



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENTKEHA

ISSUE 3/08
Ennihskowa (March)

ORI:WASE (News)

**** Important Notice ****

PRECAUTIONARY COMMUNITY BOIL WATER ADVISORY

See notice in the newsletter and
"How to use water safely"
as a separate flyer.



Happy Easter!
March 23



The Administration Office will
be closed from Friday, March 21 - Monday, March 24

Vision Statement

Tyendinaga, as part of the Mohawk Nation, is a healthy, sustainable Kanienkeha community, built on and united by our language, culture, traditions, knowledge and history. We exercise our rights and responsibilities for the protection of and respect for our people, our land, our resources and the environment.

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Newsletter Deadline
March 24
(613)396-3424

We're on the Internet
www.mbq-tmt.org/

JOB POSTINGS

Positions that become available with the Mohawks of the Bay of Quinte can now be viewed on the Tyendinaga Mohawk Territory Web Site.

www.mbq-tmt.org/

ADMINISTRATION

PRECAUTIONARY COMMUNITY BOIL WATER ADVISORY

Health Canada has recommended that a precautionary boil water advisory be issued for the Tyendinaga Mohawk Territory. This has been issued due to the fact that a majority of the wells are influenced by surface water and therefore should be treated as a surface supply. **This is a precautionary measure only** to ensure that drinking water meets the Safe Drinking Water Act and applies to all homes and businesses that are on a well water supply that is not filtered and disinfected.

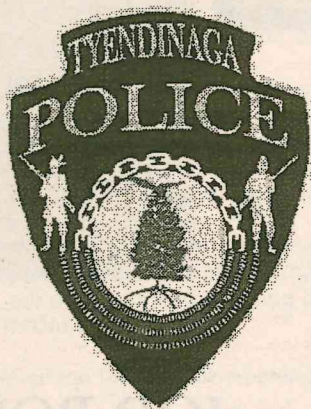
If you have a filtration system or chlorination on your household water supply, you should ensure that your filtration system is designed to filter out water borne parasites such as Giardia and Cryptosporidium.

While this boil water advisory is in effect, it is recommended that the attached precautions be taken. We hope that the information provided will answer any questions you may have.

The Mohawks of the Bay of Quinte's Drinking Water Program will continue the sampling program. If you have not had your water tested and would like to be included in the water sampling program, please contact Crystal Maracle or Liz Brant at the Mohawk Administration Office, 613-396-3424.

DAYLIGHT SAVINGS TIME CHANGE HAPPENS ON MARCH 9

Remember to reset your clocks ahead one hour on March 9 to accommodate Daylight Savings Time. (The change actually takes place at 2:00 a.m. so you may want to change your clocks before bed on Saturday night.)



It's MARCH BREAK! (March 10-14) We kindly ask motorists to observe community speed limits and exercise extra caution to help ensure our children have a safe and happy school break. Nia:wen kowa.

— A Message from the Tyendinaga
— Police Services

EMPLOYMENT OPPORTUNITY

INTERNAL POSTING

Mohawk Administration Office

Recreation Complex Worker

25 hours per week – Term position (May to September)

The Recreation Complex Worker is directly responsible to the Recreation Coordinator to ensure the regular upkeep of the Recreation Complex; and cleaned on a regular basis; ensure fields and equipment are ready for use by the community as required.

Essential Qualifications:

- ◆ Grade 12 graduation and experience with grounds maintenance equipment
- ◆ At least 3 years experience working at a Sports Complex
- ◆ Food Safety Training Certificate

Other Position Requirements:

- ◆ knowledge of safe work practices
- ◆ able to perform general maintenance of lawn tractor and other grounds maintenance equipment
- ◆ knowledge of safe storage and use of chemicals and cleaning agents
- ◆ knowledge of marking diamonds and soccer fields
- ◆ Preference will be given to applicants of Mohawk Ancestry
- ◆ Knowledge of WHMIS an asset
- ◆ Knowledge of turf management
- ◆ Experience of managing a canteen
- ◆ CPR and First Aid training an asset
- ◆ Able to work independently and under supervision
- ◆ Excellent interpersonal, verbal and written communication skills
- ◆ Must provide a satisfactory Criminal Reference Check
- ◆ Supervise the summer students working in the area or volunteers

Duties & Responsibilities: Work Procedures

1. Responsible for regular maintenance of grass areas of the Recreation Complex
2. Knowledge of marking out ball fields and soccer fields for use as required by bookings
3. Ensuring washroom facilities and canteen building are kept clean
4. Must be willing to work flexible hours as required, including evenings and weekends
5. Making minor repairs as authorized
6. Ensuring the lacrosse box is clean and safe for community youth
7. General outside planting and weed control
8. Performing other related duties as directed by the Recreation Manager
9. Health and safety of serving canteen food
10. Weekly deposits and picking up canteen supplies
11. Maintenance of the canteen, garage, recycling and outside bathrooms.
12. Ensure safety and reporting of any issues in the playground area

DEADLINE FOR APPLICATIONS:

March 20th, 2008 at 12:00 NOON

For a detailed position description or to apply, please contact:

Bev Hill, HR Officer
Mohawk Administration Office
(613) 396-3424 fax (613) 396-3627
e-mail: bevh@mbq-tmt.org

Note: Eligible candidates for an Internal Posting are members of the Tyendinaga Mohawk Territory
We thank all applicants for their interest in this position but only those selected for an interview will be contacted.

ADMINISTRATION

TYENDINAGA HEALTH STATEMENT

Health is a gift and it is our responsibility to take care of it.

Health is balance and harmony of body, mind, spirit and our emotional well-being. Honoring diversity, respecting Creation's life cycle, embracing our interconnectedness and practicing Kanyen'kehaka traditional beliefs, are the foundation of health and well-being. The respectful relationships we develop with self, with each other, and with Creation, are how we experience holistic health.

Our self-determination for the preservation and sustainability of the gift of health, will protect us for generations to come.

Community Health Priorities - Short and Long Term Goals

	2 year Goals	5 Year Goals	10 Year Goals	15 Year Goals	25 Year Goals
Health and Human Resources	To offer services that include: <ul style="list-style-type: none"> • long term care medical doctor • nurse practitioner • traditional medicines practitioner • traditional practitioner program that includes body, mind & spirit • mental health workers • full-time diabetes educator • full-time dietitian with traditional knowledge base • chiropodist with foot care nurse • develop and implement an ongoing 25 year community education awareness plan • client safety • to maintain or revise existing programs to meet needs of the community (see appendix) • health and safety committee 	To offer services that include: <ul style="list-style-type: none"> • midwifery • optometry • dentistry • chiropractic • massage therapy • 2nd nurse practitioner • To be accredited in all community well-being services • Ambulance services 	To offer services that include: <ul style="list-style-type: none"> • occupational therapy • physical therapy • psychiatrist 	<ul style="list-style-type: none"> • To educate our own traditional practitioners and herbalists • To offer diagnostic lab services • To support an exchange of traditional foods access by purchase or trade, (i.e. grocery store, food bank, community market) 	<ul style="list-style-type: none"> • To have a functioning full service health facility staffed by qualified and competent MBQ members
Language, Culture and Traditional Ways	To have training programs for all workers and community members in the areas of: <ul style="list-style-type: none"> • lateral violence • cultural identity • community healing activities • Revitalization of traditional ways, ie. traditional practitioners program • ceremonies • traditional medicines • traditional sources of knowledge • language access • alcohol and drug prevention • prevention of violence and bullying • mental health • healing the culture of self-hate • healthy changes in the workplace • To have annualized funding for Mohawk language acquisition 	<ul style="list-style-type: none"> • To have a multidisciplinary health, healing and wellness facility • To have full language immersion for day care • junior and senior kindergarten 	<ul style="list-style-type: none"> • To have all grade 12 graduates fluent in the Mohawk language. 	<ul style="list-style-type: none"> • The Community will be knowledgeable and practicing our ways and our language 	<ul style="list-style-type: none"> • To have NO ADDICTIONS, NO SUBSTANCE ABUSE, and NO VIOLENCE in Kente, our Community
Environment	<ul style="list-style-type: none"> • To implement a massive environmental public relations campaign for all ages, with provision for curriculum development • To increase the level of the community cultural awareness specifically addressing our responsibility to the environment • To complete the research for the development of environmental policies 	<ul style="list-style-type: none"> • To deliver environmental education to the whole community, which includes cultural awareness and our responsibilities to the natural world 	<ul style="list-style-type: none"> • To have a fully staffed environmental research department operating in their own building with their own laboratory 	To have self-sustaining practices in the following areas: <ul style="list-style-type: none"> • education • housing • employment • renewable energy • food security • resource management, ie. water, land, biodiversity, etc. 	<ul style="list-style-type: none"> • To be a self-sustaining community that respects the environment through knowledge of our traditional ways • To have protected natural resources

ADMINISTRATION

Sustainable Development	<ul style="list-style-type: none">To have a new MBQ administration building with a Health Director positionCommunity wellness director and conjoin community wellness programs in one buildingTo develop the framework for the MBQ Health Authority.To have established prioritization of Health needsTo have a fully accessed recreation centerTo have equivocal resource sharing and linkages between community programsTo offer nurse practitioner clinic servicesTo offer E-Health for the communityTo utilize a health lobbying processTo have health care providers educated in cultural health practices	<ul style="list-style-type: none">To implement the MBQ Health AuthorityTo have a fully functioning clinic and pharmacyTo develop partnerships with health services educational facilities (ie. FNTL, First Nation communities, Queen's University)To have a long term care facilityTo have completed health services transferTo have framework for health service capacity buildingTo have TMC actively lobbying for capital \$ (ie. through Rama or partnerships)	<ul style="list-style-type: none">To have infrastructure that operates a fully functioning counseling center for private and public access	<ul style="list-style-type: none">To actively improve the development of the MBQ Health Authority policy and guidelines	<ul style="list-style-type: none">To live in a community where everyone takes responsibility for their own optimum health and for community healthTo have hospital and all medical services available within the communityTo have traditional medicine readily available for community members' choiceTo have increased long term care access and capacity within the communityTo have well established medical partnerships with Queen's UniversityTo actualize intern placements at facilities within the communityTo have a confidently functioning MBQ Health AuthorityTo have an ongoing health services capacity building processTo have ongoing capital fund-raising (possibly Rama \$)
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TASKS COMPLETED

1. To have a community meeting offering:
 - feedback from these planning sessions
 - input by the community
 - discussion for action.

(completed)
2. To establish a health partnership working group, comprised of community members, MBQ staff and Council members, that will drive the strategic plan.

(completed)
3. (this as internal issue not necessary to publish in the newsletter)
Involve MBQ departments in the process through awareness sessions.

(completed)

WHAT'S NEXT

- Develop an operational plan
- Develop subcommittees for four core areas
- Securing financial resources for mental health programs
- Random acts of kindness

MEETING MINUTES

TYENDINAGA MOHAWK COUNCIL MINUTES JANUARY 9, 2008

A meeting of the Tyendinaga Mohawk Council was held on Wednesday, January 9, 2008 at 9:10 a.m. in the Council Chambers.

Present: Chief R. Donald Maracle
Councillors: Barry Brant, Trevor Lewis, Velma Hill-Dracup and Roy C. Maracle arrived at 10:25 a.m.
Staff: Rod Jeffries, Chief Administrative Officer, and Angela Maracle, Administrative Officer

Chief Maracle opened the meeting with Mohawk Prayer.

MOTION #1: Moved by Barry Brant, seconded by Trevor Lewis that the Tyendinaga Mohawk Council Special Minutes of December 18, 2007 be accepted as read.
Carried.

MOTION #2: Moved by Trevor Lewis, seconded by Velma Hill-Dracup that the Tyendinaga Mohawk Council Special Minutes of December 20, 2007 be accepted as read.
Carried.

MOTION #3: Moved by Velma Hill-Dracup, seconded by Trevor Lewis that the Tyendinaga Mohawk Council Special Minutes of January 4, 2008 be accepted as read.
Carried.

The following scheduled meetings were acknowledged:

- January 10, 10:00 a.m. – MNR & Gilead Power re: Proposed Wind Power Development
- January 14, 9:00 a.m. – Tyendinaga Mohawk Council Caucus Meeting
- January 16, 7:00 p.m. – Tyendinaga Mohawk Council Local Business Meeting
- January 21, 9:00 a.m. – Tyendinaga Mohawk Council Caucus Meeting - cancelled
- January 23, 9:00 a.m. – Tyendinaga Mohawk Council Regular Meeting
- January 28, 9:00 a.m. – Tyendinaga Mohawk Council Caucus Meeting
- January 30, 7:00 p.m. - Tyendinaga Mohawk Council Local Business Meeting

MOTION #4: Moved by Trevor Lewis, seconded by Velma Hill-Dracup that this Council approve to meet on January 14, 2008 at 10:00 a.m. with the Electrical Safety Authority to discuss the pilot project and future plans.
Carried.

MOTION #5: Moved by Velma Hill-Dracup, seconded by Barry Brant that this Council approve to hold the Swearing-In Ceremony on January 20, 2008 at 2:00 p.m. followed by a Community Meeting to discuss the Police Building and have an update from the Community Safety Working Group.
Carried.

MOTION #6: Moved by Trevor Lewis, seconded by Velma Hill-Dracup that this Council approve to meet on January 28, 2008 at 9:00 a.m. for a Council Orientation and Strategic Planning Session.
Carried.

MOTION #7: Moved by Trevor Lewis, seconded by Velma Hill-Dracup that this Council approve the following Council's meetings outside of Territory: Chief Maracle - Association of Iroquois and Allied Indians Chief's Council Meeting with Minister Michael Bryant in Toronto on January 31, 2008 and Chiefs Committee on Health Meeting in Toronto on February 18, 2008.
Carried.

MOTION #8: Moved by Velma Hill-Dracup, seconded by Trevor Lewis that this Council approve to send a letter to Hastings County requesting a reduction in the speed limit on Old Hwy #2 to 60 km between the Thurlow/Tyendinaga Township Line and Shannonville and no passing signs be erected.
Carried.

MOTION #9: Moved by Barry Brant, seconded by Trevor Lewis that this Council approve to put the speed limit recommendations from the Tyendinaga Mohawk Police Services on the agenda for the Community Meeting being held on January 20, 2008.
Carried.

MOTION #10: Moved by Barry Brant, seconded by Trevor Lewis that this Council decline the request for a public meeting from the Friends of the Salmon River regarding the Lake Ontario Salmon Restoration Project and the Mohawks of the Bay of Quinte will address our own concerns independently.
Carried.

MOTION #11: Moved by Trevor Lewis, seconded by Barry Brant that this Council acknowledge receipt of a letter from Office of Shatekariwate dated December 10, 2007 and draft a response respectfully declining the invitation to meet.
Carried.

MOTION #12: Moved by Trevor Lewis, seconded by Velma Hill-Dracup that this Council acknowledge the letter from Iohrhen's – Daylight Consulting and Administration will forward to Technical Services for their information.
Carried.

MOTION #13: Moved by Barry Brant, seconded by Trevor Lewis that this Council approve the Application for Business Registration for JG Developments, Jim McMurter and Gregg Powless – owners; type of business: building and development.
Carried.

MOTION #14: Moved by Trevor Lewis, seconded by Velma Hill-Dracup that this Council approve payment of Invoice #3194 from Alan Pratt in the amount of \$1,102.98 re: Surrender #24.
Carried.

MOTION #15: Moved by Barry Brant, seconded by Trevor Lewis that this Council approve payment of the invoice dated November 30, 2007 from Blaney McMurtry in the amount of \$5,021.26 re: Trial Preparation.
Carried.

MOTION #16: Moved by Trevor Lewis, seconded by Barry Brant that this Council approve the Land Transfer from Herbert Vernon Lewis Brant to Winston Lloyd & Teresa Audrey Maracle, the whole of Lot 6D-6-1, Concession 2, as shown on Plan No. 93332 CLSR.
Carried.

MOTION #17: Moved by Barry Brant, seconded by Velma Hill-Dracup that this Council approve the Land Transfer from Leonard Leverne Hill to Dale Leverne Hill, the whole of Lot 10A-2-1, Concession 1, as shown on Plan No. RSO 3837R.
Carried.

MOTION #18: Moved by Velma Hill-Dracup, seconded by Barry Brant that this Council approve the Land Transfer from Dale Leverne Hill to Leonard Leverne Hill, the whole of Lot 10A-2-3, Concession 1, on Plan No. 76096 CLSR.
Carried.

MOTION #19: Moved by Roy C. Maracle, seconded by Trevor Lewis that this Council approve to send a letter to Sean Kennedy, Chief Federal Negotiator, regarding the Culbertson Tract Appraisals and Honourable Michael Bryant, Minister of Aboriginal Affairs, regarding the Culbertson Tract Land Claim Negotiations.
Carried.

MOTION #20: Moved by Trevor Lewis, seconded by Velma Hill-Dracup that this Council defer the appointments to the Ontario First Nations Police Association Negotiating Task Force until the official call comes out.
Carried.

MOTION #21: Moved by Trevor Lewis, seconded by Velma Hill-Dracup to go in private. (10:45 a.m.)
Carried.

Summary of Private Minutes:

- Approval of Private Minutes: December 18, 2007 Special, December 20, 2007 Special
- Addressed three (3) Client/Solicitor Privileged issues
- Accepted Letter of Resignation
- Approved to prepare a response regarding an Estate issue
- Deferred Mortgage Re-write request for more information

Recorded by:
Molly Kohoko

Rod Jeffries
Chief Administrative Officer

Donald Maracle
Chief R. Donald Maracle

Disclaimer: Comments of individual members may not necessarily reflect the opinion of the whole Council

Remember if you have an EMERGENCY

CALL

911

EDUCATION

PLEASE PARTICIPATE IN THE EDUCATION FEASIBILITY STUDY!!

The Education Feasibility Study is a special project that MBQ is undertaking to review the current education system as part of lifelong learning in our community. The Tyendinaga Education Steering Committee (TESC) is guiding the study process and working closely with the consultants Mary Jamieson and Darrin Jamieson of Native Management Services.

A survey was distributed to all households in February. We want to hear from you! Please take the opportunity to participate in the study by completing the survey.

If you have comments to share about lifelong learning in our community, please forward them to the TESC through Tanya King-Maracle (613-396-3424 / tanyakm@mbq-tmt.org). All input will be passed along to the consultants.

Nyawen

The Tyendinaga Education Steering Committee:

Mike Brant	Danielle Smart	Rachel Volkmann
Tracy Maracle	Carl (Ted) Maracle	Sandra Lewis den Otter
Jan Hill	Lisa Maracle	Randy Maracle
Trevor Lewis	Jennifer Brant	Anataras Alan Brant



LEGAL AID ONTARIO
AIDE JURIDIQUE ONTARIO

214 Pinnacle Street, Belleville, ON K8N 3A6
Toll free / Sans frais : 888-551-9755
Phone / Téléphone : 613-962-9634
Fax / Télécopieur : 613-962-4001
www.legalaid.on.ca

February 2, 2007

Legal Aid Ontario reminds residents of the Mohawk Territory that a First Nations Advice Clinic operates each Monday (excluding holidays) from 12 – 3pm at the Legal Aid office, 214 Pinnacle Street, Belleville.

The clinic offers advice regarding qualifying legal issues to those financially eligible. A First Nations lawyer is available to those self reporting to be First Nations People.

The clinic is part of the clinic providing legal advice to the general public.

Encouraging
Dedicated
Undaunted
Caring
Active
Tactful
Open
Responsive
Student oriented



Let us pray for all educators this month

February 25, 2008

PRESS RELEASE

(Garden River First Nation, ON)

ANNOUNCING THE HISTORICAL LAUNCH OF SHINGWAUK KINOOMAAGE GAMIG "CENTRE OF EXCELLENCE IN ANISHINAABE EDUCATION"

Shingwauk Kinoomaage Gamig is proud to announce the historical launch of its new courses in Anishinaabe Studies this September 2008, new logo (file attached) and website (www.shingwauku.com).

Over the past number of years the need for an Anishinaabe post-secondary institution has become increasingly apparent (Royal Commission Report on Aboriginal Peoples, 1996). In May 2006, the Shingwauk Education Trust (SET) and Algoma University College signed a covenant that entered a statement of common understanding and commitment to establishing Shingwauk Kinoomaage Gamig, an independent and degree-granting post secondary institution. The Shingwauk Covenant states that Anishinaabe, Canadian and International staff and students must learn to respect and understand each other's knowledge and cultural differences. Both institutions are working in collaboration to become independent universities.

"Our vision in creating Shingwauk Kinoomaage Gamig (University) will preserve the integrity of Anishinaabe knowledge and understanding in cooperation with society to educate the present and future generations in a positive, cooperative and respectful environment" says Darrell Boissoneau, President of Shingwauk Kinoomaage Gamig and the Shingwauk Education Trust. "Shingwauk Kinoomaage Gamig was founded to fulfill the vision of Ojibway Chief Shingwauk who in 1873 told the people to build a "Teaching Wigwam Lodge" to preserve the history and culture of the Anishinaabe people of all tribes, nations and to teach and give students a good education and live a good life into the future" he adds. "The concept of the Teaching Wigwam is the result of the desire that the Ojibway Nation, develop and process resources needed by foreign demands. This was an effort to develop the capacity of the Ojibway Nation, to maintain its' possession to resources and lands. The Teaching Wigwam initiative was an importation of skills, not an abandonment of Culture and Identity" he finishes.

"Shingwauk Kinoomaage Gamig (University) will be instrumental in providing First Nations and all people with the leadership and concrete skills in order to build strong communities globally. The Assembly of First Nations fully supports Shingwauk Kinoomaage Gamig (University) in its commitment to meeting the needs of students and to building capacity through educational excellence, innovative delivery and a deep commitment to student success" states, National Chief Phil Fontaine, Assembly of First Nations. "The Assembly of First Nations looks forward to the historical launch of Shingwauk Kinoomaage Gamig (University) in September 2008, and the continued sharing and support of all community partners, their ideas and the inspiration that comes from learning and growing together in mutual respect."

"As a result of the work of Agustin Shingwauk and Bugujewenene and the Anglican Church, the Teaching Wigwam became a reality" states Chris Belleau, Keeper of Traditional Knowledge from Garden River First Nation. "Sadly, the operations and purpose of the Teaching Wigwam was aligned with the Assimilation and Genocide of the Ojibway Nation as opposed to the initial purposes originally advocated by Shingwauk" he adds.

Shingwauk Kinoomaage Gamig courses (offered in September 2008) include:

ANISHINAABE STUDIES - Bachelor of Arts (4 -Year)

ANIS 1006 Ayzhi dibawji moyawn (Anishinaabe Peoples & Our Homelands)
ANIS 1007 Ayzhi dibawji moyawn (Anishinaabe Peoples & Our Homelands II)
ANIS 2006 Wiidjigaam gewe jibayek (Anishinaabe Social Issues)
ANIS 2007 Gdaa Mikweenimaan Pontiacbun, Tecumsehbn, miinwaa Shingwaukbun (Anishinaabe Social Movements)

ANISHINAABEMOWIN - Bachelor of Arts (3-year)

Anishinaabemowin is a unique program offering basic to advanced-level instruction in the Ojibway language. It is the only three-year Bachelor degree in Canada focusing on the Ojibway language and culture.

(All courses are developed and instructed by Shingwauk Kinoomaage Gamig and offered under the degree programs granting office of The University of Sudbury and Algoma University College)

EDUCATION



ANNUAL FIRST NATION \$1000 HEALTH SCHOLARSHIP

Presented by the:
Association of Iroquois & Allied Indians

AIAI

The Association of Iroquois and Allied Indians (AIAI) is a Political Territorial Organization (PTO) established in 1989, to represent eight (8) First Nation communities at levels of government. AIAI represents approximately 20,000 Status First Nation people from Batchewana First Nation, Caldwell First Nation, Mississaugas of the New Credit First Nation, Delaware Nation of the Thames, Oneida Nation of the Thames, Wahta Mohawks, Hiawatha First Nation, and Mohawks of the Bay of Quinte (Tyendinaga).

Purpose

The AIAI Health Scholarship Award was created in 1989, through contributions provided by Health Canada, to promote and recognize First Nations excellence in a Health or Traditional Healing post-secondary program. Ultimately, we strive to increase the number of First Nations people entering into a health profession as their career goal.

This prestigious Health Scholarship will be awarded to a successful candidate who is currently enrolled in a post-secondary Health or Traditional Healing/Medicine program for the current academic year 2007/2008.

The Successful applicant will receive the \$1000 Health Scholarship and honourable recognition by AIAI's Grand Chief, Denise Stonefish at the 2008 Annual General Assembly.

Scholarship Criteria

- All applicants must be of First Nation heritage and a registered band member within one of the eight (8) AIAI Member Nations - Batchewana, Caldwell, Delaware (Moraviantown), Hiawatha, New Credit, Oneida, Mohawks of the Bay of Quinte (Tyendinaga), and Wahta Mohawks.
- Applicants can only accept this scholarship as a one time recipient.
- Applicants must be enrolled as a full-time student in a Health related or Traditional Healing post-secondary program for the 2007/2008 academic school year.

Applications Must Include the Following:

- A self profile as to why you are deserving of such a scholarship.
- Transcripts displaying most current academics
- One (1) letter of support from your Health or Traditional Healing/Medicine program advisor, school counselor, or professor/instructor, etc.
- One (1) letter of support from your respective Chief and Council. This letter should confirm that you are a registered First Nation member of your community.

Member Nation Communities of AIAI:

★ Batchewana

★ Oneida

★ New Credit

★ Delaware (Moraviantown)

★ Hiawatha

★ Wahta Mohawks

★ Caldwell

★ Tyendinaga

**APPLICATION DEADLINE:
MARCH 31, 2008**

NOTE: Any applications received after 4:30 pm on March 31, 2008 will not be considered.
Reminder: Include your contact information i.e. Return address, email, and phone number.

All interested students please submit your application to the attention of:

**Cathryn Mandoka, Health Director
Association of Iroquois & Allied Indians
387 Princess Ave.
London, ON N6B 2A7**

Phone: (519) 434-2761 Fax: (519) 679-1653
email: cmandoka@aiai.on.ca Website: www.aiai.on.ca



314 Airport Road
Tyendinaga, Ontario K0K 1X0
Ph. 613-396-3100 Fx. 613-613-396-1083
email: calliem@tnti.net

TSI TYONNHEHT ONKWAWENNA
"Keeping the Language Alive"

Shontewennakarátats Kanyen'kéha Language Program (Diploma in Mohawk Language)

This program is a partnership between F.N.T.I., Trent University and Tsi Tyonnheht Onkwawenna Language Circle. The academic portion of the program is a two-year, eight credit post secondary level program that will provide the learner with the knowledge and skills to gain fluency in Kanyen'kéha while earning university credits. The community portion of the program may involve a Practicum working with a community organization as well as being involved in various activities and initiatives offered by Tsi Tyonnheht Onkwawenna (i.e. Language Awareness activities, Aboriginal Day Celebration, Mohawk Landing, QMS Festival Days, etc.)

Dedication and commitment to the efforts of Tsi Tyonnheht Onkwawenna and the revitalization of Kanyen'kéha are essential to be successful in the program.

To apply, you must submit a package consisting of:

- A completed application form (available from Tsi Tyonnheht Onkwawenna)
- \$50 application fee; refundable to unsuccessful applicants
- A "Statement of Purpose" essay
- One letter of reference to support the essay

Please assemble all of the above as a complete package and submit to Callie Hill, Coordinator prior to deadline.

Funding provided by Tyendinaga Mohawk Council includes financial support for a maximum of twelve (12) students. Please call for further details.

Next Intake: September 2008

Deadline for Applications: June 1st, 2008

Mohawk Landing Celebration

As part of our on-going financial support from Tyendinaga Mohawk Council, Tsi Tyonnheht Onkwawenna will be over-seeing the co-ordination of the community celebration commemorating Mohawk Landing.

This event will take place in May.

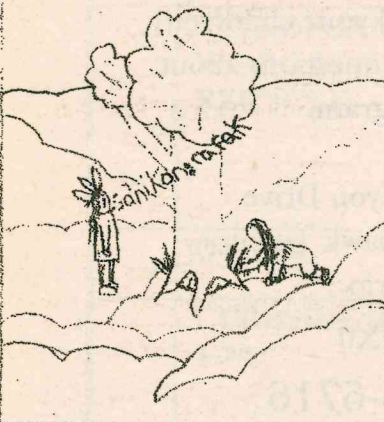
If you are interested in being a part of the planning of this event please contact Callie at (613) 396-3100 x 227.

Meetings will begin in February 2008.

Ne'e Onkwawenna tsi Onkwatsstenhsara

TSI TYOTAHSAWENTSI Pictures by DENHNONYANYONS

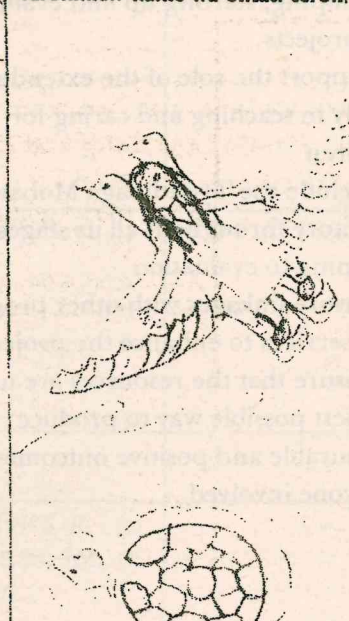
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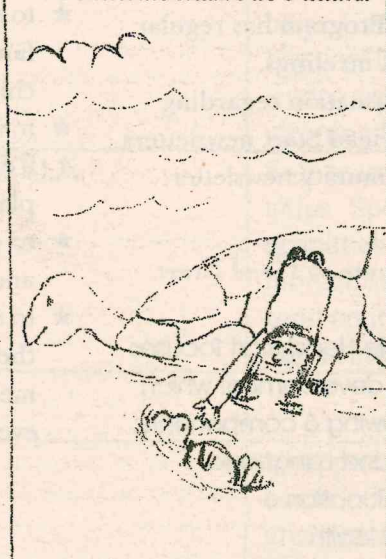
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yakon:kwe eh ya'ontke'to:ten sok
ya'eya:ten'ne. Ken'niyohontesha
tahnon oyen'kwa'on:we ohte:ra
tayeye:na.



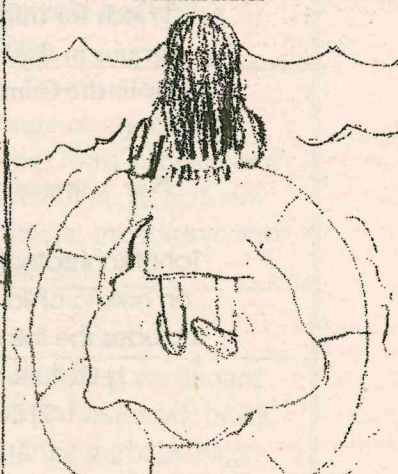
Tekeniyahse o'nahshaken:ra
keninerahontsha:ke
wa'eya'ta:ra'ne. A'no:wara
awen:ke rotawenhatye sok
raronhkew'na:ke wa'ontati'teron.



Tawi:ne, tsyani:to tahnon ano:tyen
wahonwatihro:ri tsi o'ken:ra
teyakotehontsyoni sok
ki'wahonthon:rohwe wahatikoha.
Akwe:kon wahati:sko'ne. Ano:tyen
o:ni waha:sko'ne nek tsi
sahoke:tohte rahawe ne o'ken:ra.



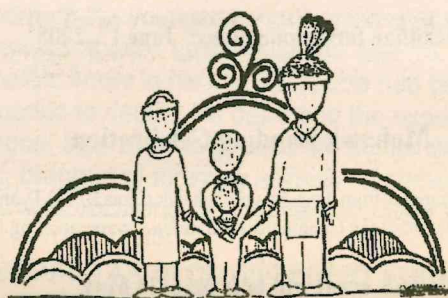
Ya'ehawe ne o'ken:ra tahnon
a'no:wara raronhkew'na:ke wa'e:ren
eh wa'eyen:tho ne oyen'kwaon:we
tahnon ken'niyohontesha ohte:ra.
Wa'kenyonnyahkwe tsi nonkwa:ti
sha'oye:ra tsi
teyotnhwentsyakahatenyon sok
ontehya:ron ne ohwentsya. Tho
non:we nitewanakere on:wa
wenhnisera:te



HEAD START

TAHATIKONHSOTONTIE (7 Generations) HEAD START

***Our Vision Statement is:
Nurturing Generations of
Strong Spirits by providing
resources to children,
families and
community that will
empower self-identity as
Aboriginal
People.***



TAHATIKONHSOTONTIE FIRST NATIONS HEAD START TEAM

Tracey Gazley, Program Manager
Gabe Doreen, Office Assistant/ECE Teacher
M.J. Loft, ECE Teacher
Shari Maracle, ECE Teacher/Bus Driver
Betty Maracle, Cultural Teacher
Melissa Maracle, Mohawk Language Teacher
Cindy Maracle, Family Resource Co-ordinator

The Head Start Program has regular parent meetings.
Watch for information regarding programs in the Head Start newsletters or in the Community newsletter.

Key Components of Head Start

Tahatikonhsotontie Head Start focuses on holistic child development which includes the following 6 components:

- 1) Culture and Language
- 2) Education
- 3) Health
- 4) Nutrition
- 5) Social Support
- 6) Parental Involvement

Programs and Services

The morning drop-in program is for infants/toddlers and their Parent, Guardian, or Childcare provider.

The afternoon program is delivered through the High Scope model, still emphasizing the Cultural and Language component. It is designed for children 2 1/2 to 5 years of age. This program is licensed for 22 children under the M.C.S.S. Day Nursery Act. Children must be registered for the Afternoon Program. Parents/Guardians are encouraged to assist us by volunteering their time in some capacity.

Other Services Include:

- Caregiver and Community Workshops
- Home Visits
- Resource lending
- Co-operatively Plan Community Events
- Hosting Cultural and Language Events
- Hosting Social Dances

Hours of Operation

The facility is opened 8:30 to 4:30 each day. The morning program runs from 9:00 am to 11:00 am, Tuesday through Friday. The afternoon program runs from 1:00 pm to 4:00 pm, Monday through Friday. Evening programs may be available from time to time.

Philosophy Statements: We Believe....

- ☉ that children are valuable, irreplaceable resources who are gifts from the Creator
- ☉ that all children have the right to develop to their full potential socially, emotionally, intellectually, physically and spiritually
- ☉ in parent involvement, extended family, elders and community members in order to provide a holistic program for our children
- ☉ that we must develop self-esteem, confidence and build our identity in order to be successful in life
- ☉ that it takes a whole community to raise a child
- ☉ that meeting the needs of parents, guardians and family in their role as caregivers, supports growth and development
- ☉ that all people are unique and genius in their own right
- ☉ that respect, love, kindness, humility, honesty, strength, sharing and caring are inherent rights
- ☉ that early exposure is key to empower self-identity as Aboriginal People

GOALS

- ★ to support the spiritual, emotional, intellectual and physical growth of each child
- ★ to help each child to enjoy life-long learning
- ★ to support parents and guardians in their role as primary teachers and caregivers
- ★ to help parents play a part in planning, developing, starting up and evaluating the projects
- ★ to support the role of the extended family in teaching and caring for children
- ★ to include the Tyendinaga Mohawk Territory throughout all its stages from planning to evaluation
- ★ to ensure linkages with other programs and services to enhance the project
- ★ to ensure that the resources are used in the best possible way to produce measurable and positive outcomes for everyone involved.

HOW CAN THE COMMUNITY SUPPORT HEAD START

- ☉ volunteer for advisory board and other committees
- ☉ share knowledge and expertise and resources ie: cooking, crafting and gardening
- ☉ participate in surveys, needs assessments and evaluation
- ☉ share legends, singing, dancing and drumming
- ☉ participate in workshops, in-services and information sharing

Please call to enroll your child(ren) or if you have any questions about the program.

#9 Deserontyon Drive
Tyendinaga Mohawk Territory
Ontario
K0K 1X0
(613) 396-6716
(613) 396-3409 (Fax)

RECYCLING

RECYCABLES



HGC MANAGEMENT INC
555 Station Street
Belleville, ON K8N 4Z6

PAPER/FIBER BOX

✓	CATEGORY	HOW TO	INCLUDE ✓	DON'T INCLUDE X
	CORRUGATED CARDBOARD / BOXBOARD	Flatten and bundle – set out beside the recycling box. Not larger than 30" x 30" x 8". Remove plastic wrap from water bottle and pop can trays.	All corrugated cardboard. Brown packing boxes.	Waxed cardboard. Boxes with heavy food or grease. Cardboard with styrofoam, wood, or other material attached.
	BOXBOARD	Flatten and bundle in a boxboard box and place in the recycling box.	Detergent, cereal, shoebox material, paper tubes, and milk, juice cartons. Paper egg cartons, sugar and flour bags.	Drinking boxes. Wood or orange crates.
	PAPER NEWSPAPER MAGAZINES	Bundle or place together in a grocery bag in recycling box.	Newspaper, magazines, flyers, catalogues, phone books, paper. Office paper / fine paper.	Hard cover books unless cover removed. Soiled paper towels, tissue, and waxed paper.

PLASTICS AND CONTAINERS BOX

✓	CATEGORY	HOW TO	INCLUDE ✓	DON'T INCLUDE X
	PLASTIC CONTAINERS	Place loose in recycling box. Rinse well. Flatten large containers to reduce volume.	Clean plastic containers, plastic bottles, jugs and tubs with numbers 1 to 6.	Vinyl, rubber gloves, toys, bubble wrap, oil containers and syringes. Nursery garden pots or trays. Clamshell food trays.
	ALUMINUM AND TIN CANS AND FOIL	Place loose in recycling box. Rinse well. Place metal lids inside of cans and pinch closed.	Metal food and beverage cans and lids. Clean foil containers and clean aluminum foil wrap.	Scrap metal, coat hangers, pots or pans, utensils, knives, batteries, and needles. Butter and candy wrap.
	CLEAR AND COLOURED GLASS	Rinse well. Lids and labels can be left on. Place loose in recycling box.	All clear and coloured jars and bottles.	Windowpane, mirrors, glass cookware, ceramics, mugs, glasses, dinnerware, pottery, pyrex, light bulbs.

WE DO NOT ACCEPT THE FOLLOWING!

✓	CATEGORY	HOW TO	INCLUDE ✓	DON'T INCLUDE X
	PLASTIC BAGS - WE DO NOT RECYCLE!!!	DO NOT PUT OUT FOR RECYCLING!	NOT APPLICABLE	Chip bags, cereal, cracker liners, stretch wrap, and plastic wrap from meat or cheese. Heavy gauge plastic bags. Feed bags, fertilizer, salt, and dog food bags. Garbage bags. Grocery bags, milk and bread bags, frozen vegetable bags, dry-cleaning bags.
	STYROFOAM – WE DO NOT RECYCLE	DO NOT PUT OUT FOR RECYCLING!	NOT APPLICABLE	Soft foam, foam sheets and chips. Sponge or styrofoam peanut chips. Hard-pressed and molded styrofoam. Styrofoam food containers, meat trays and egg containers.
	OTHER			
	CURBSIDE @ 8:00 A.M.	Please set out recyclables at curbside before 8:00 a.m. for collection. Visible and accessible please.		Unapproved boxes, cardboard boxes of mixed material, black, green or orange garbage bags. Mixed transparent bags.

THANK YOU FROM YOUR COMMUNITY RECYCLING COLLECTION SERVICE
REDUCE - REUSE - RECYCLE

RED CEDARS

THE LINK BETWEEN ANIMAL ABUSE AND FAMILY VIOLENCE

Millie was shaking and cowering in the corner of the room as the County Animal Control officer approached the house. "Take this dog," said the owner. "We don't need it anymore." Millie whimpered as the officer gently lifted her. Millie was skin and bones and has an open wound. Sadness overcame the officer as he moved to leave.

A young, crying boy suddenly appeared, "Please take care of her," the boy said. My dad did not mean to hurt her. It was my fault. I shouldn't have been so bad. As Millie turned to lick the boy's hand, the father screamed, "Get in the house now." The boy lowered his head, turned and walked away.

This sad story is not uncommon. Each day thousands of animals are victims of abuse. But, when animal abuse occurs the animal is often not the only victim. Animal abuse is one step in the cycle of domestic abuse and it does not stand-alone. Many studies have shown a clear connection between animal abuse and other forms of family violence. If there is an animal in a home where child, spousal, or elder abuse occurs; you will often find animal abuse and vice-versa.

Animal abuse should be taken seriously, as it is often an indicator that something else is going on in the home or with the individual. Many convicted serial killers have had animal abuse in their background. The infamous Jeffrey Dahmer impaled frogs and cats on sticks as a youngster. Theodore Bundy was linked to graveyards filled with animal bones.

More recently, many of the youngsters involved in school shootings have also had histories of animal abuse. Luke Woodhan, age 16, who shot his mother and killed two classmates, wrote in his journal that he had beat, burned and tortured the family dog Sparkle to death. He described the experience as "true beauty." Kip Kinkle of Oregon, age 15, who opened fire on his classmates in his Oregon high school often, bragged of torturing animals. If someone would have reported that animal abuse was occurring, an intervention might have been possible.

CRUELTY TO ANIMAL TAKES ON DIFFERENT FORMS IN THE CONTEXT OF FAMILY VIOLENCE

- Parents will kill a beloved family pet in front of the family to punish a child.
- Parents will threaten to harm an animal in order to secure silence of physical or sexual abuse.
- Batterers force partners to have sex with an animal or threaten an animal to punish their partner.
- Adult victims of domestic violence will prolong leaving and abusive relationship due to fear of harm to the family pet.
- Children identify with their abusers and begin to abuse and animal because it is a weaker victim than they are.

FREQUENTLY ASKED QUESTIONS ABOUT ANIMAL CRUELTY**What is animal cruelty?**

Animal cruelty encompasses a range of behaviours harmful to animals, from neglect to malicious killing. Most cruelty investigated by humane officers is unintentional neglect that can be resolved through education. Intentional cruelty, or abuse, is knowingly depriving an animal of food, water, shelter, socialization, or veterinary care or maliciously torturing, maiming, mutilating, or killing an animal.

Why is it a concern?

All animal cruelty is a concern because it is wrong to inflict suffering on any living creature. Intentional cruelty is a particular concern because it is a sign of psychological distress and often indicates that an individual either has already experienced violence or may be predisposed to committing acts of violence.

Is there any evidence of a connection between animal cruelty and human violence?

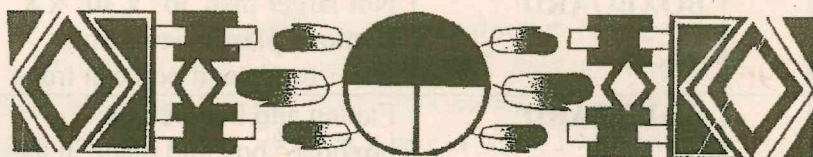
Absolutely. Many studies in psychology, sociology, and criminology during the last 25 years have demonstrated that violent offenders frequently have childhood and adolescent histories of serious and repeated animal cruelty. The FBI has recognized the connection since the 1970's, when its analysis of the lives of serial killers suggested that most had killed or tortured animals as children. Other research has shown consistent patterns of animal cruelty among perpetrators of more common forms violence, including child abuse, spouse abuse, and elder abuse. In fact, the American Psychiatric Association considers animal cruelty one of the diagnostic criteria of conduct disorder.

Why would anyone be cruel to animals?

There can be many reasons. Animal cruelty, like any other form of violence, is often committed by a person who feels powerless, unnoticed, and under the control of others. The motive may be to shock, threaten, intimidate, or offend others or to demonstrate rejection of society's rules. Some who are cruel to animals copy things they have seen or that have been done to them. Others see harming animals as a safe way to get revenge on someone who cares about that animal.

To learn more about animal abuse, go to www.animalabuse.com

Above information taken from The Humane Society of the United States Web page.



Thank You!

We would like to thank Laura Wood, Red Cedars Childcare Worker and Allison White, Early Childhood Development Program for networking programs together to find available funding to purchasing a (much needed) baby crib and bedding for Red Cedars Shelter client use. Great Job!!!!!!

Nia:wen Kowa

Red Cedars Shelter

Moon Ceremony

All Women Welcome!

WHERE: RED CEDARS
WHEN: March 21 at Dusk

Please wear a dress/skirt and bring a lawn chair, tobacco & water if possible.

Call for more information:

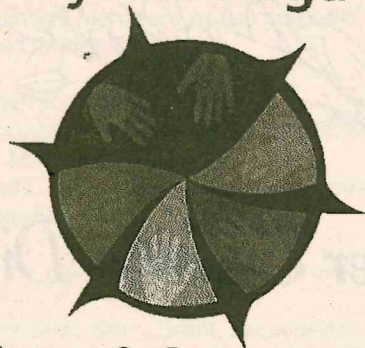
969-2215 or 967-2003
POTLUCK MEAL SHARING



Facilitated by Red Cedars Traditional Practitioner Program

HOME & COMMUNITY CARE & FAMILY SERVICES

Tyendinaga

Home & Community
Care

Tyendinaga Home & Community Care
5731 Old Hwy #2
Shannonville, ON
(613) 962-9376

Home and Community Care is a in home health-care team which is here to help community members to maintain, daily living and a independent life with dignity. We are community based service which is here to help weather through nursing, personal support workers, homemakers or referrals to our health team members.

We will provide a individual health care plan with you. This plan will be carried out by qualified professionals. *Do you have a family member or know a community member whom may need our service or perhaps yourself?*

Please call Home & Community Care and we would be happy to give you a health assessment. We wish you a safe and happy summer.

Vision Statement

Recognizing that Tyendinaga First Nation people are its most valuable resource, the Home and Community care contributes to the respect and dignity of individuals by providing needed supportive services.

These services are intended to enhance the person's self-determination, self-reliance and well being through family and community resources, thus enabling individuals to continue to live productive useful lives in their own homes.

Home and Community Care must only do for people the things that they cannot do for themselves in order to preserve their self-worth. When people feel good about themselves they are more likely to be strong resources in their families and communities.

Home and Community Care is not intended to replace the support and care traditionally provided by family members.

The providers of Home and Community Care must be supported by the community leadership, the family and the community.

The community leadership is responsible for sustaining the Vision and Beliefs in atmosphere of cooperation and involvement.

Mission Statement

Mohawks of the Bay of Quinte wishes to attain the highest possible quality of life for the community members of Tyendinaga Mohawk Territory, taking into account the physical, intellectual, emotional, social and spiritual needs of each individual. This will result in comprehensive services that will be holistic in approach and are culturally appropriate.

Services must be accessible, responsive, personalized and delivered with compassion and sensitivity to ensure the on-going interest and concern for our community members and to promote a sense of well-being in our community. To always be alert to changing circumstances, needs and to preserve the dignity of our community members.

Mohawk Family Services

Looking for Foster Parents!!!!!!

Mohawk Family Services is taking applications for Foster Homes.

Won't you please consider opening your home so we can keep our children on the Territory.

To inquire about the process, please contact Evelyn Sparks at 967-0122 Monday through Friday between the hours of 8:30 and 4:30.

Nia:wen

Tyendinaga Healthy Babies / Healthy Children

Healthy Babies / Healthy Children is a free program to families with children (prenatal to age 6) living on the territory.

Through our friendly home visits we will provide

- enhance parenting/caretaking awareness and healthy parenting & coping skills
- enhance healthy sexuality and lifestyle choices of teens
- provide prenatal support , services and information to expecting mothers
- provide postpartum support, services and information to mother, infants, and families
- identify the needs and goals of children (0-6) and their families- and to help them reach these goals
- offer the services of a friendly family home visitor
- ensure interdepartmental coordination of services for children 0-6
- assist children 0-6 reach their full potential
- fulfill the above goals & objectives with the integration of traditional teachings & values
- enhance nutrition, safety & breastfeeding
- referrals to families ion regards to community services, events and activities
- To help Children get the best possible start to life.

VISION: All children (0-6) in Tyendinaga and their parents will meet their full potential.

STRATEGIC GOAL(S): To provide service in a holistic approach for families with children aged 0-6 who are in need.

HOW TO CONTACT US:

Mohawk Family and Children Services Building
40 York Road, Shannonville, ON K0K 3A0
613-967-0122 Ext 105-104

HOME SUPPORT

FOR SENIORS 55+ OR 18+ WITH PHYSICAL CHALLENGES

FREE WORKSHOP

TRADITIONAL MEDICINES & HEALING
MAKE YOUR OWN SALVE WORKSHOP



Spring has almost sprung, come out and join us for a day of learning about traditional medicines and healing. Lunch will be provided for the noon hour. After lunch you will learn about the types of plants that are used in a traditional salve to treat some common ailments along with making your own.

PRESENTER: SUZANNE BRANT
WHEN: THURSDAY, APRIL 10, 2008
WHERE: COMMON ROOM, ELDERS LODGE
TIME: 9:00 A.M. - 4:00 P.M.



Limited space for 20, sign up is required for anyone that would like to attend this workshop. Please sign up by Friday, April 4th, 2008, or for more information please call the Home Support Office at 613-962-6653.

**Reminder: Breakfast Club is the morning of this workshop, you are more than welcome to join us. Cost for breakfast is by donation, full breakfast will be served at 8:30 a.m.

HANDI-VAN NOTICE

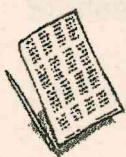
Please note that the Handi-van will NOT be making the usual Deseronto run on Friday, March 21st, 2008 and Monday, March 24th, 2008, due to the Easter Holiday. But will run on Tuesday, March 25th, 2008.

Sorry for any inconvenience.

THANK YOU

I would like to take this opportunity to thank those of you who took the time to fill out a Newsletter Survey. Your comments and suggestions were very helpful and will be taken into consideration in upcoming newsletters. All of your names were put into a draw to win 1 of 3 gift certificates the winners were:

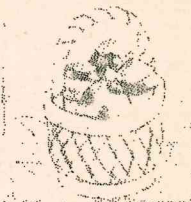
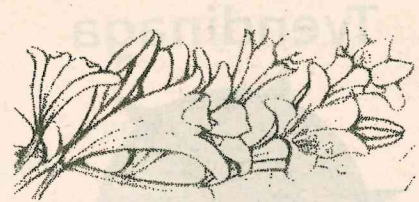
Avalena Green	Drawn by: Jessica Brant
Orla Maracle	Drawn by: Patty Sager
Marilyn Brant	Drawn by: Charlie Brock



Congratulations!!!!
&
Thanks again for participating!!



Cassie Thompson
Reception



Easter Senior's Dinner

When: Friday, March 14th, 2008
Where: Community Centre (downstairs)
Time: 5:00 p.m.
Cost: Food Bank Donation

Come and join us for a fun filled evening.

If you require transportation please call the Home Support office at 613-962-6653 before Tuesday, March 11th, 2008.

ENTERTAINMENT

Prizes

Share the Wealth Draw



CASINO TRIP

THURSDAY, MARCH 20TH, 2008



The cost for this trip is \$5.00. When we arrive at the Casino each person will be given a \$5.00 voucher to go towards lunch also \$10.00 worth of scratch tickets.

The bus will leave the Elders Lodge at 8:30 a.m. and will return at approximately 4:00 p.m. Please call Home Support at 613-962-6653 to sign up by Monday, March 17th, 2008.

The Handivan will be available should anyone need wheelchair accessible transportation.

FOR SENIORS 55+ OR 18+ WITH PHYSICAL CHALLENGES

HOME SUPPORT



Tyendinaga Home Support Program
1306 Upper Slash Rd.

Phone: 613-962-6653 Fax: 613-962-1702

March 2008

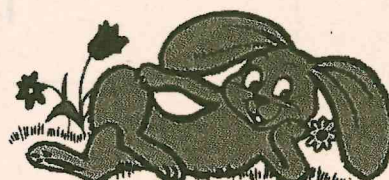
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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The Tyendinaga Home Support Program provides services that support and encourage independent living to seniors living in the community age 55+ and adults 18+ with physical disabilities.

All activities are held in the Common Room of the Elders Lodge, unless otherwise stated. Also a nominal fee may apply for services. Please call the Home Support Office for more details.

	2	3	4	5	6	7	8
		Breakfast Club (Full) 8:30 a.m. Handivan (Deseronto) 9:30 a.m. Ceramics 1:00 - 3:00 p.m.	Breakfast Club (Continental) 8:30 a.m. Meals on Wheels 11:30 a.m. - 12:30 p.m.	Breakfast Club (Continental) 8:30 a.m. DINER'S CLUB DESERONTO 12:00 p.m. Bowling 1:00 p.m.	Breakfast Club (Full) 8:30 a.m. Shopping Trip 9:30 a.m.	Breakfast Club (Continental) 8:30 a.m. Handivan (Deseronto) 9:30 a.m. Meals on Wheels 11:30 a.m. -12:30 p.m. Movie Night 7:00 p.m.	Supper Club 5:00 p.m.
9	10	11	12	13	14	15	
 Daylight Saving Time Begins	Breakfast Club (Full) 8:30 a.m. Handivan (Deseronto) 9:30 a.m. Ceramics 1:00 - 3:00 p.m. Game Night 7:00 p.m.	Breakfast Club (Continental) 8:30 a.m. Meals on Wheels 11:30 a.m. - 12:30 p.m.	Breakfast Club (Full) 8:30 a.m. Bowling 1:00 p.m.	Breakfast Club (Continental) 8:30 a.m.	Breakfast Club (Continental) 8:30 a.m. Handivan (Deseronto) 9:30 a.m. Meals on Wheels 11:30 a.m. -12:30 p.m. EASTER DINNER 5:00 p.m.		
16	17	18	19	20	21	22	
	Breakfast Club (Full) 8:30 a.m. Handivan (Deseronto) 9:30 a.m. Ceramics 1:00 - 3:00 p.m.	Breakfast Club (Continental) 8:30 a.m. Meals on Wheels 11:30 a.m. - 12:30 p.m.	Breakfast Club (Continental) 8:30 a.m. DINER'S CLUB DESERONTO 12:00 p.m. Bowling 1:00 p.m.	Breakfast Club (Full) 8:30 a.m. Casino Trip 8:30 a.m. - 4:00 p.m.	Breakfast Club (Continental) 8:30 a.m. Meals on Wheels 11:30 a.m. -12:30 p.m. OFFICE CLOSED		
23	24	25	26	27	28	29	
EASTER SUNDAY	OFFICE CLOSED EASTER MONDAY	Breakfast Club (Continental) 8:30 a.m. Meals on Wheels 11:30 a.m. - 12:30 p.m.	Breakfast Club (Continental) 8:30 a.m. DINER'S CLUB Elder's Lodge 12:00 p.m. Bowling 1:00 p.m.	Breakfast Club (Full) 8:30 a.m. BINGO 12:00 p.m.	Breakfast Club (Continental) 8:30 a.m. Handivan (Deseronto) 9:30 a.m. Meals on Wheels 11:30 a.m. -12:30 p.m.	Supper Club 5:00 p.m.	
30	31						
	Breakfast Club (Full) 8:30 a.m. Handivan (Deseronto) 9:30 a.m. Ceramics 1:00 - 3:00 p.m.						

Wishing you and your family a Happy Easter!!
From: The Home Support Team



HEALTH CENTRE

DIABETES INFORMATION

Thayendanega Health Centre

613-967-3603

MARCH is Nutrition Month: **EAT WELL**



LIVE WELL



5 Tips for Healthy Eating

1. Make eating a satisfying and pleasurable experience.
2. Achieve balance by choosing foods from all four food groups
3. Be adventurous—eat a variety of foods, prepared in new and different ways.
4. Be sensible about how much you eat and how often.
5. Make quality food choices.

Add less fat to your foods:

Eat less butter, margarine, lard and oil: eat less gravy and regular salad dressing, mayonnaise and sour cream (buy light instead).

Cut back on sugar and junk foods;

Eat less sugar, candy, honey, jam and jelly, and maple and corn syrup.

Limit cookies, pies, cake, donuts, chips, cheezies and ice cream.

Drink less regular pop, fruit juice, Kool-aid with sugar, and fruit punch, Slurpees and cappuccinos. **Drink more water.**

Alcohol:

Reduce beer, wine, alcohol and liqueur. (High in calories)

Submitted by Lynda Whalen, Reg. N.,

Note

9-1-1

9-1-1 is for Emergency calls Only!

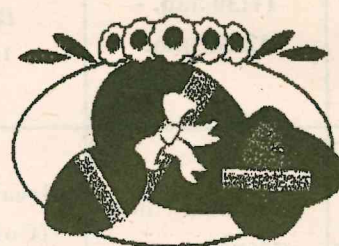
If you need to contact the Emergency Services for non emergency matters please call:

Police: 613-967-3888
Fire: 613-968-7985
Ambulance: 613-542-0221

Easter 2008

This year the FASD program would like to provide a voucher for a ham to assist with Easter dinner. If you have children ages 0-6 and reside on the territory then you meet the criteria. Vouchers will be given out during the weeks of **March 3-7**, and **March 10-14** at the Thayendanega Health Centre between the hours of 8:30 am-4:30 pm.

Please contact the health centre if further information is required.



Happy Easter



National Native Alcohol and Drug Abuse Program

The goal of this program is to encourage and assist individuals to lead a healthy alcohol and drug free lifestyle.

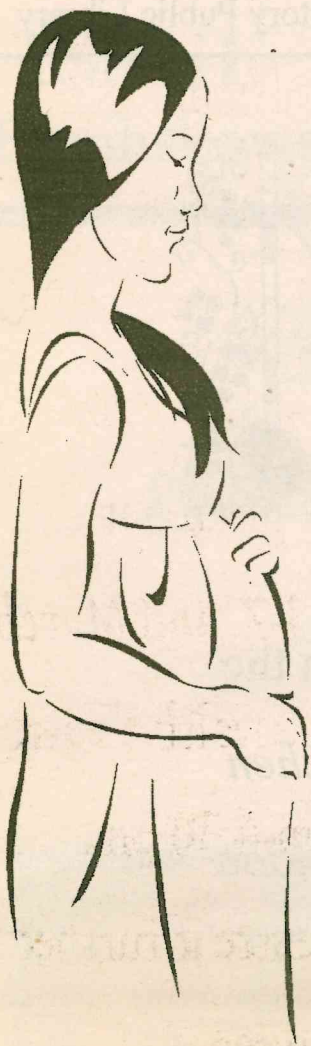
Services offered: Prevention, Intake assessments and referrals, Treatment planning, Drug awareness and Health promotion.

If you or someone you know are seeking help or information please contact the

Thayendanega Health Centre between the hours of 8:30-4:30 Mon-Fri

@ 613-967-3603 or on call 24 hrs @ 613-827-1467

HEALTH CENTRE



So, you're having a baby...

Let us help you

Learn more about pregnancy,
nutrition, labour and delivery
and breastfeeding,

Receive information through
videos, talks and demonstrations.

Spring Prenatal Classes

will begin Wednesday

April 16, 2007

7-9 pm

A series of six classes

will be taught by

the Community Health Nurses

For more information or to
register

for classes, please contact the

Thayendanega Health Centre

Tel: 613 967-3603

Partners/Supports are really
important and encouraged
to come also

March 2008

Moms - In - Waiting

Canadian Prenatal Nutrition Program

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

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

Mary McCauley R.N.
Brenda Asselstine R.N.
Community Health Nurses



NURSING MOTHERS' GROUP
OF
TYENDINAGA

INVITES*

BREASTFEEDING MOTHERS
AND BABIES
AND EXPECTANT MOTHERS

(*Interested women and girls also Welcome)

To their ongoing series of meetings

FRIDAY MAR. 14, 2008

FRIDAY MAR. 28, 2008

at Thayendanega Health Centre
10:30 am - Noon

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

BREASTFEEDING CLINIC AVAILABLE

FOR BREASTFEEDING HELP

CALL HEALTH CENTRE: 967- 3603

or 396-2942 when Health Centre closed

January 28, 2008

DHA/ARA unsafe, says report

Common ingredient in infant formula linked to diarrhea, severe dehydration, and seizures in babies, according to complaints submitted to the FDA

A shocking report has been released on the adverse health effects of fatty acids found in infant formulas. On Friday the Cornucopia Institute, a U.S.-based corporate watchdog group, presented their findings on the fatty acids DHA and ARA, which are now commonly added to formula.

The report is based on a Freedom of Information Act request that the Cornucopia Institute filed with the Food and Drug Administration, the result of which was the uncovering of 98 reports filed by parents and physicians detailing incidences when babies had reacted adversely to formula containing DHA/ARA. The reported incidences range from cases of vomiting and diarrhea that stopped when babies switched to non-DHA/ARA formula to babies being treated in intensive care units for severe dehydration and seizures.

The FDA has never been convinced of the safety of DHA/ARA additives, according to the report. In its initial analysis of the additives, the FDA stated it had reached no determination on their safety status. The administration also noted that some studies had reported unexpected deaths among infants who had been fed with DHA/ARA formula. Despite its reservations, inexplicably the FDA did not withhold approval for the additives.

INFACCT Canada has long questioned the use of DHA and ARA (also marketed as omega-3 and omega-6 fatty acids) in infant formula. All major formula companies have added the fatty acids to their products in recent years, claiming that they aid in brain and eye development. However most test results have found the additives have negligible effects on infant development. But because DHA and ARA are found naturally in breastmilk, formula companies market DHA/ARA formula as "closer to breastmilk."

Martek Biosciences Corporation, the company which supplies almost all formula companies with DHA/ARA, has admitted that the purpose of the additives is not to encourage healthy development, but to be used as a marketing tool. In its promotional material to encourage investment, Martek has stated:

"Infant formula is currently a commodity market, with all products being almost identical and marketers competing intensely to differentiate their product. Even if [DHA/ARA] has no benefit, we think it would be widely incorporated into formulas, as a marketing tool and to allow companies to promote their formula as "closest to human milk."

While DHA and ARA are found naturally in breastmilk, the idea that Martek's manufactured acids make formula closer to breastmilk is ridiculous. Martek produces DHA and ARA from fermented algae and fungus, and uses hexane (a neurotoxin) in the manufacturing process. Simply adding these synthetic substances to formula cannot make artificial baby milk behave like breastmilk, which is a complex, living substance that provides babies with the best possible nutrition and immunological protection.

Regular infant formula puts babies' health at risk, but now infants are being harmed for the sake of a marketing tool. This is an egregious case of formula companies putting profit margins above infant health. In light of this report, it is imperative that all parents be made aware of the potential risks of feeding their babies formula with DHA/ARA. The products should be pulled from the market until their safety can be properly assessed by independent investigations.

Babies should not have to get sick just because companies want to raise their sales figures.

For the more information on the Cornucopia report, please see:

http://foodconsumer.org/7777/8888/C_hildren_amp_W_omen_33/0125100020_08_Lab-made_imitation_breast_milk_puts_infants_at_risk_study_shows.shtml

For the full report, see: http://cornucopia.org/DHA/DHA_FullReport.pdf

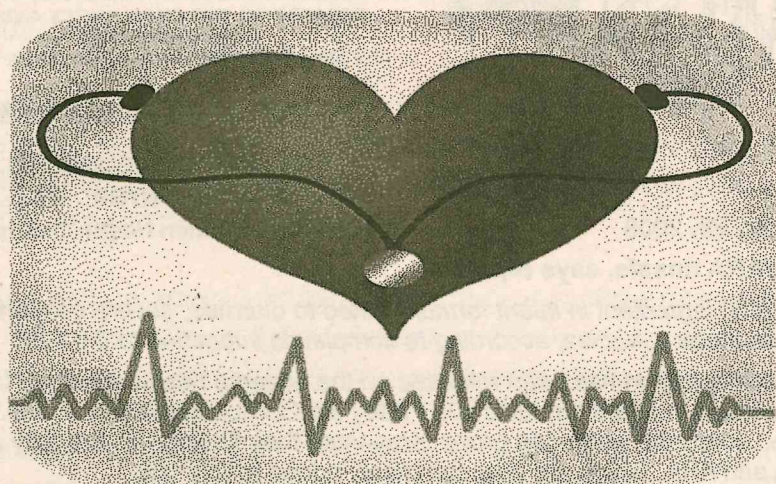
HEALTH CENTRE & COMMUNITY INTEREST

CHOLESTEROL AND YOUR HEART

TUESDAY MARCH 11th 2008

TIME: 7 pm – 8:30 pm

THAYENDANEGA HEALTH CENTRE
1658 YORK RD.



**PRESENTATED BY: LYNDA WHALEN
DIABETES NURSE EDUCATOR**

ALL ARE WELCOME

SNACKS PROVIDED

The Canadian Cancer Society

Tobacco, keep it sacred

Lung cancer is the main cause of cancer death for both men and women in Ontario and the risk of getting lung cancer is higher when you smoke commercial tobacco.

"Commercial tobacco use is much higher within the Aboriginal population," says Nancy Korstanje, Manager of Community Integration and Promotion at *Smokers' Helpline*, "Aboriginal people have used tobacco for thousands of years for rituals, ceremonies and medicinal purposes," says Korstanje. "It is important to know the difference between Sacred Tobacco and commercial tobacco."

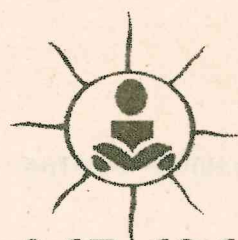
There are more than 10 different plants related to Sacred Tobacco, which when used properly can communicate to the Spirit World and to the Creator. Commercial tobacco products, however, are addictive and smoking is the number one preventable cause of death in Ontario.

The good news is that it's never too late to quit smoking commercial tobacco.

When you stop smoking, your body begins to clean itself of the poisons in commercial tobacco. And within 10 years of quitting, the risk of dying from lung cancer is cut in half and the risk of getting other cancers is close to that of a non-smoker.

Whenever someone is trying to quit, the Canadian Cancer Society *Smokers' Helpline* at 1 877 513-5333, and *Smokers' Helpline Online* at www.smokershelpline.ca, are only a call or click away and can help make willpower stronger and improve the chances of success.

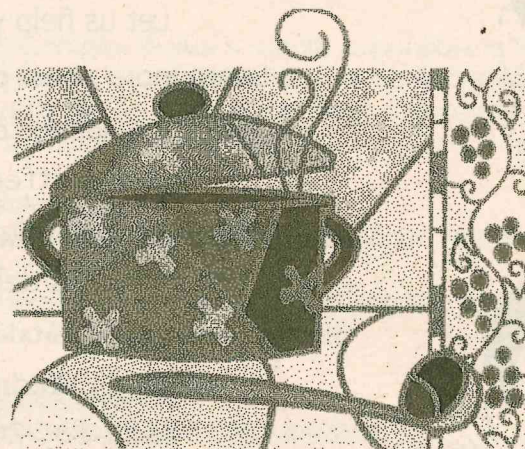
"Quitting smoking is the single best thing someone can do to improve their health," says Korstanje. "When someone decides to quit smoking and wants to talk about it, *Smokers' Helpline* and *Smokers' Helpline Online* are there to help."



KANHIOTE LIBRARY

967-6264

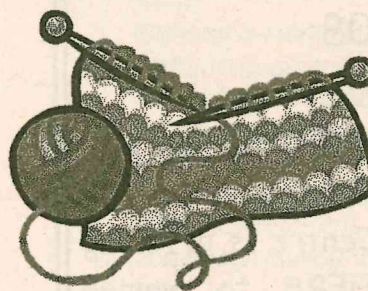
Tyendinaga Territory Public Library



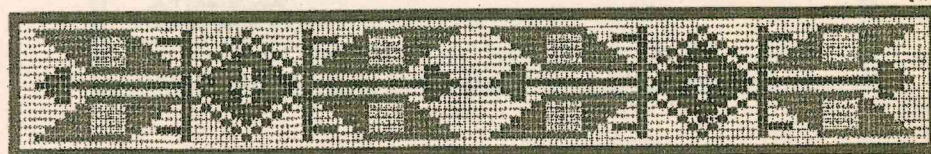
Have lunch with the
Community Kitchen

*March 28 at 12 noon
at the 59ers*

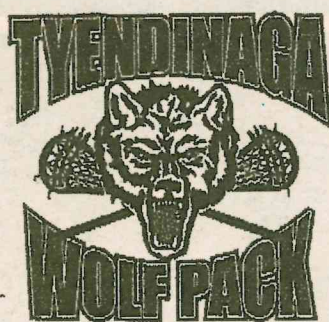
There is no charge for this event we just ask you help with clean-up by washing your dish and cutlery. You might win a door prize!! All welcome. What is Community Kitchen? It is a group of people who, for the past 5 years, have met once a month in the fall and winter to cook and eat an easy, economical, nutritious meal. You might want to join us for the program next winter too.



Learn to Knit at Kanhiote library program is over but the group decided to meet once a month for awhile. The next meeting is March 18th at the library from 7 to 9 p.m. Please join us if you would like to learn to knit or bring your project to knit and visit with us.



COMMUNITY INTEREST



To our Community

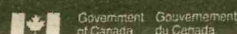
The Tyendinaga Wolf Pack "Jr. B" Lacrosse Team has begun the early planning stages for this coming lacrosse season. This is our 5th season representing Tyendinaga and our 3rd year playing as a "Jr. B" team in the Iroquois Nation "Jr. B" League under the Iroquois Lacrosse Association. This would not have been possible if we did not receive continued financial help from our local community businesses, Tyendinaga Community Development Fund, Mohawk Bus Lines and our many fans. We will be doing various fundraising through the months of March – May/08 and will be contacting local business. We greatly appreciate any financial assistance given and look forward to seeing everyone at our games this year!!

For Information Contact:

Alanna Maracle – 967-8531
 Jessy Maracle – 847-5493
 Terry Maracle – 922-8212
 Josh Maracle – 922-1989

In the spirit of lacrosse and our youth....

Tyendinaga Wolf Pack



ATTENTION CANADIAN CITIZENS TRAVELLING TO THE UNITED STATES BY LAND OR WATER

As of **January 31, 2008**, if you travel to the U.S. by land or water, a U.S. law will require you to present:

- A government-issued photo ID, such as a driver's licence; **AND**
- A birth certificate or citizenship card;
- OR**
- A valid passport;
- OR**
- A NEXUS or a Free and Secure Trade (FAST) card;
- OR**
- For those 18 and under, a birth certificate.

Canadian citizens flying to or through the U.S. must present a valid Canadian passport.

To find out more about document requirements and to help you plan for your U.S. travel, please visit or call:

www.canada.gc.ca
 1 800 O-Canada
 (1 800 622-6232)
 TTY: 1 800 926-9105




Canada

Agriculture Message

"Message Board Usage Update

Please note starting **March 1, 2008**, the deposit amount required for the use of the message board, in front of the Community Centre, together with its lettering has increased from (originally) **\$10.00** to now **\$25.00**, do to the increase of missing letters/numbers. Kindly note once the letters/numbers have been returned, in full, the **\$25.00** deposit will be refunded.

For further information please call **613-849-3026.**"

BMO  Financial Group

News

FOR IMMEDIATE RELEASE

BMO Financial Group Announces Ron Jamieson Aboriginal Scholarship Program in Honour of Aboriginal Business Hall of Fame Inductee

Unique scholarship opens doors to post-secondary education and provides valuable work internship for 15 Aboriginal students

TORONTO, February 20, 2008 -- BMO Financial Group announced a new scholarship program for Aboriginal students named in honour of Ron Jamieson, former Senior Vice-President Aboriginal Banking at BMO. Jamieson was with BMO for more than 13 years.

Mr. Jamieson, a Mohawk from Six Nations, was inducted into the Canadian Council for Aboriginal Business Hall of Fame at a ceremony in Toronto yesterday. This prestigious award recognizes his deep and abiding commitment to Aboriginal communities through his professional and volunteer contributions over numerous years.

"Not only do recipients of the Ron Jamieson BMO Financial Group Aboriginal Scholarship Program receive a financial scholarship, they also have the opportunity to gain valuable work experience through a paid summer internship," said Ken Segboer, District Vice-President, Saskatchewan, BMO Bank of Montreal. "Ultimately we would want to see these individuals land a permanent role in BMO Financial Group as a personal or commercial banker or an investment advisor," added Mr. Segboer.

Mr. Segboer is the current BMO executive sponsor of Aboriginal initiatives including the Aboriginal Networking Forum – an avenue to provide a two-way dialogue on workplace issues affecting BMO's Aboriginal employees.

During his tenure with the company Mr. Jamieson guided BMO Financial Group's Aboriginal Banking team in building mutually beneficial and successful business relationships with Aboriginal communities across the country. He also wanted to foster and promote educational and employment opportunities for Aboriginal youth.

BMO congratulates this year's scholarship winners and wishes them continued success in their careers.

BMO Financial Group is committed to a diverse workforce and a supportive and inclusive workplace. To learn more about the Ron Jamieson BMO Financial Group Scholarship Program, please visit: <http://www4.bmo.com/careers/diversity.html> and view the section on Attracting Top Talent: Scholarships, Internships and Intake Programs.

-30-

Media Contacts:

Ralph Marranca, Toronto, ralph.marranca@bmo.com, (416) 867-4995
 Laurie Grant, Vancouver, laurie.grant@bmo.com, (604) 665-7596
 Lucie Gosselin, Montreal, lucie.gosselin@bmo.com, (514) 877-8224

Internet: www.bmo.com

COMMUNITY INTEREST

*In Memory of the Late
Donald J. Maracle*

My Husband who passed away on April 11, 2000

*From his wife, Ivy Maracle
Tyendinaga*

*In Memory of the Late
Donald J. Maracle*

Our Father who passed away on April 11, 2000

*From your daughters,
D.J. Maracle of Arnprior
&
Margie Maracle of Arnprior
and the Grandchildren*

*In Memory of the Late
Aunt Hilda Maracle*

*From
Ivy, D.J. & Margie*



**In loving memory of my Daughter,
C. Vaughn Maracle
as the result of an accident
March 11, 1995**

*Just when your life was brightest,
Just when your years were best.
You were called from this world of sorrow,
To a home of eternal rest*

*Forever loved & cherished,
Mom, sister Penny, brothers Todd & Hamlyn.*

Remember if you have an EMERGENCY
CALL **911**

Thank You!

The family of the late George Allan Green wish to express heartfelt thanks to relatives and friends for their love and support during the recent loss of a Dear Brother and Uncle. Our sincere thanks to Dr. Robert Reynolds for his care over the years and to the staff at L. & A. Hospital during Allans final illness. Our appreciation also to the Tyendinaga Home & Community Care Staff, Fr. Bradley Smith, the Parish of Tyendinaga Choir and the McGlade Funeral Home. Our thanks too, for the charitable donations, floral tributes, food, phone calls and cards. Our appreciation to the Tyendinaga 59'ers for the use of the hall and to the Mohawk Guild for the luncheon. Your kindness and support during this sad time will never be forgotten.

Edith, Norma and Family

**In loving memory of a wonderful mother,
Jean (Winnie) Carr-Braint nee Hill
September 17, 1925 – March 11, 2004**

*This month comes back with sad regrets
It brings back a day we will never forget
You left without saying goodbye
But our memory of you will never die
No one knows the grief we bear
When the family meets and your not there
You left us suddenly, your thoughts unknown
But you left us memories we are proud to have known*

*Forever loved & never forgotten.
We miss you so much.
Love, Carol, Harry, Betty, Billy, Mary Jean, Norman,
Marilyn, Mike, Tracey & Families*

COMMUNITY INTEREST

With Thanks and Recognition to our Fire Fighters

When I picture a volunteer I think of moms and dads whose children have grown up, moved out and volunteering keeps them busy. I have always thought one day that will be me until Friday Feb. 1 when I met *THEE* volunteers - our MOHAWK FIRE FIGHTERS. I took for granted that the fire department was just that and unless you had a fire you had no need for them. Well that has all changed. Today I write this to give proper recognition to a field of volunteers that I am and will forever be grateful to. I did not suffer a fire but indeed I suffered a tragic experience, someone I love deeply was hurt in an instant and the response needed was 911. Our volunteer firemen responded -quickly and efficiently and beat the ambulance by what felt like an eternity. Our men worked at not only helping my loved one but they jumped into action doing things not any regular person can do. They saved a life, and a life is truly the greatest gift. On Feb 1, I was given that gift. Our volunteer firemen saved my dads life. They are great people and unless you see them in action you can't even begin to know how important they are to our community. The doctor said "it is because of the quick action of everyone on the scene that my dad is here today." I am today and forever grateful to our volunteer firemen. It is wonderful in a community like ours when in need you can call for help and people you have known your whole life will respond. And respond quickly jump into action and do all they can for the injured, but also the family standing by helpless begging them fix this, help him, hurry. The care and concern from you was awesome. Thank you for the hugs. Thank you for saying "its ok he'll be fine". Thank you for treating us like friends and showing how much as a small community we all really mean to each other. Thank you for the follow up phone calls and stopping by to see how we are doing. Thank you for your concern. *In my eyes our volunteer firemen are a courageous group, who deserve to be recognized not just as firemen but as a team of people who care about the men, women and children around them. To be recognized as a group of people who are there when your deepest need is for the one you love to pull through. Our firemen are awesome.*

Thank you for my gift,

Mohawk Agricultural Society
R.R. #1 Deseronto, Ont. K0K 1X0

February 12th, 2008

Mohawk Fire Department
RR #1
Deseronto, ON
K0K 1X0

Dear Firemen,

On behalf of the Mohawk Agricultural Society, I want to thank you for the past use of your fire hall for the many years we have utilized it. Your generous donation of the fire hall for our meetings has been appreciated.

The success of the Mohawk Agricultural Society and the Fall Fair depends greatly on the involvement and generosity of community organizations such as yourself.

Once again, Nia:wen

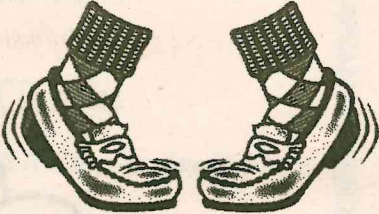
Yours truly,

Kim Maracle, President
Mohawk Agricultural Society

THANK YOU!!!

The Tyendinaga Coalition for Healthy Lifestyles would like to thank everyone who supported our Healthy Feet, Happy Feet gift basket. We would also like to thank Wendy at the Health Centre for taking time to sell tickets and to everyone else who sold tickets as well. A big thank you to the Home Support Team for selling tickets at the December Diners Club Dinner and holding the draw. We sold 228 tickets for a total of \$456.00 raised. These funds go toward purchasing supplies for the Soup program at Qunite Mohawk School. The lucky winner was Norma Maracle (Fish) she now has the happiest feet on the territory.

Nia:wen to everyone
Gord Foster
Coalition Committee Member



THANK YOU!!!

Mildred & Carol Ann for the wonderful Christmas Basket of baked goods and diabetic snacks and candy!

Everything was GREAT!!!

Gord Foster



Mohawk Agricultural Society
R.R. #1 Deseronto, Ont. K0K 1X0

February 12th, 2008

Pat Brant
111 1 Hwy #49
RR #1
Deseronto, ON
K0K 1X0

Dear Pat,

On behalf of the Mohawk Agricultural Society, I want to thank you for the past use of Kanata Hall. Your generous donation of the Kanata Hall for our meetings has been appreciated and we look forward to this continued association in 2008.

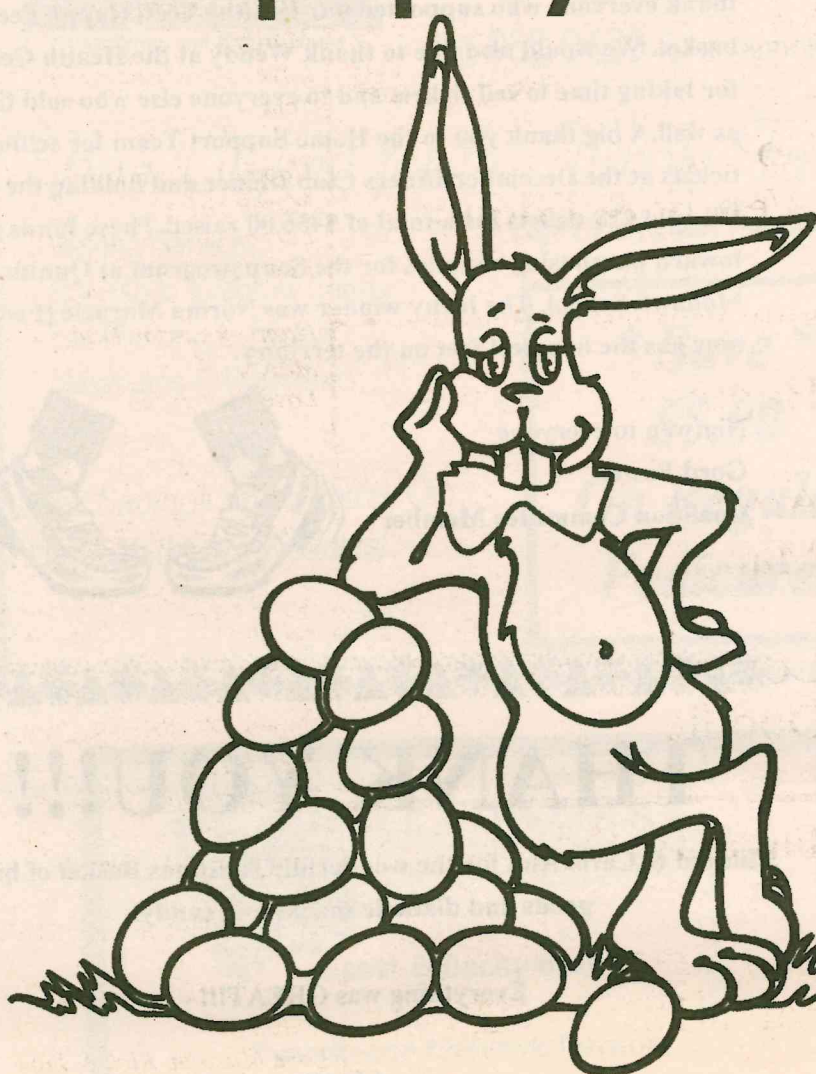
The success of the Mohawk Agricultural Society and the Fall Fair depends greatly on the involvement and generosity of community members such as you.

Once again, Nia:wen

Yours truly,

Kim Maracle, President
Mohawk Agricultural Society

Happy Easter!



Thank You!

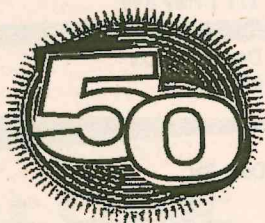
I would like to thank the Dreamcatcher Fund for sponsoring Madison Brant in her third level of gymnastics. She has done wonderful in completing this level. In Febuary of the year she will be entering in to her 4th level at Quinte Bay Gymnastics Club in Belleville.

Great Job Maddie, keep up the good work!!!

Love Mommy and Daddy!!

Happy Birthday Dee

The Big



Ha, Ha, Gotcha!!!

Love Bev, Matt and Madison

Happy 19th Birthday

Buddy!

Love you,
Mom

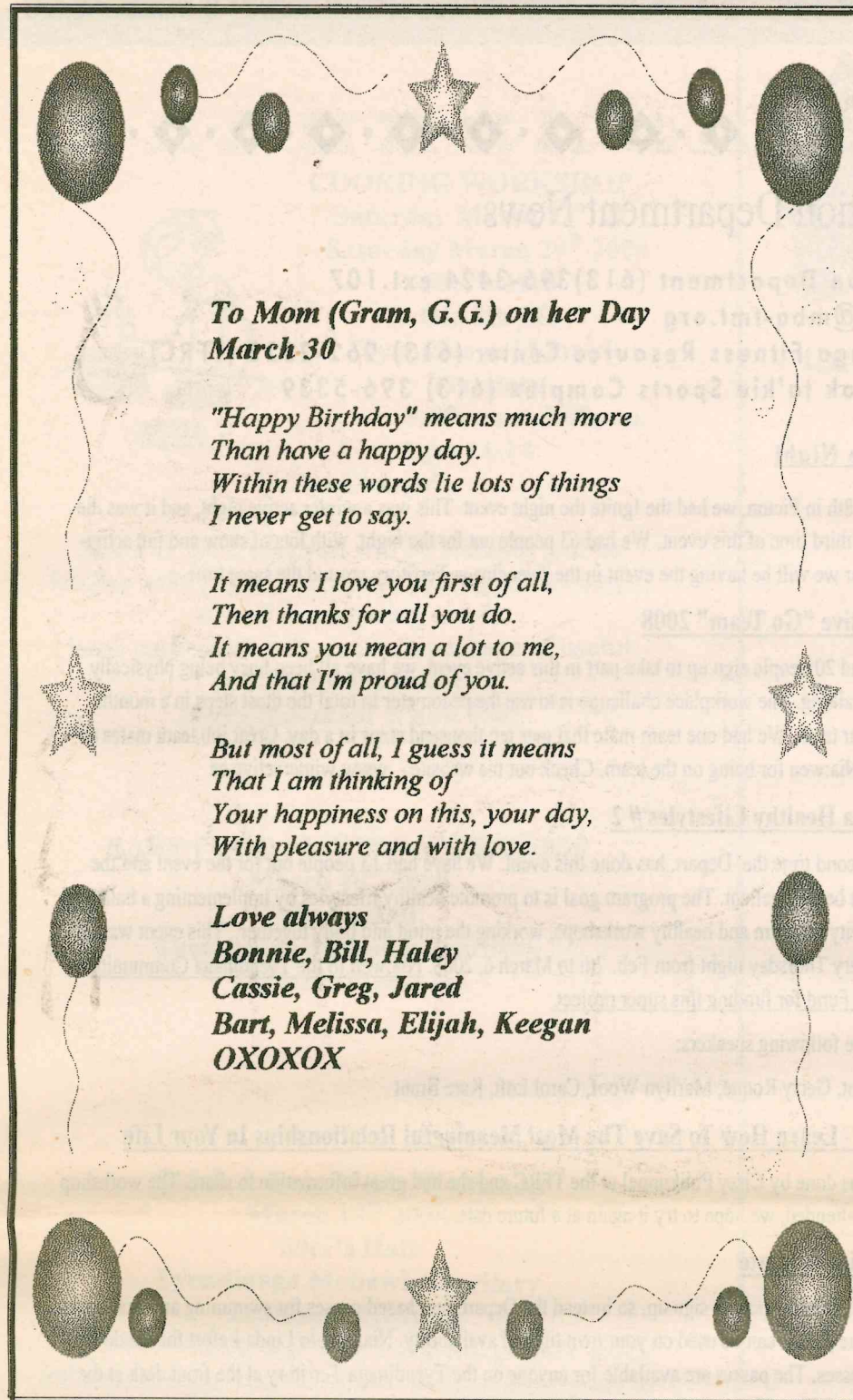
XOXO



Birthday
Announcements
are "Free"
call 396-3424



BIRTHDAYS



**To Mom (Gram, G.G.) on her Day
March 30**

*"Happy Birthday" means much more
Than have a happy day.
Within these words lie lots of things
I never get to say.*

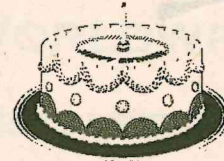
*It means I love you first of all,
Then thanks for all you do.
It means you mean a lot to me,
And that I'm proud of you.*

*But most of all, I guess it means
That I am thinking of
Your happiness on this, your day,
With pleasure and with love.*

**Love always
Bonnie, Bill, Haley
Cassie, Greg, Jared
Bart, Melissa, Elijah, Keegan
OXOXOX**

Happy Birthday!

**Gail
March 9**



**Love,
Wendy & Glenn**

**Happy Birthday Danny
March 1st
Love Aunt Marilyn, Uncle Rick & Sam**

**Happy 3rd Birthday Daniel
March 3rd
Lots of Love, Aunt Marilyn, Uncle Rick & Sam**

**Happy Birthday Dad
March 10th
Love Rick & Marilyn**

**Happy Birthday Grandpa Bruce
March 10th
Lots of Love, Samantha**

**Happy Birthday John
March 13th
Love Marilyn, Rick & Sam**

**Happy 22nd Birthday Chris
March 13th
Love Marilyn, Rick & Sam**

**Happy Birthday Nancy
March 27th
Love Marilyn, Rick & Sam**

**Happy Birthday Eileen
March 27th
Love Marilyn, Rick & Sam**

**Happy Birthday Warren
March 28th
From Marilyn & Joy**

**Happy 26th Birthday Angie
March 30th
Love Aunt Marilyn, Uncle Rick & Sam**

**Happy 3rd Birthday Rhyder
March 30th
Lots of Love, Aunt Marilyn, Uncle Rick & Sam**



Happy Birthday!

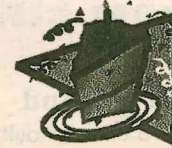
**Auntie
March 9**



**Love
Doodie**

Happy Birthday!

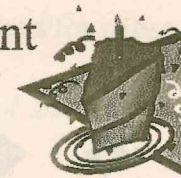
**Amy Brant
March 18**



**Love,
Uncle Chip,
Aunt Allison & Kody**

Happy 7th Birthday!

**Madison Brant
March 5**



Love Mommy & Daddy

Happy 7th Birthday!

**Madison Brant
March 5**



Love Puppy & Aunt Nora

Happy 7th Birthday!

**Madison Brant
March 5**



Love Am, Aunt Lori & Kaylea

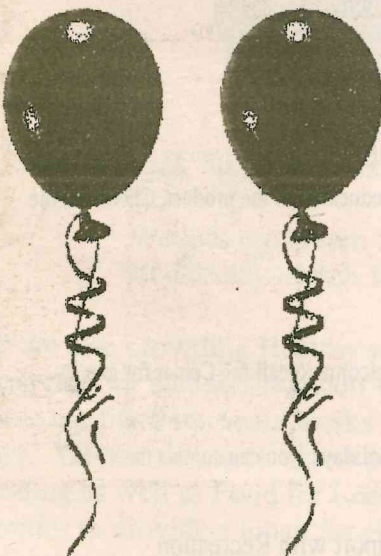
**Happy Birthday
to all
celebrating
this
month**

Happy Birthday Brad!!



Love Bev, Matt and Madison

**Happy Birthday
Uncle Matt**



Love Madison oxox

RECREATION



**Diamond
Rental**

**Tyendinaga Karon hiak ta'kie
Sports Complex
(2) Ball diamonds, Soccer Fields
& Lacrosse box
(613) 396-3424 ext.107**

Canteen / Bathrooms /Playground

- Rental per game -\$5.00 Youth , \$15.00 for Adult
- 1 day tournament \$125.00
- 2 day tournament \$165.00
- 3 day tournament \$205.00
- . Call for more details. 24 hr. voice mail
- **A Eat Smart Canteen 396-5339**
- **Lights for night games**
- **Proceeds from canteen assist with Youth Sports, adult teams & Community Events.**
- **Email - darlenel@mbq-tmt.org**

Games Room Rental

The games room is available for rent for
Birthday parties, meetings or for family fun
Only \$30.00

Special Certificate & Prize for the Birthday Person
Sports equipment & games available to use

For more information contact (613)396-3424 ext.107
or (613)396-5339 24 hr. voice mail or email
darlenel@mbq-tmt.org or www.mbq.tmt.org/

Recreation Department News

Recreation Department (613)396-3424 ext.107

darlenel@mbq-tmt.org

Tyendinaga Fitness Resource Center (613) 962-2822 (TFRC)

Karon hiak ta'kie Sports Complex (613) 396-5339

Ignite The Night

On February 8th in Picton, we had the Ignite the night event. This was a winter active night, and it was the Committee's third time of this event. We had 63 people out for the night, with lots of snow and fun activities. Next year we will be having the event in the Tyendinaga Territory around the same time.

Winter Active "Go Team" 2008

The TFRC had 20 people sign up to take part in this active event, we have all been busy being physically active with walking. The workplace challenge is to use the pedometer to total the most steps in a months time with your team. We had one team mate that gets ten thousand steps in a day. Great job team mates at the TFRC! Nia:wen for being on the team. Check out the website - www.winteractive.ca

Hanio Oksa Healthy Lifestyles # 2

This is the second time the Depart. has done this event. We have had 13 people out for the event and the speakers have been excellent. The program goal is to promote healthy lifestyles by implementing a balanced physical activity program and healthy workshops, working the mind and body together. This event was at the TFRC every Thursday night from Feb. 7th to March 6, 2008. Nia:wen to the Tyendinaga Community Development Fund for funding this super project.

Nia:wen to the following speakers:

Anataras Brant, Gerry Roque, Marilyn Woof, Carol Loft, Kate Brant

Workshop - Learn How To Save The Most Meaningful Relationships In Your Life

This event was done by Cissy Pulikunnel at the TFRC and she had great information to share. The workshop was not well attended, we hope to try it again at a future date.

Family Swim & Skate

The Depart. only had 9 people sign up, so instead the Depart. purchased passes for swimming and skating to give away. The passes can be used on your own time of availability. Nia:wen to Linda Lefort for the donation for the passes. The passes are available for anyone on the Tyendinaga Territory at the front desk at the Administration Office. These are great to use during March break.

Free Family Gym Night

Every Tuesday night from Feb. 12 to March 4, the Depart. has had the Quinte Mohawk Gym for free physical fun with families. The Depart. does this event every winter to keep families active during the winter months, it is so important to be active even during the winter. This year we have had two families out, and the children have had a great time. In return for using the gym the Depart. donates new sports equipment. Nia:wen to the Tyendinaga Development Fund for funding this program.

Accuciser Event

The TFRC had 16 people attend this demo event. It is greatly appreciated

to have the accuciser demo in Tyendinaga, the presenters were very educated in the product. Check out the website - www.accuciser.com.

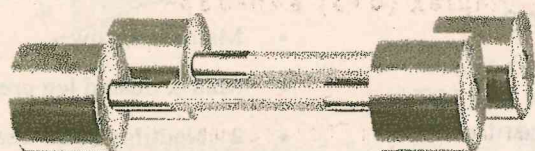
Recreation Coordinator

The Recreation Coordinator is at the TFRC every Friday, you are welcome to call the Center for any information (613) 962-2822 or email tyfitnessres@yahoo.ca

On March 10 to March 14th the Recreation Coordinator will be on holidays, you can contact the TFRC for any information or the front desk at the Administration office.

Nia:wen to the community for your continue support with Recreation.

RECREATION



WINTER 2008

TYENDINAGA FITNESS
RESOURCE CENTRE

PROGRAM OPTIONS

1 SESSION..... \$55/HR
5 SESSIONS.....\$125(1/2 HR)
10 SESSIONS.....\$275(1/2 HR)
Specials....buy 5 or 10 1/2 HR
sessions and receive 1 hour free

MEET YOUR PERSONAL TRAINER

GERRY ROQUE

CANFIT PRO CERTIFIED TRAINER
15 YEARS IN FITNESS INDUSTRY
LEVEL ONE COACHING
FIRST AID TRAINED
BASICS TO BODYBUILDING
FORMER COMPETITIVE
BODYBUILDER
SPORTS TEAMS TRAINING
CORE TRAINING
GOLF TRAINING
BALL CONDITIONING
HIGH PERFORMANCE YOGA

STAY TUNED FOR SPRING SPECIALS

COME AND SUPPORT YOUR Tyendinaga Fitness Resource Centre

We are selling T-shirts and Gym
bags:

Bags- \$10.00

T-Shirts- \$20.00

Nia:wen for your support

Tyendinaga Fitness ResourceCentre
5379 Old Hwy #2
Shannonville, Ont
K0K 3A0
(613) 962-2822

Weight,
workouts
and worries:

How women can take control
of their heart health



Tuesday, March 25, 2008
6 - 7 - PM

Tyendinaga Fitness Resource Center

Presenter : Judy Hurst

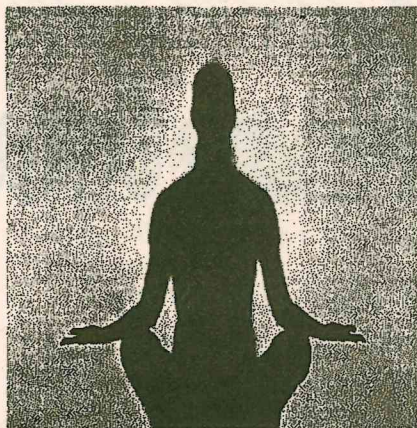
Volunteer, Heart & Stroke Foundation

Call to reserve your spot by March 12/08 : limit 15 ladies
(613) 962-2822 or email: tyfitnessres@yahoo.ca

Thank you to Judy for coming to the Tyendinaga Territory

RECREATION

Tyendinaga Fitness Resource Centre



Discovering The Balance

By

Working The Mind, Body Heart & Spirit

More Than Just
Fitness

Located at : Unit 9
Fast Freddy's Plaza
5379 Old Hwy #2
Shannonville, ON
K0K 3A0
613-962-2822

A professional childcare worker is available for parents who may be unable to attend due to lack of childcare.

As a first time visitor, a Personal Trainer will assist you with the equipment. If you require more one on one service with the personal trainer it can be provided for an additional fee.

Please call ahead for these services.

Everyone is welcome!
Check out our weekly calendars for upcoming workshops.

Project funded by:
Trillium Foundation
and
Mohawks Of The Bay Of Quinte

Please Bring

In door shoes

Gym Clothes are Best !

Hours of Operation:

Monday—Friday

7:30a.m. - 7:30p.m

Saturday

9:00a.m - 2:00p.m

Fast Freddy's Plaza
5379 Old Hwy #2
Shannonville, ON
K0K 3A0

613-962-2822 or
613-396-3424 ext.107
www.mbqfitrescenter.com

Wellness Membership Prices

Monthly Fees:

Family (4) \$50.00 monthly \$5.00 for each additional person

Student & Seniors \$10.00 monthly

Single Adult \$20.00 monthly

Drop in Rates:

Family (4) \$10.00 a day

Student/Senior \$3.00 a day

Single Adult \$3.00 a day

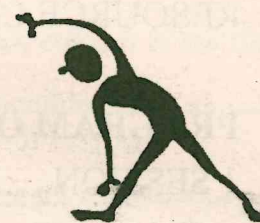
(childcare is free with membership)



Facility:

Exercise equipment currently on site:

- Matrix Shoulder press
- Matrix Seated chest press
- Matrix Lat row
- Matrix Seated leg press
- 2 - Nautilus T912 treadmill
- Nautilus U916 Upright Bike
- Nautilus E916 Elliptical Trainer
- Prowelded dumbbells



The facility is more than just fitness it is a place for:

- Socializing
- Workshops / Crafts
- Youth & Volunteers Programs
- Meeting Space
- Community Sharing
- Personal Wellness Education
- Health Initiative
- Other fitness programs will be offered

Tyendinaga Fitness Resource Centre Child Care Program (613)962-2822

Child Care Worker: Nicole Loft

Hours of Operation: Monday 9:00am - 7:00pm
Tuesday 9:00am - 7:00pm
Thursday 9:00am - 7:00pm

Here are some snack ideas to try with your children.

Yogurt Pops:

Mix 250 ml plain yogurt with 60 ml unsweetened frozen fruit juice concentrate, 25 ml honey and 5 ml vanilla. Spoon mixture into paper cups. Fill cups half full. Place in freezer. When mixture is almost frozen, insert a popsicle stick. Put back into freezer. To eat, peel off the paper. (Makes 10 servings).

Banana Sticks:

Cut a banana in half, lengthwise. Spread one side with peanut butter and put the two slices back together. Wrap with plastic and freeze. For more variety, roll the banana in coconut and chopped walnuts.

We look forward to seeing you at the TFRFC!

RECREATION

Bossy Bingo

** Deadline Extended! **

Buy your spot today at the
Tyendinaga Fitness Resource Center
(613) 962-2822
& WIN BIG - \$500.00

You have until **March 31, 2008.**

To pick the lucky spot!
(\$5.00 a spot)

Proceeds are to help us purchase a T.V
For the TFRC.

Nia:wen/ Thank you for your support

Spread the word!



LASER TAG

Is coming to Deseronto Centennial Park
From 1:00 pm to 3:00 pm

March 7th, 2008

*The cost is \$15.00 per person. This for ages 7
and up. Pre-registration is required.*

For more information please contact: **Lisa McNally**
613-396-6464 or **Liette Forestell** 613-396-1944 or **Darlene**
Loft 613-396-3424 ext 107 or www.quintelasertag.com

Registrants must be at Centennial Park by noon on March 7th.
We will be having a BBQ with proceeds to the Deseronto
Recreation Program.

Tyendinaga Territory
register by Feb.27/08
Get Your Team of Friends together for some
"NEW FUN"

COUNTY KIDS

OF



TRIATHLON
SUNDAY, JUNE 1, 2008

SECOND ANNUAL
SWIM/BIKE/RUN TRIATHLON FOR KIDS AGES 6-17

REGISTER ONLINE AT WWW.PEFAC.CA
FOR MORE INFORMATION E-MAIL PEFAC@BELLNET.CA OR
CALL (613) 476-7776

VOLUNTEERS NEEDED. 613-476-7776

First Meeting Feb.20- 7pm at Picton Rec.Plex

Tyendinaga Mohawk Recreation Department
Will be volunteering at this event
(613) 396-3424 ext.107

Recreational Fun!

Dance

"Let's Move It" #2

A "New" experience of dance for youth, from the ages
of 10 to 14 years old. This program is an Quinte Mo-
hawk After School (3:15pm) event on Tuesday for an
hour. The program starts March 18 and ends April 29.
(7 weeks) The program is instructed by a Jennifer
McCracken. Space is limited, and the cost is \$10.00 for
each session, transportation home is provided.

(Assistance with funding is available)

After School Dance is happening!

The youth will engage in physical activity while
learning fun hip hop dance moves. The students will
learn a series of moves that will be put into a fun
dance routine.

Parents will be able to watch what their child has
learned at the end of 7 weeks session, on April 29th.

The program will include

- Physical Activity
- Recreational fun
- Development of a Special Dance event
- An after school snack
- Bused home



After School
Dance Program
funded by
Tyendinaga
Community
Development
Fund



Mohawks of The Bay of Quinte
R.R. # 1 13 Old York Rd.

Phone: (613)396-3424 ext.107
Fax: (613)396-3627
E-mail: darlenel@mbq-tmt.org
Deadline for registration
March 7 - return forms to
QMS.

UPCOMING EVENTS

NOTICE**Mohawk Agricultural Society Meeting**

1st Monday of the month
Monday, March 3rd, 2008

7:00 pm

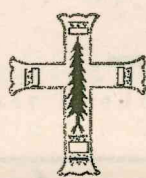
Pat's Variety – Kanata Hall

Planning for a GREAT event takes many months of preparation; it also takes many ideas and suggestions. We need to hear from you, the members of the community, as we make plans for the 2008 Fall Fair. We welcome your input and hopefully will see you at the next meeting.

****** Anyone who has not claimed their prize money from the 2007 Fall Fair are advised to do so on or before the next meeting date of the M.A.S. Please contact Kim Maracle 613-962-6217. Nia:wen.

President	Kim Maracle 613-962-6217
Vice President	Bill Brant 613-967-1129
Secretary	Pamela Detlor
Treasurer	Laura Brant
Lady Director	Gladys Bowden
Grounds Foreman	Willard Brant
Gate Foreman	Todd Kring

Watch for postings of future meeting dates



THE ANGLICAN PARISH OF TYENDINAGA
 IN THE DIOCESE OF ONTARIO

Parish Priest
 Father Brad Smith
 Mohawk Rectory, 396-3797

SUNDAY SERVICES

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

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

*On 16 March, the only service is at 8:30 a.m. at All Saints'

HOLY WEEK AND EASTER SERVICES

Palm Sunday 16 March – Jesus' Entry in Jerusalem
 8:30 a.m. – All Saints

Maundy Thursday 20 March – The Last Supper – Jesus' Last Night
 Alive
 6:00 p.m. – All Saints' (Potluck Supper)

Good Friday 21 March – The Crucifixion of our Lord
 10:00 a.m. – All Saints'

Holy Saturday 22 March – The Great Vigil of Easter
 8:00 p.m. – Christ Church

Easter Sunday 23 March – The Resurrection of our Lord
 8:30 a.m. – All Saints'
 10:30 a.m. – Christ Church

UPCOMING EVENTS

WORLD DAY OF PRAYER – FRI 7 MAR, 1:30 P.M., MOHAWK PENTECOSTAL
 CHURCH

PARISH FUN NIGHT – WED 12 MAR, 7:00 P.M., QUEEN ANNE PARISH
 CENTRE

FOR THE MOST UP-TO-DATE INFORMATION, SEE OUR WEBSITE
WWW.PARISHOFTYENDINAGA.ORG

IN MEMORY OF SADIE MUIK
"SADIE'S WALK"
Diabetes Awareness

Sadie Muik was 29 years old and a mother of three young children Miranda, Megan, and Evan. She worked as a Community Health Representative and a Diabetes Prevention Worker in her community of Okanagan, B.C. On April 1996, on her way home from one of her events, she was involved in a car accident. She passed away the following day, as a result of the injuries she sustained.

Sadie was a very health conscious and active women, which was conveyed through her work on various projects and programs that she ran in the community. One of her dreams was to start a walking group in her community to promote the prevention of Type 2 diabetes. In memory of Sadie and her dream, her family and friends organized a seven kilometer Diabetes Prevention Awareness Walk. Sadie's Walk takes place yearly on Good Friday.

This is the Ninth year for Sadie's Walk on Tyendinaga Mohawk Territory.

Registration for the walk will take place 8:00am at the Elder's Lodge

Wear appropriate footwear and dress comfortably, as we will be walking a total of 7 km.

Everyone is invited to participate in the 9th Annual "Sadie's Walk".

"Sadie's Walk" will take place on Good Friday
March 21st, 08



T.O.P.S. ON#5258
Take off pounds Sensibly
 We **"DO NOT"** promote any diets.

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

WHEN: Thursday Evenings.

TIME: 5 p.m. – 7 p.m.
 Weigh In 5 – 6 p.m.
 Meeting & Discussion 6 – 7 p.m.

CONTACT: Brenda Doreen (leader)
 @ 613 396-1482

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

UPCOMING EVENTS



COOKING WORKSHOP
 Saturday March 22nd &
 Saturday March 29th 2008
 59er's Hall
 Old Hwy#2
 Tyendinaga Mohawk
 Territory
 9:00a.m. - 3:00p.m.
 Ages 11-14
 "No Charge"

Some of the things you will be learning will be kitchen safety, basic nutrition, cooking on a budget, as well as preparing meals.
 Each participant will receive a package of useful goodies for the kitchen.
Sorry this event is now full.

BABY FOOD MAKING WORKSHOP
 March 18th 2008
 59er's Hall
 Tyendinaga Mohawk Territory
 9:00a.m.-11:00a.m.

Quick & Easy Meals Workshop
 March 18th 2008
 59er's Hall
 Tyendinaga Mohawk Territory
 11:00a.m.-1:00p.m.

This event will show you how you can prepare quick and easy meals, when there just is not enough time in the day.
 If you are interested in attending please call Allison at Head Start 613-396-6716



March Snack Trays at Quinte Mohawk School

Wednesday March 5th, 2008.
 Wednesday March 19th, 2008.

We are also providing Healthy snack bags in each classroom for students that don't have any snacks. These are filled the same weeks as the above snack trays. We are able to fund this project through NCB Funding as well as Food for Learning. There are also supplies to provide a lunch for children that might not have a lunch some days.
 If you would like to volunteer some time or would like to make any type of food or monetary donation. Please call Allison ECD Coordinator at Head Start 613-396-6716



HEALING OUR SPIRIT WORLDWIDE

NEXT MEETINGS

LET'S GET TOGETHER FOR SOME FUN, LAUGHTER, AND WELLNESS IDEAS

We meet the first Tuesday of every month
 At the Karon hiak ta'kie Games Room
 5pm to 6pm

WELCOME BACK TO THE COMMITTEE!
THE NEXT MEETING DATES ARE:
 Tuesday April 8, May 6, June 3, July 1st

CONTACTS

Theresa Brant - (613) 396-5517
 Smiling19@yahoo.ca
 Shelly Brant - (613) 966-5365
 Shellyb@mbq-tmt.org

Nia:wen

to the
 Community for your support!

Workshop

**Addictions "Everything You Always Wanted to Know
 About Addictions & Then Some"**

An incredible workshop designed for those who provide direct services.
 Learn about:

- General overview of addictions
- Treatment Strategies
- Stages of Change
- Local drugs of choice
- Problem gambling
- Substance abuse and mental health problems
- Myths, and treatment options

Facilitator: Cate Sutherland of Addictions Centre Hastings/ Prince Edward

Space is limited register early

Date: March 20, 2008
 Time: 10am - 3pm
 Location: Holiday Inn, Trenton
 Hastings Room

**** lunch provided**

Registration Fee: VIQ members: \$45
 Not-for-profit agencies: \$60
 Corporate and businesses: \$75

CLASSIFIED

FOR SALE

1 ACCUCISOR CIRCULATORY MASSAGER
 - V-988 plus - foot & body massager
 - purchased March 20, 2007
 - used very little, like new
 - purchase price \$1450.00 plus GST
 - will sell for \$1300.00 no tax

Please call Don: (613) 396-3759

LAND FOR SALE

- 9.34 acres
 - lot # 24G1-11
 - located on the Airport Rd.

Call: (613) 396-1935



FOR SALE

MODULAR HOME
 - 7 yrs old
 - 1200 sq. Ft. 68 X 16
 - new appliances
 - air conditioning
 - \$33,000.00 we will deliver

Call anytime for more information:
 613-475-1779

FOR SALE

LYED CORN
 - 1 quart bags
 - wholesale or retail
 - white corn by the quart or bushel

Phone: 613-968-3917

FOR SALE

SPACIOUS 4 BEDROOM HOUSE
 - natural gas heating plus new fireplace
 - central air
 - approx. 3/4 acre
 - laminate flooring throughout
 - municipal water and sewer supply
 - huge heated garage
 - located on old Hwy # 2

Serious inquiries only:
 Please call 613-396-5879

FOR SALE

BUILDING LOTS FOR SALE
 - Upper Slash Rd
 (lots posted on South side of road)
 - 1 acre lots with 150' of road frontage

For more information, please call Mr. Glenn Hill at 962-5470

HOUSE FOR RENT

2 BEDROOM
 - 1840 York Rd.

Please call: 613-967-8230

FOR SALE

BUILDING LOT -150 x 150
 - located on the corner of Bells side road and Hwy # 2
 - driveway, well and septic, (with possibility of town water and sewer hook up)
 - burned out structure will have to be removed
 - price reduced to \$10,000.00

For more info call Bruce Wells: 1-403-340-3050
 Red Deer Alberta

FOR SALE

MOCCASINS & LEATHER GOODS
 - mens, womens and baby wraps
 - various sizes
 - various prices
 - ready made moccasins or custom work available

Call Marilyn at 613-962-9919

FOR SALE

HAY
 - Some small square bales \$2.50 ea.
 - Some 4X4 rounds \$15.00 ea.
 - Available at Tyhaven Farm

Phone: 613-967-1129

ESTATE SALE LOTS & BUILDING

- 1.98 acres at 68 Sadies Lane
 - Corner Lot, House & Small Barn (between York Road and Ridge Road & west of Quinte Mohawk School)
 - Price \$25,000.00

Contact Wm. J.Brant: 613-967-1129

FOR SALE

STOVE WOOD
 - ash, oak, maple mixed

Call: 968-3917

FOR SALE

BUILDING LOTS
 - located on Mark's Rd
 - 1 acre or larger

Call: 968-3917

LAND FOR SALE

- Waterfront lots
 - Hickory nut grove
 - 100' frontage X approx 466
 - serviced road & hydro
 - will hold mortgage

Call Glenn Hill: 962-5470

FOR SALE

1 SET ROTOTOMS - \$75.00

1 PEAVY BASS GUITAR - \$250.00
 - with hard shell case

1 SAMICK BASS GUITAR - \$150.00
 - with hard shell case

2 BASS PRACTICE AMPS - \$25.00 & \$50.00
 - 20 amp

1 DRUM RACK - \$50.00

If interested call: Phil 613-396-2603

FOR SALE

OLDER UPRIGHT PIANO
 - needs tuning
 - \$100.00

If interested call 613-396-5527

FOR SALE

BRIGHT YELLOW 1985 ATV, YAMAHA 3 WHEELER
 - very good condition even at 22 years old
 - model is DZ 225 DR (very quick)
 - new tires, new battery, new rear axle
 - reverse gear, high and low beam headlights
 - asking \$1,350.00

For more information call:
 613-396-3957 ask for Ken

CHILD CARE PROVIDER

- Mother of 2-willing to babysit in my home, Monday - Friday
 - CPR & First Aid trained
 - any age welcome
 - Large yard lots of fun indoor and out door activities including trampoline, 3.5" deep swimming pool, live beside basket-ball court and kids park in back yard.
 - Nutritious lunch and snacks provided
 - located in the subdivision Huron Brant Dr. N.

Call: Christa at 613-396-5077 or 613-391-9591



BABYSITTING AVAILABLE

- in my home located in the subdivision
 - Monday's to Friday's (weekends on request)
 - nutritious lunch
 - outside activities
 - any age

Call Teddy: 613-396-1610

FOUND

LADIES WATCH
 - found at the Election held at QMS on Dec. 1

Call Kelly: 613-396-3424
 To identify

BABY SITTING AVAILABLE

- Mother of 4 willing to babysit in my home
 - Monday - Fridays
 - large yard, indoor and outdoor activities
 - lunch and snacks provided
 - Give me a call, spaces available

Susan: 613-396-1077

HOME MADE

Butter Tarts

orders taken in advance to ensure freshness.

Open Mon.- Sat.
 8065 Hwy # 2
 Deseronto

HAND MADE BABY SWEATER SETS
 - \$20.00

Knitted Dish Rags
 \$1.25

Call Kathy: (613) 396-2197

FOR RENT

AUTO BODY GARAGE
 - includes paint booth
 - located at 748 Norways Side Rd

Call: 613-967-3759

FOR SALE

1991 CAVALIER BY COBRA
 - 32 ft.- 5th wheel, rear kitchen, micro, new fridge, 4 pc bath, oak cabinets throughout, slide out, a/c furnace, awning, newly decorated clean, excellent condition.
 - MUST SEE.
 - \$9,000.00 Make an offer

Call: (613) 396-2839

MILL TOWN MEATS

- Corn Fed Beef
 - Quarters & Half Cuts of Beef
 - Wrapped & Frozen
 - Individual pieces sold at home
 - AAA Beef

Make your own Soup!
 Lyed Corn, Beans, Special Pork!

Call: Glenn Hill 962-5470

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NOTIONS

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HAWK TERRITORY
613 396 1960



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Jim McMurter
Owner / Manager

E-mail: jmcumrter@mcmurterhome.com
BUS: (613) 396-1607 ~ FAX: (613) 396-6897



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Phone: 613-933-6500

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Tyendinaga Mohawk Territory

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FX: 613-396-5890

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Drafting & Design Services

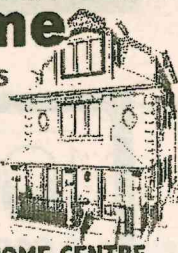
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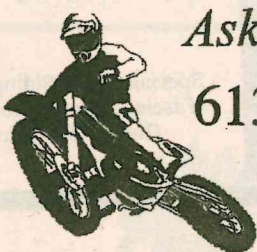
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146 Hwy # 49 TMT

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Bruce Maracle
Tyendinaga Territory

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Located on Tyendinaga Mohawk Territory

All Ears DJ Service

Our rates are reasonable and our music is agreeable!

Call Ky Maracle 848-7258



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TYENDINAGA MOHAWK TERRITORY
NO TAX ON PICK UPS



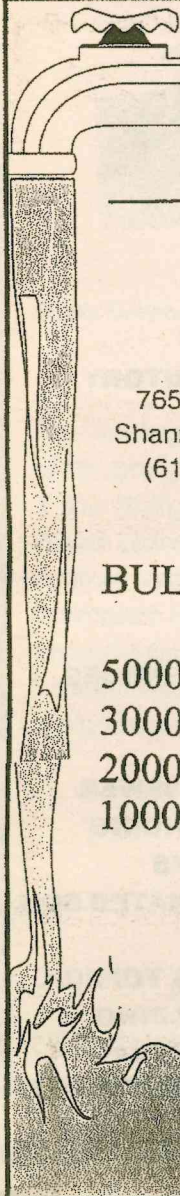
Sue's Miracles

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LEATHER & CUSTOM WORK

FITTINGS ARRANGED
NAPANEE DROP
MALL COIN WASH

SUSAN MARACLE
(613) 396-1985

COMMUNITY BUSINESSES

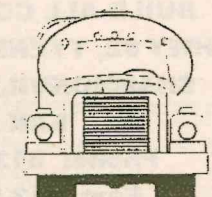


ROLLIN' RAPIDS TRUCKING

Locally Owned and Operated

Bulk water / Flatbed service
Call: 96-WATER

765 Melrose Rd
Shannonville, Ont
(613) 969-2837



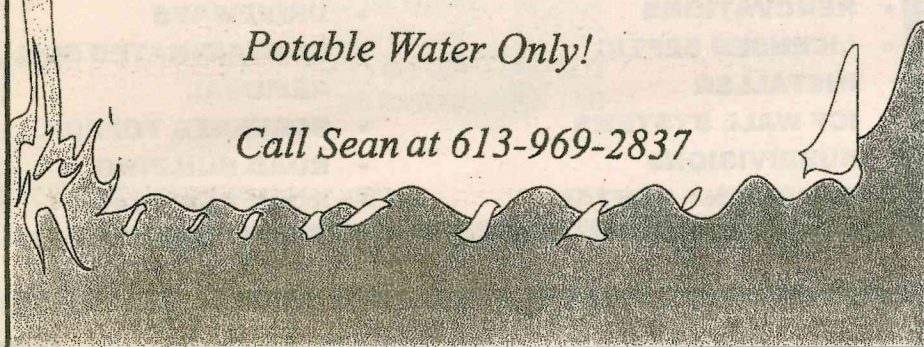
S + G MacDonald
Owner/Operator

BULK WATER DELIVERY

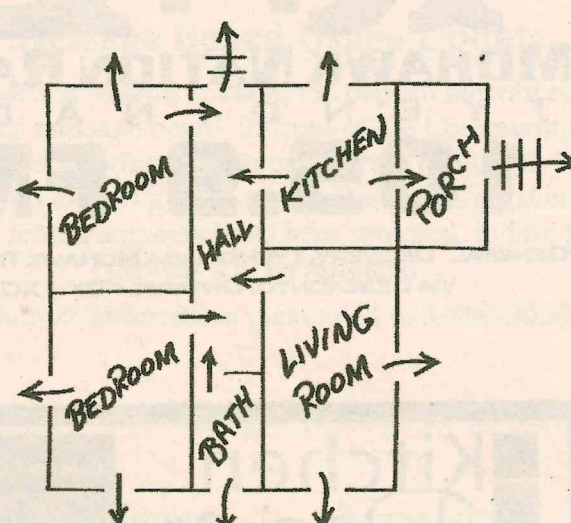
5000 Gal - \$120.00	<i>Best Price the First Time!</i>
3000 Gal - \$ 80.00	
2000 Gal - \$ 70.00	<i>Prices for Tyendinaga</i>
1000 Gal - \$ 60.00	<i>Mohawk Reserve!</i>

Potable Water Only!


Call Sean at 613-969-2837



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Develop and practice a home fire escape plan so if a fire starts everyone knows two ways out of every area.



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Learning how to Communicate with your partner

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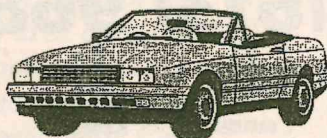


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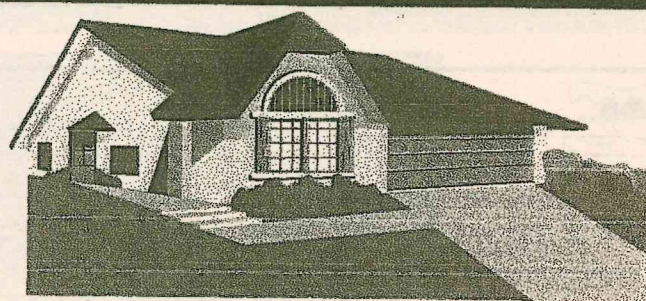
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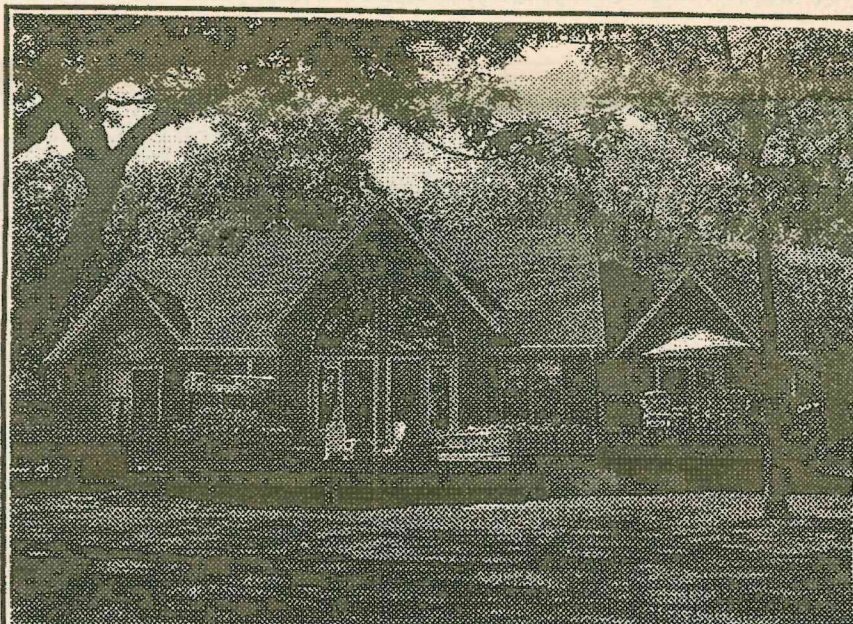
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