and ample manner and according to the several customs and Usages by them the said Chiefs, Warriors, Women and People of the said Six Nations. Provided always and be it understood to be the true intent and meaning of these Presents that for the purpose of assuring the said Lands as aforesaid to the said Chiefs Warriors Women and People of the Six Nations and their Heirs and of securing to them the free and undisturbed possession and enjoyment of the same.”

The lands were to be protected from trespassers, illegal alienations, and leases, but the Simcoe Deed provided a method whereby the land could be surrendered to the Crown under certain circumstances.

The document was made Letters Patent and the Great Seal of the Province was affixed.

Despite the noble words there have been trespassers, illegal alienations and leases. There have been surrenders. But the land of Tyendinaga Mohawk Territory is still held by the Chiefs, Warriors, Women and People of the Six Nations.

The Mohawks of the Bay of Quinte are still here – A community older than Canada, older than Upper Canada. And the grant for the land, Treaty 3 ½ or the Simcoe Deed, is 220 years old this year.



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in March responded to 10 calls:

- 5 Medical Assists**
- 1 Public Service Call**
- 1 Vehicle Fire**
- 1 Tanker Assist**
- 1 Chimney Fire**
- 1 Co2 Detector**

This brings our total to 30 calls for the year 2013

Tyendinaga Mohawk Territory Entrepreneurs armed with Business Plans



Program Participants: back row – Connie Bain, Cindy Maracle, Judy Loft and Linda Maracle with Course Facilitator Birgit Wartenberg of Wartenberg Business Consulting. Front row – Kate Maracle, Marleen Murphy, Heather Bain, Rebecca Aschmann-Maracle. Absent – Amy Cowie, Storm Brant, and Paul Rioux.


Congratulations to the participants of the 14 day, Self-Employment Workshop recently offered on the Tyendinaga Mohawk Territory. The program developed and provided by Wartenberg Business Consulting was made available at no cost to participants, thanks to the collaboration of the Mohawks of the Bay of Quinte Economic Development Department, and Kagita Mikam Aboriginal Employment and Training Services.

During the program, participants equipped with their business ideas, learned about business branding, the SWOT analysis (Strengths, Weaknesses, Opportunities and Threats) as it pertains to the development and success of their business, bookkeeping/accounting, marketing, and WordPress for website development. Throughout, the one on one consulting as well as access to professionals afforded individuals with the opportunity to gear their learning to their specific business ideas. These workshops were designed to provide participants with a comprehensive business plan on completion of the program.

Birgit Wartenberg, Owner of Wartenberg Business Consulting stated that, “This concept was designed to encourage participants to start their own business, give them all the tools to do it, and most importantly, coaching every participant in their specific business during the one-on-one sessions.” Birgit added, “Although the program offered a significant amount of information to all the participants, it wasn’t stressful learning because we had a lot of fun too.”

Kagita Mikam representative Linda Cory noted that, “participant feedback was positive and (they) felt very inspired and confident to proceed with their self-employment dreams”. “Kagita Mikam is very happy with the Self Employment Program” said Linda, “If the community has an interest in more events such as this, we would be happy to support any Economic Development programs such as the one recently completed.”

A special thank you is sent to Renee Barnhardt-Brant, MBQ Business Development Officer, for all her work on this project.



**KANHIOTE
LIBRARY**
613-967-6264

Monday, Tuesday
and Wednesday
10:30 to 5:30

Thursday 12 to 7

**** Free Draw****
Visit the library in April
for a chance to win Spring
Grocery Basket!



Aboriginal Business Day

Get Connected, Get Prepared, Get Inspired!

You will:

- » Gather fresh ideas from new and existing business owners and experts
- » Learn strategies for Marketing and Branding your company
- » Discover the 10 common mistakes made in retail
- » Hear from successful business owners - ordeals and victories
- » A must attend Networking opportunity - please bring 25 business cards

****Registrations MUST be received no later than April 23rd, 2013****

Tuesday April 30th, 2013—9:00 am to 4:00 pm

Cost: NO CHARGE

Snacks & Lunch Provided

Where: **Mohawk Community Centre**
Upper Level
1807 York Road
Tyendinaga Mohawk Territory

To register please contact:
Email: communications@mbq-tmt.org
Phone: 613-967-3616
Fax: 613-967-6251

Date: _____ Company: _____
Name: _____ Address: _____
Phone: _____
Email: _____



Trustee Report or March, 2013

In last month's newsletter it was announced that Hasting Prince Edward District School Board director Rob McGall will retire at the end of June 2013. Although we are sad to see Rob retire, we are happy to welcome Mandy Savery-Whiteway to the position of HPEDSB director. Mandy was the successful candidate to be selected from a list of strong candidates applying from within HPEDSB. Mandy's leadership in the HPEDSB is expected to continue in the direction that the Board has been moving and will provide continuity in dealing with the many challenges that the Board will face over the next five years. Congratulations Mandy, along with continuing to strive for excellence in the overall operation of HPEDSB, we also look forward to working together to serve the needs our Aboriginal students and community in a respectful and positive way.

For more detailed information on Board or Committee minutes, please go to 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, HPEDSB, representing Tyendinaga First Nations

Does your child need help with math?

 Homework Help

 Ontario

Homework Help is run by TVO's Independent Learning Centre with support from the Ontario government.



FREE online math tutoring is available for students in grades 7-10.

Teachers are standing by:

- every Sunday to Thursday
- 5:30 pm to 9:30 pm ET

Register at ontario.ca/HomeworkHelp

You can help your child with math.

Register at ontario.ca/HomeworkHelp

Parents can sign up for a free guest account.

Get resources and tools 24/7:

- math videos
- interactive exercises & activities
- scientific calculator ... and more!



@MathHWH



fb.com/MathHWH



 Homework Help

 Ontario

Looking for talent!



Looking for talent!



Quinte Mohawk School will be hosting a talent show on May 30. We are looking for community members interested in being part of the performance. All proceeds from the show will go towards pediatric cancer. If you are interested in performing please contact qmstalentshow@gmail.com by April 20, 2013.

***Winners from
Making Art - "Stories & Legends" - Woodland Cultural Centre***

First Place - \$100.00

JK/SK - Eva Green

Gr. 1, 2, 3 - Patrick Workman

Gr. 4, 5,6 - Logan Maracle

Gr. 7/8 - Alexis Maracle

Second Place - \$50.00

JK/SK - Kowen Lewis

Gr.1,2,3 - Grace Maracle

Gr.4,5,6 - Raienthos Maracle

Gr.7/8 - Sheldon Doreen

Third Place - \$35.00

JK/SK- Carleigh Maracle

Gr. 1,2,3 - Yakaraweyonhon Brant

Gr. 4,5,6 - Emily Workman

Gr. 7/8- Reegan Maracle

To Parents and Students attending Secondary School in Belleville and Napanee,

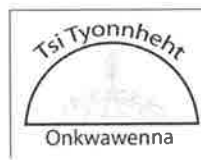
Did you know that the Native Counsellors are available to support all secondary students attending schools in Belleville and Napanee. In case you did not know we are Matt Sager and Patti Brinklow and we are situated at Moira Secondary School within the Guidance Office. If you would like to make contact with either of us , our cell phone numbers are Matt Sager 613-885-4454 and Patti Brinklow 613-813-4763. We look forward to supporting you in any way we can and encourage you to give us a call.

Tsi Tyonnheht Onkwawenna (TTO)
Language & Cultural Centre

Ohenton Karihwatehkwen Sign Project

Fourteen (14) large signs will be placed throughout our community to depict the Ohenton Karihwatehkwen.

We are seeking land owners to donate a small parcel of land (10'x10') along our roadways for these signs. If you are willing to donate or would like to discuss this project please contact Curtis at TTO 613.396.1082



TTO gratefully acknowledges the Ontario Trillium Foundation for their support of this project.





Language & Cultural Centre
314 Airport Rd., Tyendinaga Mohawk Territory, Ontario K0K 1X0
Ph: (613) 396-1081 Fx: (396-1083)

EMPLOYMENT OPPORTUNITY

Kawenna'on:we Primary Immersion School is operated by Tsi Tyonnheht Onkwawenna Language and Cultural Centre in Tyendinaga Mohawk Territory, Ontario. Kawenna'on:we operates as a private school catering to children from Kindergarten to Grade 4 in a one-room schoolhouse setting. The twelve month program allows for regular breaks throughout the school year so as to provide the best possible educational experience to the children.

Kawenna'on:we is dedicated to:

- The principles of Skennen (Peace)
- Regenerating Kanyenke'ha (Mohawk language) in our children
- Providing traditional education so as to strengthen our ceremonies, songs and dances
- Preparing our children to be active and successful participants in both our traditional community and the dominant Western society

"We have much to learn from the incredible knowledge of our ancestors which was gained long before reading and writing came about. From time immemorial every bit of their intelligence and senses were used. Humans knew and felt relationship to all that lived and moved.

Somehow that relationship must be regained"

Audrey Shenandoah, 1990

Classroom Teacher

The Mohawk Speaking Teacher is responsible for the provision of academic instruction in this Mohawk Language immersion program to children from Kindergarten to Grade 4 in a team-teaching environment.

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

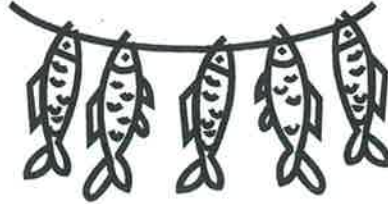
Qualifications:

- ✓ 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
- ✓

To apply submit cover letter and resume outlining qualifications,

Deadline May 3rd, 2013

HOPE PROGRAM 10TH ANNUAL FISH FRY



WHEN: THURS. MAY 9TH....11:30AM-1:30PM

WHERE: NEW LOCATION.....CORNER OF HWY 2 AND YORK RD. SHANNONVILLE

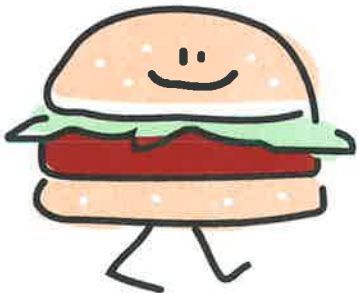
MENU:

***FRESH WALLEYE LIGHTLY BATTERED, PATATO SALAD, MACARONI SALAD, COLESLAW,
ROLLS AND BUTTER, AND HOMEMADE DESSERTS.***

THIS IS AN ALL YOU CAN EAT EVENT!!

PRICE: ADULTS- \$10.....ELDERS AND STUDENTS- \$8.....12 AND UNDER- \$7

SO BRING YOUR APPETITES AND SUPPORT THE HOPE PROGRAM



HOPE PROGRAM BBQ FUNDRAISER

WHEN: Thurs. May 23rd.....11:30am - 1:30pm

WHERE: NEW LOCATION...Corner of Hwy 2 and York Rd. Shannonville

MENU and PRICE:

Cheeseburger - \$3.....Hamburger - \$2.50.....Sausage - \$2.50...Hotdog - \$1.50...

AND Drinks - \$1

SEE YOU THEN AND NIAWEN FOR YOUR CONTINUED SUPPORT



Tyendinaga Justice Circle
Tontakaiérine
(It has become right again)

FNTI



Sharing and Learning

Young Mens Gathering

Talking Circle with Joe Brown and Anataras Brant

Ages 12-25

Stories and Teachings

April 9th, 16th, & 23rd

@ FNTI at 6pm

Food & Drinks provided!

Contact Amanda or Mark for more information at 613-396-2122

Happy Birthday!



Happy Birthday Nan!

Elaine Hill

April 10th

Have a great day!

Love, Dale, Brandi, Sadie,

William and Elijah xoxo

Happy Birthday

Donna Brant

Love Chip, Allison & Kody

Happy Birthday

Poppa (Bill Brant)

Love Chip, Allison & Kody

Happy Belated Birthday

Amy Cowie

Love, Chip, Allison & Kody

Happy Birthday

Mom & Dad

on April 7th..

my Mom Lorna Vos and Dad Dale Vos

celebrate on the same day..

we love u lots..

Love always

Sissy Butt Butt Ojoe

and all your friends and family...

xoxoxoxo



Happy Birthday

Linda – April 5th

Love Rick, Marilyn, Sam, Emmett

Phill & Hayden

Happy 50th Birthday

Mary – April 6th

Love Rick, Marilyn, Sam

Emmett, Phill & Hayden

Happy 30th Birthday

Kassy – April 14th

Love Aunt Marilyn, Uncle Rick, Sam, Emmett,

Phill & Hayden

Happy 8th Birthday

to our awesome grandson

Wyatt – April 16th

Lots of Love Grandma & Papa

Happy 8th Birthday

to a wonderful nephew & cousin

Wyatt – April 16th

Lots of Love Auntie Sam

& Emmett (Roo Roo),

Phill & Hayden

Happy Birthday

Bill – April 20th

Love the neighbors – Rick, Marilyn, Sam,

Emmett, Phill & Hayden

Happy

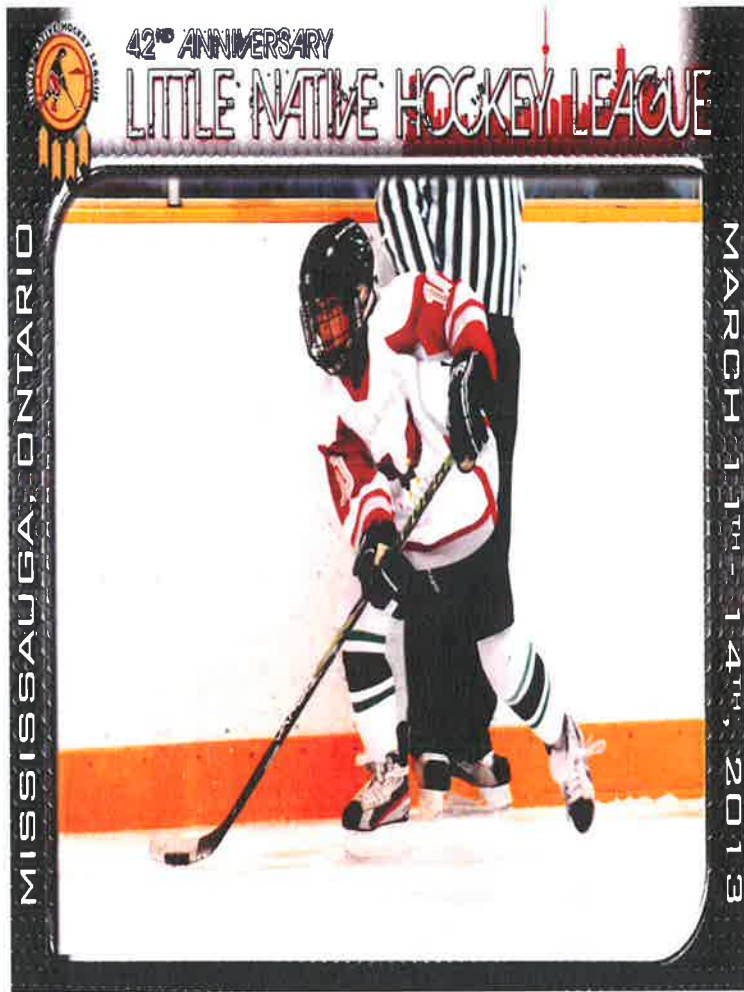
Anniversary

Tracey & John – April 29th

Love Marilyn, Rick,

Sam & Emmett





Thank You

Daniel Chase would like to thank the people that supported him in the

2013 Little NHL:

Lewis Lacrosse

Tyendinaga Recreation Committee

Thank You to our family, friends and

Community for their support.

Daniel played for Sagamok Eagles and came home with C Champ trophy.

Griffen & Logan Conger would like to thank the Tyendinaga Community Development Fund (TCDF) for helping support us this year to play hockey

Nia:wen





Thanks!

A simple thank you cannot adequately express my heartfelt gratitude to my dear family for the recent birthday celebration which they held on my behalf. My thanks too, to the Chief and Band Council, 59"ers Club, friends and relatives for their flowers, gifts, cards and good wishes but especially to those who attended. It was a great party and I was deeply touched by everyone's kindness. I won't soon forget how nice it was to turn 80!

*Love you all - God bless!
Edith Green*



Thank You!

The family of the late Shirley 'Tine' Leween would like to say thank you to the many community members who were there during our time of loss. Thank you to McGlades Funeral Home, Rev. Brad Smith for the beautiful service, the Native Women for the wonderful meal and to the pall bearers for carrying their Aunt Tine to her final resting place.

A Special thank you goes to Pat Hill for taking care of Tine over the past years.

Lois Brant & Family

Nia:wen

I recently had occasion to move my house and would like to thank all those people who made it as easy and painless as possible. Thanks to Gene, Joe, Tip, Philly, Dort & Marty Anne, Chief Don, Todd, Wayne, Glenn, Sonny, Chief Ron & Friends, Peter, Dave, Joe and et ol.

Nia:wen
Jonathan
Tekaniatarakhen
Aliquis in omnibus nullis in singulus

Every Wednesday starting May 1, 2013
from 7-8 pm at Red Cedars Shelter.

Tyendinaga Community



Sharing Circle

Offered to men and women ages 16 +

Rekindle friendships, build bridges, and work towards a stronger
and healthier community by sharing ideas

* Encouragement & Support

* Matters of the heart

* Life struggles & accomplishments

When in the circle no one is in front of you, no one is behind you, no one is above you, no one is below you.

In the circle we are all equal.

For more information call 613-967-2003 Line open 24/7

Presented by Red Cedars Shelter.



Rekindle friendships, build bridges, and work towards a stronger community by speaking your truth and sharing ideas!!

Every Wednesday starting May 1, 2013
from 6-8 pm.

It is not mandatory to attend every week,
you can fit it to your schedule!

Open to men and women ages 16 +



WOULD YOU LIKE TO MAKE A DIFFERENCE IN THE LIFE OF A CHILD?

For many children, a loving and secure home environment would make a huge difference in their lives.

Fostering is a meaningful experience for both the parent and the child.

Talk to us about how you can brighten the life of a child in need.

Financial assistance may be provided,
in partnership with Highland Shores CAS.

Contact Lacey Maracle at Mohawk Family Services for more information
at 613-967-0122 ext. 145

HOME
*...is where
our story begins*

Tyendinaga Home & Community Care

Located in the the Community Wellbeing Centre, Home and Community Care is a network of services provided by qualified staff to assist individuals in remaining in their own home for as long as possible, and are available to status residents of the Tyendinaga Mohawk Territory of any age.

Services are:

- Based on needs identified through a client assessment;
- Provided in a confidential and respectful manner;
- Deal with physical, social, spiritual and emotional needs

Support and assistance is available to for family and caregivers who need support to continue to care for the individual in the home. Services provided are supportive and are not meant to replace the care given by family and friends.

What are the services provided by Home & Community Care?

- Client Assessments
- Case Management
- Personal Care
- HomeMaking
- In-Home Respite Care
- Home Care Nursing
- Palliative Care
- Foot Care Clinic (for those unable to do their own, non-diabetic)
- Community Support Worker
- Medical Equipment Loans

Phone: 613-962-9376 for more information.

National Volunteer Week is April 21st—April 27th

The Tyendinaga Home Support Program greatly appreciates all the wonderful volunteers who assist in various programs. Without all their help, we would not be able to run our programs as well as we do.

So, a great big ***THANK YOU*** to all our valued and cherished volunteers for all you do!!

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

April 2013

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>OFFICE CLOSED</i>	2 Meals on Wheels Library	3 Diners Club Deseronto 5-Pin Bowling Euchre	4 Meals on Wheels Belleville Shopping	5 Meals on Wheels Handivan Des Friendly Visiting Home & Renovation Show	6 Income Tax 9:30 am to 3:00 pm @ FNTI
7	8 Walking Program Ceramics Wii Bowling	9 Meals on Wheels Library	10 Diners Club HOME SUPPORT BINGO	11 Meals on Wheels Birthday Tea	12 Meals on Wheels Handivan Des Scrapbooking	13
14	15 Breakfast Club Walking Program Craft	16 Meals on Wheels Library	17 5-Pin Bowling Euchre	18 Meals on Wheels	19 Meals on Wheels Handivan Des Friendly Visiting	20
21	22 Walking Program Ceramics Wii Bowling	23 Meals on Wheels Library	24 Diners Club HOME SUPPORT BINGO	25 Meals on Wheels Kingston Shopping	26 Meals on Wheels Handivan Des Scrapbooking	27
28	29 Walking Program Craft	30 Meals on Wheels Library	Breakfast Club—8:00 to 9:30 a.m. Diners Club/Bingo—12:00 to 3:00 p.m. Handivan Departure—10:00 a.m. Meals on Wheels delivered between: 11:30 a.m. to 1:00 p.m. Friendly Visiting—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. Wii Bowling—7:00 to 9:00 p.m. Euchre —6:30 to 8:30 p.m. Library—2:00 to 4:00p.m. Walking Program—10:00 to 11:00a.m. Ceramics—1:00 to 4:00p.m.	



Let's Walk & Beat Diabetes Together!



April 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Easter Monday</i>	2	3	4 Gentle Walk @ 9:30am CWB	5	6
7	8 Quinte Sports & Wellness Centre 10-11am	9	10 ● New Moon	11 Gentle Walk @ 9:30am CWB	12	13
14	15 Quinte Sports & Wellness Centre 10-11am	16	17 "PN CLASS" 7:00-9:00pm @ CWB	18 Gentle Walk @ 9:30am CWB	19	20
21	22 Quinte Sports & Wellness Centre 10-11am	23	24 "PN CLASS" 7:00-9:00pm @ CWB	25 Gentle Walk @ 9:30am CWB ○ Full Moon	26	27
28	29 Quinte Sports & Wellness Centre 10-11am	30				

Upcoming Events for April 2013

Wed. April 17th: Traditional & Western Prenatal Classes 7-week Spring Session from 7-9pm every Wed evening in the Teaching Lodge at the Community Wellbeing Centre

Community Walking Program

Thurs. Morning Gentle Walk @ 9:30am:

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 @ CWB Health Services west door or waiting room.

Quinte Sports & Wellness Centre Track

When: Every Monday from 10am-11am
Where: Meet at the Quinte Sports & Wellness Centre Track

*Pedometers provided for use during walk
Please make sure you wear proper footwear for walking the track and bring water.

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

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

Phone: 613-967-3603 Extension 166 Email: chip_cwb@mbq-tmt.org
www.tndfms.ca/HMHB-Tyendinaga.html

Late Pregnancy



The seventh, eighth, and ninth months of pregnancy are called the third trimester. The growing baby will outgrow the womb during this time, but early in the seventh month there is still enough space for him/her to straighten up, kick, bounce around, glide from one side of mom's belly to the other, kick, and even somersault. When your baby feels the thick, springy uterus against his/her foot, s/he may press the foot harder, then lift it, press again and lift... baby's first steps! These stepping movements help the baby to turn upside down, ready to be born, and help the baby to take an active role in pressing their way out of the uterus when it's time to be born.

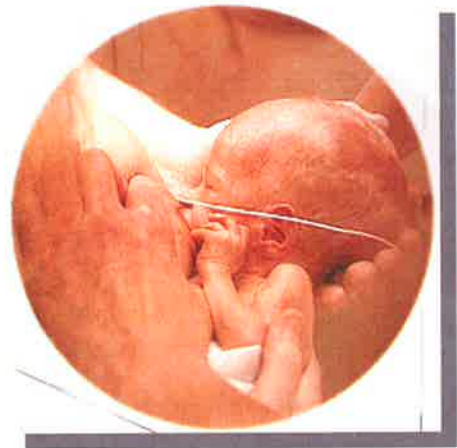
We have learned a lot more recently about how much babies know and can do by the time they are born...much of this they learn in the three months before birth. The baby's senses become very well developed. The eyes are open, eyelids fringed with lashes, and s/he often moves eyes as if searching for something. As mom's uterus stretches, it becomes thinner, letting in more light and sound from the outside world. The baby's womb world is lit up by a red or orange glow when mom is in bright light, making it possible for the baby to even see shadowy silhouettes of his/her surroundings. Hearing is excellent, and so babies' responses to sound have been well studied. The baby is continually surrounded by sound: mom's constant, steady heartbeat; the rumblings of mom's stomach and intestines; blood pulsing and throbbing through the umbilical cord and large blood vessels...like the constant sounds of the ocean. Voices travel well across the mother's thinning abdominal wall and through the amniotic fluid...especially the lower male voice, giving dad a chance to bond with his baby before birth. However, the baby learns to know mother's voice best because s/he hears it more often than any other and also because women's voice range is the most clearly recognized against all the other background sounds. For this reason, newborn babies show a preference for their own mother's voice and language, either moving more or being calmed when mom speaks. Through mother's voice they learn to recognize language, tribe and kin.

Familiarity with family and culture is also learned through flavours in the mother's diet, such as garlic, curry, berries, and herbs. Babies drink amniotic fluid in large quantities in the last trimester. Flavours that pass into both the amniotic fluid and into colostrum and breastmilk, help the baby to learn about their cultural diet and baby will be developing favourites already! There are recent studies being done that show that a mother's diet high in refined foods and sugar during pregnancy can have a lasting effect on a baby's health and preferences after birth, predisposing the baby to obesity, diabetes, and tooth decay

right from prenatal life. This is the time to make healthy food choices and diet changes if you haven't already!

Colostrum (the mother's first milk) tastes similar to amniotic fluid, so when baby nurses at the breast in the first few days after birth, or is fed expressed colostrum, s/he is comforted by this familiar reminder of the "womb home". Colostrum is also referred to by health care providers as "*liquid gold*", because it is so jam-packed with nutrients and antibodies that fight infection. It is literally your child's first immunization. Of all preventative interventions aimed at increasing survival of children up to age 5 (including Vaccines, Vitamin A, Sanitation, Mosquito Nets, etc), *Breastfeeding* has been found to be the *most* protective, saving the highest percentage of children worldwide (reported in Lancet 2003).

We are learning that babies born during the third trimester are able to breastfeed much earlier than previously thought, given the right conditions and support (ie continuous skin-to-skin contact with mom, and avoidance of bottles). However, very premature babies or unwell babies may need some expressed colostrum/breastmilk even before breastfeeding starts. At London Health Sciences Centre (Ontario) there is a new way of giving very early babies the best chance of getting stronger called Oral Immune Therapy (OIT). Because colostrum destroys disease causing bacteria and viruses, colostrum is used as medicine even before the baby can be fed. Colostrum is collected by the mother hand expressing drop by drop into tiny syringes (ie insulin syringes!) The syringe is then labelled and transferred either by nurse or by the mom herself to her baby, and is administered between the baby's cheek and gum and absorbed into the baby's tissues and immune system from there. Oral Immune Therapy is given to the baby every 3-4 hours round the clock until the baby is able to take feedings by mouth. Meanwhile mothers are encouraged to begin pumping to bring



in a ready milk supply for breastfeeding. This therapy has already been shown to decrease the risk of necrotizing enterocolitis (an often fatal gangrene of the gut) and pneumonia (especially when on ventilators). Babies who experience viral infections during the first year are also more likely to develop Type 1 diabetes. Breastfeeding helps to protect against infection, and so strikes another blow at diabetes!



Dorothy Green & Gale Hayward
Community Healthcare Professionals
Community Wellbeing Centre
Tyendinaga Mohawk Territory, ON K0K 1X0
613-967-3603 x166
www.tndms.ca/HMHB-Tyendinaga.html

Are you or someone you know having a baby?



prenatal classes

***Traditional & Western
Prenatal Classes - 7 Week Spring Session***

Wednesdays Starting April 17, 2013

7:00 pm - 9:00 pm

**All classes are held at the Community Wellbeing Centre
50 Meadow Drive, Tyendinaga Mohawk Territory**

**For more information and to register for classes please call 613 967 3603 and
speak with a Community Health Nurse or Aboriginal Midwife.**

**All classes are free and we encourage partners/support persons to participate in the
classes. Lots of information and giveaways for parents and babies!**





Moon Ceremony

Women are invited to join us to honour and seek guidance from Grandmother Moon on April 25 / 2013 at Dusk (Approx. 8:00 pm)

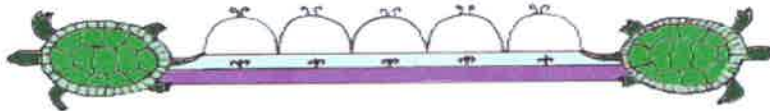
What to bring:

- Tobacco for offering (if you have it)
- A skirt to wear
- A bottle of water
- A lawn /camp chair
- Pot Luck Item

(If you are unable to bring any of the following please give us a call, we keep a limited supply on hand.)

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

Questions can be directed to Diana at (613) 967-0122 Ext. 133



Prenatal Classes

Spring Session

start

Wednesday,

April 17, 2013

7pm - 9pm at

Community Wellbeing Centre

50 Meadow Drive

Tyendinaga Mohawk Territory

For more information **and** register for classes call 613-967-3603 and speak with a Community Health Nurse

Partners/Supports are really important and are welcomed to participate!

It's that time again!! Grab your favorite
ladies and come to the
Purse and Garden Auction

May 11th, 2013

**The auction will be held at the Community Wellbeing Centre
50 Meadow Drive, Tyendinaga Mohawk Territory**

There is a \$2.00 admittance fee, paid at the door

Auction begins at 10:00 am - 2:00 pm (or until all purses and items are sold)

The auction is run like a regular auction. Each purse/garden item is auctioned off by the caller to the highest bidder. This is not a silent auction it is a fast paced day with lots of laughs and surprises. If you think you can get in on some friendly competition we want to see you there! It is a great way to fundraise and have a great time with your girlfriends/family! Not to mention, walking a way with a new purse filled with great prizes! We have more donators this year so we will have bigger prizes and more gift cards inside the purses!!!

If you have any questions or would like to donate some items please contact Julie Brant at 613 967 0122 ext 149.

Just a reminder that seating does fill up fast! So make sure you come early to get your seat!



SAVE THE DATE

Purse and Garden Auction

We are happy to announce that it is almost time for our Spring Purse and Garden Auction. In support of the Angel Tree Program we would like to invite you join us on May 11th, 2013 for a great day of laughs, good friends, and fundraising!

At this time we are asking for donations of gently used or new purses and garden accessories. These items may include plants, flowers, gnomes, statues, wind chimes, solar lights and really anything to do with outside décor. These items will then be auctioned off to the highest bidder. Last year at our Purse and Christmas Décor Auction we raised almost \$1800.00. Our goal for this spring is \$2500.00. Every dollar raised will be used to purchase warm outerwear for our community children.

As you know the need for this program increases every year and we need our communities support to ensure no child is cold this winter.

The extra exciting news is with each purse donated you are entered into a draw for a Mother's Day Gift basket filled with lots of great items! A Perfect gift for that special person you would like to honor on Mother's Day or even keep it for yourself!

All purses will be accepted at the Community Wellbeing Centre (Social or Health reception) till May 01 2013. You will then be given a ballot for each purse donated to fill out and be entered in to the draw. The draw will take place at the end of the purse auction on May 11th, 2013.

If you have any question in regards to the Purse and Garden Auction please call:

613 967 0122 ext. 149

Nya:wen for your donations!





Protect yourself. Protect others. Get immunized.

In the last 50 years, immunization has saved more lives in Canada than any other health intervention. Immunizations are safe and effective.

The Canadian Immunization Guide recommends immunization as an infant and continuing through all stages of life.

Whether you are a parent, a young adult or a senior, talk to your doctor, nurse, pharmacist or local public health office about being up to date on your immunizations.



Immunize.ca provides informative resources on immunization.





APRIL 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Breastfeeding Support Parish Church	3	4	5	6
7	8	9 Breastfeeding Support Parish Church	10	11	12	13
14	15	16 Breastfeeding Support Parish Church	17 Prenatal Classes 7pm-9pm Community Wellbeing	18	19	20
21	22	23 Breastfeeding Support Parish Church	24	25	26	27
28	29	30 Breastfeeding Support Parish Church				

Community Health

50 Meadow Dr.
Deseronto, ON
K0k 1X0

BEARS & CUBS COME BUILD A BIRDHOUSE !

WEDNESDAY APRIL 10TH, 2013 - 6:00 TO 8:00PM
COMMUNITY WELLBEING CENTRE - TREACHING LODGE ENTRANCE!

Please bring your cub and experience the fun in building your very own birdhouse. We will have lots of supplies and tools for you and your cub to create your very own unique house that the birds will love! We look forward to seeing you April 10th, 2013.

We ,as usual will be providing dinner for all Bears and Cubs! Pizza and Flings are on the menu this month! Please let us know when you register if you have any allergies we should be aware of!

All participants must register by calling Julie Brant at **613 967 3603 Ext. 149**

If you should have to leave a message please leave a return phone number where we can reach you for confirmation! Registering will ensure your Bear and Cubs have all supplies needed! Nya:wen / Thank you!



COMMUNITY CIRCLE



AT THE COMMUNITY WELLBEING CENTRE (TEACHING LODGE ENTRANCE)

APRIL 22ND 2013 @ 6:00PM – 8:30PM

*****THE CIRCLES FOCUS WILL BE ON PAPER LANTERN CRAFTS*****

"The Circle has healing power. In the Circle, we are all equal. When in the Circle, no one is in front of you. No one is behind you. No one is above you. No one is below you. The Sacred Circle is designed to create unity. The Hoop of Life is also a circle. On this hoop there is a place for every species, every race, every tree and every plant. It is this completeness of Life that must be respected in order to bring about health on this planet."

FOR MORE INFORMATION PLEASE CALL JULIE BRANT

613 967 3603 EXT 149.

THE CIRCLE IS OPEN TO ADULTS 18YRS AND OLDER.





SPRING FLING FAMILY ♡ CRAFT NIGHT !! ♡

Thursday April 18th, 2013 from 6:00 - 8:00 pm

We will be hosting a Spring Fling Family Craft Night. We are inviting all family members to take part in the craft evening. Some crafts are more extensive than others so we ask that you participate in the evening with your child. *This is not a drop off event.*

We will be having pizza for supper as well as snack and refreshments. Please inform us when you register if your family may have any allergies we should be aware of.

Our Event will take place at the Community Wellbeing Centre located at 50 Meadow Drive, Tyendinaga Mohawk Territory. If you would like to register your family to participate please call 613 967 0122 Ext. 149 and speak with any member of the Family Health and Child Development Program. We hope you can join us!

♡ SAVE THE DATE ♡

We would like to send a reminder to all of our participants that we will be having a Mother's Day Craft Evening, Thursday May 9th, 2013 at 6—8 pm at the Community Wellbeing Centre! This is an opportunity for children to make and take a craft home that was created for a special lady in their lives. Children 6 years and under will require adults to stay with them during the event. Some crafts will require the younger participant to have an adult assist them. Register 613 967 0122 Ext. 149

Registration for this event begins now!!



SPRING FLING YOUTH DANCE!

Sponsored by Community Health &
Enyonkwa'nikonhriyohake' Programs from
Community Wellbeing, Tyendinaga

WHEN: Friday, April 26, 2013

TIME: 7:30-10:30pm

AGES: 12-17

WHERE: Deseronto Arena

COST: \$2 or bring an item for
the food bank



Canteen will be open
NO BAGS/BACKPACKS

Enyonkwa'nikonhriyohake' Program Presents:

Drop-in @ Youth Centre

All activities are FREE

April 2013



***COME HANG OUT & HAVE
SOME FUN!***



We have a pool table, ping pong table,
air hockey table, board games,
Wii games, craft supplies, snacks & good company!

Tuesdays

ages: 6-10

TIME: 6-8PM



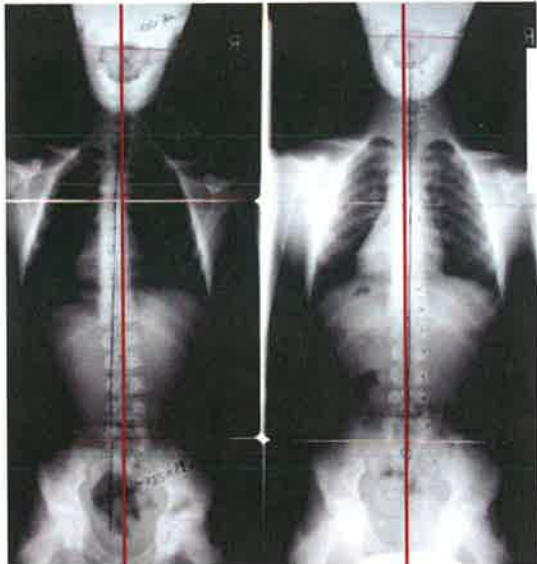
ages: 11-14

TIME: 6-8PM

Wednesdays

Did you know...

the structure of your spine affects your athletic ability.



Before Care

With Care

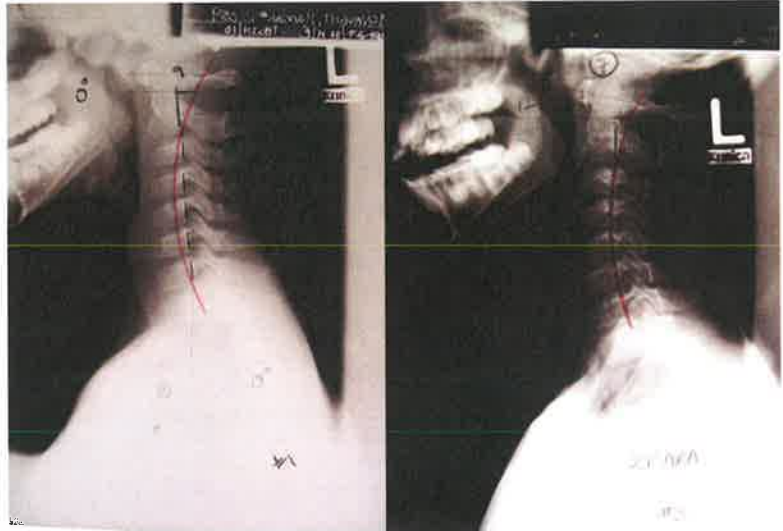
← **Josh, 14** - Baseball player with chronic back pain and shoulder pain prescribed muscle relaxers and anti-inflammatories with no relief. During care, shoulder and back pain alleviated with improved range of motion and no meds.

Heidi, 8

Competitive dance acrobatics and swimmer. Chronic migraines and irritable bowel, frequent bouts of constipation. Migraines and constipation gone at 6 month check up. No pain medication in 6 months. Better balance and better performance in sports.

"I'll get adjusted forever."

Heidi T



Before Care

With Care

We want the best for your children!

FREE information session at your club or organization. Keep your children injury and pain free.



Dr. Rebecca &
Dr. Jason with Family

FREE Digital Posture Check for all Participants who contact us before April 30, 2013.

Two locations to serve you better.

ForeverYoung Chiropractic
1111 Princess St. Kingston ON K7L 2T1
613-507-5007

Maracle Chiropractic
14 York Rd. Shannonville ON K0K 3A0
613-876-5855

COMMUNITY VOLUNTEER INCOME TAX PROGRAM

**INCOME TAX RETURNS ARE DUE
APRIL 30/2013**

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

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.

The "*Community Volunteer Income Tax Program*" will be offering tax preparation clinics on the following dates at First Nation Technical Institute located at 3 Old York Road, Tyendinaga Mohawk Territory:

WEDNESDAY APRIL 10, 2013	5:30PM-7:30PM
SATURDAY APRIL 20, 2013	9:30AM-3:30PM
WEDNESDAY APRIL 24, 2013	5:30PM-7:30PM

If you are a low-income earner and would like free assistance with the preparation of your individual income tax return, please plan to attend one of our above-mentioned clinics. Should you have any questions or would like to book an appointment, please call:

Wendy Anderson @ 613-391-2658





ATTENTION!!!

All past members of the
Native Women's Association.
We are looking for your ideas

For our
30th Anniversary
26 October, 2013

At the
Community Center

Please Contact : Carol Potts 613-966-8106
Christine Claus 613-396-3728

A regular meeting of the

**Mohawk Agricultural
Society**

will be held at

**Quinte Mohawk School
at 7:00 PM**

on Monday April 29, 2013.

Your support and ideas are
needed for
Mohawk Fair
Sept 20, 21 & 22, 2013.

Please come out and bring a friend.



Attention

Hunters & Shooters!

Interested in getting your PAL and/or Hunting Licences?

“ONE STOP” courses will be offered. Both Courses combined \$280.00
Individual Course \$140.00

The Firearms Safety Course (PAL) portion will be April 19 & 20th

The Hunter Education Course portion will be April 26 & 27 (Outdoors card)

Both Courses will run Fri. 6 - 9 p.m. and Sat. 8:30 - 5 p.m.

Anyone interested in challenging the firearms tests should set up a time and date in advance. The cost for a challenge is \$45.00.

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 at a “*New Location*” in Shannonville at the corner of Hwy #2 and York Rd. (next to Tyendinaga Fitness Centre)

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

COME JOIN THE PARTY

During Intermission
members of the local
Fire Departments
will show us how
they Zumba!



ZUMBAthon® Bar

Silent Auction

Canteen/BBQ

Friday May 10th, 2013

6:30pm-9:30pm

Deseronto Community Recreation Centre

Registration starts at 6:00pm

Qualified Zumba Instructor Jennifer Maracle-Westgate

\$15/person in advance

\$20/person at the door

Pledge sheets available, raise \$50
in pledges and your Registration Fee
is refunded!

*Prizes for Top 3 fundraisers

For advance registration, pledge
forms, or more information
please contact:

Julie Conger 613-403-0864 or

julie_0708@sympatico.ca

Carrie Flood 613-396-2318 or

carrieflood@hotmail.com

Deseronto Town Hall 396-2440

This is a fundraising event, planned by members of the Centennial Park
Fundraising Committee. All proceeds from this event go to the revitalization
of Centennial Park.



DESERONTO LEGION

UPCOMING EVENTS FOR APRIL:

As always, there is no cover charge and all are welcome. Entertainment continues on Saturday, April 20 as we welcome the duo Bit of Nostalgia. John Malcomb and his son will play from 4 to 7 pm. Sounds of Tyme returns on Saturday, April 27, to play from 4 to 7 pm.

The Friday night Putting Challenge has ended for the season. Our champion putter is Don Armitage Sr. with a score of 39 out of a possible 40! Congratulations Don!

April is election month. All members are encouraged to attend the Monday night meeting at month's end to voice their opinions and vote for executive. Join the team and make your vote count!

Bingo continues every Tuesday night, doors opening at 5:30 and play beginning at 7:00. The canteen is always open.

Watch for notice of our 6th annual Sonny Pete Fish Fry, coming up May 25!

The Quinte Singers present...

“Regarding Broadway”

Featuring songs from “Gypsy”, “Oliver”, “Fiddler on the Roof”,
“The Sound of Music” and many more favourites...

Saturday, May 4, 2013 @ 2:00 p.m.

Deseronto United Church
(Corner of Fourth and Thomas Sts., Deseronto)

Admission: \$10.00/person
(Children 12 and under FREE)

*** 50/50 Draw * Light refreshments ***

Collected proceeds to:
Deseronto Public School Breakfast Program
Quinte Mohawk School Music Program

Tyendinaga Food Bank Charity Golf Fundraiser June 14th, 2013

"4 Person Scramble"

Shotgun Start 1:00pm

PRIZES

\$15,000 Trailer
Hole-in-one prize
Carl Cox RV Sales and Service

GAMES



Briar Fox Golf Club

FUN

Crazy Hat Contest
prize for best decorated hat

\$80 per player - includes Par 3 Prizes
Limited to first 144 players (register team asap)

Contact: Cliff Brant - 396-3104

George Hill - 966-2950 (leave message)



VOLUNTEER SERVICES

TO

LENNOX & ADDINGTON COUNTY GENERAL HOSPITAL

('The Hospital Auxiliary')

is celebrating

!! 50 Years of Volunteering !!

(Yes - The Volunteer Auxiliary is 3 years older than L&A Hospital and 32 years older than Hospital Foundation)

You are invited to our 50th Anniversary

OPEN HOUSE

When: Tuesday, April 23, 2013

Time: 2:00 p.m. – 7:00 p.m.

Where: Airhart Conference Room, L&A CGH

Join us and

- See what our volunteers do
- Follow a video tour of hospital facilities
- Enjoy light refreshments

Questions: Contact Susan Snider 613-354-0246

Membership: Contact Beryl Jacka 613-354-2562

CLASSIFIED

FOR SALE

- Maytag DRYER - (2 1/2 yrs old)
- Solid Oak Table & 4 Chairs (2 yrs old)
- Stainless Steel L.G. Fridge & Stove (1 yr)

Call: 613-967-2345
or located at 458 York Rd.

FOR SALE

- BALES OF STRAW
- 4 x 4 round
 - small square bales

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



FOR SALE

- LAND approx. 23.89 acres
- surveyed
 - York Rd. frontage and backing onto the Slash Rd.
 - creek, good land
 - well & roadway

Best reasonable offer

Call: 613-967-8935

For Sale

- 4 BEDROOM HOME
(approx 3/4 acre)
- large eat-in kitchen
 - dishwasher, fridge, stove
 - large bedrooms
 - Updated 4 pc bathroom (ceramic floor)
 - 3 pc bath w/shower
 - large family room with updated woodstove (WETT certified)
 - walkout basement
 - lots of storage
 - upgraded well with holding tank
 - new roof and deck
 - shed
- PRICE RECENTLY REDUCED
(Serious offers will be considered)

Please contact:
tyendinaga11@yahoo.com OR
416-938-4157 or 613-396-2151

APT. FOR RENT

- 2 bedroom apartment for rent
- 251 York Road, Shannonville
- utilities included, first & last month
- Non Smoker, no pets

Please call: 613-962-9187

FOR SALE

- Motorcycle
- 2008 Suzuki Vstrom
Model DL1000KS
- as is \$7800.00.
 - Excellent condition.
 - 7880 KMS.
 - Includes saddle bags and manual.

Phone 613-967-1129

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

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

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

Child Care Available

Hello My name is Donna Glass

- mother of one & starting childcare in my home
- experience at day cares, day camps, before & after school programs
- accepting ages up to 10
- spots available for before & after school
- healthy lunch, snacks, crafts
- walks, nap time if needed & more

For more information
Call: 613-309-9272 or leave a message. I will gladly get back to you & look forward to looking after your children.

FOR SALE

26 ACRES, 2 HOUSES

- includes apartments for extra income
- ponds, ATV trails, quiet rural location near Deseronto.
- Owner will hold mortgage for qualified buyer.
- Make a reasonable offer. Owner is Retiring.

Call 613-847-9761

HOUSE FOR SALE

- 840 # 49 Hwy Tyendinaga Territory
- lot 150' X 200'
- House, Garage, Store front, Utility shed
- 1735 sq. ft. main floor
- full basement
- 4 bedroom, 2 bathroom on suite has jacuzzi tub
- above ground pool
- large deck
- 5 X 10 pool table included
- appliance included/and some home decor
- sunroom - leads from master bedroom to pool area

Details call: Rick 613-827-2988
Jackie 613-849-4559

HOUSE FOR SALE

2 YEAR OLD HOME

- 100' X 200' lot
- 2000 sq. ft. open concept/side split
- 2000 sq. ft. Basement
- 3 bedroom, 2 full baths plus jacuzzi
- ceramic & laminate flooring throughout, in floor heating
- 9' ceilings (main floor & basement)
- central vac, central air, HRV
- four star propane furnace
- heated 1 ½ car garage (24'X24')
- town water & sewer
- BASEMENT
 - basement 30% completed (framed, wired, drywall half complete)
 - 3 additional bedrooms, 1 full bath
 - open concept - large rec room with bar/kitchen roughed in
- * Possible investment/income property easily converted into Duplex. Ideal for Retirement Residence or Foster/Group home *

Please call for viewing and more information: Cell: 613-848-0117
Home: 613-396-3971

****SERIOUS INQUIRIES ONLY****



A WARM BOWL OF SOUP CAN SEND A MESSAGE OF COMFORT. IT WARMS US UP.

PLEASE REQUEST:

FRIENDS AND/OR FAMILY MEMBERS CAN CALL. Please let us know and we will be happy to help.

CALL CWB AT (613) 967-0122.

Let the receptionist, Seaira know that you would like a pot of soup. Give her the details and we can deliver the soup to the venue or you can pick it up.

SOUP BECAUSE WE CARE.

Sponsored by:
CWB PROGRAMS

~~SOUP FOR COMFORT~~
COMMUNITY WELLBEING CENTRE
WOULD LIKE TO GIVE BACK TO THE COMMUNITY DURING
TIMES OF SORROW!!! We know what it is like to lose a
loved one and we would like to help.



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

KERISTOS NE KORAH:KOWA

CHRIST THE KING

Under the Patronage of Blessed Kateri Tekakwitha

A Catholic Anglican-Use Parish

Tyendinaga, M. T.



***Morning Prayer with
Communion from the Reserved Sacrament***

10:00 AM → 1st, 3rd, 4th, 5th Sundays



Holy Eucharist (Complete Mass):

11:15 AM → 2nd Sunday of the Month

Services are held at: The Elders' Lodge Common Room

For additional parish information, please call:

Mr. Charles E. Maracle, Rector's Warden, at 613-396-3089

OR

Ms. Lorna J. Moses, People's Warden, at 613-396-2538

OR

Minister Gérard Trinqué at ☎ 1-888-831-4145 ✉ gplus@yahoo.com



The Cross represents our **Christ-Centred Faith** adorned with the colours of the "**Four Sacred Directions**" which indicate the redeeming power and truth of the Gospel of Jesus Christ for all places, times, and nations. The four eagle feathers represent the four Gospels of Saints Matthew, Mark, Luke, and John. They remind us of the **good news** of salvation in Christ given for the whole world. The wolf, turtle, and bear explicitly represent our Mohawk clans, blessed by the light of the Gospel and called to faith in Jesus Christ. The eagle, which flies the closest to Heaven, symbolises the grace and power of God in receiving and answering our prayers.



"For the word of the cross, to them indeed that perish, is foolishness; but to them that are saved, that is, to us, it is the power of God." (1 Corinthians 1:18)



TYENDINAGA MOHAWK TERRITORY

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Sunday	Morning service@10:30am Sunday School @11:30am Evening Worship @6:30pm
Wednesday	Bible Study Group @ 7:00pm
Saturday	Prayer Meeting @ 7:00pm

Coming Events

- April 5 - Revival Service 7:00pm Mohawk Pentecostal Church
- April 21 - Sunday Luncheon takes place after the morning Service
- April - MPC is planning a spring Fish Fry. Please call for details

"We know our lands have now become more valuable. The white people think we do not know their value; but we know that the land is everlasting, and the few goods we receive for it are soon worn out and gone."

Canassatego



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 Venerable Brad Smith
962-2787

Our worship uses a mixture of traditional and contemporary language and music, including Mohawk. All people are welcome to worship and participate in fellowship and parish life. We don't think we have all the answers—if you have questions, please join us on a journey of discovering the sacred One.

SUNDAY CELEBRATIONS

All Saints' Church (Upper Church)
and Queen Anne Parish Centre
1295 Ridge Rd
8:30 a.m.

Christ Church (Lower Church)
52 South Church Ln
10:30 a.m.

*On Sun 28 Apr, both churches will worship
together at Christ Church at 10:30 a.m.*

*Starting on 5 May, the congregations will amalgamate
and worship will be at 9:30 a.m.
Christ Church – May to October
All Saints' – November to April*

UPCOMING EVENTS

Parish Fun Night
Wed 17 Apr, 7-9 p.m., QAPC
Bring a game, a friend, and a snack!

Men's Breakfast
Sat 27 Apr, 8:00 a.m., Small Town Café, Deseronto
A time of fellowship and food for Christian men.

Bishop's Visit
Sun 28 Apr, 10:30 a.m., Christ Church
All are welcome to attend worship with our Bishop, the
Rt Rev'd Michael Oulton, and to enjoy a time of
fellowship following the Sunday Celebration.

FOR THE MOST UP-TO-DATE INFORMATION,
VISIT WWW.PARISHOFTYENDINAGA.ORG
OR WWW.FACEBOOK.COM/TYENDINAGAANGLICAN

“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

The Lazy Gardener

Open
May 4

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~ 613-391-1480 ~

Just in time for Mother's Day!

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10 inch, 12 inch and larger

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Pansies, Geraniums, Wave
Petunias, Impatiens, etc.

PATIO POTS

Variety of sizes

PERENNIALS

Hens & Chicks, Phlox,
Chives, to name a few

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We have a large selection of pepper and tomato plants as well as herbs and other garden vegetables.



*Making your own containers and baskets?
We have Spikes, Bacopa and other accent
flowers.*

or

*Leave your containers with us and we will
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Ron Bowden
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Spring Thaw Special



Spring Package 1

Buy one personal training session &
get one free \$30.00 (regular price \$60.00)



Spring Package 2

Buy five personal training sessions &
two Body Bar Boot Camp classes
\$99.00 (regular price \$135.00)



Spring Package 3

Buy Ten personal training sessions &
Ten Body Bar Boot Camp classes
\$250.00 (regular price \$285.00)

This special will continue until April 26th

JOE SLIWA

5980 Old Hwy 2 Shannonville On K0K3A0 Phone 613 967 0410 Cell 613 885 5538

Web: joesfitness.ca E: joe@joesfitness.ca



Welcome to your healthy life style and new beginning

This is a private fitness studio Tyendingaga that offers personalized fitness plans and functional training.

If you are not comfortable in a gym atmosphere, then this place will give you the confidence you need.



If you are looking to shed a few lbs
And get toned I will make sure you reach your fitness goals through motivation & accountability.

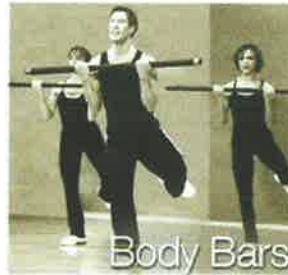


Mondays & Wednesdays at 6:00 - 7:00 pm

Body Bar Boot Camp

Srength Training

**Balance movements
Core conditioning
Isometric holds
Compound exercises**



Cardio Cercuit

**Kettle bells
Tire flips
Battling ropes
Medicine ball**

Price : \$5.00 for1 class or \$45 for10 classes.

Spring Thaw Weight Loss Challenge



**12 week weight loss competition will help you with your focus and get you some \$\$
\$20.00 for registration and deadline is April 12th**



Joe's Personal Training and Fitness

5980 Old Hwy 2 Shannonville On K0K3A0 Phone 613 967 0410 (cell) 613 885 5538 E: joe@joesfitness.ca

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Hurry in while quantities last!

New Bakery cooler to keep
our sweets & treats.



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NEW HATS

Duck Dynasty, Swamp People, Sons Of Anarchy

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L. & M. Enterprises
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Belleville Bakery

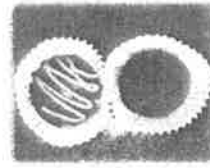
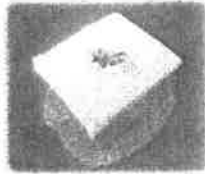


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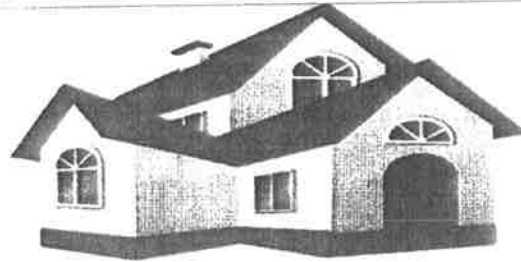
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