



# MOHAWKS OF THE BAY OF QUINTE



## KENHTEKE KANIENKEHA

ISSUE 6/10  
Ohyariha (June)

# ORI:WASE (News)

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



**Congratulations 2010 Graduates Shatiwennakaratats Mohawk Language Program**



Karihwawishon, Marcel Marade, Nikki Auten, Gabe Doreen, Kyla Rae Brant, Andrew Brant, Crystal Brooks,  
Laura Maracle, Kerri Smart, Kelly Stanhope, Mel Diabo

Nyawen ki wahi for your dedication and commitment to Kanyen'keha! All the best in your future endeavours

Tsi Tyonnheht Onkwawenna  
Circle Members and Staff



Health  
Canada Santé  
Canada

*Your health and  
safety... our priority.*

*Votre santé et votre  
sécurité... notre priorité.*

May 20, 2010

FNIH ONTARIO REGION

# COMMUNIQUE

**To: Chiefs of Ontario**  
**From: Dr. Valerie Gideon**  
**Regional Director, FNIH, Ontario Region**  
**Health Canada**

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## INFORMATION FOR NIHB CLIENTS ON THE IMPACT OF CHANGES TO PROVINCIAL PHARMACY FUNDING

In April, 2010, the Ontario Government proposed changes to the prices of generic drugs and how pharmacies are paid. Pharmacists will now have to bill the provincial Ontario Drug Benefit (ODB) program, for generic drugs, at a rate of 25% of the brand name price. Ontario Region, First Nations and Inuit Health, NIHB has a longstanding policy of mirroring provincial drug plans. On May 3, 2010 the NIHB Program informed the Ontario Pharmacists Association that it would implement the 25% pricing rule to mirror the Ontario Drug Benefit (ODB) drug pricing rules. The change will come into effect as soon as feasible after May, 15, 2010, when the ODB changes occur. Because the Province has not yet finalized their policy regarding this price change the exact date for the NIHB implementation has not yet been determined.

With respect to compensation for pharmacists, the NIHB Program will be reviewing its current approach to dispensing fees in the context of the changes being put in place by the Province.

Media are reporting that pharmacies have raised concerns that the provincial changes may result in reduced operating hours, increased wait times and reduced time to counsel patients.

We understand that First Nations leadership are also concerned about how this will impact their community's access to pharmacists. To our knowledge, NIHB clients will not be affected by the proposed changes, however we will continue to monitor the situation closely. Several months ago Health Canada, the Chiefs of Ontario and the Ontario Pharmacists Association formed a working group to address issues that impact on the health and safety of First Nations people in Ontario. We will continue to dialogue with this group to ensure client access is not affected.

Canada



CANADIAN ENVIRONMENTAL LAW ASSOCIATION  
***MEDIA RELEASE***

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301-130 Spadina Ave. St. Toronto ON M5V 2L4 • ph: 416/960-2284 • fx: 416/960-9392  
Web site: [www.cela.ca](http://www.cela.ca)

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**FOR IMMEDIATE RELEASE: APRIL 29, 2010**

**“NO MEANS NO”: MOHAWKS, MUNICIPALITY, AND RESIDENTS WILL VIGOROUSLY  
OPPOSE WASTE MANAGEMENT’S LATEST MEGA-DUMP PROPOSAL IN NAPANEE**

The Mohawks of the Bay of Quinte (MBQ), the Township of Tyendinaga, and concerned citizens are vowing to vigorously oppose Waste Management’s proposal to establish a new mega-dump immediately beside the company’s existing Richmond Landfill in Napanee, Ontario.

Waste Management recently announced that it is applying for environmental approvals to construct the Beechwood Road Environmental Centre (BREC), which will feature a new landfill to accept 8 million tonnes of municipal waste over 20 years.

“The Mohawks of the Bay of Quinte are downstream of the Richmond Landfill and the proposed BREC landfill, and our environment is at risk of negative transboundary impacts from both facilities,” stated Chief R. Donald Maracle of the MBQ. “Ontario’s Minister of the Environment must act to protect the environment and the people by rejecting the proposed BREC landfill as soon as possible.”

In 2006, in light of unresolved environmental concerns, Ontario’s Minister of the Environment refused to approve Waste Management’s previous attempt to expand the Richmond Landfill. In 2009, the Environmental Commissioner of Ontario recommended the immediate closure of Richmond Landfill for environmental reasons. Last month, the Ministry of the Environment issued an updated approval that requires Waste Management to cover and close the Richmond Landfill, commencing with closing Phase 1 of the landfill by September 30, 2010.

“In our view, the hydrogeological characteristics of this area – such as highly fractured bedrock, thin soil cover, and proximity to watercourses – make this location fundamentally unsuitable for the establishment of the BREC landfill,” declared Margaret Walsh, Reeve of Tyendinaga Township.

“The previous expansion proposal was correctly rejected by the Minister for environmental reasons, and it is regrettable that Waste Management has returned with another unacceptable proposal,” said Richard Lindgren, a CELA lawyer who represents local citizens. “In my opinion, ‘no means no’; it does not mean ‘come back and try again’.”

For more information, please contact:

Chief R. Donald Maracle (613-396-3424)  
Richard Lindgren (613-385-1686)

Reeve Margaret Walsh (613-396-6021)





**Tyendinaga Police Blotter**  
**May 2010-05-25**

**May 1**, at approximately 6:28 am, TPS responded to a two vehicle collision on Old Hwy 2, near Red Cedars. The investigation concluded that the cause of the collision was due to a Pontiac Sunfire conducting an unsafe U-Turn and colliding with a Dodge Pick-up truck. A male from Tyendinaga Territory has been charged with multiple Highway Traffic Act offences, including driving without a licence.

**May 3**, at approximately 3:27 pm, TPS attended Ohahaseh in relation to a complaint of theft. A 40" LCD television, a value of \$799.00 had been stolen. The investigation is on-going. If you have any knowledge of this theft, you are encouraged to contact the Tyendinaga Police at 613-967-3888.

**May 4**, at approximately 11:00 am, TPS responded to an after the fact Break and Enter at a residence on Iona's Lane in Shannonville. Tools, including an air compressor were taken.

**May 15**, at approximately 12:42 am, TPS responded to a residence on Deserontyon Drive in relation to a possible Break and Enter in progress. The Victim advised she could hear somebody outside trying to open her door and basement windows. The investigation is on-going.

**May 19**, at approximately 3:21 pm, TPS responded to a strange male hitchhiking in front of the Mohawk Duty Free on Hwy 49. Officers attended and intercepted the male of Valleyfield, Quebec. The male explained that he is hitchhiking from Quebec to Toronto. Police transported him to the 10 Acre Truck Stop in Belleville.

**May 24**, at 4:00 p.m. officers were dispatched to a two vehicle motor vehicle collision on Highway 49. Both vehicles were heavily damaged as a result of the collision, with one of the drivers being charged with Careless Driving.

**May 24**, a break and enter occurred sometime over night to a residence, items taken were an electric guitar, PS3 as well as several games.

Due to a rash of vehicle entries, we are encouraging all vehicle owners not to leave valuable items in your unlocked vehicles. Keep vehicles locked at all times, do not tempt the tempted.

**The Tyendinaga Police would also like to remind everyone that a valid drivers licence, valid insurance as well as valid licence plates are required while operating a motor vehicle.**

One hundred calls for service from 01 May to 25 May 2010

Let Us Cook !

**Special**

## Father's Day Breakfast

Sunday June 20/10

At the 59'ers

8am to 12pm



Menu : Pancakes, Sausage, Bacon, Toast, Eggs, home fries, juice, coffee....all made with love for Dad

*Dad's - Free with Every Family*

Adults - \$7.00

Seniors & Children - \$5.00



For more information call TFRC (613) 962-2822

Fundraising event by HOSW , Everyone is Welcome with a Smile !



MOHAWK FIRE  
DEPARTMENT

The Mohawk firefighters in May responded to 7 calls:

- 2—Tanker Assists
- 3—Motor Vehicle Accidents
- 1—Hydro Transformer Fire
- 1—Auto Alarm

This brings our total to 44 calls for the year 2010



### HOME MAINTENANCE WORKERS NEEDED

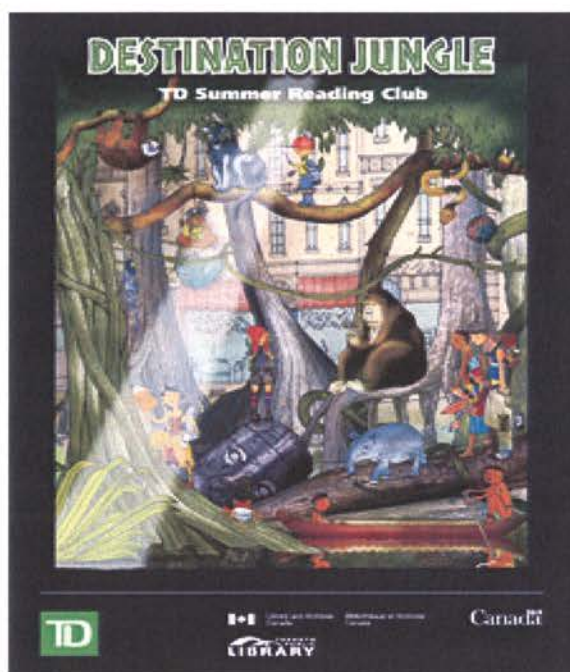
The Tyendinaga Home Support Program is currently seeking individuals interested in doing some casual lawn care work for seniors in the community. Resume and criminal reference check is required. If you are interested, please call Jessica Brant at 613.396.4005 for more information. ☺

## May, 2010

The regular business of operating the HPEDSB continues to get very busy in the months of May and June with yearend activities taking place along with budget meetings and all other committee meetings as well. To view these meetings in more detail please go to [HPEDSB.on.ca](http://HPEDSB.on.ca) Board and Committee meetings. Our Aboriginal Education coordinator, Jen Maracle, continues to be very active in providing resource support to teachers both at the elementary and secondary school levels to assist them in the delivery of the Native Studies Courses offered at most all schools across the Board. I attended a meeting at the Board Office for Elementary Teachers and found it to be very informative and well received. The morning involved some sharing of experiences by Jennifer Brant and Laura Schwager, two teachers from Quinte Mohawk School, around how they organize and involve their students in cultural activities to get to know them better and set some ground rules at the very beginning of the school year. This was followed by a cultural presentation by Ojibwa/Cree Elder Bernard Nelson and partner Tammy Nelson. The afternoon involved a presentation by Jen Maracle, Andrea Petty, Sarah Rhode and Danielle Martin on a

new resource document "What Mathematicians Do". All teachers found this day very productive and provided them with some new ideas to try and a better understanding of the cultural differences that exist between the Native and Non-Native world. On Tuesday June 8<sup>th</sup>, 2010, Director Kathy Soule and Ken Manderville will make a presentation to Chief and Band Council and members of the Tyendinaga Education Committee on Data that shows how our Native Students are doing in the Hasting and Prince Edward District School system (high school). This report will cover data gathered over the last three years and will be presented in aggregate form to protect the privacy rights of individual students. More information will follow in next month's newsletter. Remember if you have any questions 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, Trustee HPEDSB representing  
Tyendinaga First Nations



### Summer fun with TD Summer Reading Club at Kanhiote Library July and August

The goals of the TD Summer Reading Club are to encourage and strengthen the habit of reading for pleasure to create life-long learners, to increase children's reading skills and reduce summer learning loss.

The first 50 children receive a poster, stickers and activity booklet.

Coming in June: Many activities at this cool site by the Toronto Public Library!

<http://tdsrc.torontopubliclibrary.ca/>

More info coming in July newsletter.

Thanks to everyone who stopped at our Road Toll - you donated \$1286.90 and 3 screws, 2 bobby pins, 1 barrett, 1 watch battery, 1 game token, 1 euro 5cent, 1 barbados cent and 5 lifesavers!!

nyawen ki wahi

**Notice to Parents/Guardians Regarding  
Daycare or School Registration**

\*\*\*\*\*

**An Admittance Form is required for all new  
students entering Daycare or Quinte Mohawk  
School (JK - Grade 8)**

**These can be obtained from Thayendanega  
Health Centre upon assessment of your child's  
immunization record by the Community Health  
Nurses**

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**If your child requires immunization,  
Immunization clinics are available at  
Thayendanega Health Centre  
every 2<sup>nd</sup> & 4<sup>th</sup> Thursday from 1- 4 pm  
Appointments are required  
Call 613-967-3603**

**ASK A TEACHER**

Ask A Teacher chat rooms are open  
Sunday through Thursday evenings  
from 5:30 pm - 9:30 pm.

It is free to all high school students  
and a wonderful opportunity for a young person  
to interact with a teacher in live time via the internet.

Go to  
<http://www.ilc.org/aat/chat.php>

and you can find the schedule for each evening.  
Just click on the subject you need  
and you will find out how many are before you or not.

Great for regular homework problems,  
special assignments or  
before the big exams or provincial tests.

Enjoy!

Cut this  
out &  
place it  
on your fridge  
when  
needed!







Tyendinaga Home Support Program  
Phone: 613-396-4005

# For Seniors 55+ or 18+ Physical Challenges



# June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast Club - 8:30 a.m - 9:30 a.m. Diners Club - 12:00 p.m. - 2:00 p.m. Supper Club - 5:00 p.m. Handivan Departure - 10:00 a.m Meals on Wheels delivered between: 11:30 a.m. - 12:30 p.m. Friendly Visiting - 1:00 - 3:00 p.m.		1 Breakfast Club (Continental) Meals on Wheels	2 Breakfast Club (Continental) Diners Club Deseronto	3 <b>Breakfast Club (Full)</b> <b>Shopping Trip (Belleville)</b> Meals on Wheels	4 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Friendly Visiting	5
6	7 <b>Breakfast Club (Full)</b> Ceramics	8 Breakfast Club (Continental) Meals on Wheels	9 Breakfast Club (Continental) Diners Club ELDERS LODGE Bayview Plaza	10 <b>Breakfast Club (Full)</b> Meals on Wheels Birthday Tea	11 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Scrapbooking	12
13	14 <b>Breakfast Club (Full)</b> Ceramics Euchre Night	15 Breakfast Club (Continental) Meals on Wheels	16 Breakfast Club (Continental) Diners Club Deseronto Bayview Plaza	17 <b>Breakfast Club (Full)</b> Meals on Wheels	18 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Friendly Visiting	19
20 Happy Father's Day 	21 <b>OFFICE CLOSED</b>	22 Breakfast Club (Continental) Meals on Wheels Strawberry Picking	23 Breakfast Club (Continental) Diners Club ELDERS LODGE Bayview Plaza	24 <b>Breakfast Club (Full)</b> Meals on Wheels BINGO	25 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Scrapbooking	26
27	28 <b>Breakfast Club (Full)</b> Ceramics Euchre Night	29 Breakfast Club (Continental) Meals on Wheels Scugog Trip	30 Breakfast Club (Continental) Diners Club ELDERS LODGE Bayview Plaza	Scrapbooking - 10:00 - 3:00 p.m. Ceramics - 1:00 p.m. - 3:00 p.m. Birthday Tea - 2:00 p.m. - 4:00 p.m. Bingo - 12:00 p.m. - 3:00 p.m. Euchre - 6:30 - 8:30 p.m.  <b>All programs are held at the Elders Lodge unless otherwise stated.</b>		



NURSING MOTHERS' GROUP  
OF  
TYENDINAGA  
INVITES\*  
BREASTFEEDING MOTHERS  
AND BABIES  
AND EXPECTANT MOTHERS  
(\*Interested women and girls also Welcome)

To their ongoing series of meetings:

FRIDAY June 25, 2010

at Thayendanega Health Centre  
10:30 am - Noon

NOTE: ONLY ONE MEETING IN JUNE

due to

"WALK TO WELLNESS" on JUNE 11  
MEET US THERE!

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

BREASTFEEDING CLINIC AVAILABLE

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

FOR APPOINTMENTS for BREASTFEEDING HELP  
CALL HEALTH CENTRE: 967- 3603  
or 396-2942 when Health Centre closed



June 2010

**Moms - In - Waiting**

Canadian Prenatal Nutrition Program (CPNP)

The Thayendanega Health Centre is offering **MONTHLY FOOD VOUCHERS** to women during their pregnancy. For more information please drop by or call the Health Centre at 613-967-3603 and speak with the Community Health Nurses who will outline the program

We want you to have a healthy pregnancy and a healthy baby!

Mary McCauley R.N.  
Community Health Nurse

## BREASTFEEDING CIRCLE

### **For New Breastfeeding Dads: PASS - Check - GO !**

Here's how to help mom get your baby on the breast and getting the best:

#### **P**osition the driver (mom)

- back supported?
- arm rests available?
- feet supported?

#### **A**adjust steering wheel (baby)

- height (face = breast)
- angle: - whole body facing mom's body?  
- head free to tilt back?

#### **S**houlder/seat belt

- support baby behind shoulders (not back of head)

#### **S**tart the vehicle when ready

- key to ignition (baby's chin to breast with head tilted back, when mouth open wide)
- ignition slot is under the breast, not at the nipple
- turn key (bring baby closer - lift up & into breast more)
- give gas if needed (compress breast)

#### **C**heck for blind spot before pulling out:

- no pain for mom?
- is baby drinking?
- if NO to either, stop vehicle (break suction, take baby off breast) and start PASS again

#### **G**o for as long as baby interested and mom comfortable.

#### **Pit Stop** when baby falls asleep or lets go after drinking lots:

- burp (baby), diaper change, bathroom & stretch break for driver and passenger.

#### **Change sides, PASS-Check-Go again**

#### **Note:**

Babies available in all colours, but only 2 models - Automatic and Standard.

Automatics are easier to start with breastfeeding.

Standard models have a clutch added, so take lots of practice to get a smooth start.

You can put in your order for an automatic but if you want delivery by a certain date, you will have to take what's ready to be shipped.



Did you know that Hastings Children's Aid Society has three locations, which includes a main office in Belleville and two branch offices in Quinte West and Bancroft? The Society is a local, non-profit organization run by a local board of fifteen directors, all of whom are volunteers. The board is elected with the exception of two appointed members, one representing the Foster Parent Association, the other representing the Mohawk Tyendinaga Territory.

Hastings Children's Aid Society (Hastings CAS) is composed of more than 370 dedicated professionals, foster families and volunteers that are committed to carrying on the tradition of care and compassion toward children that originated over a century ago. With over 400 children in the care of the Hastings CAS today, it is imperative that we work in collaboration with foster parents and volunteers and continue to serve our children in need.

We encourage you, upon reviewing this pamphlet, to contact the Children's Aid Society in your community and speak to a trained professional if you would like to learn more about fostering or adopting a child. On behalf of Hastings Children's Aid Society and our children in care, thank you!

## What is PRIDE?

(Parent Resources Information Development Education)

**PRIDE** is a model for the development and support of foster and adoptive families. It was designed to strengthen the quality of foster care and adoption services by providing a standardized, structured framework for recruiting, preparing and selecting foster and adoptive parents. It also provides foster parent training and ongoing professional development.

Foster and adoptive families should be qualified, prepared, developed, selected and approved to work as part of a professional team equipped to protect and nurture children and strengthen families.

## What is Kinship Care?

**Kinship Care** is an option for a child's placement. This option allows children, who have been ordered into the care and custody of the Society, to be placed with a relative, an extended family member or a member of the child's community. The kin family provides the child full-time care, protection and nurturing. They are treated as a resource placement and are therefore assessed, approved and receive training and support from the Society.

## Society Contact Information

To learn more about Hastings Children's Aid Society's fostering and adoption process please refer to our website, [www.hastingscas.org](http://www.hastingscas.org), or visit the "Winning Kids" site at [www.fosteradoptwinningkids.com](http://www.fosteradoptwinningkids.com)

## About Winning Kids

The Winning Kids website is a result of twelve child welfare agencies in Eastern Ontario collaborating to encourage people in Eastern Ontario to foster or adopt the children and youth in care in our region. On average, the twelve Children's Aid Societies are responsible for the care of approximately three thousand (3000) children and youth. The Winning Kids website is funded by the Children's Aid Foundation and links each of these child welfare agencies.



## Head Office

363 Dundas Street West, Belleville  
For all inquiries contact: 613 962-9291

Quinte West 613 965-6261  
North Hastings 613 332-2425

[www.hastingscas.org](http://www.hastingscas.org)  
[www.fosteradoptwinningkids.com](http://www.fosteradoptwinningkids.com)

# WHAT IS fostering & adoption?





## Where Do You Begin?

Following your initial inquiry and at home consult meeting, if you and your worker decide to proceed, you will complete a formal application and you will be invited to attend PRIDE, a pre-service training for prospective foster and adoptive applicants.

## What Is Foster Care?

Foster care is a protective service for children from infant to eighteen years of age where they are provided with a substitute family life experience in a Society approved home for a planned period of time, which may be a few days, a week, several months or possibly years. The primary goal is to work toward a plan to return the child to their family of origin and if this is not possible, then a permanent plan will be developed for the child's placement.

## Who Can Foster?

Children in the care of Hastings CAS have diverse needs and backgrounds. It is important that the Society recruit foster families with a range of knowledge and ability in order to effectively match families and children. It is equally important that foster families possess patience, flexibility and tolerance. Foster families may come from a variety of cultural, racial and religious backgrounds as well as a variety of age groups but must be of legal age.

If you are a family with young or adult children or no children at all, a single or divorced parent or one stay at home parent or both parents working and have a love for children you can apply to become a foster parent.

An educational background or experience in a child related field is an asset but not a requirement.

## Roles & Responsibilities

- Preserve a safe and supportive family setting
- Meet child's daily needs and develop strong family relationships
- Maintain a positive and professional working relationship with Society
- Willingness to participate in learning opportunities

## Foster Family Support

- 24-hour crisis support
- Support services your foster child may need such as counselling and tutoring
- Ongoing mutual support from other foster parents
- Worker support for foster families and foster children
- Regular relief from fostering for you and your family

## Did You Know Teens Need A Family?

Did you know sharing your family can give a teen the opportunity they need to thrive? Teens need to be part of a family and they need someone who will listen. Fostering a teen means you will have an assigned worker focusing on you and your foster teen, that CAS will provide training and support and teen focused parenting programs.

## Did You Know Babies Need Homes?

You may not realize there are babies, up to two years old that may need a foster family. Fostering a baby means you will also have an assigned resource worker exclusively focusing on you and your child and CAS will also provide training and support. Fostering a baby or a teen could be your best option. Please contact CAS if you would like to learn more.

## What Is Adoption?

Adoption is a life long process. It is not a one-time occurrence but an event that will have ongoing effects on the child, birth parents, adoptive parents and extended birth and adoptive family members throughout their life cycle.

Children in need of an adoptive family may be over the age of 4 or older, have special needs or be part of a sibling group. They have a history of separation, loss and/or abuse.

## Who Can Adopt?

You don't have to be young, married, childless or wealthy to adopt a child from Hastings Children's Aid Society. You don't have to go to a certain church or have a certain education. You just have to be a special person with special skills.

If you have realistic expectations; a genuine respect for birth parents; an understanding of loss issues for both birth parents and child; an acceptance of child differences; a network of support whether adopting as a single person or a couple; a sense of spirituality and inner strength; a sense of humour; an ability to meet your own personal needs and an ability to provide an accepting, nurturing and stable environment for children, you can be a successful adoptive parent.

## Financial Reimbursement

Category	Basic Rate Per Day	Relief Daily Rate
Regular Foster Care	\$29.40 per child	\$1.69 per child
Specialized Foster Care	\$41.09 per child	\$2.49 per child
Emergency Receiving	\$57.32 per child	\$2.49 per child
Treatment Foster Care	\$65.65 per child	\$3.88 per child

Note: The rates listed may vary slightly and should be confirmed with Hastings Children's Aid Society.

In addition to these rates, foster parents are also provided with a daily care allowance which includes clothing, recreational activities etc.

Certain costs are deemed to be reimbursable, i.e. prescription medications.

## Roles & Responsibilities

- Maintain a positive and professional working relationship with the Society during adoption process
- Demonstrate genuine respect for birth parents and accept child differences
- Provide a lifetime of acceptance, nurturing and stability for children
- Support possibility of openness as an approach with child's birth family

## Post Adoption Reimbursement

In some adoption placements arranged by the Children's Aid Society, a financial agreement may be approved to assist parents who wish to adopt a child or children with special needs. The amount will vary depending on circumstances, which may include medical and related costs not covered by Ministry of Health, therapeutic counselling, essential home renovations to accommodate a child's disability or remedial education.

## Adoptive Family Support

- Worker support for adoptive family and child during adoption process
- Post adoption education
- Ongoing communication



## **BUILDING SELF CONFIDENCE**

**(Power of Positive Project, Sarah Brown)**

### **Understand YOU!**

- Self reflection – who you are, where you came from & where you want to be
- Understand that ALL emotions are normal & they are important to our existence
- Recognize, understand & manage emotions so they do not control you
- Writing, drawing, playing sports, dancing, attending workshops on emotions/release work, all help in learning to manage emotions
- Balance your basic needs, how to manage them or to meet them. Budgeting, cooking, balancing life are some basic needs that need to be met and balanced

### **Believe in YOU!**

- Look in the mirror and say I love you every day over and over
- Once you do it without feeling silly, put emotion behind it, believe it, make it real
- Once it is your truth, you will carry yourself totally different
- Positive self talk, over and over again, positive affirmations
- Reflect only on the positive things in your life
- Give thanks daily. The more you are grateful for, the more you will have to be grateful for!

### **Be YOUR Power Source!**

- We all have the power within ourselves to be the best we can be, do whatever we choose to do and live our best life ever
- It is a power that we share with others
- We have the answers to our own life, we just need to believe in ourselves and trust that power
- Set goals for yourself and pursue them
- Accept criticism from others as a way of learning, not as negativity
- Learn from your mistakes
- Look at where your life is, where you want it to be and go for it!
- ***Only you have the power to make it all happen***

### **Improving Self Confidence:**

- Positive Self Talk, positive affirmations
- Portfolio building – certificates, pictures, whatever you are proud of
- Grounding techniques
- Set goals and pursue them
- Take care of yourself, through not abusing alcohol/drugs, pamper yourself, go out with friends
- Learn something new. Remember things you wanted to do – and try them out!
- Understand that life is only what we make it, it has endless possibilities, and whatever happens, is for a reason. There is a greater being than ourselves, who watches over us and makes the best opportunities and decisions for us
- Open your heart up and let the love in for ***you*** – we can't take care of others if we don't take care of ourselves first!



# JUSTICE WALK



Tyendinaga Justice Circle  
Tontakaiê:rîne  
(It has become right again)

On Sunday, May 2, 2010 the Elizabeth Fry Society of Ottawa held its first Justice Walk along some of the nicest walking trails in Ottawa, around Mooney's Bay Park.

The walk was organized to help raise funds to support "E-Fry" programs that are designed to assist some of the most vulnerable women and youth in our communities – those who have been criminalized or are at risk of becoming criminalized.

Mary Ann Spencer, Shannon Butcher and Laura Maracle drove to Ottawa to take part in the walk and show support for this worthwhile cause. The ladies would like to thank all those Tyendinaga community members who made donations in support of their walk for justice. Our team raised \$300.00.

The E-Fry Society of Ottawa is a United Way member agency devoted to helping women and female youth who are or may be, at risk of coming into conflict with the law. The E-Fry offers a variety of different programs and services to provide women with confidential and supportive living and learning environments.

These programs are especially relevant for our urban Aboriginal sisters, who are becoming increasingly criminalized. According to an article in *The Canadian Press*;

"Aboriginals are severely overrepresented in federal jails. They account for 17.3 per cent of inmates but make up only four per cent of the Canadian adult population.

Predictions are that the numbers will go on as they have over the past decade - 131 per cent in the case of aboriginal women".

- *Aboriginals Overrepresented in Jails*; By Jennifer Ditchburn,  
THE CANADIAN PRESS. November 13. 2009.

Women of all ages and nationalities are referred to the E-Fry Society by officials working in the criminal justice system, by lawyers, medical professionals, social workers, social assistance workers and by staff of community-based organizations and agencies. Women also seek out E-Fry services through word-of-mouth referrals and self-referrals.

To discover who Elizabeth Fry was, or for more information on the E-Fry Society, please check out: <http://www.efryottawa.com/about/index.html> or contact:

Mary Ann Spencer (Tontakaiê:rîne Program Coordinator)  
Shannon Butcher (Aboriginal Youth Justice Worker)  
(613) 396-2122 ext. 123 or ext.166



*Shannon Butcher (L), Laura Maracle (C)  
and Mary Ann Spencer (R)*

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

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

JUNE 2010

**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-7:00pm

Friday

6:30am-6:00pm

Saturday

8:00am- 1:00pm

Thanks to everyone who  
rode and donated to the

**Big Bike for Heart & Stroke**

**TFRC - "Tyendinaga Stress  
Control # 8"**

**Raised \$2,642.13**

**Tyendinaga Police &  
Firefighters -**

**"Red Hot & Blue"**

**\$2,457.76**

**Oh ! It looks like TFRC wins**

**Next Year maybe other  
groups will join us !!**

**Same Time & Same Place**

**How Do I Build Muscle? How Do I Burn Fat?**

1. **Begin an exercise and weight lifting routine**— this process will build muscle and burn fat. It is essential to add weight training to build muscle and to become more active to burn fat.
2. **Eat more protein**— Your body uses protein to build, repair and maintain almost all tissue in the body. This includes muscle. Protein can help you lose fat. Protein elevates your metabolism. Protein helps to suppress your appetite.

**TFRC Donation :**

Special Memberships given to Carol Ann Maracle & Sherry  
Lewis for Mother's Day - These ladies are Cancer Survivors

**TFRC GREAT NEWS : Year 2009 - we had 8,039 daily  
visits**

**NEW FREE PROGRAMS "TFRC Out-Reach"**

*Walking / Running / Biking*

*Mom & Dad Baby Stroller Walking Program*

***Funded by Healthy Communities Fund***

*The Fun & Fitness Worker will be managing these programs.*

***The first 10 people that sign up for this program will receive a  
FREE T-shirt , water bottle & extreme multifunction pedometer  
& everyone receives a FREE membership at TFRC***

***Signup by June 14 /10***

***"It's Never Too Late"***



**FREE FATHERS DAY WORKOUT - Friday June 18/10**

**Thank You To Everyone For Supporting TFRC !**

# Calendar of Events June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Summer hr.</b> <b>Start June 1st</b> <b>Open at</b> <b>6:30am</b>		1 	2 <b>Boot Camp</b> <b>6:15pm</b>	3 	4	5 <b>The Power of</b> <b>Thought Work-</b> <b>shop 1pm-5pm</b>
6	7 	8	9 <b>Boot Camp</b> <b>6:15pm</b>	10	11 <b>Take</b> <b>Care Of</b> <b>Mother Earth</b>	12 <b>We Care</b> <b>About You !!!!</b>
13 	14	15 <b>Fit For 2</b> <b>1:15-2:00</b>	16 <b>Boot Camp</b> <b>6:15pm</b>	17 <b>Fit For 2</b> <b>First Step to a</b> <b>Healthy Life-</b> <b>style Workshop</b> <b>5:30pm</b>	18 <b>Free Pass</b> <b>For Father's</b> <b>Day</b>	19 
20 	21 <b>Aboriginal Day</b> <b>Closed</b>	22 <b>Fit For 2</b> <b>1:15-2:00</b>	23 <b>Boot Camp</b> <b>6:15pm</b>	24 <b>Fit For 2</b> <b>1:15-2:00</b>	25	26
27 	28	29 <b>Fit For 2</b> <b>1:15-2:00</b>	30 <b>Boot Camp</b> <b>6:15pm</b>			<b>Support</b> <b>Your local</b> <b>Gardeners !</b>

## **Boot Camp with Mandi**

Starting Wednesday June 2, 2010 @ 6:15pm \$8 a class, pay as you go

## **Fit For 2**

Beginners Program

Every Tuesday and Thursday starting June 15 to August 26 - FREE





# How Change Happens !

Changing unhealthy behavior is a process, a ***journey through five stages***.

You can't skip a stage, but it's rarely a straight path to a healthy behavior. Most people move in and out of each stage more than once before achieving a lasting change. Chances are, each time you pass through a stage, you'll have a deeper understanding of the pitfalls that lie ahead and the many benefits of change you're working on. You'll learn from your setbacks. Then, with renewed effort, you can move ahead. By taking one stage at a time, you'll succeed in making a lasting change...one you can live with !



## What Stage Are You At ?

- 1) **Not Ready** : You don't even want to think about changing right now. You might consider doing it in the future when you are really over weight and have health issues.
- 2) **Thinking About It** : You see your current situation as a problem or a risk to your health. You're ready to consider the possibility of change, and you're open to learning about the benefits change would bring.
- 3) **Getting Prepared** : You're getting ready to take action soon. You've committed to changing, you're making a plan, and you're asking others for support.
- 4) **Taking Action** : You're setting your plan in motion. You're taking steps, tracking your progress, and using your support system.
- 5) **Staying On Track**: You started changing your behavior some months ago. Now you're focused on sticking with your new, healthier habits.

***Identify Your Barriers...become aware of old habits !***

*TFRC has many more health resources : Krames - Thinking About Eating Smart*

*Funded by : Healthy Communities Fund Ontario*

## The First Step to a Healthy Lifestyle



To find out how healthy your Body really is plan on attending a 1 hour information session.

During this hour you will learn how the digestion and elimination systems should work.



You will also fill out a Body Systems Questionnaire that will help you discover the hidden weaknesses that maybe keeping you from optimum health

There will be an on time draw @ 5:30 p.m.

**Location:** Tyendinaga Fitness Resource Centre

**Date:** Thursday June 17, 2010

**Deadline to register is:** Monday June 14, 2010

**Time:** 5:30 p.m.

**Cost:** \$5.00

**Contact:** Kathy @ 613-395-5027 to reserve your seat as space is limited.

***Kathy Wilson***

**Certified Herbalist**

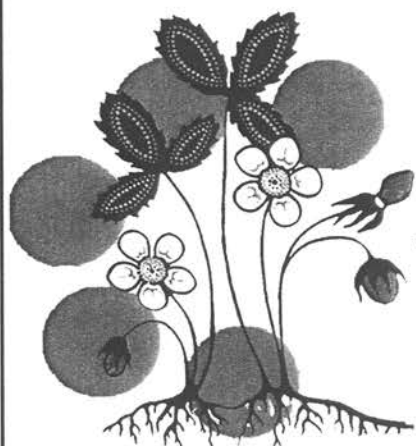
Kinesiology, Tongue & Pulse Analysis, Iridology,

Ion Cleanse, The Compass

Email: [bwilson\\_8@sympatico.ca](mailto:bwilson_8@sympatico.ca)

**Website:** [www.mynsp.ca/new\\_beginning](http://www.mynsp.ca/new_beginning)

<http://www.zytocompass.com/af/link.aspx?a=kwilson>



# Ode'min Giizis

June 20 & 21  
at  
Del Crary  
Park

Traditional Gathering / Pow Wow

Peterborough, Ontario

## Drum & Dance in the Summer!

The 2 day Ode'min Giizis Traditional Gathering/Pow Wow will feature an array of festivities for all to enjoy, full of family activities including arts & crafts, theatre and story-telling performances housed in a 30 foot tipi, regional food and specialty arts vendors.

Join the Parade  
Monday June 21st  
meet at City Hall travel to Del Crary Park

We would be honoured if members of your community would participate in our second annual

Community Procession on June 21st. Bring your regalia and meet at City Hall, 10am.

Our beautiful and bright parade will proceed along George St. at 11am to Del Crary Park

for Grand Entry and Day 2 of our Pow Wow/ Traditional Gathering.

Led by host drum Northern Cree Singers and our head dancers Wes King and Leslie McCue.

Don't miss the Indie-Genius Outdoor Music concert  
Missy Knott, Mihirangi, Tanya Tagaq and more  
Sat June 19th 7-10:30 pm, Del Crary Park

Bring a lawn chair,  
blanket,  
water bottle  
and  
please no pets!

for complete listings visit [okw-arts.ca](http://okw-arts.ca)  
705-745-1788



Ontario



ONTARIO ARTS COUNCIL  
CONSEIL DES ARTS DE L'ONTARIO



Canadian  
Heritage

Patrimoine  
canadien



Canada Council  
for the Arts

Conseil des Arts  
du Canada

June 2010

## Early Childhood Development

1295 Ridge Road  
Tyendinaga Mohawk Territory  
613-969-1835

### Bookshelf

#### I'm the Best

By: Lucy Cousins

Ages: 2-5

\$13.72



#### Munsch at Play: Eight stage adaptations for young performers

By: Robert Munsch

Ages: 6-9

\$15.64



### Father's Day Craft

You'll need:

- A glass ceramic container (a mug will work)
- Acrylic paint and small paint brushes
- Potting soil & grass seed or fern

Paint dad's face on the mug, fill with potting soil when face is dry and plant the grass seed or fern. Water regularly. Watch it grow to make dad's hair.

"Any man can be a Father but it takes someone special to be a dad." - Anne Geddes

"My Father gave me the greatest gift anyone could give another person, he believed in me." - Jim Valvano





# JUNE 2010

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Aqua-tot 10-11am Napane Pool	3 Evening Kinder Gym 6-7:30pm	4	5
6	7	8 Kinder Gym 9-10:30am	9 Aqua-tot 10-11am Napane Pool	10 Drop In 9-10:30am	11 Wellness Fair Community Center (Youth)	12 Wellness Fair Community Center (Community)
13	14	15 Scrapbooking 6-8pm	16 Aqua-tot 10-11am Napane Pool	17 Evening Kinder Gym 6-7:30pm	18	19
20 	21 Office is Closed!	22 Kinder Gym 9-10:30am	23 Aqua-tot 10-11am Napane Pool	24 Drop In 9-10:30am	25	26
27	28	29	30 Aqua-tot 10-11am Napane Pool			

## Weekly Programs

### Kinder Gym

Every Tuesday June 8th & 22nd 2010

Queen Anne Parish Center

9:00-10:30am

0-6 with a parent / caregiver

Healthy snack provided

If you have any questions please feel free to call

613-969-1835



### Drop In

Every Thursday June 10th & 24th 2010

Queen Anne Parish Center (downstairs)

9:00-10:30am

0-6 with a parent / caregiver

Healthy snack provided.



### Aqua Tot's

Every Wednesday June 2nd, 9th, 16th, 23rd & 30th 2010

Napanee Indoor pool

10:00-11:00 a.m.

If you have any questions please feel free to call

613-969-1835



## Scrapbooking Workshop

Tuesday June 15th 2010

1295 Ridge Road

Queen Anne Parish Center (downstairs)

6:00 - 8:00pm.

\$2.00 per person

Please call ahead to reserve your spot.

613-969-1835



### Walk to Wellness Fair

Saturday June 12th 2010

9:00am-3:00pm

**Mohawk Community Centre**

\*Organic foods

\*Herbal Teas

\*Medium

\*Therapeutic Touch

\*Wii Fit

\*Medicine Walk

\*Check your Carbon Monoxide & Cholesterol

No Admission Fee

For more information call:

Thayendanega Health Centre

613-967-3603

## Evening Kinder Gym

Thursday June 3rd & 17th 2010

6:00pm-7:30pm

Queen Anne Parish Center

1295 Ridge Road

We are inviting you to an **Evening Kinder gym** for all parents with their children 0-6 years of age!

On **June 3rd** Steven Lindsay from Head Start will provide a video presentation on

### Dealing with Children's Behaviour

A video that looks at positive ways to deal with children's everyday behaviors

On **June 17th** the children will be making a craft to take home for Father's Day.

Come out and see our **kinder gym equipment** and have some fun! Snacks and refreshments will be provided!!

For more information please contact:

613-969-1835

## Portable FIRST - AID KIT

- *Adhesive tape*
- *Antihistamine (Benadryl)*
- *Antiseptic*
- *Alcohol pads*
- *Antibiotic cream or ointment (polysporin)*
- *Cortisone cream*
- *Cotton swabs*
- *Digital thermometer*
- *EpiPen (if prescribed by a doctor)*
- *First-aid guide*
- *Flashlight*
- *Gauze*
- *Insect repellent*
- *Instant cold packs*
- *Lighter*
- *Needles or pins for removing splinters*
- *Pain relievers (Advil, Motrin, Tempa)*
- *Rubbing alcohol*
- *Safety pins*
- *Scissors*
- *Sunscreen with both UVA & UVB*
- *Tweezers*
- *Waterproof bandages various sizes*
- *Tensor bandages*

## Brain Savers

Be sure your kids have properly fitted helmets: Head injuries are the leading cause of serious injury and death to kids on wheels, and helmets cut that risk by 85%. May 31—June 5 is Safe Kids Week. Helmets should be two fingers wide above the eyebrow. For the complete guide to pick the right helmet for your child go to [safekidscanada.ca](http://safekidscanada.ca)

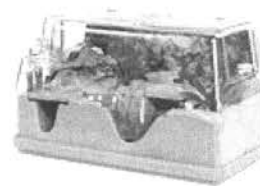


## Cool Summer Tools

Nurture your budding entomologist. The bug vacuum harmlessly sucks up insects so they can be observed in the capture core or in the bug habitat which has a magnifier and lots of areas for bugs to explore. These items can be purchased at [mastermind.ca](http://mastermind.ca) and for other outdoor toys you can contact Naturally Kids (Laura Wood) 613-813-4347

\$24.95

\$29.95



✦ If you would like to receive our newsletter via email, please call us with your email address. 613-969-1835  
Thanks  
Allison

## BE SAFE HAVE AN ALCOHOL FREE PREGNANCY

There is no safe time or amount of alcohol to drink during the nine months of pregnancy. Alcohol hurts the unborn child's growth and development, and causes fetal alcohol spectrum disorder (FASD). FASD is a range of negative physical, mental, behavioral and learning disabilities.

There is no cure for FASD, but it is preventable. Having an alcohol free pregnancy guarantees your baby will not develop FASD, and gives your child the best start possible.

For more information on having a healthy pregnancy, or information on FASD and resources call

ECD/MCH Coordinator 613-969-1835, Healthy Babies Healthy Children 613-969-1649 or Health Centre 613-967-3603



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## CONGRATULATIONS!

The Tyendinaga Pow Wow Committee would like to congratulate the winner of the QMS Logo Contest!

**Samantha McGuire** has won \$50 and her art work will be displayed on the front cover of the Pow Wow Magazine

Thank you to all of the children who participated in this contest. The decision was very difficult as we have so many talented young artists.

***Keep up the good work everyone!***



Congratulations

*Reagan Leween*

Quinte Mohawk School  
Class of 2010

We are so proud of you Ray!  
Lots of Love Mom, Dad & Dylan



## A vibrant, cartoon-style illustration of a round birthday cake. The cake has a thick layer of white frosting on top, with a decorative swirl of pink frosting around the base. Several lit candles with yellow flames are placed on top of the cake. The background is a soft, light blue gradient.



## Reagan!

Love Dad, Mom, Dylan, Shadow & Lucy





## **Mohawk Family Services would like to congratulate the 2010 Youth Award Winners from Tyendinaga Mohawk Territory.**

A gala affair was hosted on May 20, 2010 at the Empire Theatre to celebrate and recognize and honor the accomplishments of our Territory Youth as well as those Youth in care of the Hastings Children's Aid Society. Over 500 youth, parents, grandparents and friends were present to witness the awards.

The Youth Awards night is a result of a partnership between Mohawk Family Services/MBQ, the Quinte Youth Foundation and Hastings Children's Aid Society.

### **Tyendinaga Youth Honored were:**

**Carter Bernhardt-Arts, Culture and Heritage**

**Chass Maracle-Sports and Recreation**

**Bryce Wannamaker-Academics**

**Brittany Richards-Academics**

**Chris Bowden-Volunteerism**

**Skylar Green-Arts**

**John Lindsay-Personal Best**

**Dayton Downer-Academics**

**Sky Loft-Culture and Heritage**

**Maverick Volkmann-Culture and Heritage**

**Taylor Cole-Academics**

**Tabatha Maracle-Personal Best**

**Tristan Nugent-Academics**

**Theresa Sager-Sports and Recreation**

**Shayna Miller-Sports and Recreation**

*All Youth Award winners received a \$50.00 cash award along with recognition certificates.*

**A special congratulation goes out to Elliot Maracle winner of the 2010 Youth Bursary Award of \$1000.00. Best of luck at University this fall Elliot!**

Mohawk Family Services would like to thank all those who took the time to nominate our youth this year.

In addition Mohawk Family Services would like to recognize and thank: Josephine Warisose Gabriel (Ohenton Karihwentehkwa), David and Kim Maracle (Flute Music), Kelly Stanhope and Singers (Stomp Dance), Marie Loft and Jane Hurst (Banner), Chavis Maracle and Cheyenne Maracle (Ushers) and Linda Maracle (handouts) for their contributions to the success of the evening.



## Engagement

Billie and Doug Green  
are pleased to announce the  
Engagement of their daughter,  
Sarah Ann to Matthew Schmidt,  
son of Ron and Gerda Wirick  
and the Late Eric Schmidt.

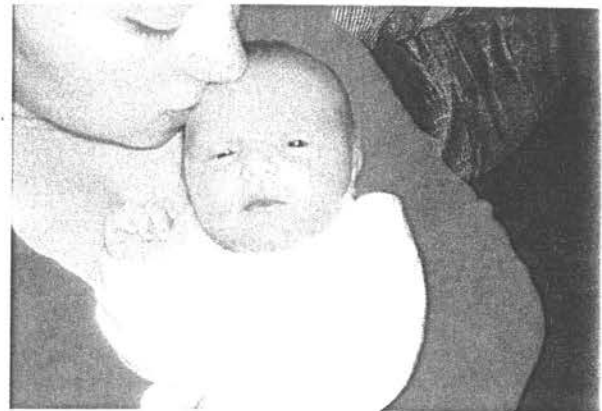
Wedding to take place  
July 3rd 2010  
at Fields on West Lake,  
Wellington.

## She's Here!

We are happy to announce the early and safe arrival of  
Deliah Yenenhraro':roks Rose Maracle  
on April 27, 2010

Very proud Mommy, Kaitlyn Maracle

Proud Grandparents: Alvin (Skin) and Shari Maracle and Great Grandparents Richard & Gail Brant



## Congratulations!

Nicole, Adam, Kyle, Kristen, Landon on the wonderful addition to your family. We are very pleased to welcome Talen William into the world. We couldn't ask for a more beautiful baby. Talen is the fourth grandchild for us and we feel truly blessed to have such awesome grandchildren!!

Love Aksotha & Poppa  
Auntie, Uncle, Rhyder & Reyna



Big brother Landon just loves his new baby brother Talen.





# THANK YOU!

On Thursday, April 29<sup>th</sup>, my Mom (Ainsley) and I had the opportunity to attend the 18<sup>th</sup> Annual Canadian & Model Talent Convention in Toronto, Ontario. This convention is by invitation only and after being selected from 300+ candidates from across Canada, I had the opportunity to compete in several categories for 50+ National & International Agents from markets worldwide including; Paris, Milan, London, Athens, Barcelona, Madrid, Hamburg, Munich, Cape Town, Sydney, Tokyo, Taipei, Osaka, Shanghai, Hong Kong, New York, Los Angeles, Miami, Toronto, Montreal and many, many more! The competitions were a lot of fun and I was able to network with many agencies and made some new friends! I even had the chance to participate in an acting workshop given by Linda Kash, the Philadelphia Cream Cheese angel!

As part of the convention I was required to attend photography sessions and given the chance to be photographed by world renowned photographers Mario Miotti and Josh Cornell. Both photographers brought their own labelled clothing based on my statistics, a stylist, makeup artist and hairdresser to ensure that I had the look desired for the shoot. I spent 5 hours in the first shoot and 4.5 in

the second and both sessions were amazing and the experience was truly unforgettable.

The entire experience could not have been accomplished without the financial assistance from our amazing community, family members and the various businesses who made contributions. A special thank you to:

Ann Leween  
Bertha Maracle Hill  
Brian & Judy Scott  
Bubz Wheelz  
Bud Hill  
Captured by Kelly Photography  
Caroline (Kitty) Hentchel  
Darran Green Construction  
Darran Green Sandblasting  
Dennis Lloyd  
Geraldine (Chic) Brant  
Harvey & Debbie Maracle  
John Brant

Kristin Hill & Chris Bird  
L & M Enterprises  
Lea Green  
McMurters Home Centre  
Miracle Mart  
Nobe Hill  
Rez Mart  
Scott & Angela Maracle  
Smokin' Pit Stop  
Tiny Baptiste  
Tyendinga Community Development Fund  
Y Wanna Hav a Cafe

A big thank you to my Nama (Lea Green) for everything she did for my mom and I during our trip, we love you Nama! Once again, thank you to everyone who supported me on this adventure and please know that without your generosity I would have never had the opportunity to attend. I want everyone to know how important community is and I will be forever grateful that I am part of one as great as Tyendinga.

Reagan Leween

## THANK YOU SO MUCH!!

The congregation of Christ Church, Her Majesty's Chapel Royal  
are currently enjoying new flower beds.  
We extend many thanks to Tom Maracle for generously donating  
and delivering all the top soil, also for sending over the back hoe to remove the  
sod. Tom you made our dream a much easier reality.



*In loving memory of Rachel Marie Barker-Loft  
May 27, 2003 – June 6, 2003*

*Do not judge a song by its duration  
Nor by the number of its notes  
Judge it by the richness of its contents  
Sometimes those unfinished are among the  
most poignant....*

*Do not judge a song by its duration  
Nor by the number of its notes  
Judge it by the way it touches and lifts the soul  
Sometimes those unfinished are among the  
most beautiful....*

*And when something has enriched your life  
And when its melody lingers on in your heart*

*Is it unfinished?  
Or is it endless?*

*Though we never got to meet you we will al-  
ways remember you.*

*Love Aunt Marilyn, Uncle Rick, Sam  
& Emmett*

## In Memory of Grandma Brant

Audrey Grace Brant

May 19 1928- June 14 2009

Don't think of her as gone away-  
Her journey has just begun  
Life holds many facets  
The Earth is only one  
Just think of her as resting  
From the sorrows and the tears  
In a place of warmth and comfort  
Where there are no days and years  
Think how she must be wishing  
That we could know today  
How nothing but our sadness can really pass away  
And think of her as living  
In the hearts of those she touched  
For nothing loved is ever lost-  
And she was loved so much.

Always loved and remembered by your grateful family.

## T.O.P.S. ON#5258

Take Off Pounds Sensibly  
We "DO NOT" promote any diets

WHERE: The Elders Lodge  
Common Room  
Tyendinaga Mohawk Territory  
Bayshore Road

WHEN: Thursday Evenings

TIME: Starting July  
(Summer Hours) 5 p.m.—6 p.m.  
Contact: Rose Turcotte: 613-396-6393  
altree94@gmail.com

*T*.ake that 1st step.  
*O*.vercome a weight problem.  
*P*.ut yourself in a happy place.  
*S*.upport one another

# Tyendinaga 59ers Seniors Club

## Strawberry Social

June 17th, 2010

Dinner Includes: Turkey, potato salad, macaroni salad, spring salad, rolls, and beverages

Dessert includes: Cake, strawberries, and ice cream



Cost per adult: \$8.00

Children 6-10: \$4.00

Children 5 and under: Free



## STRAWBERRY SOCIAL

\*\*\*\*\*

*Sunday July 4, 2010  
1:00 p.m. - 4:00 p.m.*

*792 Ridge Rd  
RR 1 Deseronto  
In case of rain - alternate site All Saints Church - Ridge Rd  
Hosted by: Connie Perron & Pam Detlor*

*Proceeds in aid of All Saints Church & Christ Church*

*Tickets Available: \$7.99 each  
Further information call Connie 613-968-2909 or Pam 613-961-1852*

*SILENT AUCTION    50/50    DOOR PRIZES  
ENTERTAINMENT    DEMONSTRATIONS*

# **COUNTRY & BLUEGRASS JAMBOREE**

**HOSTED BY ORISKANY  
ALLIANCE OF TYENDINAGA**

**SATURDAY, JUNE 26/10  
TO BE HELD IN BAYSHORE ROAD PARK  
TYENDINAGA TERRITORY**

**10 A.M. – 7 P.M.  
ADULTS \$10, CHILDREN 12 & UNDER \$5  
TICKETS AVAILABLE AT GATES ONLY**

**PLEASE BRING LAWN CHAIRS  
FOOD AND REFRESHMENTS WILL BE  
AVAILABLE**

**THIS IS A FUNDRAISER FOR THE  
ORISKANY ALLIANCE COMMITTEE**

**FOR MORE INFORMATION PLEASE  
CONTACT JAMES MARACLE AT THE  
ELDER'S LODGE @ 613-396-2796 OR  
613-919-4491**







**THE ANGLICAN PARISH  
OF TYENDINAGA**

Parish Priest  
The Rev'd Brad Smith  
Mohawk Rectory, 396-3797

**SUNDAY CELEBRATION**

All Saints' Church  
1295 Ridge Rd  
8:30 a.m.\*

Christ Church  
Her Majesty's Chapel Royal of the Mohawks  
52 South Church Lane  
10:30 a.m.\*

*\*On 20 Jun, the only service is at Christ Church*

The Sunday Celebration each week is a multi-generational remembrance of the love of God for the Creation as seen in Jesus of Nazareth. We worship in the modern languages that we speak, using both English and Kanyen'keha. Everyone is welcome to worship and stay for a time of refreshment and fellowship after every Sunday Celebration.

**UPCOMING EVENTS**

Wed 2 Jun/7 Jul/4 Aug, 7 p.m., All Saints'  
Trivia Night

Cost: \$10 per person. Individuals or teams can register. Funds raised to benefit the capital fund.

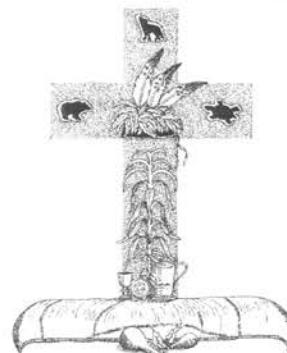
Wednesday 16 Jun, 7 p.m., All Saints'  
Parish Fun Night  
Bring a game, a friend, and a snack!

**REACHING OUT TO THE COMMUNITY**

The Parish wants to make a difference in Tyendinaga. We would love to work together with other community organisations on a potentially large-scale and/or long-term project to journey together on a path to bring healing and unity to our community. If you have a great idea and need help or resources, please contact us. We can't make any promises, but we believe that God our Creator wants to make Tyendinaga great and that together we can work to achieve that vision.

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

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



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

***Holy Communion***

Fr. Gérard Trinque, OHI, SSM, Officiating

**Every Sunday—10:00 a.m.**

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

**Traditional Anglican Services  
Using the long-established  
Book of Common Prayer (1962)  
and the time-honoured hymnal  
Book of Common Praise (Blue Book)**

**For more information, please call:**

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

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

***Food Bank Day:  
Third Sunday of each Month***



***"This is the Day the Lord hath made!"***

## CLASSIFIED

### FOR SALE

2000 PONTIAC GRAND AM

Call: 613-396-3557

### HOUSE FOR SALE

4 BDRM WATERFRONT  
HOME FOR SALE

Prime waterfront home has  
2700ft of living space  
Complete finished walkout  
basement with wet bar  
In ground pool, 500ft deck  
overlooking Bay and pool  
Town water and sewer, paved  
driveway, and beautifully  
landscaped. \$299,000

Call for more details or an  
appointment. 613.396.3077

### 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

### HOUSE FOR SALE

3 BEDROOM

- 741 Ridge Rd.
- with 2 full bathrooms
- propane fireplace, stove & hot  
water tank
- 1 1/2 car garage
- partially wired for generator
- lots of good water, good septic  
System
- 1/2 basement, screened in deck
- asking price \$159,000.00

Open to offers please call  
613-962-5179

### HOUSECLEANING

BY CHERYL

- reasonable rates
- experienced & bondable

613-968-9650

### CHILD CARE

Unlicensed Child Care  
\$15/Day, 6 A.M. - 6 P.M.  
All Ages  
Call: Amanda (613) 309-9134



### HOUSE FOR SALE

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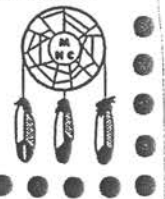
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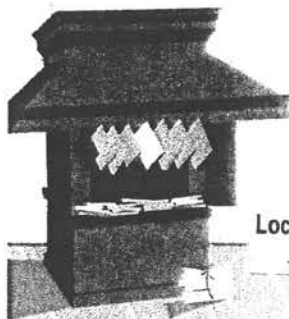
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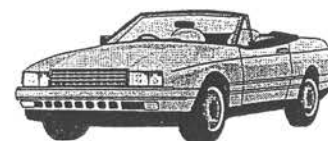
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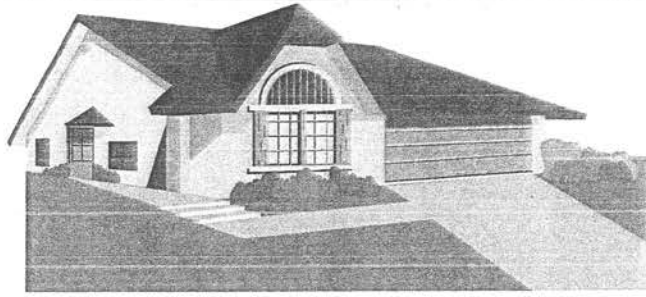
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