



# MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

## ORI:WASE (NEWS)

ISSUE 2/13  
ENNIHASKHA (Feb.)

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

## Tyendinaga's 1st Baby of 2013!!



***“ELIZABETH HALLEE MARACLE “***

***BORN: JANUARY 1ST, 2013 at 7:14pm, Kingston General Hospital  
Elizabeth weighed 7 lbs. 1 oz and 19cm tall!!***

***PROUD PARENT: 1st time Mom, May Maracle***

***PROUD GRANDPARENTS: Marjorie Maracle & James Maracle***

***A very big “Thank You”, goes out to Dorothy Green, our Midwife,  
support person at the hospital and sharing our life journey together  
for the past 10 months. Along with Randi Brant during our  
Labour & Delivery and Mary McBride our Lactation Consultant.  
Also, the staff at KGH's NICU for the excellent care of Elizabeth.***



# 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,

# NOTICE OF A PUBLIC MEETING

## To be held by Windlectric Inc. regarding a Proposal to Engage in a Renewable Energy Project

**Project Name:** AMHERST ISLAND WIND ENERGY PROJECT

**Project Location:** The Project will be located on Amherst Island and a portion of land located on the mainland within Loyalist Township in the County of Lennox and Addington in eastern Ontario.

**Dated at:** The Municipality of Loyalist Township in the County of Lennox and Addington this the 27th of December, 2012.

Windlectric Inc. (Windlectric) (a subsidiary of Algonquin Power Co.) is planning to engage in a renewable energy project in respect of which the Issuance of a Renewable Energy Approval (REA) is required. The proposal to engage in the project and the project itself are subject to the provisions of the Environmental Protection Act of Ontario (Act) Part V.0.1 and Ontario Regulation 359/09 (Regulation) which covers Renewable Energy Approvals. This notice must be distributed in accordance with Section 15 of the Regulation prior to an application being submitted and assessed for completeness by the Ministry of the Environment.

### Meeting Locations:

The project team will be holding the final Public Meeting as required under section 16(1) of the Regulation. We are offering two meeting locations and dates for this event. One on the Island and one on the mainland in Loyalist Township. The sessions will be drop-in style, and each session will be identical so that you can attend whichever session is most convenient:

### Public Open House Information:

**Date:** March 5, 2013  
**Time:** 5:00 p.m. to 8:00 p.m.  
**Location:** Amherst Island Public School  
5955 Front Road  
Stella, Ontario

### And:

**Date:** March 6, 2013  
**Time:** 5:00 p.m. to 8:00 p.m.  
**Location:** St. Johns Memorial Hall  
216 Church Street (County Road 7)  
Bath, Ontario

### Project Description:

Pursuant to the Act and Regulation, the facility, in respect of which the project is to be engaged in is considered to be a Class 4 wind facility. If approved, this facility would have a total maximum contract name plate capacity of 56 - 75MW, and consist of up to 36 Siemens wind turbines. The turbine model proposed utilizes the same 36 turbine pad locations that have been subject to the assessment required under REA. The layout includes 34 Siemens SWT-2.3-113 2300 kW and two (2) Siemens SWT-2.3-113 2221 kW model wind turbines. The proposed Project will also include a 34.5 kilovolt (kV) underground and/or overhead electrical power line collector system, fibre optic data lines from each turbine and/or wireless technology for the communication of data, a transmission line, truck turnaround areas, a submarine cable, a operations and maintenance building, permanent dock, a substation, a switching station, an un-serviced storage shed, one connection point to the existing electrical system, cable vault areas, meteorological tower(s) (met tower(s)), access road(s) to the met tower site(s), and turbine access roads with culvert installations, as required, at associated watercourse crossings.

### Documents for Public Inspection:

The Amherst Island Wind Energy Project Draft Project Description Report has been prepared, which provides additional project information and details on the wind energy project. A written copy of the Draft Project Description Report is available for public inspection at the project website at [www.amherstislandwindproject.com](http://www.amherstislandwindproject.com). In addition to the website, the Draft Project Description Report is available for public review as of December 27, 2012 at the following locations:

County of Lennox & Addington  
97 Thomas Street East  
Napanee, ON  
K7R 4B9

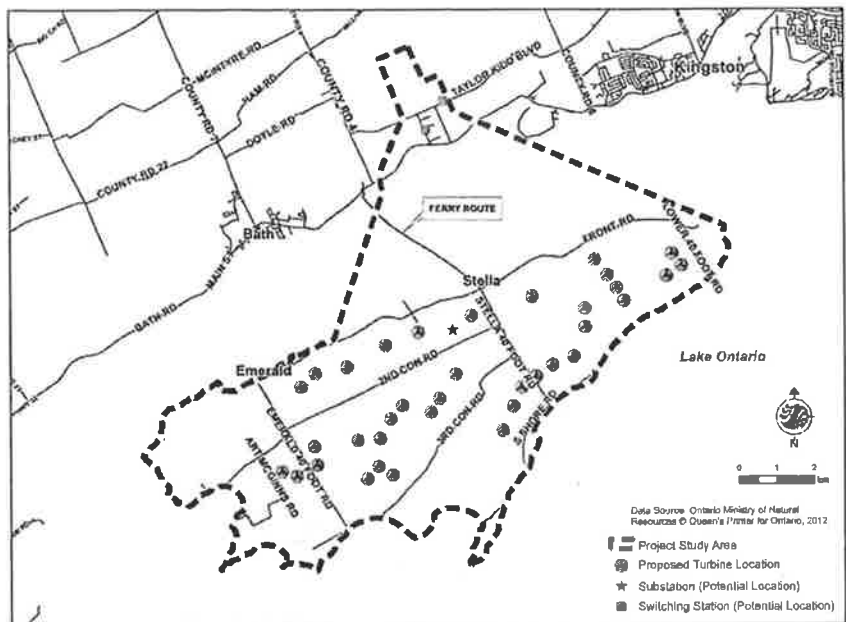
The Corporation of the Township of Loyalist  
263 Main Street  
Odessa ON  
K0H 2H0

Further, Windlectric has prepared additional supporting documents in order to comply with the requirements of the Act and Regulation. Written copies of additional draft supporting documents have been made available starting on December 27, 2012 on the project website and at the viewing locations described above for public inspection at least 60 days before the final public meeting.

If you have any questions, comments or concerns regarding the Amherst Wind Farm, please contact:

Kristin Maracle  
Environmental Technical Services Officer  
Mohawks of the Bay of Quinte  
(613) 396-3424 ext 125

All comments will be collected and sent to Algonquin Power to be addressed.



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

**February 2013**

**Business of the Month**



**REZ  
CRESTING**

**Hours of Operation**

**Monday to Friday**

**8am to 5pm**

**May book an appointment  
on weekends**

**303 Airport Road, Tyendinaga Mohawk Territory**

**613-813-0369**

Rez Cresting is the February 2013 Business of the Month!

Owned and operated by Kirk Brant, Rez Cresting has been in business for 12 years.

Rez Cresting does a variety of screen-printing. His most iconic creation is the REZ sweater. He prints on a variety of items such as t-shirts, sweaters, tote bags, sports jerseys, golf shirts and even hats. He also will screen-print on various specialty items that customers request. He can provide you with a quote upon request.

Although the majority of his business is wholesale, he does serve walk-in customers as well.

So if you want any items personalized, for work or play, visit Rez Cresting for all your needs!

**Support Local Business**

**FASTER FORWARD BUSINESS SUCCESS PROGRAM**

**\* mentoring program for those who are interested in business\***

**For more details or for an application, please contact the Economic  
Development Department at 613-967-3616**

**"If you don't go after what you want, you'll never have it. If you don't ask, the answer is always no. If you don't step forward, you're always in the same place."**

**– Nora Roberts, Author**

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

**Sandy Sero**

Employment and Training Coordinator

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

Phone: 613.967.0122

Fax: 613.967.3816

Or visit us on our website at [www.mbq-tmt.org](http://www.mbq-tmt.org)

## **First Nations Food & Farming Workshop**

**Date: Tuesday, February 12, 2013**

**Where: All Saints Anglican Church**

**1295 Ridge Road**

**Time: 7pm to 9pm**



### **AGENDA**

**Maple Syrup Production**

**Small Flock Poultry**

**Beef Production**

**Refreshments will be provided**

**In Partnership with Indian Agricultural  
Program of Ontario**

**For more information, contact IAPO at 1-800-363-0329**

## **Upcoming Session Gardening Meeting**

**In partnership with Indian  
Agricultural  
Program of Ontario**

**March 2013**

**Watch for more details!**

### **I DO BUSINESS.**

**National Summit & Tradeshow  
Success for Aboriginal  
Entrepreneurs**

**Learn, Network, Do Business**

**March 4, 5, 6, 2013  
Toronto**

**For more information:**

**Ph: 705-432-2577**

**[www.idobusiness.ca](http://www.idobusiness.ca)**

### **February's Tip**

#### **Helpful Links to Better Your Website**

- ◆ **[www.checkmycolours.com](http://www.checkmycolours.com)—this website allows you to check your own websites' colour combinations; helping you stay away from poor colour contrasts as this affects readability.**
- ◆ **[www.read-able.com](http://www.read-able.com)—this website allows you to test your writing style by using readability formulas that determine how easy it is to get through your content.**

# ATTENTION MORTGAGE HOLDERS

It has come to our attention that many insurance companies will ONLY notify the MOHAWKS OF THE BAY OF QUINTE if your existing house insurance policy has been cancelled however will NOT when the policy has been renewed. This creates a problem when incentives, rewrites and renovations are requested. You will not qualify if your house insurance policy on file is not up to date. In order to ensure your policy is current, we ask that you mail, fax or deliver renewal form when received.

Bag Tags for your Waste Disposal  
are available at the following businesses:

Bayview Variety  
49 Quick Stop  
Village Variety  
L. & M. Enterprises  
Administration Office



**MOHAWK FIRE DEPARTMENT**

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The Mohawk Firefighters in January  
responded to 11 calls:

**1 Medical Assist**  
**1 Tanker Assists**  
**1 Vehicle Fire**  
**2 Structure Fires**  
**3 Motor Vehicle Accidents**  
**3 Service Calls**

This brings our total to 11 calls for the year 2013



## News from the Ohahase Education Centre

Semester I has come to a successful conclusion and Semester II is now under way.

There is still time to register for any of the classes we are offering in this semester, which are:

**Grade 9 - Mohawk Language; Applied Math; Expressing Aboriginal Culture**

**Grade 10 - History; Applied English; Applied Science; Communications Technology**

We also offer a full range of independent study courses for anyone wishing to work towards their Ontario Secondary School Diploma. Drop by FNTI anytime between 8:30 and 4:30 and discover how quickly and easily you can achieve your Grade 12.

We are still waiting to learn if we were approved for another intake of the Tyendinaga Youth Program. Posters will go up as soon as we know!

Ohahase Education Centre  
3 Old York Road  
613-396-2122

### Trustee Report for January, 2013

By the time you read this report secondary school students will have written their first semester exams and will be starting the second semester (February 4<sup>th</sup>). This marks the half way point in the school year.

Students are currently still facing a limited time schedule at school with teachers working to rule, which means teachers are not involved in any extracurricular activities before or after school. This will hopefully change with the Provincial Liberal Party selecting a new leader in late January, 2013.

In my previous report I indicated that I would identify the committees of the Hasting Prince

Edward District School Board that I am currently serving on. These include; Operation and Finance which is one of two Standing

Committees of the Board, I am the alternate member on the Supervised Alternative Learning committee which is a Statutory Committee of the Board, and I am on the Aboriginal Education Steering committee and the Equity and Inclusivity Committee which are both Administrative Committees of the Board. All Trustees are members of the Committee of the Whole and also the Public School Board.

For more detailed information on Board or Committee minutes, please to [HPEDSB.on.ca](http://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](mailto:mbrant@hpedsb.on.ca).

Respectfully submitted,  
Mike Brant, HPEDSB, representing Tyendinaga First Nations

We would like to say Nia:wen Kowa too everyone that had helped and that supported the Lucas Brant family fundraiser with purchasing tickets, buying squares and those that made cash donations....

The 50/50 Board was won by Bonnie Smart who had given the money back to the family.

Nia:wen,

Ekxa o'kon:á Childcare Centre Staff

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We are currently looking for supply staff (teachers and cook) at the Ekxa o'kon:á Childcare Centre. If you are interested please call us at 613-967-4401 or drop on by and leave your resume.

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We have childcare spots available for children between the ages of 24months to 3 years of age. Please call Ekxa o'kon:á Childcare Centre at 613-967-4401 and have your child put on the list or enrolled.

**Coming Soon!**

**Enyonkwa'nikonhriyohake'**

**2013 March Break**

**EXTRAVAGANZA!**



**Watch for upcoming flyer this month!**



# Literacy Night & Book Fair



**Wednesday, February 21  
5-7pm**



## **'WHERE DO I START?'**

**Kindergarten Registration.....**

If you have a child born in 2009, they will start Junior Kindergarten in September 2013.

Come see us February 21, 2013 during the day or at our Open House / Book Fair Night from 5-7pm at Quinte Mohawk School.

Please bring necessary paper work - birth certificate.





What is Grief?

Grief is a normal and very natural emotional response to any change.

Grief is not a choice! It affects us physically and emotionally. Grief is the normal human reaction to loss. Grief, unresolved, reduces our capacity to participate in every aspect of our lives.

Hi, my name is Sheila Stacey. I am the Outreach worker at Red Cedars Shelter. I have recently completed the Grief Edu-Therapy course. I am now certified to deliver this program.

This is a 8 week program, meeting once a week for one hour and we look at grief and loss.

If you would like more information on this course or would like to sign up please call me at Red Cedars Shelter at 613-967-5877. If I am not available, please leave a message and I will return your call.

Your privacy will be kept and the staff at Red Cedars Shelter hold confidentiality in the highest regard.

# Nia:wen

To the following Community Businesses who supported  
Red Cedars Shelter's Christmas fundraising event

- Bayview Variety
- Build All Contractors
- Tyendinaga Propane
- Soaring Eagle
- Hill's Variety
- Rez Boyz
- Mohawk Recreation Committee
- Sago Full Serve Gas
- L & M Convenience

Together we raised \$1,900.00 which will help our program in  
working towards ending family violence.

**A special appreciation to Village Variety and the Tyendinaga Fifty Niners  
Club for going over and above to help us make this event a success!!!**

Story continued from last months newsletter...

John just stood there, staring at Jane. It seemed like forever before he moved or **spoke** and Jane felt her blood go cold. She tried to hide the fact that her hands were shaking as she spoke. "You're home early" is all Jane could manage to get out of her trembling lips, and her mouth seemed so dry she could hardly swallow. All of a sudden she was very frightened. What was going to happen she thought to herself as she stood in the kitchen and stared back at a man she hardly recognized anymore. Jane prayed to God to please not let this be another day of arguing and screaming, she had had enough of those days. Yet, the look on John's face was saying this day would be even worse. Jane swallowed hard. When John finally spoke, his voice was oddly calm. "Where have you been all day?" John asked. "I've called several times, and there's been no answer. So where have you been all day?" Jane was surprised by his question, she hadn't gone anywhere today. In fact, she had been home all day cleaning and getting his supper ready, if John would just look around and see how clean the house was, he might see that Jane has been home and busy doing the things he expects from her. This was going through her mind as she started to say to him. "I haven't gone anywhere, I've been home all day." Before the last word was even out of her mouth, John lunged at her and before Jane could even think about moving John had his hand around her throat. "You're a liar" he yelled. "All you do is lie to me, I work my behind off every day to support you and pay the bills and you're going to stand there and lie to my face." Jane tried to break from his grip, if she could just get to the front door, maybe she could scream for help. Would she be able to scream? Would someone hear her cries for help? It was no use John was too strong and his grip began to tighten and Jane began to feel faint, he was going to kill her. Jane could hear his voice, the hatred in it. She couldn't make out his words now, but his eyes were that of a mad man. All she could think was who is

this man choking me? Tears were starting to stream down her cheeks. That is when the doorbell rang. John loosened his grip and Jane knew this would be her only chance to try and get away from this person she no longer knew. With all her might she found enough strength to rip herself out of Johns grip. As she ran from John she was trying to catch her breath, the room was spinning, with all the strength she could muster up she screamed, she screamed as loud as she could and she hoped that the person ringing the doorbell would hear her. She felt John's hands grab her and drag her, Jane was yelling for help and her neighbor heard her cries for help and without hesitation he came into the house, John let go of Jane, but Jane stumbled and fell down the stairs. The neighbor had called 911 and it wasn't long the police and ambulance arrived and took Jane to the hospital. When Jane woke up, she didn't really remember what had happened. The police were still there and waiting to question her, little by little the events that had happened just a few hours ago were coming back to her like a horrible nightmare. Why was this happening? What had gone wrong? What had she done wrong? These were just some of the questions she would never get answers too. Jane could see her parents waiting outside, if only she had listened to her mom. Jane's mom was a social worker at a nearby women's shelter and had tried to convince Jane to leave John when the abuse had first started. Jane's mom talked to her about the cycles of abuse and how the abuse would eventually get worse. Jane believed she could change John and that the abuse would stop. Jane never returned to John.

The names and story are all fictional.

If this story sounds familiar or you know someone living in an abusive relationship, please call Red Cedars Shelter we are open 24/7 613-967-2003 or 1-800-672-9515



*Promote*

*Protect*

*Support Breastfeeding*

Nursing mothers and babies, siblings, pregnant women, grandmothers,  
interested women and young girls are all welcome

**Nursing Mothers Support Group**

Tuesdays 10:30-12:00 noon

Queen Anne Parish Centre

1295 Ridge Road TMT

Lactation Consultation available

For more information contact Community Wellbeing Centre 613-967-3603

# HEALTHY MOMS, HEALTHY BABIES

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



**Yonata'kari:te Konwati'nihstenha,  
Yonata'kari:te Rotiwirá:a'**  
*Healthy Moms, Healthy Babies*

**Dorothy Green & Gale Hayward**  
*Community Healthcare Professionals*

**Community Wellbeing Centre**  
50 Meadow Drive

**Tyendinaga Mohawk Territory, ON K0K 1X0**

**Phone: 613-967-3603 Extension 166 Email: [chp\\_cwb@mbq-tmt.org](mailto:chp_cwb@mbq-tmt.org)**

**[www.tndms.ca/HMHB-Tyendinaga.html](http://www.tndms.ca/HMHB-Tyendinaga.html)**



**Western** 

**JDRF** Support  
Steps Into  
Research  
Foundation  
dedicated to finding a cure

**Schulich**  
MEDICINE & DENTISTRY



# COMMUNITY CELEBRATION



PLEASE JOIN US TO  
CELEBRATE  
AND  
WELCOME  
TYENDINAGA'S FIRST BABY BORN  
in  
2013  
"ELIZABETH HALLE MARACLE"



WHEN: Wednesday February 27th, 2013

WHERE: Teaching Lodge *(please use East Entrance)*  
Community Wellbeing Centre  
50 Meadow Drive  
Tyendinaga Mohawk Territory, ON  
K0K 1X0

TIME: 12pm-2pm  
Presentation of Gifts, Cake & Ice Cream

*\* To become an Annual Community Event !!*



# DANCING FOR BIRTH



*Dancing For Birth™ prenatal/postpartum classes teach a “language of movement” specially designed for women in any stage of pregnancy or who are planning to conceive and for postpartum women wearing their babies in soft slings or wraps. Though the movements are inspired by ancient dance forms like Belly dance (created by/for birthing women) and African dance, the 90-minute weekly classes, which combine dance and fitness with rare essential childbirth preparation skills such as optimal fetal positioning, are the wave of the future of birth and resonate with women. .*

**When:** 3 Mondays in MARCH 4th, 18th and 25th

**Where:** QUINTE MOHAWK SCHOOL GYM

**Time:** 6:00pm -7:30pm

**Cost:** FREE & SNACKS PROVIDED!!

**PLEASE REGISTER EARLY & BRING A FRIEND!!**

## CONTACT:

**Yonata'kari:te Konwati'nihsstenha,**  
**Yonata'kari:te Rotiwirá:a'**  
Healthy Moms, Healthy Babies

Dorothy Green & Gale Hayward  
Community Healthcare Professionals

Community Wellbeing Centre  
50 Meadow Drive  
Tyendinaga Mohawk Territory, ON K0K 1X0  
Phone: 613-967-3603 Extension 166 Email: [chp\\_cwb@mbq-tmt.org](mailto:chp_cwb@mbq-tmt.org)  
[www.tndms.ca/HMHB-Tyendinaga](http://www.tndms.ca/HMHB-Tyendinaga)



## HEALTH BENEFITS:

*It combines:*

- *African*
- *Latin*
- *Caribbean*
- *Belly dance*

*to help you have:*

- *an easier and less painful labor*

*helps you stay in shape:*

- *during pregnancy*
- *postpartum*
- *maintain afterwards*



**COMMUNITY HEALTHY  
LIFESTYLE  
FREE INDOOR PROGRAMS**

**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.*



**\* FREE CIRCUIT TRAINING @ QMS GYM \***  
with **Hollie Lloyd, Personal Trainer**

**When: Monday Evenings in Feb. from 6:00pm-7:30pm**  
(except Feb 18th—school closed for Family Day)

**Where: Quinte Mohawk School Gym**

**Note: Please use East entrance. Snacks provided!!**

**DANCING FOR BIRTH**

**Belly dancing for prenatal, postpartum and All Women  
wanting to try something new!!!**

**When: Monday Evenings in March from 6:00-7:30pm**  
(except March 11th—school closed for MarchBreak)

**Where: Quinte Mohawk School Gym**

**Note: Please use East entrance. Snacks provided!!**

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

*Healthy Moms, Healthy Babies*

*Dorothy Green & Gale Hayward*

*Community Healthcare Professionals*

Community Wellbeing Centre  
50 Meadow Drive

Tyendinaga Mohawk Territory, ON K0K 1X0

Phone: 613-967-3503 Extension 166 Email: [cltp\\_cwb@mbq-int.org](mailto:cltp_cwb@mbq-int.org)

[www.tnoms.ca/HMHB-Tyendinaga.html](http://www.tnoms.ca/HMHB-Tyendinaga.html)

# February - March 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4 Quinte Sports Wellness Centre 10-11am  QMS Gym 6:00-7:30pm	5	6 Quinte Sports Wellness Centre 10-11am	7	8 Quinte Sports Wellness Centre 10-11am	9
10  ● New Moon	11 Quinte Sports Wellness Centre 10-11am  QMS Gym 6:00-7:30pm	12	13 Quinte Sports Wellness Centre 10-11am	14	15 Quinte Sports Wellness Centre 10-11am	16
17	18  <b>FAMILY DAY</b>	19	20 Quinte Sports Wellness Centre 10-11am	21	22 Quinte Sports Wellness Centre 10-11am	23
24	25 Quinte Sports Wellness Centre 10-11am  QMS Gym 6:00-7:30pm	26	27 Quinte Sports Wellness Centre 10-11am	28	<b>March 1</b> Quinte Sports Wellness Centre 10-11am	2
3	4 Quinte Sports Wellness Centre 10-11am  Dancing for Birth QMS Gym 6:00-7:30pm	5	6 Quinte Sports Wellness Centre 10-11am	7	8 Quinte Sports Wellness Centre 10-11am	9

# BEARS AND CUBS



VS



# MARCH 6TH, 2012

Bears and Cubs for the month of March is offering a special bus trip to the Quinte Sports Complex to watch the Belleville Bulls play the Ottawa 67'ers on March 6th, 2013.

This trip is for Bears (Men in our community) and Cubs ( children of all ages). If you have any question or concerns when registering at the Community Well-being Centre. Please ask for Johanna, Julie, Allison or Esther at the CWB reception.

The school bus will be leaving the CWB at 6:00 sharp and has an approx. re-turn time of 9:30pm. We ask that you keep in mind the length of periods and overtime when registering your child. This will be a later usual event for little ones. Nia:wen/ Thank you.

Phone: Community Wellbeing Centre– 613 967 3603

**\*\*Phone reservations will not be taken\*\***

The bus trip does require all participants to pay \$5.00 at the time of reservation to hold their seats. A slice of pizza and a pop will be given to each participant while at the arena.





# Family pizza and craft evening

As Valentines Day is quickly approaching we would like to invite you and your family to a fun filled evening of Valentine craft making. Pizza and refreshments will be served to each participant.

**Date: February 13, 2013**

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

**Ages: 0– 10 years**

**\*\* Children 6 years and under must be accompanied by and adult\*\***

All families are asked to register with MCH/HBHC staff to ensure enough spaces are available.

This event will be held at the Community Wellbeing Centre ( 50 Meadow Drive, Tyendinaga Mohawk Territory—Teaching Lodge Entrance)

613 967 3603 - Esther, Allison, or Julie

**Happy Valentines**

Maternal Child Health, Early Childhood Development &  
Healthy Babies Healthy Children

# HAPPY Valentine's Day!



Wednesday February 13th, 2013 - Craft & Pizza Night  
(Ages limited 0-10 years) 6:00pm—8:00pm

Monday February 11th, 2013— Community Circle  
(Ages 18 & up) 6:00pm-8:00pm

Wednesday March 6th, 2013 - Bears & Cubs  
6:00pm-9:30pm— Belleville Bulls Game!!!



[Look for details about events inside!!!](#)

## WHAT IS Fetal Alcohol Syndrome/Fetal Alcohol Effects (FAS/FAE)?



Fetal Alcohol Syndrome (FAS) is a term used to describe birth defects caused by the drinking of alcohol during pregnancy and nursing. Alcohol causes the greatest damage to the baby's brain. Fetal Alcohol Effects (FAE) is a term used to describe the presence of some, but not all, FAS characteristics.



### CHARACTERISTICS of FAS/FAE

- FAS/FAE can cause permanent brain damage.
- FAS/FAE can cause heart and other organ defects.
- FAS/FAE can deform a baby's face for life.
- Children with FAS/FAE can have trouble learning and controlling their temper.
- FAS/FAE babies weigh less and grow slower than healthy babies.
- An individual with FAS/FAE can have drug and alcohol problems, have difficulty keeping jobs, and get in frequent trouble with the law.



Damage to an unborn baby can begin AS EARLY AS the first weeks of pregnancy.

### You can take ACTION

- STOP drinking alcohol now if you are pregnant or nursing.
- STOP drinking alcohol now if you are planning to become pregnant.

### You can find HELP and SUPPORT

There are many who can help:

- Friends
- Family
- Community Health Centres, Nurses, Health Representatives and Wellness Workers
- Safe homes and shelters
- Native Alcohol and Drug Workers
- Teachers
- Elders
- Spiritual or religious centres
- Family physicians
- Midwives

### What you need to KNOW about FAS/FAE

- When a pregnant woman drinks alcohol, her unborn baby drinks alcohol too.
- FAS/FAE causes permanent mental and physical damage to the baby.
- Babies born with FAS/FAE do not get better-
- There is no safe TIME during pregnancy to drink alcohol.
- No AMOUNT of alcohol is safe during pregnancy.
- Symptoms may not show up until a child is 3 or 4 years old.
- You can prevent FAS/FAE by not drinking alcohol when pregnant or nursing.



"Like a stone tossed into a pond, our actions ripple into the world, touching others in our families and communities."

## "SAVE THE DATE"

### Sadies Walk

March 29th 2013

8:30 - 12:00

More information to come....



### 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



### HAVE A HEART DAY

On Valentine's Day, February 14, 2013, celebrate Have a Heart Day by supporting First Nations children to grow up safely at home, get a good education, be healthy, and proud of their cultures.

Have a Heart Day is about caring Canadians working together to ensure First Nations children have proper services that make them feel proud of who they are. You can help by sending a Valentine's Day card or letter supporting Have a Heart Day to the Prime Minister and your Member of Parliament, hosting a Valentine's Day party to raise awareness in your school or community, or by spreading the word through social media like YouTube, Twitter, and Facebook.

**Mail may be sent postage-free to any Member of Parliament at the following addresses:**

Office of the Prime Minister

80 Wellington Street Ottawa, ON

K1A 0A2

OR

Name of Member of Parliament

House of Commons Ottawa, ON

K1A 0A6

# COMMUNITY CIRCLE



AT THE COMMUNITY WELLBEING CENTRE (TEACHING LODGE ENTRANCE)

**February 11, 2013 @ 6:00PM – 8:00PM**

**\*\*\*THE CIRCLES FOCUS WILL BE ON BEAD WORK\*\*\***

"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.**



Enyonkwa'nikonhriyohake' Program Presents:

# Drop-In @ Youth Centre

All activities are FREE  
FEBRUARY 2013



**\*No drop-in on  
Wednesday, February 6th**

**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!

Questions? Call Crystal Loft @ 613-967-0122 x 147

**Tuesdays**

AGES: 6-10

TIME: 6-8PM



AGES: 11-14

TIME: 6-8PM

**Wednesdays\***

**Thursdays**

AGES: 15-19

TIME: 2:30-6PM



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

# February 2013

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast Club—8:00 to 9:30 a.m. Diners Club—12:00 to 1:00 p.m. Handivan Departure—10:00 a.m. <b>Meals on Wheels delivered between:</b> 11:30 a.m. to 12:30 p.m. Friendly Visiting—1:00 to 3:00 p.m. <b>Scrapbooking—10:00 a.m. to 3:00 p.m.</b>		<b>Birthday Tea—2:00 to 4:00 p.m.</b> Lunch/Bingo—12:00 to 3:00 p.m. <b>Wii Bowling—7:00 to 9:00 p.m.</b> Euchre —6:30 to 8:30 p.m. <b>Library—2:00 to 4:00p.m.</b> Walking Program—10:00 to 11:00a.m. Ceramics—1:00 to 4:00p.m			<b>1</b> <b>Meals on Wheels</b>  Handivan Des  Friendly Visiting	<b>2</b>
<b>3</b>	<b>4</b> Walking Program  <b>Ceramics</b>  Wii Bowling	<b>5</b> <b>Meals on Wheels</b>  <b>Library</b>	<b>6</b> Diners Club Deseronto  5-Pin Bowling  Euchre	<b>7</b> <b>Meals on Wheels</b>  Blvl Shopping	<b>8</b> <b>Meals on Wheels</b>  Handivan Des  <b>Scrapbooking</b>	<b>9</b>
<b>10</b>	<b>11</b> Walking Program  Paper Mache Bowl	<b>12</b> <b>Meals on Wheels</b>  <b>Library</b>	<b>13</b> Diners Club HOME SUPPORT	<b>14</b> <b>Meals on Wheels</b>  <b>Birthday Tea</b>	<b>15</b> <b>Meals on Wheels</b>  Handivan Des  Friendly Visiting	<b>16</b>
<b>17</b>	<b>18</b> Walking Program  Breakfast Club  Paper Mache Bowl  Wii Bowling	<b>19</b> <b>Meals on Wheels</b>  <b>Library</b>	<b>20</b> 5-Pin Bowling  Beading Circle 1pm to 3pm  Euchre	<b>21</b> Trenton Shopping	<b>22</b> <b>Meals on Wheels</b>  Handivan Des  <b>Scrapbooking</b>  Hockey Game	<b>23</b>
<b>24</b>	<b>25</b> Walking Program  <b>Ceramics</b>	<b>26</b> <b>Meals on Wheels</b>  <b>Library</b>	<b>27</b> Diners Club HOME SUPPORT  <b>BINGO</b>	<b>28</b>		

# WE ARE HAVING A CLOTHING GIVEAWAY DAY!

**FEBRUARY 9, 2013**

**10AM TO 3PM**

**CWB BUILDING IN TEACHING LODGE**



ARE YOU IN NEED OF CLOTHING FOR YOUR FAMILY?

RED CEDARS SHELTER IS HAVING A CLOTHING GIVEAWAY!

FREE, GENTLY USED CLOTHING FOR BABIES, CHILDREN, AND ADULTS.

SPRING, SUMMER, FALL AND WINTER CLOTHES.



## Gastric Bypass Support Group

**Welcome 2013**

**Next meeting—Feb 19 /13**

6:30 pm.

Community Wellbeing Centre

50 Meadow Drive.

TMT

**ALL WELCOME**

*Questions?*

Please call your  
community health team

Phone: 613-967-3603

Fax: 613-962-4210





**WOULD YOU LIKE TO BRIGHTEN 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**

Influenza Shots  
 By appointment:  
 Community Health  
 Mary McCauley  
 613-967-3603



Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5 Breastfeeding Support Parish Church	6 Aquatic Fit 7-8pm Belleville Rec. Centre	7 Youth Singing 6-8pm Youth Centre	8	9
10	11	12 Diabetes Wellness Circle 7pm-9pm "Heart Health" Community Wellbeing Breastfeeding Support Parish Church	13 Aquatic Fit 7-8pm Belleville Rec. Centre	14 Youth Singing 6-8pm Youth Centre	15	16
17	18	19 Gastric Bypass Support Group 6:30pm Community Wellbeing Breastfeeding Support Parish Church	20 Aquatic Fit 7-8pm Belleville Rec. Centre	21 Youth Singing 6-8pm Youth Centre	22	23
24	25	26 Breastfeeding Support Parish Church	27 Aquatic Fit 7-8pm Belleville Rec. Centre	28 Youth Singing 6-8pm Youth Centre		

Community Health

February 2013

# All About The Flu

## **What is the flu?**

Seasonal influenza or the flu is a respiratory infection of the airways and lungs that is caused by a virus.

Most people who get influenza will only be ill for a few days. However, the cough and fatigue can persist for several weeks. Some people can become very ill, and may develop complications and require hospitalization.

## **How it spreads**

The influenza virus spreads through respiratory droplets from a infected person through coughing, sneezing or talking. It may also spread through direct contact with objects contaminated by the influenza virus, such as toys, eating utensils, and unwashed hands.

## **Symptoms of the flu**

People who develop influenza may have fever, chills, cough, runny eyes, stuffy nose, sore throat, headache, muscle aches, extreme weakness and fatigue.

## **Ways to protect yourself**

- Wash your hands
- Practice cough/sneeze etiquette
- Get the annual flu shot
- Keep common surfaces clean
- Stay at home when you are ill

## **For information contact:**

**Community Health**

**Mary McCauley/ Community Health Nurse**

**613-967-3603**

# Heart & Stroke

## What is heart disease?

Your heart is a muscle that gets energy from blood carrying oxygen and nutrients. Having a constant supply of blood keeps your heart working properly. Most people think of heart disease as one condition. But in fact, heart disease is a group of conditions affecting the structure and functions of the heart and has many root causes. Coronary artery disease, for example, develops when a combination of fatty materials, calcium and scar tissue (called plaque) builds up in the arteries that supply blood to your heart (coronary arteries). The plaque buildup narrows the arteries and prevents the heart from getting enough blood.

## How can I prevent heart disease?

Heart disease is preventable and manageable.

Your best defense is controlling the risk factors that could lead to coronary artery disease, such as high blood pressure, high cholesterol, diabetes, smoking, stress, excessive alcohol consumption, physical inactivity and being overweight.

If you've been diagnosed with a heart condition, there are treatments to help you manage your illness. You can further reduce your risk by considering these heart-healthy steps:

- Be smoke-free.
- Be physically active.
- Know and control your blood pressure.
- Eat a healthy diet that is lower in fat, especially saturated and trans fat.
- Achieve and maintain a healthy weight.
- Manage your diabetes.
- Limit alcohol use.
- Reduce stress.
- Visit your doctor regularly and follow your doctor's advice.

## Heart attack warning signs

Thousands of Canadians die from heart attacks every year because they don't receive medical treatment quickly enough. Learn to recognize the signs of a heart attack so you can react quickly to save a life. It is important to understand that warning signs can vary from person to person and they may not always be sudden or severe. Although chest pain or discomfort is the most common symptom of a heart attack in both men and women, some people will not experience chest pain at all, while others will experience only mild chest pain or discomfort. Others may experience one symptom, while some experience a combination.



- Chest discomfort (uncomfortable chest pressure, squeezing, fullness or pain, burning or heaviness)



- Discomfort in other areas of the upper body (neck, jaw, shoulder, arms, back)



- Shortness of breath



- Sweating



- Nausea



- Light-headedness

If you are experiencing any of these signs, you should:

- **CALL 9-1-1** or your local emergency number immediately, or have someone call for you. Keep a list of emergency numbers near the phone at all times.
- Stop all activity and sit or lie down, in whatever position is most comfortable.

- If you take nitroglycerin, take your normal dosage.
- If you are experiencing chest pain, chew and swallow one adult 325 mg tablet or two 80 mg tablets of ASA(acetylsalicylic acid, commonly referred to as Aspirin®). Pain medicines such as acetaminophen (commonly known as Tylenol®) or ibuprofen (commonly known as Advil®) do not work the same way as ASA (Aspirin) and therefore will not help in the emergency situation described above.
- Rest comfortably and wait for an ambulance with emergency medical personnel to arrive.



Classic Split Pea Soup



- 1 tbsp (15 mL) canola oil
- 1/2 cup (125 mL) chopped onion
- 3/4 cup (175 mL) diced carrot
- 3/4 cup (175 mL) diced potato
- 1 cup (250 mL) yellow split peas
- 4 cups (1 L) sodium reduced chicken broth
- 1/3 cup (75 mL) diced lean cooked ham
- 1 bay leaf
- 1/8 tsp (0.5 mL) ground black pepper

**Directions:**

1. In large saucepan, heat canola oil over medium-high heat and add onion, carrot and potato. Sauté until vegetables are tender.
2. Add split peas, broth, ham and bay leaf.
3. Bring to boil; reduce heat; cover and allow to simmer for about 45 to 60 minutes or until peas are tender and soup has thickened. Stir occasionally. Remove bay leaf. Add pepper just before serving.

## Benefits of Regular Physical Activity

Need motivation to exercise? Consider seven ways exercise can improve your life — starting today!

Want to feel better, have more energy and perhaps even live longer? Look no further than old-fashioned exercise.

The merits of regular physical activity — from preventing chronic health conditions to promoting weight loss and better sleep — are hard to ignore. And the benefits are yours for the taking, regardless of age, sex or physical ability. Need more convincing? Check out seven specific ways exercise can improve your life.

### 1. Exercise improves your mood.

Need to blow off some steam after a stressful day? A workout at the gym or a brisk 30-minute walk can help you calm down.

Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed than you were before you worked out. You'll also look better and feel better when you exercise regularly, which can boost your confidence and improve your self-esteem. Regular physical activity can even help prevent depression.

### 2. Exercise combats chronic diseases.

Worried about heart disease? Hoping to prevent osteoporosis? Physical activity might be the ticket.

Regular physical activity can help you prevent — or manage — high blood pressure. Your cholesterol will benefit, too. Regular physical activity boosts high-density lipoprotein (HDL), or "good," cholesterol while decreasing triglycerides. This one-two punch keeps your blood flowing smoothly by lowering the buildup of plaques in your arteries.

And there's more. Regular physical activity can help you prevent type 2 diabetes, osteoporosis and certain types of cancer.

### 3. Exercise helps you manage your weight.

Want to drop those excess pounds? Trade some couch time for walking or other physical activities.

This one's a no-brainer. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn — and the easier it is to keep your weight under control. You don't even need to set aside major chunks of time for working out. Take the stairs instead of the elevator. Walk during your lunch break. Do jumping

jacks during commercials. Better yet, turn off the TV and take a brisk walk. Dedicated workouts are great, but physical activity you accumulate throughout the day helps you burn calories, too.

#### **4. Exercise boosts your energy level.**

Winded by grocery shopping or household chores? Don't throw in the towel. Regular physical activity can leave you breathing easier.

Physical activity delivers oxygen and nutrients to your tissues. In fact, regular physical activity helps your entire cardiovascular system — the circulation of blood through your heart and blood vessels — work more efficiently. Big deal? You bet! When your heart and lungs work more efficiently, you'll have more energy to do the things you enjoy.

#### **5. Exercise promotes better sleep.**

Struggling to fall asleep? Or stay asleep? It might help to boost your physical activity during the day.

A good night's sleep can improve your concentration, productivity and mood. And you guessed it — physical activity is sometimes the key to better sleep. Regular physical activity can help you fall asleep faster and deepen your sleep. There's a caveat, however. If you exercise too close to bedtime, you may be too energized to fall asleep. If you're having trouble sleeping, you might want to exercise earlier in the day.

#### **6. Exercise can put the spark back into your sex life.**

Are you too tired to have sex? Or feeling too out of shape to enjoy physical intimacy? Physical activity to the rescue.

Regular physical activity can leave you feeling energized and looking better, which may have a positive effect on your sex life. But there's more to it than that. Regular physical activity can lead to enhanced arousal for women, and men who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise — especially as they get older.

#### **7. Exercise can be — gasp — fun!**

Wondering what to do on a Saturday afternoon? Looking for an activity that suits the entire family? Get physical!

Physical activity doesn't have to be drudgery. Take a ballroom dancing class. Check out a local climbing wall or hiking trail. Push your kids or grandkids on the swings or climb with them on the jungle gym. Plan a neighborhood soccer or touch football game, participate in the local aqua fit program. Find a physical activity you enjoy, and go for it. If you get bored, try something new. If you're moving, it counts!





# DIABETES WELLNESS CIRCLE

FEBRUARY

Tuesday February 12, 2013

“HEART HEALTH”

PLACE: COMMUNITY WELLBEING CENTRE

TIME: 7pm-9pm

TOPIC: Cooking with Heart Healthy Foods

Presented By: Jodi John - Certified Dietitian

Coming Spring  
2013

## MARCH SADIE'S WALK

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	

SAVE THE DATE  
MORE INFO TO  
COME NEXT  
MONTH

### Helpful Tips

Do you come home from a long day at work or school and wonder what to make for dinner?

Do you get the constant question from the kids "what's for supper?"

Have you ever wanted to make a meal and don't have all of the ingredients?



In meal planning there will be no more guessing.

A meal plan is a week long plan of every meal from breakfast, lunch, dinner and even snacks. The key is to list the foods you and your family enjoy and new recipes you would like to try.

Choose a day you have free like Sunday afternoon and write down all the foods you and your family like. Then, beginning with supper, write down a popular meal with your family. Work from day one to day seven, moving on to lunches, breakfast and snacks. Keeping in mind leftovers from supper can be used for lunches.

Once you have come up with your plan, go through and list all of the grocery items you will need and list what you already have in the pantry.

In going to the grocery store with your preplanned list you will ensure you have the ingredients for the meals, save you time at the store, stop impulse buying & save you money!

Save your meal plans and reuse them.

Have fun, be creative and incorporate nutritious foods

## Sweet & Sour Chicken

### Ingredients;

2 tbsp (30 ml) Ketchup

1 cup (250 ml) Water

½ cup (125 ml) White Vinegar

1 tbsp (15 ml) Soy Sauce

1 cup (250 ml) Brown Sugar, packed

1 ½ lbs (680 g) Cooked boneless, skinless chicken breasts (or thighs), cut bite size

2 tbsp (30 ml) Cornstarch

2 tbsp (30 ml) Water

### Instructions;

Combine first 5 ingredients in 3 1/2 quart (3.5l) slow cooker. Stir

Add chicken, stir, cover & cook on low for 6-8 hours or high for 3-4 hours.

Combine cornstarch and second amount of water in small bowl. Stir into slow cooker. Cook on high, stirring often for 15-20 minutes until thickened. For faster cooking, pour sauce into saucepan. Heat on stove stirring often until thickened. Serves 6.

1 serving- 290 calories; 1.4g Total Fat; 328 mg Sodium; 27 g Protein; 43 g Carbohydrate

Looking for something  
new for supper?

Give this a try



## Moon Ceremony

Women are invited to join us to honour and seek guidance from Grandmother Moon on February 25 / 2013 at Dusk (Approx. 7:00 pm)

### What to bring:

Tobacco for offering ( if you have it)

A skirt to wear

A bottle of water

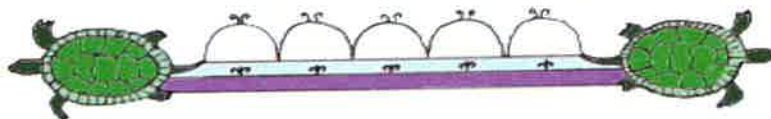
A lawn /camp chair

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





## **THANK YOU FOR YOUR SUPPORT!**

**Re: *Santa's Living Room* in Deseronto  
December, 2012**

On behalf of the planning committee and the families in our community who attended, we extend a heartfelt thank you to all who helped make our eighth annual *Santa's Living Room* a huge success. Our vision of providing families with warm memories of a traditional old fashioned holiday celebration was once again fulfilled.

It is impossible to list all of the hardworking Elves and other volunteers, but you know who you are and we are truly grateful to each and every one of you for your part in making this event a special one. In addition to the Photographer Elf, Kitchen Elves, and Office Elves, we give acknowledgment and thanks to the following for their support:

- Clifford and Yolanda Maracle for their generosity in donating the space for Santa's Living Room
- Little Turtle's Restaurant – Thank you to Fran and all her elves for making Breakfast With Santa a great success
- Santa and Mrs. Claus, for taking time out of their busy schedule to come and visit
- Barb (O'Connor House, Deseronto)
- Shirley Reid for the donuts
- CKWS for media promotion
- Monetary donations courtesy of:
  - Native Women's Association
  - Chief and Council
  - Turtle Island Deli
  - Debbie's Gas Bar
  - Joan Andrews

Thank you as well to all who purchased Santa calendars, the proceeds of which went to help with the costs of this event.

Sincere thanks once again to everyone; your support is not taken for granted, and will help us ensure that *Santa's Living Room* will continue to be an annual tradition, and we look forward to another successful Santa's Living Room in 2013. All the best in the New Year!

Sincerely,

Dan Whalen / Teri Ward  
Santa's Living Room Events Committee



# MOHAWKS OF THE BAY OF QUINTE

## KENHTEKE KANIENKEHA



*Community Wellbeing, 50 Meadow Drive,  
Tyendinaga Mohawk Territory, ON K0K 1X0*  
*Phone 613-967-0122 or 613-967-3603 Fax 613-962-4210 or 613-967-3618*

*Thank You*

The Angel Tree Committee would like to send out a sincere Thank You to all who have generously donated.

These wonderful people, businesses and organizations have donated over \$6000.00 which has been used to purchase warm winter clothing for 34 families which included 62 children.

The Angel Tree Program operates on donations alone, so we are very grateful for the support of the community that has come together to ensure that our Angels are warm this winter.

Businesses, Organizations & Community Members who donated are:

49 Quick Stop  
Ainsley Leween  
Ardeth Armstrong  
Bayview Variety  
Blue Knights  
Brandi Hildebrand  
Build-All Contractors  
Charlotte Sliwa  
Cheryl Rendell  
Clifford Loft  
Collins Maracle  
Community Services Staff  
D. Paul Maracle  
Denny Brant  
Deseronto Legion  
Dietary Express  
F.N.T.I.  
Gloria George  
Greg & Darlene Loft  
Jacqueline Brant  
Jasmine Maracle  
Jeff Maracle & Lisa Maracle  
Jenny Hudson  
Jodi John  
K.L. Martin & Associates  
Kagita Mikam  
Kaitlyn Sliwa  
Karen Lewis  
Ken & Bonny Maracle

L.A.F.C.  
Lyndsay Sero  
Marcel Maracle  
Marlene Castellano  
Martin Technical Services  
Maternal Child Health  
Miki Ford  
Mohawk Guild  
Mohawk Recreation  
Nicole Kershaw  
Norma Maracle  
Pamela Chalmers  
Quinte Trade Services  
QMS Students & Staff  
Randy & Sue Sero  
Sabrina Mathusz  
Sandra Cork  
Scott Maracle  
Shannon Carr-Braint  
Shirley Maracle  
Smokin Coffee Express  
Tamara Maracle  
TMT Duty Free  
Tracy Hill  
Turtle Island Park  
Tyendinaga Computers  
Tyendinaga Propane  
Village Variety  
York Road Restaurant



Nia:wen

Angel Tree Committee



## Thank You!

I would like to take this opportunity to give a big thank you and say how much I truly appreciate all the love and support I received from my family Scott, Steven, Nita, Wendy, Dougie and Jessica, Bill and my best friend Bev Hill who walked beside me through one of the most difficult times in my life, the passing of my best friend, the love of my life Brian Holmes. I'm thankful and realize how lucky I am to have so many friends and family. I would like to personally thank Lori Maracle in the Housing Department for all the support she gave me through this difficult time. Thank you to Carla, Carole and Lynda for being there for me, also, Dan Brant and the Chief, for all the support and cards I received. A special thank you to Cheryl Maracle for preparing a beautiful lunch from Turtle Is. Foods for my family and friends. A great big thank you to MBQ for the donation they made to the cancer society on behalf of Brian. I truly appreciate all of you!

Nia:wen Gail Maracle



In loving memory of our special grandson,  
Connor James Loft  
July 22, 2003 – January 19, 2007

You were very special  
And that's why we mourn  
A wonderful Grandson  
Who from the day you were born  
Were such a shining light  
A gift, so precious too  
Amazing in many ways  
Your brightened our world, it's true  
And we were blessed to know you  
And now that you have gone  
We'll hold onto your memory  
As our love for you goes on.

We miss you every day and think of you often.  
Love always, Gramola and Papa. xoxoox

In loving memory of a wonderful brother, brother-in-law & uncle  
Kenneth Norman (Kokamo) Carr-Braint  
October 10, 1959 – February 11, 2010

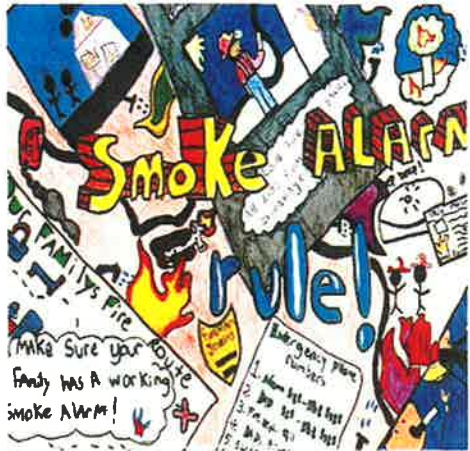
Our dear Brother now that you are gone  
You're no longer here to share  
The bond we had together  
A bond of love and care  
Yet, somehow something tells me  
You are watching over us  
Now that from worldly cares  
You finally are free  
We miss you so very much  
And our tears we cannot hide  
Yet within our hearts, we feel  
You are always by our side  
Ever since you went away  
Life has never been the same  
Yet it comforts us to know  
That one day we'll meet again

Forever loved & never forgotten.  
We miss you so much.

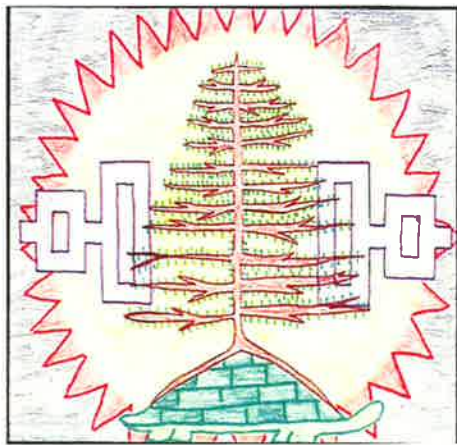
Carol & Manson, Harry & Eileen, Betty, Billy & Nancy, MJ & Bill, Marilyn & Rick, Mike & Wanda, Tracey & John & Families



# Congratulations !!



Emily Workman for winning the front cover and the March cover of the 2013 First Nations Calendar Fire Prevention developed by CMHC .



Reegan Maracle for winning the March 2013 cover in the Young Native Artists 2013 Calendar. A Native Canadian Centre of Toronto Fundraising Committee Project.

Both girls are extremely talented artists. Keep up the outstanding artistry Emily and Reegan.

Tyendinaga Education Committee

CONGRATULATIONS, Sandra Lewis-den Otter!

Audrey Lewis and her family would like to congratulate Sandra on receiving the Queen's Diamond Jubilee Medal. Her hard work, dedication, commitment and contributions were recognized at the Correctional Service of Canada Medal presentations in Kingston on January 7, 2013.

Mom and Family.

# Happy Birthday!



★ Happy Birthday  
★ Rain!  
★ Love Auntie, Jeffy and Ledgie

★ Happy Birthday Aunt Edie!  
★ Thank you for all that you do for us!  
★ Lots of love from Shane, Amy,  
★ Colton and Wade  
★ XOXOXOXO

★ Happy 3rd Birthday Colton!  
★ We love you soooo much!  
★ Mommy, Daddy and Wade  
★ XOXOXOXOXO

★ Happy 3rd Birthday!  
★ Colton  
★ Love Chip, Allison  
★ & Kody

★ Happy Birthday!  
★ Ryan  
★ Love Chip, Allison  
★ & Kody

★ Happy Birthday!  
★ Aunt Edith  
★ Love Chip, Allison  
★ & Kody

★ Happy Birthday!  
★ Erin – February 4<sup>th</sup>  
★ Love Aunt Marilyn & Uncle Rick

★ Happy Belated Anniversary!  
★ Carol & Manson – January 27<sup>th</sup>  
★ Love Marilyn & Rick

Happy  
Birthday!  
Joy – February 24<sup>th</sup>  
Love Marilyn

Happy Birthday!  
DJ – February 26<sup>th</sup>  
Love Aunt Marilyn & Uncle Rick

Happy Birthday!  
Alecia – February 28<sup>th</sup>  
Love Aunt Marilyn & Uncle Rick

Happy 4<sup>th</sup> Birthday !  
to a wonderful nephew & cousin  
Ethan – February 9<sup>th</sup>  
Love Auntie Sam, Emmett,  
Phill & Hayden

Happy Birthday to an awesome grandson  
Ethan who turns 4 today – February 9<sup>th</sup>  
Lots of Love Grandma & Papa



Happy 4th Birthday! to our very awesome son  
and brother Ethan  
Lots of love  
Mommy, Daddy, Wyatt and Layla





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

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

**February 2013**

**Discover the Balance**

**We have Gift Certificates**

**Exercising For The Health Of It**

**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**

The health reports that regular physical activity substantially reduces the risk of dying of coronary heart disease, decreases the risk for stroke, colon cancer, diabetes and high blood pressure. It also helps with control weight: contributes to healthy bones, muscles, and joints: reduces falls among older adults: helps relieve the pain of arthritis; reduces symptoms of anxiety and depression. Exercise lowers blood sugar, a KEY to anti-AGEs and health strategy for diabetics. It also helps with a positive deposit in our memory banks. TFRC encourages movement today, one step at a time.

“ Those who do not find TIME TO EXERCISE, sooner or later will have to find TIME for illness (Earl of Derby)

Resource from TFRC library - Ageless face, Ageless Mind

**Winner of Personal Trainer Sessions & Urban Pole Lesson - Kryssiah Patterson**  
**New Casual Worker**

Hey my name is Rheana. I am 21 years old and I also work at the mall and own two businesses, Photography and Make-up artist. I am looking forward to be working with everyone. 😊 See you all soon.

**Donation of FREE Visit to TFRC**

TFRC donate a free visit for all the Fire Fighters of MBQ and Tyendinaga Township for all their hard work in 2012.

**TFRC FREE VISITS**

We do offer a FREE visit to TFRC, just to see what it's like here, pre-registration is required. We can guarantee you will enjoy the social atmosphere, state of the art fitness equipment and the Great Staff.

WE also have FREE : Coffee or tea, water , one Free fitness plan, WiFi, some workshops and always a smile. 😊

## **Ask the Doctor:**

I have a new years resolution to lose weight. It seems I do this every year and it never lasts, I lose interest within weeks, it is so overwhelming. How can I lose weight without losing interest?

-Martha

Millions of people every New Year make resolutions for change with weight lose at the top of the list in North America. Of those 92% will fail at that resolution (Examiner.com). I believe it is because it has to be much bigger then that. It is easy to lose weight, almost everyone who wants to lose weight can. However, very few keep it off.

What you need to look at is what does your weight limit you from doing? Does it interfere with you from playing with your kids, playing a sport you love, going on vacation or whatever it may be? Losing weight has to be about improving your health. When your health becomes the priority losing weight will be a side effect. When you start working towards improving your health there are wonderful side effects. Eating better has multiple benefits, lower cholesterol, balanced blood sugar, higher immune function, and better digestion to name a few. Moving your body has great benefits too, increased muscle mass/tone, improved cardiovascular health, fat loss, increased energy, better sleep and improved libido.

I know I am not providing a simple solution but our health is never simple that's why it's one of the most important part of our lives. Without it what do we have? So please find the reason why you want to lose weight and focus on that, the rest is simple to do. If you need help getting started email me. Its going to be a great year.



**Dr. Jason Maracle Young DC, CSCS**  
**Maracle Chiropractic**

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



# Patty's Boys Valentines



**Saturday February 9<sup>th</sup>**

**\$5.00 per person**

Arrive before 10:30pm and your name will be entered into a draw for some awesome prizes.

Lite buffet at 11:00pm

Hope to see you there!

Proceeds will help support the Bub Maracle active lifestyle fund.

# February Schedule

**Fri., Feb. 1 Home vs Picton**

**Sat., Feb 2 @ Port Hope**

**Fri., Feb. 8 Home vs Amherstview**

**Sat., Feb. 9 @ Campbellford**

~ All HOME games have an 8:30 start ~

~ Away games have a 7:30 start ~

*Be a Storm Chaser!*



The winner of the  
**50" TELEVISION is**

**Mike Brady of Northport**

*Thank you to everyone who supported  
the Deseronto Storm Hockey Team*

License No. MBQ-12-R131

*We thank all of our fans and supporters for sharing the pain and believing in us as we continue to  
build "The Storm". We couldn't do it without you. Looking forward to an exciting 2013-14 Season.*

**THANK YOU!!**

For more information and all the latest updates, please go to [www.pointstreak.com](http://www.pointstreak.com)




Canada Reads is coming and CBC is getting in on the action from coast to coast. Be sure to listen to CBC Radio for author interviews, great local programming and more. Indian Horse and Away already available at the library.

## First Nations Public Library Week 2013: From Campfires to the Digital World: Storytelling through time

Visit the library February 11th to the 14th and help us celebrate First Nations Public Library Week

<http://www.fncaringsociety.com/have-heart-day-send-letter-prime-minister-or-your-mp>

Help ensure First Nations children have proper services that make them feel proud of who they are. You can help by sending a Valentine's Day card or letter



**KANHIOTE  
LIBRARY**  
613-967-6264

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

Thursday 12 to 7

supporting Have a Heart Day to the Prime Minister and your Member of Parliament. Visit this website to download a valentine letter or send an e-card ; letter also available at the library.

### 12th Annual Trivia Challenge: Sunday, February 24th from 2 to 4 at the Community Centre

Teams of 6 people/\$5 per person; if you wish to pre-register your team call 613-967-6264

**Your e-reader+ your library card+our e-resources=free books to read!!**

Audio books too - Visit the library to find out more.

### Knitting starts February 5th

Tuesday from 7 to 9pm. Make knitted/felted slippers, a project of your own choice or learn to knit. Instruction fee \$20/person.

# ***COME HELP US CELEBRATE***

Please join us for an open house to  
celebrate Edith Green's 80<sup>th</sup> birthday!

**When:** February 24, 2013

**Time:** 1:00pm to 4:00pm

**Location:** 59'ers Hall,  
(8011 Old Highway 2)

Best Wishes Only Please

Light Refreshments will be served



# CLASSIFIED

## LOT FOR SALE

Corner lot on Bayshore Rd & Hwy #49

- terms available

Call: 613-396-3378 or 613-827-4338

## 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

## LAND FOR SALE

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

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

## FOR SALE

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

## FOR SALE

BEAUTIFUL 4 BEDROOM HOUSE on Beach Road!

- 2400 sq. ft. house, 4 bedroom, 2 baths  
- hardwood flooring throughout entire house (no carpets)  
- Main floor has kitchen, large dining room, 3 bedrooms and 1 bathroom  
- upper level over the 2 car garage has master bedroom, large bathroom with Jacuzzi tub  
- large living room, garden doors onto plastic deck (no maintenance required)  
- Basement is partially complete  
- House is heated by propane furnace and a wood pellet stove. 27 foot above ground pool with large deck off back of house.  
- Storage shed and 3 fruit trees (2 pear and 1 apple).  
- This house is 19 yrs old and has been well maintained.

Asking \$160,000.00 serious inquires only please. 613-966-1092

## 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

## Available

### BABYSITTING OR SANTA LETTERS

- babysitting of Christmas shoppers

Call: 613-921-3898

## 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 1/2 car garage (24' X 24')
  - 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.

## ROOM FOR RENT

### FURNISHED OR UNFURNISHED ROOM

- \$400.00 per month
- 20 minutes from Belleville
- 10 minutes from Napanee, just a few minutes from 401
- includes: utilities, use of laundry, high speed internet service, satellite t.v., shared fridge and use of kitchen, parking space and shared living room.
- looking for someone who is neat, clean and respectable of others

If you have any questions please call:  
613-396-2176 or 613-922-5356



## 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 17 Feb, both churches will worship  
together at All Saints' at 8:30 a.m.*

### UPCOMING EVENTS

Sweetheart Dinner  
Sun 10 Feb. 5-7 p.m.  
Queen Anne Parish Centre  
Entertainment starts at 4. Roast beef dinner with all  
the trimmings. \$20/person or \$35/couple.

Shrove Tuesday Pancake Supper  
Tue 12 Feb, 5-7 p.m.  
Queen Anne Parish Centre  
This annual event features pancakes, bacon, and  
sausage and coffee/tea/juice. Admission is free.

Ash Wednesday Liturgy  
Wed 13 Feb, 7 p.m., Christ Church

Parish Fun Night  
Wed 20 Feb, 7 p.m.  
Queen Anne Parish Centre  
Bring a game, a friend, and a snack!

Men's Breakfast  
Sat 23 Feb, 8 a.m.  
Small Town Cafe, Deseronto  
The men of the Parish (and friends) gather once a  
month for breakfast and fellowship.

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

**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](mailto:altree94@gmail.com)

## **“AA OPEN MEETINGS”**

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

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





*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*

*Tyendingaga, 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 ✉ [gtplus@yahoo.com](mailto:gtplus@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)*



**TYENDINGAGA MOHAWK TERRITORY**

**1984 YORK ROAD**

**CHURCH · 613-396-5329**

**PARSONAGE · 613 · 396 · 5325**

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

### **Coming Events**

**Feb 1 · Revival Service**

**March 1 · Revival Service.**

call Church for more details

**Annual Church Business Meeting**

**March 27th @ 7 pm**

A drop box for used clean clothing and footwear is available, see details posted outside of shed. This is a fund raising project. Drop box is located at 1984 York road.

I cannot think that we are useless or God would not have created us. There is one God looking down on us all. We are all the children of one God. The sun, the darkness, the winds are all listening to what we have to say.

**Geronimo, Apache leader**

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**\$649.**



**Tyendinaga Computers is now pleased to announce  
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**Tyendinaga Mohawk Territory Ph: (613)966-9522 [www.tyendcomputers.com](http://www.tyendcomputers.com)**

# Turtle Island Deli & Produce

5965 Hwy #2 east, Shannonville, Ont.

613-966-2553

info@turtle-island-park.com

*Come check out our Store, menu & specialties.*

*February feature*

**Buy one take-out dinner  
entrée & get your  
Sweetheart's dinner**

**1/2 price.**

*Rotisserie Chicken Naked/BBQ/Smokey/Spicy*

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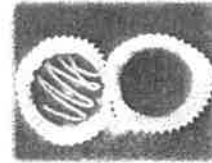
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E-MAIL: [buildall@bellnet.ca](mailto:buildall@bellnet.ca)



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