



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ORI:WASE (NEWS)

ISSUE 6/15
OHYARIHA (June)

We are on the web www.mbq-tmt.org



JOIN US!!

On July 3rd as we recognize our Little NHL players and welcome the TORONTO 2015 Pan Am Games Torch Relay

2:30 to 6:00 p.m.

Social gathering at the Mohawk Administration Office

BBQ—Chief and Council will cook

Chief will acknowledge our first ever full Little NHL Teams!

Iakohentiio Claus and Noah Sager will carry the Pan Am flame as representatives of our community, for the TORONTO 2015 Pan Am Games Torch Relay, presented by President's Choice® and OLG.

Community Elder Katsitsiase (Betty Maracle) will welcome the Pan Am flame and send it on it's continued journey.

If you would like to find out more about the Pan Am Games, please visit: <http://www.toronto2015.org/>

***Look inside for
LARGE ITEM PICK UP
DETAILS!***

If Possible please take useable items to:
Value Village, Belleville
Clothesline Diabetes Association (pick up)
1-800-505-5525
These donations will be greatly appreciated

List of Acceptable Items for Large Item Pickup

Large Furniture

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

Appliances

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

Electronics

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

Miscellaneous

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

*** 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

NOTICE

LARGE Item Pick-up

One Day Only

East End Pick-up

MONDAY JUNE 8, 2015

One Day Only

West End Pick-up

MONDAY JUNE 15, 2015

Ensure your items are neatly stacked at the end of your driveway **BY 7:00 AM** 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***

* NOTICE *

Please be advised that the staff of the Mohawks of the Bay of Quinte will be having a staff appreciation day on Friday June 29 from 12 noon - 4:30 p.m.

The offices will be opened but there will be minimal staff available.

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

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



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in April responded to 18 calls:

1 Medical Assist
1 Vehicle Accidents
3 Structure Fires
4 Brush Fire
2 Mutual Aid
1 Co2 Alarm
1 Hydro Pole Fire
5 Public Service

This brings our total to 43 calls for the year 2015

**Tyendinaga Mohawk Council Meetings
for June 2015**

TMC Meetings	Agenda Deadlines
Local Business – Wednesday , June 10, 7:00 p.m. Regular – Wednesday , June 24, 9:00 a.m. Local Business – Wednesday , June 24, 7:00 p.m.	Thursday , June 4, 12:00 p.m. Thursday , June 18, 12:00 p.m. Thursday , June 18, 12:00 p.m.



MOHAWKS OF THE BAY OF QUINTE
KENHTEKE KANYEN'KEHÀ:KA

COMMUNITY INFRASTRUCTURE / TECHNICAL SERVICES / ENVIRONMENT
24 Meadow Drive., Tyendinaga Mohawk Territory, ON K0K 1X0
Phone 613-396-3424 Fax 613-396-3627

ATTENTION: Landowner's and Lease Holders of Tyendinaga Mohawk Territory

It has come to the attention of the Mohawks of the Bay of Quinte that a number of Livestock have access to the Bay of Quinte, watersheds and wetlands on the territory. This activity can have detrimental effects on the water quality of the Bay, groundwater, human health, and health of fish and wildlife habitats. As Kanienkeha:ka, we have a responsibility to preserve and protect our Mother, our Environment, and our Resources – especially our Water.

Please see the following communication from the Federal Department of Environment Canada and Information regarding a Livestock Fencing, Alternate Watering Systems Program delivered by Bay of Quinte Remedial Action Plan – Lower Trent Conservation. There may be funding available to you for fencing, alternate watering systems, and waterway planting.

If you have livestock that have access to a waterway on TMT, Please contact Nicole Storms, Environmental Services Coordinator, at (613) 396-3424 Ext. 125 for more information.



Environment
Canada

Environmental Protection Operations Division
4905 Dufferin Street
Toronto, ON M3H 5T4

Environnement
Canada

Division de protection de l'environnement
4905, rue Dufferin
Toronto, ON M3H 5T4

April 15, 2015

Dan Brant
Chief Administrative Officer
24 Meadow Drive
Tyendinaga Mohawk Territory, ON
K0K 1X0

Kim Parks
Lands Leasing Clerk
24 Meadow Drive
Tyendinaga Mohawk Territory, ON
K0K 1X0

Subject: Information regarding cattle access to a waterbody and the Fisheries Act

Environment Canada has become aware that cattle from a property located on Mohawks of the Bay of Quinte First Nation have access to fish-bearing water. The purpose of this letter is to inform you of the pollution prevention provisions of the *Fisheries Act* in relation to manure in fish-bearing waters.

Environment Canada is responsible for enforcing and administering subsection 36(3), the pollution prevention provision of the *Fisheries Act*. The purpose of the Act is to protect Canadian waters that are frequented by fish and as such all Canadians have a legal obligation to comply with the *Fisheries Act*.

Subsection 36(3) of the *Fisheries Act* prohibits the deposit of deleterious substances into waters that are frequented by fish. A deleterious substance can be defined as any substance with a potentially harmful chemical, physical or biological effect on fish or fish habitat. Examples of deleterious substances include pesticides and pesticide residues, fertilizers and fertilizer residues, and manure.

Manure may be considered a deleterious substance because it contains ammonia which can have a negative impact on aquatic life. Manure can enter fish-bearing waters through many routes including runoff from fields and yards, and direct deposition by grazing animals.

Compliance with the *Fisheries Act* is mandatory. Contravention of the *Fisheries Act* could result in enforcement action being taken. For a first summary offence under 36(3), a person may be liable to a fine not exceeding \$300,000. For any subsequent offence, a person may be liable to a fine not exceeding \$300,000 and/or imprisonment up to 6 months.

Canada 

**IF YOU HAVE LIVESTOCK THAT HAS ACCESS
TO A WATERWAY ON TYENDINAGA MOHAWK
TERRITORY, PLEASE CONTACT NICOLE STORMS,
ENVIRONMENTAL SERVICES COORDINATOR, AT
(613) 396-3424 Ext. 125 FOR MORE INFORMATION**

Please visit the following websites for information on:

- Environment Canada's Environmental Acts and Regulations at <http://www.ec.gc.ca/default.asp?lang=En&n=48d356c1-1> ;
- *Fisheries Act* at <http://laws.justice.gc.ca/en/F-14/index.html> ; and
- Compliance and Enforcement Policy for the Habitat Protection and Pollution Prevention Provisions of the *Fisheries Act* <http://www.ec.gc.ca/alef-ewe/default.asp?lang=En&n=8233E4B5-1>

Stewardship approaches by producers, which may include best management practices and pollution prevention activities, may help in achieving compliance with subsection 36(3) of the *Fisheries Act*. For instance, please find enclosed a factsheet from Agriculture and Agri-Food Canada titled "*Alternatives to Direct Access Livestock Watering*".

Please contact me if you have any questions.

Sincerely,



Marisa Maiorano-Gillis
Compliance Promotion Coordinator
Environmental Stewardship Branch
marisa.maiorano-gillis@ec.gc.ca / Tel: 416-739-5867

Enclosure: "*Alternatives to Direct Access Livestock Watering*", Agriculture and Agri-Food Canada, October 2001

cc: Ian Rumbolt - Enforcement Officer, Environment Canada

IF YOU HAVE LIVESTOCK THAT HAS ACCESS TO A WATERWAY ON TYENDINAGA MOHAWK TERRITORY, PLEASE CONTACT NICOLE STORMS, ENVIRONMENTAL SERVICES COORDINATOR, AT (613) 396-3424 Ext. 125 FOR MORE INFORMATION



ALTERNATIVES TO DIRECT ACCESS LIVESTOCK WATERING

October 2001

DIRECT ACCESS WATERING

Clean water is a key factor in a healthy beef production system. There is a direct relationship between water intake and feed intake. Animals that drink more are likely to graze more, which of course improves weight gain.

This **Water Quality Matters** publication provides information on the impacts of direct watering of livestock on water quality and some of the management alternatives that exist for improving water quality by restricting animal access to water bodies.

PROBLEMS ASSOCIATED WITH DIRECT WATERING

Livestock are often watered by allowing them direct access to streams, lakes, reservoirs or dugouts. This is particularly true for range cattle, but many cattle wintering sites also permit full access to dugouts and other fresh water bodies. Direct access raises a number of questions and concerns about negative impacts on water quality. Poor water quality can be a concern both in terms of downstream water users, as well as animal health, safety and productivity.

Cattle defaecate in and around water if they are allowed direct access to a water source. Plant nutrients in animal excrement contribute to excess algae and plant growth. Excrement also introduces disease-causing organisms such as bacteria, viruses and parasites, to water sources.

BEST MANAGEMENT PRACTICES

Sustainable agriculture requires that soil and water quality be maintained. Some farm practices have the potential to cause environmental harm, which may affect rural and urban areas alike. Many of the potential negative impacts of farming can be greatly reduced by the use of *Best Management Practices*. These are agricultural practices that reflect current knowledge about conserving soil and water without sacrificing productivity.

Water is continually cycling. The water that we use has been used before. Producers and consumers, rural and urban people and the public and private sectors, are all responsible for using water wisely and ensuring that the resource is maintained for others. *Best Management Practices* are one way for the agricultural sector to help preserve water quality.



Allowing livestock direct access creates many problems with water quality

Over-grazing and trampling of streambanks by cattle can increase runoff of sediment into water bodies. In the case of a dugout, destruction of side-slopes by hoof action will significantly shorten its useful life. With lakes and streams, increased sediment loads may limit downstream suitability for agricultural, recreational, industrial and domestic uses. Sediment may also reduce the ability of a lake, stream or reservoir to support fish and other aquatic species.

Direct access watering can also lead to herd health problems. Cattle lingering in water tend to develop foot-rot. Excrement in the water may expose animals to pathogens, which can have significant impacts on health and weight gain. Some algae species, particularly certain blue-green species, produce toxins which can be fatal to livestock when ingested. Algal blooms tend to concentrate near the edges of dugouts due to wind action. With direct access, cattle tend to drink near the edges of dugouts, risking exposure to high concentrations of algae. There is also increasing scientific information suggesting that cattle may drink less water when it is poor in quality, possibly leading to reduced feed conversion and productivity.

LIMITED ACCESS OR TOTAL EXCLUSION?

A number of strategies will minimize streambank damage without completely excluding the animals. Low flow crossings and hard surface ramps give animals the opportunity to cross streams and drink without entering deep water or disturbing sediment.

Pasture management programs can be designed to allow time for recovery of riparian areas or to prevent animal access to the riparian zone in spring and early summer when streambanks are most susceptible to damage.

There is mounting evidence that animals will choose to drink from troughs rather than streams, when given the choice. This indicates that remote watering devices may have significant impacts on water quality, even where the stream is not protected by fencing.

In many cases, the preferred way to protect water quality is the total separation of the animals and the water source with fencing. When this is the chosen alternative, a remote watering system is necessary.

THE ESSENTIALS OF A REMOTE WATERING SYSTEM

The requirements of a remote watering system include a power source, a pump and a storage reservoir. All systems have strengths and weaknesses. Factors affecting the choice of a system are reliability, cost, herd size, remoteness of location, individual site characteristics and personal preferences.

When designing a system, a number of factors must be considered:

- optimum pumping rate (total daily volume requirement per minutes of pump time per day)
- distance between pump and source
- distance between pump and outlets
- height difference between outlets and source

With this information, equipment suppliers will be able to provide guidance for equipment selection and sizing.

SYSTEM ALTERNATIVES

Fossil Fuel

Portable combustion engines can be used to move water from the source to a watering area. A large storage reservoir is filled, from which gravity-fed watering troughs are kept full with a float control device. The site must be visited routinely to replenish the reservoir. For reasons of economy of time, large generators and large pumps are preferred.

Solar

Photovoltaic panels produce DC electricity from sunlight using silicon cells. Solar panels are durable, have no moving parts, operate well in a wide range of temperatures, and have life expectancies exceeding 15 years. Solar trackers may be added to a system to increase energy capture by following the path of the sun.

Solar pumps are most efficient when using DC power directly from the panels. Unless high volumes are required, solar pumps are positive displacement devices that can operate during low light conditions without stalling or



Excess power produced by solar panels can be used to aerate a dugout or power an electric fence

overheating. Pumps may be floating, surface, or fully submersible.

Storage of power with batteries or water with a storage tank is necessary to maintain these systems through long stretches of overcast conditions. Solar watering systems can be portable or water can be moved as far as several kilometres using a piping system.

Stream Flow

Where there are strong and constant currents in a stream, the energy can be used to power a pumping device. These conditions are not often met in the Canadian Prairies. Examples of systems and devices that rely on hydraulic energy are sling-pumps, gravity flow systems and hydraulic ram pumps.



Wind systems should be designed with more storage than solar systems

Wind

Windmills are an age-old technique for pumping water. The energy in the wind drives a propeller. The rotary motion of the propeller is used to drive a pump that moves water to a storage reservoir. Floating devices, such as sling-pumps can also be powered by wind.

As with solar systems, wind systems must have sufficient storage capacity to maintain a constant water supply through an extended period without wind. Either water or electricity can be stored. Trees, shelterbelts and other barriers (fences, buildings) may significantly decrease the energy available to a wind-powered system.

Animal-powered

Animals can rapidly learn to use devices that enable them to pump water themselves.

The most common device is the nose pump. The animal moves a lever with its nose to reach a watering bowl. This motion operates a diaphragm pump which pumps more water into the bowl. Nose pumps are highly portable and no storage reservoir is required. A period of a few hours is required for animals to learn how to use the pump.



One nose pump can provide enough water for 30 cow/calf pairs

Pipelines

Many intensive grazing operations install pipeline systems to distribute water to several pastures, rather than constructing many small dugouts. Pipelines allow the producer to place watering systems where they are most needed.

Shallow buried pipelines are the most common, but some producers bury pipelines deeper to allow for year-round use. Shallow buried pipelines are commonly trenched in about a foot deep.

Depending on topography, pipelines can operate through a gravity-flow system or via a pressurized system. The design of the system must be considered to ensure that the diameter of the pipe and the length of the pipeline will meet watering needs.



Pipeline systems are well-suited to paddocks where several sites can be watered with one system

Hauling

In some cases, the most economical method of remote watering may be truck hauling. A storage tank is required in the pasture as well as on the truck. This can be extremely time-consuming compared to automatic pumping.

REMOTE WATERING IN A PRAIRIE WINTER

In winter climates, livestock are usually pastured close to home. However, new practices such as fall grazing and efforts to prevent direct access to water sources in winter feeding areas, require that remote watering systems be prevented from freezing. In winter, it is especially important to keep animals out of dugouts. There is a high risk of cattle breaking through ice and drowning, which incurs a huge economic loss for the producer.

AUTHORED BY: C. Hilliard and S. Reedyk, PFRA

FUNDING: Strategic support and funding for this project has been provided by the Canada-Saskatchewan Agri-Food Innovation Fund (AFIF) and the National Soil and Water Conservation Program (NSWCP). Funding for the NSWCP is provided by Agriculture and Agri-Food Canada.

ENDORSEMENT: This report should not be taken as an endorsement by PFRA or Agriculture and Agri-Food Canada of any of the products or services mentioned herein.

Ways to prevent ice formation in remote watering systems include insulation, heating devices, wet wells with constant circulation mechanisms or direct drain-backs and underground burial of water lines. Most remote watering systems can be adapted to prevent freezing.

THE BIG PICTURE

There are many good reasons to consider remote watering of livestock. Algal blooms and faeces in dugouts may cause problems with animal health and productivity. Strong currents, mud or thin ice in winter may jeopardize animal safety. Nutrient, sediment and bacterial loading of lakes, rivers, reservoirs and streams can cause problems for both agricultural and non-agricultural downstream users.

A number of systems for remote watering of livestock are available because no single system will suit all producers. The best system will depend on the particular requirements of each operation. Sometimes, the best fit will be a combination of different components.

"The Stockman's Guide to Range Livestock Watering from Surface Water Sources" can provide more information on remote watering systems.

For more information about *Best Management Practices* see the following **Water Quality Matters** publications: "Protecting Your Water", "Agricultural Best Management Practices", "Soil Texture and Water Quality", "Riparian Area Management", "Nutrient Management Planning" and "Pest Management and Water Quality".

For further information on rural Prairie water quality issues:

- read the other publications in PFRA's **Water Quality Matters** series;
- visit the PFRA Website at www.agr.gc.ca/pfra;
- read *Prairie Water News* available from PFRA, or on the Internet at www.quantumlynx.com/water; or
- **contact your local Prairie Farm Rehabilitation Administration Office** (PFRA is a branch of Agriculture and Agri-Food Canada).

LIVESTOCK FENCING

Livestock, if allowed access to a waterway or wetland, have a detrimental effect on water quality. They destroy vegetation on the banks and shorelines, leaving them susceptible to erosion. Soil is physically "tramped" down into the waterway bottom, interfering with proper flow and increasing sediment levels in the waterway. Water quality is adversely affected, by increased bacterial levels, due to defecation from livestock in the waterway.

Restricting livestock access to a waterway or wetland will improve water quality for all users.

Where livestock must receive their water supply from a waterway, install a pumping system to move water to an environmentally safe area away from the water source. Nose pumps and solar pumps may be used where hydro power is not available.

Fencing livestock out of waterways and wetlands is a logical solution to improving water quality.



For more information contact:

Mary Gunning
BQRAP Environmental Technician
Quinte Conservation
RR#2 - 2061 Old Hwy#2
Belleville, Ontario K8N 4Z2
P: (613) 968-3434 ext 166
E: mgunning@quinteconservation.ca

Emma Perry
Stewardship Technician
Lower Trent Conservation
714 Murray St, RR #1
Trenton, Ontario K8V 5P4
P: 613-394-3915 ext 247
E: emma.perry@lffc.on.ca

A Bay of Quinte Remedial Action Plan
Program in partnership locally with
Lower Trent Conservation
and
Quinte Conservation



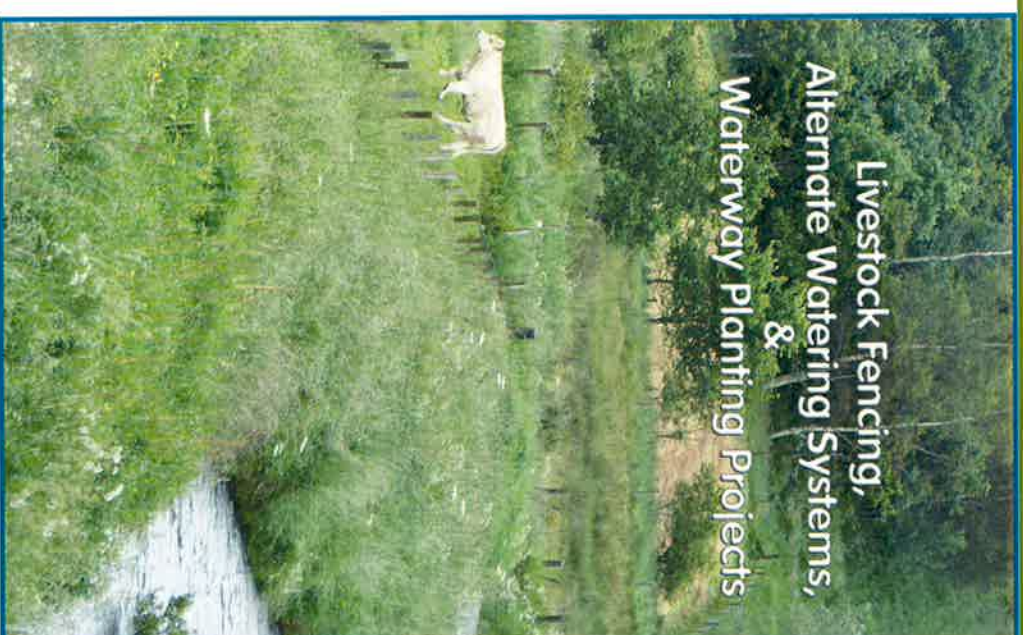
Bay of Quinte

Remedial Action Plan

Healthy Bay • Healthy Community

www.bqrap.ca

c/o Lower Trent Conservation
714 Murray St
RR#1 Trenton, ON K8V 5P4



**Livestock Fencing,
Alternate Watering Systems,
&
Waterway Planting Projects**



Bay of Quinte

Remedial Action Plan

Healthy Bay • Healthy Community

www.bqrap.ca



MOHAWKS OF THE BAY OF QUINTE

KENHTEKE KANYEN'KEHÀ:KA

COMMUNITY INFRASTRUCTURE / TECHNICAL SERVICES / ENVIRONMENT

24 Meadow Drive., Tyendinaga Mohawk Territory, ON K0K 1X0

Phone 613-396-3424 Fax 613-396-3627

The Mohawks of the Bay of Quinte Administration Environment and Tech Departments would like to thank the many, many community volunteers that came out for Earth Day activities and did a GREAT job cleaning up our community.

A big NIA:WENKOWA to the Tyendinaga Thrashers Atom & PeeWee Teams.





Thank you!

I wish to thank the little league hockey players, their parents, and their coaches for making Bell's Side road a nice clean environment once again.

It looks awesome.

Thank you very much.

Carlene Smart

A huge nya:wen kowa

Mary and I would like to say how sincerely thankful we are for the response from the community during our loss.

We would like to thank the Mohawk Fire Department, Tyendinaga Police Services and all other emergency responders who worked so hard to save what they could of our home and to keep everyone safe.

We would also like to thank everyone who came back to see if we were okay, give hugs and support to us and our family and donate things to help us during this time. We are thankful for the donations of cookware and supplies (so Mary could continue cooking), food to feed our family, clothes, household items, time to help us salvage the things we could and the financial assistance to help us start to rebuild. We were fortunate to receive help, support and caring words from as far away as Kahnawake and beyond.

We would also like to give a special thanks to Lester Brant and Alyssa Brant for including us in the fundraising events they had for the fire victims and Ainsley Leween for coordinating the fundraising efforts and dealing with the media on our behalf.

We have lived in Tyendinaga our whole married lives, we have raised our children here and are seeing our grandchildren grow here. We always knew that we were blessed to be a part of this community, but during this event and other recent events, it seems that the strength and generosity of Tyendinaga knows no bounds. We are forever thankful to call Tyendinaga our home.

Again, on behalf of my family, thanks,

Ron and Mary Maracle



Celebration of Life

Sandra Lewis den-Otter

Saturday June 13

1 - 3 p.m.

**Downstairs at the
Community Centre
York Rd**

THANK YOU

The family of the late Donald Grant Brant (Store Keeper) would like to express our deepest thanks and sincere appreciation for the many kind messages of condolences we received during our time of loss. Thank you to all those who were able to attend the heartfelt service provide by Pastor David Bowbeer and to Michelle at McGlade Funeral Home for all her support during this difficult time. To all those who were unable to attend the service we know that your thoughts and prayers were with us as well. Thank you to all the staff of the Friendly Manor Nursing Home for the wonderful care you provided to dad and for all your help accommodating family and friends. Thank you to The Native Women's Association for the delicious luncheon you provided. Thank you to all those who made donations in memory of dad and to all the pallbearers. Thank you Casey for the heart felt words you provided and to

Dylan for your wonderful guitar playing. Grandpa would be extremely proud of you both as well as all his grandchildren and great grandchildren, I am sure he is looking down with a smile upon you all.

Thank you, the Brant Family.

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

*She was only a little white rose,
A sweet little flower from birth,
God took her home to Heaven,
Before she was soiled on Earth.*

We never got to meet you
but will always remember you!
Love Aunt Marilyn & Uncle Rick



Aaron Francis Whalen
September 21, 1979 - May 7, 2011

*Dear Brother,
Heaven must not be far away,
You are often with me when I dream.
We sit and chat you make me laugh,
It is how it has always been.
And when I wake I don't feel sad.
I feel like you're really been here,
Getting to know my kids,
Cracking jokes and having a beer.
This past year has been busy,*

*With the birth of baby number three.
Aubrey Anne is the most precious, perfect little being.
I know you must have pulled some strings for me.
Lane is one of a kind,
A charmer and a comedian.
Just like his Uncle Aaron,
His personality and character have no end.
Adelaide would make you proud,
She's my little carnivore.
She's a little frog hunting, four wheel driving, animal
loving,
Country girl to the core.
Yet as I describe my little blessings,
I know to you none of this is news.
For you are watching and guiding them from a distance,
And you are always sending clues.
You are more than just a memory,
Or a picture in a frame.
You live on in every country song,
Every Sunday supper and every hockey game.
For while we have breath with which to speak
And our memories of you here,
You are with us around the table
Whether in laughter or in tears.*

You live on in our hearts and the stories we tell our
children.
Love, Kelly-Anne, Phil, Adelaide, Lane, Aubrey and the
Whalen Family

MOBILE VETERINARY CLINIC

Sponsored by the East Village Animal Hospital

London, Ontario

DATE: SATURDAY JUNE 27, 2015

10:00am - 5:00pm

LOCATION : 59ER'S HALL

8011 OLD HWY #2, TYENDINAGA MOHAWK TERRITORY, ONT.

East Village Animal Hospital is a Humane Alliance-partnered Clinic dedicated to provide comprehensive preventative medicine services, vaccinations, anti-parasite treatments, as well as general out-patient medical & surgical services for pets cared for by low-income individuals & those on social assistance.



We are pleased to have them come to our community to provide Distemper, Provo and a Rabies vaccine (one year vaccine) for low income families - \$30.00

**Flea medication is available - Cost determined by weight
"Must provide native status"**

Educational Booths will be present for:

Nail Trimming, Grooming techniques, Proper nutrition, Teeth brushing, Ear cleaning

*For more information, please contact Crystal Maracle, CHR, at Community WellBeing Centre
at 613-967-3603.*

What is LYME DISEASE?



LYME DISEASE

is a serious illness spread by the bite of certain species of TICKS.

Ticks are insect-like in appearance and feed on the blood of animals, including humans. For most Canadians, the risk is fairly low however, it is still possible if you spend time outdoors.

Exposure to **LYME Disease**, however, it is still important to keep your risk as low as possible if you spend time outdoors. The bacterium that a tick may carry is called **Borrelia burgdoferi**. This is normally carried by mice, squirrels, birds and other small animals. The Black-legged tick (often called the deer tick) which can be found in southern and eastern Ontario. They can vary in size, 3-5 mm in length, they may be red and brown in colour depending on age of tick. Adults full of blood can be big as a grape.

Minimizing your Risk:

- Wear light coloured clothing
- Tuck your shirts and pants inside (this prevents ticks attaching to the skin)
- Wear shoes, not sandals
- Spray clothing and exposed skin with insect repellent that contains DEET
- Check yourself thoroughly after any outdoor activity
- Check your pets as TICKS can easily attach themselves at any time and anywhere.

IF YOU FIND A TICK:

- Use tweezers to remove it. Grasp the tick's head and mouth parts as close to your skin as possible and pull slowly until the tick is removed. Be careful not to twist or crush the tick during removal. After removing, use soap and water to wash the spot (you may disinfect with alcohol).
- Save the tick, if possible put into a small pill container or double zip locked bag. Contact the CHR's at the Community WellBeing Centre as the ticks can be sent to be analyzed.

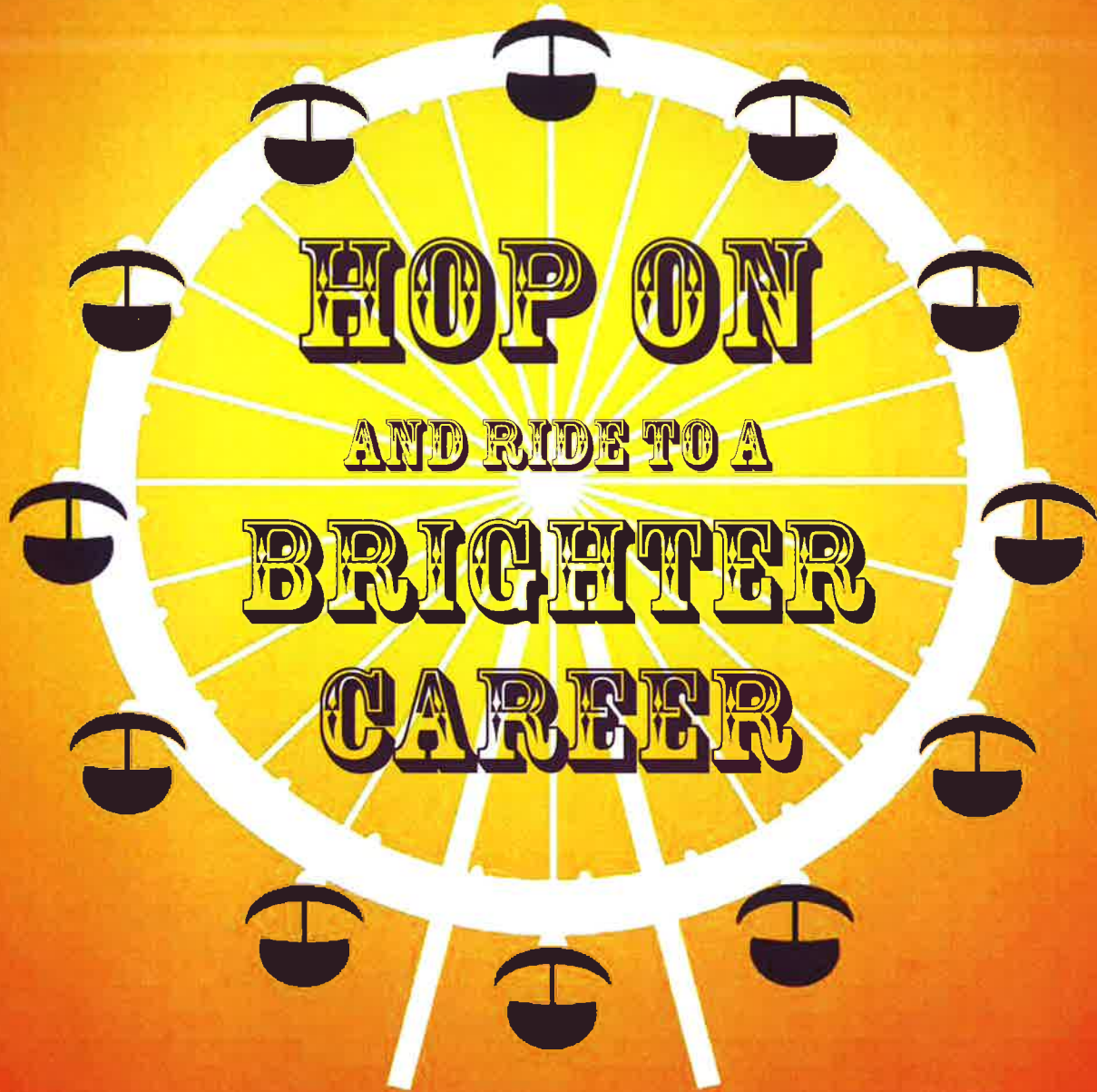
If you develop a rash or any other symptoms, consult your physician!

- ***For additional information on Ticks and Lyme Disease, www.hc.sc.gc.ca/iyh-vsv/index_e.html***

PERSONAL SUPPORT WORKER • MENTAL HEALTH & ADDICTION WORKER • DIABETES SUPPORT WORKER

PERSONAL SUPPORT WORKER • MENTAL HEALTH & ADDICTION WORKER • DIABETES SUPPORT WORKER

Seats Still Available for September!



For more info, call Jake at 613-396-2122, ext. 182

FNTI 
First Nations Technical Institute

As we enter the final few weeks of the school year, it becomes especially crucial that students make the most of the time and effort they spend towards achieving their academic goals. We recognize that sunny days and warm breezes make it tempting to forego other responsibilities, and we encourage our students, with the help of their families, to focus on the rewards to be found at the end of the semester – more credits earned, the feeling of accomplishment, and increased confidence as hurdles are crossed.

Congratulations to the three of our students who were accepted into the Career Edge/Youth Hab program for the summer. We hope you are placed in an employment opportunity where you learn new skills and knowledge, can showcase your present skills and knowledge, and can also have fun while expanding your experiences.

We are participating again this year in the Flotilla for Friendship, on June 17th. This is a one-day canoeing excursion in Frontenac Provincial Park that brings together aboriginal youth with various police services from the area. We are able to accommodate ten youth for this trip, and students from TMT who attend other high schools are welcome. Watch for further information on the FNTI and Ohahase Education Centre's Facebook pages.

Adult students wishing to graduate in July – please have your work submitted by Friday June 19th. This will provide time for assessment and evaluation, as well as finalize the plans for the graduation ceremony.

Nya:wen

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

Trustee Report for May, 2015

The end of the current school year is quickly approaching and with it will bring a heightening level of anxiety for students in general. Students moving on to the next grade level will do so with the confidence that their past successes will assure them of continued success as they move forward., Graduating students will have the same assurances for success but will face some new and challenging situations as they move on to post-secondary programs or the world of work. All students need to know that there is a tremendous support system in place to assist them when and where needed. This support system is available locally through all Hasting Prince Edward District School Board schools, Quinte Mohawk School and Mohawk Bay of Quinte counsellors. Most all post-secondary institutions also have Aboriginal counselling programs available to assist students.

Highlights of last night's Board Meeting include:

- Presentation of Great Place Awards to 10 recipients
- Recognition of the Outstanding Leadership Award from the Canadian Centre for Threat
- Trauma Response
- Membership on the Premiers Community Hub Framework Advisory Group
- Appointment of student trustees for the 2015 – 2016 school year.

For more detailed information, please go to 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

Respectfully submitted,

Mike Brant, HPEDSB, representing Tyendinaga First Nations.

(Onekwenhtara Onen'takwenhten:tshera Kanonhsote) Red Cedars Shelter

IS a safe and secure environment for women & their children who are fleeing abusive situations/relationships. Our team will guide women in their healing with teachings of empowerment and holistic self care. Women will have a better understanding of family violence, it's impact, how to keep their family safe and work towards a better way of living.



We offer:

- Counselling
- Community Outreach Services (men & women)
- Healing Circles
- Grief Edu -Therapy Program
- Red Path Addictions Counselling Program
-and more.

IS NOT a shelter mandated for people who are homeless. Although we try our hardest to provide a referral or resource that will hopefully be helpful.

Our crisis line is available 24/7 to anyone in crisis or that may just need a gentle heart that will listen.

WE can help by sharing resources/information to those seeking help.

Contact us today: 613-967-2003/1-800-672-9515 (toll free)

Red Cedars Shelter is asking for your continued needed support of gently used clothing for all seasons for women and children of all ages.

Nia:wen for your Community Support





**1658 York Road
For Kanhiote Library**

Saturday, June 13th

9am to 3pm

Multiple vendors and donations accepted

613-967-6264



	KANHIOTE LIBRARY 613-967-6264
Tuesday 10 - 2	Wednesday 1 - 7
Thursday 1 - 7	Saturday 10 - 2

Thanks to all who supported the road toll. The Library and the Language Circle will share \$2150.46.

Thanks for bringing back overdue material during May Amnesty. Some books had been out since 2013 However the value of overdue material is \$2636.36 so we will extend Amnesty to June.

Please return your overdue material and pay no fine.

The native material is very important to our collection.



Vanda Spencer won the Guess Royal Baby Birth date game and very generously donated her share of the 50/50 back to the library. Thanks Vanda!

We're delighted to invite you...

Please join us June 16th at 1pm

as we recognize Ontario Trillium Foundation grant for the purchase of a microfilm scanner and computer/printer station. The equipment will help preserve and share historical and genealogical records, photos and documents by digitizing the material and making it widely available in the Kanhiote Tyendinaga Territory Public Library. If you have photos or other records you would like to share please bring them with you to be digitized and added to our local history collection.

Happy Birthday!

- ★ Happy Birthday
★ Corey Brant
★ Kyle Brant
★ Emily Brant
★ From Chip, Allison & Kamryn
- ★ Happy 3rd Birthday
★ Cowboy Wade Cowie
★ Love Uncle Chip, Aunt Allison, Kody & Kamryn
- ★ Happy Birthday
★ Nicole - June 12
★ Congratulations on your graduation! Well done!
★ Love from Mom, Dad, Tiny and Peanut
- ★ Happy Birthday
★ Johnny - June 18
★ Good luck at ball
★ hockey this summer. Sweat it out!
★ Love from Mom, Dad, Tiny and Peanut.
- ★ Happy Birthday
★ Corey – June 3rd
★ Love Aunt Marilyn, Uncle Rick, Sam, Emmett, Phill & Hayden
- ★ Happy Birthday
★ Billy – June 4th
★ Love Marilyn, Rick, Sam, Emmett, Phill & Hayden
- ★ Happy Birthday
★ Mom (Mary) – June 5th
★ Love Rick & Marilyn
- ★ Happy Birthday
★ (Great) Grandma – June 5th
★ Love Sam, Emmett, Phill & Hayden
- ★ Happy 1st Birthday
★ Harper – June 14th
★ Lots of Love, Aunt Marilyn, Uncle Rick,
★ Sam, Emmett, Phill & Hayden
- ★ Happy Birthday
★ Tracey – June 18th
★ Love Marilyn, Rick, Sam, Emmett, Phill & Hayden



Happy Birthday
Sam – June 26th
Love Mom &
Dad

Happy Birthday
to an awesome
Mommy – June 26th
Lots of Love, Emmett

Happy Birthday
Sam – June 26th
Love Phill & Hayden

Happy Birthday
Suzie – June 29th
Love Aunt Marilyn, Uncle Rick, Sam, Emmett, Phill &
Hayden

Happy Birthday
Dan – June 29th
Love Marilyn, Rick, Sam, Emmett, Phill & Hayden

Happy Anniversary to a very special couple
Brad & Maria – June 21st
Love Mom & Dad

Happy Anniversary to my Bro & Sis,
Uncle & Auntie Brad & Maria – June 21st
Love Sam, Roo, Phill & Hayden

Happy Anniversary
to an awesome Mom & Dad – June 21st
Love you lots, Wyatt, Ethan & Princess Layla

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



Happy Father's Day
to all the father's out
there!
You deserve a special
day for all that you do.
Enjoy!



HAPPY FATHERS DAY TO ALL THE GREAT DAD'S OUT THERE!

From the Family Health & Child Development Team!



Metro Toronto Zoo Trip



Tuesday August 25th, 2015

8:30 am - 7:30 pm



Adults ages (13-64)

\$ 21.00 per person

Seniors ages (65 +)

\$ 17.00 per person

Children ages (3-12)

\$ 13.50 per person

Children ages (2 & under)

FREE

****All fees for the zoo will need to be paid upon registration to hold seats****

Camel Rides

\$6.00 per ride

Gorilla Climb

\$8.00 per climb

Pony Rides

\$5.00 per ride

Conservation Carousel

\$3.00 per ride

Zoomobile

\$5.00 per ride all day



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

If you are interested in attending please contact before

Friday August 7th, 2015

Please call Julie Brant @ 613 967 0122 Ext. 149



Womens Wellness Circle


“reclaiming your voice gives you choice for wellness”



We are very excited to offer a program that is directed at women who have experienced, are experiencing and will experience motherhood. This six week program begins Monday June 15th, 2015 and will continue every Monday evening from 6:30pm - 8:30pm consecutively until July 20th, 2015. Our safe learning environment will be filled with traditional teachings and plenty of cultural learning.

If you would like to take part in this program or have any questions please call: Julie Brant or Denise ~~Leaf~~ at 613 967 0122 Ext. 149 or by email: julieannb@mbq-tmt.org


IT'S ALMOST THAT TIME AGAIN!

We are currently asking for donations to the purse auction that is scheduled to happen in the fall this year! 

If you have any gently used hand bags that you would like to donate to a great fundraiser we would be happy to take them!

All purses and bags can be dropped off at the Community Wellbeing Centre located at 50 Meadow Drive, Tyendinaga Mohawk Territory, K0K 1X0.



All proceeds from the auction will be benefitting the Food Resource Centre. 

If you have any questions please call Julie Brant at 613 967 0122 Ext. 149 or by email at julieannb@mbq-tmt.org

Keep an eye out in the fall for the date and time of the auction!



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

June 2015

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<i>1</i> Ceramics	<i>2</i> Meals on Wheels CRAFT Clay Pot People	<i>3</i> Euchre	<i>4</i> Meals on Wheels Napanee Shopping	<i>5</i> Meals on Wheels Handivan Deseronto	<i>6</i>	
<i>7</i>	<i>8</i> Ceramics	<i>9</i> Meals on Wheels CRAFT Clay Pot People	<i>10</i> Diners Club & Bingo HOME SUPPORT @ Community Centre	<i>11</i> Meals on Wheels Friendly Visiting Lunch	<i>12</i> Meals on Wheels Handivan Deseronto Scrapbooking	<i>13</i>	
<i>14</i>	<i>15</i> Breakfast Club Ceramics	<i>16</i> Meals on Wheels	<i>17</i> Euchre	<i>18</i> Meals on Wheels Belleville Shopping	<i>19</i> Meals on Wheels Handivan Deseronto	<i>20</i>	
<i>21</i>	<i>22</i> Office Closed	<i>23</i> Meals on Wheels	<i>24</i> Diners Club & Bingo HOME SUPPORT @ Community Centre	<i>25</i> Meals on Wheels	<i>26</i> Meals on Wheels Handivan Deseronto Scrapbooking	<i>27</i>	
<i>28</i>	<i>29</i> Ceramics	<i>30</i> Meals on Wheels Strawberry Social Teaching	Breakfast Club—8:00 to 9:30 a.m. Diners Club—12:00 to 1:00 p.m. Handivan Departure—9:00 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. Friendly Visiting Lunch—12:00 to 3:30 p.m.			Euchre —6:30 to 8:30 p.m. Ceramics—1:00 to 3:00 p.m. Craft—1:00 to 3:00 pm	

Telemedicine Newsletter

Serving Kingston, Frontenac, Lennox & Addington Area

Summer 2015

Update

Our five most popular referrals continue to be **Dermatology, Mental Health, Fertility, Endocrinology, and Pain Management.** **New programs coming to the area are Tele Burn, chronic wound management and two programs being run through Hotel Dieu Hospital: Breast Assessment Program and Diabetes Education and Management.**

The Nurse Navigators from the Breast Assessment Program at HDH have started seeing patients who live in rural areas via Telemedicine. These patients would normally travel to HDH twice, once to meet with their Nurse Navigator and a second time to meet with their surgeon. By seeing these patients via Telemedicine, it avoids one trip to HDH. The nurse navigator can provide the same individualized teaching closer to home, where it is easier for both the patient and their family members to participate in the appointment. The educators from the Diabetes Education and Management Centre at HDH will be starting to use Telemedicine to see their patients for follow-up appointments. Telemedicine Nurses have been trained to assist the patients with Type 1 Diabetes, to download their insulin pumps for the Diabetes Educators. This will allow the Educators immediate access to the information necessary to have a thorough appointment, and make any changes to medications. Stay tuned for feedback from staff and patients for these great new programs!

Napanee CHC held their first Cardiology/Pre-surgical appointment for the Ottawa General Hospital via Telemedicine. This was a fantastic step for the Community, and will serve our patient population more efficiently.

Endocrinology clinics continue monthly with Dr. Irobi. Clinics have been held at Kingston Family Health Team, Maple Family Health Team, Kingston Community Health Centre, and Sharbot Lake Family Health Team. Two new additions to this service are Fairmount Home for the Aged and the Mohawks of the Bay of Quinte Community Wellbeing Centre. We have had great feedback from both the diabetic nurse educators involved and the patients.

Our Dermatology clinics have been a success. We have been receiving results within a week outlining recommendations from the dermatologist.

Congratulations to Mohawks of the Bay of Quinte Community Wellbeing Centre who have started serving their patients and community with Telemedicine!

The Telemedicine team is now running with a full capacity of nurses to serve all your Telemedicine needs.

Enjoy a happy and healthy summer from our team to yours

Contact Us:
613-542-2949
ext. 1170

Heart Health and Blood Pressure

High blood pressure is the number one risk factor for stroke and a leading cause of heart disease. But did you know that it is also a risk factor for diabetes?

High blood pressure can be caused by many factors. Some factors you can't change are:

- Age
- Ethnicity
- Gender

Other factors you can change are:

- Weight
- Diet
- Exercise
- Smoking
- Stress

Small changes can make a big difference in your blood pressure, risk of diabetes and overall health!

For help managing your blood pressure call the Diabetes Education Program 613 967-3603

EATING IN SEASON– LET NATURE GUIDE YOU!

Join us as we enjoy the tastes of the seasons!

One Friday morning each month, over the next year, we will be cooking a selection of healthy seasonal recipes. As the seasons change, come share healthy new ideas for wild greens, maple, berries, wild game, fish, corn, beans, squash and more!

Keep an eye out each month for more details. Sign up for one or all nine sessions!

THIS MONTH: June 26, 2015 10am –1pm

Community Wellbeing Teaching Lodge

BERRIES!!

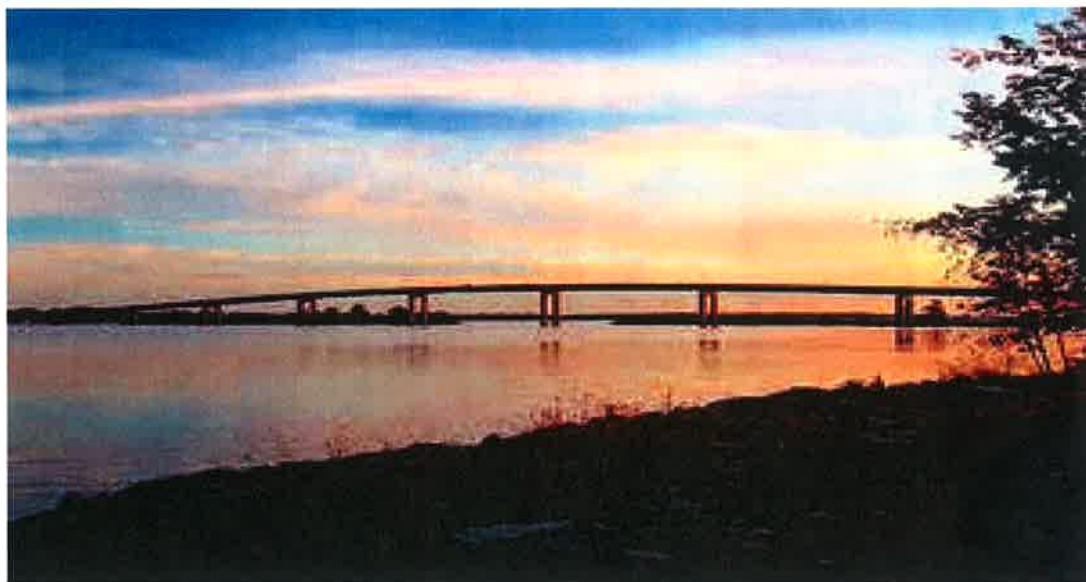


Call the Diabetes Education Program for more information
or to register. Space is limited

613 967-3603

Health Advisory Working Group

Nov 2014 newsletter referred to as the Health Advisory Board



LOOKING FOR YOU—THE COMMUNITY TO BE INVOLVED!!

Wednesday, June 17, 2015

Mohawk Community Centre

Supper 4:30 to 5:30

Discussion with history starts at 5:30

Terms of Reference & Direction

for the efforts of this Community team, are now developed—as a starting point.

Please come with your voice to influence direction for a healthy Community.

You are encouraged to attend or contact one of the community members below:

Lynn Brant
613-922-6683
lynn.brant@sympatico.ca

Kate Brant
613-391-7130
kathyb@kchc.ca

KARONHYAK'TATYE SPORTS COMPLEX

CALENDAR OF EVENTS

Come out and enjoy a game of baseball!!

3-Pitch Rez Mixed League every Wednesday night.

Mens Fastball League—every Thursday Nights

SPN Womens League—every Thursday Nights

SPN Men's League—every Sunday Nights

Belleville and Kingston Roller Derby Practices vary—see calendar

June 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 <i>3-Pitch Mixed Rez League</i>	4 <i>Fastball SPN Womens</i>	5 <i>Lacrosse Box BRD 5-9pm</i>	6 <i>Ball Tournament</i>
7 <i>LB KR D 11am—3pm SPN Mens</i>	8	9 <i>Lacrosse Box 10am to 1:30pm</i>	10 <i>3-Pitch Mixed Rez League</i>	11 <i>Fastball SPN Womens</i>	12 <i>Lacrosse Box BRD 5-9pm</i>	13 <i>Ball Tournament</i>
14 <i>Ball Tournament SPN Mens</i>	15	16	17 <i>3-Pitch Mixed Rez League</i>	18 <i>Fastball SPN Womens</i>	19 <i>Lacrosse Box BRD</i>	20 <i>Ball Tournament</i>
21 <i>LB KR D 11am—3pm Ball Tournament SPN Mens</i>	22	23	24 <i>3-Pitch Mixed Rez League</i>	25 <i>Fastball SPN Womens</i>	26 <i>Lacrosse Box BRD 5-9pm</i>	27 <i>Ball Tournament</i>
28 <i>Ball Tournament SPN Mens</i>	29	30				



DESERONTO & DISTRICT MINOR HOCKEY ASSOCIATION

Wants you to **COME PLAY WITH US!!** Register online

NOW for the 2015-16 Hockey Season at www.ddmha.ca

Or contact Vicki Whalen (613)396-3003



Tyendinaga Native Women's Association

Bake/Craft/Yard Sale

**Saturday,
13 June, 2015**

61 Bayshore Rd

8:00 am

**NWA Trailer
Corn Soup and Bannock**

**Space avail for \$10.00 by
Contacting Carol LaVecque at 613-968-4398**



Sun, UV & You

No one is completely safe from the sun. In Canada, sunlight is strong enough to cause skin cancer and premature aging of the skin. The risk of skin cancer today is greater than it was 20 years ago and continues to increase.

We are exposed to more ultraviolet (UV) rays as the protective layer of ozone around the earth becomes thinner due to the effects of pollution and chemicals.

There are 3 types of UV rays

- Ultraviolet A rays (UVA) make up most of the sun's natural light. They can penetrate deep into the skin, causing wrinkles and aging.
- Ultraviolet B rays (UVB) are the main cause of sunburns. They are nearly 1000 times stronger than UVA rays.
- Ultraviolet C rays (short-wave radiation) never reach the earth's surface because the atmosphere filters them out.

UV rays can get through clouds, fog and haze. Water, sand, concrete and especially snow can reflect, and even increase, the sun's rays. You have a higher risk of skin cancer if you:

- have light-coloured skin, eyes and hair
- work, play or exercise in the sun for long periods of time
- had several blistering sunburns as a child
- take drugs that make you more sensitive to UV light

Reduce your risk of skin cancer by using sun sense and talk to your doctor about any changes to your skin.

Wear protective sunscreen.

Understanding the UV Index

Environment Canada's UV Index is a useful tool when it comes to sun protection. It tells you the strength of the sun's daily UV rays – the higher the number, the stronger the sun's rays, the more important it is to protect yourself.

You can find out the [UV Index in your area](#) by checking your local weather forecast. If the UV Index reaches 3 or more, it's included in the forecast. You can also go to the UV Index online for the daily forecast for your area.

The UV Index below tells you what each level means and how to protect yourself.

0–2 Low

- Minimal sun protection required for normal activity.
- If you're outside for more than one hour, wear sunglasses, cover up, use sunscreen.
- Reflection off snow can nearly double UV strength, so wear sunglasses and apply sunscreen on your face.

3–5 Moderate

- Take precautions – cover up, wear a hat, sunglasses and sunscreen – especially if you're outside for 30 minutes or more.
 - Look for shade around midday.

6–7 High

- You need protection – find shade, get out the sunscreen, hats, sunglasses and cover up. Unprotected skin can be damaged and burn quickly.
 - Try and stay out of the sun between 11 a.m. and 4 p.m.

8–10 Very high

- Extra precautions required – find shade, cover up, wear a hat, sunglasses and sunscreen. Unprotected skin will be damaged and can burn quickly.
 - If you can, avoid the sun between 11 a.m. and 4 p.m.

11+ Extreme

- This is very rare in Canada. Maximum protection is required.
 - Avoid the sun between 11 a.m. and 4 p.m.
- Stay in the shade, cover up, wear a hat, sunglasses and sunscreen because white sand and other bright surfaces reflect UV and increase UV exposure.
 - Unprotected skin will be damaged and can burn in minutes.



Promote

Protect

Support Breastfeeding

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

Nursing Mothers Support Group

Tuesdays 10:30-12:00 noon

G-Tech Training Centre

5701 Old HWY 2

Shannonville, On

K0K 3A0

Lactation Consultation available

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

Looking for fun activities for the whole family?

Community Health Programs are offering

FREE swim, skate & gym passes

To be used at Quinte Sports & Wellness Centre at your convenience.

- 1. Stop in to Community Wellbeing Centre during regular business hours (8:30-4:30) Mon-Fri and pick up passes.**
- 2. Check out the Quinte Sports & Wellness Centre's schedule, pick a time, gather the family & go!**

NOTE— passes are one pass per person per activity and must be left with Quinte Sports & Wellness staff at the time of use.

Community Wellbeing
Centre
50 Meadow Dr.
Tyendinaga Mohawk
Territory
Health Reception



Need more info, please call 613-967-3603



GOOD BABY FOOD BOX

The Good Baby Box helps families residing in Mohawk Territory to stretch their food dollar, reduce cost, and meet nutritional cost food needs of their infants and toddlers. Please contact Vanessa @613-967-3603

Price List:

Infant:-\$6.00

- 20 pack of diapers
- 1 chosen speciality item

Over 6 Months-\$10.00

- 20 pack of diapers
- 6 small or 4 large jars of baby food
- 1 choice of cereal, cookies or juice

Toddlers:-\$6.50

- 20 pack of diapers
- 1 chosen specialty item

Speciality Items are:

- Wipes
- Shampoo
- Kleenex
- Vaseline
- Lotion
- Soap
- Other items as available

Formulas:

Good Start
Enfamil lower iron
Enfamil with iron
Parent's Choice with iron
Parent's Choice lower iron
Powder: \$16.00 per can
Concrete: \$2.25 per can or 8 cans for \$17.00

Moms - In - Waiting

Canadian Prenatal Nutrition Program (CPNP)

MONTHLY FOOD VOUCHERS are offered to women during their pregnancy. For more information please call Community Wellbeing 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

GOOD FOOD BOX

(Items in each)

Large Food Box

5 lb. Potatoes
2 lb. Carrots
2 lb. Onions
1 Broccoli
1 Celery
1 Romaine Lettuce
1 Cucumber
1 Green Pepper
1 Green Onion
3 Tomatoes
5 Mac Apples
2 lb. Bananas (6)
5 Seedless Oranges
4. Bartlett Pears

Small Food Box

2.5 lb. Potatoes
2 lb. Carrots
2 lb. Onions
1 Broccoli
1 Celery
1 Romaine Lettuce
1 Green Pepper
1 Green Onion
2 Tomatoes
2 Mac Apples
1 lb. Bananas (3)
2 Seedless Oranges
2 Bartlett Pears

Fruit Bag

5 Mac Apples
2 lb. Bananas (6)
5 Seedless Oranges
1 Lemon
5 Bartlett Pears

Good Food Box



Dates: Order By and Paid 4:30pm	Order Arrives
June 09, 2015	June 17, 2015
July 07, 2015	July 15, 2015
August 11, 2015	August 19, 2015
September 08, 2015	September 16, 2015
October 13, 2015	October 21, 2015
November 10, 2015	November 18, 2015
December 08, 2015	December 16, 2015



For more info call
Vanessa, at CWC
613-967-3603

Calendar For
2015

Large Food Box \$15.00

Singles Box \$10.00

Fruit Bag \$5.00

COMMUNITY HEALTH

FIRST AID CPR/AED COURSE

Open to all community members

Saturday June 13 & Sunday June 14

(2 day full certification course)

9 AM– 4 PM each day

Community Wellbeing Centre

50 Meadow Drive TMT

\$100. per person due upon registering for the course.

For more information or to register please call

Denise Leafe @ 613-967-3603

Registration closes June 10/15. Spaces are limited.

Next course will not be offered until fall 2015



ASUS CAMP

When: August 17th -21st, 2015

Where: Camp to be held at 183 University Avenue, Kingston, ON, K7L 3N6

Ages: 4-8

15 spaces available

Important Note: Bus will pick up children at the Community Wellbeing Centre- 50 Meadow Drive, Deseronto @ 8am each morning to transport to Kingston. Camp starts at 9am. Camp ends at 4pm and will be back by 5pm daily.

Contact: Christina Cyr, Youth Facilitator- Good Minds Program@ 613-967-0122

***** Registration deadline is June 24th*****

**JUNE
12**
10-6



COMMUNITY WELLBEING CENTRE
50 MEADOW DRIVE, DESERONTO
TOLL FREE 1-866-920-6480

TO BOOK AN EYE EXAM YOU MUST CALL MOBILEYEZ

SUNGLASSES
20%-50%
OFF



TOM FORD *Salvatore Ferragamo*
SERENGETI EYEWEAR   **GUCCI**
HUGO BOSS **RETROSUPERFUTURE**
Ray-Ban  *Maui Jim*

We do direct claims for NHB and Band Employees.
Questions? Contact Mobileyez at 416-819-0064 (toll free 1-866-920-6480) info@mobileyez.com

COMMUNITY TILLERS



PROMOTING HEALTHY LIVING

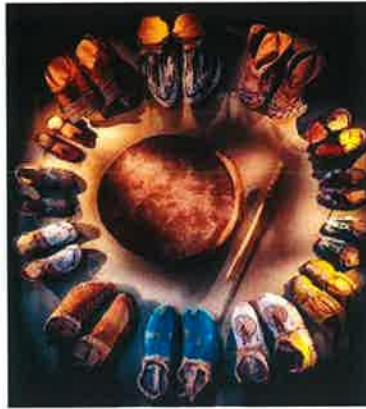
TWO DAY LOAN POLICY TO START YOUR GARDEN

COMMUNITY WELLBEING/SOCIAL SIDE

FOR DETAILS CALL 613-967-0122



National Day of Healing and Reconciliation, June 11, 2015



Join us in a tree planting Ceremony
to honour those who were affected

Starts at 4:30pm

@

Community Wellbeing Centre

(Inside Teaching Lodge, if raining)

Guest Speakers: Tom Porter and Karen Lewis

Please call by 4:30pm, June 8th to register

For more information, Contact:

**Crystal Haight, Traditional Community Wellness Worker
Enyonkwa'nikonhriyohake Program
(613)967-0122 ext. 102
crystalb@mbq-tmt.org**

Tyendinaga Fitness Resource Centre

14 York Rd. Unit #1

Tyendinaga Mohawk Territory

613-962-2822

tyfitnessres@mbq-tmt.org

Discover the Balance



If low attendance—classes may be postponed until the fall

No Cost

With TFRC

Active

Membership

New Night Classes!!

Yoga—Wednesday's 6:00—

7:00PM

Summer Shape Up—Thursday's

6:00pm-6:45PM

\$5.00 Classes

Without

TFRC

Membership

Functional Fitness



Help Improve Quality of Life

Every Tuesday & Thursday

10:00 AM– 11:00AM

Wednesday

5:30pm

Starting in Sept.

Lunch Time Workouts

Booty Sculpt

Monday's 12:15PM– 12:45PM

Core Training

Monday's 12:45PM-1:15PM

HiIT Training

Tuesday's 12:15PM-12:45PM

Core Training

Wednesday's 12:15PM– 12:45PM

Booty Sculpt

Wednesday's 12:45—1:15PM

Circuit Training

Thursday's 12:15PM– 12:45PM

Yoga

Friday's 12:15-1:00pm

Tyendinaga Fitness Resource Centre

(613) 962-2822 tyfitnessres@mbq-

14 York Road, Unit #1 & 2B
Shannonville, Ontario
KOK 3A0

June 2015 Discover the Balance

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+) \$20.00

Student \$25.00

Adults \$30.00

We Are Open to

The Public

TFRC Staff

Darlene Loft
TFRC Manager

Amy Dejonge
Fitness Studio
Coordinator

Carole Lasher
Personal Trainer

Shanleigh Maracle
Taylor-Rain
Tabobandung
Ben Brant
Trey Bardy
Luke Jeffries

The Benefits of Yoga

Yoga can change your physical and mental capacity quickly, while preparing the mind and body for long-term health.

Yoga is not just about working out, it's about a healthy lifestyle. The practice of yoga allows students to be still in a world consumed with chaos.

Peace and tranquility achieved through focused training appeals to everyone.

Yoga's deep breathing and meditation practices help foster an inner shift from to-do lists, kids and spouse's needs, financial concerns and relational struggles to something a little bit bigger than the issues you face. Yoga helps relieve stress and unclutter the mind, and helps you get more focused.

Yoga's focus on strength training and flexibility is an incredible benefit to your body. The postures are meant to strengthen your body from the inside-out, so you don't just look good, you feel good too. Each of the yoga poses is built to reinforce the muscles around the spine, the very center of your body, which is the core from which everything else operates. When the core is working properly, posture is improved, thus alleviating back, shoulder and neck pain.

Check out our Fitness Studio Schedule and join in on a class!



NEW STAFF / Casual Call In

Amy Dejonge— is the NEW Fitness Coordinator of TFRC. Amy is a registered 200hr Yoga Instructor and Can-fit-pro certified in Group Fitness and Personal Training. Fitness is Amy's passion—please reach out with any questions or comments!

Tristan Nugent - is the new call in staff, soon to be casual after school staff. I have lived on the reserve all of my life and I am currently in grade 11 attending Moira Secondary school. I love hockey but I also play baseball and golf. I have been coming to TFRC since 2009. I enjoy working out and keeping a health lifestyle. My career goal is to become a physical therapist or a lawyer. I am really looking forward to working here and hope to meet all of you.

THANK YOU - Gord Maracle for future fitness equipment seats
And "Lil Crow Cafe" for bringing TFRC staff a healthy sample drink, which was delicious.

Welcome to the Fitness Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am						Try some Video Fitness
12:15pm	Booty Sculpt	HiIT Training	Core Training	Circuit Training	Yoga	
12:45pm	Core Training		Booty Sculpt			
6:00pm			Yoga (60min)	Summer Shape Up (45 min)		

Special Memberships Funded by Ontario Trillium Foundations

FREE 1 Month Health Enhancement memberships available. Each year that TFRC has our Fitness Studio Coordinator (2015 -2017) TFRC will be able to help 50 people get started with working out. These memberships are to help with life's challenging issues and those who have certain restrictions. Please come in and speak to our Fitness Studio Coordinator Amy Dejonge to see if you meet the specific criteria.

NOTE: Function Fitness and Young & Strong & over 50 will start up again

September 1/15

If other fitness classes are not successful they will end & start up in September.

YOUNG & STRONG & OVER 50

Tyendinaga Fitness Resource Centre (613) 962-2822



Health , Wellness
& Laughter

- ⇒ Improve wellness
- ⇒ Flexibility & cardio
- ⇒ Improve balance
- ⇒ Physical strength enhanced
- ⇒ Increase mobility
- ⇒ Meet new friends
- ⇒ Lose weight

Tuesday & Thursday

10am to 11am

Wednesday - 5pm to 6pm

Starting Tuesday Sept.1st & Wed. Sept.2 & Thurs. Sept.3



Deadline to sign-up : August 21/15

Program Will Continue if Successful

NOTE: The program is FREE with membership -or
\$5.00 for drop In. No program during June & July & Aug
But I will assist you with exercising individually.

CERTIFIED SENIOR FITNESS INSTRUCTOR : DARLENE LOFT

EMAIL: tyfitnessres@mbq-tmt.org

TFRC At The Mohawk Fair!

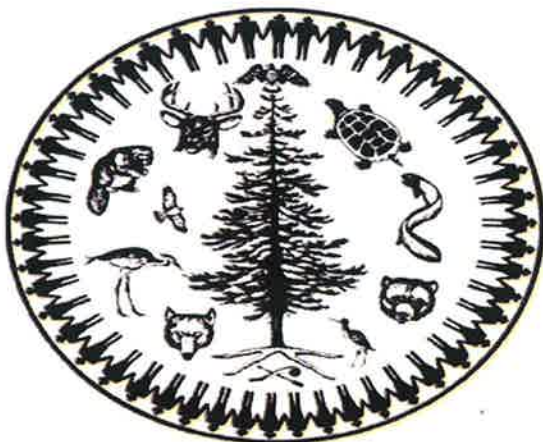


TFRC will be at the Mohawk Fair this year held on August 21st, 22nd, and 23rd! We will be giving away prizes at our booth and doing draws to win cool stuff! We will also be hosting fun games and contests ...share your ideas and volunteer to help us plan a successful event.

Get Your School Community Hours Done at TFRC.

TFRC wishes all the Dads out there—
Happy Father's Day!

We have
Gift Certificates!



**Happy
Aboriginal Day!
We are closed
Monday June 22, 2015**

Kente Horseshoe Fun Day and 36th Anniversary



Saturday June 27th, 2015

9:30am Registration

League Pitts

Draw for partners every game!

Prizes and BBQ

ANGLICAN PARISH OF TYENDINAGA
WELCOMES YOU TO JOIN US AT OUR

ANNUAL STRAWBERRY SOCIAL

Sunday, July 5th, 2015
1:00 p.m. – 4:00 p.m.

Mohawk Community Centre,
York Road, Tyendinaga Mohawk Territory



MENU: Assorted Sandwiches, Tea,
Coffee, Strawberry Drink,
Strawberries & Ice Cream

ENTERTAINMENT: Various
Entertainers throughout the
afternoon

Silent Auction

50/50 Draw

Children's Crafts

ADMISSION: FREE WILL OFFERING



AUGUST 21, 22, 23, 2015

Demolition Derby Friday • Bingo • Midway •
Traditional Foods • MAS Member Exhibits •
School Exhibits • Turkey Dinner • Kids Games •
Pet Show • Kids Races • Youth Exhibits • Calf
Show • Talent Show • Traditional Crafts • Olde
Tyme Contests • Classic Car Show & Shine •
Horseshoes • Entertainment • Toilet Bowl Races

Find the Fair Book in Print and Online!



Mohawk.fair



Mohawk Fair




@MohawkFair

WWW.MOHAWKFAIR.COM

Keep checking for NEW Information and Events!

Deseronto Transit

Will now have transit Stops here on Tyendinaga Mohawk Territory



DESERONTO
Transit

BUS STOP

WESTBOUND TO BELLEVILLE


- *5:20 a.m.*
- 6:55 a.m.
- 1:05 p.m.
- 4:25 p.m.

EASTBOUND TO NAPANEE

- *5:55 a.m.*
- 8:15 a.m.
- 2:35 p.m.
- 5:20 p.m.

613-396-4008
* AT THE NEW BAND OFFICE *

*Note: Times encased with *asterisks* denote an "on request" stop. You must call to arrange ride.*



All times are approx. and may be later than indicated but will not be earlier.



DESERONTO
Transit

BUS STOP

WESTBOUND TO BELLEVILLE

- *5:25 a.m.*
- 7:00 a.m.
- 1:15 p.m.
- 4:35 p.m.

EASTBOUND TO NAPANEE

- *5:50 a.m.*
- 8:10 a.m.
- 2:30 p.m.
- 5:15 p.m.

613-396-4008
* QUEEN ST. & YORK SHANNONVILLE *

*Note: Times encased with *asterisks* denote an "on request" stop. You must call to arrange ride.*



All times are approx. and may be later than indicated but will not be earlier.



DESERONTO
Transit

BUS STOP

WESTBOUND TO BELLEVILLE

- *5:15 a.m.*
- 6:50 a.m.
- 1:00 p.m.
- 4:20 p.m.

EASTBOUND TO NAPANEE

- *6:05 a.m.*
- 8:25 a.m.
- 10:50 p.m. - Thurs Only
- *11:50 p.m.*
- 2:50 p.m.
- 5:30 p.m.

613-396-4008
* HURON BRANT AND HWY 2 *

*Note: Times encased with *asterisks* denote an "on request" stop. You must call to arrange ride.*



All times are approx. and may be later than indicated but will not be earlier.

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SIMPLICITY
PORTABLE 3 SEASON
COMFORT (3 in 1)
- 12000 BTU air conditioner
- dehumidifier
- fan with remote
- used only 2 Summers
- Paid \$650.00 asking \$200.00

Call: 613-962-4675

HOUSE FOR SALE

41 Upper Slash Road
\$185,000
New Roof July 2014
1 Acre Lot with Plenty
of Road Frontage
1640 Sq. Ft – Main Level
Propane Furnace and
Hot Water Heater
Hardwood and Ceramic
Floors Throughout
Large Eat-in Kitchen
Dining Room opens to
Multi-level Deck
Living Room with Large
Picture Window
Main Floor Laundry
3 Bedrooms Upstairs with Potential
for More Downstairs
Large Master Bedroom with
Private Deck and Soaker Tub
1 Full Bath and 2 – ½ Baths
(1 main floor and 1 on lower level)
Large Rec Room on Lower Level with
Walk-out and Corner Propane Fireplace
Craft/Extra Room on Lower Level
Outdoor Hot Tub and 27' Round Pool
Attached 2 Car Garage
Shed
Call to view (613)967-8230

HOUSE FOR SALE

4 BEDROOM HOME
- bright/large eat-in kitchen
- dishwasher, fridge, stove
- large bedrooms/large closets
- Updated main floor 4 pc bath-
room
- 3 pc bath w/shower
- large family room with
energy efficient woodstove
(WETT certified)
- walkout basement/Shed
- lots of storage
- upgraded well with holding
tank
- new roof and deck
- New Windows and door on
main floor
Lot size 3/4 acre (approx)

PRICE REDUCED
(Serious offers will be consid-
ered)

Please contact:
tyendinaga11@yahoo.com OR
416-938-4157 or 613-396-2151

FOR SALE

2013 TOYOTA VENZA
- 49,500 km
- too many options to list can
be seen 391 Beach Rd or
gtlewis41@gmail.com
- \$26,500.00

Call: 613-849-3464

**Classified Ads
Are
"Free"
Please call
613-396-3424**

* WANTED *

Looking for
photos of
Sarah Maracle
[Papinaw] born
approx. 1876
died 1943
please
contact Fred at
leonardfred7@gmail.com

BABYSITTING AVAILABLE

- certified in First Aid, CPR
& AED, Social Worker
Diploma, Outside playtime
healthy snacks, lunch
Story time, songs, games &
crafts. Monday-Friday
reasonable rates.
- \$25.00 per child
In my home.

Call Fran - 613-396-2393

FOR SALE

3 BEDROOM HOME

- with 1 large bachelor apartment in lower part of home (which, can be converted back into a 4 bedroom house).
- house is located on Old Hwy #2, situated on approximately 1 acre of property and is serviced by the town of Deseronto municipal water
- New roof in 2008, natural gas heating, central air, - location on school bus route, Deseronto transit, is approximately 30 minutes to Belleville and 15 minutes to Napanee
- Large yard, perfect for children and pets. Deck has been re-painted with patio furniture, canopy included.
- a 12 x 12 fenced in garden area is an option for those who want to grow their own vegetables.
- Large heated attached garage.
- House includes, stainless steel fridge, stove, stackable front loading washer and dryer and all newly installed lighting

Serious inquiries only please.

Contact number:
613-813-9005

LOT FOR SALE

8 plus acres of prime area on the York Rd
\$40,000.00 or Best Offer

Call John Maracle
1-716-826-4208

HOUSE FOR SALE

- 24 North St.
Deseronto

For more information
Please call:
613-354-3826

CHILD CARE AVAILABLE

- Smoke Free home
- meals provided
- accommodating hours
- \$23.00 pd/per child

Call Amanda
- 613-243-7945



HOUSE FOR SALE

4 BEDROOM

- 2 full baths, split level house on Beach Rd.
- 2 car garage, propane furnace /hot water tank / cook stove
- 2 yr old pellet stove secondary heat source in the basement
- partially completed basement which could host another bedroom
- large master bedroom, living room and full bath (Jacuzzi tub) above the garage
- main part of the house has a large dining room, kitchen and 3 bedrooms and a full bath
- all laminate flooring throughout
- large yard with a 27 ft. above ground pool
- \$160,000.00 negotiable

If interested serious "inquiries only" please call and leave a message with your name and number Call 1-780-224-7336 OR 1780-972-3641 and leave a message

FOR SALE

Waterfront LOT

- Bayshore Road
 - Deseronto water and sewer available.
 - \$80,000
- Contact: tyend.ingawaterfront@gmail.com

LOT WANTED

- Looking for land with or without a house
- 1-5 acres-non-farmland

Please call: 613-985-5308

COTTAGE FOR SALE

Charming 2 Bedroom, 3

Season cottage on the beautiful Bay of Quinte

- tastefully decorated boasting new Bathroom and Kitchen
- appliances as some furnishings included (some finishing touches required)
- water softener, u.v. light, holding tank and well,
- private dock, back and front decks
- on leased land at \$1000.00/year
- on a gorgeous mature treed lot, with great neighbours
- asking \$76,000.00 O.B.O.

Please call:
613-848-9929

HOUSE FOR SALE

4 BEDROOM AT 804 YORK RD
 - with 1.16 acres or 26.22 acres
 - 2400 sq. ft. with 3 bedrooms up & 1 down
 - bathroom off the master bedroom has tub and shower plus extra stand up rain shower
 - 2nd full bathroom has 2 sinks in vanity & corner Jacuzzi tub
 - large dining room
 - wood fireplace in living room
 - airtight woodstove in freshly done recreation room with bar
 - mature lot with paved driveway

House & 1.16 acres
 \$299,000.00 or Best Offer
 House & 26.22 acres
 \$349,000.00 or Best Offer
 Land only 25 acres with 453 ft. frontage
 \$50,000.00 or Best Offer

Contact Neal -1-613-967-0778

HOUSE FOR SALE

24 North St.
 \$ 99,900.00
 MLS® #: 15603480
 - Bedrooms: 2+0
 - Bathrooms: Full:1 Half:0
 - Type: Single Family
 Style: 1 Storey, Detached
 Building Age: 26-50
 - Garage Features: Work Shop
 - Exterior: Vinyl
 Roof: Shingles - Asphalt
 Basement: Full
 Bsmnt Features: Partly Finished
 - Heating: Forced Air, Furnace
 Fuel - Heating: Oil
 - Water Supply: Well - Drilled
 Sewer Type: Septic Installed

Contact Kelly McMurter
 Re/Max Sales Representative
 613-929-7355

HOUSE FOR SALE

223 Bayshore Rd.
 \$264,900.00
 MLS® #: 15603018
 Bedrooms: 3+0
 - Bathrooms: Full:1 Half:0
 - Type: Single Family
 Style: 1 Storey, Detached
 Property Size: Under 0.5 Acres
 - Building Age: 11-25
 - Garage: Attached 1-1/2
 Exterior: Brick, Vinyl
 Roof: Metal
 - Heating: Radiant Flr, Boiler
 Fuel - Heating: Propane
 - Water Supply: Municipal
 Sewer Type: Municipal
 View of the Bay of Quinte

Contact Kelly
 McMurter
 Re/Max Sales Representative
 613-929-7355
 Re/Max Sales
 Representative
 613-929-7355



Kelly McMurter

Sales Representative
 RE/MAX Finest Realty Inc., Brokerage
Cell: 613-929-7355
Office: 613-354-5435
 Email: kelly.mcmurter@gmail.com
www.kellymcmurter.com



For Sale 47 Bayshore Rd. \$ 214,900.00



The whole family can walk into this large side entrance that features large coat closet and plenty of storage space. Continue up to the spacious kitchen that features a large island and an abundance of cabinet and counter space. This upper level features two bedrooms, a full bath and a deck for outdoor living and has a great view of the Bay of Quinte; quality laminate floors complete this level. The lower level has extra large windows that face both South and North that lets in lots of natural light. A large living room, third bedroom and another full bath makes this area a cozy family space. The laundry room is bright and airy with its extra large window that faces south. This home has a newer furnace, air conditioner and appliances. Make an appointment to view this home! The purchaser(s) of this home must be a Status Member of the Mohawks of the Bay of Quinte.

Bedrooms: 2+1	Exterior: Stone, Vinyl	Fireplace Type: None
Bathrooms: Full:2 Half:0	Roof: Shingles - Asphalt	# of Fireplaces: None
Amperage: 200	Foundation: Concrete / Poured	Exterior Features: Deck
Access: Municipal Road	Basement: Full	Services Avail: None
Type: Single Family	Bsmnt Features: Fully Finished	Pool: None
Style: Elevated 1 Storey, Detached	Heating: Forced Air, Furnace	Flooring: Carpet, Ceramic, Laminate
Property Size: Under 0.5 Acres	Fuel - Heating: Propane	Site Features: Level, View
Building Age: 0-5	Water Supply: Municipal	Doc's Available: Land Survey
Construction: Frame	Sewer Type: Municipal	
Garage: None	Rentals: Propane Tank	
Garage Features: Not Applicable	Hot Water Heating: Electric	
Driveway/Parking: Gravel	Indoor Features: Built-In Microwave, Central A/C	
# Parking Spaces: None	Energy Code: None	



THE ANGLICAN PARISH OF TYENDINAGA

*To be a Spirit-filled and life-giving place where
strangers become friends and friends become disciples.*

Parish Priest

The Venerable Brad Smith
962-2787

Our worship uses a mixture of traditional and contemporary language and music, including Mohawk. All people are welcome to worship and participate in fellowship and parish life. We don't think we have all the answers—if you have questions, please join us on a journey of discovering the sacred One.

SUNDAY CELEBRATIONS

All Saints' Church (Upper Church)
1295 Ridge Rd
9:30 a.m.

National Aboriginal Day Service
Sun 22 Jun, 9:30 a.m., All Saints'

Join the parish in worship as members present a special service to mark National Aboriginal Day.

22 DAYS: ON THE PATH TO RECONCILIATION

The Anglican Church of Canada has been a principal member of the Truth and Reconciliation Commission (TRC) of Canada, dealing with the history and effects of the Indian Residential Schools. Over the better part of a decade, we have made this central to our spiritual work as we seek to live into the apology made by Archbishop Michael Peers in 1993.

The TRC will begin its final national gathering on 31 May in Ottawa. Anglicans have been invited to help move the reconciliation work forward by committing to listen to a different school survivor tell his or her story on the website 22days.ca during each of the 22 days between then and National Aboriginal Day, 21 June, and to pray for everyone affected.

In addition, we will focus on a current issue before all Canadians: murdered and missing Indigenous women. In addition to prayer and calling for a national inquiry, the Parish of Tyendinaga will join with Anglicans across Canada on the Wednesdays between 31 May and 21 June by ringing the church bell 1,181 times starting at 2:00 p.m. If you would like to be a part of this public witness, please call Fr Brad (613-962-2787).

FOR THE MOST UP-TO-DATE INFORMATION,
VISIT WWW.PARISHOFTYENDINAGA.ORG
OR WWW.FACEBOOK.COM/TYENDINAGAANGLICAN

“AA OPEN MEETINGS”

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

For more information call:
Dale & Lorna Vos
613-968-8586 or 613-921-8015

WE ARE TOPS, ON#5258 T.M.T.

Losers Unite, Join Us!

WINTER HOURS

Thursdays

5 - 5:30 = Weigh in
5:30 - 6:30 = 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 - 613-885-0506
Tree Good altree94@gmail.com

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PHONE: 613-354-2726
FAX: 613-354-3585

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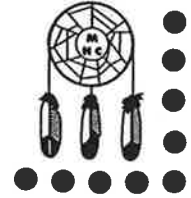
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Owner / Manager

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BUS: (613) 396-1607 ~ FAX: (613) 396-6897



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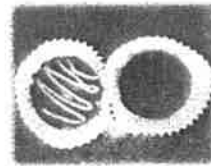


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