



# MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANYENK'EHA:KA

ISSUE 6/13  
OHYARIHA (June)

## ORI:WASE (NEWS)

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



## \*NOTICE\*

### LARGE Item Pick-up

**\*One Day Only\***

**East End Pick-up**

**Monday June 10, 2013**

**\*One Day Only\***

**West End Pick-up**

**Monday June, 17, 2013**



List of acceptable  
items inside!

Ensure your items are neatly stacked at the end of your driveway on the correct day for pickup.

If your items are not on the acceptable list they will **NOT** be picked up!

**\* ABSOLUTELY NO Construction Waste, Brush, Household Waste/items that can fit in Bags/boxes, propane tanks, tires \***

Please take useable items to:  
Value Village, Belleville  
Clothesline Diabetes Association (pick up)  
1-800-505-5525

### **List of Acceptable Items for Large Item Pickup**

#### Large Furniture

- Couch
- Dresser
- End tables
- Dining room tables
- Ottoman
- Mattress/box spring/bed frames
- Chairs

#### Miscellaneous

- LARGE exercise equipment
- LARGE children's toys
- Patio furniture
- Window Blinds

#### Appliances

- Fridge
- Stove
- Microwave
- Dishwasher
- Water coolers
- Washer
- Dryer

#### Electronics

- TV
- VCR
- DVD
- Stereo
- Vacuum
- Fans

\* **ABSOLUTELY NO** Construction Waste, Brush, **Household Waste/items that can fit in Bags/boxes**, propane tanks, tires\*

If you are unsure if you're items are acceptable, do not hesitate to contact MBQ Technical Services, 613-396-3424

# Mohawks of the Bay of Quinte Human Resources



## Summer Students

**Are you a returning Secondary or Post Secondary Student over the age of 16?**

Summer jobs will be posted very soon  
Please keep a watch out on our website [www.mbq-tmt.org](http://www.mbq-tmt.org) or the job board at either the  
Administration Office or Employment Office

As well, check out Career Edge in Belleville for other Summer student opportunities!

For more information about Mohawks of the Bay of Quinte casual, posted and summer opportunities  
contact  
Kelly Maracle at 613-396-3424 ext 112

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

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.



# MOHAWKS OF THE BAY OF QUINTE

## KENHTEKE KANYEN'KEHÀ:KA

BAND PROPERTY MAINTENANCE

82 Depot Rd., Tyendinaga Mohawk Territory, ON K0K 1X0  
Phone 613-396-5328 Fax 613-396-5802

Friday 24, 2013

### **PUBLIC NOTICE OF HERBICIDE USE** **Tyendinaga Mohawk Territory**

The Band Property Maintenance Department intends to control vegetation in cracks and crevices in hard surfaces along the following areas:

Queen St. E. Gazebo, Young St. Park, 229 Slash Road Park, 1886 York Road, Huron Brant Drive North Park, Huron Brant Drive South Parkette, Pow Wow Grounds (Bayshore Rd) Mohawk Landing (Bayshore Rd.) within Tyendinaga using the herbicide Finalsan Registration ( fatty acids) No 29017 and or EcClear (acetic acid) Registration NO 25528 under the Pest Control Products Act. Commencing approximately JUNE 01/2013, weather permitting and ending October 31/2013.

For Further Information Contact: Denny Brant @ 613-396-5328 ext. 102

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## Trustee Report for May 2013

The business of the Board seems to be focused around preparing a balanced budget for next school year, which is mandated by the Ministry of Education for Ontario, and Student Enrolment/School Capacity which basically means updating schools through renovations or building new schools to accommodate changing needs in areas of Hastings Prince Edward District School Board.

Along with changes at the senior administrative level at HPEDSB, we will also see a change in the principal position at Moria Secondary School. Our present principal Kim Sampson will move to Centennial Secondary School and Grant Montgomery from Bayside Secondary School will move to M.S.S. We are sad to see Ms Sampson leave M.S.S. given our successful track record of working together in a school/community partnership but, I'm sure the same partnership approach will continue with Grant Montgomery for next year. Mr. Montgomery comes with high recommendations from senior admin staff of the Board.

We still do not have a new tuition agreement signed between Hasting Prince Edward District School and AANDC. The last tuition agreement was in force until August 31, 2011. AANDC has been reluctant to meet to sign a new agreement and Hasting Prince Edward District School Board continues to operate under the last signed agreement. No date has been identified to sign a new agreement at this time.

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 Tyendinaga  
First Nations



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

**The Environmental CHR will be conducting the West Nile Surveillance Program again this year and is offered through Health Canada's monitoring program for testing.**

The Environmental CHR will be setting traps, which contain dry ice to entice and trap mosquitoes, which will be submitted to the Entomogen INC., St. Catharines, ON. Each mosquito will be identified and analyzed for the West Nile Virus. This program will be conducted from July until October 2013. There will 4 traps set at various locations of our Territory, as directed by Health Canada's programming.

**Please ensure to educate your children, as these traps are set to ensure they are not disturbed, as they contain DRY ICE.**

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

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

## **CLEAN UP ALL STANDING WATER**

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

## **BIRD SURVIELLANCE PROGRAM**

This program is being held in conjunction with Health Canada.

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

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

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

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

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

## **Trustee Report for May 2013**

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Respectfully submitted

Mike Brant, HPEDSB, representing Tyendinaga First Nations

## 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.



**MOHAWK FIRE DEPARTMENT**

The Mohawk Firefighters in May responded to 5 calls:

**2 Mutual Aids  
1 Medical  
1 Structure Fire  
1 Water Rescue**

This brings our total to 41 calls for the year 2013

## **HAY TENDERING PROCESS FOR 2013**

**The Tyendinaga Mohawk Council is now accepting bids on a price per acre basis for the hay that is located on Band Land in various parts of the Territory for the 2013 haying season and that is considered as Band Land.**

**One of the properties is located east of Shannonville on the north side of old Hwy #2 together with a parcel across the road containing 11.26 acres. The south side containing 7.79 acres both parcels contain approximately 20 acres.**

**Another property is located on the York Road at the Karon hiak ta' kie Sports complex. . It is the area around the Ball diamond, and lacrosse box containing approximately 15 acres.**

**The last property is approximately 35 acres located on old Hwy #2 across from the 59'rs club.**

### **NOTE:**

**The Successful tender will be responsible for the cutting, bailing and removal of the hay in a timely fashion and manner, this summer.**

**The highest tender is not necessarily accepted.**

**The Tyendinaga Mohawk Council will not be held responsible for any Liabilities, loss or incriminations as a result of the acts performed under the tender process agreement**

**Sealed tenders marked " HAY TENDER" must be submitted to Community Services Office 1658 York Road no later than 4:00 PM on June 28<sup>th</sup>, 2013.**

**For further information please contact Twila Brant, Certified Lands Manager at the Community Services Office, 1658 York Road, TMT 613-967-3616 Ex.**





## FACT SHEET: TORNADOES

### What is a Tornado?

A tornado, also known as a twister, is a powerful whirlwind shaped like a funnel pointing toward the ground. A tornado, large or small, can leave a wide path of destruction. This type of phenomenon can uproot trees, turn cars over and tear the roofs off houses.

### Know What to Do:

#### At home:

- ◆ Stay away from windows and doors.
- ◆ Seek shelter in the basement, under a staircase, or in a small interior ground floor room such as a bathroom, closet or hallway.
- ◆ Avoid seeking shelter in large rooms that could collapse.

#### In the car:

- ◆ If you spot a tornado in the distance go to the nearest solid shelter.
- ◆ If the tornado is close, get out of your car and take cover in a low-lying area, such as a ditch.

#### If you are outdoors:

- ◆ Do not wait until you see the tornado to get inside.
- ◆ If you are caught outdoors, lay flat in a nearby ditch or depression and try to protect your head.
- ◆ Do not get under an overpass or bridge. You are safer in a low, flat location.
- ◆ Beware of flooding from downpours and be prepared to move.
- ◆ Watch out for flying debris.

#### In all cases

- ◆ Get as close to the ground as possible, protect your head and watch for flying debris.
- ◆ Do not chase tornadoes – they are unpredictable and can change course abruptly.
- ◆ A tornado is deceptive. It may appear to be standing still but is, in fact, moving toward you.

### Warning signs include:

- ◆ Severe thunderstorms, with frequent thunder and lightning
- ◆ An extremely dark sky, sometimes appearing to have green, yellow or black clouds
- ◆ A rumbling sound or a whistling sound.
- ◆ A funnel cloud at the rear base of a thundercloud, often behind a curtain of heavy rain or hail.

### 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 tornado.
- ◆ Designate a safe room in your home like the basement, a storm cellar or interior room on the lowest floor with no windows for household members and pets to gather during a tornado.
- ◆ Remove dead or rotting trees and branches that could fall and cause injury or damage.

*There is an average of 12 tornadoes a year in Ontario. Most tornadoes occur between the months of May and September. It is difficult to predict where a tornado will hit.*



#### Sources:

Emergency Management Ontario Website (Government of Ontario):  
<http://www.emergencymanagementontario.ca/english/beprepared/ontariohazards/Tornadoes/Tornadoes.html>  
 Get Prepared Website (Government of Canada):  
<http://www.getprepared.gc.ca/cnt/hzd/trnds-eng.aspx#a3>  
 Red Cross Website: [www.redcross.ca/prepare](http://www.redcross.ca/prepare)



Phone: (613) 396-3424

Monday to Friday 8:30-4:30

Fax: (613) 396-3624

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



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

**For Fast, Reliable Internet to Your Home or Business Call Today!**

**High Speed Fibre**

**Internet Packages Starting at:**

**\$34.<sup>99</sup>\***  
Per Month

**Free Installation! \*\***



**Call  
Before  
You Dig.**

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

# Upcoming Event

## Business Plan Writing

Planning your business is like planning your vacation

- » A business plan is the roadmap of all the research and preparation required before starting a business. It is also important for an existing business to prepare a business plan when they are at a crossroad and have to make decisions for the future.

Benefits:

- » During the one-on-one time Wartenberg Business Consultant will get all the information about the business idea or the existing business.
- » Entrepreneurs have to understand their business plan in order to manage their business. By writing the plan participants will be more confident about their business and they will be better prepared.
- » Based on experience we understand that every participant will be at a different level. Smaller groups at different levels, will received more detailed guidance to prepare a more substantial business plan.

**June 12th, 2013 - initial meeting 5—7 pm**

\* additional group dates are June 24 - 27 (9am-3pm) & July 8 (9am-3pm)

If you are interested in attending please pre-register as seats are limited to 10 participants.

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

Phone: 613-967-3616

Fax: 613-967-6251

Date:

Company:

Name:

Address:

Phone:

Email:



# Upcoming Event

## Business Coaching Program

This 6 month program will focus on improving business growth and retention

### How It Works

Based on the business' needs, appropriate subject matter expert coaches, and other program resources will be assigned to assist the business. Subject matter coaches are available in a variety of disciplines including retailing, manufacturing, sales and marketing, internet marketing, accountant, finance, and organizational management.

Based on their experience and knowledge, coaches will provide feedback to the clients, provide suggestions, generate ideas, empower the client to make decisions, etc.

Interested businesses can apply to join the program, which entails one meeting per month during the six month period.

## 6 Month Program (1 meeting per month)

If you are interested in this program please pre-register

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

Phone: 613-967-3616

Fax: 613-967-6251

**\*\* a detailed application will be sent to you after initial registration**

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





## 2013/14 Community Language Programs

### **Shatiwennakara:tats** (Adult)

The adult students are instructed in both grammar and communicative methods, and provided with opportunity for oral language usage which will assist them to become functional speakers of Kanyen'keha. This is a ten-month full-time program.

**Program Start date: August 19, 2013**

**Deadline for Registration: July 19, 2013**

**NOTE:** The two-week pre-session (Aug 19-30) is open to people who are not able to continue on with the entire program. \$100 registration fee is due upon submission of application.

### **Kawenna'on:we** (Primary Immersion)

Kawenna'on:we operates as a private school for children 5 – 10 yrs. Kawenna'on:we provides a learning environment for children that reflect the values of our Kanyenke'haka ancestors through language and culture, in the spirit of love and respect. The basis of the program is around the four seasons, the Ohenton Karihwatekwen and the traditional ceremonies of the Rotinonhsyoni.

**Program Start date: July 2, 2013**

**Deadline for Registration: ongoing**

### **Totahne** (Language Nest)

Totahne gives young children a chance to acquire language in a home-like environment under the care of a fluent Tota. Totahne provides a nurturing environment and surrounds the children (2 to 5 yrs) in Kanyen'keha.

*Note: Children must be fully potty trained to be considered for the program.*

**Registration ongoing, space limited**

***“Ne'e onkwawenna tsi onkwatstenhsera”***

*“It is our language that is our strength”*

*Application forms available at Kanhiote Library, Ohahase Education Centre and Tyendinaga Fitness Resource Centre or by calling 613-396-1082*



Tyendinaga Justice Circle  
Tonta kai érin e  
(It has become right again)

# Young Mens Wellness Weekend

## With a Survival Twist

*"There is no wi-fi in the forest, but I promise you will find  
a better connection"*

**Friday- Sunday June 14<sup>th</sup>, 15<sup>th</sup>, and 16<sup>th</sup>**

**A weekend for young men to learn teachings, cultural knowledge, survival skills,  
and experience the outdoors with peers and Elders**

**Joe Brown, Eli Brinklow, Paddy Mercer and Mark Brinklow**

Patrick (Paddy) Mercer is a former Search and Rescue Technician (SARTECH) with the Canadian Forces. As an expert in teaching survival skills with 30 years of experience as a SARTECH, Paddy has demonstrated his skills in Para-rescue, diving, mountain climbing and medical training many times in actual search and rescue missions.

To register contact Mark Brinklow @ 613-396-2122 ext 125 or [markb@fnti.net](mailto:markb@fnti.net)

The following is a true story.

Writer is anonymous.

I was 27 and thought I had finally succeeded in my long standing goal to find the right person for me, the person I would share my life with. He was strong, smart and handsome, with a great sense of humor. He also had what seemed to be uncommon sensitivity and an ability to look at himself objectively, which he seemed to use in an effort to continually improve himself. We were like peas in a pod, meant to be together.

We were both a little wild. No matter. We had already decided that kids were not in our future and I felt sure I could handle the occasional angry outbursts he was prone to. Hell, I had angry outburst from time to time. I had seen my own parents fight like that now and then, that was normal right? We had a few scuffles early on, before we were married. I remember once he came in the place I was working and started an argument with me that certainly could have waited. There was the times he got really angry because I accidentally locked him out or was late coming home from work. And once, we got into a fight and our friends had to intervene. These incidents were spread out over months and seemed like isolated events. In retrospect, I wish I had taken warning and avoided one of the bigger mistakes in my life.

Decisions got made early on. He made more money than me and wanted to handle the money: "okay, Honey, you handle the money." Money was always tight (we used to go out all the time!), so we only had one car. I was good at finding jobs close to home because I didn't really like to drive; if I needed to go somewhere on my own (rare), he had no problem taking me. He did all the shopping and cooking (great!).

He had a nasty habit of letting things get to him to a point where he would explode every now and then, once or twice a year. He would scream at me that nothing I did was good enough, sometimes he would throw things or act in threatening ways. Honestly, sometimes he seemed to scream at me about things that didn't even relate to our life together, as if he was reliving an argument that had happened between his parents when he was a kid. I always reacted to these outbursts with

strength. I never thought I was in danger, I was pretty tough.

He had a very rough background, riddled with violence since early childhood, but he had also undergone extensive self development training and it showed when he was not angry. Of course it was also clear to both of us, due to his background and also his training as a Navy Seal, that if he ever did lose control, I could be in mortal danger.

We became pregnant, by surprise, three years into our marriage. For me this was a huge blow. I was literally in denial for the first three months of pregnancy and then only grudgingly started to make the adjustment to motherhood. He was helpful and supportive for the most part, although I had extreme difficulty wrapping my mind around the new expectations the world now had for me. He was studying to become a Master Herbalist at the time and he saw to a full regiment of nutritional supplements while I grew larger, more uncomfortable and more terrified of becoming a mother.

Labor was a nightmare. Fifty hours with a tear that had to be stitched and later became infected. It didn't heal for three months. My beautiful baby turned out to be a crying machine that required every single moment of my attention and it never seemed good enough to stop her crying for long enough to give me a chance to rest. My husband was not much help in the baby care department. The first six months of her life were the hardest I have ever endured. When we finally started to settle into a working relationship, I found my marriage had changed.

My husband probably felt neglected with so much of my time focused on our daughter, but he never really said so, most likely because his rational brain knew that it was a necessary part of the adjustment. He also took on the responsibility of supporting a family as a heavy burden, even though to my mind, it didn't really differ from what he'd been doing all along. His brow was clouded more often and it was harder for him to really relax and have any kind of fun.

At around the time our daughter was six months old, we had a fight that really scared me. I needed some help

bringing our daughter and her things in from the truck after having dinner at my dad's. He sat on the sofa looking like he was going to fall asleep, but we were both exhausted. In exasperation I said, "Can I get some help!" He jumped off the sofa and came at me like a madman. He had me by the throat, pushed up against a wall with his fist drawn back like he was going to hit me. I was shocked. The only thing I could think to do was reach up and scratch his face. In complete astonishment he released me, then he saw the blood and was really mad. He chased me all around the apartment until our daughter demanded our attention and he regained control over himself. Once we were able to talk to each other, it turned out he didn't remember jumping off the sofa to attack me. He only knew that I attacked him by scratching his face. This was the moment I started to suspect I had signed up for serious trouble. What could I do? I couldn't leave him, I had this tiny person to care for now that took up every

minute of every day. I had no life, no job prospects and whatever I could have made at the time would really have only covered day care and maybe transportation. I didn't want some day care to raise my tiny baby! I felt despair, trapped, and the only practical course of action I could see was to stick with the current plan. I would stop fighting with him to lessen the amount of yelling my daughter was exposed to and I would simply focus on raising her. I thought one she's big enough to go to school I will be free to get a job and make a different choice.

To be continued.....

If you or someone you know is experiencing abuse you can call Red Cedars Shelter. We are opened 24/7 and a counsellor is there and ready to help you or to just listen.

Below are our toll free numbers:

613-967-8212 or 1-800-672-9515

Tsi Tyonnheht Onkwawenna (TTO)  
Language & Cultural Centre

## Ohenton Karihwatehkwen Sign Project

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

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



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





# JUNE 2013

## COMMUNITY HEALTH.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Win A Bike  
Community Skate Park  
Helmet Safety/BBQ  
11:00 am-3:pm

Diabetes Wellness Circle  
"Berry Unique"  
Tues. June 11/13  
CWC Building  
7pm-9pm

# June Newsletter

## Family Health & Child Development Program

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

50 Meadow Drive

613-967-0122

## June is Brain Injury Awareness Month



### Our Brain: The Incredible Multi-Tasker

Our brains are at work while we learn, problem-solve, breath, stand, talk, digest, keep a heart beat, see, hear, walk, chew gum and so much more all at the same time!

Our brains are more intricate than the most complex engine; more able to solve problems than the most sophisticated computer. Just like those special machines, our children's brains need and deserve the very best attention to keep healthy and in good working order.

Some tips to keep your children's brains healthy

- Provide a warm, loving, consistent environment. Show pride in their efforts. Help children build relationships.
- Teach your children activities that exercise their brains like games, puzzles and playing musical instruments.
- Provide a healthy diet; make sure children get the rest they need

Always:

- Buckle up for safety to greatly reduce the chance of suffering a serious head injury in the car.
- Make sure your children wear a helmet while bicycling, skating, horse back riding, skateboarding and so on.

Check us out on Facebook under  
Family Health & Child Development

## Breast feeding Support Group

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

For more information you can contact Mary McCauley at the CWC



## Mocktails for Mom & Dad's (Be Safe: Have an alcohol-free pregnancy)

### Backyard Caesar Mocktail

1. Rim a tall glass with fresh lime and celery salt
2. Fill the glass with ice and add 2tsp. Spicy bbq sauce, 1/4oz. Lime juice and 4oz. Clamato.
3. Stir to mix. Garnish with a beef pepperette.

### Baby Belle

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

## 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  
June 26th  
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. Every other week will be a local trip, 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**

June Calendar for this group

June 26th We will be going to Quinte Sports Centre for a family swim the cost is \$2.50 per person, children under 2 are free 9am-10:45am

**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

CAPPA Canada Lactation Faculty and Advisor

Lactation Educator, Mohawk College, Hamilton.





# HEALTHY MOMS, HEALTHY BABIES

Are you pregnant?



If yes, you may be interested  
in a free **Healthy Moms, Healthy  
Babies** project currently being  
conducted in the **Tyendinaga Territory  
community**



- **Diabetes & Pregnancy Research** ◀
- **Prenatal Exercise & Diabetes Education** ◀
- **Gestational Diabetes testing** ◀

**For more information:**

**DOROTHY GREEN & GALE HAYWARD**

**Community Wellbeing Centre**

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

## EXERCISES and RECIPES



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

### Exercises to Help Prevent Ankle Swelling and Varicose Veins

Your blood volume can increase as much as 50 percent (above non-pregnant levels) by the time you are in your third trimester. Much of this increase is contained in the pelvic area and legs.

This can lead to ankle swelling, varicose veins, muscle cramping, and blood clotting (phlebitis). Exercising your legs and feet will keep the blood circulating and may help prevent these problems.



#### **Ankle Circles**

Rotate feet slowly in a circular motion. This can be performed any time, anywhere. This exercise is especially important if you are sitting or standing for long periods at a time.

#### **Toe Raises**

Stand with feet about shoulder-width apart, bend knees slightly, and maintain proper posture. Hold onto a wall or countertop for balance. Slowly raise up on the toes as high as possible, and then lower. Repeat 15 times. Relax and stretch calves.



#### **Calf Stretch**

Reach one leg out behind, with both feet flat on the floor and the toes pointing straight ahead. (Place your hands on a wall for balance and support if needed.) Tilt the pelvis backward (under) to prevent the lower back from arching. Hold for one minute, relax, and repeat with the other leg back. To stretch the lower calf, place the feet closer together, and bend both knees. Hold for one minute, relax, and repeat with the other leg.



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)

Salad days are here. Raw veggies are full of flavour, fibre, enzymes, vitamins (especially folate) & minerals, but the

commercial salad dressings and dips we buy are not always healthy! So here's a quick, easy salad and a well-liked homemade dressing from the recent Good Food Box cooking class, and a delicious, healthy dip from Jodi's Nutrition Know-how class.

### Green Salad with All Purpose Salad Dressing

Mix and match: Use lettuce or spinach and any leftover raw vegetables you have on hand. Add hard boiled eggs, tuna, or nuts and seeds to make this a meal.

**Salad:** 1 package salad mix or spinach or 1 head of romaine lettuce, washed.  
+ 1 ½ cups leftover raw veggies, chopped (tomatoes, carrots, cucumber, peppers, etc)

### All Purpose Salad Dressing:

2 TBSP oil  
1 clove garlic, minced (or 1/8 tsp garlic powder)  
2 TBSP vinegar (white, cider, or balsamic)  
1 tsp sugar, or preferred sweetener  
1 tsp lemon juice  
½ tsp dried oregano  
¼ tsp pepper

Mix in small bowl and pour over salad just before eating.

**Note:** We had to triple this recipe in class.

### Bean Dip

This dip is easy to make! Serve with raw veggies or pita bread cut into wedges.

1 can (19 oz/540 mls) black beans, drained and rinsed\*  
½ cup salsa  
1 clove garlic, chopped (or 1/8 teaspoon or ½ ml garlic powder)  
1 teaspoon cumin  
Pinch of pepper

\*Or use about 2 cups (500 mls) of cooked dried black beans

1. In a bowl, combine beans, salsa, garlic, cumin and pepper.
2. Use a fork or potato masher to mash the ingredients. You can make a chunky dip, or mash it more and make a smoother dip.

# *Baby's First Moccasins*

If you're a "Mom-to-be" or  
you have a "Newborn Baby"  
at home...

Join us to make your  
**Baby's First Pair of Moccasins!!**

**DATES: WEDNESDAY, JUNE 12TH & JUNE 19TH, 2013**

**TIME: 6:30pm—8:30pm**

**WHERE: COMMUNITY WELLBEING CENTRE**

*Conference Room A & B - June 12th*

*Teaching Lodge - June 19th*

➤ **MUST BE ABLE TO ATTEND BOTH SESSIONS** ◀



**For More Information & to Register:**

**Mary McCauley, Dorothy Green**

**or Gale Hayward at the**

**Community Wellbeing Centre**

**613-967-3603 or**

**chp\_cwb@mbq-tmt.org**





## Let's Walk & Beat Diabetes Together!



# June 2013

### UPCOMING EVENTS FOR JUNE 2013

**Thurs** May 1st-June 30th -**Mocc Walk Challenge**  
9:00-9:45am at Community Wellbeing Centre (west side)

**Mon** June 6th-24th—**Urban Poling**—QMS Track 5-6:30pm

**Wed's** June 12th & 19th—**Baby's First Moccasins @ CWC**  
6:30—8:30pm . Please call to register.  
Must be able to attend both sessions.

**Saturday**, June 15th—**BIRTH FEST!! @ Portsmouth Olympic Harbour, Kingston** from 11am-4pm

### Get Active—Get Fit— Have FUN!!!

**Take the Mocc Walk Challenge**  
**May 1st—June 30th, 2013:**

This walking challenge is intended to increase awareness about diabetes as well as to promote physical activity among Aboriginal people across Ontario.

**Where:** Meet at Community Wellbeing (west side).  
**When:** Every Thurs morning (weather permitting)  
**Time:** 9:00-9:45 am  
**To Register:** Please call Denise @ 613-967-3603 ext 128

### URBAN POLING-QMS TRACK

Every Monday from 5pm—6:30pm  
**\*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

### 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-timt.org](mailto:chp_cwb@mbq-timt.org)  
[www.tndrms.ca/HMH-B-Tyendinaga.html](http://www.tndrms.ca/HMH-B-Tyendinaga.html)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
	Urban Poling QMS Track 5:00-6:30pm			Mocc WALK CWC 9:00-9:45am		
9	10	11	12	13	14	15
	Urban Poling QMS Track 5:00-6:30pm			Mocc WALK CWC 9:00-9:45am		Birth Fest
16	17	18	19	20	21	22
Father's Day	Urban Poling QMS Track 5:00-6:30pm			Mocc WALK CWC 9:00-9:45am		
23	24	25	26	27	28	29
o Full Moon	Urban Poling QMS Track 5:00-6:30pm			Mocc WALK CWC 9:00-9:45am		
30						

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

# June 2013

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast Club—8:00 to 9:30 a.m. Diners Club—12:00 to 1:00 p.m. Handivan Departure—10:00 a.m. Meals on Wheels delivered between: 11:30 a.m. to 12:30 p.m. Scrapbooking—10:00 a.m. to 3:00 p.m.		Birthday Tea—2:00 to 4:00 p.m. Lunch/Bingo—12:00 to 3:00 p.m. Euchre —6:30 to 8:30 p.m. Library—2:00 to 4:00p.m. Ceramics—1:00 to 4:00p.m. Swimming Program—1:00 to 4:00 p.m.			1	
2	3 Ceramics	4 Meals on Wheels  Library	5 Diners Club Deseronto  Swimming Program Wellness Centre Blvl	6 Meals on Wheels  Belleville Shopping	7 Meals on Wheels Handivan Des Blvl Waterfront Trail Grand Ole Opry	8
9	10 Ceramics	11 Meals on Wheels  Library  National Day of Healing & Reconciliation	12 Diners Club & Bingo HOME SUPPORT @ Community Centre  Euchre	13 Meals on Wheels  Birthday Tea  Trip to Pat's Ceramics	14 Meals on Wheels  Handivan Des  Scrapbooking	15
16	17 Breakfast Club  Strawberry Picking	18 Meals on Wheels  Library	19  Swimming Program Wellness Centre Blvl	20 Meals on Wheels  Handivan Des  Kingston Shopping	21  <b>OFFICE CLOSED</b>	22
23	24	25 Meals on Wheels  Library	26 Diners Club & Bingo HOME SUPPORT @ Community Centre  Euchre	27 Meals on Wheels  Blvl Waterfront Trail	28 Meals on Wheels  Handivan Des  Scrapbooking	29
30						

# BEARS & CUBS JUNE 2013

## Scavenger Hunt/ Medicine Walk

### June 27th, 6:00 till 8:00 PM

We are excited to invite you to a fun filled outdoor experience! We will be spending the evening out doors on a tricky and adventurous scavenger hunt! Use the clues provided to solve the mysteries and discover nature and our natural medicines. We will have a special guest speaker who will talk about why medicines are important to us. Each Bear and Cub will then make their very own medicine bag to decorate and take home, as well as the trinkets they find during the scavenger hunt.

Supper and refreshments will be provided.

**( Please inform us of any allergies we should be aware of when registering).**

All participants **MUST** register your space. This insures that we have enough supplies for everyone.

To register please call 613 967 0122 ext. 149





## Moon Ceremony

Women are invited to join us to honour and seek guidance from Grandmother Moon on June 23 / 2013 at Dusk (Approx. 9:00 pm)

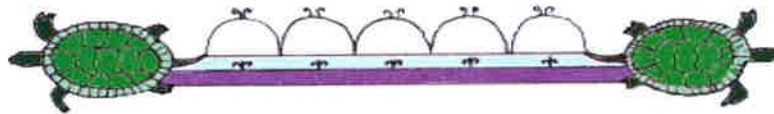
### What to bring:

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

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

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

Questions can be directed to Diana at (613) 967-0122 Ext. 133 or Betty Ext. 102.



June 11, 2013

## The Dreams of First Nations Children Matter Too!

**First Nations children should not have to fight for services all other Canadians enjoy.**

Give First Nations children the same chance to grow up safely at home, get a good education, be healthy, and proud of their cultures.



# **Our Dreams Matter too!**

Walk for Culturally based equity for First Nations children



**We invite YOU to walk with us**

**Tuesday June 11, 2013**

**All participants will meet at Kanhiote Library/Nation Building at 9:00 am**

**The walk will begin between 9:15 and 9:30**

**(Last year the walk took about 3 hours)**

**The walk will end at the Post Office in Deseronto to mail our letters\***

On June 11, 2013, give First Nations children the same chance to grow up safely at home, get a good education, be healthy, and be proud of their cultures.

Our Dreams Matter Too is a walk and letter writing event supporting culturally based equity for First Nations children. There were over 50 Our Dreams Matter Too walks across Canada last year!

**EVERYONE IS WELCOME AND ENCOURAGED TO PARTICIPATE!**

**Water and Fruit will be available to all participants**

Parking is available at the Library/Nation Building, Community Well Being, Old library location, Sadie's Lane by fence.

Please bring pennies...all donations will be forwarded to First Nations Child and Family Caring Society of Canada to support [Shannen's Dream](#), [Jordan's Principle](#) and the [I am a witness campaign](#).

**We walk for the future of our First Nations Children!**

**Form letters will be available on the website, at local stores & MBQ buildings. Please bring your signed letter with you to place in our mailbox. Some letters will be available to sign on the day of the event.**

For any question or concerns please contact Tracey at 613-967-0122 Extension 175

**This event is brought to you through the co-ordination of several MBQ services concerned with children and youth.**

**Our Dreams Matter Too Walk and National Day of Healing & Reconciliation  
Tuesday June 11, 2013**

**Agenda**

- 9:00 Meet at Kanhiote Library/Nation Building
- 9:15 Opening  
...Hand out Signs/Stickers etc.  
...Sign letters (for those of those who have not signed the letters)  
...Penny Drop Collected  
...Collect letters
- 9:20 Walk begins leaving Library/Nation Building
- 9:30 Arrive at Community Centre  
Letters Collected  
Penny's Collected  
Hand out Buttons/Signs to walkers  
Snacks/Lunch/Refreshments (Note: Lunch will be available until 2:15)  
...a bus will be available to transport Children back to the Daycare  
✓ Fruit & water will be available to all participants
- 9:35 Begin Relay (Walkers may choose to walk only one section or the whole way)
- 9:50 Band Office/FNTI driveway (break)...new walkers can join us
- 11:00 59ers Hall (break)...new walkers can join us
- 11:30 L & M variety (break)...new walkers can join us
- 11:45 Post Office, Deseronto  
\*Vans & Bus will be available to drive participants back to the Community Centre\*

*Note that this agenda is a guideline, times may vary slightly on the day of the event*

**This peaceful and respectful walk supports three campaigns:**

- ✓ Shannen's Dream ( [www.shannensdream.ca](http://www.shannensdream.ca)) for "a safe and comfy school" – Shannen Koostachin
- ✓ Jordan's Principle ( [www.jordansprinciple.ca](http://www.jordansprinciple.ca)) to ensure equitable access to all government services.
- ✓ I am a witness campaign ( [www.fnwitness](http://www.fnwitness)) to help First Nations children grow up in safe homes.

**"Individual actions seem insignificant, but together the small steps of many people can have an astonishing impact "- Unknown**

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**



Enyonkwa'nikonhriyohake' Program Presents:

# Drop-in @ Youth Centre

All activities are FREE

June 2013



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

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

## Tuesdays



ages: 6-10

TIME: 6-8PM\*

\*LAST DROP-IN OF THE SEASON IS  
TUESDAY, JUNE 25<sup>TH</sup>: PIZZA NIGHT!

ages: 11-14

TIME: 6-8PM\*\*

\*\*DUE TO QMS GRAD ON  
WEDNESDAY, THE LAST DROP-IN OF  
THE SEASON IS **MONDAY, JUNE 24<sup>TH</sup>**:  
PIZZA NIGHT!

## Wednesdays





# Happy Birthday!



Happy Birthday  
Coley June 12  
Love from Mum, Dad, Tasha, Peanut, Tiny  
and Tris

Happy Birthday  
Johnny June 18  
Love from Mum, Dad, Tasha, Peanut, Tiny  
and Tris

Happy Birthday  
Ever!  
Love Auntie, Jeffy and Ledgie

Happy Birthday to  
Aunt Sue  
Love, Jay, Adam, Tristian,  
Whitney and Darrian

Happy Birthday  
Corey Brant  
Love Chip & Allison

Happy Birthday  
Kyle Brant  
Love Chip & Allison

Happy 25<sup>th</sup> Birthday  
Emily Brant  
Love Chip & Allison

Happy 1<sup>st</sup> Birthday  
Wade Cowie  
Love Great Uncle Chip & Great Aunt Allison

Happy Birthday  
Orpha Barnhardt  
June 3  
From Family & Friends

Happy Birthday  
Aunt Sue  
Love, Deb and Steve

Have a Great Birthday  
B.C.  
Love, Martha

Happy 17th Birthday  
(June 21st) to my sweet daughter Reagan, we  
are so proud of the young woman you have  
become and we are thankful for the laughter  
and joy you bring to our lives daily.  
Love you to the moon and back, always and  
forever!  
Dad, Mom & Dylan xoxo

Happy 1<sup>st</sup> Birthday  
to our Cowboy Wade!  
June 25  
Lots of Love  
Daddy, Mommy and Big  
Brother Colty!

Happy 25<sup>th</sup> Birthday  
to our NeeNee!  
June 28  
We love you very much!  
Colty & Wadey





★ **To Haley- June 12**  
 ★ Happy birthday,  
 ★ beautiful daughter of mine,  
 ★ When I look at you,  
 ★ your eyes always shine.  
 ★ One of these wishes,  
 ★ In my heart, I constantly feel,  
 ★ It's the love that I have for you,  
 ★ which is boundless and real.  
 ★ Love always  
 ★ Mom & Dad, OXOXOX

★ **Happy 5<sup>th</sup> Birthday, Gage**  
 ★ June 26  
 ★ These happy birthday wishes  
 ★ Come to let you see  
 ★ That you are all the lovely things  
 ★ A grandson could be...  
 ★ Here's wishing you a day  
 ★ When all your dreams come true  
 ★ So happy, happy birthday  
 ★ To a very special you  
 ★ Love always  
 ★ Mammy, Pappy, Aunt Haley, Nate, OXOXOXOX

★ **Happy Father's Day**  
 ★ **Bill (Dad, Pappy)**  
 ★ We love you & have a  
 ★ great day!  
 ★ Love always  
 ★ Bonnie, Haley, Nate  
 ★ Cassie, Bub, Jared, Gage  
 ★ Bart, Lissy, Elijah, Keegan, OXOXOX



★ **Happy 2<sup>nd</sup> Birthday**  
 ★ Jack – June 2<sup>nd</sup>  
 ★ Lots of Love, Aunt Marilyn, Uncle Rick,  
 ★ Sam & Emmett

★ **Happy 25<sup>th</sup> Birthday**  
 ★ Corey – June 3<sup>rd</sup>  
 ★ Love Aunt Marilyn, Uncle Rick, Sam & Emmett

★ **Happy Birthday**  
 ★ Billy – June 4<sup>th</sup>  
 ★ Love Marilyn, Rick, Sam, Emmett, Phill & Hayden

★ **Happy Birthday**  
 ★ Mom (Mary) – June 5<sup>th</sup>  
 ★ Love Rick & Marilyn

★ **Happy Birthday**  
 ★ Grandma – June 5<sup>th</sup>

Love Sam, Emmett, Phill & Hayden  
 Happy Birthday  
 Tracey – June 18<sup>th</sup>  
 Love Marilyn, Rick, Sam, Emmett, Phill & Hayden

Happy Birthday  
 Sam – June 26<sup>th</sup>  
 Lots of Love, Mom & Dad

Happy Birthday  
 Mommy – June 26<sup>th</sup>  
 Love you forever, Emmett

Happy Birthday  
 Sam – June 26<sup>th</sup>  
 Love Phill & Hayden

Happy 30<sup>th</sup> Birthday  
 Suzie – June 29<sup>th</sup>  
 Love Aunt Marilyn & Uncle Rick

Happy 30<sup>th</sup> Birthday  
 Suzie – June 29<sup>th</sup>  
 Love Sam, Emmett, Phill & Hayden

Happy 40<sup>th</sup> Birthday  
 Dan – June 29<sup>th</sup>  
 Marilyn, Rick, Sam, Emmett, Phill & Hayden

Happy Anniversary  
 Mary & Keven – June 3<sup>rd</sup>  
 Love Rick, Marilyn, Sam, Emmett, Phill & Hayden

Happy 5<sup>th</sup> Anniversary  
 Brad & Maria – June 21<sup>st</sup>  
 Lots of Love, Mom & Dad



Happy 5<sup>th</sup> Anniversary  
 Brad & Maria – June 21<sup>st</sup>  
 Love Sam, Emmett, Phill & Hayden

Happy Anniversary  
 Sandy & Bill – June 23<sup>rd</sup>  
 Love Marilyn, Rick, Sam, Emmett, Phill & Hayden

Also would like to wish  
 Happy Father's Day  
 to my husband, son, father-in-law, brothers and  
 brother-in-laws and anyone else I  
 missed.  
 Hope you enjoy your day.



## **Mohawk Family Services Congratulates the “2013 Reach for Success” Youth Award Winners from Tyendinaga Mohawk Territory.**

The 13<sup>th</sup> Annual Reach for Success Youth Achievement Awards was hosted on May 14, 2013 at the Empire Theatre. The theme this year was “All You Need Is Love”. The Awards night gala celebrates, recognizes and honors the accomplishments of our Territory Youth as well as those Youth in care of the Highland Shores Children’s Aid, *formerly known as the Hastings Children’s Aid Society*. The Youth Awards night is a result of a partnership between Mohawks of the Bay of Quinte/Mohawk Family Services, the Quinte Children’s Foundation and Highland Shores Children’s Aid. Many youth, parents, grandparents and friends were present to witness the awards.

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

**Derrian Shepard-Volunteerism**

**Sarah Jacobs-Academic**

**Kodi Thompson-Volunteerism**

**Kendra Brant Karnik-Culture and Heritage**

**Ellyssa Brant-Volunteerism**

**Carlisle Johnson-Academic**

**Allie Sero-Culture and Heritage**

**Nicholas Maracle-Academic**

**Megan Murphey-Volunteerism**

**Cedar Brant-Culture and Heritage**

**Megan Baptiste-Personal Best**

**Peter Brant-Culture and Heritage**

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

**A special congratulation goes out to Mr. Darrien Gray winner of the “2012 Reach for Success” Youth Bursary Award of \$1000.00. Best of luck in the Law and Security Program at Loyalist College this fall Darrien!**

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 the following people for their contributions in making the evening a success!**

Mr. Nathan Brinklow (Ohenton Kariwatehkwen)

Mr. David R. Maracle (Flute)

Ms. Lyndsay Sero (Organizer, Strawberry Drink)

Ms. Mandy Smart/Traditional Singers

Ms. Marie Loft and Ms. Jane Hurst (Banners)

Ms. Linda Maracle (Giveaways)

Ms. Joanne Goodfellow (Organizer)

## Thank you

### In Loving Memory



1921 - 2013

The family of the late Iva Brant would like to extend their gratitude and appreciation to all of our relatives, friends and community members for the thoughtful donations of food, flowers and monetary contributions to the Cancer Research Center in Kingston. It was very overwhelming to see the number of people that came out and offered their support during our time of loss. Obviously Mom had touched many people in her lifetime and will be sadly missed.

We would also like to send our thanks to Reverend Brad Smith for his touching service as well as McGlade Funeral Home for going out of their way to help in making arrangements. The Community Health workers for the special care and use of equipment when mother needed it.

Thank you to the Tyendinaga Mohawk Police for closing Hwy 49 and letting the funeral pass with no interruptions. We also thank Mohawks of the Bay of Quinte Band Council for the use of the Community Centre for the fellowship gathering after the service. The luncheon put on by the The Native Women's Association was excellent and much appreciated.

We would like to extend a final " *Special Thank You*" to Julie Brant (Dave) for being there with us through this rough time and helping us to understand what was happening and being with for Mother on her last day. If we have missed anyone please know that your contribution did not go unnoticed.

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

*No farewell words were spoken  
No time to say goodbye, you were  
Gone before we knew it and only  
God knows why*

When someone you love  
becomes a memory  
The memory becomes a treasure

Love Aunt Marilyn, Uncle Rick & Sam



Nyawen Kowa to the Dreamcatcher Foundation  
Without your support it would not have been possible  
for me to play the sport I love!

Noah Sager

14 York Road, Unit #1

Shannonville, Ontario

KOK 3A0

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

**June 2013**

**Discover the Balance**

**We have Gift Certificates**

## **10 Reasons to Start Running**

**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**

- Running improves your health
- You can lose weight
- You can run for a cause
- You can meet new people through running
- You can experience something new and different
- You can train for a specific goal
- Running improves your energy levels
- Running will help you feel good about yourself
- Running is versatile and inexpensive
- Running can help with stress relief

## **Congratulations to everyone who participated in the 3rd Annual Wellington Women's Half Marathon and 1/2 of a Half on June 1, 2013.**

Future Runs: Quinte Zombie Run - Batawa August 10, 2013

[www.quintezombiezone2013.webs.com](http://www.quintezombiezone2013.webs.com)

Run or Dye - Kingston TBA

[www.runordye.com](http://www.runordye.com)

If anyone is interested in organizing a run with TFRC give us a call, we are in the process of developing a Tyendinaga walk run or crawl marathon to support our local community members with health issues.

TFRC had a Press Conference Thursday May 23/13 with Ontario Trillium Foundation in regards to the Grant awarded of \$70,600 for NEW Fitness Equipment, renovations to Unit # 2 and office equipment.

**Thank You to everyone who came out to the event.**



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)**

# Urban Poling



Tyendinaga Fitness Resource Centre

Urban Poling

**Tuesday & Thursday - 6pm-7pm**

4 weeks of an **Outdoor Workout**

**May 28 - June 20**

At Quinte Mohawk School Track

\$5 a night - twice a week

For more information contact : (613) 962-2822

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

Poles available to rent for \$5.00 a night

**Welcome back "TFRC Urban Pole Group"**

Poles Available to Purchase from Instructor

**Certified Instructor : Darlene J. Loft**

Sign Up by - May 24/13



KWE is currently considering Radio Bingo

We need your input on this is.

This is your radio station and without your approval we can not move forward to make this happen.

Please tick one of the boxes below and send to:

**KWE Radio**  
**1145 York Rd**  
**Deseronto, Ont.**  
**K0K1X0**

**or email to**  
**[kweradio@xplornet.ca](mailto:kweradio@xplornet.ca)**

**or**  
**just drop this in our mail box**

Yes I agree with having radio bingo @ KWE Radio

No I do not agree with having radio bingo @ KWE Radio

The board of directors of KWE Radio would like to thank you for your time and input. We will be providing you with the results at a later date.

Should you have any questions please call 613-967-0463





92.3 F.M.



The New KWE Radio is now 1 year old and we want to celebrate with you. So please join us at the station

Place: York Road

Date: Saturday July 13<sup>th</sup>

Time: noon to: 6 PM

for a barbecue with salads, cake, pop, coffee AND entertainment to help us mark the occasion and we hope that you can be there to.

Stay tuned to 92.3 FM for further details.

Mark that date on your calendar and come join us for some food and fun.





## STRAWBERRY SOCIAL

Sunday June 30, 2013  
1:00 PM - 4:00 PM  
792 Ridge Rd TMT, RR 1 Deseronto

In case of rain - alternate site All Saints Church -  
Ridge Rd Proceeds in aid of Anglican Parish of Tyendinaga

Tickets: \$8.00 ea - **CHILDREN 10 YR & UNDER \$4.00 - UNDER 5 YR FREE**  
Silent Auction, 50/50 Draws, Door Prizes  
Entertainment



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

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

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

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

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

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



# 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!***



**KANHIOTE  
LIBRARY**  
613-967-6264

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

Thursday 12 to 7

**First Nation Communities**

**Read** is pleased to announce that *Indian Horse* written by Richard Wagamese, published by Douglas & McIntyre Vancouver, 2012, is the 10th anniversary selection.

The short list contenders were:  
 Motorcycles and Sweetgrass by Drew Hayden Taylor, Vintage Canada, 2011  
 Nobody Cries at BINGO by Dawn Dumont, Thistledown Press, 2011  
 A Stranger at Home: A True Story by Christy Jordan-Fenton & Margaret Pokiak-Fenton with artwork by Liz Amini-Holmes, Annick Press, 2011  
 Sugar Falls: A Residential School Story by David Alexander Robertson with illustrations by Scott B. Henderson, Highwater Press, 2011

Over 20 adult/young adult titles were submitted and are available at the library.

Craft Day for Seniors  
 June 18th from 2 to 4  
 Leather Craft with Judy




**Multi Family Yard Sale**

**Saturday, June 22<sup>nd</sup>**  
 8 am - 2 pm  
 36-B Bayshore Road

Baking, Art, Jewelry,  
 Kitchen ware, Pots & Pans,  
 Clothing, Books,  
 etc, etc, etc.

**Something for Everyone!**



**Otsiningo** →  
 Iroquois Studies Association, Inc.  
 Otsiningo American Indian Program  
 28 Zevan Road  
 Johnson City, NY 13790  
 (607) 729-0016

**Announcing the 2013 International Iroquois Beadwork Conference**

Friday, Saturday, Sunday, September 27, 28, 29, 2013

Featuring:  
 Programs on the results of recent beadwork research  
 Show and Tell of participants' favorite pieces  
 Competition of several classes of old and new beadworkn (cash prizes)  
 Workshops  
 Sales of old and new beadwork and beading supplies  
 Silent auction  
 Banquet of native foods

Best of all: conversations with others who share a love of Iroquois beadwork

Events at Loyalist College, Belleville, Ontario on the Bay of Quinte  
 Accommodations at the Travelodge

Watch [www.otsiningo.com](http://www.otsiningo.com) for details on registration.

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# Napanee Generating Station

## Jobs Information Session



Come learn about future construction and operations employment opportunities at the proposed Napanee Generating Station.

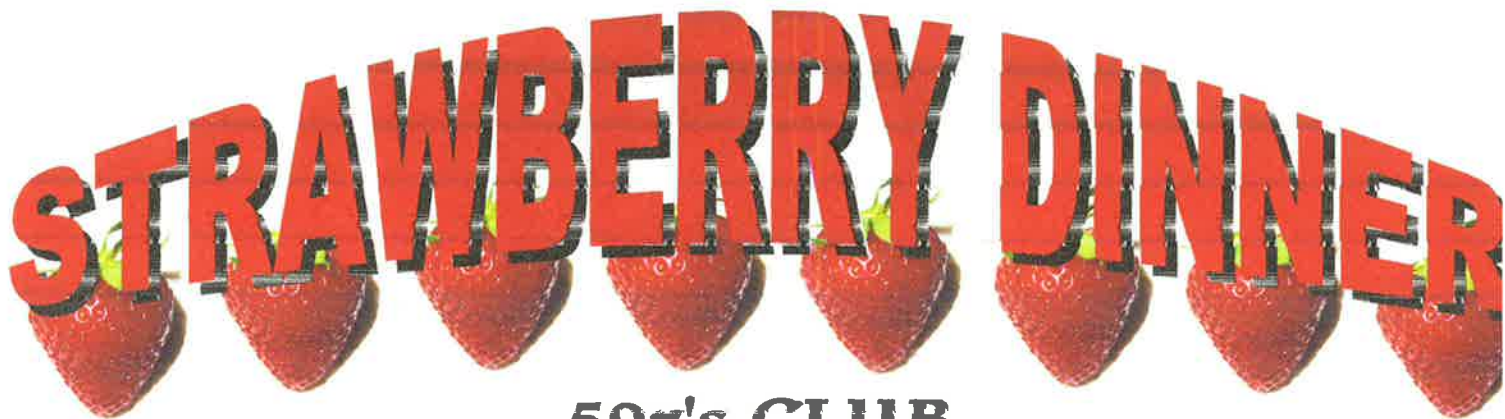
Thursday, June 13th, 2013  
4 p.m. to 8 p.m.

Strathcona Paper Centre –  
Banquet Hall  
16 McPherson Drive  
Napanee, ON K7R 3L1

Refreshments will be served



# **STRAWBERRY DINNER**



**59r's CLUB  
OLD HWY 2  
TYENDINAGA TERRITORY**

## **SALADS**

**TURKEY - HAM**

**STRAWBERRIES**

**CAKE - ICE CREAM**

**COFFEE - TEA**

**JUICE**

**Adults \$10.00**

**Children (12 & under) \$ 6.00**

**Children (under 5) FREE**

**THURSDAY JUNE 27, 2013**

**5:00 - 7:00 P.M.**



## DESERONTO LEGION

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

Friday, June 7, pizza will be sold downstairs in the Legion from 5:30-7:30. Cost is \$2 per slice. Come out to support your Legion. No cooking and no dishes!

Saturday, June 8 from 4 to 7, the Sounds of Tyme return to entertain.

Saturday, June 22, entertainment is provided by Bit of Nostalgia, the popular duo from Amherstview, from 4 to 7.

Bingo continues every Tuesday night. Doors open at 5:30, play begins at 7:00. Canteen is open.

Watch for our horseshoe tournament in July and golf tourney in August.

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

will be held at

**MAS School Building**

**At 7PM**

**On Wednesday, June 19, 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



**Two Row Wampum Renewal Campaign  
Send-off Celebration Festival**



**Russell Sage College, Troy, NY**

**Saturday, July 27, 2013**

**10:00 am to 5:00 pm**

**FREE—OPEN TO THE PUBLIC**

**TOM PORTER**

**HAUDENOSAUNEE SOCIAL DANCING**

**NATIVE AND DUTCH CRAFT VENDORS**

**DUTCH AND IROQUOIS EXHIBITS**

**TOURS OF THE ONRUST SHIP**

**AKWESASNE WOMEN SINGERS**

**MARGO THUNDERBIRD**

**CHILDREN'S ACTIVITIES**

***AND MUCH, MUCH MORE!!***

**Volunteers Needed**

**For more information on the celebration festival, email**

**Kevin Nephew at [kenephew@gmail.com](mailto:kenephew@gmail.com)  
or Lori Quigley at [l.quigley@sage.edu](mailto:l.quigley@sage.edu)**

**[WWW.HONORTHETWOROW.ORG](http://WWW.HONORTHETWOROW.ORG)**

**DONATIONS ACCEPTED**



This is a drug- and alcohol-free event.  
Russell Sage is a tobacco-free campus.







## **ABORIGINAL BUSINESS INFORMATION SESSION**

**Waubetek Business Development Corporation  
Representative: Ed Smoke**

- Are you thinking of starting your own business?
- Are you a business owner looking to expand?

If you answered yes to either of the above questions you may be interested in attending this information session to find out how Waubetek Aboriginal Business Development Corporation may be able to help.

**Learn about Aboriginal Business Criteria for funding.**

Clients must be individuals of Canadian Aboriginal heritage - Status or Non-status Indian (on or off-reserve), Métis or Inuit — or a majority-owned Aboriginal business.

**Date: June 20, 2013**

**Time: 10:30 A.M**

**Location: Kagita Mikam Aboriginal Employment  
& Training, 920 Princess Street, 3<sup>rd</sup> Floor,  
Kingston Ontario.**

Please call Natasha Maracle at 613-536-7054 for further information and to reserve a seat.

**Looking for a Community Member to Run a Cultural Workshop**

Camp Geshar, located in Cloyne, Ont. is looking for someone to come to our camp for a day between July 24<sup>th</sup>-August 10<sup>th</sup> to run workshops for our campers ages 7-15.

We are flexible with the topics and would love to hear your suggestions! It could include: Mohawk cultural practices and language, local history, impacts of colonialism, common misconceptions about First Nations.

A fee for the workshop can be negotiated, and a travel reimbursement will also be provided. Please contact Erica Shenfeld at [mazkirut2013@gmail.com](mailto:mazkirut2013@gmail.com) by June 14<sup>th</sup>.

# Horseshoe Fun Day



**Saturday June 22<sup>nd</sup>, 2013**

**9:30am Registration**

League Pitts

\$5.00 per person

Draw for partners every game!

Prizes and BBQ

# CLASSIFIED

## FOR SALE

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

Best reasonable offer

Call: 613-967-8935

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

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

## FOR SALE

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

Call: William J. Brant  
613-967-1129

Enwà:ton ken ahshninon  
ne kanenhstaraken.  
Tokat nòn:wa hsekhòn:nis  
kati  
Tokat nòn:wa tsyentho  
Tokat hshninon tsi  
nèn:we enkannoronkwake.  
\$3 per pound  
Yahskyatewenna`tahse`  
toka ni  
Yaskyatewennatennya`te  
613-961-7218  
John Hill yonkyats

-----  
White Corn For Sale  
Good for Soup or Seed  
\$3/pound  
Call or text : 613-961-7218

## 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



## 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*

As school wraps up for the year, we give thanks to all the teachers and educational staff for their love and dedication this past year and we pray for a summer of rest and recreation for students and their families.

### UPCOMING EVENTS

Parish Fun Night  
Wed 19 Jun, 7-9 p.m., QAPC  
Bring a game, a friend, and a snack!

Men's Breakfast  
Sat 29 Jun, 8:00 a.m., Small Town Café, Deseronto  
A time of fellowship and food for Christian men.

Strawberry Social  
Sun 30 Jun, 1-4 p.m., 792 Ridge Rd  
In case of rain - alternate site All Saints' Church.  
Proceeds in aid of the Anglican Parish of Tyendinaga.  
Tickets: \$8 each, children 10 and under \$4, under 5 free. Featuring a silent auction, 50/50 draws, door prizes and entertainment.

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!*

### Thursday Evenings

5:00 - 6:00 p.m. - Weigh In  
6:00 - 7:00 p.m. - Meeting  
Elders Lodge  
(Bayshore Rd)

**TOPS** is a weigh loss meeting and support group established in 1948 as a nonprofit organization. Our goal is to help each other lose weight for better health and appearance. If you are struggling with a weight issue join us and together we can achieve our goals.

**You may be the one person I need to help me lose these pounds.**

The first meeting is FREE. Its time to be a loser, come see for yourself.

**Contact:** Joy Brant - 613-967-0411  
Tree Good [altee94@gmail.com](mailto:altee94@gmail.com)



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

**KERISTOS NE KORAH:KOWA**

***CHRIST THE KING***

*Under the Patronage of Blessed Kateri Tekakwitha  
A Catholic Anglican-Use Parish  
Tyendinaga, M. T.*



***Morning Prayer with***

***Communion from the Reserved Sacrament***

**10:00 AM → 1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> Sundays**



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

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

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

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

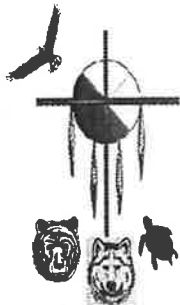
Mr. Charles E. Maracle, Rector's Warden, at 613-396-3089

OR

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

OR

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



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



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



**TYENDINAGA MOHAWK TERRITORY**

**1984 YORK ROAD**

**CHURCH · 613-396-5329**

**PARSONAGE · 613-396-5325**

**Sunday**

**10:30 am Worship Service**

**11:30 am Children's Church**

**6:30 pm Worship Service**

**Wednesday**

**7:00 pm Bible Study**

**Saturday**

**7:00 pm Prayer**

### **Coming Events**

**June 23 · Annual Church Picnic.  
Tsitkerhododon Park at 10:30am.**

**This is one victory that Canada cannot deny to aboriginal people.**

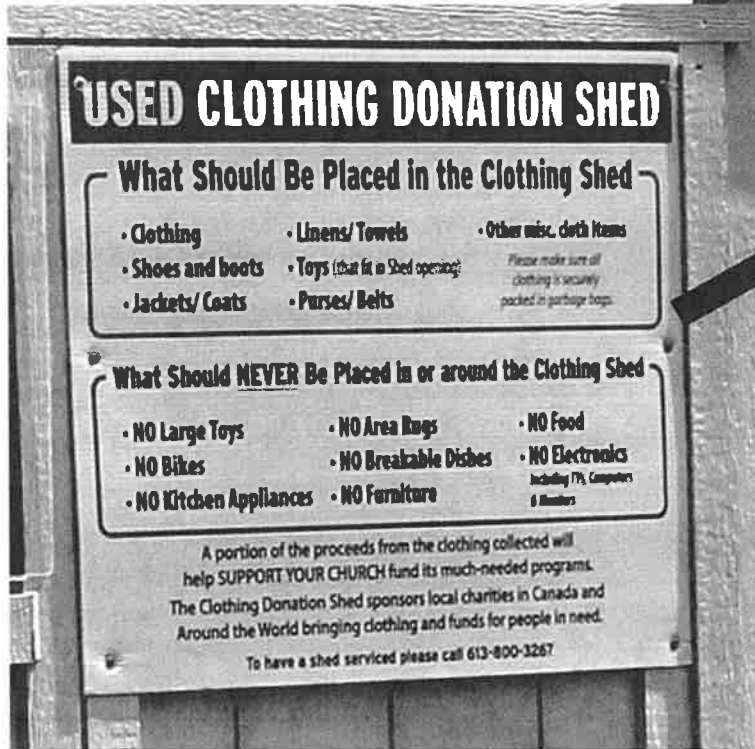
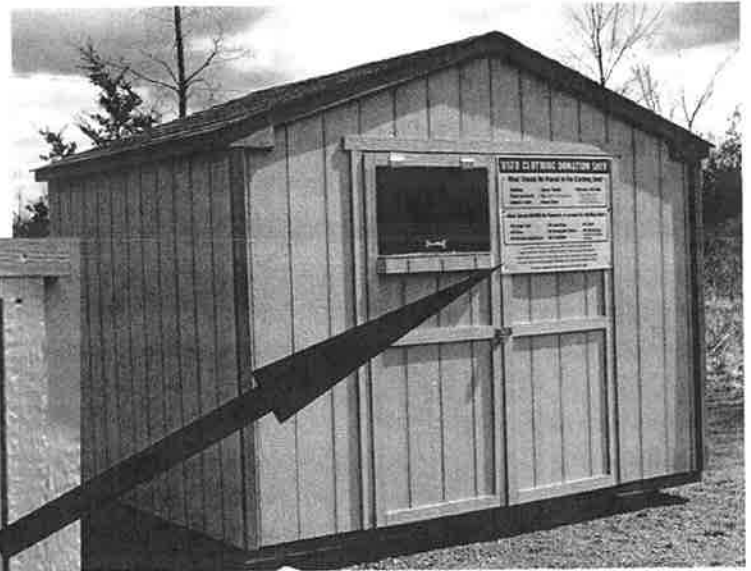
**[He was referring to the fact that he had blocked the Meech Lake Accord preventing the Canadian Constitution being amended to recognize French Speaking Quebec as a separate nation within Canada, but ignoring the Indians.]**

**Elijah Harper**



# ENVIROTEX

"Recycling what matters"



## USED CLOTHING DONATION SHED

### What Should Be Placed in the Clothing Shed

- Clothing
  - Linens/ Towels
  - Other misc. cloth items
  - Shoes and boots
  - Toys (that fit in Shed opening)
  - Purses/ Belts
- Please make sure all clothing is securely packed in garbage bags.*

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

- NO Large Toys
- NO Area Rugs
- NO Food
- NO Bikes
- NO Breakable Dishes
- NO Electronics  
Including TVs, Computers & Blenders
- NO Kitchen Appliances
- NO Furniture

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

To have a shed serviced please call 613-800-3267

Located at 1984 York rd.  
Mohawk Pentecostal Church

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

## How the shed works

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

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

**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**



**TURTLE ISLAND  
DELI & PRODUCE**

**GLUTEN FREE BAKERY**

**613-966-2553**

**GLUTEN FREE**

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

**ASSORTED  
SWEETS & TREATS**

**WIDE SELECTION OF  
FREEZER & SHELF  
PRODUCTS**

**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**



## Welcome to your healthy lifestyle and new beginning!

This is a private fitness studio in Tyendinaga that offers personalized fitness plans and functional training. If you are not comfortable in a gym

atmosphere, then this place will give you the confidence you need.



If you want to loose a few lbs and get toned, I will make sure you reach your fitness goals through motivation, accountability and success.



## **BODY BAR**

Strength & Cardio Circuit



**MONDAY & WEDNESDAY 6-7PM**

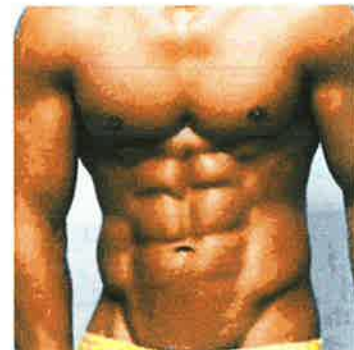
Price: \$5.00 for 1 class or \$45.00 for 10 classes

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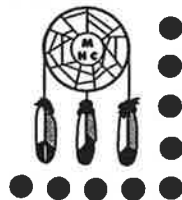
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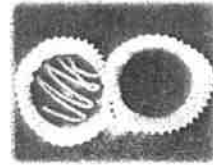
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