



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ISSUE 3/09
Ennihskowa (March)

ORI:WASE (News)



SPRING IS NEAR

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Newsletter Deadline
March 23
(613)396-3424

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

SECURE CERTIFICATE OF INDIAN STATUS APPLICATIONS

AT THE HEALTH CENTRE
MARCH 20 - 24, 2009
BETWEEN THE HOURS OF 10:00 A.M.
AND 5:00 P.M.
PLEASE SEE SPECIAL INSERT IN THIS
ISSUE FOR MORE DETAILS, OR
CALL THE MEMBERSHIP OFFICE AT
613-396-3424

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.mhq-tmt.org/

ADMINISTRATION

TMC MEETING DATES

| TMC Meetings | Agenda Deadlines |
|---|----------------------|
| Local Business – March 11, 7:00 p.m. (unless otherwise amended) | March 6, 12:00 p.m. |
| Regular – March 18, 9:00 a.m. | March 13, 12:00 p.m. |
| Local Business – March 24, 7:00 p.m. (unless otherwise amended) | March 20, 12:00 p.m. |

COMMUNITY CONSULTATION STRATEGIC PLANNING

The Mohawks of the Bay of Quinte were successful in its application to the Ministry of Aboriginal Affairs to hire a Consultation Coordinator on a short term contract.

We welcome Joseph Brant as the Community Consultation Coordinator. We look forward to working with the community as we develop and formalize our consultation process and procedures. Look for upcoming information as it develops.

For more information please call Joe Brant at 613-396-2122 Ext. 158.

Tyendinaga Community Development Fund

Applications can be picked up at the Administration Office

Please submit your sealed application to:
 TCDF Commission
 c/o CAO
 Mohawks of the Bay of Quinte
 13 Old York Road
 Tyendinaga Mohawk Territory, Ontario
 KOK 1X0

Application review dates: March 2, June 1, September 1, and December 1, 2009



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in February responded to 6 calls:

- 1 – Fuel Spill
- 2 – Motor Vehicle Accidents
- 1 – Propane Leak
- 1 – Service Call
- 1 – Structure Fire

This brings our total to 14 calls for the year 2009

TYENDINAGA POLICE BLOTTER FEBRUARY 2009

February 2, 2009 @ 5:30 PM – Cst. Tammy Maracle was dispatched to a Break & Enter in progress on Deyoronseh Dr. The complainant witnessed two male youths break into a residence. The home owner was contacted and concluded the males had permission to be within the house.

February 5, 2009 @ 1:00 PM – D/Cst. Jason Brant and Tyendinaga Police executed a Search Warrant at the Unnamed Bar, located at Highway 49 and Bayshore Rd. All items pertaining to the offence were seized as evidence. A Tyendinaga man was charged under the Liquor Licence Act.

February 6, 2009 @ 7:20 PM – Cst. Tony Dempsey received a traffic complaint of a vehicle all over the road in the Shannonville area. The suspect vehicle was not located while on the roadway. Cst. Dempsey attended the registered owner's residence on York Rd. The female owner was cautioned of her driving habits.

February 6, 2009 @ 11:40 PM – Cst. Tony Dempsey was dispatched to attend Old Highway 2 for a motor vehicle accident. Further investigation revealed the driver (a Shannonville man) was found to be under the influence of alcohol. A 12 hours suspension was subsequently issued as well as a careless driving charge for losing control of his vehicle.

February 9, 2009 @ 3:10 PM – Cst. Nathan Leland and Mohawk Fire Department were dispatched to a Hazardous Conditions – Diesel spill at the intersection of York Road and Old Highway 2, in Shannonville. Both departments attended the location, conducted traffic control and removed the hazard.

February 9, 2009 @ 4:00 PM – Cst. Nathan Leland received a complaint of horses walking on Ridge Road. Cst. Leland contacted the owner of the horses and advised of the potential traffic hazard and damage caused to complainant's property. The owner agreed to secure the horses in order to prevent further incidents.

February 14, 2009 @ 6:07 PM – Cst. Sam Maracle and Cst. Nathan Leland were dispatched to the Native Bible College in regards to a violent, unwanted and intoxicated male. The male was arrested for Prevent Breach of the Peace and transported to the Napanee OPP Detachment to be held until the following morning.

February 18, 2009 @ 6:28 PM – Cst. Marcel Maracle was dispatched to a vehicle in the ditch on Old Highway 2 in Shannonville. It was concluded that the female driver lost control due to the snowy conditions. The vehicle was removed by the owner. No charges were laid.

*Tyendinaga Police Service would like to Caution
 that due to recent weather conditions
 ice and water ways have become hazardous.
 STAY SAFE!*

Police Blotter Addition:

22 February 2009 – 5:46 PM – Cst. Simon Owen was dispatched to a 3 vehicle motor vehicle accident at the intersection of Highway 49 and York Road. A passenger of one of the vehicles succumbed to injuries. The investigation is ongoing. Anyone with any information please contact Tyendinaga Police.

LAND OWNERS

Are you a land owner of a large parcel of vacant land? Would you like to re-establish that land with tree seedlings?

If you are interested in learning more about this program, please contact Kristin Maracle at the Administration Office for more information.

613-396-3424 ext 125

ADMINISTRATION

BOIL WATER REMINDER

As a reminder, in February 2008 Health Canada recommended the Tyendinaga Mohawk Council place a precautionary boil water advisory on the Tyendinaga Mohawk Territory.

Should your bacteriological water sample indicate a safe or adverse result please ensure the water is boiled or disinfected and filtered. The water sample may contain water born parasites such as Giardia or Cryptosporidium without proper filtration. Please do no consume or serve the water to the public.

For information on obtaining a water treatment system for your household, business or service building please contact a licensed plumber as each water supply varies. Ensure your plumber is aware that you must have filtration for water borne parasites.

If you have any questions please call Crystal Maracle or Liz Brant at the Mohawk Administration Office 613-396-3424.

HOW TO USE WATER SAFELY DURING A "BOIL WATER ADVISORY"

This fact sheet provides basic information only. It must not take the place of medical advice, diagnosis or treatment. Always talk to a healthcare professional about any health concerns you have and before you make any changes to your diet, lifestyle or treatment.

What are the reasons for a "boil water advisory"?

There are different reasons for issuing a boil water advisory.

1. A boil water advisory is based on information other than bacteriological examination indicating that the water is not safe to drink. (e.g. the lack or absence of disinfection residual in the drinking water)
2. A boil water advisory may be based on bacteriological (microbial) examination, including the finding of bacteria or parasites.
3. A boil water advisory may follow the occurrence of an outbreak of illness in the community that has been linked to consumption of the water.

The extent of restriction on water use depends on the situation and the reason for issuing a boil water advisory. Always follow your own health unit's recommendations on water use.

General recommendations on how to use the water if a boil water advisory has been issued in your community.

How do I use water when the boil water advisory has been issued?

The water should NOT be used for drinking, *making infant formula and juices, cooking, making ice, washing fruits, vegetables or brushing teeth*. For these purposes, boiled water or bottled water should be used. The water should be brought to a rapid rolling boil and boiled for 1 minute. If there are children in the home, place the pot on the back burner to avoid scalds. Boil only as much water in a pot as you can comfortably lift without spilling. Discard all ice made previously and disinfect the ice cube trays. Make ice using boiled, cooled water.

Can I take a bath?

Adults and teens may shower with untreated water as long as no water is swallowed. Older children could also be given a shower with a hand held showerhead, avoiding the face. Younger children should be sponge-bathed instead of bathing in a tub because they are likely to swallow tub water.

Can I use the water for handwashing?

If the boil water advisory has been issued as a precaution and there is no outbreak of human illness, there is no need for additional hand disinfection with bleach solution or alcohol using the measures described below.

If the boil water advisory has been issued because of an outbreak, water can be used for handwashing after the following emergency water treatment: Place 1.5 oz (about 45 ml) liquid household bleach in 10 gallons (45 litres) water. Mix and let stand at least 10 minutes prior to use.

How else can I disinfect my hands?

You can use alcohol-based hand disinfectants, containing more than 60% alcohol. These products are widely used in the health care setting after washing hands or in situations when water is not available. Please refer to information on "Hand Hygiene". The wet wipes used for cleaning babies at diaper change are not effective for disinfecting hands and should not be used for this purpose.

My child was ill with diarrhea. Should I clean/disinfect toys?

Yes, toys should be cleaned and disinfected. If the toys are visibly soiled, wash them first with soap and water and then disinfect with a

freshly prepared bleach solution (1/4 cup (about 60 ml) bleach in to 1 gallon (4.5 litres) of water). Dip toys in to this solution and air-dry them. Cloth and plush toys could be washed or dry-cleaned.

I have a dishwasher. It is safe to use?

If your dishwasher has a hot setting, it safely disinfects dishes. If your dishwasher does not have a hot setting, after finishing the cycle, soak dishes for 1 minute in a solution of 1 oz (30 ml) of bleach mixed with 3 gallons of lukewarm water (13.5 litres). Let dishes air dry.

I wash dishes by hand. How do I disinfect them?

You could use boiled water for washing dishes. Dishes washed in soap and hot water can also be rinsed in boiled water or disinfected with the following bleach solution. Mix 1 oz. (about 30 ml) bleach into 3 gallons (13.5 litres) of water at room temperature for at least 1 minute. Let dishes air dry.

What is disinfection?

Disinfection is a cleaning process which destroys most disease-causing micro-organisms (pathogens).

How do I disinfect countertops, chopping boards or utensils which have come into contact with raw meat?

Countertops, chopping boards or utensils which have come into contact with raw meat should be washed with soap and hot water first, then disinfected with a bleach solution stronger than that used for emergency hand disinfection. Mix 1/4 cup (60 ml) bleach into 1 gallon (4.5 litres) water for this purpose. Do not reuse or store this solution, but make it fresh daily.

Should I change the way I am doing laundry?

No, continue doing laundry the way you usually do. If you have to launder sheets heavily soiled with faeces, carefully remove soil before you place the sheets into the washer, without much agitation of the cloth. Use rubber gloves when handling heavily soiled sheets.

Is the water safe to fill wading pools for children?

No, the water is not safe to use in wading pools. Water usually gets into the mouths of small children, providing a possibility for infection.

I have a water filtration device installed. Does this make the water safe for drinking or cooking?

No. Filtered water should also be brought to a rolling boil for 1 minute before drinking or using it for cooking.

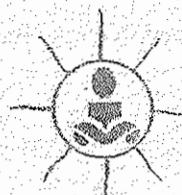
My doctor told me I am immunocompromised. What should I do?

Always follow your physician's and dietitian's advice. You might be advised to use bottled water or to boil water for drinking/cooking, even in the absence of a boil water advisory.

What should I do after the boil water advisory is lifted?

- Run cold water faucets for 1 minute before using the water.
- Run drinking fountains for 1 minute before using the water.
- Flush all garden hoses by running cold water through them for 1 minute.
- Run water softeners through a regeneration cycle.
- Drain and refill hot water heaters set below 45°C (normal setting is 60°C).

LIBRARY



KANHIOTE

TYENDINAGA TERRITORY PUBLIC LIBRARY
York Rd. Tyendinaga Mohawk Territory, K0K 1X0
967-6264

TYENDINAGA MOHAWK TERRITORY WELCOMES LIEUTENANT GOVERNOR AND CULTURE MINISTER FOR PROVINCIAL LAUNCH OF FIRST NATIONS PUBLIC LIBRARY WEEK 2009

The Honourable David C. Onley, Lieutenant Governor of Ontario, and The Honourable Aileen Carroll, Minister of Culture, visited Tyendinaga Mohawk Territory on Monday, February 9, 2009, to participate in the Launch program for **FIRST NATIONS PUBLIC LIBRARY WEEK** (February 9-14).

Tyendinaga Mohawk Territory is one of 50 First Nation communities in Ontario that provide local public library service. "Each year, a different First Nation public library hosts the Launch event on behalf of all the First Nation public libraries," said Karen Lewis, librarian at the Kanhiote Tyendinaga Territory Public Library. "It's an honour to represent my librarian colleagues and their communities, and a wonderful opportunity to promote public library services to our community. We also welcome friends and neighbours to our public library celebration."

Ontario's **FIRST NATIONS PUBLIC LIBRARY WEEK** is a grassroots development initiated in 2000 by Ontario's First Nation public libraries to:

- encourage First Nation public libraries to promote their resources and services to their communities through a variety of programs and activities;
- increase community leaders' awareness of the value public libraries add to First Nation communities;
- reach out to Ontario's non-native public libraries with an invitation to view First Nations Public Library Week as an opportunity to offer accurate and culturally sensitive programming and displays about their First Nations neighbours.

The winter timing for **FIRST NATIONS PUBLIC LIBRARY WEEK** observes the First Nations' traditional time for storytelling.

The theme for **FIRST NATIONS PUBLIC LIBRARY WEEK 2009**, "Knowledge Keepers: Speak Up for First Nation Public Libraries" emphasizes the important role public libraries and public library staff play and the important contribution they make to First Nation community life. The theme also relates to a "Speak Up for First Nation Public Libraries" advocacy campaign Ontario's First Nations public library community will launch in 2009.

"We are proud to support the essential programs and partnerships developed by First Nations Public Libraries," said Culture Minister Aileen Carroll. "As vital community hubs, they promote literacy and share the

unique stories and culture of First Nations communities with people across the province."

The Launch program included a traditional opening by Karihwawishon Joe Brown, a welcome and proclamation reading by Councilor Roy Maracle, remarks from the Lieutenant Governor and Minister Carroll, and greetings from The Honourable Brad Duguid, Ontario Minister of Aboriginal Affairs and from Leona Dombrowsky MPP, Prince Edward Hastings. There was also a presentation by Sylvia Olsen and Ron Martin, the authors of the 2009 **FIRST NATION COMMUNITIES READ** title selection, *Which Way Should I Go?*, a reading of *Caribou Man* by students from Quinte Mohawk School, and a sneak preview of three "Speak Up for First Nation Public Libraries" advocacy campaign public service announcements.

A reception with light refreshments followed the formal program.

KANHIOTE TYENDINAGA TERRITORY PUBLIC LIBRARY HOSTS UNIQUE FIDDLE EVENT

Fingers were flying, bows were blazing, and toes were tapping on Friday, February 13, as fiddlers Anne Lederman and Alicia Blore, visited Tyendinaga Mohawk Territory as guests of the local public library.

Anne Lederman, one of Canada's first researchers of aboriginal fiddling, coordinates the Métis Youth/Elder Fiddler Legacy Project. The project brings Canada's few remaining Aboriginal elder fiddle players together with young aboriginal fiddlers to preserve Canada's aboriginal fiddling legacy.

Fifteen-year-old Alicia Blore is one of the project's talented young aboriginal fiddlers. She has been studying the fiddle for six years and is learning the traditional repertoires. Her great grandfather, Philip Zastre was a well-known Métis fiddler.

Lederman and Blore performed for students at Quinte Mohawk School on Friday morning. On Friday afternoon, grades five and six students participated in social dance workshops when caller Bill Russell and musician Tom Leighton joined Lederman and Blore. Adult fans of fiddle music and social dancing had the opportunity to share in the fun when the library hosted a family dance at the Tyendinaga Community Centre on Friday evening featuring Lederman, Blore, Russell, and Leighton.

"We're delighted to provide performance opportunities for the Métis Fiddler Legacy project," said Karen Lewis, librarian at Kanhiote Tyendinaga Territory Public Library. "Perhaps Alicia will inspire some of our own young people to take an interest in and revive the fiddle tradition of our own community."

A community potluck dinner at 5:30 p.m. preceded the 7:00 p.m. community dance. The dinner and dance were at the Tyendinaga Territory Community Centre, 1807 York Road, Tyendinaga Mohawk Territory.

(more)

This unique fiddle event, supported by generous funding from the Canadian Race Relations Foundation's Initiatives Against Racism Program, was available to the Kanhiote Tyendinaga Public Library through Next Wave, a cultural and arts learning exchange initiative developed by Mariposa In The Schools and Southern

LIBRARY

Ontario Library Service. The event concluded Kanhiote Tyendinaga Territory Public Library's First Nations Public Library Week celebrations. The library hosted the Week's provincial launch on Monday, February 9, with The Honourable David C. Onley, Lieutenant Governor, of Ontario, and The Honourable Aileen Carroll, Minister of Culture, attending.

Media Contacts:

For further information about Next Wave and Mariposa In The Schools, contact:

Dolores Anderson, Executive Director Phone: 416-462-9600

Mariposa In The Schools E-mail: info@mariposonline.ca
www.mits.on.ca/

Mariposa In The Schools brings quality, professional performing artists into hundreds of Ontario schools and communities each year, introducing young people to world oral traditions that link past generations to new generations with inspirational stories expressed through music, song, dance, puppetry and spoken word.

ADDENDUM

ANNE LEDERMAN

Anne has been re-inventing our idea of Canadian music for 25 years through her work with such groups as Muddy York, The Flying Bulger Klezmer Band, Chutzpahl, Siyakha, Njacko Backo, Loka, and her own Fiddlesong and Come from Every Way. Known for her work with the Métis traditions of her home province, Manitoba, Anne's recordings and her musical play, *Spirit of the Narrows*, about her experiences with Native and Metis fiddling, have helped make this music known to the world. Anne is an important link to the older styles of fiddling in Manitoba. Having learned from elder fiddlers in Manitoba in the 1980s, Anne is now the only link to certain older Manitoba repertoires. Anne is involved in two very special projects: research for the Canadian Museum of Civilization on *Aboriginal Fiddling in the North* and the Métis Artist Collective's *Elder Youth Legacy Project: Fiddle Stories*.
www.annelederman.com/

ALICIA BLORE

Fifteen-year-old Alicia has roots in Ste. Rose, Manitoba where her great grandfather, Philip Zastre, was a well-known Métis fiddler. Alicia has been studying fiddle since she was nine with Matthew Johnston, Mark Sullivan, and Anne Lederman. She has also participated in competitions, including the Canadian Grand Masters Fiddling Championship and the John Arcand Fiddle Fest.

BILL RUSSELL

When he's not singing, Bill calls old-time dances for young and old alike. Warm, informal and fun, Bill is known for his ability to get his audience involved and participating. A full-time performer since 1970, Bill has

played in schools, libraries, festivals, and folk clubs, as well as appearing on radio and television. Much of his music is drawn from the Cajun traditions of his native Louisiana and his audiences easily make the connections among the many French traditions of North America.

TOM LEIGHTON

Tom has accompanied many fiddle players on piano, accordion and bouzouki in styles from Celtic and East Coast, to Métis and Scandinavian and swing. Along with Mark Haines, Tom has recorded three CDs. The latest, *Hand To Hand*, won two PEI Music Awards and was nominated for an East Coast Music Award. In addition to the Haines & Leighton duo, Tom performs regularly with Anne Lederman, Conrad Kipping, Danny Bakan, and Michael Cavan. As a music director, Tom has led numerous musical productions including *Minerva*, *Exile*, *Picton Papers*, *Hank Williams, the Show He Never Gave*, *Fiddler On the Roof* and *Urinetown*. Tom received the Cec McEachern Award by CIUT FM for his ability as a diverse accompanist.

Thank you to the library board members and all community members who helped with our launch event and who displayed their art and craft. The items were a wonderful display of the creativity of Tyendinaga people.

Thanks to all who helped with our family supper and dance and thanks to everyone who came out for the evening and contributed \$370 to our donation jar.

LUNCH WITH THE COMMUNITY KITCHEN

March 27, 2009 at 12:00 p.m.
 at the Community Centre
 Door prizes
 All welcome no charge

Annual Trivia Challenge coming soon



RED CEDARS

Compassion Fatigue

Ever hear the expression, "Care till it hurts?". That statement may be more literal than we think. A lot of people neglect themselves physical, emotionally, spiritually, etc. when they are caught up in caring for others in their lives (friends, families, co-worker, etc) especially care givers. Also, people become worn down and exhausted from whatever situation their dealing with. That my friend, is compassion fatigue. Whether you're in an environment that deals with crisis, illness or something such as volunteering, you can be at risk. Most people do not recognize that they are neglecting their own needs. Some of the symptoms of compassion fatigue may include:

- Loss of interest in things you once enjoyed
- Withdrawal from friends/family
- High absenteeism
- Poor self care (hygiene, etc)
- Mentally/physically exhausted
- Nightmares/flash backs to a traumatic event

If you believe that you are falling to the hands of compassion fatigue, chances are that's true. It's really important to take care of yourself. We (people) need to realize that we are not superman and that its vital to take time out for ourselves. Some things you can do to prevent/stop compassion fatigue:

- Be kind to yourself-enjoy a treat every now & then!
- Set Boundaries: This allows you to still be a helper but also clarify with the person you are helping what is and isn't too much for you to handle.
- Re-evaluate your role: It's important to clarify with people so that way they know what to and not to expect from you.
- Exercise: This will release endorphins and increase the level in your mood.
- Spend time with supportive people: Spending time with people who you can vent your feelings with is a good way to release stress as well.

Resources: Stress Management: How to cope with Compassion Fatigue: <http://ezinearticles.com/?Stress-Management:-How-to-Cope-with-Compassion-Fatigue&id=74965>

Compassion Fatigue Awareness Project: <http://www.compassionfatigue.org>

When helping hurts: Understanding Compassion Fatigue: Canadian Association on Gerontology Newsletter - Fall 2006 by Françoise Mathieu M.Ed., CCC. & Robin Cameron, M.Ed., CCC. Cameron & Mathieu Consulting, www.cmc-consulting.ca

Red Cedars Shelter: Crisis #: 1-800-672-9515 or 613-967-8212. Website: www.tyendinaga.net/redcedars

Finding Help When You Need It

Being a parent is a 24-hour-a-day job, and sometimes it can feel overwhelming. Extra challenges can add to a parent's stress. For instance:

- Having a new baby
- Having a child with a disability
- Feeling alone, or not having friends or family nearby
- Being a single parent or having a partner who does not support you
- Dealing with money issues, house hold concerns or job concerns

What you might be feeling

When life is stressful, parents sometimes feel:

- Angry – at your spouse, your friends, or even your children
- Lonely – Like you are the only person dealing with so many problems
- Depressed – sad and unable to face your problems
- Overwhelmed – you don't know where to begin or you feel like giving up

Some ways you can deal with the above

- Talk to someone like a friend, health care provider, and a counsellor on how you are feeling or you could join a support group.
- Get a babysitter to help you when you need a break
- Reach out to other parents
- Call a help line like the Child help line (1-800-4-A-Child)
- Talk to your child's school on issues you are having with the child
- Take a class for parents

It is normal for parents to feel overwhelmed sometimes, but don't let these feelings affect how you treat your children. Help is just a phone call away! Call a friend, family member, or social service agency to talk to someone.

Local Resources:

Healthy Babies, Healthy Children 613-969-1649

Mohawk Family Services 613-967-0122

Red Cedars Shelter, Laura Wood (Child Care Worker) 613-967-2003

Information From: www.childwelfare.gov/preventing

SOAP STONE CARVING WORKSHOP

Facilitated by: Robert Morgan from London, Ontario

MARCH 26, 2009 AT THE ELDERS LODGE
301 BAYSHORE RD. DESERONTO, ON

THERE WILL BE TWO SESSIONS ONE AT 9:00 A.M. –
12:00 P.M. INCLUDES LUNCH AND ONE AT 1:00 P.M. –
4:00 P.M. EACH SESSION WILL ACCOMMODATE 22
PEOPLE.

You will take home your piece – an Inukshuk. The cost for this workshop is \$5.00 which includes lunch and your soap stone carving.

If you would like to attend please call:

Traditional Practitioner Program at
(613) 967-6544, Red Cedars at (613) 967-8212

Or

Home Support at:
(613) 962-6653

Home Support in partnership with the Traditional Practitioner Program and Red Cedars are putting together this workshop.

All Women Welcome!

WHERE: RED CEDARS

WHEN: March 10, 2009

at 6:00 pm

Please wear a dress/skirt,
bring tobacco

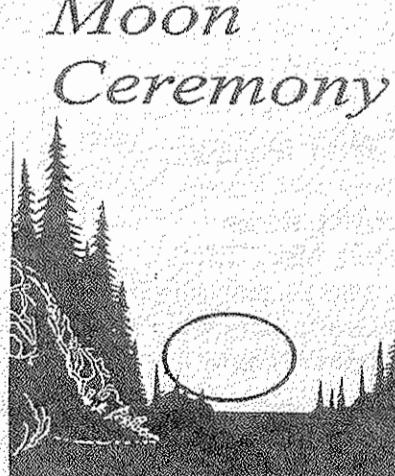
and a lawn chair if possible.

Call for more
information:

969-2215 or 967-2003

POTLUCK MEAL SHARING
“Please Bring Your Feast
Basket!”

Facilitated by Red Cedars Traditional Practitioner Program



HOME SUPPORT



Tyendinaga Home Support Program
1306 Upper Slash Rd

March 2009

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------------|--|--|---|--|--|------------------------|
| | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | Breakfast Club (Full) Ceramics Class | Breakfast Club (Continental) Meals on Wheels Fitness | Breakfast Club (Continental) Diner's Club Deseronto Bowling | Breakfast Club (Full) Shopping Trip (Belleville) | Breakfast Club (Continental) Handivan Run Meals on Wheels | SUPPER CLUB |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| Daylight Saving Time | Breakfast Club (Full) Ceramics Class Wii Bowling: 7:00 @ Lodge | Breakfast Club (Continental) Meals on Wheels Fitness | Breakfast Club (Continental) Diner's Club ELDERS LODGE Bowling | Breakfast Club (Full) Handivan Run Income Tax | Breakfast Club (Continental) Meals on Wheels KISS ME IM IRISH Scrapbooking | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | Breakfast Club (Full) Ceramics Class | Breakfast Club (Continental) Meals on Wheels Birthday Tea | Breakfast Club (Continental) Diner's Club Deseronto Bowling Game Night | Breakfast Club (Full) BINGO | Breakfast Club (Continental) Handivan Run Meals on Wheels | SUPPER CLUB |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | Breakfast Club (Full) Ceramics Class Wii Bowling: 7:00 @ Lodge | Breakfast Club (Continental) Meals on Wheels Fitness | Breakfast Club (Continental) Diner's Club ELDERS LODGE Bowling | Breakfast Club (Full) SOAP STONE WORKSHOP | Breakfast Club (Continental) Shopping Trip (Napanee) Meals on Wheels Scrapbooking | |
| 29 | 30 | 31 | | | | |
| | Breakfast Club (Full) Ceramics Class | Breakfast Club (Continental) Meals on Wheels Fitness CASINO | <p>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.</p> <p>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.</p> | | | |

HOME SUPPORT & MATERNAL CHILD HEALTH



TYENDINAGA HOME SUPPORT FROZEN MEAL PRICING

EFFECTIVE: January/09

INDIVIDUAL PRICING

| | |
|----------|---------|
| SOUPS | \$ 1.30 |
| ENTREES | \$ 3.85 |
| DESSERTS | \$ 1.30 |

PACKAGE PRICING

| | |
|--|----------|
| 7+7 PACKAGE (7 ENTREES + 7 SOUP OR DESSERT) | \$ 35.00 |
| 6+6 PACKAGE (6 ENTREES + 6 SOUP OR DESSERT) | \$ 30.00 |
| 5+5 PACKAGE (5 ENTREES + 5 SOUP OR DESSERT) | \$ 25.00 |
| 7 ENTREES | \$ 25.00 |
| 1 ENTREE+1 SOUP+1 DESSERT | \$ 6.00 |

FULL CASE PRICING

| | |
|---|----------|
| SOUPS (24 PER CASE) | \$ 30.00 |
| ENTREES (12 PER CASE) | \$ 43.00 |
| DESSERTS (36 PER CASE) | \$ 45.00 |
| MOUSSE (24 PER CASE) (Tangerine, low sugar chocolate, strawberry) | \$ 30.00 |
| BLACK FOREST MOUSSE & ORANGE DELIGHT (48 PER CASE) | \$ 60.00 |

With Apetito Frozen Meals you can choose your own menu from our tempting array of main dishes, soups and desserts. Apetito frozen meals are delicious and nutritionally balanced meals designed particularly for seniors by a dietitian.

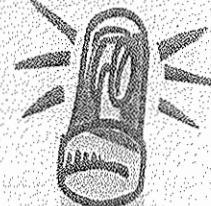
Some examples are:

- Beef Stew
- Liver & Onions
- Macaroni & Meat Casserole
- Traditional Pot Roast
- Chicken Pot Pie
- Turkey & Stuffing
- Roast Chicken
- Pork with stuffing
- Seasoned Pork Loin with Gravy
- Beef Barley Soup
- Cauliflower Cheddar Soup
- French Onion Soup
- Tomato Rice Soup
- Banana Cake
- Butter Tart
- Chocolate Chunk Brownie
- Tangerine Mousse

You will notice that the individual & full case pricing is the same but the packages are a little lower in cost. If you wish to purchase any of these frozen meals please contact:

Angela D. Maracle, Meal Services Coordinator at 613-396-4005.

You'll feel more secure with the Lifeline service.
And so will your family.

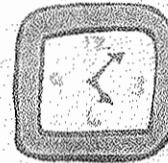


Live safely and independently in your own home with an easy-to-use personal response and support service.

Life is unpredictable. An unexpected fall or medical emergency can happen at any time, but with a personal help button you are never alone, help is available 24hrs a day with the push of a button!

During an emergency, every second counts.

Is it time for a personal response system?



If you can answer "yes" to any of the following questions it may be for you.

- 1) You are home alone on a frequent basis.
- 2) You are at risk for falls or have a history of falls.
- 3) You use a device to assist you with walking.
- 4) You are managing a medical condition.

Please call Patty at 613-962-6653 (Home Support) if you have any questions.

MATERNAL CHILD HEALTH, EARLY CHILDHOOD DEVELOPMENT & FASD PROGRAM

1295 Ridge Road
Queen Anne Parish (basement)
613-969-1835

Upcoming Activities

Scrapbook Workshops

March 11th & April 15th, 2009

6-8pm

\$2.00 per person

Please call if interested in attending, space is limited.

HEALTH CENTRE

March 2009

Moms 4 Life - 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.
Community Health Nurses*

Hi my name is Kathy Brant. I am excited and enthusiastic to be working as the youth worker for our community, many of you may know me from working at the Eksa O'kon:a' Child Care Centre. This position will assist me in learning more about our youth and creating positive activities for families within our community. If you have any suggestions on building healthy relationships within the community, I look forward to hearing them.

I can be reached at the Health Centre at 613.967.3603 extension 123.

Youth Drop In Centre

Location: Recreation Centre at the Ball Diamond

For Who: If you are 12+ years this is for you!

When: Tuesday evenings 6 – 8 pm
Enjoy a wide variety of crafts, workshops, games i.e. darts, Wii games, tournaments and much more.

Wednesday evenings 6 – 8 pm
Traditional drumming and singing – A great hit!
Please stop by and check it out.



We are always looking for parent/community volunteers to help out with our Drop In Centre. If you are interested or have any questions please call Kathy Brant at the Thayendanega Health Centre at 613.967.3603 ext. 123 and I will gladly add you to our volunteer list.



Katateronhsarons

"Proud To Be Me"

2nd Youth Conference

For ages 12 & 18

March 17th, 18th, 19th, 2009

Being held in Tyendinaga Mohawk Territory

"NO Registration Fee"

Deadline to Register is Friday February 27, 2009

Special Guest Speakers:

Alvin Powell Former NFL Player

Q-Moth Production

Daniel Coles Professional Kick Boxer/ Self Defence

Matt John Ebury Motivational Speaker

Much Music Video Dance

All meals/breaks at the conference will be provided

To register or for more information please call Kathy Brant Community Youth Worker at the Thayendanega Health Centre at 613-967-3603

YOUTH DROP IN CENTRE

Will not be open Tuesday, March 17 and Wednesday March 18, 2009

It will resume on Tuesday, March 24 and Wednesday, March 25, 2009

This is to allow youth to participate in the Youth Conference being held on March 17, 18 & 19, 2009, during the March Break.

To ensure you have a seat at the conference please drop off your registration form at the Health Centre.

There is a great line up planned so come out and have some fun.

Hope to see you there

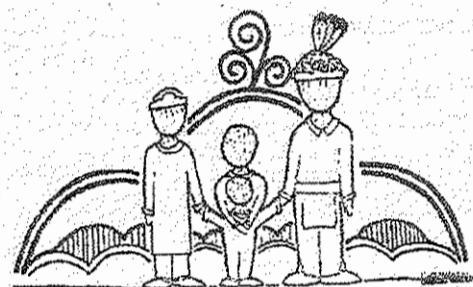
Registration forms can be picked up at the Health Centre

If you have any questions contact Kathy Brant, Youth Worker at 613-967-3603

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
 Nicole Loft, Office Assistant/ECE Teacher
 Steve Lindsay, ECE Teacher
 Shari Maracle, ECE Teacher/Bus Driver
 Betty Maracle, Cultural Teacher
 Lorna Vos, ECE/Bus Assistant
 M.J. Loft, 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

Tahatikonhsontie 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/preschoolers and their Parent or Childcare provider. The morning Toddler program is for children aged 2 plus.

The afternoon program is delivered through the High Scope model with a strong focus on Cultural and Language. 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. Parents/Guardians are encouraged to assist us by volunteering their time in some capacity.

Please call us for further details and registration information.

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 drop in program runs Tuesday and Friday from 9:00 am to 11:00 am. The morning Toddler program runs Monday and Friday from 9:00 am to 11:00 am. The afternoon program runs from 1:00 pm to 4:00 pm. Monday through Friday. Evening programs may be available from time to time.

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.

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

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)

RECREATION & FITNESS CENTRE

Tyendinaga
Fitness
Resource
Centre



The Fitness Resource Centre is Now Open

SATURDAYS!!!

8:00 am – 1:00 pm
with childcare provided!

Phone:
(613) 962-2822
Or email
tvfitnessres@yahoo.com

Hours of Operation

Monday/Tuesday/Thursday

7:00am – 8:30pm

Wednesday

7:00am-7:30pm

Friday

7:00am-6:00pm



THANK YOU, THANK YOU

Tyendinaga Fitness Resource Centre would like to send out a great big thank you to Feather Verboom. Feather recently gave us some new workout DVD's, to add to the collection we have. We also want to thank the Thayendanega Health Centre for their generous gift of a new electric scale. Nia:wén to both.

March 2009 – “What’s New?”

Reception News:

Recently we added a new face to the fitness centre; welcome Danielle L. Brant to answer your questions and make your visit an enjoyable one. Feel free to call, or stop in and check us out; we make fitness fun!

Last Months Updates:

In January we had 71 new memberships to the centre, and in February, 20 new memberships. Keep up the good work, remember fitness is for life.

We hosted Hanio Oksa Healthy Lifestyles Workshops, every Tuesday evening in February from 6:30-7:30pm at the Fitness Resource Centre.

The four workshops were:

1. Developing a Wholistic Wellness Plan with Betty Carr-Braint
2. Learning about Natural Medicine with Suzanne Brant
3. The Benefits of Yoga with Laurie McMillan-Burtt & Signs and Symptoms of Diabetes with Linda Whalen
4. Exercise Tips with Sonya Maracle.

All workshops brought out people from the community, and were very educational as well as fun. Thanks to all the hosts, and guests that came out to make these workshops fun and successful.

Nia:wén kowa

Trainer Tips: Sets and Repetitions

When you complete an entire movement from start to finish (curling a barbell up and then down) is one repetition. When you perform this same exercise 12 times in a row without rest you have now performed 1 set of 12 repetitions. If you do another 12 repetitions you have now done 2 sets of 12 reps.

Beginners will want to start doing only 1 set of 12 reps and gradually increase to 2 sets of 12 reps and you may also find yourself doing 3 sets of 12 reps.

You should move onto the next set when your breathing has returned to normal and your body has settled down from the previous set. In heavy exercises your body will require a longer rest period than less strenuous exercises. When you progressively decrease the amount of time you increase the intensity of the exercise. Also by decreasing the rest periods you increase the aerobic benefit of your workout which in turn helps to burn more calories and reduces body fat.

VOLUNTEER COACHES FOR TYENDINAGA

Your time is greatly appreciated for the following:

T-Ball
Soccer
Lacrosse

Let's keep our families active and healthy!

Youth are welcome to volunteer for School credits
If you need any coach training the Recreation Department will assist
with funding

For more information contact (613) 396-3424 ext. 107
darienel@mbg-tmt.org or newyouthpage@yahoo.ca or
tvfitnessres@yahoo.ca

COMMUNITY INTEREST



IS YOUR CHILD A BULLY?

We often hear accounts from our children about incidents where they either witnessed or were a victim of bullying at school. However, it is not so often that a child who displays bullying behaviour at school steps forward at home to admit remorse for the pain they have caused others. What do you suppose the reasons are? In this article and others to follow, we will explore the realm of bullying.

Many times, children do not realize that they are bullying others. Other times, they know exactly what they are doing and have every intention to continue. There are signs either way that your child is a bully and better yet there are things you can do at home as the care giver to re-direct your child and begin to cultivate a sense of empathy. The issue of bullying in our schools must be addressed at home, as well as at school and in the community because it is a community issue. It is everyone's issue - laying blame is of no value.

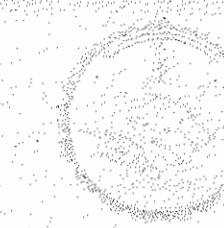
There may be a bully in your family if you sense your child has an attitude of entitlement to control, dominate, subjugate or otherwise abuse to another person; intolerance toward difference and a mistaken assumption that he or she has the liberty to exclude someone not deemed worthy of respect or care.

SOME IMPORTANT FACTS ABOUT BULLYING:

- Bullying is not about anger or conflict; it's about contempt – a powerful feeling of dislike toward somebody considered to be worthless, inferior and undeserving of respect.
- Four markers of bullying are imbalance of power, intent to harm, threat of further aggression and terror.

CONSEQUENCES:

Aside from the many effects suffered by a bullied child and their family, your child, if they are between the ages of 12 to 17 can be charged and tried in youth court. Charges such as assault, uttering threats, assault with a weapon, harassment, intimidation, watch and beset (stalking), robbery or extortion could be filed by police. Bullying incidents are no longer considered part of a "normal" childhood experience and the courts have little tolerance for it. Depending on the severity of the bullying, youth in Canada can face a range of consequences such as a warning by police; probation or even secure custody (jail time), which would result in a criminal record. The case could also be diverted to a restorative justice process whereby the youths along with the support of their families, will be asked to sign a contract with the intent to try and repair the harm and restore the relationships that were lost due to the youth's behaviour.



TAKE ACTION!

If you find your child is either/or terrorizing, intimidating, shunning, tormenting and/or ridiculing another person(s), you must not make light of the situation. You must not try to justify, rationalize or minimize that learned behaviour. Condoning their behaviour does not serve them well. However, do not punish your child. This will teach him/her to be more aggressive and hurtful. They learn to begin to master the art of bullying in ways that are sneakier than before. This is why bullies can be very difficult to catch.

What can you do as caregivers?

1. Intervene immediately with discipline (not punishment).
2. Create opportunities to "do good".
3. Nurture empathy.
4. Teach friendship skills – assertive, respectful and peaceful ways to relate to others.
5. Closely monitor your child's TV viewing, video game playing, computer activities and music.
6. Engage in more constructive, entertaining and energizing activities.
7. Teach your child to "will good" (discern right from wrong/act on what is right/say openly that you are acting on your understanding of right and wrong).

Information on bullying taken from the book, *The Bully, the Bullied, and the Bystander* by Barbara Coloroso.



For more information contact
shannonb@fnti.net or 613.396.2122 ext. 166.

Tontakaiê:rine
Tyendinaga Justice Circle

KINGSTON LACROSSE REGISTRATION
Is being held in your area on:

SATURDAY MARCH 7TH AND 21ST, 2009

| Time | Location | Address |
|---------------------|---------------------------|-------------------------------|
| 8:30 to 9:30 am | Gananoque Recreation Ctr | 600 King St. E., Gananoque |
| 10:00 am to 2:00 pm | Invista Ctr | 1350 Gardiners Rd., Kingston |
| 1:00 to 3:00 pm | Strathcona Paper Ctr | 16 McPherson Dr., Napanee |
| 5:00 to 7:00 pm | Yardman/Wally Dever Arena | 265 Cannifton Rd., Belleville |

REGISTRATIONS ALSO ACCEPTED ONLINE
FOR MORE INFORMATION,
PLEASE CHECK OUT COMPLETE DETAILS ON OUR WEBSITE AT:
www.kingstonlacrosse.com

COMMUNITY INTEREST

URGENT ATTENTION:

MOHAWK FAIR

Mohawk Fair has had to change its dates in order to accommodate a midway. Please be advised that the Mohawk Fair for this year will be held on August 21, 22, 23, 2009.

This year our Mohawk Fair will bigger and better than ever, with more rides and new family entertainment.

Stay tuned for more information each month regarding the new events.

Pass this important message on to all of your family and friends, especially those who have to travel afar.

Notice

FREE Spaghetti Supper - April 6, 2009 @ Mohawk Fair meeting.

Pat's Variety

6:30pm

Please join us and support our community fair.

For more information call: Kim 613-827-7939

CANADA REVENUE AGENCY

NEED HELP COMPLETING YOUR INCOME TAX RETURN... (FREE OF CHARGE)

The Canada Revenue Agency has administered the "Community Volunteer Income Tax Program" for over thirty years.

What is it?

It is a community-based program designed to help low-income individuals with simple tax situations complete their income tax and benefit returns, FREE OF CHARGE.

If you are a low income earner and would like assistance with the preparation of your individual income tax return, please plan to attend one of our clinics.

The "Community Volunteer Income Tax Program" will be offering tax preparation clinics on the following dates and locations in Tyendinaga:

TUESDAY MARCH 10/09 @ FNTI

5:00 P.M. – 7:00 P.M.

TUESDAY MARCH 24/09 @ FNTI

5:00 P.M. – 7:00 P.M.

SATURDAY APRIL 4/09 @ FNTI

10:00 A.M. – 2:00 P.M.

Should you have any questions, please feel free to contact Wendy Anderson at (613) 391-2658 or Elvin Green at (613) 391-2738.

"TMT Scholarship"...50% off Dance Lessons "

Beginning in September 2009 at "Angela Maracle Studios", this scholarship will be available to all aboriginal children under 18, who live on the Tyendinaga Mohawk Reserve. Consideration may be given to children who live off-reserve, if one parent can provide ID (band card) to prove nationality of child.

No applications or paperwork required.

We offer classes in Tap, Jazz, Ballet, Hip Hop, Contemporary, Acro and Bollywood. Aboriginal students will receive their classes for half price, starting Fall 2009.

613-968-9902

*includes all exam, technique, recreational and comp classes, including comp solos, duos and trios that the student is invited to do, by the director. Does NOT include solos, duos or trios that the student requests. Does not include optional classes taught by guest teachers. May not be used in conjunction with other scholarships or sibling discount

THE ANGLICAN PARISH OF TYENDINAGA

IN THE DIOCESE OF ONTARIO



Parish Priest

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

REACHING OUT TO THE COMMUNITY

We believe that part of our mission as Christians is to make a difference in the world through reaching out. Recently, the people of the Parish of Tyendinaga have touched the lives of others through:

- Making a donation to the Resource Room Class at Quinte Mohawk School to purchase supplemental learning resources.
- Initiating a conversation with Longhouse leaders to work towards reconciliation.

UPCOMING EVENTS

GOSPEL OF MARK BIBLE STUDY

WED NIGHTS, 4 MAR-8 APR, 7:00

P.M.

QUEEN ANNE PARISH CENTRE

WORLD DAY OF PRAYER SERVICE

FRI 6 MAR, 1:30 P.M.,

HOLY NAME OF MARY CHURCH,

MARYSVILLE

PALM SUNDAY LITURGY

SUN 5 APR (SEE SUNDAY

SERVICES ABOVE FOR TIMES)

HOLY WEEK AND EASTER

THU 9-SUN 12 APR

MORE DETAILS NEXT MONTH

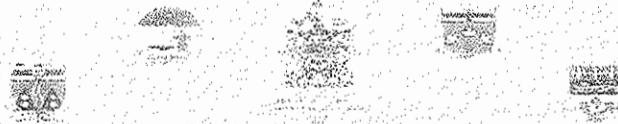
IN THE NEWS

Did you know that the ministry of the Parish of Tyendinaga is funded solely through donations from parishioners and community members? We do not receive any financial support from any level of government.

As costs continue to rise simply to maintain our presence in the community, we rely on the generosity of people like you to continue our ministry. Please consider making a donation through the website (see below) or signing up for a monthly donation. For more information on how you can help, please contact the Parish Priest.

FOR THE MOST UP-TO-DATE INFORMATION, SEE OUR WEBSITE

WWW.PARISHOFTYENDINAGA.ORG



Ontario Ministry of Sport, Culture and Tourism

I extend my appreciation to

Karen Kramm for her Sports Complex Committee

in recognition of your participation in

Eat Smart!

Ontario's Healthy Restaurant Program

Signed:

Daryl Kramm

Daryl Kramm MP

Prince Edward-Hastings



COMMUNITY INTERESTS

*In Loving Memory
of a dear daughter, sister & aunt
Sonia Maracle
who left us on March 15, 2008*

*We weren't prepared for you to go
You were too full of life to be
Taken away from us so soon
It's still hard to believe*

*How much we'll miss your smile
And your laughter in our ears
Your absence leaves a hole in us
We're filling with our tears*

*You taught us how to be our best
To in the moment live
To never hold a grudge for long
And loyal friendship give*

*Your presence was a light and joy
We never realized would someday end
Just like the brilliant falling star
That curved 'round heaven's bend.*

*Always loved and never forgotten by
Mom, Karen, Bonnie & Bill,
Janet & Todd, Angie & Dave
And all her nieces, nephews*

*In Loving Memory of a Special Sister-in-Law
and Aunt*

Aunt Sonia

*Though your smile is gone forever,
And your hand we cannot touch,
Still we have so many memories,
Of the ones we loved so much.
Your memory is our keepsake,
With which we'll never part,
God has you in His keeping,
We have you in our hearts.*

*We love and miss you Aunt Sonia
You are forever in our hearts*

Love Always

*Todd, Nan, Kelsey, Derek and Whiskey
xoxoxo*

*In loving memory of a wonderful mother, nanny
& great grandmother*

*Jean (Winnie) Carr-Brant nee Hill
September 17, 1925 – March 11, 2004*

*There is a special place in our hearts
For those we have loved, for those who have loved us
Without question, without a word or promise...
There is a special place where there is no pain or fear,
Where loves flows freely....
There is a special place to rest in our hearts forever*

*It's hard to believe it's been 5 years that you
have been gone,
As you are still missed so much and thought of everyday*

*All our love, Carol, Harry, Betty,
Billy, Mary Jean, Norman,
Marilyn, Mike, Tracey & Families*

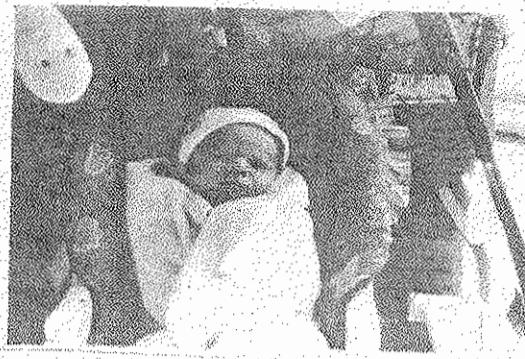
*In loving memory of a
"SPECIAL" DEAR FRIEND
who passed away March 15, 2008*

*This month comes back with sad regret,
It brings back a day we'll never forget,
You fell asleep without good-bye,
The tears we shed we can wipe away,
But the ache in our hearts will always stay,
As the Angels keep their watch up there,
Please God just let her know
That we down here still miss and love her so.*

*Always remembered and loved by
Nora & Junior*

COMMUNITY INTEREST

**IT'S
A BOY!**



Heather and Marcel are delighted to announce the birth of their second son:

"SAWYER VINCENT MARACLE"

Born: February 5th 2009

Weight: 7 lbs 15 oz

Belleville General Hospital

A baby brother to Karissa, Shayna and Owen

Grandparents:

Janice Darlington of Ottawa

Debbie & Harvey Maracle of Tyendinaga

**IT'S
A BOY!**



Brother to Ernie Maracle and Riley Morris

JORDAN ALVIN SKY MARACLE

February 7, 2009

6 lbs 12 ½ oz

21 inches

Parents: Doris Maracle & Kevin Soules

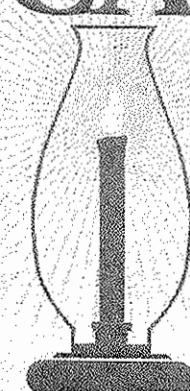
Grandparents:

Heather Maracle – TMT

Wanda & Jerry Soules – RR#1 Carrying Place

CANDLES
A GLOWING CONCERN

Keep candles out of the reach of children and pets. Remember to snuff out your candles if you are leaving the room or going to bed.




**IT'S
A GIRL!**

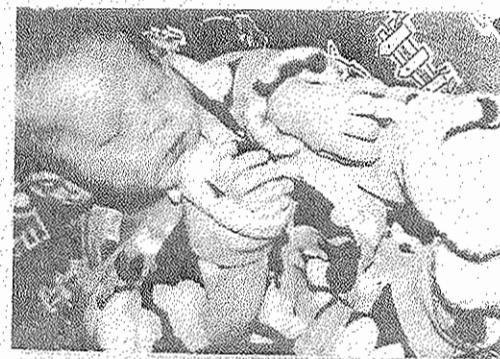


Dawn & Russ Loft are happy to announce the arrival of Madi Nicole on January 14, 2009 weighing 8.12 lbs

Proud grandparents are Delores & Russell Loft and Peter & Jeannette Sero

Welcomed by big sisters Hailey, Nadean, Paula, Katelyn

**IT'S
A BOY!**



BIG brother Wyatt is excited to announce that his little brother is finally here!

Ethan Benjamin Loft was born on February 9th 2009 at 12:12 pm weighing 6 lbs 6 oz.

Proud Mommy and Daddy are Maria and Brad Loft.

Grandparents: Marlene Blakely and Rick and Marilyn Loft

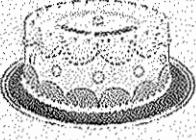
Great Grandparents: Martha Bowen, Bruce and Mary Loft

THANK YOU!

Our family would like to thank everyone that helped us when we had a fire. The Mohawk Fire Department, Sharon Brown, Garry Hughes, Joe & Ang Brown and family, Sarah Brown and family, Melvin Diabo, Brian & Rachel Volkmann and family, Trevor Maracle, Rob & Tracey Maracle, Sha'tekayenton, Cailynn Maracle, Laura & Patrick Maracle and family, Jan Hill, Tewahennake, Neil Maracle, Matt Maracle, and to all those who called and gave us words of encouragement. Your kindness and generosity has been greatly appreciated. Nya:wen ko:wa sewakwe:kon.

From the Auten Family

BIRTHDAYS

| | | | |
|--|---|--|--|
| <p>Happy Birthday!</p> <p>Gail March 9</p>  <p>Love, Wendy & Glenn</p> | <p>Happy Birthday!</p> <p>Amy Cowie March 18</p>  <p>Love, Uncle Chip, Aunt Allison & Kody</p> | <p>Happy Birthday!</p> <p>Chloe Sparks. March 5</p>  <p>Love, Chip Allison & Kody</p> |  <p>Happy Birthday Dan March 1st Love Aunt Marilyn, Uncle Rick & Sam</p> <p>Happy 4th Birthday Daniel March 3rd Love Aunt Marilyn, Uncle Rick & Sam</p> <p>Happy 75th Birthday Dad March 10th Love Rick & Marilyn</p> <p>Happy 75th Birthday Grandpa Bruce March 10th Love Sam</p> <p>Happy Birthday John March 13th Love Marilyn, Rick & Sam</p> <p>Happy Birthday Chris March 13th Love Marilyn, Rick & Sam</p> <p>Happy Birthday Nancy March 27th Love Marilyn, Rick & Sam</p> <p>Happy Birthday Eileen March 27th Love Marilyn, Rick & Sam</p> <p>Happy Birthday Angie March 30th Love Aunt Marilyn, Uncle Rick & Sam</p> <p>Happy 4th Birthday Rhyder March 30th Love Aunt Marilyn, Uncle Rick & Sam</p> <p>Happy Birthday Warren March 28th From Marilyn & Joy</p> |
| <p>Happy Birthday!</p> <p>Auntie March 9</p>  <p>Love Doodie</p> | <p>Happy Birthday!</p> <p>Gram March 30</p>  <p>Love Todd, Janet, Kelsey, Derek & Whiskey</p> | <p>Happy Birthday!</p> <p>Aunt Lorrie March 5</p>  <p>Love Bart, Melissa & Boys</p> | <p>Happy Birthday!</p> <p>John March 13th Love Marilyn, Rick & Sam</p> <p>Happy Birthday Chris March 13th Love Marilyn, Rick & Sam</p> <p>Happy Birthday Nancy March 27th Love Marilyn, Rick & Sam</p> <p>Happy Birthday Eileen March 27th Love Marilyn, Rick & Sam</p> <p>Happy Birthday Angie March 30th Love Aunt Marilyn, Uncle Rick & Sam</p> <p>Happy 4th Birthday Rhyder March 30th Love Aunt Marilyn, Uncle Rick & Sam</p> <p>Happy Birthday Warren March 28th From Marilyn & Joy</p> |
| <p>Happy Birthday!</p> | <p>Happy Birthday!</p> | <p>Happy Birthday!</p> | <p>Happy Birthday!</p> |
| <p>Gram March 30</p>  | <p>Poppa (Dad) March 18</p>  | <p>Amy Brant March 18</p>  | <p>Eileen March 27th Love Marilyn, Rick & Sam</p> |
| <p>Love, Bart, Melissa & Boys</p> | <p>Love, Elijah, Keegan, Melissa & Bart xoxo</p> | <p>Love, Uncle Chip, Aunt Allison & Kody</p> | <p>Angie March 30th Love Aunt Marilyn, Uncle Rick & Sam</p> |
| <p>Happy Birthday, Gram/GG March 30</p> | <p>Happy Birthday! Mom/Gram on March 30</p> | <p>Happy Birthday!</p> | <p>Happy Birthday!</p> |
| <p>How fortunate I am To have a gram ma like you Your love shows through In all that you do So much of yourself You have given to me Asking nothing in return But a good person I be You taught me values That are important in life Your guidance for me Have always been right I love you so much Just had to convey My love for you in These words that I say</p> | <p>Happy birthday, Mom! I hope everyone can see, What a great mom you've always been, And how much you mean to me. I always think about you, In times both good and bad, For the things you taught are with me, In happy times and sad. So on this day I wish you joy, Just like you pass around. May all your good times multiply, And happiness abound.</p> | <p>Love always, Bonnie, Bill, Haley OXOXOX</p> | <p>Madison March 5</p>  |
| <p>Love always, Cassie, Greg, Jared, Gage OXOXOX</p> | | <p>Happy Birthday! Love Aunt Nora & Poppy</p> | |

UPCOMING EVENTS

POW WOW MEETING

The Next Pow Wow meeting will be held on Sunday March 8, 2009 at 2:00 p.m.
At the Thyendanega Health Centre
1658 York Road

Please come and share your ideas for this years Pow Wow

Coming Soon to Tyendinaga A Wild Game Dinner and Presentation

Monday April 6, 2009
At 6 P.M.
at the Community Centre
The Presentation will be on
Cancer Prevention & Screening
For You and Your Family
By Dr Hugh Langley

Dr Langley is a graduate of Queen's University. He is an advocate for early detection of cancer through cancer screening programs. Dr Langley is also the Primary Care Physician for Cancer Screening and Prevention Programs as well as the Medical Director of the Ontario Breast Screening Program in South Eastern Ontario. He works as a Senior Medical Consultant for the Ontario Health Insurance Plan and is the Medical Director of Queen's University Student Health Services.

To register call
Thayendanega Health Centre
at 613-967-3603

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 MARCH 13, 2009
& FRIDAY MARCH 27, 2009
at Thayendanega Health Centre
10:30 am - Noon

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

**BREASTFEEDING CLINIC AVAILABLE
MOST FRIDAYS
PLEASE CALL FOR AN APPOINTMENT**

**TO CONFIRM MEETINGS OR
To find HELP for BREASTFEEDING NEEDS
BETWEEN CLINICS
CALL HEALTH CENTRE: 967-3603
or 613-396-2942 when THC closed**

Please make copies and post on
your Community Bulletin Board

The Canadian ABORIGINAL WRITING Challenge

Time is running out!
Submit your creative writing
today!

Are you a young Aboriginal writer with a story to tell?
Are you between the ages of 14-18 or 19-29?
Showcase your creative writing and win great prizes!!

The Canadian Aboriginal Writing Challenge is fun and easy and there is no charge to enter. Simply choose a moment in Aboriginal history and explore it through a piece of creative writing. The event selected should be tied to Canada's past and/or your ancestral history. It can date as far back as a traditional legend or as recently as the June 2008 apology for residential schools. We encourage you to be creative in your choice of writing styles.

WHAT STORY WILL YOU TELL?

Win cash prizes and have your story published in "The Beaver: Canada's History Magazine".

For contest guidelines, call 1-866-538-4704
or visit our website www.GoToInfo.ca/Writing
Deadline for submissions is March 31, 2009

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To be removed from this list, fax this ad with your Name & Fax Number to 1-888-418-8781 or mail to Aboriginal Link, 3-179 McDermot Ave, Winnipeg, MB R3G 0S1



Spring Social

Please join Hiawatha in celebration
of the upcoming Pow wow Season
and
our "New" Little Boys Drum.

The social will be held at the Evinrude Centre in Peterborough on
Friday March 27th 2009.

Doors will open at 5:30

Potluck dinner will be served at 6:00.

Drumming and Social

will begin at 7:00.

The host drum for this event
will be Rice Lake Thunder.

Other drums are invited to attend.

For more information or to register your drum,
please call Donna at 295-4421 before March 20th.

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 - very thick firm mattress and a blue Suede cover
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Call: 613-396-5077

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

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HOUSE FOR SALE

1200 Sq. Ft. BUNGALOW
 - single car garage
 - 3 bedroom
 - rec room, covered porch, treed lot
 - located at 5904 Hwy # 2

For more info call Mike:
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 Contact Wm J. Brant: 613-967-1129 for further details.

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FOR SALE**BUILDING LOTS**

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

Call: 968-3917

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COMMERCIAL MEAT SLICER
 - good condition

Call: 613-962-5470

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 SALE

2 bedroom house, large eat in kitchen, pine cupboards, formal dining area, spacious 540 sq.ft living room, finished walk out basement with fireplace and full bath, 2 bathrooms on main floor, 2 upper decks, lower deck to above ground pool and gazebo, propane and electric baseboard heating, central air, 3 car garage with attached office, attractive shrub and flower gardens - located on 1 1/3 acre lot at 186 Ridge Road.

For more information
call Doug at 613-969-9568

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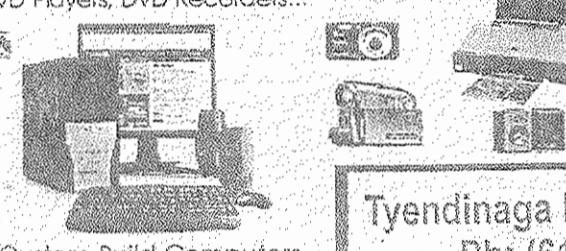
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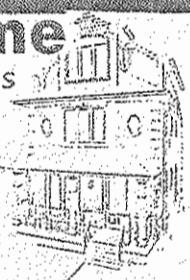
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