



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ORI:WASE (NEWS)

ISSUE 3/14
ENNIHKKOWA (March)

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

Get Acquainted With Your Well

Please join us for a Well Water Information night at the 59er's Hall (8011 Old Highway #2)
on Thursday, March 13th 2014 at 6:00pm.



- 💧 Protect the source
- 💧 Test your water
- 💧 Maintain your well
- 💧 Decommission old wells
- 💧 Hire only licensed well contractors

Everyone is welcome, registration is not needed
Refreshments provided – Giveaways – Door Prizes



For more information contact the Water Department at the MBQ Administration Office 613-396-3424

Ministry of Transportation

Policy and Planning Division
Transportation Planning Branch
Systems Analysis and Forecasting Office
777 Bay Street, Suite 3000
Toronto ON M7A 2J8
Tel.: 416-585-7025
Fax: 416-585-7324

Michael.Casey@ontario.ca

Ministère des Transports

Division des politiques et de la planification
Direction de la planification des transports
Bureau d'analyse des systèmes et
de prévision
777 rue Bay, bureau 3000
Toronto ON M7A 2J8
Tél. : 416-585-7025
Téléc. : 416-585-7324



February 12, 2014

Chief R. Donald Maracle
Mohawks of the Bay of Quinte
R. R. #1, 13 Old York Road
Deseronto, Ontario
K0K 1X0

RECEIVED
FEB 16 2014

Dear Chief R. Donald Maracle:

RE: International Border Passenger Surveys

On behalf of the Ministry of Transportation, I would like to inform you that the Ministry of Transportation is planning to conduct international passenger surveys at all international bridges and tunnels in Windsor, Sarnia, Prescott, Cornwall, and Thousand Islands in the summer of 2014. The Systems Analysis and Forecasting Office of the Ministry of Transportation will be the lead office for the planning and conduct of the project.

International border surveys are an important part of the Ministry's planning process. They help provide information on cross border travel trends to help the Ministry assess where policy changes and infrastructure improvements are needed to ensure that the transportation system serves the transportation needs of Ontario and its peoples.

This is a project start up notification. Ministry of Transportation staff are currently developing the survey content and wish to inform you of our intentions to conduct this survey later in the year. Further notification will be sent prior to the survey implementation with the survey questions, locations and dates.

The Ministry of Transportation acknowledges and does value the good relationship we share together with the Mohawks of the Bay of Quinte First Nation and wants to continue to strengthen this relationship. Please feel free to contact me at any point if you would like to discuss the Ministry of Transportation's survey plans.

Yours sincerely,

Michael M. Casey
Manager, Systems Analysis and Forecasting

cc: John Hanna, Eastern Region
Leslie Currie, Aboriginal Relations Branch
Tijja Dirks, Transportation Planning Branch

TYENDINAGA MOHAWK COUNCIL PORTFOLIOS FOR 2014-2015

Maracle, Chief R. Donald Box 98, 48B Bayshore Road Tyendinaga Mohawk Territory, ON K0K 1X0 Phone (H): (613) 396-3089 Cell Phone: (613) 391-9249 E-Mail: rdonm@mbq-tmt.org	<ul style="list-style-type: none"> ➤ All Portfolios ➤ Media Relations – Council Spokesperson ➤ AIAI Chiefs Rep – COO Liaison ➤ External Government Relations – Lobby ➤ Fed/Pro Legislative Initiatives ➤ Chiefs Committee on Health ➤ Seniors Issues ➤ BREC/Drainall
Brant, Barry 368 Lower Slash Road Tyendinaga Mohawk Territory, ON K0K 1X0 Phone (H): (613) 396-3827 Cell Phone: (613) 885-5512 E-Mail: bbrantb@hotmail.ca	<ul style="list-style-type: none"> ➤ INFRASTRUCTURE <ul style="list-style-type: none"> - Roads - Water & Sewer - Sanitation - Environment - Mohawk Fire Department - Emergency Preparedness - Technical Services - Utilities - Special Projects – Tobacco Quotas
Maracle, Douglas E. 186 Ridge Road Tyendinaga Mohawk Territory, ON K0K 3A0 Phone (H): (613) 969-9568 Cell Phone: (613) 391-7058 E-Mail: dmaracle@kos.net	<ul style="list-style-type: none"> ➤ EDUCATION, CULTURE & LANGUAGE <ul style="list-style-type: none"> - Post Secondary Education - Daycare - Headstart - Quinte Mohawk School – Operations - Elementary k-8 - Secondary Education - Busing - Library - Before & After School Program - Ohahase
Sandra J. Lewis-den Otter 95 Young Street Tyendinaga Mohawk Territory, ON K0K 3A0 Cell Phone: (613) 813-2367 E-Mail: sjlewisdenotter@gmail.com	<ul style="list-style-type: none"> ➤ COMMUNITY WELLBEING – HEALTH & SOCIAL <ul style="list-style-type: none"> - Health Services - Home Support - Red Cedars - Ontario Works - Mohawk Family Services - QHC Diabetes - Income Support - Home & Community Care - Youth Services - Fitness Centre
Maracle, Carl (Ted) 1112 York Road Tyendinaga Mohawk Territory, ON K0K 1X0 Phone (H): (613) 966-0009 Cell Phone: (613) 885-2458 E-Mail: tedm@mbq-tmt.org	<ul style="list-style-type: none"> ➤ HOUSING <ul style="list-style-type: none"> - New Construction - Renovations - RRAP – CMHC - HASI – CMHC - Band Rentals - Elders Lodge – Maintenance - Band Property Maintenance - Parks - Recreation Complex – Future Planning/Maintenance

Council as a whole	<ul style="list-style-type: none"> ➤ Lands Research & Claims ➤ Lands & Estates ➤ Membership ➤ Treaty Rights ➤ Iroquois Caucus ➤ Police Relations ➤ Community Safety ➤ Nation Building ➤ Communications ➤ Casino Rama Funding ➤ Major Capital Projects ➤ Finance / Administration / Human Resources ➤ Budgets ➤ MBQ Organizational Structure ➤ Legal Matters ➤ Consultation ➤ MBQ Standing Committee ➤ Intergovernmental Relations ➤ Economic Development ➤ Employment & Training
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ORGANIZATION NUMBERS

ADMINISTRATION OFFICE	613-396-3424
BAND PROPERTY MAINTENANCE	613-396-5328
BUSING	613-396-2000
COMMUNITY SERVICES OFFICE	613-967-3616
COMMUNITY WELLBEING CENTRE	613-967-3603
EARLY CHILDHOOD/ MATERNAL HEALTH PROGRAM	613-967-3603
FIRST NATIONS TECHNICAL INSTITUTE	613-396-2122
FITNESS RESOURCE CENTRE	613-962-2822
GOOD MINDS PROGRAM	613-967-0122
HOME AND COMMUNITY CARE	613-967-3603
KAJITA MIKAM	613-962-3103
KANHIOTE PUBLIC LIBRARY	613-967-6264
MOHAWK FAMILY AND CHILDREN'S SERVICES	613-967-0122
MOHAWK FIRE HALL	613- 968-7985
MOHAWK POLICE STATION	613-967-3888
RED CEDARS SHELTER	613-967-2003
ROAD SHED	613-396-5864
TYENDINAGA DAYCARE	613-967-4401
TAHATIKONHSO:TONTIE HEAD START	613-396-6716

* NOTICE *

Please be advised that the staff of the Mohawks of the Bay of Quinte will be having a staff appreciation day on Friday March 21st from 12 noon - 4:30 p.m.

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



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in January responded to 16 calls:

- 2 Medical Assists**
- 3 Motor Vehicle Collision**
- 1 Public Service**
- 5 Mutual Aid Assist**
- 1 Vehicle Fire**
- 3 Auto Alarm**
- 1 False Fire Call**

The Mohawk Firefighters in February responded to 2 calls:

- 1 Tanker Assist**
- 1 Auto Alarm**

This brings our total to 18 calls for the year 2014

2014/16

ACADEMIC SCHEDULE

PROGRAM	LOCATION	DATE
BACHELOR OF ARTS: PUBLIC ADMINISTRATION & GOVERNANCE	TORONTO/TYENDINAGA	SEP 2014
BACHELOR OF SOCIAL WORK	TYENDINAGA	JAN 2016
PROFESSIONAL MASTERS OF PUBLIC ADMINISTRATION	KINGSTON	SEP 2014
MASTER OF SOCIAL WORK	TYENDINAGA/KITCHENER	SEP 2015
SOCIAL SERVICE WORKER DIPLOMA	SARNIA	SEP 2014
	OTTAWA	
INDIGENOUS COMMUNITY DIABETES SUPPORT WORKER	TORONTO	SEP 2014
	AKWESASNE	
FIRST PEOPLES' AVIATION TECHNOLOGY - FLIGHT	TYENDINAGA	SEP 2014
OFFICE ADMINISTRATION	OTTAWA	SEP 2014
INDIGENOUS COMMUNITY HEALTH APPROACHES	KAHNAWAKE	SEP 2014
	SAULT STE. MARIE	
PERSONAL SUPPORT WORKER	TYENDINAGA	SEP 2014



Call for Board Members

Tsi Tyonnheht Onkwawenna Language and Cultural Centre (TTO) is a not-for-profit community organization dedicated to the revitalization of language and culture in the community of Kenhteke. In addition to operating three full-time language programs (Totahne Language Nest, Kawenna'onwe Primary Immersion School, Shatiwennakaratats Adult Language program) the organization also provides educational and professional development opportunities in the form of workshops, seminars and information sessions. TTO strives to engage the general public and ignite thought through their programming, and regularly collaborates with other local organizations and sister communities within the Mohawk Nation.

TTO is seeking dedicated and enthusiastic individuals to sit on its board of directors. Being a member of the board is challenging; it requires commitment, leadership, decision-making, and integrity. But it is also a very rewarding experience that allows you to gain new insights and develop new skills that will aid you in your future endeavours. Board meetings are held on a regular basis, and members are expected to volunteer additional time sitting on committees and attending events.

Ideal candidates will be community members with an interest in language and cultural revitalization, fundraising and/or previous board experience. Candidates must also be community-minded and possess good communication and interpersonal skills.

Interested individuals are asked to submit a letter of intent in person or by mail to:

Tsi Tyonnheht Onkwawenna
314 Airport Rd.
Tyendinaga Territory, Ontario K0K 1X0

For more information, please contact:

Callie Hill
Executive Director
callie.hill@tto-kenhteke.org
(613) 396-1081

New Teacher Welcome at the Hope Program

The staff and students would like to welcome new teacher John Boulton to the Hope Program. John brings over 25 years of teaching experience specializing in Coop education, Biology and Social Sciences.

New courses at Hope for this semester include Native Values and Beliefs, Coop Education and Outdoor Education. Students will be able to learn about Mohawk Culture, gain job experience, and discover the wonders of the outdoors while completing courses for a high school diploma.

If your son or daughter is thinking about Alternative Education contact Moira Secondary School at (613) 962-8668 or The Hope Program at (613) 966-8079. Email emaracle@hpedsb.on.ca and you can also visit our website for more information. Go to www.hpedsb.on.ca/mss/ and under student services click the Hope link.

Aboriginal



Artfest

Call for Expression of Interest

Art Exhibition & Sale featuring the creative First Nation artists of the Tyendinaga Mohawk community of Aboriginal heritage, 18 years of age and older.

Deadline for Reply: Thursday, May 1st at 12:00 noon.

This will confirm your intention to participate in the event. No submissions will be accepted after this date.

Submissions: any two-dimensional media including; oils, acrylics, watercolours, designers' gouache, tempera, pastels, inks, pencils, sculpted or cut paper, fibre art and photography.

Date: The Exhibition and Sale will be held October 3-5, 2014. All exhibits must be delivered by 4:00 p.m. on Thursday, October 2nd, Location TBD. Artwork **MUST** be picked up at 4:00 pm on Sunday, October 5th.

Submission Fee: \$35.00 for 3 entries, \$5 for each additional entry.

All entries must be the original work of the entrant and must not infringe on the rights of any other party. Damage to any artwork is not the responsibility of the organizers. We care about your artwork, but cannot accept liability.

Entry forms may be submitted to the organizers at either:

Narda Julg

By Email: nardakj@bell.net

By Mail: 120 Huron Brant Drive N., Deseronto, ON K0K 1X0

Or

Debra Vincent

By Email: vindebra@gmail.com

By Mail: 36B Bayshore Rd, Tyendinaga Mohawk Territory, ON K0K 1X0

Whether you are a first time artist who has never exhibited or even thought of exhibiting your work, or one who has exhibited many times – *We want you!* We would like to display your artistic efforts and look forward to meeting you and sharing the gift of your talent. Please contact us if you have any questions.

GUIDELINES & POLICIES

APPLICATION & FEES

All applications must be received by May 1, 2014 in order for organizers to secure adequate exhibition space. Applications to include a non-refundable deposit of \$25, with remaining fees to be paid upon delivery of artwork on October 2, 2014.

ELIGIBILITY

All Tyendinaga Mohawk Territory artists of Aboriginal heritage, 18 years and older, are invited to participate.

ARTISTS ON SITE

We require all artists to be on-site

- during the Friday evening reception, AND
- Saturday - 10 am to 1 pm OR 1 pm to 4 pm AND
- Saturday - 10 am to 1 pm OR 1 pm to 4 pm

STANDARDS

1. All work displayed must be the artist's original design and handcrafted by the exhibitor.
2. All submissions must be framed or mounted and ready to hang.
3. Artwork needs to have a wire as its primary mode of hanging, on the back (no saw tooth or other contraptions that take special nails and extra hammers). Ensure that the wire is in the upper quarter section of the frame for the best vertical hanging position.
4. Each submission must have the following information securely taped to the back of each piece:

Name:

Title of work: (Untitled is fine.)

Medium used:

Selling price:

COMMUNITY GIVING

All exhibitor fees will be donated to the Tyendinaga Mohawk Territory foodbank.

ENTRY FORM

(submit in person, email or snail mail to either of the organizers)

1. EXHIBITOR

Please Print

FIRST NAME: _____ LAST NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

2. WORK DESCRIPTION

Estimated number of pieces _____

Estimated size of pieces _____

3. CATEGORY (please circle)

Oils Acrylic Watercolour Designers' gouache Tempera

Pastels Inks Pencil Sculpted or Cut Paper Fibre Art

Photography

Other (*must be 2 Dimensional*) please state medium: _____

Exhibitor Signature: _____ Date: _____

☐

Deposit Included

☐

I agree to have my name and email added to the list of artists that will be distributed at the exhibit.



It's official, our Raven (Tabobandung) is playing on Canada's Under 19 National World Junior Team for Floor Ball. Raven earned the spot of goaltender and will be stopping goals instead of scoring them as she has done for most of her ice hockey career! The team leaves April 24th for Prague, where they will be sight seeing and playing exhibition games against local teams. April 28th they will be in Berlin Germany where they will see the Berlin Wall and Aushwite. April 29 to May 5th they will be in Poland where they will play the Ukraine, Norway, Jamaica, Austria and Germany National teams.

We know you join us in wishing Raven and Team Canada all the best on this exciting experience!

Congrats and we're proud of you, Nana, Aunt Debra and Uncle Gary

Mohawk Entrepreneur Andra Rush to Join First Lady at State of Union

ICTMN Staff

1/28/14

Andra Rush, Mohawk, founder, CEO and chairperson of Rush Trucking Corporation, will be among a handful of invited individuals seated in the box with First Lady Michelle Obama at the President's State of the Union Address on Wednesday night.

In 1984 at the mere age of 23, Rush founded the trucking and freight transportation company Rush Trucking Corporation as a three-truck company, funded with copy0,000 from Rush's credit cards and a \$5,000 loan from her parents. The business, headquartered in Wayne, Michigan, has successfully grown to more than 700 tractors, 1,100 trailers, 450 employees/company drivers, and 400 owner-operators—with satellite facilities in Louisville, Kentucky; Buffalo, West Virginia; and Kansas City, Missouri. Over the past decade, The Rush Group has expanded with the acquisitions of Blazer Truck Lines, Expedited Delivery Service, Raycan Transport (a Canadian carrier) and Rush Distribution Services.

Today, according to its website, Rush Trucking is

the largest Native American-owned business in the U.S.

In 2012, Rush was appointed to the U.S. Manufacturing Council, which is the principal private-sector advisory committee to the U.S. Secretary of Commerce on manufacturing matters. She was also appointed by Governor Rick Snyder to serve as a trustee for Michigan's Children's Trust Fund.

Rush is a descendant of the Mohawk Tribe from the Six-Nation Reserve, in Canada. Her paternal grandparents lived on the reserve, reported Indianz.com. Rush has a Bachelor of Arts in Nursing (1982) from the University of Michigan, and is the proud mother of three sons; Zack, Cheyenne, and Chance.

"The guests who have been invited to sit with the First Lady represent the stories of millions of Americans across the country, who are working hard to better their communities, improve their own economic outcomes and help restore opportunity for all," The White House Blog states.

Watch a YouTube video by Corp! Magazine TV about Andra Rush's efforts to revive Detroit:

Read more at <http://indiancountrytodaymedianetwork.com/2014/01/28/mohawk-entrepreneur-andra-rush-join-first-lady>

Happy Birthday!



Happy Birthday

Dad-March 16

Lots of Love,

Hugs & Kisses

Cody & Mikayla

Happy Birthday

Amy Cowie

Love Uncle Chip & Aunt Allison

Happy 9th Birthday

Rain

Love Auntie, Jeffy and Ledgie

Happy 18th Birthday

Reggie—March 14

Happy Birthday

Gail

March 9

Love Wendy & Glenn

Happy 5th Birthday to an awesome grandson

Ethan – February 9th

Lots of Love, Grandma Loft & Papa

Happy Birthday

Dan – March 1st

Love Aunt Marilyn & Uncle Rick

Happy 9th Birthday

Daniel – March 3rd

Lots of Love, Aunt Marilyn, Uncle Rick,

Sam, Emmett, Phill & Hayden

Happy 80th Birthday

Dad (Bruce) – March 10th

Love Rick & Marilyn

Happy 80th Birthday

(Great) Grandpa – March 10th

Love Sam, Emmett, Phill & Hayden

Happy Birthday

John – March 13th

Love Marilyn, Rick, Sam, Emmett, Phill & Hayden

Happy Birthday

Chris – March 13th

Love Marilyn & Rick

Happy 2nd Birthday to a beautiful granddaughter

Layla – March 23rd

Lots of Love, Grandma & Papa

Happy 2nd Birthday to an awesome niece & cousin

Layla – March 23rd

Love Auntie Sam, Emmett, Phill & Hayden

Happy Birthday

Eileen – March 27th

Love Marilyn, Rick, Sam, Emmett, Phill & Hayden

Happy Birthday

Nancy – March 27th

Love Marilyn, Rick, Sam, Emmett, Phill & Hayden

Happy Birthday

Warren – March 28th

Enjoy Marilyn & Joy

Happy 4th Birthday

Talen – March 29th

Lots of love, Aunt Marilyn, Uncle Rick, Sam, Emmett, Phill & Hayden

Happy 9th Birthday

Rhyder – March 30th

Lots of Love Aunt Marilyn, Uncle Rick, Sam, Emmett, Phill & Hayden

Happy Birthday

Angie – March 30th

Love Aunt Marilyn, Uncle Rick, Sam, Emmett, Phill & Hayden



The Tahatikonhsotóntie Head Start Team would like to thank all of the families who participated in our Family Day and Open House event!

We would also like to say Nya:wen ko:wa for the generous gift bag donations to the following programs:

The Enyonkwa'nikonhriyo:hake Good Minds Program

and

The Family Health and Child Development Program

Nya:wen everyone for making this day a huge success!





MANY MANY THANKS (Nai:wen Kowa)

Volunteers of KWE Radio would like to express our appreciation to:

Dedication of Lights:

To all that purchased a light bulb in remembrance of a loved one.

Special Thank You Goes Out To

Bruce Maracle for ploughing the driveway when needed
Unanimous person that plowed as well

Valentine's Day Raffle Sponsors:

Donini Chocolates,
Treasure Chest,
MR.FRY and Mrs.Cone,
Time for you Salon
Mega Mart
Mary Kay -Janet Kellar
It Works - Janet Kellar
Xooma Word Wide - Vonneta Laprade
Busy B Cleaning

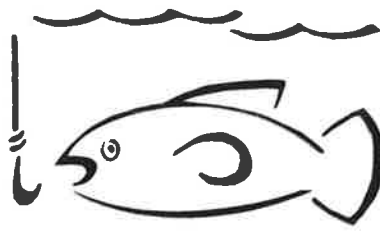
Tyendinaga Fitness Resource Center
Bodymaintenance
Lewis Books
Billy's Buy And Sell
Knitting by Irene

Winners of the Gift Baskets were:

- 1st- Keith Aulhouse
- 2nd- Darlene Quinn
- 3rd - Ola Wood



To all that purchased a square, we thank you for your support.



Thank you!

Sam's "lil" Variety 1st fun day walleye derby was a huge success. A big thank you to everyone that bought a ticket to help support our derby, we couldn't have done it without you. We hope to see you all again next year and hopefully it will be even bigger and better.

Thanks again guy's and gal's.

Sam's "lil" Variety

In loving memory of a
SPECIAL FRIEND
SONYA MARACLE
MARCH 15, 2008

*There's a special Angel in heaven
That is a part of me,
It's not where I wanted her now,
But Where God wanted her to be.*

*She was here but just a moment,
Like a night time shooting star
And though she is in Heaven,
She isn't very far.*

*She touched the hearts of many,
Like only an Angel can do.
So I send this special message
To heaven up above,
Please take care of my Angel
And send her all my love.*

*Thinking of you always,
Love Nora
March 2014*

In Loving Memory of

Marty Brant

Who passed away March 24, 2013

*Farewells were left unspoken,
You gently slipped away.
You left many happy memories,
That will never fade away.
You are always in our thoughts, and
Forever in our hearts.*

*Missing you dear brother,
Linda*

*We miss you Uncle Mart,
Angela, Jake, Shirley, Victoria and Ashton*

BRANT

In loving memory of a
Husband, Father and Grandfather Marty
who passed away March 24, 2013.

*We love and miss you Dad
We wish you were here today,
Just to say these words to you.
We love you in every way.*

Always remembered
and never forgotten.

Dorothy-Ann
Krista, Doug
Gaven, Makayla
and Chris



In loving memory of Jean (Winnie) Carr-Braint nee Hill, mother, mother-in-law and nanny who is missed so very much.

September 17, 1925 – March 11, 2004

*When you lose someone you love
The hurt is hard to hide
But when you lose your mother
You just break up inside
To those who have their mother
Love her while you may
For we wish with all our heart and soul
We still had ours today*

Always remembered and loved so very much

Carol & Manson, Harry & Eileen, Betty, Bill
& Nancy, MJ & Bill, Marilyn & Rick, Mike &
Wanda, Tracey & John & families

In loving memory of a wonderful brother, brother-in-law & uncle
Kenneth Norman (Kokamo) Carr-Braint
October 10, 1959 – February 11, 2010

*Brother now that you are gone
You're no longer here to share
The bond we had together
A bond of love and care
Yet, somehow something tells me
You are watching over us
Now that from worldly cares
You finally are free
We miss you so very much
And our tears we cannot hide
Yet within our hearts, we feel
You are always by our side
Ever since you went away
Life has never been the same
Yet it comforts us to know
That one day we'll meet again*

Forever loved & never forgotten.
We miss you so much.

Carol & Manson, Harry & Eileen, Betty, Billy & Nancy, MJ & Bill,
Marilyn & Rick, Mike & Wanda, Tracey & John & Families



GRATITUDE FROM MY HEART

I would like to take this opportunity to express my sincere "THANK YOU" to Chief and Council for the use of the Community Centre for the luncheon in the celebration of the life of my husband, Bill Williams.

Special thanks to Pat Brant for the coordination of the generous donations of food that was brought in by community members. Thanks to each and every one who contributed in any way to provide such a lovely luncheon. Thank you to my friends and church family for all your help, support, telephone calls, condolences and many cards. Thanks to Tom and Deb Vincent for opening up their home and providing the fantastic food and fellowship for me and my family during this stressful time.

Thanks seems so menial when I think of the Doctors, nurses and volunteers at the Lennox and Addington County Hospital. All of you certainly played a part in keeping Bill comfortable during the last leg of his earthly journey as well as supporting me. The use of the palliative care unit is beyond words. It is difficult to articulate the appreciation extended to those who made monetary donations to L & A County Hospital and to those who sent the beautiful floral arrangements.

The deep sense of love, compassion and support from my sons, their spouses and their siblings was overwhelming. A huge thank you to all those who gave of their time to drive me to and from the hospital as I was recuperating from a broken collarbone and was unable to drive. Gerod and my sisters Ina and Joanne were indispensable, your love, concern and prayers will never be forgotten.

God's love was certainly emanated through Pastor Bowbeer and his wife Erica. Thank you both for the love, support, prayers and spiritual guidance, not only to me but to Bill as well. Thank you Pastor for the numerous visits to our home and to the hospital, your many prayers were greatly appreciated and well received.

Mark, I personally thank you for your support, the many times you came to visit Bill, both at home and in the hospital. I certainly appreciate the role you played in arranging the "Honor Guards" from the Belleville Professional Firefighters Association. I am very pleased the Firefighters honored my husband by this generous act of kindness.

Thanks to my "special friends" at the Hilton, your love, compassion and hospitality was awesome. You certainly went the extra mile to make me feel comfortable and cared for.

I can not forget to praise and thank God for giving me the opportunity to know and love Bill. I thank God for the privilege of witnessing Bill surrender his life to God, confessing his sins and accepting Jesus Christ as his Savior. I know it was the Grace of God that gave me the endurance, the financial resources and protection as I braved the ice, snow and sleet to and from Kingston to be with Bill.

Heartfelt thanks to McGlade Funeral Home, you were all so professional yet so compassionate. It seems so trivial, but I pray each and everyone accepts my sincere appreciation.

Sincerely
Bev Hill



COMMUNITY HEALTH

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Breastfeeding Support Group 10:30 am-12pm	5	6	7	8
9	10 Rattle Making Workshop 9am-4pm Teaching Lodge	11 Breastfeeding Support Group 10:30 am-12pm Diabetes Social Circle 6pm-8pm Rattle Making Workshop 9am-4pm Teaching Lodge	12 Pickle Ball Quinte Sport Call to Register	13	14	15
16	17	18 Breastfeeding Support Group 10:30 am-12pm Parish Church	19	20	21	22
23	24	25 Breastfeeding Support Group 10:30 am-12pm Parish Church	26 Gastric Bypass Support Group 6pm-8pm	27	28	29
30	31					

NEEDED!!!

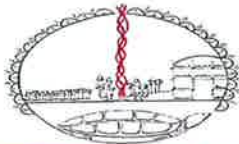
Volunteer Medical Transportation Drivers



**Do you have
some free time
to Volunteer?**

**Are you looking to
Supplement your
Income?**

**If your interested in helping out,
please contact the
Community Wellbeing Centre
613-967-3603**



Promote

Protect

Support Breastfeeding

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

Nursing Mothers Support Group

Tuesdays 10:30-12:00 noon

Queen Anne Parish Centre

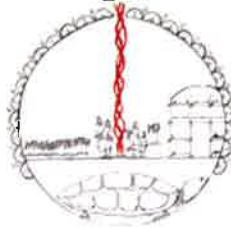
1295 Ridge Road TMT

Lactation Consultation available

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

SO YOU THINK YOU CAN SNACK?!

Everyone



Welcome

Enyonkwa'nikonhriyohake' (Good Minds Program)
In conjunction with The Diabetes Education Program

Thursday, March 27, 2014

6pm - 8pm

Teaching Lodge @ Community
Wellbeing Centre

Please Call to Register:
Lyndsay Scero, Youth Mentor
Enyonkwa'nikonhriyohake' Program
613-967-0122 Ext:148

- ⇒ *Can you make a meal for you and your family without a recipe?*
- ⇒ *Do you want to try new foods?*
- ⇒ *Are you up for a challenge?!*

Please join us for an evening of fun and food!!



Community Health Programs are offering to youth a

rattle making workshop

March 10 & 11/14

9 am-4 pm

Community Wellbeing Centre

Teaching Lodge

50 Meadow Drive,

Tyendinaga Mohawk Territory



MARCH BREAK

Grab a friend and come on out.

Looking for the first 12 people to call and pre-register by

March 3rd by calling Denise Leafe @613-967-3603

Must pre-register so we are sure we have enough supplies for everyone.

Youth ages 12-18 years Welcome

Gastric Bypass Group



Next meeting- MARCH 26/14 @ 6 P.M.

Community Wellbeing Centre

Teaching Lodge

Looking for information, considering procedure, or have experiences about it to share? Please join us!

For info please call Denise Leafe 613-967-3603



***March 11/14
6 P.M.***

Diabetes Social Circle

Topic– Stress and Diabetes

ALL WELCOME

*Community Wellbeing Centre 50 Meadow Drive
Tyendinaga Mohawk Territory
For information please call 613-967-3603*

Please note date change.

***Monday April
7/14
6 P.M.***

Diabetes Social Circle

**Topic– Vision Health & Diabetes
presented by Dr. Sally Brant**

ALL WELCOME

*Community Wellbeing Centre 50 Meadow Drive
Tyendinaga Mohawk Territory
For information please call 613-967-3603*



Tired of the same old recipes?

Looking to try something new for dinner?

Give the following recipe a try, take a picture of yourself trying it and email it in for a chance at a prize!

Will be drawn March 31/14.

Please include your name and phone number in the email.



YUMMY BOK CHOY SALAD

Ingredients:

- 1/2 cup olive oil
- 1/4 cup white vinegar
- 1/3 cup white sugar, may use less depending on your taste (may substitute Splenda)
- 3 tablespoon soy sauce
- 2 bunches baby bok choy, cleaned and chopped
- 1 bunch green onions, chopped
- 1/8 cup slivered almonds, toasted. May leave out if allergies are present.
- 1/2 (6 ounce) package chow mein noodles

Directions-

1. In a glass jar with lid mix together olive oil, white vinegar, sugar (or substitute) and soy sauce. Close lid and shake well until mixed.
2. Combine the bok choy, green onions, almonds and chow mein noodles in a salad bowl. Toss with dressing and serve.....Enjoy!

Idea... try adding grilled chicken or salmon for protein or if able, cashews or pine nuts.

Please email submissions to denisel@mbq-tmt.org

subject line- pictures



Logo Contest

Get in touch with your inner creativity and spirit and have a chance to win \$200.00!

The Community Wellbeing Centre is looking for a logo to represent our community and our stand against bullying and lateral violence. The contest is open to all ages and submissions will need to be submitted to the CWB by no later than 4pm on March 21st, 2014. The logo will be displayed around the community as a reminder that we are a nation that is dedicated to making a positive change to end violence and abuse amongst one another.

Any questions can be directed to Julie at 613 967 0122 Ext.149

Rules and Regulations for Contest!

1. The contest is open to participants of all ages.
2. The deadline for submissions is Friday March 21st, 2014 no later than 4:00pm.
3. All submissions are to be mailed, or dropped off at the Community Wellbeing Centre.
4. Mail submissions to: Community Wellbeing Centre, 50 Meadow Drive, Deseronto, Ontario. R0K 1X0
Attn: Julie Brant
5. All submissions must be marked with the participants full name, address, phone number and age.
6. Once submitted submissions become the property of Mohawks of the Bay of Quinte to be used for programming, promotional purposes including and not limited to internet and social media, and for any other uses deemed fit by MBQ.
7. Prize money will be awarded in the form of a cheque and issued only the name of the first place winner of the contest.
8. First, second and third place entries will be published in the MBQ newsletter along with names only of the artists.
9. Staff from the Community Wellbeing Centre will vote on the logo and release the winner by March 28th, 2014.
10. The logo must NOT contain the words Bullying or lateral violence. It may contain Mohawk language.
11. Profane, racist, discriminating logo's will be disqualified.
12. The logo must represent Haudenaaunee people as a community and culture.
13. Logo must be original and not copy write.

Preventing Colorectal Cancer

Colorectal cancer is a devastating disease that invades the large intestine of approximately 22,000 Canadians each year. It is a cancer that presents no signs and symptoms early on, and can grow undetected long before a problem is noticed. And when symptoms do occur – diarrhea, vomiting, weakness, unexplained weight loss, bloody stools – they are not much different from symptoms of other cancers: these symptoms are very vague and indicative of a vast number of other illnesses as well.

Colorectal cancer does not discriminate, and even the healthiest individual can develop the disease. However, there are several lifestyle factors which you can control to help prevent this ailment.

To lower your risk of developing colorectal cancer:

1. **Fruits & Vegetables:** Consume a diet high in a variety of fruits and vegetables. Green, leafy vegetables such as broccoli and spinach are highly recommended for their nutritional content and whole fruits are excellent sources of carbohydrates to consume. They contain important antioxidants (see below), minerals, and vitamins that are essential for our existence.
2. **Red/Processed Meat:** Limit your intake of red and processed meats because studies have identified cancer causing agents (carcinogens) not only in processed meat, but in a diet that is rich in red meat (ie beef, pork, lamb, veal) Carcinogens are also produced when red meat is burnt during the cooking process and then subsequently ingested. Consider alternative sources of protein such as poultry, low-fat dairy products, legumes, and fish.
3. **Grains/Legumes:** Replace refined grain food products made of white flour to whole grain food products made of whole grains such as oats, barely, and whole wheat; or consume these grains in their natural form.
4. **Water:** Drink plenty of water to help your body's digestive processes. Aiming to drink six to eight medium glasses of fluid daily can help to prevent sluggish bowels. Beverages such as tea, coffee, and fruit juices count towards fluid intake, and may bring with them other nutrients or benefits.
5. **Trans Fats:** Replace unhealthy fats called trans fats (found in cakes, cookies, fried foods, margarine, donuts, pastries and chips) and saturated fats (found in butter and red meat), with healthy fats called unsaturated fats (found in fatty fish like salmon, avocados, olive oil, and nuts). To get more good fats in your diet, cook with oils, such as olive oil, and choose foods such as nuts, avocados and fatty fish over well done red meats.
6. **Sugar/Glycemic Index/Glycemic Load:** Recent studies performed at Harvard Medical School found that men and women who consumed high amounts of foods that increased blood sugar levels had a higher chance of getting colorectal cancer in the future, compared to those men and women who ate lesser amounts of such foods.

Following these helpful tips, quitting smoking and enjoying regular physical activity will contribute to a long and healthy life!



Speakers Needed

Do you have
stories about
growing up in
Tyendinaga?



Do you have
knowledge of
the Mohawk
Culture?

We are looking for
Seniors to share
their stories and
knowledge with the
students at
Ohahase

If you are interested, please contact:

Lyndsay Scero, Youth Mentor
Enyonkwa'nikonhriyohake' (Good Minds) Program
613-967-0122 Ext:148

Looking for Lumber

H.O.P.E students involved with the Youth Leadership Program are looking for lumber to build garden beds, benches, picnic tables, play equipment, etc. to be placed throughout the community where needed.

To donate lumber, please contact:

Lyndsay Scero, Youth Mentor,
Enyonkwa'nikonhriyohake' Program

613-967-0122 Ext:148

FAMILY FUN NIGHT

Have you ever wondered how you get diabetes?
Would you like more information about diabetes?
Would you be willing to sit at your kitchen table and discuss diabetes?

If so, Community Health Programs offer you, in your home, an evening of information about diabetes but made fun for everyone.

You provide the home, family & friends and we will do the rest.

We bring the education, information and snacks and come to you!

To schedule your in home family fun night please call Denise @ 613-967-3603 ext 128



FREE

Have the winter blues? Looking for fun activities for you or the whole family?

Community Health Program offering *free* swimming passes to be used at Quinte Sports & Wellness Centre at your convenience.

It's simple.

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



Community Wellbeing Centre
50 Meadow Drive
Tyendinaga Mohawk Territory

For more information please call Denise Leafe @613-967-3603



Your...Recreational Swims

Templeman Menninga Aquatic Centre Schedule: Sept 9 - Dec 8/13 & Jan 3 -Mar 24/14

SWIM	MON	TUES	WED	THURS	FRI	SAT	SUN
Lane Swim (MP) (Pool may be shared)	6:00am - 8:45am	7:00am - 8:45am	6:00am - 8:45am	11:00am - 1:00pm	7:00am - 8:45am	7:00am - 8:00am	8:00am - 9:00am
	11:00am - 1:00pm	11:00am - 1:00pm	11:00am - 1:00pm	8:00pm - 9:00pm	11:00am - 1:00pm	1:00pm - 3:00pm	1:00pm - 3:00pm
	3:00pm - 4:00pm	9:00pm - 10:00pm	3:00pm - 5:00pm		3:00pm - 4:00pm	5:00pm - 7:00pm	
	8:00pm - 9:00pm		8:00pm - 9:00pm		9:00pm - 10:00pm	No Swims Sept 14th	
Family Swim	9:00am - 10:45am (MP/PP)	9:00am - 10:45am (MP/PP)	7:00am - 8:45am (TP)	9:00am - 10:45am (MP/PP)	9:00am - 10:45am (MP/TP/PP)		
	9:00am - 10:00am (TP)		9:00am - 10:45am (MP/TP/PP)	7:00pm - 8:00pm (TP/PP)			
	4:00pm - 5:00pm (MP/PP)		3:00pm - 5:00pm (PP)				
Public Swim (MP/TP/PS)	11:00am - 1:00pm	11:00am - 1:00pm	11:00am - 1:00pm	11:00am - 12:00pm (MP)	11:00am - 1:00pm	1:00pm - 3:00pm	1:00pm - 3:00pm
		4:00pm - 5:00pm		11:00am - 1:00pm (PP/TP)	7:10pm - 8:00pm (1/2 MP/PP/TP)	5:00pm - 7:00pm	
		7:10pm - 9:00pm		4:00pm - 5:00pm (TP/PP)	8:00pm - 9:00pm (MP/PP/TP)	No Swims Sept 14th	
Therapy Swim (TP)	7:00am - 8:45am	3:00pm - 4:00pm	7:00am - 8:45am	8:00am - 9:00am	7:00am - 8:45am	8:00am - 9:00am	8:00am - 9:00am
	3:00pm - 4:00pm		3:00pm - 4:00pm			No Swims Sept 14th	
Senior's Swim	2:00pm - 3:00pm (TP)	2:00pm - 3:00pm (TP)	2:00pm - 3:00pm (MP/TP)	2:00pm - 4:00pm (TP)	3:00pm - 4:00pm (MP/TP)		
				3:00pm - 4:00pm (MP)			

TP = Therapy Pool / MP = Main Pool / PP = Preschool Pool

**All swims are \$2.50/person
Children 2 & under are FREE!**

Pool Closed: Sept 14, Oct 31(after 4pm), Nov 23, 24, Jan 9 (7am-1pm), Jan 11, 12, 31, Feb 1, 2, 13 (7am-2pm), 19 (7am-2pm), Mar 7 (3-6pm), Mar 8 (after 3pm), Mar 9 (after 12 noon) . Stat Holiday Schedule: Oct 14, Nov 11, Feb 17. Watch for our Special March Break Schedule & Family Day Schedule. Please check the website at www.quintesportsandwellnesscentre.ca or 613-966-4632.

Watch for our special December and March pool schedules.



Save The Date

SADIE'S WALK
FRIDAY, APRIL 18/14
8 A.M.
Elder's Lodge Common Room
301 Bayshore Road, TMT
Grab your friends & family and come out
for some laughs, snacks, activity & prizes.

FOR INFO CALL 613-967-3603

PICKLEBALL

MARCH 12/14
10 AM-1:30 PM

Youth ages
 12-18

Join us for Pickleball @ Quinte Sports & Wellness Centre, Belleville.
 If you are wondering what it is, come on out and check it out, BUT you must call and let us know you're coming! Ride & fees provided as long as you sign up with us.

TO REGISTER CALL DENISE @ 613-967-3603



Moon Ceremony

Women / girls are invited to join us to honour and seek guidance from Grandmother Moon on March 17/ 2014 at Dusk (Approx. 7:00 pm. Facilitated by Betty Carr-Braint.

Women / girls are encouraged to bring:

Tobacco for offering (if they would like to use their own)

A bottle of water

A lawn /camp chair

A small pot Luck Item

And to wear a skirt.

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

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



Good Food Box



Dates: Order By and Paid 4:30pm	Order Arrives
January 7, 2014	January 15, 2014
February 11, 2014	February 19, 2014
March 11, 2014	March 19, 2014
April 8, 2014	April 16, 2014
May 6, 2014	May 14, 2014
June 10, 2014	June 18, 2014
July 8, 2014	July 16, 2014
August 12, 2014	August 20, 2014
September 9, 2014	September 17, 2014
October 7, 2014	October 15, 2014
November 10, 2014	November 19, 2014
December 9, 2014	December 17, 2014

Calendar For
2014

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

Large Food Box \$15.00

Singles Box \$10.00

Fruit Bag \$5.00

COMMUNITY HEALTH



GOOD BABY FOOD BOX

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

Price List:

Infant:-\$6.00

- 20 pack of diapers
- 1 chosen speciality item

Over 6 Months-\$10.00

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

Toddlers:-\$6.50

- 20 pack of diapers
- 1 chosen specialty item

Speciality Items are:

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

Formulas:

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

Why should I make my own Baby Food?



FOOD PREPARATION:

Providing home made baby food instead of store-bought alternatives offers tremendous advantages for you and your family.

Cost savings. Studies have shown that you can save 50% or more when making your own baby food, with resulting savings of \$500 to over \$1,300 a year depending on the brand, the age of your baby and the amount of food consumed.

Wholesome alternatives. Many store-bought baby food includes preservatives and additives that you want to avoid giving baby. By making food yourself, you know your little one is getting only the best, most nutritious and wholesome ingredients.

Environmentally safe. Not only will you avoid feeding your baby fillers and additives, but you will also be helping the environment by eliminating the need for excess packaging used for processed baby food.

Personal Pride. The satisfaction a mom, dad or caregiver gets from providing home-cooked meals for baby is priceless.

Make Your Own Baby Food!!

on

Wednesday, May 28, 2014

Teaching Lodge Kitchen
Community Wellbeing Centre

Please call 613-967-3603 to Register

Moms - In - Waiting

Canadian Prenatal Nutrition Program (CPNP)

MONTHLY FOOD VOUCHERS are offered to women during their pregnancy. For more information please call Community Wellbeing at 613-967-3603 and speak with the Community Health Nurses who will outline the program

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

Mary McCauley R.N.
Community Health Nurse



Spring Session Traditional & Western Prenatal Classes - 6 Weeks starting

Wednesday April 16th, 2014

6:00 pm - 8:00 pm

at the Community Wellbeing Centre
50 Meadow Drive, Tyendingaga
Mohawk Territory

For more information and register
call 613-967-3603
and speak with a Community Health
Nurse or Aboriginal Midwife

Classes are free
We encourage partners/support
persons to participate
Lots of information and giveaways for
parents and babies

Southern Ontario Aboriginal Diabetes Initiative (SOADI) Information Booth

Drop by the: Tyendinaga Fitness Resource Centre (14 York Rd. Shannonville)

Date: Monday May 5, 2014

Time: 8:30 am – 2:00 pm



For More Information:

Darlene Loft, Recreation Coordinator
tyfitnessres@mbq-tmt.org
(613) 962-2822

Autumn Watson, Diabetes Prevention Coordinator
(613) 697-6604
eastern@soadi.ca

What can we learn from our brother the wolf about diabetes?

The wolf is fit. He is physically active and strong. Brother Wolf knows he needs to stay healthy so he and his pack can prosper. You can avoid the complications of Diabetes by learning from the wolf to stay active and fit!

HAND DRUM MAKING WORKSHOP

Family Health and Child Development Program is pleased to offer **8 spaces** for a hand drum making workshop. The workshop is a first come first serve basis and the **sign up date is 9am on March 21st, 2014**. The drum making workshop will take place at the Community Wellbeing Centre, April 5th, 2014, from 9 am till 3 pm in the teaching lodge.

The purpose of the workshop is to shed some light and gain knowledge on the effects of lateral violence and "bullying" in our community. During the workshop we will have a guest speaker. Lunch and refreshments will be provided. The workshop is for participants 16 years and older.

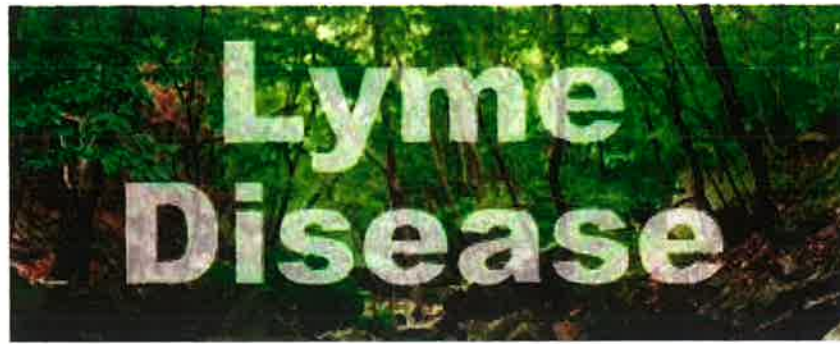
**** REQUESTS FOR SPACES WILL NOT BE ACCEPTED
BEFORE MARCH 21ST, 2014 @ 9AM**

NOTE!! Each participant must call to register their own space.

If there are any questions or concerns please contact Julie Brant at the Community Wellbeing Centre - Nya:wen

613 967 0122 Ext. 149 or by email julieannb@mbq-tmt.org





ATTENTION

LOCAL HUNTERS & COMMUNITY MEMBERS BEWARE!!

For most Canadians, the risk of getting LYME DISEASE is fairly low, but it is increasing.

You should take steps to reduce your risk if you spend time outdoors in areas where there may be ticks.

JOIN US FOR AN

EDUCATIONAL INFORMATION SESSION

TO BE HELD ON: THURSDAY APRIL 3, 2014

LOCATION: 59ER 'S HALL, 8011 OLD HWY #2, TMT. ON

TIME: 7:00 PM

GUEST SPEAKER: TRUDY STANSFEILD, ZOONOTICS

HEALTH CANADA

"ATTEND TO HEAR UPDATES ABOUT LYME DISEASE AND HOW TO PROTECT YOURSELF AND YOU'RE FAMILY AGAINST THE DISEASE"

Information: Community Well Being Centre, 613-967-3603

"ALL WELCOME"

Refreshments will be served

 **mobileyez** Eyecare. Everywhere.™

EVERYDAY LOW PRICES ON GLASSES

TYENDINAGA MOHAWK TERRITORY

MARCH 27TH, 10AM - 4PM



\$0*

Sporty, lightweight men's design. Full frame or semi-rimless. Colors: Black, brown and navy.



\$29*

Elegant ladies frame with jewelled temples. Choose from assorted styles and colours.



\$69*

Selected RayBan frames only. Colours: Tortoise, black, and purple.



* Price includes frame and complete pair of single vision lenses or bifocal lenses, net of NIHB contributions. While quantities last.

OPTOMETRIST EYE EXAMS & GLASSES

**COMMUNITY WELLBEING CENTRE, 50 MEADOW DRIVE, DESERONTO, ON
INSIDE THE TEACHING LODGE**

TO BOOK YOUR EYE EXAM CALL TOLL FREE:

1-866-920-6480

WE DO DIRECT INSURANCE CLAIMS

ALL MAJOR CREDIT CARDS AND DEBIT ACCEPTED

PLEASE HAVE YOUR BAND REGISTRY NUMBER WHEN YOU SCHEDULE YOUR APPOINTMENT

**BOOK EARLY
ONE DAY ONLY**



Non-Insured Health Benefits (NIHB) Program: A Guide for NIHB Clients on Blood Glucose Test Strips

Testing for a Reason: New Information about Type 2 Diabetes and Blood Sugar Testing

Blood Sugar Testing

Testing blood sugar at home using test strips and a meter is common practice for people with type 2 diabetes. The results can help you:

- See how food and exercise affect your sugar level
- Understand how well your diabetes treatments are working
- Guide any changes that should be made to your diet, activity level, or other treatment

How Often Should I Be Testing My Blood Sugar?

New Canadian and international research shows that most people with type 2 diabetes who are *not using insulin* don't need to regularly self-test their blood sugar, because self-testing does not improve their blood sugar control or quality of life in a significant way. **So, if you manage your diabetes by diet alone or with pills, you can self-test less often without harming your health.**

Testing For a Reason

When you do self-test your blood sugar, make sure to take action based on the result. In other words, test for a reason! Your health care provider can help you decide what to do if your blood sugar level is too high or too low.

NIHB's Coverage of Blood Glucose Test Strips

The number of test strips that will be covered by the NIHB Program will depend on the client's medical treatment:

Diabetes Treatment History	Number of test strips reimbursed	How often can I test within the strip allowance?	Which category am I in?
Clients managing diabetes with insulin	500 / 100 days	5 times per day	<input type="checkbox"/>
Clients managing diabetes with diabetes medication with high risk of causing hypoglycemia (low blood sugar)	400 / 365 days	Once daily	<input type="checkbox"/>
Clients managing diabetes with diabetes medication with low risk of causing hypoglycemia	200 / 365 days	3 to 4 times per week	<input type="checkbox"/>
Clients managing diabetes with diet/lifestyle therapy only (no insulin or diabetes medications)	200 / 365 days	3 to 4 times per week	<input type="checkbox"/>

I Don't Use Insulin, But Are There Times When I Should Test More Often?

If you're *not using insulin* to manage your diabetes, you don't need to test your blood sugar regularly, but there are important times when you may want to test more often. These include when:

- You are at risk of having low blood sugar (because you take a sulfonylurea drug, for example)
- Your blood sugar level goes up and down or is hard to control
- You have major changes in your daily routine or your medications change
- You are sick (with the flu or an infection, for example)
- You are pregnant or trying to get pregnant
- Low blood sugar is a safety hazard at your job

In these types of situations, be sure to talk to your health care provider about when and how often you should be testing your blood sugar.

What Are the Signs of Low Blood Sugar?

- Feeling shaky or weak
- Cold sweats
- Pounding heartbeat
- Headache
- Feeling cranky or nervous
- Tingling skin or numbness
- Hunger
- Upset stomach
- Unclear thinking

What Else Can I Do to Manage My Diabetes?

Many people think that self-testing their blood sugar is the main way to manage their diabetes, but taking care of your diabetes includes so much more. There's a lot that you can do to stay healthy and prevent complications:

- Be active: Walking regularly is a good start.
- Take all your medications according to your health care provider's instructions.
- Eat healthy meals and avoid junk food.
- Make sure your blood pressure and cholesterol levels are in a healthy range.
- Go for regular eye checkups.
- Regularly check your feet for any sores.
- Manage your stress well.
- See your health care providers regularly and talk about your A1_c results.

The A1_c Test

Today, health care providers mainly use a lab test called an A1_c test to keep track of your blood sugar. The A1_c test is a blood test that is done up to four times per year. The results give your health care provider an overall picture of how well your treatments are working to control your blood sugar. Keeping track of your A1_c results is another tool you can use to manage your diabetes.

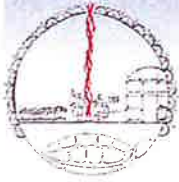
Where can I get more information?

There are many ways you can learn more about diabetes and get support:

- Canadian Agency for Drugs and Technologies in Health (CADTH): www.cadth.ca/diabetes-library
- Canadian Diabetes Association: www.diabetes.ca

Additional Information About NIHB's Coverage of Blood Glucose Test Strips:

<http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/benefit-prestation/newsletter-bulletin-eng.php#oct1>



FACT SHEET

Head Lice (Pediculosis)

What is it?

Head lice are tiny insects that can live and breed in your hair. They are a nuisance but do not transmit disease. Head lice are not an indication of cleanliness; anyone can get head lice. The eggs of head lice (nits) can be seen at the base of hair follicles or on the scalp, usually at the base of the neck or around the ears. They have three stages in their life cycle; the nit, nymph and adult.

How is it spread?

Head lice are spread from direct head-to-head contact and may spread through shared items like hats or hair brushes. Head lice that live on people cannot survive on pets so transmission to or from animals is not possible.

What are the signs and symptoms?

Head lice do not cause illness. They can cause irritation to the scalp which can result in an itchy feeling. If you think you might have head lice, have your scalp checked for nits in a well lit room. Your scalp should be checked again after a week and once more after two weeks.

How are head lice treated?

Many treatments for head lice exist. Before buying any product, talk to your pharmacist. Many shampoos are designed to treat head lice and have proven to be effective. It is important to follow the directions for these shampoos carefully. Talk to your doctor before treating children under the age of two, or if you are pregnant or breast feeding. Check the heads of all family members and treat those affected at the same time to prevent reinfestation.

Extra housecleaning and use of insecticide sprays are not needed; however, washing combs, brushes, headgears, pillow cases, sheets and towels in hot water is recommended.

How to prevent it?

Avoid direct head-to-head contact and sharing items such as combs, brushes, hair pieces and towels, etc. with individuals who have head lice.

For More Information

Contact: Community Health Programs, Community Wellbeing Centre
50 Meadow Drive, Tyendinaga Mohawk Territory, ON K0K 1X0
Phone: 613-967-3603 Fax: 613-962-4210 Website: <http://www.mbq-tmt.org>
References: Canadian Pediatric Society http://www.caringforkids.cps.ca/handouts/head_lice

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

March 2014

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast Club—8:00 to 9:30 a.m. Diners Club—12:00 to 1:00 p.m. Handivan Departure—9:00 a.m. Meals on Wheels delivered between: 11:30 a.m. to 12:30 p.m. Bingo/Lunch—12:00 to 3:00 p.m. Scrapbooking—10:00 a.m. to 3:00 p.m.						1
2	3 Ceramics Wii Bowling	4 Meals on Wheels Walking Program @ QS&WC Library	5 Euchre	6 Meals on Wheels Napanee Shopping	7 Meals on Wheels Handivan Des	8
9	10 Ceramics Wii Bowling	11 Meals on Wheels Walking Program @ QS&WC Library	12 Diners Club & Bingo HOME SUPPORT @ Community Centre	13 Meals on Wheels Birthday Tea Trip to Pats	14 Meals on Wheels Handivan Des Scrapbooking	15
16	17 Breakfast Club Ceramics Wii Bowling	18 Meals on Wheels Walking Program @ QS&WC Library	19 Casino Trip Euchre	20 Meals on Wheels Blvl Shopping	21 Meals on Wheels Handivan Des	22
23	24 Craft Wii Bowling	25 Meals on Wheels Walking Program @ QS&WC Library	26 Diners Club & Bingo HOME SUPPORT @ Community Centre	27 Meals on Wheels	28 Meals on Wheels Handivan Des Scrapbooking	29
30	31 Craft Wii Bowling					



Canadian Cancer Society
Société canadienne du cancer



FACT SHEET:

This year, the Canadian Cancer Society Driven to Quit Challenge is presented by McNeil Consumer Healthcare, a division of Johnson & Johnson Inc., makers of Nicorette® and Nicoderm®.

Driven to Quit (D2Q) is a health promotion campaign that engages smokers and tobacco users in Ontario to make a quit attempt for the month of March 2014. Participants are encouraged to take advantage of the free support services of Smokers' Helpline (and Smokers' Helpline Online) to help them with their attempt.

Entrants – who must sign up with a support buddy – will be entered into a prize draw to take place the first week of April 2014. Potential winners must prove that they have remained tobacco-free for the month of March. Participants may quit smoking or stop using tobacco any time after they register for the challenge as long as they quit by March 1, 2014 and stay tobacco-free for the whole month of March. Those who have recently quit may also be eligible to enter.

PRIZES:

- Grand prize: **A choice of either a Dodge Avenger or Dodge Journey**
- Regional prizes: **Seven \$1000 cash prizes**
- Buddy prizes: **Eight \$100 cash prizes**

WHO CAN ENTER:

Residents of Ontario aged 19 and older as of March 1, 2014, who have used tobacco at least once weekly for at least 10 months in 2013, and who have used tobacco at least 100 times in their life can enter. (Tobacco use includes cigarettes, cigars, cigarillos, pipes, snus, snuff and/or chewing tobacco.)

HOW TO REGISTER:

Participants can register at DrivenToQuit.ca. Individuals needing assistance with registration can call toll-free, 1-877-513-5333. For assistance in person, they may visit a Canadian Cancer Society Community Office.

NEW FEATURES:

Quit Centre – D2Q participants will have the ability develop a public profile on www.DrivenToQuit.ca, which they can share with other friends and family to support them in their quit journey. It will include tools to deepen their experience, including e-mail templates and social media sharing to encourage others within their social networks to join the Challenge. These tools will also allow participants to publically declare their quit intention, and ask family, friends or other supporters to pledge their support of their quit-attempt by making a financial donation to the Canadian Cancer Society.

Creating a profile, online social sharing and getting pledges are all voluntary elements of D2Q. Participation or lack thereof will in no way influence challenge outcomes, or increase or decrease quitters' chances of winning a prize.

Coupons for Nicotine Replacement Therapy – Every person who registers for The Challenge will receive a confirmation email that includes a \$4 discount coupon for either NICODERM® or NICORETTE®. In addition, any person who is registered for D2Q and calls Smokers' Helpline for support will have the option of being emailed an additional \$6 discount coupon.

HISTORY:

This is the eighth time the Canadian Cancer Society has presented D2Q. Since 2006 D2Q has inspired more than 202,500 quit attempts, with over 37,000 in the 2012 Challenge alone. (The Challenge was not hosted in 2013.) It takes the average smoker five to seven attempts to successfully beat tobacco addiction for good: every quit attempt is important. D2Q has had a significant impact on the amount of smokers receiving cessation support from Smokers' Helpline through increases in call volumes and registrations to the online community.

The 2012 evaluation demonstrated that 28% of tobacco users who made a quit attempt as a result of their participation in D2Q remained smoke-free for more than 90 days, while 51% remained smoke-free longer than 30 days.

To speak with a Canadian Cancer Society spokesperson, contact:

Linda Domenichini
416-323-7023
ldomenichini@ontario.cancer.ca

Zoë Siskos
905-387-4322 ext. 5627
zsiskos@ontario.cancer.ca

Enyonkwa'nikonhriyohake' Program Presents:

Youth Group!

All activities are FREE
MARCH 2014



NOTES FOR MARCH:

- THERE IS NO YOUTH GROUP DURING MARCH BREAK (March 10-14)
- REMINDER: * Calendar of events mailed out for THURSDAY'S GROUP - *registered children must sign-up - limited spots available!*
- REMINDER: if school buses are cancelled or leave early due to weather, Youth Group will also be cancelled
- For more info, please call Tracy Hill at CWC @ 613-967-0122 x 146

Tuesdays

ages: 6-8
TIME: 6-8PM



ages: 13-18
TIME: 6-8PM



Wednesdays

Thursdays

ages: 9-12*
TIME: 6-8PM



Wáhta Óhses

Maple Syrup Season

- * SAP follows the last week of winter
- * Spring is returning to the earth
- * The heat from the sun makes the snow look like sugar
- * The tops of the trees and shrubs are 'Washed in Red'
- * Clouds are higher in the sky



Websites for "Origin of Wáhta Óhses" (Kanien'kéha & English)
-http://qmstube.com/clip/watch_video.php?v=GXWWGADBNS7
-http://wn.com/mohawk_language_lesson,maple_syrup_legend

Nutritional Value of Pure Maple Syrup

Pure maple syrup is a "natural" food, processed by heat concentration of pure maple sap, which is the liquid nutrient utilized by trees for their annual tissue growth and collected early in the spring when trees are going through their dormant stage.

During the boiling, concentration and filtering processes, the nutrients remain in the syrup. Despite a slight difference in the maple syrup composition, depending on the producer, environmental factors and processing methods, pure maple syrup contain most needed essential nutrients for humans.

Maple syrup's main nutrients would include organic acids, minerals, phenolic compounds, vitamins, amino compounds and sugars. Without altering its natural composition, maple syrup has the following nutritional information per 50 ml servings:

Per 50 ml serving:

Energy	167 cal / 599 kj
Proteins	0 g
Fat	0 g
Carbohydrates	43 g
Sodium	7 g
Potassium	117 g

Tasty, Nutritious & Natural

Maple syrup **does not contain** any preservatives or chemicals.

This product of nature is pure and natural.

Aside from its distinctive taste, maple syrup has a number of qualities that literally puts it in a class of its own.

You be the judge...



COMING SOON

Community Women's Support Circle!

Relaxed environment

Women coming together to build new relationships through: respect, kindness and support for each other. Building a stronger self, family, community and na-

Sharing stories and reflecting.

Enjoy Laughter

Open to women 18 and over. Circles will take place at Red Cedars Shelter and on the land (weather permitting). **Dates and start times** will be based on community interest. So call and let us know if you are interested in coming out to our circle.

Special guest speakers, picture sharing, honouring a family member, movie night, sharing of culture knowledge arm some of our ideas to do!!

Always Remember,
You are smarter than
You think,
Braver than you know,
And
Stronger than you seem.

Respecting Confidentiality !!

Red Cedars Shelter

613-967-2003

Laura's Closet

Red Cedars Prom/Grad Dress Program 2014 Reminder



Do you need a dress??
We have a variety of sizes,
call us to arrange a private fitting!

**Do you have a dress to donate? Feel
free to drop it off anytime! We are
open 24/7
Or call, 613-967-2003**

Coming together this year to help families enjoy this special occasion and milestone—stress free!

**Want to complete that beauty queen
look? Book a make-up and/or hair
appointment too!**





TEYETHINONWERÁ:TON NE KAHWÀ:TSIRE
(Give thanks for Family)



A 25th Anniversary Celebration Event!

Mohawk Family Services would like to take this opportunity to thank the Community for allowing us to help support children and families over the last 25 years.

Your commitment to the next generation has contributed to the growth and wellbeing of our Community.

**MOHAWK FAMILY SERVICES INVITE ALL FAMILIES
TO ATTEND OUR:**

25TH ANNIVERSARY CELEBRATION

WHEN: SATURDAY, MARCH 22, 2014

**WHERE: COMMUNITY CENTRE
(1807 York Road, Tyendinaga Territory)**

**TIME: 3 – 5 P.M. SPECIAL GUEST SPEAKER (TBA) &
CHILDREN'S ACTIVITY CENTRE**

**5 – 6:30 P.M. COMMUNITY FEAST
(Bring your feast basket)**

6:30 – 8:30 P.M. SOCIAL

It will be a fun filled day. Please wear your Mohawk regalia as we have a local photographer available to take your family's picture for you!

There is no cost for the day's events.





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

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

March 2014

Discover the Balance

We have Gift Certificates

Discovering the
Balance

By Working the
Mind, Body,
Heart and Spirit

Hours of Operation

Monday - Thursday

6:30am-8:00pm

Friday

6:30am-6:00pm

Saturday

8:00am- 2:00pm

Fees

Senior (55+) \$20.00

Student \$25.00

Adults \$30.00

**We Are Open to
The Public**

TFRC Staff

Darlene Loft /

TFRC Manager

Sonya Maracle /

Fitness Staff & P.T

Sonya Lueth

Mahaley Brant

Shanleigh Maracle

Kiowa Bernhardt

Isaiah Loft

We Welcome Co-op

What is Discovering The Balance ?

4 Ways of Connecting Native Communication

Spiritual

Be Respectful, Don't Interrupt

Be Quiet When Listening

Be Empathetic, See Others As part of The Circle

Physical

Relaxed, Eye Contact/Gaze

Keep Arms Unfolded, Head Nods , Smile

Use V Position , Be Open

Emotional

Check Your Feelings, Us "I" Messages - not You

Extended Pause Time is OK

Be Patient with Different Styles & Challenges

Reassure & Affirm

Mental

Prepare Statement Before Talking

Us Verbal Prompters, Monitor voice Volume

Tone & Inflection, Avoid Big Words

Be Aware of Holistic Processing

Listen with Heart & Mind

Working Your Mind, Body Heart & Spirit

Resource-Indigenous Community Health Approaches FNTI

WELCOME to our Co-op student Dymond Lasher. Dymond will be helping out at the TFRC for the next four months. She will be organizing a few community events here at the centre. Look for some of her upcoming events in the near future!

THANK YOU CHIEF & COUNCIL for the funding to support TFRC - \$67,738.43

Tyendinaga Fitness Resource Centre

NO CONTRACTS *NO TAXES *CHILDCARE

(613) 962-2822 14 York Rd. Unit 1 Shannonville



TOMPKINS MARTIAL ARTS

Mondays & Thursdays ~ 6:30pm-7:45pm

TAI CHI



Wednesdays ~ 10am-11am

VIDEO FITNESS



~ Your choice of time pending availability

WILSON&REYNOLDS

REFLEXOLOGY

Watch for future dates! Call if Interested

Zumba



Tuesdays ~ 6:45pm-7:45pm

FREE YOGA!



FRI'S & SAT'S BEGINNING IN MARCH!



TFRC also offers healthy lifestyle and active workshops!

***Call or come in for more info**

***www.mbq-tmt.org**

***look us up on Facebook**

***tyfitnessres@mbq-tmt.org**

NOTE: Programs require at least 10 participants

FREE YOGA!

@ Tyendinaga Fitness Resource Centre
14 York Rd. Shannonville

613-962-2822

tyfitnessres@mbq-tmt.org



Benefits of yoga

- Lowers stress levels
- Increases flexibility
- Lowers blood pressure
- Improves lung capacity
- Reduced chronic neck and back pain
- Relieves anxiety
- Improves sense of balance
- Strengthens bones
- Lowers risk of heart disease

Friday - April 4 & 11 & 18

- **1pm -2pm**

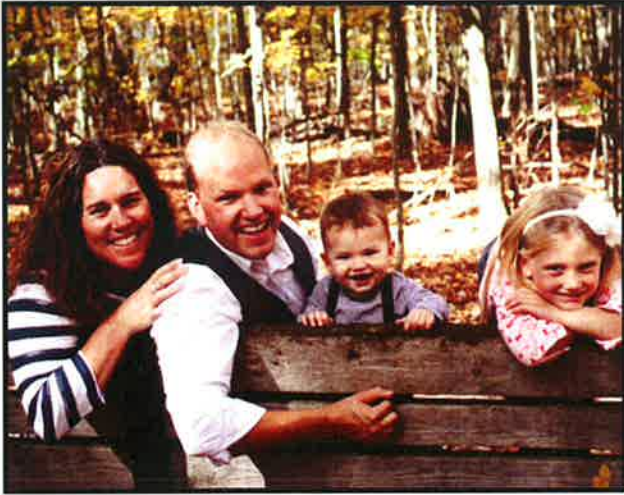
Saturday- Mar. 29, April 12 & 19

- **10am – 11am**

Instructor: Erin McMahon – Erin fell in love with yoga during her 1st class 4 years ago. She has since enjoyed many different styles of yoga. Erin is currently completing an 8 month long yoga teacher training course at Janati Yoga School in Kingston.

If program is successful it will continue monthly

Sign – up byFeb.24/14



Maracle Chiropractic is excited to introduce you to their newest family member... Morgan Young RMT!



Types of Massage Offered:

Swedish Massage
Deep Tissue Massage
Myofascial Massage
Manual Lymph Drainage
Massage
Pregnancy Massage
Sports Massage
Relaxation Massage

**Reduced Fees For All
Band Members**

To book your appointment:

Call or Text 613-876-5855
or email Morgan directly at
maraclermt@gmail.com

BREAKING NEWS

**Maracle Chiropractic Welcomes Registered
Massage Therapist Morgan to their Team!**

Come out and see what all the excitement is about!

Address: 14 York Rd Unit #2 TMT, ON K0K 3A0



At the Tyendinaga Fitness Resource Centre

March 26, 9 a.m. to 3 p.m.

Bring about mind, body, spirit balance

Reduce stress, pain and inflammation

Improve circulation and digestion

Reduce symptoms of menopause

Manage symptoms of Diabetes, Arthritis

Experience a ½ hour Reflexology Treatment

Cost: \$30.00

Call 613-962 2822 and Book your treatment today

For more information email: mark@wilsonandreynolds.ca



CHRIST CHURCH

HER MAJESTY'S CHAPEL ROYAL
OF THE MOHAWK

ROAST BEEF DINNER

4:30 PM – 6:30 PM

\$12/Person - \$20/Couple – Children under 10: \$5

Mohawk Community Centre

SUNDAY: 23 MARCH 2014

LOONIE AUCTION: 6:30 PM

Proceeds to the Christ Church

Restoration Capital Fund ☒

PRESERVING HISTORY!

CONTACT: CHARLES E. MARACLE

MBQ ADMINISTRATION OFFICE:

(613) 396-3424



92.3 FM

The new KWE Radio is a young and growing station, run by a small but dedicated group of volunteers which includes the DJ's.

KWE Radio is your station and we are always looking for additional local talent, as well as those who may harbour a secret desire to become a DJ.

If you think that you might have a little time to volunteer as a DJ or have other abilities to share such as providing news, sports, weather or even gardening give us a call today at 613-967-0463 or toll free at 1-877-572-3794 or e-mail us at kweradio@xplornet.ca

If you would like to join us at the station, we meet on the first Thursday of each month at 7pm.

Hope to see you there.



YOU ARE INVITED TO ATTEND BRUCE LOFT'S 80TH BIRTHDAY CELEBRATION.

**To commemorate this special milestone,
family and friends are invited to an open house
on Sunday, March 16, 2014 from 1:00pm to 3:00pm
at the hall on the reserve baseball diamonds.**

BEST WISHES ONLY



Upcoming Events:

Saturday, March 15th we are hosting a Male Beauty Pageant. There is a sign up sheet (at the legion) for those who want to participate - all that enter the pageant will be asked to do a talent.

Pageant start time will be at 2pm. All who are participating please arrive by 1:45pm.

We will be having a dance after the entertainment with Back Forty Productions- DJ- from 4pm to 8pm.

Everyone is welcome to both events.

Saturday, March 29th we are hosting 4 Person Dart Tournament

Format- Round Robin

Cost- \$100.00 Per Team

Check-in time- 8:30am to 8:45am

Start time- 10am

First 20 Teams Guaranteed Entry- Payouts for 2nd, 3rd and 4th will depend on registration.

Teams must preregister and pay before March 22nd, 2014.

Contacts are Dale Hill 613-885-9173 - Ken Sparks 613-827-2562 and Deseronto Legion 613-396-2016.



Tyendinaga Native Women's Association

Bake Sale **Thursday,** **17 April, 2014** **Bayview Mall Corridor**

Hwy 2, Belleville

(Food Basics)

8:30 a.m. till everything is sold

Get your goods for Easter!!!





St Patrick's Day Dance

Mohawk Community Center

15 March, 2014

8:00 pm

D.J.

Spot Dances

Silent Auction


Late Snack

Tickets \$10.00/single \$15.00/couple

Proceeds to NWA Building Fund

Contact Carol LaVecque 613-968-4398





KANHIOTE LIBRARY

613-967-6264

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

Thursday 12 to 7

March 19
Tyendinaga Info Series
Crime and Punishment
from 11:30 to 1



Beading Thursday

evening from 7 to 9.

Beginners welcome.

Some supplies provided.

Community Kitchen

March 14 from 9 to 1

at Community Wellbeing Teaching Lodge

healthy recipes using the foods from the Food Resource Centre

Please rsvp to Jodi at 613-967-3606

COME AND GET YOUR INCOME TAX RETURNS DONE

IT'S FREE!!

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

Wednesday March 26th from 5:30pm to 7:30pm at FNTI;
Wednesday April 9th from 5:30pm to 7:30pm at FNTI;
Saturday April 26th from 9:30am to 3:30pm at FNTI; and
Wednesday April 30th from 5:30pm to 7:30pm at FNTI.

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

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*.

Appointments are appreciated

Please contact Wendy Anderson at (613) 391-2658



SAVE THE DATE

Purse and Garden Auction

Saturday April 26th, 2014

We are happy to announce that it is almost time for our Spring Purse and Garden Auction. In support of the Food Resource Centre we would like to invite you to join us on May 17th, 2013 for a great day of laughs, good friends, and fundraising!

At this time we are asking for donations of gently used or new purses and garden accessories. These items may include plants, flowers, gnomes, statues, wind chimes, solar lights and really anything to do with outside décor. These items will then be auctioned off to the highest bidder. Last year at our Purse and Garden Décor Auction we raised almost \$1600.00. Our goal for this spring is \$2000.00. Every dollar raised will be used to replenish food in the Food Resource Centre.

The Food Resource Centre is located at the Community Wellbeing Centre . The need for this program has been increasing monthly, we understand that monetary donations are not always easy to give so with your gently used purse donation or garden accessory you can do your part to ensure our community families do not go hungry.

**** With each purse or garden item donated you are entered into a draw for a Gift Card!!****

All purses will be accepted at the Community Wellbeing Centre (Social or Health reception) till Wednesday April 17th 2014. You will then be given a ballot for each purse or garden item donated to fill out and be entered in to the draw. The draw will take place at the end of the purse auction on April 26th,2014.

If you have any question in regards to the Purse and Garden Auction please call:

Julie Brant @ 613 967 0122 ext. 149

Nya:wen for your donations!





Attention Hunters & Shooters!

Interested in getting your PAL and/or Hunting Licences?

“ONE STOP” courses will be offered. Both Courses combined \$280.00
Individual Course \$140.00

The Firearms Safety Course (PAL) portion will be Fri/Sat April 25/26, 2014
The Hunter Education Course portion will be Fri/Sat May 2/3 (Outdoors card)
Both Courses will run Fri. 6 - 9 p.m. and Sat. 8:30 - 5:30 p.m.

Anyone interested in challenging the firearms tests should set up a time and date in advance. The cost for a challenge is \$45.00.

Courses include instruction, study manual, tests and paperwork required to apply for your PAL and Hunting licences. Courses will be offered in Shannonville at the corner of Hwy #2 and York Rd. (next to Tyendinaga Fitness Centre)

There is limited space.

For more information or to reserve your spot please call Ed Maracle at (613) 396-3077 or email at emaracle@xplornet.ca



Thaw out those Golf Clubs!

Get them ready for the

Food Resource Centre

Charity Golf Tournament

Coming June 13/2014

Accepting Mon-
etary

Donations for:



The Enyonkwa'nikonhriyohake' Program Proudly Presents the:

“Métis Fiddler Quartet”

Please join us Friday, March 21, 2014

Upstairs at the Community Centre

Enjoy a complimentary Corn Soup Supper at 5:30 p.m.

Be Entertained by the Métis Fiddler Quartet at 6:30 p.m.

Sponsored by the Fetal Alcohol Spectrum Disorder Program
FASD is 100% preventable, please do not drink alcohol during
your pregnancy!



CLASSIFIED

FOR RENT

2 BEDROOM APARTMENT

- located on the York Rd.
- Available Immediately

Call for an appointment
613-962-1546

HANDY MAN WANTED

- occasional hours as necessary

Please call 613-962-1546

FOR SALE

4 BEDROOM 1800 sq. Ft BUNGALOW

- on 1 full acre
- master bedroom is 15ft X 15ft, has a walk-in closet, drywall & pine, carpeted, 2 bedrooms are 12 ft X 11ft
- 1 bedroom is 15ft X 11ft
- living room is 25ft X 16ft, all pine walls & open concept with kitchen
- kitchen is 15ft X 16ft, oak cupboards, brick & drywall
- bathroom is 8ft X 10ft, completely renovated 2 yrs ago, ½ wood walls & drywall with crown molding, claw foot bathtub, all new fixtures
- central air, insulated full basement, electric furnace, 2000 gallon holding tank
- new windows last fall, new flooring throughout 3 yrs ago, metal roof
- double wide driveway, wheelchair ramp
- large shed
- includes fridge, stove, washer & dryer
- located at 554 Norways Rd
- \$135,000.00 (negotiable)

Please call for a viewing appointment. 613-962-3748
Or cell #613-242-7442

HOUSE FOR SALE

- 840 # 49 Hwy Tyendinaga Territory
- lot 150' X 200'
- House, Garage, Store front, Utility shed
- 1735 sq. ft. main floor
- full basement
- 4 bedroom, 2 bathroom on suite has jacuzzi tub
- above ground pool
- large deck
- 5 X 10 pool table included
- appliance included/and some home decor
- sunroom - leads from master bedroom to pool area

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

WATERFRONT LOTS FOR SALE

- located on Snookies Rd
- with road frontage on Toms Rd.
- Lots 3C-6, Lot 3C-7, and Lot 3C-8 Con. 2
- 140 ft of waterfront with total acreage of 7.23 acres

For further information, please call: Scott Maracle 613-396-1327

LOOKING FOR LAND

- vacant land
- 1 - 10 acres

Please Call: 1-289-600-6891

LOT FOR SALE

HY 49 & BAYSHORE RD
Partial dwelling located there

Phone: 613-243-9079

FOR SALE

4 BEDROOM HOME

- large eat-in kitchen
- dishwasher, fridge, stove
- large bedrooms
- Updated 4 pc bathroom (ceramic floor)
- 3 pc bath w/shower
- large family room with updated woodstove (WETT certified)
- walkout basement
- lots of storage
- upgraded well with holding tank
- new roof and deck
- shed
- lot size 3/4 acre (approx)

PRICE RECENTLY REDUCED
(Serious offers will be considered)

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

FOR SALE

2010 CHEVY SILVERADO

- 25000 kms, 4.3 L V6,
- automatic, 2 wheel drive, AC
- power rack and pinion steering
- factory warranty, on star, still smells new \$14,999.00

She's a must see!

Call Teresa or text 613-391-1617



HOUSE FOR SALE

4 BEDROOM

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

If interested serious "inquiries only" please call and leave a message with your name and number to Wendy & Bill
1-587-276-1092 and leave a message

HOUSE FOR SALE

41 Upper Slash Road
\$185,000

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

FOR SALE

WATERFRONT COTTAGE

- with large 2 car garage & sun Porch
- located east of Ferry Lane (Private road) cottage is at the west end of the road
- large spacious 3 bedroom approx 1200 sq. Ft
- renovated and winterized with electric heat source
- hardwood floors

For further information, please call 613-544-7019

BABYSITTING AVAILABLE

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

Call Fran - 613-396-2393

SADIES MENS WELLNESS

Attention to the Mohawk Men of our Community

ARE YOU A MAN WHO IS LOOKING

FOR A PLACE TO STAY WHILE YOU

ARE DECIDING ON YOUR NEXT STEP

TOWARDS GETTING BACK ON YOUR FEET!

CALL 613 396 1607. ASK FOR JIM, OR LEAVE INFORMATION FOR CONTACT

ALL INQUIRIES CONFIDENTIAL!



THE ANGLICAN PARISH OF TYENDINAGA

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

Parish Priest

The Venerable Brad Smith

962-2787

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

The groundhog told us that Winter would stay as long as possible, but Spring starts in March! It's the season of maple syrup as the sap begins to flow and signs of new life spring up all around us. Christians observe the season of Lent, preparing for Easter and the new life promised through the resurrection of Jesus. Where do you hope to "get the sap flowing" so you can experience new life?

SUNDAY CELEBRATIONS

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

*Worship Schedule - 9:30 a.m.
All Saints' - Jan-Mar and Jul-Sep
Christ Church - Apr-Jun and Oct-Dec*

UPCOMING EVENTS

Christ Church Restoration Roast Beef Dinner
Sun 23 Mar, 4:30-6:30 p.m.

Mohawk Community Centre

Tickets: \$12 each, \$20/couple, \$5 for children under 10. Tickets available from Charles Maracle at the Mohawk Administration Office, 396-3424.
Hosted by the Christ Church Restoration Committee

Men's Breakfast

Sat 29 Mar, 8:00 a.m., Small Town Café, Deseronto
A time of fellowship and food for Christian men.

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

"AA OPEN MEETINGS"

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

For more information call:
Bev 613-962-5183

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

Losers Unite, Join Us!

WINTER HOURS

Thursdays

5 - 5:30 = Weigh in
5:30 - 6:30 = Meeting
Elders Lodge
(Bayshore Rd)

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

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

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

Contact: Joy Brant - 613-885-0506
Tree Good altree94@gmail.com



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

KERISTOS NE KORAH:KOWA

CHRIST THE KING

Under the Patronage of Blessed Kateri Tekakwitha

A Catholic Anglican-Use Parish

Tyendinaga, M. T.



Morning Prayer with

Communion from the Reserved Sacrament

10:00 AM → 1st, 3rd, 4th, 5th Sundays



Holy Eucharist (Complete Mass):

11:15 AM → 2nd Sunday of the Month

Services are held at: The Elders' Lodge Common Room

For additional parish information, please call:

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

OR

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

OR

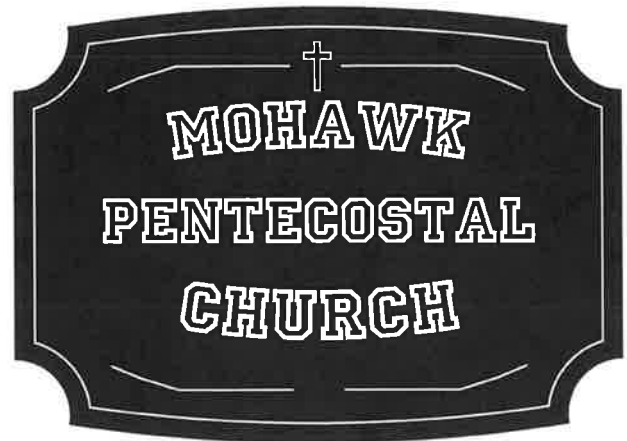
Minister Gérard Trinqué at ☎ 1-888-831-4145 ✉ gtplus@yahoo.com



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



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



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Sunday

10:30 am Worship Service

11:30 am Children's Church

6:30 pm Worship Service

Wednesday

7:00 pm Bible Study

Saturday

7:00 pm Prayer

Coming Events

March 30 - "Days of Grace" (formaly the Masters) in the am service.

April 18 - Good Friday Service at Deseronto Pentecostal Church @10am (fellowship to follow)

April 20 - Easter Sunday Service at MPC @10:30am

"Do you understand how amazing it is to hear that from an adult? Do you know how amazing it is to hear that from anybody? It's one of the simplest sentences in the world, just four words, but they're the four hugest words in the world when they're put together.

You can do it."

Sherman Alexie,
The Absolutely True Diary of a Part-Time Indian

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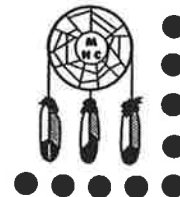
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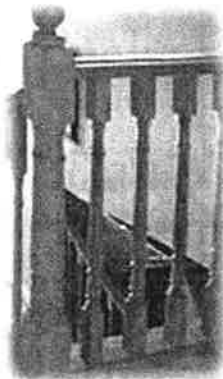
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Turtle Island Deli & Produce Announcement

As of January 31, 2014 at 6:00PM we will be
closed for renovation & relocation!!

We are still available for Catering & Bake
Goods or Bread Orders!!

Look for us at our New Location in the Early
Spring!!

For Questions or Inquiries please contact us
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turtleislandpark@live.com

New News at Turtle Island Park

Are you a Business interested in having a
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give us a call or a quick e-mail and we will
put you on the list for food delivery!!

Are you a woodworker, seamstress, beader,
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For Questions or Inquiries please contact us
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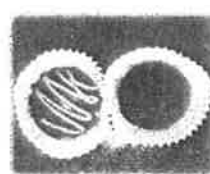
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