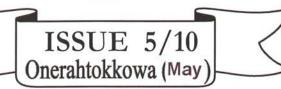


MOHAWKS OF THE BAY OF QUINTE

KENHTEKE KANIENKEHA



ORI:WASE (News)

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



Mohawk Family Services, Community Wellbeing of the

Mohawks Bay of Quinte is currently looking for foster families to provide a loving, caring, nurturing and healing environment for children who are admitted to the care of the Society.

Foster parents can help to provide care for children in the following ways; foster care full time, emergency care or provide relief for other foster parents during the week, weekends or summer. In collaboration with Hastings Children's Aid Society, our programs offer intensive support and ongoing training

The next Pride Training to become a foster parent is running from May 31, 2010 to August 2, 2010 at Hastings Children's Aid Society in Belleville, meeting for one 3 hour training session per week.

Make the difference in a child's life today. If you or someone is interested in fostering a child please contact;

Brandy Maracle, Family and Community Support Worker at 613-967-0122 ext. 102. by May 12, 2010.

www.inac.gc.ca www.ainc.gc.ca

April 13, 2010

Your file - Voire reference

Our file - Notre retainment

Gender Equity in Indian Registration

http://www.ainc-inac.ac.ca/hr/is/vor-and.asn

Spurred by a civil lawsuit filed by Sharon McIvor and her son Jacob Grismer, the Court of Appeal for British Columbia ruled on April 6, 2009, that the Indian Act discriminates between men and women with respect to registration as an Indian, and therefore violates the equality provision of the Canadian Charter of Rights and Freedoms. The Court gave the Government until April 6, 2010, to amend those provisions.

If enacted by Parliament, Bill C-3 will ensure that eligible grandchildren of women who lost status as a result of marrying non-Indian men will become entitled to registration (Indian status) in accordance with the Indian Act. No one will lose their Indian status as a result of these amendments.

NO ONE SHOULD APPLY YET UNDER THE PROPOSED CHANGE TO THE LAW. EVERYONE MUST WAIT UNTIL THE LAW IS OFFICIALLY CHANGED BEFORE APPLYING. AT THIS POINT WE HAVE NO IDEA HOW SOON THE LAW WILL BE CHANGED.

THERE IS A DIFFERENT APPLICATION FORM AND DIFFERENT APPLICATION PROCESS BEING DEVELOPED. THERE WILL LIKELY ALSO BE A DIFFERENT ADDRESS TO SEND APPLICATIONS.

There is quite a bit of information on the Indian and Northern Affairs Canada website here:

Tittp://www.ainc-mac.gc.ca/bins/vor-eng.asp

Canadä

New Entitlement to Indian Registration: How Do the New Legislative Changes to the Indian Act Affect Me?

I suggest that you read this section:

As a result of the amendments, who will be eligible for first-time registration under the Indian Act to respond to McIvor decision?

You should consult the web site of Indian and Northern Affairs Canada for the specific eligibility criteria. Generally speaking, the key criteria to be newly entitled to registration are:

- 1. Did your grandmother lose her Indian status as a result of marrying a non-Indian?
- 2. Is one of your parents registered, or entitled to be registered, under subsection 6(2) of the Indian Act?
- 3. Were you born on or after September 4, 1951?

Those who can answer yes to all of the above questions will be encouraged to submit an application for registration as an Indian.

BUT FIRST:

Q4. When will these amendments come into effect?

Once the bill has been passed by Parliament, the Governor in Council will set a date for it to come into effect. If that date is after the current deadline set by the Court of Appeal for British Columbia of April 6, 2010, then the legislation will be retroactive to that date.

According to the Parliamentary website Bill C-3 was introduced and read the first time - March 11, 2010

Debated at second reading - March 26 and 29, 2010

Read the second time and referred to the Standing Committee on Aboriginal Affairs and Northern Development - March 29, 2010

There still must be a scheduled third reading and then the Bill will be passed to the Senate for further debate and then be recommended to be passed into law.



MOHAWK FIRE

DEPARTMENT

The Mohawk firefighters in April responded to 7 calls:

- 2 Medical Assists
- 2 Motor Vehicle Accidents
- 1 Auto Alarm
- 1 Grass Fire
- 1 Structure Fire

This brings our total to 37 calls for the year 2010

Tyendinaga Police Blotter April 2010

Calls for Service = 60

March 30, 2010 at 2:00 AM, Tyendinaga Police observed an on-coming dark coloured SUV travelling on York Road near Quinte Mohawk School. The SUV was traveling at a very high rate of speed and lost control in front of the Police Cruiser as the SUV rounded the corner at Sadies Lane. The vehicle crossed the centre line into on coming traffic and rolled several times in the northern field. Three males were provided medical attention by Mohawk Fire Department and Quinte EMS. A Tyendinaga male was arrested and charged for Impaired Driving.

March 31, 2010 Tyendinaga Police concluded an on-going historical Sexual Assault investigation. A 45 year-old Tyendinaga man was convicted of four sexual offences. The male was sentenced to 5 years in prison.

April 11, 2010 at 1:45 AM, Tyendinaga Police responded to a report of 10 intoxicated people fighting at the Community Centre. Upon Police arrival, the situation had calmed down. Police remained at the scene to ensure public safety.

April 13. 2010 at 3:35 PM Tyendinaga Police responded lights and sirens to a Medical Panic Alarm at a residence on Bayshore Road. Upon Police arrival it was concluded that the resident owner accidentally triggered their personal panic device and the alarm was false.

April 16, 2010 at 1:20 PM, Tyendinaga Police responded to a Break and Enter of a trailer on Gordon's Road. It was confirmed that the Suspects stole a 7.5 HP Johnson outboard boat motor. The investigation is on-going. If anybody has information about this incident, please call the Tyendinaga Police at 613-967-3888.

April 18, 2010 at 5:04 PM, Tyendinaga Police assisted the Napanee OPP by responding to the recovery of a stolen Tractor Trailer, which was left along the 401 at Shannonville Road. TPS retrieved relevant information by the witness, which subsequently assisted the Napanee OPP in the arrest of three males from Quebec. The Tractor Trailer was stolen from Mississauga and contained a trailer full of Copper which had an estimated value of over \$120,000.

The Tyendinaga Police Service is committed to the safety of this Community, and now that the nice weather is upon us there will be more activity on our Roads, Trails and Water ways. We ask that you act responsibly while enjoying the weather and that you **DO NOT** operate any motor vehicles or vessels while under the influence of alcohol. Your Safety is #1.



House For Sale

The Mohawks of the Bay of Quinte have approved to sell 329 York Road by modified tender. As part of the Conversion to Market Based Housing program delivered through Indian and Northern Affairs Canada, the Mohawks of the Bay of Quinte have accepted funding to renovate and upgrade this home and create a home ownership opportunity for a MBQ member.



- Built in 1996
- 1300 Sq feet, Approx.
- Septic and well
- Oil Furnace
- Three bedrooms
- Recycled Asphalt driveway
- 2 car Garage

Upgrades

- Roof
- Poured Concrete Crawlspace
- Additional Insulation
- Well
- · Windows and Doors
- Kitchen Flooring
- Driveway
- Shower



Sale by Tender Process	Open Houses	Bidding
 Defined Asking Price Minimum is \$120,000. Sale by Tender which gives the pre-authorized community members an equal opportunity to bid on the property. The Mohawks of the Bay of Quinte have made a commitment to ascertain the highest dollar amount for the home. The top bid will be selected. In the event of a tie for top bid, the bidders will have the opportunity to submit a written secondary bid after the bid opening on May 25th 2010. The top bidder of the secondary bid will be selected. Only Mohawks of the Bay of Quinte Band members can submit a sealed bid. The successful bidder must make the property their primary place of permanent residence. Please refer to section 4 .C. of the MBQ Mortgage Application Policy. The successful bidder must comply with the corresponding MBQ Policies. Policies are available upon request. 	 Open Houses will be held May 7th 6-8pm, May 11th 9am-12pm. The open houses and information about the home and the sale process will be advertised in the MBQ Newsletter and via special mail out brochure. There will also be signs placed in front of the property announcing upcoming open houses. Information about the home and the sale process will also be available at the Administration Office starting May 3rd and at 329 York Road during the open houses. Information will be made available to the public via the MBQ website on May 3rd 2010. Inquiring community members can contact Brandi Hildebrand or Jason Neepin at the MBQ Housing Office. 	 Sealed Bidding will be accepted at the Administration Office from 8:30 am on May 17th to 4:30pm on May 21st. Bidders must attend the Public Bid Opening on May 25th 2010 at 6pm in the Council Chambers. Bidders must be preauthorized for financing through the Housing Department. Proof of mortgage authorization from the Bank of Montreal or proof of private financing required. Preauthorization should be completed prior to May 14th 2010. MBQ Housing will work with any interested applicant with their request for pre-authorization. Bids will not be accepted by individuals who are not pre-authorized. Bids made below the minimum asking price will be disqualified. The successful bidder will have 10 business days to close the sale and fulfil the necessary requirements.

The Sale Process

Step by Step Guide:

- 1. View 329 York Road during an Open House.
- 2. Contact MBQ Housing to be pre-authorized to submit a bid on the house.
- 3. After pre-authorization, you will receive a bidding number. All bids must match or exceed the minimum bid of \$120,000.
- 4. Submit your sealed bid to Reception at the Mohawk Administration Office between the hours of 8:30-4:30 Monday May 17th to Friday May 21st. Bids will NOT be accepted past 4:30pm on May 21st.
- Ensure that your bid is stamped, dated and timed. Do not put your name on the
 outside of the envelope. Address your envelope as "329 York Road House Sale,
 Bidder Number ___".
- 6. Attend the public bid opening at 6pm May 25th at the Mohawk Administration Office, Council Chambers.

You MUST be a registered Mohawks of the Bay of Quinte Band Member

*You MUST make this house your primary place of residence

if you are the successful bidder.*

You MUST be pre-authorized and have a bidding number

<u>There will be no exceptions to these requirements.</u>

Questions? Contact: Jason Neepin or Brandi Hildebrand at the MBQ Housing Office 613 968 1122 ext 110 and 140

Share your photos!



Do you have pictures of Tyendinaga or from community events that you'd love to share? MBQ is looking to showcase your pictures, old and new, on the new MBQ website (upcoming Summer 2010).

Please bring your pictures to the band office, where we can scan them and return the originals OR email them to sarahw@mbg-tmt.org.











MBQ Summer Employment Opportunity

INTERNAL POSTING INTERNAL POSTING

Tyendinaga Fitness & Resource Centre – Fun & Fitness Worker

7 week position

Job Summary:

To assist the Recreation Department by organizing youth/adult projects at the Tyendinaga Fitness & Resource Centre (Funded by Healthy Communities Fund for the project Tyendinaga Fitness Resource Centre "Out Reach")

- 1. Work with staff and other MBQ and local programs for event planning and fundraising efforts
- 2. Development and implementation of a variety of Healthy living activities for various age groups as well as intergenerational activities
- 3. Preparation and distribution of information brochures, pamphlets and advertisements
- 4. Knowledgeable in general health and recreation

Qualifications:

Incumbent must possess excellent interpersonal communication skills and presentation skills; able to work with and plan for events, etc. for various age groups; able to be creative and utilize a variety of software such as MS Office suite including Publisher; CPR and First Aid training an asset; must provide a satisfactory Criminal Reference Check; incumbent must be currently attending school and returning in the fall; preference is for a post-secondary student in a related program; preference will be given to applicants of Mohawk Ancestry.

Deadline: May 14th, 2010 at 12:00 NOON

Please forward applications to:

RECEPTION

Mohawk Administration Office
R.R. #1, 13 Old York Road
Tyendinaga Mohawk Territory
KOK 1X0
reception@mbq-tmt.org

PLEASE NOTE your application is for file SUMMER FUN & FITNESS WORKER

Trustee Report

for the month of April 2010

For the last couple of months there have been a number of topics that have been the focus of Trustee and Senior Administration attention. Budget preparation for next school year becomes an ongoing work in progress with information coming from the Ministry of Education on overall funding procedures and allotments.

The HPEDSB is in the process of upgrading and installing new Video Surveillance Equipment in all schools to make schools safer both inside and outside of school buildings.

The Aboriginal courses and programs offered by the Board are continuing to be very successful with overall support coming from Jennifer Maracle, (Aboriginal Education Coordinator).

The Board is also in the process of releasing data on how our Native Students have done over the last three years. This information will come to Band Council and will be made available to the community very soon.

Elections will be taking place across the Province of Ontario and Trustees will be seeking re election this year, with the new four year term beginning in December 2010.

I am also seeking to have a new four year appointment from the Mohawk Band Council. The Trustee position for me has been a great way to continue to represent our Tyendinaga First Nations community on the Hastings and Prince Edward District School Board. I have been active on a number of committees of the Board try to bring our Native perspective to all I work with.

For more information please go to HPEDSB.on.ca Board and Committee meetings.

Remember, if you have any questions or concerns please contact me at (613)962-3595 or mbrant@hpedsb.on.ca.

Respectfully submitted

Mike Brant, Trustee HPEDSB representing

Tyendinaga First Nations

Quinte Mohawk School Builders Club



Will be hosting a

Spaghetti Meal

Time: 5 p.m. - 7 p.m.

Thursday, May 20th

\$5.00



Silent Auction, Guest Speaker from "Free the Children"

Proceeds go to Helping Build a School in Kenya

Notice to Parents/Guardians Regarding Daycare or School Registration

An Admittance Form is required for all new students entering Daycare or Quinte Mohawk School (JK - Grade 8)

These can be obtained from Thayendanega
Health Centre upon assessment of your child's
immunization record by the Community Health
Nurses

If your child requires immunization,
Immunization clinics are available at
Thayendanega Health Centre
every 2nd & 4th Thursday from 1- 4 pm
Appointments are required
Call 613-967-3603

ASK A TEACHER

Ask A Teacher chat rooms are open Sunday through Thursday evenings from 5:30 pm - 9:30 pm.

It is free to all high school students and a wonderful opportunity for a young person to interact with a teacher in live time via the internet.

Go to http://www.ilc.org/aat/chat.php

and you can find the schedule for each evening.

Just click on the subject you need
and you will find out how many are before you or not.

Great for regular homework problems, special assignments or before the big exams or provincial tests.

Enjoy!

Cut this out & place it on your fridge when needed!

News from Tahatikonhsotontie Head Start

We would like to inform the Community that we will be celebrating our 10th year of operation in September 2010.

We are endeavouring to reach as many of our past program participants as possible to invite them to a supper and festivities.

If your child has attended any of our programs over the past 10 years and you have moved, changed phone numbers etc. Please call Melissa M. Maracle at 613-396-6716 to put your child's name on the list for this celebration.

We are very excited to plan this activity, as we can't wait to see everyone. We can hardly believe that some of our first graduates will be 15 years old this year!

We look forward to hearing from all of you.

Nya:wen, The Tahatikonhsotontie Head Start





Mohawks of the Bay of Quinte Summer Programs/Camps Information

Spots will be filled on a first come, first serve basis

Registration Dates: May 20, 2010 Time: 7:30 a.m. to 6:00 p.m.

Location: Thayendanega Health Centre (upstairs boardroom)

Please note that although we have <u>one whole day set aside for registration</u>, the spaces may fill up within the first few hours. If this occurs we will post a notice on the front door of the Health Centre.

PLEASE CAREFULLY REVIEW INFORMATION BELOW TO CHECK OUT ALL OF THE AVAILABLE CAMPS/PROGRAMS

The <u>first four (4) weeks</u> must be paid in <u>cash only</u> at the time of registration. <u>The remaining weeks must be paid no later than June 20, 2010</u>, as applicable to the program your child will be attending.

Tahatikonhsotóntie Summer Learning Program

Ages:

6 to 11 (must be 6 by December 2010 and no older than 11)

Spaces:

28

Dates:

July 5 to August 13, 2010, 5 days per week, except holidays

Time:

8:00 am to 5:00 pm

Fees:

\$ 20.00 per week/per child

Location:

Tahatikonhsotóntie Head Start, Contact Tracey Gazley/M.J. Loft at 613-396-6716

Children will be exposed to activities which encourage self-exploration thus promoting a better understanding of self and those around them. These activities will be interwoven with Cultural Teachings, Mohawk Language, self-awareness and team work concepts. Self directed projects will be encouraged as directed where possible. These activities may include, but are not limited to the following; Ohenton Kariwahtehkwen, teachings, sewing, beading, carving, local field trips, nature walks, sharing circles, water fun, drumming and singing, various forms of artwork and drama games, physical activity, medicine wheel use, board games, circle games and so on. We will encourage children to be active and involved in a healthy program for the duration of our Summer Program.

Sports Camp

Ages:

6 to 12 (must be 6 by July 5, 2010)

Spaces:

30

Dates:

July 5 to August 28, 2010, 5 days per week, except holidays

Time:

8:00 am to 5:00 pm

Fees:

\$ 20.00 per week/per child

Location:

To be determined, Contact Betty Carr-Braint at 613-967-3603 Ext. 115

The overall aim of this camp is to provide children with an opportunity to participate in a variety of Sports activities. Children will develop relevant skills, co-operation and team work while having fun. The Sports Camp will provide the children with a safe environment which includes interesting and challenging hands on activities.

Akwekon (Youth Sports and Culture Camp program)

Operation of this program depends on funding/staffing

Ages:

13 to 15

Spaces:

15

Dates:

July 7 to August 13, 2010, 3 days per week (Tuesday, Wednesday, Thursday)

Time:

10:00 am to 2:00 pm

Fees:

\$ 20.00 per week/per child

Location:

To be determined, Contact Betty Carr-Braint at 613-967-3603 Ext. 115

Akwekon will provide Aboriginal Youth (male/female) aged 13 to 15 years old with the opportunity to discover Indigenous and contemporary sports and activities which can assist them to achieve physical/emotional/mental/spiritual and environmental wellness. Through participation, developmental success can be achieved by experiencing the challenge of fitness, sports, and environmental activities, natural abilities through personal choices and interest which focus on healthy lifestyles. The program has been planned, designed and will be implementing specific goals and objectives related to the importance of integrating active lifestyles in relation to Culture and Sports and how this relation effects our wellbeing (body, mind and spirit). The enjoyment of sports and physical activities will enhance a healthy cultural lifestyle.

Basketball Camp

This camp will run for one week during the summer for children aged 10-14 yrs. Please watch for more details in the near future.

Survival Camp

This camp will run for two weeks during the summer. Please watch for more details in the near future.

Looking forward to having a fun-filled, adventurous summer!

Please be reminded of the following;

Please note that although we have one whole day set aside for registration, the spaces may fill up within the first few hours. If this occurs we will post a notice on the front door of the Health Centre.

ATTENTION MORTGAGE HOLDERS

It has come to our attention that many insurance companies will ONLY notify the MOHAWKS OF THE BAY OF QUINTE if your existing house insurance policy has been cancelled however will NOT when the policy has been renewed. This creates a problem when incentives, rewrites and renovations are requested. You will not qualify if your house insurance policy on file is not up to date. In order to ensure your policy is current, we ask that you mail, fax or deliver renewal form when received.



Relay for Life

June 25th, 2010

Luminaries Available for Purchase



\$5/ea



Can be purchased at:

Thayendanega Health Centre
Tyendinaga Fitness Centre
Tyendinaga Home & Community Care
Tyendinaga Home Support
Mohawk Administration Office

08 0 Se

Luminaries are candles that are placed in special bags and hold the names of cancer survivors and loved ones who have lost the battle against cancer.

In a moving ceremony after sunset, luminaries are placed around the track and are lit. They continue to glow all night long.

Your luminary and its message will provide light and inspiration for the participants all night long as they walk around the track.



Information Session for this event will be on Monday, May 17th at 7 pm 59'ers Hall

If you are interested in participating in the 10th Anniversary of "Relay for Life" CONTACT:

Thayendanega Health Centre, 613-967-3603 or

Carol Anne Maracle, 613-396-1467

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 May 14, 2010 & & FRIDAY May 28, 2010

at Thayendanega Health Centre
10:30 am - Noon

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

BREASTFEEDING CLINIC AVAILABLE :

If having problems, please call for an appointment *

FOR APPOINTMENTS for BREASTFEEDING
HELP
CALL HEALTH CENTRE: 967-3603
or 396-2942 when Health Centre closed

May 2010

Moms — In — Waiting

Canadian Prenatal Nutrition

Program (CPNP)

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 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 Heath Nurse

Make Your Own Baby Food Workshop Wednesday, May26, 2010

7:00 p.m. - 9:00 p.m. @ Thayendanega Health Centre



Presentation by Sara Hayes ~ Registered Dietitian also experiment making your own baby food. All supplies provided. This workshop welcomes all new parents and their families

To register or if you have any questions call

613-967-3603

Take home a free gift

CONTESTS for GRADES 6, 7, 8

WRITING CONTEST

Choose #1 or #2:

- 1) Do First Nations Communities Need IBCLC's?
 - What is an IBCLC?
 - What does an IBCLC do? Where do they work?
 - What education does an IBCLC need?
 - How many IBCLC's are in Canada?
 - How many IBCLC's work in First Nations communities in Canada?
 - Can men be IBCLC's?
 - Is this a job you would like to consider?
- 2) Can Breastfeeding Prevent Diabetes?
 - For babies?
 - For mothers?
 - Does this change with how long someone breastfeeds?
 - What else helps prevent diabetes for babies? for mothers?
 - Can a mother with diabetes breastfeed her child?

Written work may be any length, to cover your topic thoroughly. Spelling, grammar, and neatness will be considered. Please include at end: your name, address, phone number & an activity you enjoy.

POSTER CONTEST

Choose #1, #2, or #3:

- 1) Who Wins When Babies Are Breastfed?
- 2) Breastfed Babies Are Ready For Anything!
- 3) A Healthy Foods Guide Using Traditional Foods, Showing Breastmilk as the First Food in Life

Posters should be about 16 x20 inches, on bristol board or equivalent. Neatness and use of colour will be considered. Please put on back: your name, address, phone number & an activity you enjoy.

Bring finished work to Thayendanega Health Centre by June 1, 2010. Both contests open to all kids of Grades 6, 7, & 8, including homeschoolers. Information to help you research your topic is available by contacting Thayendanega Health Centre at 613-967-3603. Winners and others may be displayed at the upcoming Wellness Fair June 11 & 12, 2010.

<u>Prizes</u>: Fun Activities, such as Karate lessons, Horseback riding, Bowling, Swimming, or YMCA programs (certificates)



Tyendinaga Home Support Program
Phone: 613-396-4005

For Seniors 55+ or 18+ Physical Challenges

May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Diners Club - 12 Supper Club - 5: Handivan Depart Meals on Wheels 11:30 a.m 12:3	ture - 10:00 a.m s delivered between	Bingo - 12 Wii Bowli Fitness - 9 Scrapbook	Tea - 2:00 p.m 4:00 p.m 3:00 p.m. ong - 7:00 - 9:00 p.m. coo - 11:00 a.m. ong - 10:00 - 3:00 p.m. ong - 1:00 p.m 3:00 p.m 3:00 p.m 3:00 p.m.	n. n. p.m.		1
2	Breakfast Club (Full) Ceramics	Breakfast Club (Continental) Meals on Wheels	Breakfast Club (Continental) Diners Club Deseronto	Breakfast Club (Full) Shopping Trip (Belleville) Meals on Wheels	(Continental) Meals on Wheels VAN (Deseronto) Movie Night	8
Happy Mothers' Day	Breakfast Club (Full) Ceramics	Breakfast Club (Continental) Meals on Wheels	Breakfast Club (Continental) Diners Club ELDERS LODGE Bayview Plaza	(Full) Meals on Wheels	(Continental) Meals on Wheels	15
16	Breakfast Club (Full) Steeped Tea Party	Breakfast Club (Continental) Meals on Wheels	(Continental) Diners Club	20 Breakfast Club (Full) Meals on Wheels Blvl Bowling Sign up	(Continental) Meals on Wheels	22
23	OFFICE CLOSED	Breakfast Club (Continental) Meals on Wheels	Breakfast Club (Continental) Diners Club ELDERS LODGE Bayview Plaza	Breakfast Club	(Continental) Meals on Wheels	29
30	31 Breakfast Club (Full) Ceramics	All		e held at the otherwise sta	Elders Lodge ited.	·

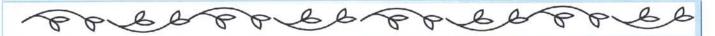
Walk to Wellness Fair

Saturday, June 12, 2010

9 am - 3 pm

Mohawk Community Centre





- · Reflexology
- •Medicine Walk
- Yoga Laughter
- •Fatal Vision Optical Course
- ·Organic Foods
- Active Living
- ·Herbal Teas •Therapeutic Drumming Dance Resolution
- Analyze Your Golf Swing
- •SOADI FOOT CARE CLINIC- Diabetes & non-Diabetic Foot Care

And Much More

Sponsored by The Community Wellbeing Team

~ No Admission ~

WE HAVE MOVED

The Tyendinaga Home Support Program have moved to Sustainable Development in Shannonville, temporarily until the new Community Well Being Centre is completed.

Should you require any of our services, please call 613-396-4005.

Thank you!

The Home Support Team

On May 11, 2010

Alternative Therapies For Wellness

With Suzanne Brant

From 7:00pm to 9:00pm
At the Thayendanega Health Centre
1658 York Road

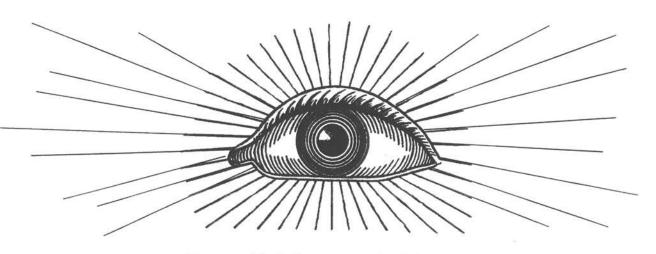
Transportation may be provided. For more information contact Wendy at (613)-967-3603

Diabetes Wellness Circle

On June 8, 2010

Eye Health

With Optometrist Sally Brant



From 7:00pm to 9:00pm At the Thayendanega Health Centre 1658 York Road

Transportation may be provided. For more information contact Wendy at (613)-967-3603

Thayendanega Health Centre & Association of Iroquois & Allied Indians "Tobacco Cessation Project", in partnership with:
Ontario's "Driven to Quit" Challenge

This was a FREE Challenge to members of the Tyendinaga Mohawk Territory



WINNERS!

"Save Your Lungs, Save Your Life" Challenge

- PHIL MARACLE ~1st Prize ~ Wii Fit Plus Package, also received Air Native Nike
 N7 Running Shoes & a Lawrence S. Martin CD
- AMANDA GREEN ~ 2nd Prize ~ \$315 Canadian Tire Gift Card to purchase a Bike, also received Air Native Nike N7 Running Shoes & a Lawrence S. Martin CD
- Their supporting buddy received a \$100 Grocery Gift Card also received Air Native Nike N7 Running Shoes & a Lawrence S. Martin CD
- Other participants who attended the AIAI Session on February 18th at the Thayendanega Health Centre received Air Native Nike N7 Running Shoes, a Lawrence S. Martin CD & a \$50 Walmart Gift Card

Sponsored by:









Société canadienne du cancer

TO ALL PARTICIPANTS!

T.O.P.S. ON#5258

Take Off Pounds Sensibly We "DO NOT" promote any diets

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

WHEN: Thursday Evenings

TIME: 5 p.m.—7 p.m.

Weigh in 5—6 p.m.

Meeting & Discussion 6—7 p.m.

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Aqua-tot Napanee Pool 10-11am Mother's Day card making workshop 6-8pm	6 Evening Kinder Gym 6-7:30pm	7	8
9	10	Toronto Metro Zoo Trip 7am-6:30pm	12 Aqua-tot Napanee Pool 10-11am	13 Drop In 9-10:30am	14	15
16	17	18	Aqua-tot Napanee Pool 10-11am Scrapbook workshop 6-8pm	20 Evening Kinder Gym 6-7:30pm	21	22
23	24 Office Closed	25 Kinder Gym 9-10:30am	26 Aqua-tot Napanee Pool 10-11am	27 Drop In 9-10:30am	28	29
30	31					

Dealing with Children's Behaviour

Video that looks at positive ways to deal with children's everyday behaviors

Presented by: Steven Lindsay Registered Early Childhood Educator

In conjunction with Kinder-gym

Thursday, May 20, 2010

Queen Anne Parish Hall

1295 Ridge Rd

6:00 pm - 7:30 pm



Card Making Workshop

Wednesday May 5th 2010
6-8pm
Queen Anne Parish Centre (downstairs)

Come out and make 2 card's for Mother's Day!

No experience and supplies required...

Cost is \$2.00 per person

Please call ahead as space is limited

613-969-1835

Kinder Gym

Every Tuesday May 25th 2010

Queen Anne Parish Center

9:00-10:30am

0-6 with a parent / caregiver





Drop In

Every Thursday May 13th & 27th 2010

Queen Anne Parish Center (downstairs)

9:00-10:30am

0-6 with a parent / caregiver

Aqua Tot's

Every Wednesday May 5th, 12th, 19th & 26th 2010

Napanee Indoor pool

10:00-11:00 a.m.



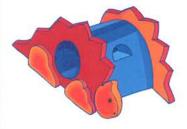


Wednesday May 19th 2010
1295 Ridge Road
Queen Anne Parish Center (downstairs)
6:00 - 8:00pm.

\$2.00 per person

Please call ahead to reserve your spot. 613-969-1835

Evening Kinder Gym



Thursday May 6th & 20th 2010 6:00pm-7:30pm Queen Anne Parish Center 1295 Ridge Road

We are inviting you to an Evening Kinder gym for all parents with their children 0-6 years of age!

On May 6th the children will be making a craft to take home for Mother's Day.

Come out and see our kinder gym equipment and have some fun!

Snacks and refreshments will be provided!!

For more information please contact: 613-969-1835

Bookshelf

FARM By; Elisha Cooper Ages: 4-8 \$16.60



One more hug for Madison By: Caroline Jayne Church Ages: 3-5 \$ 14.43



Emergency Preparedness Week May 2-8 2010

In an emergency-like a flood or power outage-will you be ready to take care of your family for at least 72 hours?

Learn how quick and easy it is to get prepared.

Using the 72 hour checklist to make your own kit. Go to www.getprepared.ca

We are updating our files if you would like to receive our newsletter via email, please call us with your email address. 613-969-1835

Thanks

Allison

ABORIGINAL JUSTICE STRATEGY: CAPACITY BUILDING PROJECT

Skátne Entewahahakwatà:ko (Together we will fix the path)

Project Findings, Presented by Janice Brant March 31, 2010



Tyendinaga Justice Circle Tontakaiêrine (It has become right again)

Project Goal

To build capacity for an Adult Diversion Program called, Skátne Entewahahakwatà:ko (Together we will fix the path)

Summary of Objectives

- 1. Develop and document a Haudenosaunee model of restorative justice relevant to the people of Kenhtéke Kanyen'kehaka (Tyendinaga Mohawk Territory) and its adult population. Document Haudenosaunee restorative approaches, traditional teachings, ceremonies, and healing methods within the model.
- 2. Research and document best cultural practices (thus creating an evidence based model)
- 3. Develop an ongoing strategic plan to recruit community volunteers and strengthen the volunteer community committee (already in existence)

What is Adult Diversion?

Section 717 of the Criminal Code allows provinces to establish alternative measures or diversion programs for adults. The provisions are modeled after those in the Youth Justice Act. Referrals to such programs may be made pre- or post-charge. Alternative measures may be used to deal with a person alleged to have committed an offence only if not inconsistent with the protection of society and if several conditions, among them the following are met: the person who is considering whether to use the measure is satisfied that they would be appropriate, having regard to the needs of the person alleged to have committed the offence and the interests of society and of the victim; the person fully and freely consents to participate; the person accepts responsibility for the act or omission that forms the basis of the offence that the person is alleged to have committed.

Emerging Themes

Cultural/Traditional Perspectives...

- Roles of women: Mothers, Clan Mothers, Aunties
- · Roles of men: Fathers, Uncles
- Rights of Passage
- The Peacemaker and the Great Law of Peace
- · Respect, values, guiding principles
- Leadership: Chiefs, Clan Mothers, Faith Keepers
- · Wampum Strings, Wampum Belts

Creating Change

- · Our community, our conflicts
- Justice, conflict resolution
- Steps, process
- Activities to restore community harmony and balance

Peace Building; Capacity building towards a community-based Adult Diversion Process

Peace building activities...

- Opportunities to learn, discuss, share
- Use of story tellers, elders, educators
- · Getting to the root of conflict, imbalance



- Provide a viable alternative for adults to demonstrate what justice should look like
- · Working groups on transformative practices in Haudenosaunee beliefs (E.g. Tadadaho)
- Address identity issues, crisis, and restore a sense of belonging
- Healing practices to restore the community

<u>Peace Building; Capacity building towards a community-based Adult Diversion Process:</u> Peace building processes...

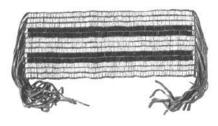
- · Taking responsibility for actions and behaviours
- · Expert Kanyenkehaka facilitators, representing every fraction of the community dynamic
- Evaluation/assessment, are we upholding the principles of peace?
- Consensus building activities that move the community to a vision and mission statement for adult diversion processes
- Community support and involvement

Best Cultural Practices:

- · Thanksgiving Address to remind us of our relationship to all creation, original instructions
- Peacemaker's Journey, recite the story and the good message
- Two-Row Wampum, outlines and demonstrates the conditions for peace
- · Condolence Ceremony
- Two-Row Wampum (respect, friendship, peace)

Condolence Ceremony

Wampum



Our Iroquois people used wampum for official purposes as well as for religious ceremonies. According to tradition wampum was introduced to the Iroquois by Hiawatha at the time of the founding of the League of the Five Nations. Hiawatha decreed and regulated its use. He taught the Five Nations that wampum should bring and bind peace and take the place of blood. He first introduced it to the Mohawks and after telling the Council of its use, his coworker, the Peacemaker, used wampum to console or wipe away the tears of

Hiawatha whose heart was heavy because of the loss of his daughters. This was the first Condolence Ceremony and has existed without change down to the present day. - Wampum Belts by Tehanetorens

The condolence ceremony is the reading of 14 strings of wampum as used by Ayanwatha:

- · Clearing the eyes
- Unblock the ears
- Clearing your throat and settling our stomach
- · Combing your hair
- Re-kindling the fire

- Cleaning the place where you sit
- Putting your house in order
- Opening the door of your house
- Resuming your path

Next Steps: Are we moving in the right direction? How do we get involved? Where do we go from here?

For a copy of the full report please contact:

Mary Ann Spencer, Tontakaiêrine Program Coordinator 613-396-2122 ext. 123

Email: Maryanns@fnti.net



MOHAWK AGRICULTURAL SOCIETY
R.R. #1 Deseronto, Ont. KOK 1X0

To All Community Members;

Did you know that through a booming economy, a depression, a war, and even community instability we have always had a Mohawk Fair? It is one of the longest running traditions of our community, and something that we can be truly proud of.

The Mohawk Agricultural Society is working hard at making this year's fair the best one yet. We have already secured a midway, the horse pulls are back, the much loved demolition derby is of course on Friday night, and the ever popular strong man competition will be there!

But, we do need your help. Our volunteer base is the smallest it's ever been. Our long time volunteers have been generous with their time and support; however, we need more help to spread the workload around.

If anyone is interested in donating their time and effort, or would like more information on volunteering please contact Murray O'Coin at 613-396-6034 or Amy Cowie at 613-396-5055.

Thank you,

Mohawk Agricultural Society Executive

Next Meeting: May 10, 2010



ANOTHER SUCCESSFUL 2010 CVITP SEASON FOR TYENDINAGA

The Canada Revenue Agency has administered the "Community Volunteer Income Tax Program" (CVITP) 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, <u>free of charge</u>.

The *Tyendinaga Community Volunteer Income Tax Program* completed *94 tax returns* on the Territory in 2010. .

I would like to take this time to thank the following for assisting us in another successful season:

First Nation Technical Institute Board of Directors: for allowing us the use of their computers and facilities again this year. Special thanks to Kevin Maracle for his assistance with program installation and setting up computer access and to Sam Bernhardt for allowing us after hour access for each clinic.

Patty Sager, Client Intervention & Assistance Coordinator for Tyendinaga Home Support Program: for her assistance in scheduling appointments for our elders in the community and for providing snacks and beverages for all of those that were in attendance. Special thanks to this program as well for the thoughtful thank you gifts that were received by the CVITP volunteers for the Elder's Lodge clinics.

Sandy Green, Mohawks of Bay of Quinte Band Office: for advertising our clinics in the newsletters.

And to you as community members for your participation in these clinics.

I would like to give special thanks to my CVITP volunteers for their time and commitment: Elvin Green, Patricia Wood, Dianne Huff, Darcy Murray-Scott, and Janet Bratberg

If you are a low-income earner and would like free assistance with the preparation of your individual income tax return and missed our March and April clinic dates this year, please contact me, Wendy Anderson, CVITP Co-ordinator @ (613) 391-2658 to make arrangements.

Nai:wen

In loving memory of a wonderful father,

Don Carr-Braint June 5, 1930 - May 27, 2005

So many things have happened,
Since you were called away,
So many things to share with you,
Had you been left to stay,
Every day in some small way,
Memories of you come our way,
Though absent, you are ever near,
Still missed, loved and always dear.

Forever loved and never forgotten We miss you.

Love Carol, Harry, Betty, Billy, Mary Jean, Marilyn, Mike, Tracey & families IN MEMORY OF ROSEZELLA "SALLY" MARACLE WHO PASSED AWAY MAY 3/89.
ALWAYS REMEMBERED BY HER SON JAMES B. MARACLE

THE SERVICE THAT WE DO FOR GOD
MAY GO UNPRAISED BY SOME MEN;
BUT WHEN WE STAND BEFORE THE LORD,
HE WILL REWARD US ALL THEN.
I CAN TRUST MY LOVING SAVIOUR
WHEN I FEAR THE WORLD'S ALARMS;
THERE'S NO SAFER PLACE OF RESTING
THAN IN HIS EVERLASTING ARMS.



A HUGE THANKS!

To Will & Nick Crawford for making sure the Elders at the Lodge got some fish.

Will & Nick hand delivered to each apartment Easter Monday.



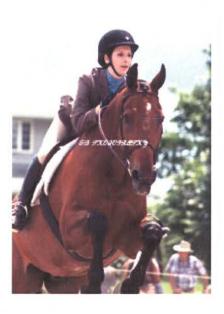
We would like to give a heartfelt thank you to all of those in the community and our families who supported our fundraising endeavours to attend the 2010 Educational-Learning thru Travel trip to Italy thru St. Theresa Secondary School. We would also like to thank the Tyendinaga Community Development Fund for the donation they so graciously made available to us. Last but not least, we would like to thank the Dream Catcher Fund for their contribution to our trip without all of your support we may not have had the opportunity to experience this once in a lifetime adventure. It was amazing and a great learning experience.

Once again Nia:wan, our community and families are awe-

Nicole General, Katelyn Brant, Jenny Procunier.

Lyndsay Nelles thanks
The Dreamcatcher
Fund for their
assistance with her
participation in the
2009 Trillium Hunter
Season

Nya:wen Kowa





Graduation for

Professional Land Management

Certification Program

Level 1 -April-March, 2009

Level 11 -September-March 26, 2010

I would like to take this opportunity to thank my family and friends who have supported me through the last two years of First Nations training on lands, environment and natural resources. I would like to especially thank Doug for his patience with mood swings and allowing me the time to get my assignments in on time which meant he was alone on ventures we would normally do as a couple. Thank you for your patience and love you all. I would not have made it without you!

Twila

☆ Happy Birthday

Lisa & Betty

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☆ From the T.H.C. gang

☆ Happy Belated Birthday

Papa (Bill Brant)

☆ Love Chip, Allison & Kody

☆ Happy Belated Birthday

→ Donna

Love Chip, Allison & Kody

Happy Birthday

☆ Kody - May 12th

Love Dad & Allison

Happy Birthday Bill - May 10th

Love Rick, Marilyn, Sam & Emmett

Happy Birthday

Harry - May 14th

Love Marilyn, Rick, Sam & Emmett

Happy Birthday

Betty - May 27th

Love Marilyn, Rick, Sam & Emmett

Happy 35th Birthday

Cindy - May 29th

Love Uncle Rick, Aunt Marilyn, Sam 🌣

& Emmett

Happy Birthday

Donald - May 30th

☆ Love Uncle Rick, Aunt Marilyn, Sam

& Emmett

Happy Mother's Day Aunt Edith

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Love Chip, Allison & Kody

Happy Mother's Day

Gram (Norma Brant)

Love Chip, Allison & Kody

Happy Mother's Day

Mom (Cindy Brant)

Love Kody

Happy Mother's Day Grandma!

Kelly McMurter

May 9th

Love Brandi, Dale, Sadie, William, &

Elijah. XoXoXo

Happy Mother's Day Nan!

Elaine Hill

May 9th

Love Brandi, Dale, Sadie, William, &

Elijah. XoXoXo

Welcome to a precious baby boy,

Roman, Allen, Giuseppe, Ferranti.

Born April 17th, 2010 at 12:34am

9lbs, 5 oz

Proud Parents: Mike and Erin Ferranti (nee Spencer)

Proud Grannies and Grandpa's,

Great, Great Grandmother, Lorretta Mae Bernhart

Great Granny and Grandpa's, Gloria and Allen Idzenga and Earl and Vanda

Spencer, Bud and Donna Switzer

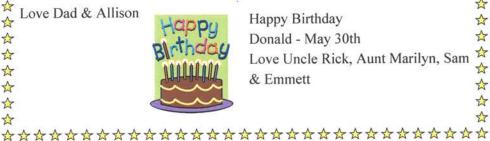
Tota (duda) Mary Ann Spencer

Grandpa David Spencer

Nonna and Nonno, Vicky and Italo Ferranti







Ratiweras Teyethinonweratons

Oneratokha 10ht, 2010

- Kanonhsowanen (rothahyonni) tahnon Sha'tekayenton (ronyaton) yatatis.
- Tehatehahkwa (rohskerewake) wahenron nene Ohenton Karihwatehkwen
- Tayoserontye (yakonyaton) wa'ehyaton nene owennashon'a (niyohikarote)
- Kanonhsowanen wahshonkwahrori ne Ratiweras nikakaroten.
- Katerennotha (yakohskerewake) wa'erennoten ne Tyonnhehkwen ne aorihwake yah onkak tho iyens tsi yakoteryentare akwekon nikarennashon; ethone Akaonha wa'ekwenni.
- Sha'tekayenton tahnon Kanonhsowanen wa'ontatyenawase ne Tyonnhehkwen nikarennoten.
- Sha'tekayenton wa'thaswenkaranhoton nene kahretyarons nikawennoten.
- Tsikanonawen yakohsennakehte ne okwari, wa'eroroke ne otsikheta
- · Kahawihstha (yakonyaton) wa'eroroke otsikheta
- Sha'tekayenton tahnon Kanonhsowanen wahatirennoten Wasase.
- Kaya'tahente (yakohskerewake) tahnon Yakoten'nikonhrare (yakonyaton) wa'ontateya ne tehotinonyakwa nene otsikheta
- Tehohokton (rotihskerewake) wahaterennoten ne Konnonkwe Aotinonyakwe.
- Kaya'tahente wa'enenri'ne konnonya
- · Katerennotha wa'onterennoten nene oriteneha
- Tehohokton, rohsennakehte ne okwari, tahnon Sha'tekayenton wahyaterennoten ne O'stonra'kowa.
- Tewannake (ronyaton) wahanenri'ne nene kanonya
- Tewannake tahnon Karihstatsi'ha (ronyaton) wahontohetste ne kanenstatakwas
- Tekenikhon tahnon Tsikenonewen wa'ontohetste ne kenniyohontehsa ka'nikinekentho.
- Tehatehahkwa wahenniseranhotonko.

We Give Thanks To the Thunders

April 10th, 2010

- Kanonhsowanen (wolf clan) and Sha'tekayenton (turtle clan) are the speakers
- · Tehatehahkwa (bear clan) said the opening address.
- Tayoserontye (turtle clan) wrote down the words ("minutes")
- Kanonhsowanen told us the story of the Thunders
- Katerennotha (bear clan) sang Tyonnhehkwen
- Sha'tekayenton and Kanonhsowanen helped sing the Tyonnhehkwen
- Tsikanonawen (bear clan) collected the candy
- Kahawihstha (turtle clan) collected the candy
- Sha'tekayenton and Kanonhsowanen sang Wasase
- Kaya'tahente (bear clan) and Yakoten'nikonhrare (turtle clan) passed the candy out to the dancers.
- Tehohokton (bear clan) sang the Old Women's Dance
- Kaya'tahente lead the dance.
- Katerennotha sang Oriteneha
- Tehohokton and Sha'takayenton sang O'stonra'kowa
- Tewannake (turtle clan) lead the dance
- Tewannake and Karihstatsi'ha (turtle clan) passed out the corn soup
- Tekenikhon and Tsikenonewen passed out the strawberry drink
- · Tehatehahkwa closed the day

Well \ware

Mohawks of the Bay of Quinte Water Day

Saturday June 5th at the Mohawk Community Centre 1807 York Rd. Tyendinaga Mohawk Territory



WELL AWARE COMMUNITY FORUM
2:30PM-5:30PM Presentations by industry professionals on water well protection and maintenance

DINNER PROVIDED

5:30 PM - 7 PM RSVP at 613-396-3424 Extention 129

In Partnership With







Native Plant Rescue

Before you dig... call us!

A group of volunteers will come onto the property and harvest all of the native plants, and replant them in other areas around the Territory.

The goal is to protect the native plants that would otherwise be destroyed by construction.

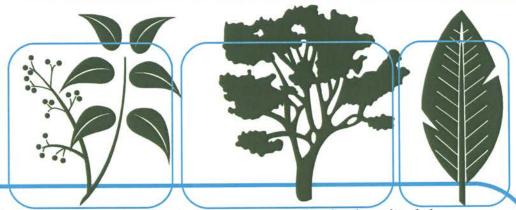




For more information, to volunteer or to have a group of volunteers come to your property, please contact

Kristin Maracle at 396-3424





The Otesha Project is a youth led charitable organization that mobilizes and equips Canadians to create local and global change through individual and collective choices.

EVERYONE Encouraged to Participate!

Saturday June 12, 2010 Bayshore Park 1:00 pm

Exciting theatre, games and activities!

For more information please contact Kristin Maracle 396-3424

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

14 York Road, Unit #1 Shannonville, Ontario KOK 3AO

MAY 2010

Discover the Balance

We have Gift Certificates

Discovering the Balance
By Working the
Mind, Body,
Heart and Spirit

Hours of Operation

Monday - Thursday 7:00am-8:00pm

Friday

7:00am-6:00pm

Saturday

8:00am-1:00pm

WINNERS

Heart & Stroke Easter Basket

Mark McNamara

Cover Girl Basket

Tom Wager

Couples Lose to Win

Nancy & Brian Branchaud

5 ways to stay positive about health and fitness so you can stay on track with your weight loss goals

- Lessen the Stress-Get out for a brisk walk or run to clear your mind and get your blood flowing.
- Stay focused on hydrating-Keep a bottle of water with you at all times.
- Afternoon hunger-carry unsalted nuts, you will feel fuller longer and nuts are full of healthy fat and protein.
- 4. The right surroundings-being around others who are committed to fitness can help keep your healthy attitude on track.
- Breakfast burn-start your day off with an energy packed breakfast not doing so can make you feel sluggish

Notice to All Clients & New Members

Monthly Memberships fees have gone up
\$25.00 Adult/Student \$20.00/Seniors \$15.00/Drop In \$5.00

Appreciation Days for Everyone

During the "Spring Show off Event"

May 25 to May 31 - FREE DEMOS

Therapy Appointments:

Massage-Sonya Maracle

Reflexologist - Rose Green

Massage - That Green Touch

Thai Yoga Massage- Barbara Roch

NEW FREE PROGRAMS "TFRC Out-Reach"

Walking / Running / Biking / Dragon Boat

Mom & Dad Baby Stroller Walking Program

Funded by Healthy Communities Fund / Sign up today with TFRC

The Fun & Fitness Worker will be managing these programs.

We will be starting our summer hours June 1st - opened at 6:30am

Great News : Our water is repaired

Tyendinaga Fitness Resource Centre Phone: 613-962-2822 tyfitnessres@mbq-tmt.org Calendar of Events May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bellyfit Kick boxing Yoga Done until Sept.			Summer hr. Start June 1st Open at 6:30am	Sign-up FREE For the summer Walking/biking and running Groups.		Saturday Hours 8am-1pm
Big Bike for Heart & Stroke 9:30am BBQ	3 Circle Of Friends Award	4 Learning to Walk /Bike & Run	5 Sign up for the Bike Group	6 Sign up For the Running Group	7	8
9	Rowing Contest! Sign up For the Dragon	11	Last night For kick Boxing Back in Sept. Beginners Program	Sign up For the Walking Group	14	15
16	17 Weigh in for Lose to Win Singles	18	19	20	21	22
23/30 Spring Show Off Week May 25-31 Free Demo's	24/31 Closed May 24th	25 Beauticontrol 10am to 2pm Ion Cleanse 2pm to 6pm	26 Boot Camp Demo 6:15pm	27 Mindful Journey 10am to 2pm	28 Free Workout Day	29 Belly fit Demo 9am Lift the Most Contest

"Spring Show Off Event" May 25 to May 31st



TOONIE SPECIALS & DEMOS

When you purchase 6 months membership

You get 2 more months for a TOONIE

When you purchase 1 year membership

You get 4 more months for Two TOONIEs

Note: We have a \$5.00 hold fee for holidays & unpreventable issues.

"The Power of Thought... how to manifest what you desire."

Do you feel:

✓ you can't seem to get ahead?

√ you are repeating the same patterns?

√ in a rut?

√ You want to be more in control of your life?

Then this afternoon workshop is for you! Learn how your thought processes become your reality and then discover ways to successfully reprogram your way of thinking in order to manifest what you desire in your life. These four hours will introduce you to the most amazing tool you can have for life changes....your own mind! There will be group discussions, personal journal work and group hypnosis for self-confidence and manifestation. All learning materials are included in the \$55 cost.

June 05th
1 pm until 5 pm
Tyendinaga Fitness Resource Centre

"BONUS"

REGISTER and PAY prior to JUNE 01st and this workshop will be only \$45 plus you will receive a Hypnosis CD to take home. That is \$25 value so don't delay, sign up today as space is limited.

Contact Janice Chrysler, Certified Hypnotherapist for more information and to register! Payments can be made by VISA, MASTERCARD or CASH Phone 613-472-0341 or e-mail: janicechrysler@mindfuljourney.ca



Tyendinaga Fitness Resource Centre Walking & Biking & Running

The Tyendinaga Fitness Resource
Center is offering a Free
Walking & Biking & Running
Program



Sign up Starts:

May 5 to May 31/10

Starts Outside: July 19/10

Tues / Wed/ Thur.

FREE TFRC Membership with

The Program

Family & Teen Groups

TFRC Out Reach Program (613) 962-2822
Funded by Healthy Communities Fund





Poetry Contest Winners!

Will be published in JUNE'S newsletter. Thank you to all who submitted their work.

Chris - Community Youth Worker

Bay of Quinte COUNTRY.COM

Bay of Quinte Tourist Council (BQTC) is reaching out to the world collectively to encourage tourism in the Bay of Quinte area, and our goal is to bring double the tourism receipts we currently see by 2020. BQTC is looking for businesses and events within Tyendinaga to advertise on the website:

www.BayofQuinteCountry.com. The website has opportunities to advertise businesses, events, imagery, and video. We are promoting the BQTC partner com-

munities, including Tyendinaga Mohawk Territory, and want to attract peoples to experience the lands, culture, and beauty found in the Bay of Quinte area.

If you wish to promote your business or events, please submit your application to: http://www.snapdesign.ca/boqc.com/member-form.htm

COUNTRY & BLUEGRASS JAMBOREE

HOSTED BY ORISKANY ALLIANCE OF TYENDINAGA

SATURDAY, JUNE 26/10 TO BE HELD IN BAYSHORE ROAD PARK TYENDINAGA TERRITORY

10 A.M. – 7 P.M. ADULTS \$10, CHILDREN 12 & UNDER \$5 TICKETS AVAILABLE AT GATES ONLY

PLEASE BRING LAWN CHAIRS FOOD AND REFRESHMENTS WILL BE AVAILABLE

THIS IS A FUNDRAISER FOR THE ORISKANY ALLIANCE COMMITTEE

FOR MORE INFORMATION PLEASE CONTACT JAMES MARACLE AT THE ELDER'S LODGE @ 613-396-2796 OR 613-919-4491



The Quinte Singers

present

"ONCE MORE...WITH FEELING!"

............................

A concert of music that will make you feel good and relaxed!

Featuring music & songs from "Les Miserables" and "Oliver!"

PLUS - many more favourite selections!

Saturday, May 29, 2010 @ 2:00 pm Deseronto United Church

Tickets: \$10.00/ea

Light refreshments will be served

BEAR CLAWZ VARIETY

FRIDAY MAY 21ST

GRAND OPENING BBQ & FISH FRY

LOCATED AT 416 HWY 49

COME CHECK OUT OUR SELECTIONS:
FROZEN FOOD, FISHING SUPPLIES & BAIT,
POP, COFFEE, SMOKES AND MUCH
MORE.....

LOTS OF FREE DRAWS





Every Thursday night Starting May 6th @ Napanee arena 8:30 – 10 pm

Everyone welcome!

Tyendinaga Minor Lacrosse is Starting!

Every Thursday night @ Napanee Arena starting May 6th

Paperweight

5:45-6:30

Birth Year 2004,05,06,07

Tyke/Novice

6:30-7:30

Birth Year 2000,01,02,03

Peewee/Bantam 7:30-8:30

Birth Year 1996,97,98,99

LACROSSE

We are accepting registrations still. If u would like to register please show up at the scheduled times. \$50.00 sign up fee.



THE ANGLICAN PARISH OF TYENDINAGA

Parish Priest The Rev'd Brad Smith Mohawk Rectory, 396-3797

SUNDAY CELEBRATION

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 23 May, the only service is at Christ Church

UPCOMING EVENTS

Wednesday 5 May, 7 p.m., All Saints' Trivia Night

Cost: \$10 per person. Individuals or teams can register. Funds raised to benefit the capital fund.

Wednesday 19 May, 7 p.m., All Saints' Parish Fun Night

Bring a game, a friend, and a snack!

Sunday 23 May, 10 a.m., Christ Church
Pentecost: The "Birthday" of the Church
Commemoration of the 226th Anniversary of the
Landing of the Mohawks and Founding of the Parish
A short service of thanksgiving will be held at the Cairn
at 10:00, followed by the main liturgy in the Church at
10:30. Traditional dress encouraged.

Saturday 29 May, 8 a.m., All Saints' Walk-a-thon/Rock-a-thon

Funds raised to benefit the capital fund. Registration forms available from Marilyn Brant, 967-1129.

REACHING OUT TO THE COMMUNITY

Did you know that the Church is helping to keep the language alive? For example, the Bible is being translated into "modern" Mohawk. While this effort can never erase the harm done by residential schools in destroying families, language, and culture, the Church is committed to helping provide resources in indigenous languages across Canada.

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

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



Traditional Anglican Communion
The Anglican Catholic Parish of
Keristhos Ne Korahkowa
(Christ the King)
Tyendinaga, M. T.

Holy Communion

Fr. Gérard Trinque, OHI, SSM, Officiating Every Sunday—10:00 a.m.

Elders' Lodge Common Room 301 Bayshore Road, Tyendinaga, M.T.

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Using the long-established
Book of Common Prayer (1962)
and the time-honoured hymnal
Book of Common Praise (Blue Book)

For more information, please call:

Mr. Charles E. Maracle at 613-396-3089 OR

Ms. Lorna J. Moses at 613-396-2538

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Third Sunday of each Month



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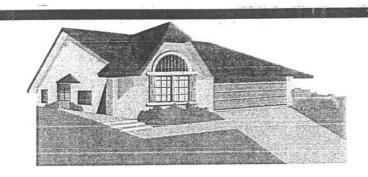
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