



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANYENK'EHA:KA

**ORI:WASE** (NEWS)

ISSUE 8/13  
SESKEHA (August)

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

**26th Annual**  
TYENDINAGA TRADITIONAL  
POW WOW

**Celebrating 26 years at the Pow Wow Grounds**

**Aug 10 & 11 2013**



*All Welcome!*

MOHAWKS OF THE BAY OF QUINTE  
THE PEACEMAKER TERRITORY

Tyendinaga Mohawk Council Meetings  
for  
**August 2013**

TMC Meetings	Agenda Deadlines
Regular – <b>Wednesday</b> , August 7, 9:00 a.m. Local Business – <b>Wednesday</b> , August 14, 7:00 p.m. Regular – <b>Wednesday</b> , August 21, 9:00 a.m. Local Business – <b>Tuesday</b> , August 27, 7:00 p.m.	<b>Thursday</b> , August 1, 12:00 p.m. <b>Thursday</b> , August 8, 12:00 p.m. <b>Thursday</b> , August 15, 12:00 p.m. <b>Thursday</b> , August 22, 12:00 p.m.



Frigidaire 24" Ceramic top range \$799.00

**FOR SALE**  
If you are interested in  
purchasing these 2  
Brand new appliances  
please call:

Faye 613-922-4573



Maytag Front Load Washer \$648.00



**MOHAWK FIRE DEPARTMENT**

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The Mohawk Firefighters in July  
responded to 6 calls:

- 3 Medical**
- 1 Motor Vehicle Accident**
- 1 Structure Fire**
- 1 C.O. Alarm**

This brings our total to 51 calls for the year 2013



# MOHAWKS OF THE BAY OF QUINTE KENHTEKE KANIENKEHA

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

## REMINDER

### **A Precautionary Community Boil Advisory**

As a reminder, a precautionary boil water advisory has been in place since February 2008, as recommended by Health Canada for the Tyendinaga Mohawk Territory. This was issued, due to the majority of the wells are under the influence of surface water and therefore should be treated as a surface supply.

**This is a precautionary measure only** to ensure that your drinking water meets the Ontario Drinking Water Standards, this applies to all homes and businesses that have a well water supply. If you have a filtration and a disinfection system on your household water supply you should ensure that your filtration system is designed to filter out water borne parasites, such as Giardia and Cryptosporidium. Please contact your water treatment company for information regarding your water supply.

The Mohawks of the Bay of Quinte's Drinking Safety Program is available to collect samples at your request. If you would like to have your water tested, please contact Crystal Maracle or Liz Brant at the Mohawk Administration Office, 613-396-3424.



Please contact the Administration Office for details on other water resources that may be available to you.

The Water Sampling Program, Well Inspections, Water Delivery Program, Holding Tank Initiative Program.

Nia:wen,



**WEST NILE VIRUS** is spread through the bite of a mosquito. Anyone can get sick from the West Nile Virus, but the risk of serious illness increases with age. Symptoms can include; headaches, fever, sore neck, vomiting, muscle weakness and blurred vision.

**MBQ will be participating in the West Nile Surveillance Program again this year and is held in conjunction with Health Canada.**

The Environmental CHR will be setting traps which contain dry ice to entice and trap mosquitoes which will be submitted to the Entomogen INC., St. Catharines, ON. Each mosquito will be identified and analyzed for the West Nile Virus. This program will be conducted from July until October 2012. There will 4 traps set at various locations of our Territory.

**Please ensure to educate our children if these traps are found and to ensure they are not disturbed, as they contain DRY ICE.**

### **PROTECT YOURSELF FROM WEST NILE VIRUS**

- \* Avoiding mosquito bites is your first line of defense
- \* Use mosquito repellent that contains DEET or other approved ingredients
- \* Wear light-coloured, loose-fitting clothing
- \* Wear long sleeved shirts, pants and a hat if you are going camping, hunting or into a wooded or swampy area
- \* Make sure door and window screens are in good shape
- \* When outdoors, place mosquito netting over strollers and playpens
- \* Take extra precautions when mosquitoes are most active; in the early morning and in the evening

### **CLEAN UP ALL STANDING WATER**

- \* Mosquitoes can breed in even a small amount of standing water
- \* Get rid of standing water around your house
- \* Empty water from old tires, flower pots, rain barrels lids, toys and other out-door objects
- \* Store large outdoor items like canoes, wheelbarrows and wading pools upside down
- \* Replace water in outdoor pet dishes and other containers every other day

*If you have any questions regarding WNV, please contact Crystal Maracle, ENV, CHR, at the Mohawk Administration Office, 613.396.3424, ext. 131.*

### **BIRD SURVEILLANCE PROGRAM**

This program is being held in conjunction with Health Canada.

We are asking the communities participation in this program, via sightings and reporting of suspicious deaths of **Crows, Ravens, Blue Jays**. These birds can be submitted for testing of the WNV. If the bird is in good condition upon finding and has not started decaying, please contact the Administration Office to report findings. The Env. CHR will conduct an inspection and prepare for submission to the Canadian Cooperative Wildlife Health Centre, Guelph, ON.

### **Other Species of Birds and Animals**

CCWHC also carries out a surveillance program for diseases other than WNV in all species of wildlife. If you find the following specimens they may be submitted for an autopsy; Any water fowl, ducks, geese etc. Raptorial birds (hawks, owls, etc.

*If other suspicious animals are found please contact the Mohawk Administration for further instructions.*

## WEST NILE SURVEILLANCE PROGRAM – JULY 2013 – Crystal Maracle, ENV. CHR

Last week all mosquitoes sent in from First Nation communities in Ontario tested were **NEGATIVE** for West Nile virus (WNV).

*Here is a summary of WNV Activity within Ontario:*

### **Positive Mosquito Pools**

There have been 12 WNV positive mosquito pools reported from 10 Health Units (HU) all located in southern Ontario (Durham, Peel, Toronto, Halton, Hamilton, Niagara, Hastings Price Edward, Middlesex-London, Perth District and Windsor). Accumulated degree day analysis (AccDD) shows that the majority of Northern Ontario is still cool, with most parts of southern Ontario over 100 accumulated degree days and Windsor Essex HU reporting over 200 AccDD.

### **Other Positive WNV Activity in the Province**

There has been **no** human or horse cases of WNV reported in Ontario.

### **Here is a brief summary of WNV and Eastern Equine Encephalitis virus (EEEv) activity in Canada and the United States**

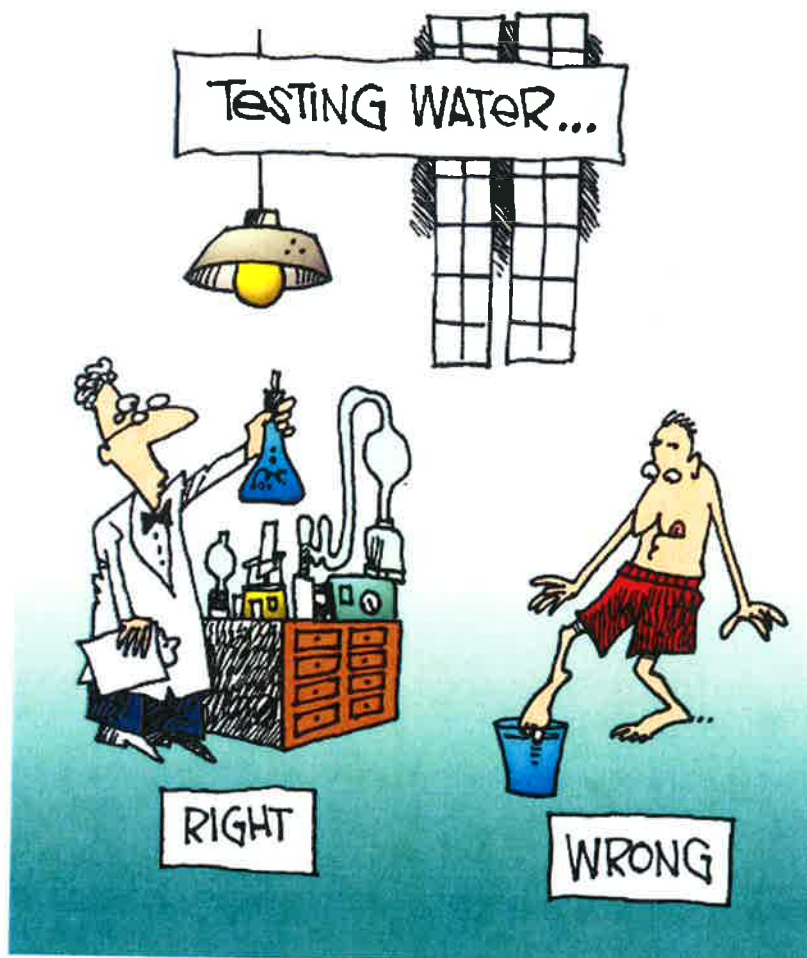
**Canada:** Manitoba and Saskatchewan each have reported one positive WNV mosquito pool.

**United States:** As of July 23, 2013 there have been 31 human cases of WNV reported, with 32 states and the District of Columbia reporting WNV activity (e.g. positive birds, mosquito pools or humans).

**EEEv** has not been reported in Ontario or Canada this season. In the United States there have been reports of EEEv positive mosquito pools, birds and horses. There have also been two human cases of EEEv reported in Florida.

If you have any questions, please contact :

**Trudy Stanfield, M.Sc.**  
Regional Zoonotics Manager  
Health Canada - FNIHB  
Tel: (519) 751-6512  
Fax: (519) 751-6517  
[Trudy.Stanfield@hc-sc.gc.ca](mailto:Trudy.Stanfield@hc-sc.gc.ca)



Please call the Administration Office if you would like your water tested.

613-396-3424 ext. 129



Phone: (613) 396-3424

Monday to Friday 8:30-4:30

Fax: (613) 396-3624

Email: [7thGen@mbq-tmt.org](mailto:7thGen@mbq-tmt.org)



***(YEAH...IT'S THAT FAST)***

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**High Speed Fibre  
Internet Packages Starting at:**

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Per Month

**Free Installation!\*\***



**Call  
Before  
You Dig.**

\* Plus required \$6.99/month System Maintenance Fee.  
\*\* Free installation valid up to 152 meters to MBQ Band Members only. \$1.25/meter afterwards.

**OPERATION  
PROM / GRAD DRESS 2014!!!!!!  
Let's get ready!!**

Clean out those closets....Vintage is great too!!!

Lets come together this year and help those families in need, stretch their dollar and enjoy this special occasion and milestone with their families.

Donate a dress or suit to Red Cedars Shelter.....

Red Cedars is now accepting the following to help our graduates of 2014.....

Dresses, suits, traditional regalia, shoes, purses and costume jewellery.



For more information please contact Red Cedars Shelter at 613-967-2003.

The prom dress/suit program is pending of donations from the community.

**REMINDER**

Red Cedars Shelter is in need of women and children's clothing of all sizes. Donations can be dropped off at Red Cedars shelter.



More program information to come as we get closer to Graduation preparation.

## **OPEN YOUR HEART AND HOME TO A CHILD IN NEED**

**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.**

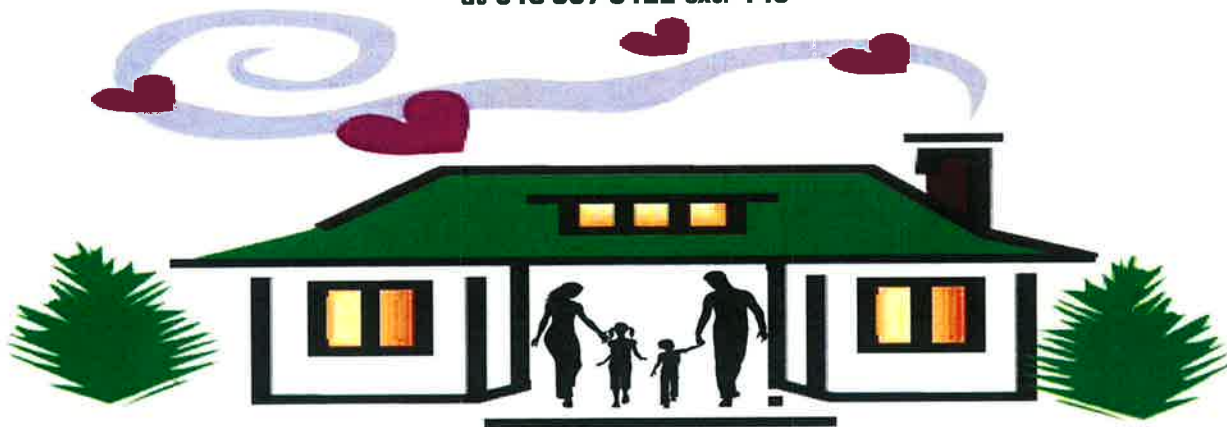
**Talk to us about how you can brighten the life of a child in need.**

**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**



## **Thank you!**

Peter Gordon Sero August 17th, 1935 passed away suddenly at his home Sunday July 21, 2013 on Tyendinaga Mohawk Territory. Predeceased by parents Phoebe Sero and Ralph Smart, wife Jeannette Sero (Green) and granddaughter Paula Stainton. Dear father of Rhonda Kunkel (James), Peter, Paul (Kathy) and Dawn Sero-Loft (Russ). Loving grandfather to 21 grandchildren and many great grandchildren. There will be no service upon our fathers request and cremation has taken place. The family of Peter would like to thank T.M.T. officer Marcel Maracle and McGlade Funeral Home for their services.

A special thank you go out to Gary Nihill and Russell Loft Sr. for doing C.P.R . until the paramedics arrived.

Thank you to all from Peter's family at this difficult time.





*It's  
a Girl!!*

Molly is very proud to announce the birth of her  
Granddaughter:

**Sahana Mary Kohoko-Roy**

Born on July 16, 2013

Weighing 7 lbs 2 ozs.

Proud parents, Tara & Steph and brothers, Joshua and Jonah and  
Uncle Jeff



Emily Brant

would like to thank the Dreamcatcher Fund for  
their support and allowing her to work with a stretch  
therapist/personal trainer for 28 sessions  
this spring and summer"

**\*\*Notice\*\***

**\*\* REWARD Offered \*\*** for info. Re: the SHOOTING of my dog, Tanner – at #23 Huron Brant Drive

On Monday July 8th between 1:20pm and 4:20pm, somebody used a pellet or BB gun to shoot my dog. REWARD for information leading to the person or persons Responsible!!!!!!! This is very, very upsetting, that someone from a strong Mohawk community would shoot a man's dog!!! I would like to find the person, or at the very least ensure this kind of behavior does not happen again! (Since I understand that last summer someone was shooting people's cats with a pellet gun.)

REWARD of \$100.00 or more for information leading to the punishment of the person, or persons responsible!!!!

# Happy Birthday!



☆ Happy “You are now a senior” day!  
☆ Grandma (Kelly McMurter)  
☆ August 25<sup>th</sup> 2013  
☆ Love, Brandi, Bryce, Dale, Amanda, Sadie,  
☆ William, and Elijah xoxo.

☆ Happy Birthday Darlin!  
☆ Love Auntie, Jeffy & Ledgie

☆ Happy Birthday Brother!  
☆ Love Auntie, Jeffy & Ledgie

☆ Happy 16<sup>th</sup> Birthday  
☆ Bird - August 31  
☆ Love Duda & Pops

☆ Happy Birthday  
☆ Keven – August 2<sup>nd</sup>  
☆ Love Marilyn, Rick, Sam, Emmett,  
☆ Phill & Hayden

☆ Happy 2<sup>nd</sup> Birthday  
☆ Matthew – August 4<sup>th</sup>  
☆ Lots of love, Aunt Marilyn, Uncle Rick, Sam,  
☆ Emmett, Phill & Hayden

Happy 2<sup>nd</sup> Birthday  
Zoey Bear – August 17<sup>th</sup>  
Lots of Love, Aunt Marilyn, Uncle Rick,  
Sam, Emmett, Phill & Hayden

Happy 18<sup>th</sup> Birthday  
Paige – August 23<sup>rd</sup>  
Lots of Love, Aunt Marilyn, Uncle Rick,  
Sam, Emmett, Phill & Hayden

Happy 3<sup>rd</sup> Anniversary  
Donna & Mike – August 14<sup>th</sup>  
Love Aunt Marilyn, Uncle Rick, Sam, Em-  
mett, Phill & Hayden



Happy 33<sup>rd</sup> Anniversary  
Harry & Eileen – August 30<sup>th</sup>  
Love Marilyn, Rick, Sam, Emmett, Phill &  
Hayden

Happy Anniversary  
Gram (Norma) & Papa (Bill) Brant  
Love Chip, Allison & Kody



Birthday Announcements  
are “Free”  
Call: 613-396-3424

### Mobileyez

Aug 14 & 15th  
CWC Building-Health Side  
Parking Lot



# AUGUST 2013

## COMMUNITY HEALTH

Get Movin Camp

Aug 13, 14, 15-59er's Club

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6 Breastfeeding Support Parish Church 10am-12pm	7	8	9	10
11	12	13 Breastfeeding Support Parish Church 10am-12pm	14 Wellness Clinic Diner's Club Community Centre 11am-12pm	15	16	17
18	19 Immunization Assessment For School, Day-care, & Head start Registration 9am-12pm	20 Breastfeeding Support Parish Church 10am-12pm Immunization Assessment For School, Daycare, & Head start 2pm-4pm	21	22	23	24 BMX Bike Tentative Watch for Advertisement
25	26 Immunization Assessment For School, Day-care, & Head start Registration 9am-12pm	27 Breastfeeding Support Parish Church 10am-12pm. Immunization Assessment For School, Day-care, & Head start Registration 2pm-4pm	28 Wellness Clinic Diner's Club Community Centre 11am-12pm	29	30	31

## Community Food Box Program

**Orders and Payments are due by the 2nd Tuesday of every Month.**

**If we have not received your payment by the due date, we will NOT order a food box for you.**

**NO EXCEPTIONS!!**

**UNFORTUNATELY WE ARE NO LONGER ABLE TO ACCEPT TELEPHONE ORDERS.**

### **Large Food Box \$15.00**

10lb Potatoes  
2 lb Carrots  
1 lb Onions  
1 Broccoli  
1 Celery  
1 Green Cabbage  
1 Romaine Lettuce  
1 Cucumber  
1 Green Pepper  
1 Red Pepper  
2 Tomatoes  
8 Mac Apples  
2 Kiwi  
2 lb Bananas (6)  
4 Seedless oranges  
2 Bartlett Pears

### **Single Food Box \$10.00**

5 lb Potatoes  
1 lb Carrots  
1 lb onions  
1 Cantaloupe  
1 Broccoli  
1 Celery  
1 Cucumber  
3 Mac Apples  
2 Seedless Oranges  
1 Kiwi  
1 Lemon  
1 Bartlett Pear  
1 Green Pepper  
1 Red Pepper  
1 lb Bananas (3)  
1 Tomato

### **Fruit Bag \$5.00**

1 Fuji Apple  
1 Kiwi  
2 Bananas  
1 Seedless Orange  
1 Lemon  
1 Bartlett Pear  
1 Nectarine  
½ lb Seedless Grapes  
1 Black Plum  
1 Grapefruit



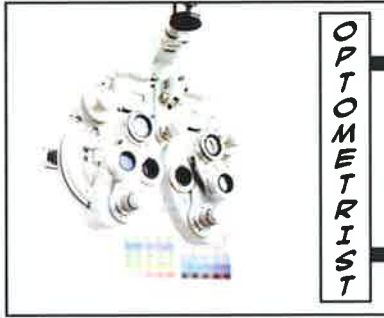
**Pick up is every 3<sup>rd</sup> Wednesday of the Month**

If you are interested in knowing more about the Good Food Box please contact:

Vanessa @ 613-967-3603



# EYE EXAMS & GLASSES FOR THE ENTIRE FAMILY



**AUGUST 14 - 15, 10AM - 5PM**  
**TYENDINAGA MOHAWK TERRITORY**

COMMUNITY WELLBEING CENTRE PARKING LOT  
50 MEADOW DR., DESERONTO, ON



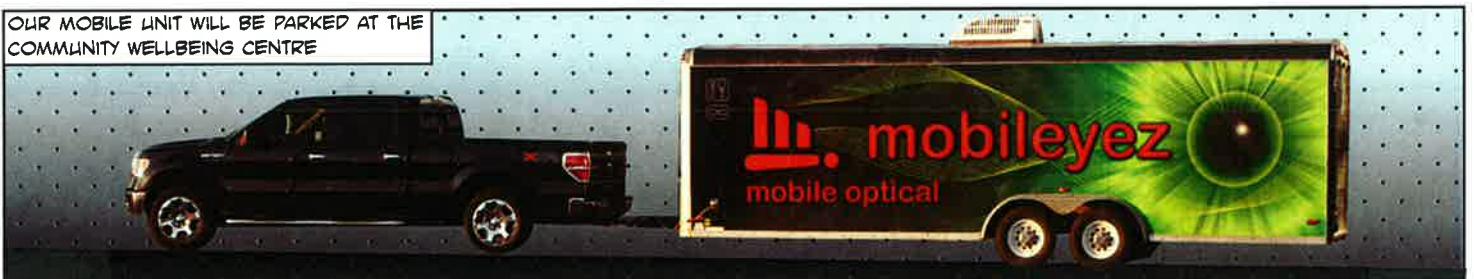
TO BOOK AN EYE EXAM CALL TOLL FREE

**1-866-920-6480**

COMPREHENSIVE OPTOMETRIST EYE EXAM

**WE DO DIRECT INSURANCE CLAIMS**  
**BOOK EARLY, SPACES FILL FAST**

OUR MOBILE UNIT WILL BE PARKED AT THE  
COMMUNITY WELLBEING CENTRE





Let's Walk & Beat  
Diabetes Together!

**UPCOMING EVENTS FOR AUGUST 2013**

**Tues August 6th: Oh'karo:ronne Okara'shona Non:nen Rotinakera:tonh** (Sharing Birth Stories) Kahniote' Library, from 6pm—8pm

\* **Deadline for submissions: Friday August 30, 2013** \*  
Please see flyer for more information. *Nia:wen*

**Wed August 7th: Iroquois Beadwork Workshop**  
Teaching Lodge, CWB from 9am—12pm

**Mon August 12th - August 26th: Stroller Fit & Urban Poling, QMS Track** from 10-11am (weather permitting). Please bring water with you.

**Wed August 21st & 28th: Canning Workshop 101** from 9am—12:30pm, Teaching Lodge Kitchen, CWB  
Please call the Community Wellbeing Centre to Register for All Activities!!

**URBAN POLING-QMS TRACK**

Every Monday from August 12th on— from 10am—11:00am  
\* **Urban Poles provided for use during walk**  
(due to limited amount of poles, it will be first come/first served)  
Please make sure you wear proper footwear for walking the track and bring water.

Yonata'kari:te Konwati' nihstenha,  
Yonata'kari:te Rotiwira'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: [chp\\_cwb@mbq-tmt.org](mailto:chp_cwb@mbq-tmt.org)  
[www.tndfms.ca/HMHB-Tyendinaga.html](http://www.tndfms.ca/HMHB-Tyendinaga.html)



# August 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 <b>CIVIC HOLIDAY</b> • New Moon	6 *Oh'karo:ronne Okara'shona Non:nen Rotinakera:tonh Kahniote' Library, from 6pm—8pm	7 Iroquois Beadwork Workshop 9am-12pm	8	9	10 TYENDINAGA POW:WOW
11 TYENDINAGA POW:WOW	12 Stroller Fit Urban Poling QMS Track 10:00-11:00am	13	14	15	16	17
18	19 Urban Poling QMS Track 10:00-11:00am ☾ Full Moon	20	21 Canning, Preserves & Pickling 101 9am-12:30pm CWB	22	23	24
25	26 Urban Poling QMS Track 10:00-11:00am	27	28 Canning, Preserves & Pickling 101 9am-12:30pm CWB	29	30 Oh'karo:ronne Okara'shona Non:nen Rotinakera:tonh * Deadline for submitting Birth Stories	31



## ARE YOU A JUNK WALKER?

*“Do hunter-gatherers “take a 3-mile walk” on their daily to-do list? Nope. Their yearly mileage was much more likely to come from: shorter walks throughout the day, days of mid-range distance, days of extensive mileage, and days of rest. Why is this important? If you always walk 3 miles a day, you won’t develop the tissues and the tissue strength necessary to walk farther. Walking 21 miles a week with different mileage on different days (two miles on four of the days, a 12-mile day, a day of rest, a one-mile day) creates a different body than walking three miles a day for seven days. Variety is both the spice of life and the backbone of human adaptation.”* – Katy Bowman

Katy Bowman is a biomechanics scientist in California who has focused her physics expertise on the mechanical causes of human disease, rather than genetic or hormonal causes. She believes and teaches that proper body alignment is crucial to wellness, and that our current lifestyles and even our patterns of exercising are promoting unnatural alignment, muscle weakness that does not support our organs, and ailments which can be corrected – often simply. She has brought us an awareness of the necessity to see mechanical causes of pelvic floor disorders, bone degeneration, and foot problems. She is known for taking pelvic floor strengthening a step further than Kegels exercises, which many women find hard, ineffective, or forget to do. Her exercises are easy to learn and do.

Katy says that even our bursts of exercising, such as *working out at the gym*, using a *treadmill*, and going for major walks to *compensate for the rest of the time we spend sitting* are all unnatural and can contribute to poor alignment. What is healthier and more natural is to find ways to keep moving in as many ways as possible throughout the day, as our ancestors did. Going for a separate “workout” instead of being active throughout the day, she says, is like junk food to our bodies. Junk food could be lifesaving to a starving population in a famine situation, short-term, if that’s all that was available, but it is not a long-term solution for health and wellbeing! Processed food is not the stuff that health is made of....

*“You can apply this model to movement as well. For most of us time limitations have eaten away the space in our lives for the all-day, life-long varying whole-body movement required for biological function. In lieu of a “natural movement” diet, we partake of short, daily bouts trying to manipulate variables so that we might create a similar effect, in 60 minutes, to what we would have gotten over a 24-hour period. Exercise is convenient, for sure, but it can also be a highly processed version of what our body requires from movement. Exercise can fall way short of the nutrients movement provides. In short, exercise is the junk food of moving.”* –Katy Bowman

So here’s the thing... You’ve been going for “workouts” to at least get some exercise? Good for you, don’t stop. Just fill in the gaps with natural movement! Too busy or too hot to exercise? Need breaks? Don’t feel guilty...just fill in the gaps with more natural movement (swimming, singing and showering count!) Busy mom/dad/grandparent with no gaps? Here’s the fun part: We are giving you a movement challenge each month for the next 2-3 months. This month’s challenge is to **follow a toddler’s movements for the day** (ok....an hour? Half an hour? 20 minutes a day?...). We did this as part of a yoga class this month where everyone got to be an animal in turn, whose movements we all copied. The kids had no trouble. It was fun and good movement for all of us, builds relationships, and helps us practice listening to our kids.

We would love to hear from you about your experiences of following your toddlers or kids, or how you fit in more natural movement into your days this coming month!

**Email Dorothy and Gale at: [chp\\_cwb@mbq-tmt.org](mailto:chp_cwb@mbq-tmt.org).**



**“Junk Food: Something you eat that provides short-term satisfaction at the expense of long-term health....”**

**Junk Movement: A way of moving that provides short-term fitness benefits at the expense of long-term health.”**

**- See more at: <http://www.alignedandwell.com/katysays/junk-food-walking/#sthash.yGmdwQD6.dpuf>**

## CURRY PICKLE

(Like Bread & Butter pickles, only better!)

Zucchini (small) and onions, thinly sliced – to fill 4 or 5 qt/  
litre jars

Salt brine to cover zucchini and onion

6 cups vinegar

6 cups sugar

2 Tablespoons celery seed

2 Tablespoons dry mustard powder

4 Tablespoons curry powder

2 Tablespoons turmeric

6 whole cloves

8-10 slices ginger root

1 teaspoon Tabasco sauce

Soak zucchini and onion slices in salt brine overnight.

Drain and pack into jars.

Combine remaining ingredients, bring to a boil and  
pour over vegetables.

Seal jars and let stand a few weeks before eating.

*Also good over beans... ie. bean salad,  
or as a dip for raw vegetables.*

## HONEY PICKLED BEETS

2 quarts/litres small beets, or beet slices

1 ½ cups white vinegar

1 cup honey

1 cup water

1 teaspoon salt

1 teaspoon allspice

2 cups onion rings

In a spice bag: 2 teaspoons each: whole cloves &  
mustard seed, + 2 cinnamon sticks

Cook the beets and slip off the skins.

Combine the vinegar, honey and water in a large  
saucepan and add to this the salt and allspice.

Drop the spice bag in and simmer for 5 minutes.

Add the beets and onion rings and simmer gently for  
20 minutes.

Pack into hot sterile jars, cover with liquid and seal.

Makes 4 pint-sized jars.





# OH'KARO:RONNE OKARA'SHONHA NON:NEN ROTINAKERA:TONH

*"A Collection of Birth Stories"*



*Honouring, Embracing, Remembering...*

*"Our Birth Stories are Powerful Connections to Our Children  
to Each Other as Women, to Our Partners, to Family and Community"*



*You are invited to share your birth experience.*

*We will be publishing "A Collection of Birth Stories" of Tyendinaga and are  
seeking men and women of all ages to come out and share with one another.*

*All proceeds will go towards a Birthing Centre in Tyendinaga.*

**When:** Tuesday, August 6th, 2013

**Where:** Kanhiote' Library

**Time:** 6:00-8:00pm

*Please Note: Forms can be picked up and dropped off at Kahniote' and can also be  
sent to you electronically via email. If you wish to voice record your story(s) this  
can be done at the library, or in your home by appointment only. For more  
information please contact us, "We Look Forward to Hearing from You"!*

Dorothy Green @ 613-967-3603 ext 166 or dlougreen@yahoo.ca

Amy Maracle @ 613-922-5360 or kanerahtaieshon\_19@hotmail.com

Karen Lewis @ 613-967-6264 or kanhiote@gmail.com

**DEADLINE FOR SUBMISSIONS IS: Friday August 30th, 2013**

# Why Should I Write My Birth Story?

**“Our Birth Stories are Powerful Connections to Our Children and to Each Other as Women, to Our Partners, to Family and Community”**

**“To Honour our Stories is to Honour Ourselves”**



Birth is a sacred and spiritual event and is one of the most profound, powerful, healing and magical experiences in a woman's life, in her partners, her family and the community.

To gather with women and share your story(s) is a creative way to record the excitement; the emotions, the colour and can bring magic to an already magical experience no matter where the birth happened or how the baby was born.

Sharing bonds us in a strong and gentle way. It makes a difference for women in having positive birth experiences and/or processing things when they do not go as they had hoped. For many, getting their complete stories out of their minds and onto paper (or voice record) has helped them to understand, organize, and gain perspective on the things that happened to them.

In our culture and traditions, our stories become part of our family's legacy or our child's birthright that can last for generations." Children love to hear the story of how they were born, and the ritual of its recounting can be so sweet. Writing down your child's birth story can be a way of ensuring that they will one day know how they entered the world. When the child is a girl, the wish to support and educate her as a future mother also comes into play.

There are many, many reasons to write a birth story.

- *To educate and support other women*
- *To commemorate the experience*
- *To reflect*
- *To preserve beauty*
- *To change the world*
- *To give to the child*
- *To heal trauma*
- *Rebirths the original tradition of storytelling*

Reflecting your experience and sharing these transformative qualities can be self-defining of your personal journey can be a profound gift to yourselves and to others.

Nia:wen for Sharing!!

# OH'KARO:RONNE OKARA'SHONHA NON:NEN ROTINAKERA:TONH

*"A Collection of Birth Stories"*



## Consent for Contact



I agree to being contacted for Oh'karo:ronne Okara'shona Non:nen Rotinakera:tonh  
"A Collection of Birth Stories" that will be published and built into a play about birth.  
All proceeds will go towards a Birthing Centre in Tyendinaga.

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_ Best time? \_\_\_\_\_

Email Address: \_\_\_\_\_

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## Consent to publish your birth story(s)

*(Please check all that apply)*

- I agree to my name being published for "Tyendinaga's Collection of Birth Stories"
- I agree to my birth story(s) being published for "Tyendinaga's Collection of Birth Stories"
- I agree to have my picture(s) published for "Tyendinaga's Collection of Birth Stories"
- I agree to my birth story being shared in a play about birth
- I agree I will not be collecting any royalties from this book or play

Name: \_\_\_\_\_ Date: \_\_\_\_\_



## DO I NEED TO PAY FOR MIDWIFERY CARE?

YES. ABORIGINAL MIDWIFERY CARE IS NOT COVERED BY THE MINISTRY OF HEALTH AND LONG TERM CARE OR NON-INSURED HEALTH BENEFITS (NIHB).

## COURSE OF CARE FEES

COURSE OF CARE FEE IS CURRENTLY BEING IMPLEMENTED.

PLEASE NOTE:

"WE ARE ACTIVELY SEARCHING FOR OTHER SOURCES OF FUNDING TO SUBSIDIZE COSTS TO OUR CLIENTS"

## ADVOCACY CAMPAIGN FOR ABORIGINAL MIDWIVES

NATIONAL ABORIGINAL COUNCIL OF MIDWIVES  
ASSOCIATION OF ONTARIO MIDWIVES  
CANADIAN ASSOCIATION OF MIDWIVES

INCLUDING ABORIGINAL MIDWIVES FROM:

TYENDINAGA  
AKWESASNE  
SIX NATIONS  
formed  
the

ABORIGINAL ACCESS TO MIDWIFERY COALITION

WE ARE WORKING TOGETHER TO  
ADVOCATE FOR  
"ACCESS TO RESOURCES & FUNDING"  
FOR ALL ABORIGINAL MIDWIVES,  
(WHO ARE PROVIDING MIDWIFERY CARE IN  
THEIR COMMUNITIES) WITH LOCAL,  
PROVINCIAL AND FEDERAL GOVERNMENT

## KENHTE:KE MIDWIVES BIRTH TEAM



MARY MCBRIDE, Birth Attendant &

Lactation Consultant

DOROTHY GREEN, Aboriginal Midwife

TEWASETHA (RANDI) BRANT, Student Midwife

With May Maracle and Baby Elizabeth!!

## KENHTE:KE MIDWIVES

Kontinenhanonhna Tsi Tkaha:Nayen

OUR PRACTICE HAS BEEN OPEN SINCE MAY 2011.  
WE HAVE BEEN OPERATING A CLINIC FROM  
DOROTHY GREEN'S HOME WITHOUT ANY FUNDING  
OR ACCESS TO RESOURCES.

- ALL EXPENSES, SUPPLIES, TRANSPORTATION, ETC  
ARE PAID 'OUT-OF-POCKET' BY STAFF.

- WE CANNOT CONTINUE AS A PRACTICE TO PROVIDE  
SERVICES WITHOUT FUNDING AND ACCESS TO  
RESOURCES.

- WE NEED SUPPORT FROM THE COMMUNITY;  
LOCAL GOVERNMENT; INCLUDING COMMUNITY  
PROGRAMS & SERVICES, TO SUBSIDIZE MIDWIFERY  
CARE FOR THE WOMEN AND FAMILIES OF  
TYENDINAGA.



## SKENNEN ENYENAKERA'TE

(They will be born peacefully)

# KENHTE:KE MIDWIVES



KONTINENHAN'ONHNHA TSI  
TKAHA:NAYEN

*"They are protecting the seeds  
at the Bay of Quinte"*



Kenhte:ke Midwives

Kontinenhanonhna Tsi Tkaha:Nayen

*"They are protecting the seeds at the Bay of Quinte"*

Dorothy Green, Aboriginal Midwife  
1178 Ridge Road,

Tyendinaga Mohawk Territory, Ontario, K0K 1X0.  
Tel: 613-970-4733 Fax: 613-967-1580

## WHAT IS AN ABORIGINAL MIDWIFE?

### TETEWARIHWAKWENNENST (RESPECT)

• AN ABORIGINAL MIDWIFE IS AN EXPERIENCED, AUTONOMOUS PRIMARY HEALTH CARE PROFESSIONAL, WHO IS AN EXPERT IN NORMAL, LOW RISK PREGNANCY AND NEWBORN CARE. ABORIGINAL MIDWIVES ARE TRADITIONAL PRACTITIONERS THAT RESPECT THE INTEREST OF WOMEN, FAMILIES AND OUR COMMUNITIES WHICH ARE BEST SERVED THROUGH THE COORDINATION OF PARALLEL INDIGENOUS AND WESTERN KNOWLEDGE SYSTEMS.



### TSI NIYONKWARIHO:TENS (Our Knowledge, Our Traditions and Our Ways of Knowing)

• THROUGH THE INTEGRATION OF CULTURAL WAYS, PREVENTATIVE CARE AND APPROPRIATE USE OF TECHNOLOGY, ABORIGINAL MIDWIFERY CARE WILL PROVIDE SAFETY, SECURITY AND PROTECTION IN A CARING AND NURTURING ENVIRONMENT.

## ARE MIDWIVES SAFE?

• WORLDWIDE RESEARCH INDICATES THAT OUTCOMES FOR MIDWIFE-ATTENDED BIRTHS, INCLUDING PLANNED OUT-OF-HOSPITAL BIRTHS ARE AS GOOD AS OR BETTER THAN OUTCOMES FOR PHYSICIAN-SUPERVISED HOSPITAL DELIVERIES.

## REDUCES THE INCIDENCE OF:

- ✓ COMPLICATIONS
- ✓ FEWER INTERVENTIONS
- ✓ BIRTH INJURY
- ✓ TRAUMA
- ✓ CESAREAN SECTION

## RESULTS IN:

“A HEALTHIER BIRTH FOR YOU AND BABY”!

## KENHTE:KE BIRTH ADVISORY

A BIRTH ADVISORY COMMITTEE WAS ESTABLISHED WITH REPRESENTATION FROM:

- \* INTERESTED COMMUNITY MEMBERS
- \* TYENDINAGA MOHAWK COUNCIL
- \* COMMUNITY HEALTH CARE PROVIDERS

TO DESIGN & DEVELOP A BIRTHING CENTRE HERE IN THE COMMUNITY AND TO ADDRESS OUR NEED TO

“RECLAIM THE RESPONSIBILITY OF LIFE” BY BIRTHING OUR CHILDREN:

- \* IN THE HANDS OF OUR OWN PEOPLE
- \* ON OUR LAND
- \* USING OUR LANGUAGE, TRADITIONS, CULTURE & TRADITIONAL MEDICINES AND TO ENSURE THE:

“PROTECTION AND SAFETY OF OUR CHILDREN”

&

“THE WELL BEING OF OUR FAMILIES “

## KONWATIYA 'TAKENHNHA'S YOTIWRAYENTA:SEREH

*“They support the ones who are expecting”*

A CIRCLE OF COMMUNITY WOMEN HAVE JOINED TOGETHER TO FORM A COMMUNITY ADVISORY GROUP TO SUPPORT WOMEN AND FAMILIES OF KENHTE:KE.



- BY SHARING OUR GIFTS, KNOWLEDGE AND EXPERIENCE, WE WILL...

*\*Support the ones who are expecting !!*

## ABORIGINAL MIDWIFERY MODEL OF CARE

ABORIGINAL MIDWIVES CHOOSE TO PROVIDE CULTURALLY APPROPRIATE CARE WITH ABORIGINAL WOMEN AND FAMILIES IN:

- URBAN
- RURAL AND
- REMOTE COMMUNITIES

MIDWIFERY IS A LONG STANDING TRADITION IN OUR COMMUNITIES AND IT IS OUR RESPONSIBILITY TO MAINTAIN OUR:

- LANGUAGE
- CULTURE
- TRADITIONS
- TRADITIONAL MEDICINES

WITH QUALIFIED:

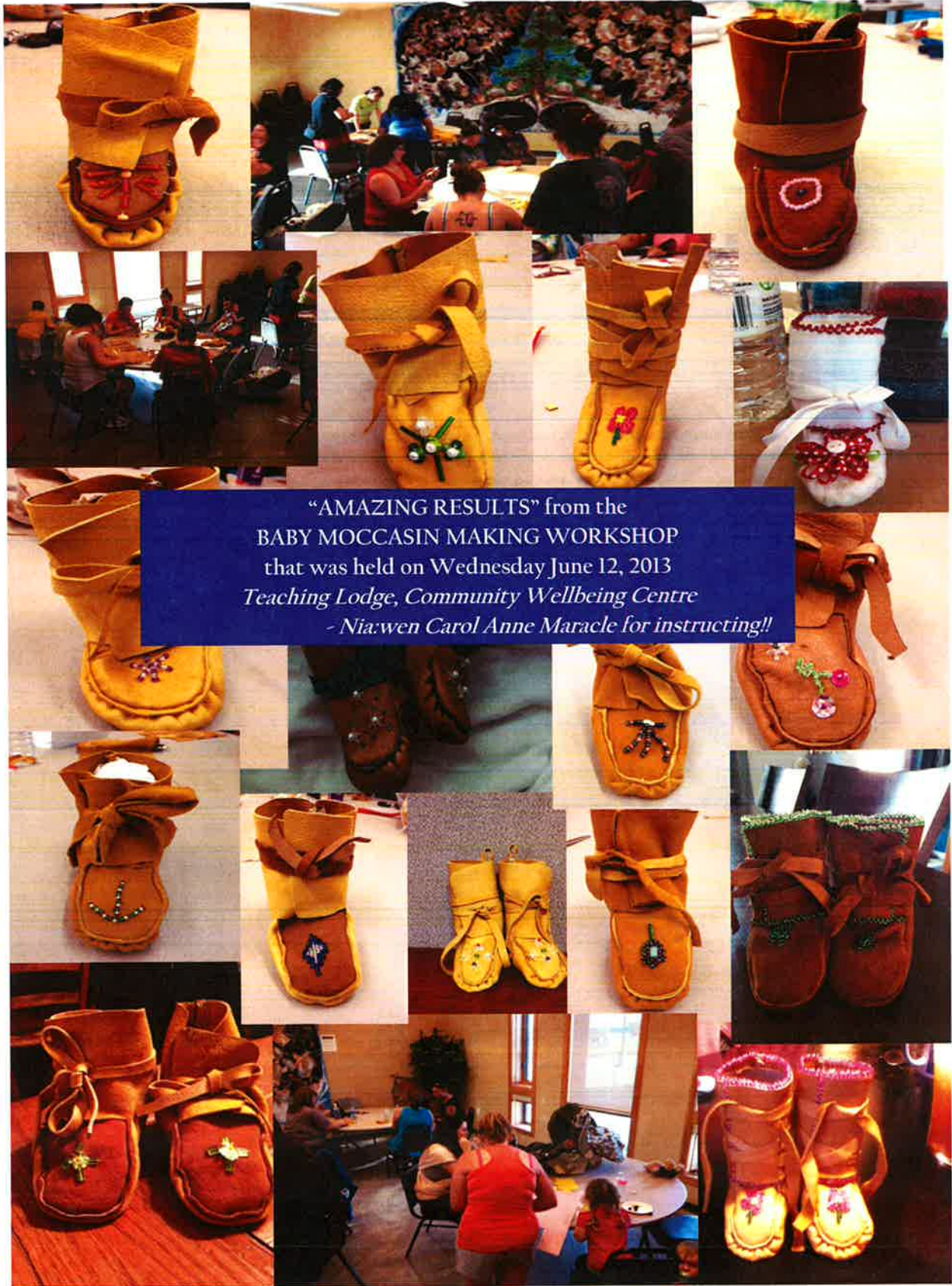
- ABORIGINAL MIDWIVES
- BIRTH ATTENDANTS
- TRADITIONAL PRACTITIONERS
- AT

KONTINENHANÓNHNHA TSI TKAHA:NAYEN

*“They are protecting the seeds at the Bay of Quinte”*

WE INTEGRATE THE PRINCIPLES OF THE MIDWIVES MODEL OF CARE IN ALL ASPECTS OF PREGNANCY, BIRTH AND POSTPARTUM CARE INCLUDING:

- 1) MONITORING THE PHYSICAL, PSYCHOLOGICAL, AND SOCIAL WELL-BEING OF WOMEN THROUGHOUT THE REPRODUCTIVE CYCLE AND CHILDBEARING YEARS;
- 2) PROVIDE THE MOTHER WITH INDIVIDUALIZED EDUCATION, COUNSELING AND PRENATAL CARE, CONTINUOUS HANDS-ON ASSISTANCE DURING LABOUR AND BIRTH, AND POSTPARTUM SUPPORT;
- 3) MINIMIZING TECHNOLOGICAL INTERVENTIONS; AND IDENTIFYING AND REFERRING WOMEN WHO REQUIRE OBSTETRICAL ATTENTION.



“AMAZING RESULTS” from the  
BABY MOCCASIN MAKING WORKSHOP  
that was held on Wednesday June 12, 2013  
*Teaching Lodge, Community Wellbeing Centre*  
*- Nia:wen Carol Anne Maracle for instructing!!*

# CANNING, PRESERVES & PICKLING 101



When: Wed, Aug 21st & 28th, 2013

Where: Teaching Lodge Kitchen

Community Wellbeing Centre

Time: 9am—12:30pm

Limited Space. Please call to Register

Mary, Dorothy or Gale at CWC  
613-967-3603

Presented by:

CPNP—“Moms-in-Waiting Program, Ontario Works  
and UWO’s—“Healthy Moms, Healthy Babies Project”



## BLUE RIBBON DILL PICKLES

Total Time: 1 hr 30 mins

Prep Time: 1 hrs

Cook Time: 30 mins

### INGREDIENTS: Serves: 32 Yield: 7 quart jars

1. 7 wide-mouth quart jars, lids & rings
2. Fresh dill, heads & several inches of stems shaken free of bugs
3. Cucumbers, washed scrubbed
4. 1 garlic clove (or more)

### BRINE:

1. 8 1/2 cups of water
2. 2 1/4 cups white vinegar
3. 1/2 cup pickling salt

### DIRECTIONS:

1. Get all of this going before filling the jars
2. Wash 7 quart jars in hot, soapy water (or dishwasher), rinse and fill hot water, set aside.
3. Fill canning kettle half-full with hottest tap water; set on burner over high heat.
4. In medium saucepan, fit lids and rings together, cover with water, bring to a simmer
5. In a large saucepan, bring water, vinegar and salt to boil; turn off the heat; set aside
6. FILL JARS: place a layer of dill at the bottom of each jar, along with one garlic clove (if used), then TIGHTLY load the cukes into the jar to the NECK of the jar (depending on size you may get two nice layers with a few small cukes in the top; SQUEEZE cukes into the jar tightly-uniform size helps; add a few TINY spriglets of dill at the top, too, and another garlic clove if desired.
7. Once jars are loaded, pour in the brine leaving half-inch head space in each jar.
8. Add lid and ring to each jar, tightening evenly





All programs held at the  
**Home Support Activity Centre**  
**1794 York Rd**  
 Unless otherwise stated

# August 2013

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>For more information on any of these programs or to sign up please call Home Support at 613-967-0122</p>				<p><i>1</i> Meals on Wheels Napanee Shopping</p>	<p><i>2</i> Meals on Wheels Handivan Des</p>	<p><i>3</i></p>
<p><i>4</i></p>	<p><i>5</i> <b>Office Closed</b></p>	<p><i>6</i> Meals on Wheels Library</p>	<p><i>7</i> Diners Club Deseronto Euchre</p>	<p><i>8</i> Meals on Wheels Pat's Ceramics Trip</p>	<p><i>9</i> Meals on Wheels Handivan Des Scrapbooking</p>	<p><i>10</i></p>
<p><i>11</i></p>	<p><i>12</i> Ceramics</p>	<p><i>13</i> Meals on Wheels Library</p>	<p><i>14</i> Diners Club &amp; Bingo HOME SUPPORT @ Community Centre</p>	<p><i>15</i> Meals on Wheels Movies</p>	<p><i>16</i> Meals on Wheels Handivan Des Picton Trip</p>	<p><i>17</i></p>
<p><i>18</i></p>	<p><i>19</i> Breakfast Club Ceramics</p>	<p><i>20</i> Meals on Wheels Trenton Trip</p>	<p><i>21</i> Euchre</p>	<p><i>22</i> Meals on Wheels Belleville Shopping</p>	<p><i>23</i> Meals on Wheels Handivan Des Scrapbooking</p>	<p><i>24</i></p>
<p><i>25</i></p>	<p><i>26</i> Ceramics</p>	<p><i>27</i> Meals on Wheels Library Chair Exercise</p>	<p><i>28</i> Diners Club &amp; Bingo HOME SUPPORT @ Community Centre</p>	<p><i>29</i> Meals on Wheels Movies</p>	<p><i>30</i> Meals on Wheels Handivan Des</p>	<p><i>31</i></p>

Some memories give you a nice warm feeling.



*Together we can help ease the pain.*

The employees at the Community Wellbeing Centre understand the heartache and despair one suffers when they lose a loved one and we want to give you a piece of comfort during your time of sorrow.

If you or someone you know has recently lost a family member, please contact our office at the number below and we will prepare a homemade pot of soup for the family which we can deliver or have ready for pick up.

For more information, please contact:

Seaira Maracle

613-967-0122 Ext. 100



***Fall Session  
Traditional & Western  
Prenatal Classes - 7 Weeks  
starting***

Wednesday Sept 11<sup>th</sup>, 2013

6:00 pm - 8:00 pm

at the Community Wellbeing Centre  
50 Meadow Drive, Tyendinaga  
Mohawk Territory

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

Classes are free  
We encourage partners/support  
persons to participate  
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 August 20 / 2013 at Dusk (Approx. 8:30 pm)**

**What to bring:**

**Tobacco for offering ( if you have it)**

**A skirt to wear**

**A bottle of water**

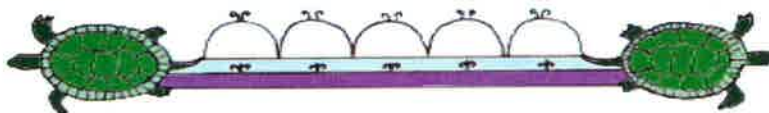
**A lawn /camp chair**

**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 or Betty Ext. 102.**



## **WALKING WITH OUR SISTERS**

As a result of a shout out to our community 16 people responded to our first meeting making Moccasin Vamps for the Art Installation on the 600 murdered and missing aboriginal women called "Walking with Our Sisters". They were looking for 600 pair, one pair for each of those women, mothers, aunties, sisters and children. This exhibit will be held all over Canada and the USA.

Christi Belcourt, metis artist developed the idea and the rest of the world signed on. We are proud to be involved using this venue to bring attention to the lack of care for each of these women. Each vamp was designed and created with love, care, and dignity. Sometimes it was difficult thinking of those women who suffered while their life was ended prematurely, which is why the vamps will never be part of a moccasin. They represent the unfinished life of each of those women.

We have completed and sent 30 pair of vamps. I am so proud of the members of this group as the majority never beaded before yet they stepped up and took on the task. As a result of this project we are continuing the beading class to learn more as requested by the members. This puts me in mind of the old quilting bees only now it is beading bees. All are welcomed to join any Thursday 6:30 – 9pm at the library.

I want to thank Karen Lewis who has been a great help encouraging, supporting and providing a place to "bee"! Thank you, Carol Anne Maracle for taking the lead in teaching this class, and every member of the class.

More information on this project can be found on Facebook "Walking with Our Sisters". It is an open group.

Joy Brant



# Sisters In Spirit Faceless Doll Making Event August 29 /13

**TIME:** Doors will  
be open 9:00 am –  
3:00 pm

**WHERE:** Teaching  
Lodge, CWB

Drop by anytime  
August 29 , 2013  
and create your  
doll in honour of  
missing and  
murdered  
aboriginal women  
and children

October 4th is a day where we honour the lives of missing and murdered Aboriginal women and girls. The violence experienced by Aboriginal women and girls in Canada is a national tragedy.

This year we are dedicating our time to making 582 faceless dolls to represent our lost sisters.

Everyone is invited to join us and make a doll to honour those who are no longer with us.

The dolls will become part of a collection to be displayed at our October 4th, 2013 vigil at McDonald Park in Kingston.

Nya'wen Kowa for your support.

The Enyonkwa'nikonhriyohake' Team



# BEARS AND CUBS

## SEPTEMBER 18TH, 2013

### 6:00PM - 8:00PM



Bears & Cubs this month will be focusing on lacrosse. We will have a special guest speaker that will teach us the skill and techniques it takes to handle a lacrosse stick and ball. We will participate in a no contact game where everyone will have the chance to show off their new found skills. We will meet at the Lacrosse box instead of the Teaching Lodge.

A BBQ supper will be provided to all participants.

This event will require registration as spaces are limited. Call to sign up your cubs today AT 613 967 0122 EXT.149 - Julie Brant



## Breast feeding Support Group

Every Tuesday

Queen Anne Parish Hall

1295 Ridge Road

10:30am-12:00pm

For more information you can contact Mary McCauley at the CWC



## 18 MONTH BABY WELL VISIT

Did you know that you are to have your child checked at 18 months to see where they are developmentally. If you would like to have more information on what milestones your child should be reaching and what should be done at the 18 month stage of your child's life, we have prepared bags for community members to take home to learn and play with their child(ren). Please contact Allison 613-967-0122

## “NEW” Coffee, Tea Mommy & Me Group

Wednesdays, 9:00am-11:30am

Red Cedar Shelter



For parents with infants 0-18 months. Older siblings are welcome. Coffee, Tea, Mommy & Me group is an excellent opportunity for you to share experiences and ideas with other parents, while your child plays.

This program will run From June 26-August 28 2013, every Wednesday, snacks will be provided.

**Sign up is required to make sure we have enough for everyone.**

**Please call Allison 613-967-0122 or Laura 613-967-2003**

### August Calendar for this group

August 7<sup>th</sup> Drop In

August 14<sup>th</sup> Drop In

August 21<sup>st</sup> Toronto Metro Zoo Trip 8:30am-7:00pm \$23.80 Adult, \$15.30 children, under 2 free

August 28<sup>th</sup> Teddy Bear Picnic, Zwick Park Belleville, 9:00-11:30am

# Metro Toronto Zoo Trip



Wednesday August 21st, 2013

8:30 am - 6:30 pm



Adults ages (13-64)	\$23.80 per person
Seniors ages (65 +)	\$19.55 per person
Children ages (3-12)	\$15.30
Children ages (2 & under)	free
Clients	Please ask about fee

Camel Rides	\$6.00 per ride
Gorilla Climb	\$8.00 per climb
Pony Rides	\$5.00 per ride
Conservation Carousel	\$3.00 per ride
Zoomobile	\$8.00 per ride all day



**\*\*There is a water park as well so don't forget to bring your swim suits.\*\***

**' THIS TRIP IS FULL '**

**Thank you for all the interest.**



**CAPPA Canada Lactation Education Workshop  
20 Hour WHO/UNICEF Lactation Management Course**

**August 28, 29 & 30th 2013**

**8:30-5:00 each day**

**Community Wellbeing Centre**

**50 Meadow Drive**

**Tyendinaga Mohawk Territory, Ontario**

This course uses the 20 Hour WHO/UNICEF Lactation Management Course, which defines and examines the Baby Friendly Initiative in Canada and Internationally as it promotes, protects and supports breastfeeding. Pre-workshop study will cover this aspect of the course. Understanding BFHI will be a helpful pre-requisite for taking this course. Workshop will include latest scientific data and research related to anatomy, physiology and the biological norms of breastfeeding, Kangaroo Mother Care, the benefits of Skin to Skin, Baby Led latching and the baby's role in breastfeeding. Participants will be encouraged to learn a new way of latching that makes breastfeeding much easier and fun from the start. Participants will explore the concepts that effective lactation education should include more than simply teaching the basics of position and latch.

Knowing what to teach about lactation is as important as knowing how to teach parents to-be about breastfeeding and how to support them in the best way possible. Therefore, participants will be encouraged to implement teaching and counseling strategies. Adult learning principles, group discussion, counseling skills, and a variety of videos and visual aids will be included to assist you in previewing what you might want to offer for your institution or practice.

Who should attend: This workshop is valuable for professionals such as Doctors, Midwives, Registered Nurses, Lactation Consultants, Doulas, Chiropractors, Naturopaths, Dieticians, Nutritionists, Massage therapist, or mothers giving peer support etc. and especially those who may want to pursue a career as a Certified Lactation Educator.

**Fee is \$275.00 per person**

**Lunch and refreshments will be provided each day.**

**Please call to register: Allison Brant 613-967-0122**

**Only 13 spaces left !**

Instructed by:

Attie Sandink RN.,IBCLC.,

Birth & Baby Needs

Private Registered Lactation Consultant

Lactation Trainer and Facilitator

CAPPA Canada Lactation Faculty and Advisor

Lactation Educator, Mohawk College, Hamilton.





# Mixing Alcohol and Breastfeeding

Resource for mothers and partners about drinking alcohol while breastfeeding



Jill Beck  
 NNADAP Worker  
 Enyonkwa'nikonhriyohake Program  
 50 Meadow Drive  
 Tyendinaga Mohawk Territory, ON  
 K0K 1X0  
 Telephone: 613-967-0122, ext 125  
 Fax: 613-967-3618

## The Importance of Breastfeeding

Breastmilk is the natural food for newborns. It contains all the nutrition your baby needs. The Public Health Agency of Canada, the Dietitians of Canada, the Canadian Paediatric Society and the College of Family Physicians of Canada agree:

- ✓ Babies need only breastmilk for the first 6 months.
- ✓ At 6 months, babies begin to eat solid foods and continue to breastfeed for up to 2 years and beyond.

## Is it OK to have a few drinks at a special event?

- ✓ The safest choice is not to drink alcohol if you are planning to become pregnant, are pregnant, or are breastfeeding. Choose an alcohol-free drink instead.

## What does alcohol do to the milk supply?

- ✓ Alcohol decreases the letdown reflex and this could mean the baby gets less breastmilk during feedings.
- ✓ Drinking alcohol does not increase milk production. In fact, heavy drinking may decrease the milk supply.

## What effect can breastmilk containing alcohol have on a baby?

- ✓ Babies may not like breastmilk containing alcohol. The baby could drink less milk.
- ✓ Babies need more time than an adult to process alcohol. The younger the baby, the more immature his/her system, and the greater the difficulty in clearing the alcohol from his/her body.
- ✓ Mothers who drink heavily while breastfeeding put their baby at risk for poor weight gain, poor growth, and possible developmental delays.

*Mothers and their partners can receive conflicting advice from family, friends and health care providers regarding alcohol use and breastfeeding. Make an informed choice when it comes to drinking alcohol while breastfeeding. Breastfeeding is best for your baby, and it's good for your health, too.*

**If you are breastfeeding, and are thinking about drinking alcohol on a special occasion, follow these simple rules to reduce the risks to your baby:**

- ✔ Limit the amount you drink to 1 or 2 drinks per occasion.\*
- ✔ Drink alcohol after breastfeeding, not before breastfeeding.
- ✔ Allow enough time for the alcohol to be eliminated from your body before the next feeding. On average it takes up to 2 hours for one drink to be eliminated.
- ✔ Pump and store your breastmilk before having a drink so that your baby can continue to receive breastmilk.
- ✔ Invite your partner to limit their alcohol use to support you.

\* Always measure alcoholic drinks.

- ✔ A standard drink is:
  - Beer (5%): 341 ml (12 oz)
  - Wine (12%): 142 ml (5 oz)
  - Spirits (40%): 43 ml (1.5 oz)
- ✔ Check the label – alcohol content varies. Adjust the serving size accordingly.
- ✔ It is important to know how much you are drinking. If you use a large glass you may go over the recommended limits.

**If you are thinking about drinking more than 2 drinks per occasion, follow these simple rules. They will help to reduce the risks to your baby:**

- ✔ Ask your partner or someone you trust to care for your baby until you are completely sober.
- ✔ To keep up your milk supply, pump or hand express whenever your baby would have fed, usually about every three hours. Do this until you have reached the time when the alcohol should have cleared from your milk (about 6 hours after drinking 3 drinks).

**Is alcohol transferred to the breastmilk?**

- ✔ Yes, when a mother drinks alcohol, it goes into her breastmilk.
- ✔ Only time will remove the alcohol from breastmilk. Strategies such as drinking more water, eating, pumping and discarding the milk, and exercising do not help the body remove the alcohol from breastmilk any quicker.



**Looking for advice or information?  
Need help to stop drinking?**

- Motherisk, 1-877-FAS-INFO (1-877-327-4636)
- Your health care provider
- Drug and Alcohol Helpline, 1-800-565-8603
- Low Risk Drinking Guidelines, [www.ccsa.ca/2012%20CCSA%20Documents/2012-Canada-Low-Risk-Alcohol-Drinking-Guidelines-Brochure-en.pdf](http://www.ccsa.ca/2012%20CCSA%20Documents/2012-Canada-Low-Risk-Alcohol-Drinking-Guidelines-Brochure-en.pdf)

**Choose alcohol-free recipes:**

**Mocktails for Mom:**

[www.beststart.org/resources/alc\\_reduction/LCBO\\_recipe\\_cards\\_bro.pdf](http://www.beststart.org/resources/alc_reduction/LCBO_recipe_cards_bro.pdf)

**LCBO:**

[www.lcbo.com/socialresponsibility/mocktails.shtml](http://www.lcbo.com/socialresponsibility/mocktails.shtml)

Make your alcohol-free drinks fun by adding an umbrella or piece of fruit!

**best start  
meilleur départ**

by/par health **nexus** santé

# Mocktail Recipes

## Blueberry Ice

1. Fill a tall glass with ice.
2. Add 1 oz. blueberry juice and 3 oz. white cranberry juice.
3. Garnish with a lemon twist.



## Cookie Cutter

1. To a blender, add 1 cup ice, 1 scoop vanilla frozen yogurt, 1 tbsp. butterscotch sauce, 1/8 tsp. ground cinnamon and 2 oz. milk.
2. Blend and pour into small glasses.
3. Garnish each with an oatmeal cookie.



## Escarpment Mocktail

1. Put 2 oz. orange juice in a glass with ice.
2. Top with 2 oz. lemon-lime sparkling water.
3. Garnish with a strawberry slice.



## Baby Belle

1. Mix 2 oz. pineapple juice, 2 oz. orange juice, and 1 tsp. Grenadine in a glass with ice.
2. Top with 2 oz. lemon-lime sparkling water.
3. Garnish with a pineapple spear.



## Mini Mary Mocktail

1. Rim a tall glass with fresh lime and sea salt.
2. Fill the glass with ice and add 1/4 oz. lemon juice, 1/4 tsp. hot sauce and 4 oz. tomato juice.
3. Stir to mix. Garnish with a lemon wedge and a rosemary sprig.



## Mango Mash

1. Peel 1 ripe mango.
2. Add 1/2 cup of plain yogurt, 1/2 cup of milk and 1/2 cup of ice.
3. Blend and enjoy.



Jill Beck  
NNADAP Worker  
Enyonkwa'nikonhriyohake Program  
50 Meadow Drive  
Tyendingaga Mohawk Territory, ON  
KOK 1X0  
Telephone: 613-967-0122, ext 125  
Fax: 613-967-3618



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

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

August 2013

**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- 2:00pm

**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**

**Mahaley Brant**

**Taylor Lefort C.**

**Casual Worker**

**Rheana Maracle**

**Marina Wager**

**Tips For Running In Hot Weather**

1. Stay hydrated, drink water before, during and after you exercise
2. Choose light coloured loose fitting clothing. Choose synthetic fibres over cotton
3. Run early or late, the suns intensity is at its greatest between 10am-4pm
4. Wear sunscreen
5. Don't push it, slow down and take breaks
6. Splash some water on yourself to cool off during your runs
7. Be familiar with the signs of heat problems - faint, dizzy, disoriented, you have stopped sweating, or you skin is cool and clammy. Stop running and get some fluids



**Summer Student**

Hey everyone! My name is Shanleigh Maracle, I'm 16 years old and I attend Moira Secondary School. Inside school I'm on the rugby team and outside of school I take dance classes. I have a summer student position at TFRC and I work in childcare.

**YOUTH NEWS**

**The month of August** is free for youth ages 12-18, from 3:00-8:00pm! All are welcome to come work out. We offer **FREE WIFI**, displays of exercises to do and if you're under the age of 16 we'll work out with you! If you're interested in a fitness plan, ask and one can be made up for you. Please, come and join us!

Lets Us Know what you think about a **Late Night of Fitness.**

**Nia:wen - Signs Unlimited for the Spring show Off Gift**



# Tyendinaga Fitness Resource Centre Go Ihsten'a 2013

(mom in Mohawk)

Introduce your baby to the joy of fitness while you have fun and workout  
with the best little partner of all – your baby !

**Please call for more information and to register by  
August 31**  
Dads and siblings welcome

**Special Funding from  
"AIAI"**

**6 weeks of the following:**

**Tuesday & Thursday**

- \* Exercising with baby
- \* Urban Pole walking
- \* Stroller Fitness
- \* Social fitness
- \* FREE Childcare during the Social Fitness

**SPECIAL PRIZES  
FOR PARTICIPANTS**



**FREE  
10am to 11am**



**FREE CHILDCARE** during Go Ihstenà Events

Staff are Certified for the Programming

**"FREE FUN FOR THE WHOLE FAMILY"**

**Starts – Tues & Thurs - September 24, 2013 to October 31**

For More Information: [tyfitnessres@mbq-tmt.org](mailto:tyfitnessres@mbq-tmt.org) (613) 962-2822



Call for details

# Youth Free Gym

For the Month of August at the  
**Tyendinaga Fitness Resource Centre**  
it will be **FREE** for Youth ages **12—18!**

Come in anytime during the hours of:  
**3:00pm to 7:00pm**

FREE WIFI

&

Satellite TV & Social Space



**Cool  
Inside**



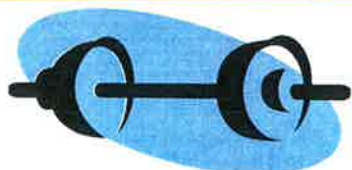
**Tyendinaga Fitness Resource Centre (613) 962-2822**

**Email : tyfitnessres@mbq-tmt.org**



## Fitness Instructors & Presenters Wanted!

The Tyendinaga Fitness Resource Centre is upgrading its space to provide studio room for Fitness Classes & Workshops!



For more information please contact TFRC at 613.962.2822 or by e-mail: [Tyfitnessres@mbq-tmt.org](mailto:Tyfitnessres@mbq-tmt.org)



Health & Wellness

# Healthy Eating & Weight Management

September 23<sup>rd</sup> and October 7<sup>th</sup>

At the Tyendinaga Fitness Resource Centre  
from 5:30-6:00pm

## Ask a Registered Dietitian:

- What is Healthy Eating?
- How can I make Healthy Eating part of my everyday routine?
- What do nutrition labels really mean?
- How can Healthy Eating help me maintain a healthy weight?

*Presented by*  
Jennifer Allan, RD  
*From the*  
Belleville and Quinte  
West Community  
Health Centre.



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# Tyendinaga Fitness Resource Centre

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Email : tyfitnessres@mbq-tmt.org

**Singles**

## ***Lose To Win Contest***

**Starting Monday September 23,  
2013 !**

Please weigh in at the Tyendinaga Fitness Resource Centre on  
**Monday September 23, 2013 before 8:00pm**

Cost to participate is **\$20.00** per person

**\*\*You do not have to be a member of TFRC to participate\*\***

**Winning person receives half of the proceeds!**



**This is a Fundraiser for TFRC. Your support  
is appreciated**

**Final Weigh-out Date:**

**Friday November 1/13**

**FREE - Sept.23 & Oct.7 - 5:30 to 6pm**

Registered Dietitian - Jennifer Allan

Healthy Eating & Weight Management

**(613) 962-2822**

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Deseronto and District Minor Hockey Association

2013-2014 Registration Info

Online registration for the 2013-2014 season is now open on the website ([www.ddmha.ca](http://www.ddmha.ca)).

In-person registration will be held at the arena on the following dates:

Wednesday, August 14, 2013      6pm – 8pm  
Saturday, August 17, 2013      10am – 2pm

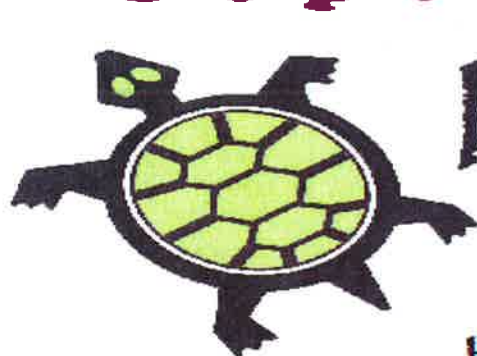
Registration costs are as follows:

<u>Initiation</u>	\$250.00	
<u>Local League (Novice – Midget)</u>		
Early Registration	\$425.00	until August 17th
Regular Registration	\$450.00	August 18th – October 1st
Late Registration	\$475.00	October 2nd and later

**NOTE: Please see the website ([www.ddmha.ca](http://www.ddmha.ca)) for payment options and payment and refund policies.**

Thank you.  
DDMHA Executive

**Coming Soon  
September 2013**



**Maracle  
Chiropractic  
Healthy Life Centre**



Our mission is to create a beautiful environment that promotes healing and optimal health from our family to yours.

**Services:**

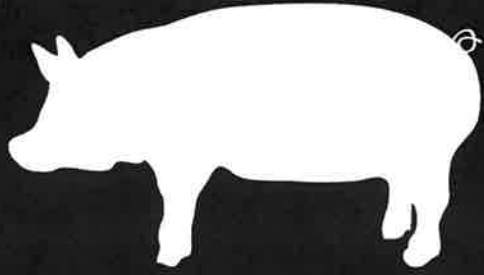
Chiropractic  
Reikki  
Massage Therapy  
Naturopath  
Homeopathic  
Life Coaching  
Midwifery

**Nutritional and Healing Aids:**

Isagenix	Pressure Garments
Metagenics	Ice Packs
Douglas Labs	Traumeel
Biofreeze	Custom Foot Orthotics

[www.maraclechiropractic.ca](http://www.maraclechiropractic.ca)

14 York Rd Unit 2



**Mohawk Pentecostal Church**  
**Pig & Corn Roast Fundraiser**

*Proceeds are going to the Church Building Fund*

Saturday Sept 14, 2013 @ 1pm  
Location to be announced

For more information and to purchase tickets  
Please call 613-396-5329



A regular meeting of the  
**Mohawk Agricultural  
Society (MAS)**  
will be held at  
**MAS School Building**  
**At 7PM**

**On Wednesday, August 7,  
2013**

and on

**Wednesday, August 21, 2013**

Your support and ideas are  
needed for  
Mohawk Fair

**Sept 20, 21, 22, 2013**

Please come and bring a  
friend



**ATTENTION!!!**

All past members of the  
**Native Women's Association.**

We are looking for your ideas

For our

**30<sup>th</sup> Anniversary**

**26 October, 2013**

At the

Community Center

Please Contact : Carol Potts 613-966-8106

Christine Claus 613-396-3728



**Now Playing:**  
*Kelly & Crystal's*

Movie Magic Jack & Jill !

August 10, 2013

Army Navy, 187 Front St. Belleville

Doors Open @ 7pm

Come as your fave Celeb or Movie Character/  
Duo !

**Prizes & Games**                      **1 for \$10/ 2 for \$15**

Call 613-962-1134 for tickets

*All Welcome!*

# ESTATE SALE!

*Sat. & Sun. August 24th & 25th*

*9 a.m. - 5 p.m.*

*566 Norways Rd.*

*Household furnishings, tools, etc.(No appliances)*

*Everything must go!*



**1<sup>ST</sup> ANNUAL**

**GOLF  
TOURNAMENT**

**Briar Fox Golf Course Marysville**

**Sunday August 18**

**1pm Shotgun**

**2 man scramble  
\$100 per player**

Includes: 18 holes of golf with power cart  
Steak Dinner

**LOTS OF PRIZES TO BE WON!!!**

**\*\*\*\*Special Hole Prizes\*\*\*\***

**Longest Drive – Men, Women**

**Closest to the Pin – Men, Women**

Contact to Register:

613-214-4255 – Adam

613-966-5876 – Tim

email: [maracle@live.ca](mailto:maracle@live.ca)

**First 36 teams to enter... hurry, it's filling up FAST!!**

**2013 INTERNATIONAL IROQUOIS BEADWORK CONFERENCE**  
**September 27, 28, 29**

*For all who love Iroquois beadwork*

Beadwork workshops, exhibits, contests with cash prizes, lectures  
Conversations with beadworkers and collectors of Iroquois beadwork  
Sales of historic and new beadwork  
Sales of beading supplies  
Silent auction  
Banquet of native foods

Tyendinaga Mohawk Territory, Bay of Quinte, Ontario  
Events at Loyalist College, Travelodge Belleville, Orange Lodge


Details and registration forms soon at [www.otsiningo.com](http://www.otsiningo.com)  
Contact Dolores at 607-729-0016 or email [isa1@otsiningo.com](mailto:isa1@otsiningo.com)



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***September 17th - 2pm***

Seniors viewing movie Oriskany Battle Site where forces of the Iroquois Confederacy fought against each other. The battle, fought on August 6, 1977, was a turning point in the War of Independence. Movie provided by the Oriskany Alliance of Tyendinaga.



**KANHIOTE  
LIBRARY**  
**613-967-6264**

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

Thursday 12 to 7



Join us at the library  
every Tuesday, starting Aug.6,  
from 11 to 2 to draw or paint.  
Bring your own supplies.  
No solvents please.

# KARONHYAK'TATYE SPORTS COMPLEX

## CALENDAR OF EVENTS

Come out and enjoy a game of baseball!!!

Please be advised of a 24-hour tournament scheduled for August 16th & 17th. The ball diamond lights will be on all night.

Canteen available at all events.

\*\*Belleville Roller Derby Team practices at the Lacrosse Box every Thursday 7:00 pm to 9:00 pm and Sunday 2:00 pm to 4:00 pm

## August 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 MENS FASTBALL 7:00PM & 8:00 PM RD—7-9pm	2	3 BALL TOURNAMENT
4 BALL TOURNAMENT  RD—2-4pm	5	6	7  MIXED REZ LEAGUE 6-9:30 PM	8  RD—7-9pm	9	10 BALL TOURNAMENT  Ball Hockey Tournament (Lacrosse Box)
11 BALL TOURNAMENT Ball Hockey Tournament (Lacrosse Box) RD—2-4pm	12	13	14  MIXED REZ LEAGUE 6-9:30 PM	15  RD—7-9pm	16  24 HOUR BALL TOURNAMENT	17
18  RD—2-4pm	19	20	21  MIXED REZ LEAGUE 6-9:30 PM	22  RD—7-9pm	23	24 BALL TOURNAMENT
25 BALL TOURNAMENT  RD—2-4pm	26	27  MENS FASTBALL 7:00PM & 9:00 PM (both diamonds)	28  MIXED REZ LEAGUE 6-9:30 PM	29  MENS FASTBALL 7:00PM & 9:00 PM RD—7-9pm	30	31 BALL TOURNAMENT

# **MIXED 3-PITCH BALL T URNAMENT**

**AUGUST 24<sup>TH</sup> & 25<sup>TH</sup>, 2013**

KARONHIATA'KIE SPORTS COMPLEX

(TYENDINAGA)



**ENTRY FEE: \$300.00**

(Minimum of 3 girls)

**PLEASE CALL TO ENTER YOUR TEAM BY**

**MONDAY, AUGUST 19TH**

**CINDY @ 613-396-3933 OR**

**CASSIE @ 613-885-9937**

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

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



## 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

Christ Church (Lower Church)  
52 South Church Ln  
9:30 a.m.

*Worship Schedule - 9:30 a.m.  
Christ Church - May to October  
All Saints' - November to April*

### UPCOMING EVENTS

Parish Fun Night  
Wed 21 Jul, 7-9 p.m., QAPC  
Bring a game, a friend, and a snack!

Orange/Royal Black Lodge Service  
Sun 25 Aug, 9:30 a.m., Christ Church  
Join members of Mohawk Lodge 99 and guests from Eastern Ontario lodges at the annual service.

Men's Breakfast  
Sat 31 Aug, 8:00 a.m., Small Town Café, Deseronto  
A time of fellowship and food for Christian men.

### DID YOU KNOW?

On 6 August 1993, the Anglican Church of Canada made an apology to the survivors of Indian Residential Schools. Twenty years later, the Church continues to redress the wrongs of the past by actively participating in the work of the Truth and Reconciliation Commission of Canada, ministering to aboriginal people across the country, especially in the North, and striving for justice. In our own parish, the former Holy Trinity Church in Shannonville is now a centre for Mohawk language learning and our Rector is an outspoken advocate for justice, peace, and reconciliation.

FOR THE MOST UP-TO-DATE INFORMATION,  
VISIT [WWW.PARISHOFTYENDINAGA.ORG](http://WWW.PARISHOFTYENDINAGA.ORG)  
OR [WWW.FACEBOOK.COM/TYENDINAGAANGLICAN](http://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!*

**Summer Hours!**  
5:00 - 5:30 - Weight in  
5:30 - 6:00 - 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](mailto:altree94@gmail.com)





*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 → 1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> Sundays**



***Holy Eucharist (Complete Mass):***

**11:15 AM → 2<sup>nd</sup> Sunday of the Month**

**Services are held at: The Elders' Lodge Common Room**

**For additional parish information, please call:**

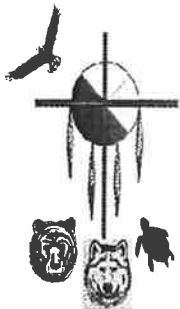
Mr. Charles E. Maracle, Rector's Warden, at 613-396-3089

OR

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

OR

Minister Gérard Trinque at ☎ 1-888-831-4145 ✉ [gplus@yahoo.com](mailto: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**

**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**

**Sept 14 · Pig & Corn roast fundraising dinner, open to the community. Tickets available.**

**Sept 21 · Mohawk Fair Breakfast 8am to noon. Pancakes, sausage and coffee available. proceeds to building fund**

**Dec 14 · Christmas Dinner...info to be announced**

**"We need to stop praying in the dark corners and start praying like we fight, out loud and in public where everybody can see us."**

**Roseanne (Barr)**



# ENVIROTEX

"Recycling what matters"



**USED CLOTHING DONATION SHED**

**What Should Be Placed in the Clothing Shed**

- Clothing
- Shoes and boots
- Jackets/ Coats
- Linens/ Towels
- Toys (that fit in Shed opening)
- Purses/ Belts
- Other misc. cloth items

*Please make sure all clothing is securely packed in garbage bags.*

**What Should NEVER Be Placed in or around the Clothing Shed**

- NO Large Toys
- NO Bikes
- NO Kitchen Appliances
- NO Area Rugs
- NO Breakable Dishes
- NO Furniture
- NO Food
- NO Electronics (including TVs, Computers & Monitors)

A portion of the proceeds from the clothing collected will help SUPPORT YOUR CHURCH fund its much-needed programs. The Clothing Donation Shed sponsors local charities in Canada and Around the World bringing clothing and funds for people in need.

To have a shed serviced please call 613-800-3287

Located at 1984 York rd.  
Mohawk Pentecostal Church

Envirotex Recycling inc.  
works on behalf of charities in  
Canada and around the world  
bringing clothing and funds  
for people in need

Proceeds from all items  
collected will go towards  
Tyendinaga Mohawk  
Pentecostal Church's  
building program

## How the shed works

1. We place a used clothing drop off shed at a local Church or Community Centre.
2. Community members donate clothing by placing it in the shed.
3. We collect the clothing donations when the shed is full and distribute them locally in Canada. We give funding to your Church for the clothing collected at the shed.
4. They, in turn, use the money as they see fit. Our partners have used the money for youth groups, sports teams, mission projects, and other community-oriented activities.

# CLASSIFIED

## HOUSE FOR SALE

BAYSHORE RD WATERFRONT  
- 3 bedroom bungalow  
- on Municipal water & sewer

Call: 613-539-2710 for appointment

## FOR SALE

FIREPLACE  
- with remote control  
- brand new, never used

Call: 613-967-2345

## BUSINESS FOR SALE

BY OWNER-OPERATOR

Dumpster bin rental service for construction, demolition, garbage, clean-ups, scrap metal, etc. Comes with transferable garbage license.

Currently located on T.M.T. but can be relocated by buyer. Many established & repeat customers with high turnover of bins from spring to fall. Owner retiring but would stay indefinitely to help new owner get established & provide his services as backup if required. Price & Terms negotiable.

Please contact:  
[vintage67@outlook.com](mailto:vintage67@outlook.com)

## WATERFRONT LOTS FOR SALE

- located on Snookies Rd  
- with road frontage on Toms Rd.  
- Lots 3C-6, Lot 3C-7, and Lot 3C-8 Con. 2  
- 140 ft of waterfront with total acreage of 7.23 acres

For further information, please call: Scott Maracle 613-396-1327

## 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

## FOR SALE

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

Call: William J. Brant  
613-967-1129

Enwà:ton ken ahshninon  
ne kanenhstaraken.  
Tokat nòn:wa hsekhòn:nis  
kati

Tokat nòn:wa tsyentho  
Tokat hshninon tsi  
nèn:we enkannoronkwake.

\$3 per pound  
Yahskyatewenna`tahse`  
toka ni  
Yaskyatewennatennya`te  
613-961-7218  
John Hill yonkyats

-----  
White Corn For Sale  
Good for Soup or Seed  
\$3/pound

Call or text : 613-961-7218

## FOR SALE

2 DRESSERS & A CHEST OF DRAWERS- light oak colour  
- ASSORTED TOOLS  
- OTHER HOUSEHOLD ITEMS

Call: 613-967-6397

## FOR SALE

4 BEDROOM HOME  
- 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  
- lot size 3/4 acre (approx)

PRICE RECENTLY REDUCED  
(Serious offers will be considered)

Please contact:  
[tyendinaga11@yahoo.com](mailto:tyendinaga11@yahoo.com) OR  
416-938-4157 or 613-396-2151

## 2 HOUSES 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 with down payment  
- Make a reasonable offer.  
- Owner is retiring

Call: 613-847-9761

***COMING SOON TO TYENDINAGA***



***The Brittany Brant  
Music Centre***

***Lessons, Performance, and More...***

***613.438.SONG  
(7664)***

***For enrollment and inquiries***

# Brant's Heating & Cooling

Office 613-962-4921

Cell 613-848-8082

TSSA Registered # 000157262



Sales & Services      New Installations

Locally Owned

Tyendinaga Mohawk Territory

## Lucky Leprechaun Painting & Landscaping



Now offering Window, Deck &  
Laminate Floor installation

Painting from \$150.00 per room

"Quality is remembered long after price is  
forgotten" 20 Years Experience.

E-mail: [andrewmcnally73@g-mail.com](mailto:andrewmcnally73@g-mail.com)

Andrew - 613-405-5373

## Your Sustainable Building Partner

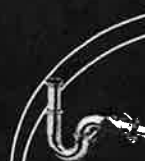


**Solar** - For your Home, Camp, RV, Farm  
Rainwater, Graywater, Air Conditioning/  
Heating, Energy Conservation

71 Industrial Park Road  
Tyendinaga Mohawk Territory  
K0K 3A0

Phone: 613-921-1164  
E-mail: [info@tabmech.com](mailto:info@tabmech.com)

Telephone 613 396-3570



**GARTLAND**

New Installations and Repairs  
Residential and Commercial

Cellular 613-827-1050

**PLUMBING**  
Heating & Air Conditioning

2040 Melrose RD. Marysville, ON., K0K 2N0

## Time For You Salon

613-968-9459

Chelsey Green      Hairstylist Graduate Art and Technique 2010  
Corissa Maracle      Esthetician Graduate Loyalist College 2011  
Rheana Maracle      Photographer Graduate Humber College 2011  
Make Up Artist Graduate 2011



Introducing Skin Essence Organics Skin Care Line

Treat yourself to a relaxing facial

Facial Treatment \$50.00

\*Ask about our Week Long Manicure  
\*No soak off or fills necessary



**This private fitness studio offers personalized fitness planning...**

### **Personal Training**

- \* If you are not comfortable in a gym atmosphere, this place will give you the confidence and strength you need.
- \* If you are looking to shed a few pounds and get toned, then I will help you reach your fitness goals with motivation & accountability.

### **Group Fitness**

- \* Do you need some cardio training? Group classes will help you with stamina and endurance.
- \* Do you work better in a group? You will be able to feel the energy in the room!
- \* Do you need strength, tone, flexibility & a feeling of well-being? Join us - new classes monthly!



**On the Web!**



**New Video!**



**Friends & Likes!**



**Follow Me!**

## **\*\*\* CHECK OUT WHAT'S NEW \*\*\***

- Fitness In The Comfort of Your Own Home
- Youth and Teen Fitness
- New Equipment Coming Soon
- Nutrition Supplement for Your Health Lifestyle



**WENDY  
TOTAL WEIGHT LOSS  
156.5 LBS**



**Joe's Personal Training and Fitness 5980 Old Hwy 2 Shannonville**

**Web: [www.joesfitness.ca](http://www.joesfitness.ca) E: [joe@joesfitness.ca](mailto:joe@joesfitness.ca) 613 885 5538 (Call or Text)**

## Pelletier Law Firm

**Bonnie Pelletier, R.N., LL.B**  
Barrister · Solicitor · Adjudicator

14 York Road, Tyendinaga, ON K0K 3A0  
Tel 613-969-9000 · Cell 613-305-3050 · Fax 613-969-9007  
Email: pelletierlawfirm@bellnet.ca

## Pelletier Law Firm

**Bonnie Pelletier, R.N., LL.B**  
Barrister · Solicitor · Adjudicator

300-797 Princess Street, Kingston, ON K7L 1G1  
Tel 613-542-1000 · Fax 613-542-1003  
Email: bonnie@pelletierlawfirm.com

*\*\*Serving clients in Kingston, Napanee & Belleville\*\**

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136 Bayshore Road  
Deseronto, ON K0K 1X0

Office: 613-396-6273  
Fax: 613-396-3359  
quintetradeservices@live.com

## VILLAGE CONCRETE

391 BEACH ROAD  
P.O. BOX 3  
SHANNONVILLE, ONTARIO  
K0K 3A0

BASEMENT FLOORS, GARAGE FLOORS,  
SIDEWALKS

Greg Lewis

967-1407

O/O Jim McMurter  
**Aunt Sadie's  
Café &**



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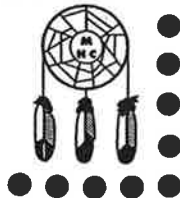
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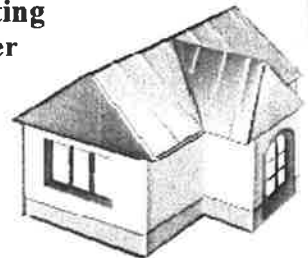
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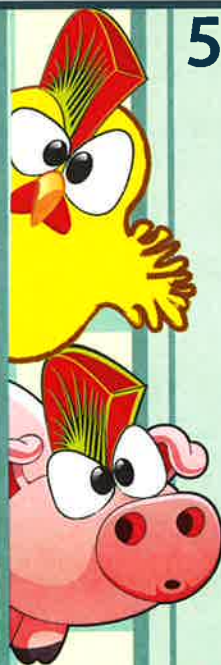
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**Watch for an exciting announcement in the next newsletter!!!**

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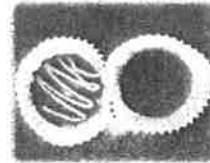
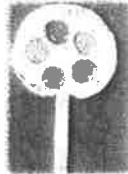
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