



**MOHAWKS OF THE BAY OF QUINTE**



**KENHTEKE KANYENK'EHA:KA**

**ORI:WASE (NEWS)**

**ISSUE 7/13**  
**OHYARIHKOWA (July)**

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

## Family Fun Night

Do you ever wonder how you get diabetes?  
Would you like information to prevent diabetes?  
Are you confused on what diabetes is all about?

If you answered YES to any question, Community Health Programs would like to offer to you, in your home, an evening of information on diabetes but made fun for everyone!

You provide the home, family & friends and we will do the rest.

CWC Community Health programs will supply the education, the snacks and we will come to you!

To schedule your family fun night for SEPT or for more information please call Denise Leafe @ 613-967-3603

## **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,



**MOHAWK FIRE DEPARTMENT**

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The Mohawk Firefighters in June responded to 4 calls:

- 1 Motor Vehicle Fire**
- 1 Motor Vehicle Accident**
- 1 Structure Fire**
- 1 False Call**

This brings our total to 45 calls for the year 2013

# Chief Powles Claus: A Bio prepared BY MBQ Research

Chief Powles Claus died on Thursday the 26<sup>th</sup> of July 1866. He had been in poor health. The Missionary of the time, the Reverend G. A. Anderson wrote:

*"After the boils healed a gathering came on his ear(?) and discharged up to the day of his death. On Tuesday last he was so much better that he walked all over his farm and as if he had a presentiment of his approaching, and told his younger son what he wanted done. On Tuesday night he became very ill & Wednesday delirious until his death..."*

*"The tribe has lost a valuable man - no one can be found to replace him... We will miss poor Powles in every way - his memory was so good that he knew all the business of his people for upwards of fifty years." (Source: LAC RG10 Vol. 414 pp. 761-2 Reel C-9618)*

Mr. Bartlett, Visiting Superintendent of Indian Affairs in Toronto wrote to his superior, William Sprague, Deputy Superintendent of Indian Affairs in Ottawa:

*"I have the honor to enclose herewith a letter from the Rev. G. A. Anderson reporting the decease of Powles Claus the leading Councillor of the Mohawk Indians, Bay of Quinte. He was a most useful man to his tribe, and recollected the business transactions for the last 50 years." (LAC RG 10 Volume 549 p. 368 Reel C-13,359)*

Powles Claus was born about 1799. He first married Margaret Socco or Karadodon (whose parents were likely from Akwesasne) in St. George's Church in Kingston on the 10<sup>th</sup> of January 1818. (Source: St. George's Church Records in Kingston)

They had a large family: Mary, Lawrence, Deborah (probably died young), Sarah, Betsy (probably died young), Michael, John, Amelia, James (who died young), twins John & James (who died young), William & Thomas (who probably died young).

Margaret died about 1852 and about 3 years later he married the Widow Rachel (nee Maracle) Green. At the time of this second marriage he held 55 acres in Lot 34, Concession A, 35 acres in Lot 34, Concession 2 and 50 acres in the West half of Lot 33, Concession 1.

He seems to have done some travelling as a young man as documents indicate that in 1820 he was staying at Caughnawaga (Kahnawake) (Source: LAC RG 0 Volume 122 pp. 5950 -5962 Reel C-11,481)

His name starts appearing on important documents in the 1820s. It appears on the Warham Noble lease of 1824. His name can be found regularly in documents from the 1830s & 1840s where he signed as a Chief.

Missionary Saltern Givins in 1843 described his as "a trusty man" (Source: LAC RG10 Vol. 131 pp. 74278-9 Reel C-11485)

In 1858 Reverend G.A. Anderson wrote:

*"Powles Claus one of the Chiefs of the Mohawk Tribe and now a steady and respectable man... My father (Superintendent T.G. Anderson) thought very highly of Claus and frequently said that he was the best man the Mohawks could have to manage their affairs..."* (Source: LAC RG10 Vol. 414 pp.191-2 Reel C-9618)

Powles Claus did have difficulties. Anderson relates that Powles Claus once had "intemperate habits" but that recently "has been very steady". (LAC RG10 Vol. 414 pp.191-2 Reel C-9618)

He also received a medal presented to him by His Royal Highness the Prince of Wales. (source: LAC RG10 Volume 362 p.549 Reel C-9596)

Powles Claus signed Surrenders No. 41, No. 51 & No. 81. He remained on Council in the community through the 1850s and until his death.

In September 1866, Reverend Anderson wrote to Mr. Bartlett (Visiting Superintendent of Indian Affairs) to say that:

*"Since the death of Powles Claus there has been a good deal of anxiety expressed by different members of the Tribe as to who his successor would be... There is not a man in the Tribe capable of supplying Powles' place."* (Source: LAC RG10 Vol. 414 pp.765-7 Reel C-9618)

Neither Superintendent Bartlett nor the community replaced Powles Claus in the Council that managed the affairs of The Mohawks of the Bay of Quinte. In 1869 a new system of electing councils was legislated by the Government of Canada and the first election under that system was held here in October 1870.

### **Descendants:**

- His daughter Mary married Joseph P. Brant.
- His son Lawrence moved away from the Bay of Quinte.
- His daughter Sarah married Jacob Moses.
- His son Michael married Mary Smith.
- His son John married Catherine Loft.
- His daughter Amelia may have married William Green.
- His son William married Margaret Hill.

**Could you be descendant? Check it out at the library.**

Upcoming Info Session on August 14, 2013.....

# The Draper Manuscripts

*Join us as we learn about 19<sup>th</sup> century life through the words of members of the Mohawks of the Bay of Quinte.*

Around 1879 a man called Lyman C. Draper was researching a book on Joseph Brant. He collected testimony from and corresponded with several members of the Mohawks of the Bay of Quinte.

Unfortunately Mr. Draper died before he wrote his book but his collection was preserved and we can explore the stories and information that he gathered.

These are some of the people he corresponded with:

- Mrs. Lydia (nee Loft) Martin, aged 77 years.  
Grand-daughter of Captain Isaac Hill, mother of Dr. Oronhyatekha
- George Rokwaho Loft, born at Bay Quinte, Sept. 4 1815.
- Mrs. Margaret Moses, daughter of Old John Green
- Thomas Green – Mohawk Chief – son of Old John Green
- Mrs. Elizabeth Powless, granddaughter of Captain Isaac Hill; married Seth Powles
- Mrs. Ann Penn – born in 1800 – daughter of Peter Brant (a Delaware)  
Wife of Chief Joseph Penn
- Joseph Hill, 86 years old – pensioner for services in war 1812. Born in 1793, son of Joe Hill Sr.
- Archibald Culbertson -great grandson of Capt. John Deserontyon
- Joseph W. Hill (son of William Isaac Hill & grandson of Capt. Isaac Hill
- Seth W. Hill (brother of Joseph W. Hill above)
- Mrs. Ellen Maricle, oldest surviving grandchild of Capt. Isaac Hill
- Catharine Hill – granddaughter of Captain Joseph Brant & of Captain John Deserontyon
- Kenwendeshon M.D. (aka John Maracle)
- Dr. Oronhyatekha (Peter Martin)



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)



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\*\* Free installation valid up to 152 meters to MBQ Band Members only. \$1.25/meter afterwards.



## FACT SHEET: THUNDERSTORMS

### Thunderstorms

A thunderstorm is an extreme weather occurrence that often come with high winds, lightening, hail, and heavy rain. Thunderstorms occur mainly in the spring, summer and fall months and can last for several hours. Lightening that accompanies thunderstorms is dangerous as it causes damage, serious injury and even death.

### Know What to Do:

#### If you are indoors:

- ◆ Stay indoors and remain indoors for at least 30 minutes after the last clap of thunder.
- ◆ Stay away from windows, doors and fireplaces.
- ◆ Lightening can enter house through plumbing pipes, so stay away from running water. Avoid taking a bath or shower during a thunderstorm.

#### In the car:

- ◆ Stop the car and pull over. Park away from trees and power lines that could fall.
- ◆ Stay in the car with your emergency flashers on.
- ◆ Avoid underpasses or low lying areas that may flood.

#### If you are outdoors:

- ◆ When you hear thunder, be aware that lightening is coming. Move to shelter right away.
- ◆ Count between lightening strikes and thunder, less than 30 seconds means the strikes are within 10 km. Look for cover.
- ◆ Avoid standing in water, high ground, isolated trees and power lines.
- ◆ Never go out in a boat during a storm. If you are caught on the water, head for the shore immediately!

#### If it hails:

- ◆ Stay indoors or find shelter. People have been seriously injured by hail.
- ◆ You may want to protect your vehicle by bringing it into a garage *before* the storm.

### Be informed:

- ◆ Listen and watch for local weather reports on the changing weather conditions.
- ◆ A severe thunderstorm watch means that the conditions are right for a severe thunderstorm with hail, heavy rain, lightening and damaging winds.
- ◆ A severe thunderstorm warning means that some or all of the thunderstorm conditions are occurring with the current storm —hail, heavy rain, lightening and damaging winds.

### Prepare Now

- ◆ When you are making your family emergency plan discuss these safety tips with your entire household to ensure everybody knows what to do in a thunderstorm.
- ◆ Make a list of things that will need to be brought indoors when there is a severe storm.
- ◆ Remove dead trees and branches that could fall and cause injury or damage.



### Sources:

Emergency Management Ontario Website (Government of Ontario):

<http://www.emergencymanagementontario.ca/english/beprepared/ontariohazards/Thunderstorms/Thunderstorms.html>

Get Prepared Website (Government of Canada):

<http://www.getprepared.gc.ca/cnt/hzd/svrstrms-eng.aspx>

Red Cross Website: [www.redcross.ca/prepare](http://www.redcross.ca/prepare)

# Get Acquainted with Your Well

If you live in a rural area, chances are your family's daily water supply comes from a well on your property. If you haven't already, get acquainted with your well. It's the first step in doing everything you can to protect the quality of your well water and the groundwater we all share.

In this Information Sheet, we'll explore types of wells, their maintenance and well water supplies, and how each can affect the quality of your well water.

## What have you done for your well, lately?

As a well owner, and someone who wants to ensure the water your family is drinking is safe, you need to:

- properly maintain your well to prevent it from being damaged, cracked or contaminated
- understand where your water comes from, and be aware of risks
- have your water tested regularly
- be "well" informed – let this Information Sheet series be the first step.

## Your well and your well's water are your responsibility

You have a legal responsibility for the condition of all wells on your property, under the authority of Ontario Water Well Regulation. A copy of the regulation is available on the Ontario Ministry of the Environment Web site. Please see the back page of this Information Sheet for the Web site address.

A watertight well keeps contaminants out of your well water... and out of the groundwater your well draws from.

Your well taps directly into a groundwater source. Groundwater is a shared resource we all rely on.

Contamination from one well can put people at risk far beyond your property. A properly maintained well and water testing help protect the groundwater that supplies your well water. Shortcuts risk future costly repairs and health hazards to family and neighbours.

## What type of well do you have?

There are different types of wells. Like most homeowners, you probably didn't or won't become directly involved in the construction of your well. But you should know what type of well you have because its design, construction and maintenance have a direct effect on the quality and quantity of water you draw from it.

Here's the take-home message, regardless of well type: water, and nothing but water, should enter your well, and it should only enter your well from the bottom.

The sides and top of your well should be watertight – free of leaks and seepage. No contaminant or foreign material should ever have access to your well, anywhere! Otherwise, these could harm the water your family draws from it and the groundwater it draws from.

When it comes to wells, think watertight!

## Water Well Record

A Water Well Record provides very important information about your particular well. As a well owner, you should get a copy of the Water Well Record that was filed after your well was built. Contact the Ministry of the Environment at 1-888-396-9355.



## Plug and seal any old, unused well

If you have an old well on your property that won't be used again, plug and seal it properly as soon as possible. This is important to:

- protect the aquifer below from surface contamination
- prevent serious accidents to humans, livestock and wildlife.

Each well and its surroundings are unique. Contact a licensed well contractor for the proper method of “abandoning” your old well.

Never use an old well as a garbage dump – especially for hazardous materials. That old well taps into tomorrow's drinking water.

If you have a well that you're not using now, but might use in the future, you must maintain it like any other working well.

## Do you know where your well water comes from?

Some water sources are at greater risk than others.

Your water well reaches down into an aquifer, which is a layer of rock or soil that holds and transmits large amounts of water. Just as well types and conditions can pose levels of risk that you should manage, so do different sources of water.

For example, in some cases, the protective soil above an aquifer is very shallow – less than 3 metres or 10 feet deep. This leaves the water in the aquifer vulnerable to contaminated runoff from above.

Is your water supply “highly vulnerable”?

The most common types of vulnerable water supplies are:

- below-grade wells, including well pits and buried wells, where the top of the well casing is below ground level, are highly vulnerable to contamination from natural gas build-up, vermin and the surface water that can collect and drain into them
- cisterns, which are reservoirs used to collect and store water, pose risks because they contain surface water and otherwise untreated water

Tip: Never use an old well as a cistern, as contaminants from rain water or tile drains will eventually reach groundwater.

- groundwater springs, where the water table meets the earth's surface, may easily be exposed to contaminants from human activities nearby, and the water may only have been in the ground for a short time

- surface water trench systems, also known as shore wells, pose risks to human health if water is untreated (e.g., from rivers or lakes, or from structures that indirectly collect surface water)

Tip: All untreated surface water is unfit for human consumption.

If you think your water supply may be “highly vulnerable”, don't use it, if at all possible. Try to find alternatives. If you can't, make sure you test your water, treat it (see Information Sheet, *Choosing a Water Treatment System*), and consider relocating your well.

**A rule-of-thumb for assessing the risk of problems with well water quality:**

**The deeper the well... The longer it takes surface water to enter the well... The lower the risk of contamination.**

**The risk of contamination also decreases the farther away the well is from potential sources of contamination.**

What's going on around your well – on your property and beyond?

Now that you've gone underground to think about your well and the water it draws from, it's time to look around above ground. How close is your well to potential sources of contamination?

Your well water can become contaminated at different locations – around your well, away from your well on your property, or in a well off your property that is uphill of your well.

Is your well upslope or downslope?

Whenever a well is located at a lower ground level than the surrounding area, the water in your well is exposed to runoff and potential contamination from septic beds, livestock yards, ponds and streams, etc. Be careful of practices on your property and aware of practices on higher ground off your property that may affect the quality of water recharging your well.

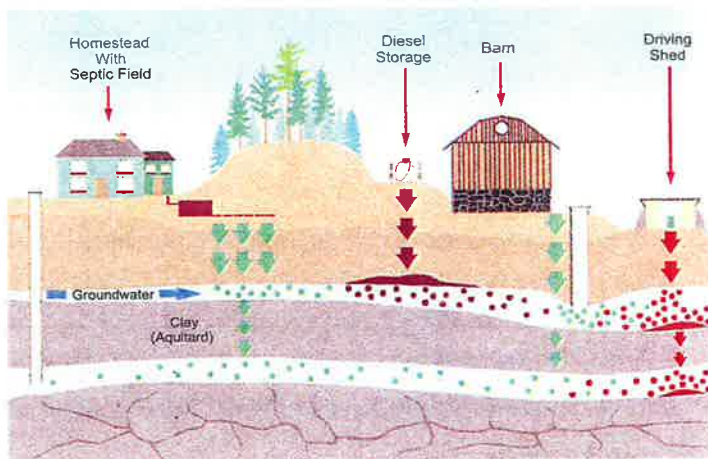
Does surface water pool around your well?

This is not a good sign. If surface water around or near the well can gain direct entry into the well and aquifer, this puts your water supply at risk. It may also mean your well isn't properly sealed.

## Contamination checklist

Look around to see if any of these contamination sources are in the vicinity of your well:

- bacteria from malfunctioning septic systems
- livestock manure
- fuel from leaking storage tanks or spills
- chemical pesticides and fertilizers that are improperly stored or applied
- household hazardous wastes, such as paints and solvents, that are improperly stored or disposed of
- road salt runoff
- animal feces (from pets or wildlife).



Contaminants that reach your aquifer may show up in your well water, sooner or later. The shortest pathway for a contaminant (including surface water) to your well is direct entry through the well casing, or by leaking down the outside of an improperly sealed well casing.

## Every well owner should put their water to the test!

Even if none of the conditions just described apply to you, and even if your water is clear and clean, have your well water tested. It's the only sure way of knowing that the water you and your family are drinking is safe.

Testing for bacteria in well water is offered as a service to owners and users of private wells by the Ontario Ministry of Health and Long-Term Care. Sample bottles are available from public health laboratories and your local public health unit.

For more information, see other Information Sheets, *Pathogens and Your Well Water* and *Putting Your Well Water to the Test*, in this series, and contact your local public health unit.

## Well Safety Checklist

### Outside Your Well

- ✓ Know exactly where your well is located.
- ✓ Keep potential contamination sources and activities away from your well.
- ✓ Mound up the ground around the well casing. The ground should slope away from your well.
- ✓ Make sure that your well's casing extends at least 40 cm (16 in.) above the mounded earth.
- ✓ Keep a permanent grass buffer at least 3 metres (10 ft.) around the well.
- ✓ Watch for ground settling around the outside of the well casing. This suggests that surface water could be accessing your well.
- ✓ Plug and seal any well that is no longer in use or no longer properly maintained.

### Inside Your Well

- ✓ Make sure that a commercially manufactured well cap or sanitary seal is securely in place. Inspect the cover or sanitary seal for cracks and holes.
- ✓ Inspect inside the well once every year. Early spring after snowmelt is a good time. Also:
  - look and listen for signs of surface water seeping or running freely into the well
  - look for seepage through cracks or stains below joints on the inside of the well casing
  - remove any debris floating in the well and prevent any more debris from entering it.
  - compare your well's construction to diagrams showing proper techniques.
- ✓ Disinfect the well and plumbing with chlorine solution after doing any work inside the well, or on pumping equipment (see the Disinfection Instruction Sheet).
- ✓ Check the condition of well vents. Look for flaws such as cracks or weakness in the vent tubing. Make sure that the fine-mesh screen is in place.

(see over)

## Your Well Water

- ✓ Watch for changes in water taste, odour and colour.
- ✓ Have a sample of your well water tested for indicator bacteria:
  - at least three times/year, with one of those samples done in the spring
  - more frequently than three times/year if you suspect problems
  - more frequently than three times/year if you have a “highly vulnerable” water supply as described in this Information Sheet.
  - after major plumbing work.
- ✓ Test for nitrate once every year, or more often if you have concerns. (Nitrate is a form of nitrogen that is stable in groundwater. Excessive levels can lead to health problems.)

## For more information

### Ontario Government Ministry Abbreviations

Ministry of Health and Long-Term Care  
MOHLTC (also MOH)

Ministry of the Environment  
MOE (also MOEE)

Ontario Ministry of Agriculture and Food  
OMAF (also OMAFRA)

### Ontario Government Information Lines

MOE Public Information Centre: 1-800-565-4923

MOE Water Well Records: 1-888-396-9355

MOHLTC INFOLine: 1-800-268-1154

OMAF Agricultural Information Contact Centre: 1-877-424-1300

### Ontario Government Web Sites

MOE: [www.ene.gov.on.ca](http://www.ene.gov.on.ca)

MOHLTC: [www.health.gov.on.ca](http://www.health.gov.on.ca)

OMAF: [www.gov.on.ca/omaf](http://www.gov.on.ca/omaf)

## 4 Information Sheets for Ontario Well Owners

This is the second of four Information Sheets for owners of private wells in Ontario. The Information Sheets, plus a Disinfection Instruction Sheet, outline what you need to know and do to protect your well water quality.

***Putting Your Well Water to the Test*** explains why, when and how to get your water tested.

***Get Acquainted with Your Well*** explores well types and well water supplies, and how each can affect the quality of your well water.

***Pathogens and Your Well Water*** takes a close-up look at organisms in water that can pose risks to human health.

***Choosing a Water Treatment System*** gives options for water treatment.

## Publications available on-line

Health Canada: [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

- *A Guide to Well Water Treatment and Maintenance*;
- *Water treatment devices for disinfection of drinking water*.

MOHLTC: [www.health.gov.on.ca](http://www.health.gov.on.ca)

- *How to use water safely during a “Boil Water Advisory”*;
- *E. coli Bacteria*;
- List of Public Health Units in Ontario.

OMAF: [www.gov.on.ca/omaf](http://www.gov.on.ca/omaf)

- *Assessing the Potential for Ground Water Contamination on Your Farm*, Publication 97-017;
- *Best Management Practices: Water Wells*, OMAFRA and Agriculture and Agri-Food Canada, 2003 (to order).

MOE: [www.ene.gov.on.ca](http://www.ene.gov.on.ca)

- *Important Facts About Water Well Construction*, Publication 3788;
- *Water Wells and Groundwater Supplies: The Protection of Water Quality in Bored and Dug Wells*, Information Sheet PIB 601b;
- *Water Wells and Groundwater Supplies: The Protection of Water Quality in Drilled Wells*, Information Sheet PIB 602b.

# Guidelines for Well Owners

Below is a list of what to do, and what not to do, as an owner of a private well in Ontario.

The accompanying Information Sheets provide background information on each one of these guidelines. Read all four – it won't take long and it will be time "well" spent! And if you want more in-depth information, there's lots of that too, in print, at local agency offices and on the Internet. Please see the For More Information section.

## What to do

- Make sure your well is properly constructed and maintained – it's your first line of defence to safeguard your drinking water from contaminants and pathogens.
- Inspect your well at least once a year to see what repairs may be needed.
- Make sure your drinking water meets the Ontario Drinking Water Standards, no matter what type of well you have – the only way to know is to have it tested.
- Have a sample of your well water tested at least three times a year.
- Testing for bacteria in well water samples is offered as a service to owners and users of private wells by the Ministry of Health and Long-Term Care.
- Sample bottles are available from public health laboratories and local public health units.
- Get a list of accredited laboratories that can test your water for specific chemical contaminants. Contact your local office of the Ontario Ministry of the Environment, or the MOE Web site.
- Disinfect all wells prior to use with a concentration of 50 milligrams of chlorine per litre of water standing for at least 12 hours.
- Refer to the Disinfection Instruction Sheet that is part of this Information Sheet series.
- Get a copy of the Water Well Record that was filed after the well on your property was built.
- If you don't have a copy, contact the Ministry of the Environment.
- Properly plug and seal unused wells to prevent rapid movement of contaminants down into groundwater.
- Dispose of household hazardous materials properly, pump out your septic tank every two years, and plan on replacing your septic system leaching bed every 20 to 25 years.
- If you need to treat your water, select a treatment system with great care to ensure it will be effective in your particular situation.

## What not to do!

- Never use untreated surface water for drinking water – untreated surface water is considered unsafe for human consumption!
- Don't pour water into a well with a low water level – this will undermine the foundation of the well.
- Don't use a highly vulnerable water supply (see Information Sheet, *Get Acquainted with Your Well*) unless all other attempts to develop an alternative supply have been unsuccessful.

## **\*\*Looking for Pictures of the Mohawk Airport\*\***

**I am looking for pictures of the Mohawk Airport to put in a memory book for a senior. I would love to copy them and return them to you! Please help!**

**Please contact Patty Sager at Home Support**

**613-967-0122 ext 141**

Trustee Report for June 2013

I cannot believe that another year has passed so quickly. June is a month that brings with it both stress relief for students. With the stress of final exams over at this point it is the relief of looking forward to some down time or possible summer employment. For students who are graduating, the thoughts and preparation begins for possibly the move to a post secondary college or university or the move to the work world will be the next phase of their experience. Before I get too far ahead of myself, I should mention that graduation brings the recognition that students have successfully completed the current phase of their education and with the support of parents; teachers and friends will celebrate this special occasion.

The community takes great pride in recognizing students achieving high levels of education and moving on to become contributors of an even stronger community. This cycle has been particularly rewarding for Tyendinaga.

With changes in HPEDSB for next school year, new challenges will be taken on and the Picture promises to be even more productive and successful as HPEDSB and Tyendinaga First Nations continue to work together to provide the best quality education possible to all students.

Congratulations graduates, all the best in future endeavors. You all make us very proud.

For more detailed information on Board or Committee minutes, please go 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 Tending First Nations



## News from the Ohahase Education Centre

The 2012/2013 school year has come to a successful conclusion, and now marks are being tallied and reports are being written. We are pleased with the diligence and commitment our Grades 9 and 10 students have demonstrated towards their formal education, and are encouraged by the gains they have experienced, including the three Grade 10 students who were successful on the OSSLT written in April!

We are proud to announce that there are 13 confirmed graduates in our Adult Ed program! Students who will receive their Ontario Secondary School Diploma at our grad ceremony on July 27<sup>th</sup> are:

DEE VANEVERY	BRENT HILL	BENJAMIN HARVEY
JESSICA HILL	DAKOTA HILL	KYLEA SMART
ASHLEY BRANT	MARNI MARACLE	
CLAYTON WEISTCHE	CHELSEY MARACLE	
HUNTER LUCAS	DAVE BOLTON	CHRISTOPHER JACOBS

Please join us in congratulating these students as they complete a very important milestone in their lives. We all should be proud of their accomplishments! There are an additional six adult students who are within reach of achieving their OSSD this year, and we wish them well as they make the final push towards completion!

We are accepting registrations all summer for Fall 2013 programming, in both our day program and our adult program. Please note that we are expanding and will now offer Grade 11 classes, including an Entrepreneurship program, starting in the fall. Other Grade 11 courses we will offer include: English, Math, Mohawk Language, Guidance, Transportation Technology: Vehicle Ownership, and other courses of interest. It's sure to be an exciting year!

Ohahase Education Centre  
3 Old York Road  
Tyendinaga Mohawk Territory  
613-396-2122

***Congratulations to our 3 graduates of 2013!!!***



***L to R – Brett Maracle, Caleb McEwen and Trent McEwen***

*“You have brains in your head.  
You have feet in your shoes.  
You can steer yourself in any direction you choose.  
You're on your own.  
And you know what you know.  
You are the guy who'll decide where to go.”  
~Dr. Seuss~*

*We are so very proud of each of you. Love Nan and Grandpa Wilson*

**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)





## Kanhiote Tyendinaga Territory Public Library



TD Summer Reading info attached

Thanks to everyone who donated to our road toll and yard sale and all who helped on the day- total for the road toll was \$1028 and \$175 for the yard sale

Indian Horse is First Nation Communities Read Selection for 2013-2014

First Nation Communities Read is pleased to announce that Indian Horse is its 10th anniversary community reading selection. Written by Richard Wagamese and published by Douglas & McIntyre (Vancouver), Indian Horse is a novel that is uniquely Aboriginal in voice, spirit, and substance.

Indian Horse is the story of Saul Indian Horse. Readers meet Saul as an adult and travel, with him, back through his childhood, youth, and early adulthood as he seeks to come to terms with a past that threatens his present and future. Saul's story is riveting as it unspools through life on the land, family displacement, residential school isolation, affirmation/self preservation in sport (hockey), betrayal, abasement, and a wandering that leads, ultimately, to the beginnings of a restoration of spirit and self.

The next brown bag lunch history session with Trish will be August 14th at 11 am - 19th century stories from the Draper manuscripts.

Love to paint but don't make time for it?

Join us at the library for a six week program to gather and paint. Work on your own pictures/ideas, bring your own supplies. No \$ involved.

If you are interested please call 613-967-6264 and we can decide a start date and time that suits us all.

Acrylics only!

Karen Lewis  
Kanhiote Tyendinaga Territory Public Library  
1658 York Road  
RR1 Deseronto, ON  
K0K 1X0

613-967-6264



## **Residential School Survivor Stories Compilation**

As part of my duty as a member of Tyendinaga, I wish to extend a hand to our community's Residential School Survivors. All survivors, whether First-Generation, Second-Generation (children of residential school survivors), or other, are invited to contact me and share their stories in any means most comfortable for them.

This is a personal commitment to my community and I have no external affiliations. All stories from our survivor's will be their property and will not be shared unless there is written permission from the survivor.

After the survivor has shared their story, I will assist in documenting their stories (if desired) in any way I can.

Some suggestions:

- Have your story transcribed for family records
- Compile stories to be shared within the community
- Submit stories to the Truth and Reconciliation Commission's (TRC) Archives
- Or anything else the survivor and their family desires

Healing, support and complete confidentiality are my utmost priorities.

Please contact me if you are interested in an interview or would like any further information.

**Kiera Kaia'tano:ron Brant**

**613-857-5630**

**[kbrant2112@hotmail.com](mailto:kbrant2112@hotmail.com)**

If you are in distress please call **1-866-925-4419** to access the Indian Residential Schools Crisis Line.



## THANK YOU for HELPING

The Mohawk Agricultural Society wishes to thank all those volunteers that assisted in some way with our fund raising BBQs at Quinte Mohawk School (QMS). People that helped included : Bill and Marilyn Brant, Jennifer Brant. Pat Brant, Gladys Bowden, Darlene Brinklow, Mila Burliegh, Alex Crouse, Jim Donovan, Anne Maracle, and the custodians at QMS. Please excuse us for anyone whom we may have left out.



Kailey Sager would like to say Thank-you to the Dreamcatcher Fund for their support during her 2013 competitive dance season!



## Thank you!

We would like to thank sister Linda, Jake, Shirley and family for giving up their long weekend and coming over.

Special thanks to sister Sharon for making the delicious soups. Would like to thank the wonderful friends and family that came to Marty's memorial. It was a wonderful day to celebrate his life.

Special thanks to all that brought the delicious food.

Special thanks to all that helped clean up before and after.

Our gratitude goes out to the fantastic friends of the "Piss Tanks" band that entertained us during the day.

Our love and gratitude,  
Dorothy-Ann  
Krista, Gaven, Makayla, Doug  
Chris

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

# July 2013

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> <b>Office Closed</b>	<i>2</i> Meals on Wheels  Library	<i>3</i> Diners Club Deseronto	<i>4</i> Meals on Wheels  Belleville Shopping	<i>5</i> Meals on Wheels  Handivan Des	<i>6</i>
<i>7</i>	<i>8</i> Corn Husk Doll	<i>9</i> Meals on Wheels  Library	<i>10</i> Diners Club & Bingo HOME SUPPORT @ Community Centre  Euchre	<i>11</i> Meals on Wheels  Birthday Tea  Napanee Waterfront Trail	<i>12</i> Meals on Wheels  Handivan Des  Scrapbooking	<i>13</i>
<i>14</i>	<i>15</i> Corn Husk Doll  Breakfast Club	<i>16</i> Meals on Wheels  Lake Ontario Park	<i>17</i>	<i>18</i> Meals on Wheels  Picton Shopping	<i>19</i> Meals on Wheels  Handivan Des  Napanee Waterfront Trail	<i>20</i>
<i>21</i>	<i>22</i> Ceramics	<i>23</i> Meals on Wheels  GAME DAY	<i>24</i> Diners Club & Bingo HOME SUPPORT @ Community Centre  Euchre	<i>25</i> Meals on Wheels	<i>26</i> Meals on Wheels  Handivan Des  Scrapbooking	<i>27</i>
<i>28</i>	<i>29</i> Ceramics	<i>30</i> Meals on Wheels  Library	<i>31</i> <b>HOME SUPPORT OPEN HOUSE</b>	For more information on any of these programs or to sign up please call Home Support at 613-967-0122		

# 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  
and to Each Other as Women"*



*You are invited to share your birth experience.*

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

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

**When:** Tuesday, July 23rd, 2013

**Where:** Kanhiote' Library

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

*For more information and to register please contact:*

Dorothy Green @ 613-967-3603 ext 166

Amy Maracle @ 613-922-5360

Karen Lewis @ 613-962-6264



# Let's Walk & Beat Diabetes Together!

# July 2013



## UPCOMING EVENTS FOR JULY 2013

**Mondays July 8th –29th: Stroller Fit Boot Camp** from 10-11am at the QMS Track (*weather permitting*)

**Wednesdays July 10th, 17th and 31st: Prenatal & Post-partum Yoga** in the Teaching Lodge at CWB from 10-11:30am

**Wednesday, July 24th: Cooking with Wild Game** in the Teaching Lodge Kitchen from 9:00am-12:30pm. Limited Space—please call to register ASAP.

➤PLEASE CALL TO REGISTER FOR ALL ACTIVITIES!➤

### **NEW!!! Stroller Fit “Bootcamp on Wheels”**

Our **Stroller Fitness class** is an outdoor fitness program held at the QMS track for mothers with young infants and toddlers.

It is a full-body work out focusing on hips, thighs, butt, upper body, cardio and core. The classes are appropriate for pregnant women, new moms or moms with toddlers. We do recommend that you get authorization from your doctor prior to attending the class. Many post c-section moms wait for 6-8 weeks to start the program.

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

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

Phone: 613-967-3603 Extension 166 Email: [chp\\_cwb@mbq-tmt.org](mailto:chp_cwb@mbq-tmt.org)  
[www.tndms.ca/HMHB-Tyendinaga.html](http://www.tndms.ca/HMHB-Tyendinaga.html)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Canada Day</i>	2	3	4	5	6
7	8 Stroller Fit Boot Camp 10-11:00am QMS Track  ● New Moon	9	10 PN & PP Yoga 10-11:30am CWB	11	12	13
14	15 Stroller Fit Boot Camp 10-11:00am QMS Track	16	17 PN & PP Yoga 10-11:30am CWB	18	19	20
21	22 Stroller Fit Boot Camp 10-11:00am QMS Track  ○ Full Moon	23	24 Cooking with Wild Game 9am-12:30pm CWB	25	26	27
28	29 Stroller Fit Boot Camp 10-11:00am QMS Track	30	31 PN & PP Yoga 10-11:30am CWB			



Let's Walk & Beat  
Diabetes Together!



# August 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 <b>CIVIC HOLIDAY</b> • New Moon	6	7 Iroquois Beadwork Workshop 9am-12pm	8	9	10 TYENDINAGA POW WOW
11 TYENDINAGA POW WOW	12 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	31

## UPCOMING EVENTS FOR AUGUST 2013

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

**Mon August 12th - August 26th: Urban Poling**  
QMS Track from 10-11am (weather permitting)

**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 in August 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  
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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)



*with*  
**Hollie Lloyd, Personal Fitness Trainer**

Our **Stroller Fitness class** is an outdoor fitness program held at the QMS track for mothers with young infants and toddlers. It is a full-body work out focusing on hips, thighs, butt, upper body, cardio and core. Each class, we start with a warm up and stretch. The class is then performed in a circuit training style with cardio bursts throughout to keep your heart rate elevated and the calorie burn at a max! We end with a cool down and core work.

No fancy strollers are required for this class. The classes are appropriate for pregnant women, new moms or moms with toddlers. We do recommend that you get authorization from your doctor prior to attending the class. Many post c-section moms wait for 6-8 weeks to start the program. All you need to bring with you for this class is some water, and anything you need for your baby.

I will provide all the other equipment required for this class! If you have your own yoga mat and resistance band you prefer to use, please feel free to do so.

**When: Monday July 8th, 15th, 22nd & 29th, 2013**  
*(weather permitting)*  
**Where: Quinte Mohawk School Track**  
**Time: 10am – 11am**  
**"NO COST to participants"**

**Please call to Register:**  
Mary, Dorothy or Gale at 613-967-3603

**Presented by: CPNP—“Moms-in –Waiting Program & UWO’s—“Healthy Moms, Healthy Babies Project”**



# YOGA

## PRENATAL & POSTPARTUM

### for July 2013



Mothers and children participate in yoga exercises with nature and animal themes that are fun for all ages!  
*with Barbara Roch, Certified Yoga Instructor*

Classes held in the Teaching Lodge at the Community Wellbeing Centre  
**No Cost to participants**

Wednesday Mornings:  
July 10th, 17th & 31st, 2013  
from 10am-11:30am

Healthy Snacks Provided

PLEASE BRING A YOGA MAT IF YOU HAVE ONE!



**Please call to register:**  
Mary, Dorothy or Gale at 613-967-3603

**Presented by: CPNP—“Moms-in –Waiting Program & UWO’s—“Healthy Moms, Healthy Babies Project”**





## Vanilla Bean Coconut Ice Pops



**Vanilla Bean Coconut Ice Pops**  
From *The 21-Day Sugar Diet*



- ◆ **Sugar free**
- ◆ **Dairy free**
- ◆ **Gluten free**
- ◆ **Grain free**
- ◆ **Yummy!**

**PREP TIME: 5 minutes**

### Ingredients:

- 1. 15oz can of full fat coconut milk + water to fill pop molds
- 1 vanilla bean pod
- 1 teaspoon pure vanilla extract

### Preparation:

**Pour** the coconut milk into a mixing bowl (preferably one with an easy-pour spout) or into your blender.

**To calculate how much water you'll need to add:** Test how much liquid your ice pop molds will hold by filling one to capacity, then measuring the liquid in a measuring cup. Multiply that amount by the number of pops you have, then add water to your coconut milk to add up to the total number of ounces you'll need to make your pops. For example, if you have 6 pop holders and each one hold 3oz of liquid, you will need to have 18 total ounces of liquid. In this case, you will want to add 3oz of water to the 15oz of coconut milk you have to add up to the total of 18oz. **Slice** the vanilla bean pod in half lengthwise, then scrape the back of your knife down the inside of the pod to remove the seeds.

**Place** the vanilla bean seeds into the coconut milk, then add the vanilla extract and either whisk together or blend.

**Pour** evenly into your molds and freeze overnight. To remove the pops, run the containers under warm water until the sides release.

**CHANGE IT UP:** Add 2 tablespoons of maple syrup to the mixture to sweeten it just a touch – or Add 1/4 cup of your favorite fruit to the blender – try pineapple, cherries, peaches, mango, strawberries, blackberries, or blueberries (or may be mashed).

## Arrowroot and Coconut Baby Biscuits

For babies 6 months and up. Also liked by adult diabetics.

- ½ cup unsweetened fine coconut\*
  - ½ cup arrowroot flour
  - 1 teaspoon baking powder
  - ¼ cup soft butter
  - 1 small or medium banana,
  - OR ½ large banana, mashed
- OR equal amount of cooked mashed sweet potato

- \* Sugar free
- \* Sweetener free
- \* Grain free
- \* Egg free
- \* Free of common allergens

Put all dry ingredients in a mixing bowl and stir.

Rub in the butter with the back of a spoon.

Add mashed banana or sweet potato. Mix to a soft dough. Roll out on a surface dusted with arrowroot flour and cut out.

Bake at 350 F for 12-15 minutes (or less if thin) until light golden in colour.

\*Coconut is not a nut. It is a fruit, in the same botanical family as the stone fruits (...peaches, plums, cherries, etc).

\*Not a choking hazard. Babies this age need and like new textures, which these biscuits provide. Always stay with your baby and supervise when eating.

Making sure your baby is sitting up and able to hold food him/herself is safest.



## Cooking with Wild Game



**When:** Wednesday, July 24th, 2013  
**Where:** Teaching Lodge Kitchen, CWB  
**Time:** 9am—12:30pm



**Limited Space. Please call to Register!!**

Mary, Dorothy or Gale at the Community Wellbeing Centre  
613-967-3603



Presented by:

CPNP—"Moms-in -Waiting Program, Ontario Works  
and UWO's—"Healthy Moms, Healthy Babies Project"



## IROQUOIS BEADWORK

A HAUDENOSAUNEE TRADITION & ART



**When:** Wednesday, August 7th, 2013  
**Where:** Teaching Lodge, CWB  
**Time:** 9am—12:00pm

Traditional raised Iroquois beadwork is recognized as one of the most distinctive types of Indian beadwork ever made.

Today, beadwork patterns and symbols can be found throughout Haudenosaunee communities. Outfits and accessories are often decorated with sky dome, flowers and other traditional designs. Beadwork patterns are also used on things such as pottery, jewelry, business cards, billboards, school buildings, web sites and restaurant menus.

While some beadworkers continue to preserve and work with traditional ideas, others explore new directions. [www.iroquoismuseum.org/beadworking2.htm](http://www.iroquoismuseum.org/beadworking2.htm)

**Limited Space. Please call to Register!!**

Mary, Dorothy or Gale at the Community Wellbeing Centre  
613-967-3603



Presented by:

CPNP—"Moms-in -Waiting Program, Ontario Works  
and UWO's—"Healthy Moms, Healthy Babies Project"



# CANNING, PRESERVES & PICKLING 101



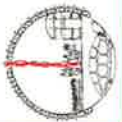
When: Wed, Aug 21st & 28th, 2013

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:

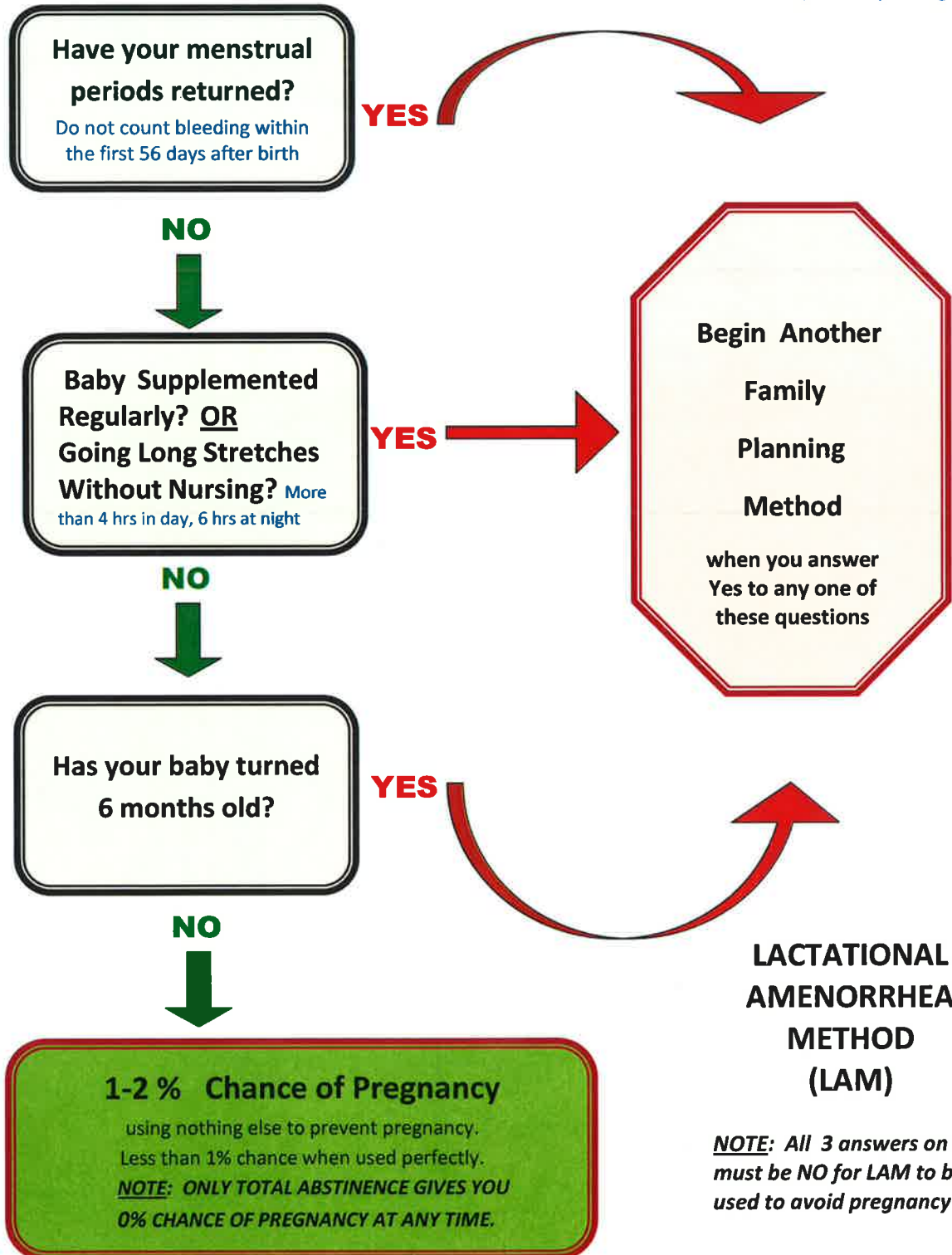
1. Get all of this going before filling the jars
2. Wash 7 quart jars in hot, soapy water (or dishwasher), rinse and fill hot water, set aside.
3. Fill canning kettle half-full with hottest tap water; set on burner over high heat.
4. In medium saucepan, fit lids and rings together, cover with water, 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





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

# Can I Get Pregnant While Breastfeeding?



# Community Health

Ph:613-967-3603

## July 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Group Parish Church 10am-12pm	2 Breastfeeding Group Parish Church 10am-12pm	3 Clinic Diner's Club 11am-12pm	4	5	6
7	8	9 Breastfeeding Group Parish Church 10am-12pm	10 Blood Pressure Clinic Diner's Club 11am-12pm	11	12	13
14	15 Let's Get Movin Camp 8am-5pm Limited space	16 Breastfeeding Group Parish Church 10am-12pm Let's Get Movin Camp 8am-5pm	17 Let's Get Movin Camp 8am-5pm	18	19	20
21	22	23 Breastfeeding Group Parish Church 10am-12pm	24 Blood Pressure Clinic Diner's Club 11am-12pm	25	26	27
28	29	30 Breastfeeding Group Parish Church 10am-12pm	31			



***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



### ***What are Community Health Programs?***

Community Health programs are committed to educating the community to prevent and decrease the incidents of disease among our people.

*We need your help.*

Each and every community member has something to offer in this such as, experiences, support, positive energy or to hold a hand.

Please make efforts to watch for Community Health Programming in the TMT newsletter, MBQ web site, community flyers or just by giving us a call.

We appreciate your thoughts, input and ideas  
613-967-3603 Community Health Dept.

# DIABETES WELLNESS CIRCLE

SEPTEMBER 10/13

7 PM

Community Wellbeing Centre

50 Meadow Dr.

T.M.T

ALL WELCOME



Continuing By Community Request!



# Nia:wen

A BIG Nia:wen to all who attended our 2012-2013  
Diabetes Wellness Circle.

Our circle participants received valuable information on living well with diabetes, including cooking demos, healthy recipes, a look at alternative therapies, visits with dietician, stress relief and traditional medicines.

The staff of Community Health Programs at  
Community Wellbeing had so much fun with you  
all!

Have a great, safe summer and we look forward  
to seeing you in the fall.



## Moon Ceremony

Women are invited to join us to honour and seek guidance from  
Grandmother Moon on July 23 / 2013 at Dusk (Approx. 8:30 pm)

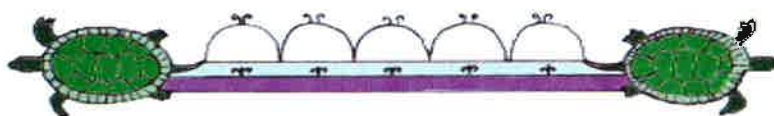
What to bring:

- 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.





CONTINUING upon  
community request  
SEPT 2013

## DIABETES WELLNESS CIRCLE

Open to anyone wanting to learn more about  
diabetes or living with diabetes.

More information to come,  
Watch T.M.T. newsletter or M.B.Q. web site  
for September start date & time.

# The BIG Game

(NOT LACROSSE)

AND

## Circle Gathering

Hosted by: Peter Brant and Chevon Leween, Youth Leadership Program

**Where:** The Lacrosse Box on York Road

**When:** Saturday, July 27, 2013

**Time:** 10:00am-4:00pm

### Schedule

**10-12** We will be having a circle for anyone who wants to attend. We will talk about our **spirit fire**.

**12-1** Lunch- hamburgers, hot dogs, salads and refreshments will be sold.

**1-4** we will then have our final thing for the day and it's a big one we will have the **big game**.

**Everyone is welcome !!!**

### **For more information & TO REGISTER**

Contact: Lyndsay Scero,  
Youth Mentor,  
Enyonkwa'nikonhriyohake'  
(Good Minds) Program  
613-967-0122 ext: 148



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**



613-967-0122

Community Wellbeing Centre

50 Meadow Drive

Tyendinaga Mohawk Territory



## *Summer Fun*

What is available in the surrounding communities for the month of July...

### **Deseronto:**

**Deseronto Canada Day Celebrations Centennial Park with fantastic fireworks display to follow!**

July 1st 5:00-10:30pm

Old fashioned games in Centennial Park including scavenger hunt, Sack Races, 3 Legged Race, Fish Pond, Water Balloon Toss and many more! Canada Cake, other treats and refreshments, face painting and souvenirs!

### **Belleville:**

**Canada Day**

July 1st, 11am

You're invited to Canada Day at West Zwick's Park. The bash includes: Wacky Water Slide, Giant Sand Box, Batman and the Joker, Mini Putt Golf, Car Show and Nascar Canadian Tire Series. Rock out at Main Stage with Belleville's best talent - headlined by local legends Bentwood Rocker! Later cuddle up in the park for Quinte's best fireworks display. ALL FREE, except \$3.00 for parking.

**29th Annual Belleville Waterfront & Ethnic Festival**

July 11-14, 11am daily

Full midway, Ethnic food village, vendor exposition, main stage acts including tributes to ABBA, The Bee Gees and Shania Twain ... children's meet and greets with Thomas The Tank Engine Train, Sponge Bob Square Pants & Patrick, Iron Man, Dorra The Explorer & Angelina Ballerina ... Ultimate Air Dogs, Indie Music event, Dragon Boat races, and Poker Run Rendezvous boat races! Free Admission - Parking \$2

### **Trenton:**

**Canada Day Celebrations, Centennial Park Trenton**

July 1st

**Festival on the Bay**

July 19-21

The downtown 'Festival on the Bay', hosted by the DBIA offers a sidewalk sale, great music and live entertainment. A special treat this year - Dragon Boat Races have been added!

### **Picton:**

**Canada Day Pancake Breakfast**

July 1st, 8:00 am - 10:30 am

290 Main St., Wellington

**Canada Day Children's Carnival**

July 1st from Noon to 5pm.

Delhi Park, Picton.

Join the celebration! Kids under the age of 12 pay no fee as they enjoy enormous inflatable slides and jumping castles, and a 135 foot inflatable obstacle course, a dunk tank, popcorn, candy floss, other food items, and even a gift bag. Fire Fighters will be on hand to provide a water wall, and heritage crafts will be provided by County Museums.

# MADOC SPLASH PAD

WEDNESDAY JULY 17TH, 2013

☀ 10:00 AM - 3:00PM ☀

Family Health and Child Development is excited to invite you and your family to join in on our family adventure to the Madoc Splash Pad. This is a great place to spend a sunny summer day with your family! The park is fenced in and has a number of water sprinklers, buckets and water cannons. There is also a large play structure for children of all ages. You are required to bring your lunches, drinks and snacks for the day, there are picnic tables to rest and eat on. The canteen at the park may or may not be open the day of our trip so we ask that you prepare your lunch for yourself and your children just in case. Washrooms are onsite as well and open.

**\*\*\* WE ARE NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS. PLEASE LEAVE YOUR VALUABLES AT HOME\*\*\***

You will need to bring towels, hats, and sunscreen ( bug spray is optional) as we will not be supplying these items.

We will leave the Community Wellbeing Centre at 10:00am SHARP! We will be taking a school bus to the pad/park - we will spend the day at the park at your leisure and be boarding the bus to head back home at 2:00pm, with an arrival time of 3:00pm.

**\*\*FAMILY HEALTH AND CHILD DEVELOPMENT WOULD LIKE TO REMIND ALL PARENTS AND CAREGIVERS THAT YOU ARE RESPONSIBLE FOR YOUR CHILD(REN'S) SAFETY WHILE AT THE SPLASH PAD, WE RECOMMEND THAT YOU BRING ENOUGH HELP WITH YOU TO ENSURE EVERYONES SAFETY WHILE AT THE PARK. \*\*\*\*\***

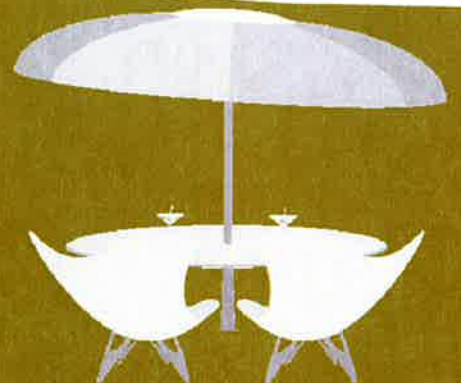
We hope you are able to make it! It's going to be a great day!!! NIA:WEN



The cost of our bus trip is \$5.00 per adult, that is to be paid at the time of registration.

Please call 613 967 0122 ext. 139 if you have any questions regarding this trip.

Spaces are limited so call now to book your spots!



## Breast feeding Support Group

Every Tuesday  
Queen Anne Parish Hall  
1295 Ridge Road  
10:30am-12:00pm



## 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**

### July Calendar for this group

July 3<sup>rd</sup> Drop In

July 10<sup>th</sup> Quinte Sports Centre for a family swim the cost is \$2.50 per person, children under 2 are free 9am-10:45am

July 17<sup>th</sup> Madoc Splash Pad 10am-3pm (no snacks provided) Adults \$5.00

July 24<sup>th</sup> Belleville walking trail

July 31<sup>st</sup> Drop In

### 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

**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**

**Instructed by:**

**Attie Sandink RN.,IBCLC.,**

**Birth & Baby Needs**

**Private Registered Lactation Consultant**

**Lactation Trainer and Facilitator**





# ASSOCIATION OF IROQUOIS AND ALLIED INDIANS

## 14th Annual Elders Gathering August 20—22, 2013



**DRESS UP  
CONTEST  
WAR OF 1812**

**LOCATION:** Batchewana Learning Centre

15 Jean Ave., Sault Ste. Marie, Ontario

**THEME:** Ancestors Through Elders, Giving Rise to Our Future

For more information contact:

Valerie George, AIAI  
Phone: 519-434-2761  
Fax: 519-675-1053  
Email: [vgeorge@aiai.on.ca](mailto:vgeorge@aiai.on.ca)

- Cultural Teachings
- Political Updates
- Health & Wellness Presentations
- Social Services Presentations
- BINGO
- Elders Safety

This is a free event open to all pre-registered community members from AIAI affiliated First Nation Communities.

**To register please contact: Cindy Loft @ 613-967-0122**

**Host Community: Batchewana First Nation**



# SUNAGO

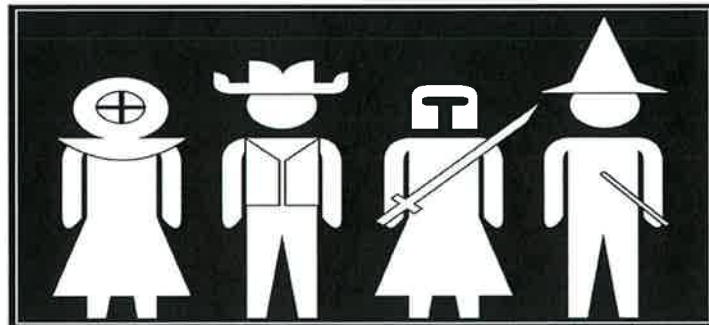
SCHOOL OF THE PERFORMING ARTS

“Connecting The Arts To Your Community”

These are your kids



These are your kids



In the Arts

REGISTER NOW for our 5 Day Summer Dance  
and Drama Camp in Shannonville!

Ages 8 - 18, July 22nd - 26th

Any Questions?

SUNAGOARTS@GMAIL.COM

(613) 242- 8130



## **IAPO Business Financing Meeting & BBQ**

**Tuesday July 16, 2013**

**All Saints' Anglican Church**

**1295 Ridge Rd. , Tyendinaga**

**6-8 Pm**

Everyone is invited to hear the latest information on business development grants and financing.

### **Agenda**

6:00 pm BBQ

6:30 Ed Smoke

Aboriginal Business Equity Fund

Information on accessing grant to support business start ups and expansion

7:30 Mark Leahy

IAPO

Information on accessing financing and grants to support business.

8:00 Close

For more information contact:

Indian Agricultural Program of Ontario

at 1 800 363 0329

14 York Road, Unit #1

Shannonville, Ontario

KOK 3A0

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

**July 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**

**Staying On Track During Summer Chaos**

**Plan your workouts** - If you have family coming in, plan an early morning walk or strength training session. If you are going on vacation, plan a walking route ahead of time.

**Focus on Maintenance** - If family is in town, focus on maintaining a basic level of strength and endurance rather than trying to accomplish major goals.

**Find Ways to Stay Active** - Take your family sightseeing, hiking or to the park.

**Enjoy the Change** - This is your chance to be creative and try something new.

**Congratulations to All the Winners**

**Tyendinaga Health & Wellness Expo. Draw**

**Mary Lynn Brant - Gym bag & membership**

**Lose to Win Contest**

**Rob Maracle & Tracey Maracle - \$220.00- 36.4**

**Pounds ...GREAT JOB ! Single's Contest in Sept.**

**Spring Show Off Draws**

**Erika Maracle - Gym Bag with \$500 worth of items**

**Diana Barlow - \$25.00 gift card**

**Lori Dove - Epicure Gift Package**

**NEW GYM AREA**

**We are welcoming Fitness Instructors &**

**Personal Trainers to join us in September for**

**NEW fitness programming. We will also have**

**space to rent for workshops and meetings.**

Tyendinaga Fitness Resource Centre (613) 962-2822

**Lose To Win**

**Winners Congrat's**

**Rob Maracle &  
Tracey Maracle**

**Lost – 36.4 pounds**

11 couples participated

Winners received \$220.00

Proceeds for TFRC – \$220.00

Singles

Lose to Win

In September /13

**Thank You for  
Your Support**



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

facebook

**Cool  
Inside**



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

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

# DESERONTO AND DISTRICT MINOR HOCKEY ASSOCIATION

- We offer a hockey program for players, parents and team officials which promotes fair play, fun and respect for all.
- We offer an Initiation program for new players to the game and local league teams in the Novice through Midget divisions
- Teams play in a local league (ICHL) with teams from Gananoque, Stone Mills, Loyalist Township and North Frontenac with approximately 20 regular season games plus playoff games and a final championship day. (season runs from early October until the end of March)
- All teams enjoy full ice practices

## 2013 – 2014 REGISTRATION INFORMATION

### REGISTRATION DATES:

Registration can be done online at [www.ddmha.ca](http://www.ddmha.ca) or at the following in-person dates at the Deseronto Community Centre (51 Mechanic Street, Deseronto):

<b>Wednesday, August 14, 2013</b>	<b>6pm -8pm</b>
<b>Saturday, August 17, 2013</b>	<b>10am – 2pm</b>

### COST:

**Initiation** \$250.00

### **Local League (Novice – Midget)**

Early Registration – until August 17 \$425.00

Regular Registration – August 18 – October 1 \$450.00

Late Registration – October 2 and later \$475.00

**Note: a copy of a birth certificate is required for all 1<sup>st</sup> time players**

### PAYMENT:

Full Payment is required by October 1<sup>st</sup>, 2013 (unless paying by payment plan described below)

Payment plans are available online (by credit card) or at in-person registration dates (by post-dated cheques).

### In-person:

Initiation – initial payment of \$62.50, Sept 1, Oct 1 and Nov 1 instalments of \$62.50

House League – initial payment of \$106.25, Sept 1, Oct 1 and Nov 1 instalments of \$106.25

Online: Please see website for details

For more information contact the Registrar:

Beth Flindall

396-3581

[registrar@ddmha.ca](mailto:registrar@ddmha.ca)



## DESERONTO LEGION

### **UPCOMING EVENTS FOR June:**

Saturday, July 13- from 4 to 7, Becky Elliott brings her band to entertain downstairs at the legion. Please join us to welcome Becky as she makes her Deseronto Debut!

The Legion holds its second annual Cooter Memorial horseshoe tournament, in honour of Earl Fraser. The event is held at Glen's Pits on Slash Road, beginning at 10:00 am. Entry fee is \$10.00, payable in advance at the bar. Breakfast will be sold and a Pot Luck follows at the legion.

Bingo continues every Tuesday, doors open at 5:30, play begins at 7:00. A canteen is available.

Pizza is sold every other Friday evening, from 5:30 to 7:30. Cost is \$2.00 per slice.

A regular meeting of the  
**Mohawk Agricultural  
Society (MAS)**

will be held at  
**MAS School Building  
At 7PM**

**On Wednesday, July 17  
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



# **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**

# 10TH & LAST SEDGE MEMORIAL GOLF TOURNAMENT

*Congratulations to all Quinte Mohawk School Students who have been recipients of the "Sedge Memorial Award" bursary over the last years. This bursary is awarded yearly to a student that shows good marks in school, sportsmanship and the love for hockey. We will continue to award this bursary each year until all funds are exhausted.*

*Thank you to everyone who has helped over the last ten years to make this Memorial Skins Tourney a huge success.*

*Nya:wen Kowa from the Maracle Family & Memorial Committee*

**SATURDAY JULY 27, 2013**

**@ BRIAR FOX GOLF & COUNTRY CLUB**

**1:00PM SHOT GUN START!**

*The Sedge Memorial started out as nothing more than a fun filled day with a few family member and friends to help celebrate a life that was very much similar. It has now come to a time where we can now sit back and reflect upon the legacy and be thankful for all who has helped and participated in its making. Nya:wen Kowa*

*This year we have decided to throw a dance in the mix with live entertainment. All are welcome!*

*Not a golfer eh? Not a problem! We still invite you out for dinner and dancing, nobody should miss this!! Dinner & Dance combo tickets available for \$15/person.*

***We have one last chance to wow you all and we're taking it!!  
HOPE TO SEE YOU THERE!!***

**\$110/Player, 4 Player Teams  
Includes: Game w/cart,  
Skins & Prizes,  
Roast Beef Dinner & Dance**

**Registration held @ Turtle Island Park  
5965 Hwy # 2, 966-2553**

**or  
give Cliff Brant a call @ 242-8819**

***ALL ARE WELCOME ONE LAST TIME!***

# Friday Night Lights

**Encourage • Empower • Involve**

SAY WHAT? Friday Night Lights is a youth group for ages 8 to 12.

IT'S WHEN? Friday Nights 6:30 to 8:00pm, starting July 19th

WHERE? Mohawk Pentecostal Church

WHY WOULD I GO? It's fun with a purpose, and that purpose is you!

For the info call: Murray @ 613.969.6034

July 19th's Theme: Here comes the boom!

Not a real Warning: Youth can change a community!

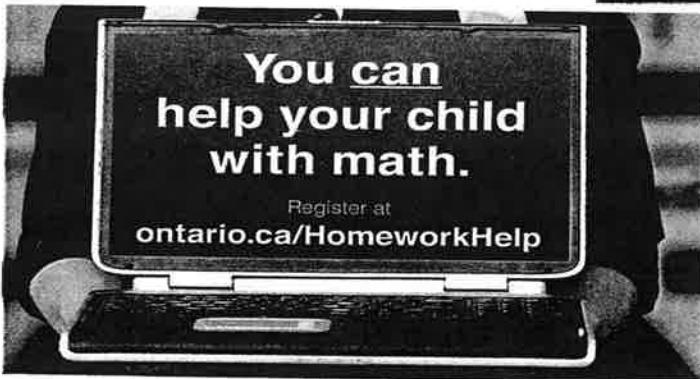
Participants will be *encouraged* in faith, *empowered* in their lives, and look to be *involved* in our community, and generally have a good time....

**Does your child need help with math?**

 Homework Help

 Ontario

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



**Parents can sign up for a free guest account.**

Get resources and tools 24/7:

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



@MathWH



[fb.com/MathWH](http://fb.com/MathWH)



 Homework Help

 Ontario



## 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*

According to the traditional calendar, this is the season for giving thanks to the Creator for strawberries, green corn, and other important sources of medicine and nourishment. We pray that all those who are engaged in cultivating fields and gardens will be blessed with good weather and abundant harvests to share.

### UPCOMING EVENTS

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

Parish Outdoor Worship and Picnic  
Sun 21 Jul, 9:30 a.m.

Come worship outside as we give thanks for Creation. Worship is followed by a potluck picnic—please bring a dish to share and your feast basket. Location to be determined: please visit the website (below) to confirm. Rain location: Christ Church.

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

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:kon! 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 Trinqué 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)*



**TYENDINAGA MOHAWK TERRITORY**

**1984 YORK ROAD**

**CHURCH • 613-396-5329**

**PARSONAGE • 613 • 396 • 5325**

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

### Coming Events

Friday July 5 - Revival Service at the Napanee Baptist Church at 7pm

Peace and happiness are available in every moment. Peace is every step. We shall walk hand in hand. There are no political solutions to spiritual problems. Remember: If the Creator put it there, it is in the right place. The soul would have no rainbow if the eyes had no tears. Tell your people that, since we were promised we should never be moved, we have been moved five times.

An Indian Chief, 1876.

# CLASSIFIED

## 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

41 UPPER SLASH RD  
613-967-8230  
Call to View

## DUPLEX FOR RENT

- 2 Bedroom
- 2 Bath
- recently renovated
- large kitchen, appliances included
- Carpet Free
- Non Smoker preferred
- Available immediately

Call: Kelly 613-929-7355

## 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)

## 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 enkannonkwake.  
\$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

## 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\*\*

## WANTED

- HOME TO RENT
- Quiet family of 4 moving here from Moose Factory
  - looking for a 3or more bedroom home to rent
  - willing to pay 6 month rent at a time
  - Excellent credit references
  - Excellent landlord references
  - Non Smokers
  - kids are college & high school Age

Please contact: 613-966-5876  
Or 705-262-3566

**DELI COLD CUTS**

**BUFFALO & WILD VENISON**

**FRESH BAKED BREADS  
MADE IN OUR REGULAR KITCHEN**

**SPECIALTY PLATTERS,  
SANDWICHES & MUCH MORE**

**FRESH SIGNATURE  
SANDWICHES**

**PICKEREL (IN SEASON)**

**FRESH PRODUCE**



**GLUTEN FREE**

**FRESHLY BAKED IN OUR  
GLUTEN FREE KITCHEN  
BREADS, BUNS &  
SANDWICHES**

**ASSORTED  
SWEETS & TREATS**

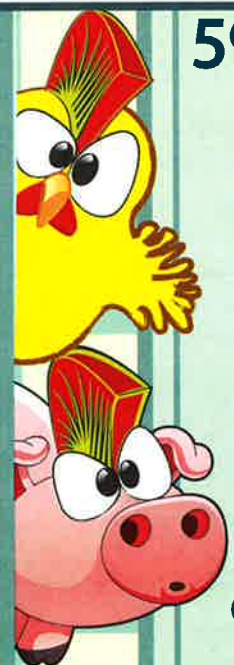
**WIDE SELECTION OF  
FREEZER & SHELF  
PRODUCTS**

**TURTLE ISLAND  
DELI & PRODUCE  
GLUTEN FREE BAKERY  
613-966-2553**

**TENDER & JUICY  
ROTISSERIE CHICKEN  
IN HOUSE PULLED PORK  
LUNCH SPECIALS &  
FAMILY MEAL DEALS**

**HOMEMADE  
SOUPS & SIDES  
MADE IN OUR GLUTEN FREE KITCHEN**

**LOOKING FOR SOMETHING SPECIAL?  
WE OFFER DIABETIC FRIENDLY &  
GLUTEN FREE. GIVE US A CALL.**



**5965 HWY #2, EAST  
SHANNONVILLE**

**DELI CATERING  
AVAILABLE**

**CHECK OUT OUR IN  
HOUSE SPECIALTIES**

**ORDER PLATTERS &  
GLUTEN FREE WITH 24 HOUR  
NOTICE FOR FRESH PICK-UP  
DELIVERY AVAILABLE**

## 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

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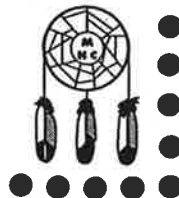
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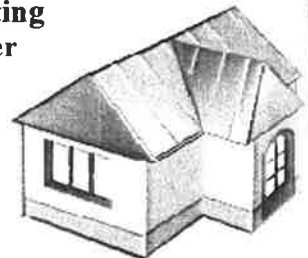
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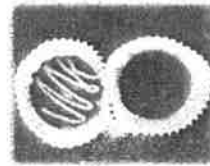
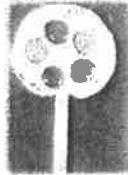
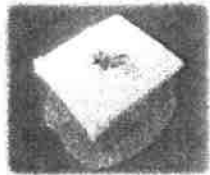
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