

## MOHAWKS OF THE BAY OF QUINTE

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KENHTEKE KANIENKEHA



## ORI:WASE (News)

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



## OPEN HOUSE

Community Wellbeing Centre

Saturday, June 11, 2011 11:00 a.m. to 4:00 p.m.

Children's Activities, Horse & Buggy, Music, Food & More

Also celebrating......

National Day of Healing & Reconciliation

Release of Balloons

**ALL WELCOME** 

#### M BQ Employment Opportunities:

In order to ensure the broadest circulation of our employment opportunities, the MBQ posts ALL employment opportunities through the website at <a href="https://www.mbq-tmt.org">www.mbq-tmt.org</a>, and at locations in: the Mohawk Administration building - Reception area Community News Board Ontario Works office

the Employment and Training Office as well as through the Community Newsletter or Special Flyers delivered via Canada Post

Should you have any questions please contact: Bev Hill 613-396-3424 Ext. 132 or by email at bevh@mbq-tmt.org

#### **HAY TENDERING PROCESS FOR 2011**

The Tyendinaga Mohawk Council is now accepting bids on a price per acre basis for the hay that is located in various parts of the Territory for the 2011 haying season and that is considered as Band land.

One of the properties is located east of Shannonville on the north side of #2 Hwy. together with a parcel lying south of the #2 hwy just across the road. Both parcels contain approximately 20 acres.

Another property is located on the York Road at the Karon hiak ta' kie Sports complex. . It is the area around the Ball diamond, and lacrosse box containing approximately 15 acres.

The last property is approximately 35 acres located on Hwy #2 across from the 59'rs club.

#### NOTE:

The successful tender will be responsible for the cutting, baling and removal of the hay in a timely fashion and manner, this summer.

The highest tender is not necessarily accepted.

The Tyendinaga Mohawk Council will not be held responsible for any Liabilities, loss or incriminations as a result of the acts performed under the tender process agreement

Sealed tenders marked "HAY TENDER" must be submitted to the Mohawk Administration office no later than 4:00 PM on June 30<sup>th</sup>, 2011.

For further information please contact Twila Brant, Certified Lands Manager at the Nation Building Office, 1658 York Road, TMT. Ph. 613-967-3616 Ex. 109



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in April responded to 17 calls:

- 2 Auto Alarms
- 1 Public Service
- 3 Wires Down
- 3 Medical Assists
- 2 Grass Fires
- 1 Gas Leak
- 1 Tanker Assist
- 3 Motor Vehicle Accidents
- 1 Rubbish Fire

This brings our total to 37 calls for the year 2011

#### **EMPLOYMENT OPPORTUNITY - INTERNAL POSTING**

Nation Building

#### Receptionist/Research Assistant

JOB SUMMARY:

Position provides reception and research services for the Nation Building Office; provides visitor information concerning the services provided at the Nation Building Office; provides a variety of secretarial, clerical and administrative in support of the Nation Building services; and, provides research services in support of exercising Aboriginal rights and the preservation of those rights of the Mohawks of the Bay of Quinte and its members through various political and legal resolution processes.

#### **Education & Experience Requirements:**

Graduation from a program in secretarial services/office administration Previous experience dealing with the public in a First Nations community office Experience in conducting research

#### Skills/Abilities/Knowledge:

Secretarial and clerical skills at a high level

High level computer and word processing skills including proficiency with Microsoft Office

Excellent verbal and written communication skills

Excellent public relations skills, including an appreciation for the need for tact, discretion, and a positive, cheerful, and informed approach with the public.

A valid Driver's license, own vehicle and valid vehicle insurance

Ability to work with highly confidential information in a publicly sensitive environment

Good knowledge of office practices

Current and thorough knowledge of the services, people, history of the Territory

Requires an in depth knowledge of program structure and the community

Sensitivity to Aboriginal issues

To work well within a team

Appreciation for the need for tact and discretion

Appreciation for the need for confidentiality

To adjust to changing priorities and political environments

Ability to work with tact, discretion and confidentiality in a publicly sensitive environment

Preference will be given to applicants of Mohawk Ancestry

Application must be **submitted no later than NOON** on the closing date and must include notation of position applying for, resume, three references (at least two professional) AND other required documents.

#### **DEADLINE FOR APPLICATIONS:**

May 20th, 2011 at 12:00 NOON

Application or requests for information can be sent to: Reception

Mailing address: 13 Old York Road

Tyendinaga Mohawk Territory

K0K 1X0

Email:

reception@mbq-tmt.org

Fax:

613-396-3627

Inquiries please call:

613-396-3424

Note: We thank all applicants for their interest in this position but only those selected for an interview will be contacted.

#### The Nation Building Department

has moved to 1658 York Rd (former Health Centre, Downstairs)
To reach the Nation Building Department please call us at
613-967-3616 or 613-967-3617

Lands, Membership, Policy Analyst & Lands Research



## NIHB Client Reimbursement

#### Question and Answer

Santé

- What information do I need to submit to receive a client reimbursement? O:
- In order to seek reimbursement for any benefit area, you must submit the following: A:
- Original receipt(s) for proof of payment Credit card/Debit (Interac) slips are not acceptable forms for proof of payment;
- Sign and complete all applicable parts of the NIHB Client Reimbursement Request Form (Please see exceptions to the Dental/Orthodontic and Medical Transportation Benefits below); and
- If applicable, submit a detailed statement or explanation of benefits form for all other health plan(s)/program(s). This form explains what has been covered/paid by your other health plan(s)/program(s). Note: Original receipts are not required when submitting the detailed statement or explanation of benefits form as the other health plan(s)/program(s) requires them. In such cases, a copy of the original receipt is acceptable.

#### Prescription Drugs

No additional information other than what is listed above is required.

In addition to the items listed above, the following documents must also be submitted accordingly for each benefit reimbursement request.

Medical Supplies and Equipment, as well as Vision & Eye Care

A copy of your prescription

#### Dental or Orthodontic Services

(Please note: When submitting for reimbursement specifically for Dental or Orthodontic Services only, you must use the NIHB Client Reimbursement Request Form OR a Dent-29 Form).

- Completed claim form provided by the dental or orthodontic service provider. One of the following:
  - Association des Chirurgiens Dentistes du Québec Dental Claim and Treatment Plan Form
  - Standard Dental Claim Form
  - Canadian Association of Orthodontics Information Form



Medical Transportation

(Please note: When submitting for reimbursement specifically for medical transportation <u>only</u>, you must use the NIHB <u>Client Reimbursement Request Form **OR** a regional specific medical transportation form provided by the Health Canada regional office</u>).

- Proof of your medical appointment attendance.
- Q: Where can I find the NIHB Client Reimbursement Request Form?
- A: The NIHB Client Reimbursement Request Form can be found on the Health Canada website **healthcanada.gc.ca/nihb**. You may also contact the Health Canada regional office in order to request a copy.
- Q: Where do I mail my NIHB Client Reimbursement Request Form?
- A: For all reimbursement requests (other than Orthodontics), please mail your completed form(s) and receipt(s) to the Health Canada regional office in the province/territory where service was provided. All completed orthodontic forms and receipt(s) must be mailed to the Orthodontic Review Centre.

For a complete list of the Health Canada regional offices and the Orthodontic Review Centre addresses can be found on the Health Canada website http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/benefit-prestation/form reimburse-rembourse-eng.php

- Q: How long do I have to ask for reimbursement of my expenses?
- A: All requests for reimbursement of eligible benefits must be made within one year from the date of service. Requests received after one year will not be eligible for coverage and will be returned to the sender.
- Q: What do I do if I have another insurance plan?
- A: Please submit your reimbursement request to your other health plan(s)/program(s) <u>first</u>. When you receive your detailed statement or explanation of benefits form from all other health plan(s)/program(s), submit it to NIHB. The NIHB Program will then coordinate payment with your other health plan(s)/program(s) on eligible benefits.
- Q: What is considered an "original receipt"?
- A: An original or true copy of a receipt given by the service provider to document a transaction. A true copy is a fax, e-invoice, or photocopy and may be accepted as payment as long as it has the words "This document should be treated as the original" written or stamped on the copy. Credit card and Interac slips are not considered to be a receipt.

#### BREASTFEEDING CIRCLE

#### How Mothers Came To Be

Two children were lost, cold, hungry, and did not know how to care for themselves. They called the Great Spirit for help, but he could not leave his lodge to care for them. Instead, he decided to make a Mother. He summoned his forces: Air, Fire, and Water. A Mother must have thoughts as clear as air, heart as warm as fire, and feet as swift as running water.

The animals of the forest were sent to teach her the ways of the earth. From the owl she gained wisdom; from the doe, gentleness. The turtle brought patience so she could wait for good things. The squirrel taught her to gather food to store. The ability to build shelter was given by the beaver. Only a Mother will be busier than the bee, who told the Mother secrets of the flowers and which foods are good foods: corn, squash, beans, and sweet berries. The spider has a silken skill and shared with the Mother how to spin and make clothes for the children.

Behold! There was a Mother! As she gathered the children in her arms, she promised they would never be cold, lost, or hungry again. She would be beside them. When they spoke, she would listen; what they did not know, she would teach them. The Mother was so good, so kind, and so wise that the Great Spirit made many, many Mothers.

"The newborn has three needs... food, warmth, and love in the arms of its mother. Breastfeeding satisfies all three."

# 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

## WEEKLY on TUESDAYS 10:30 am - Noon

#### @ COMMUNITY WELLBEING BUILDING

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

## **BREASTFEEDING CLINIC AVAILABLE:**\* If having problems,

please call for an appointment time \*
FOR APPOINTMENTS CALL: 613-396-2942



## Make Your Own Baby Food Workshop

Wednesday, May 25, 2011
7:00 p.m. - 9:00 p.m.
Community Wellbeing Teaching Lodge
50 Meadow Dr.
TMT

Presentation by Heather Williams~ Registered Dietitian

This workshop welcomes all new parents and their families.

- Experiment making your own baby food
- All supplies provided
- Take home a free gift



To register, or if you have any questions please call- Mary McCauley 613-967-3603

GRAND PRIZE DRAW Magic Bullet (baby bullet)



MOHAWKS OF THE BAY OF QUINTE ECONOMIC DEVELOPMENT AND EMPLOYMENT OFFICE

## Support Local Business

#### **Business of the Month**

May 2011

We are very proud to feature L'il Crow Café, Native Expressions and Stage Red as our Business of the Month. Located at 216 Bayshore Road on Tyendinaga Mohawk Territory this is a must visit!

A unique, First Nations Gallery, café, giftshop and outdoor performance courtyard located on the shores of the beautiful Bay of Quinte.

Small & Mighty, L'il Crow
Café will bring you the best in
organic specialty coffee! Their
source takes every step to ensure that the certified fair-trade
organic beans have been grown
with love, picked with love and
brewed with love. They also do
their part to keep the planet
healthy by offering fully biodegradable coffee cups, cutlery,
napkins, straws, stir sticks and
smoothie containers. They

For information regarding the economic development program, please contact:

#### Kelly Maracle

Economic Development Officer

Phone: 613.968.1122
Fax: 613.968.1128
Email: kellym@mbq-tmt.org
Or visit us on our website at:

www.mbq-tmt.org

believe that it is their obligation to our Seven Generations.

The entertainment hub for this area is Stage Red. They host a variety of different types of entertainment throughout the season, including karaoke Mondays, Latin Salsa nights and more!

Come and visit this "LITTLE GALLERY with a BIG ATTI-TUDE".

> L'IL CROW IS NOW OPEN FOR THEIR THIRD SEASON!

Hours of Operations are

Monday to Friday 7am-3pm

Saturday 10 am-4 pm

www.davidrmaracle.com www.stagered.ca



#### Upcoming Events at Stage Red

May 28th—the ever enchanting Alidda Kinnie Starr

June 25th—TMT's own Brittany Brant and Lynne Brant

July 2nd—Johnny Cash Tribute Band

#### **Marketing Tips**



#### TAP SOCIAL MEDIAS!!!

Using Facebook and Twitter is invaluable. Create a fansite for your business!!



#### ENCOURAGE FEEDBACK FROM CUSTOMERS!

And use what they give back to you to grow your business!



#### ASSERT YOUR-SELF AS AN EX-PERT!

Be knowledgeable about your product and promote this expertise.

#### 2011 DOORS OPEN ONTARIO

Free Event!

Featuring Heritage Sites in Tyendinaga Mohawk Territory, Deseronoto and Napanee!!!

May 28, 2011 from 10 am to 4 pm.

Come to the Economic Development Office for more information or check out on the website

www.doorsoopenontario.on.ca

Some of the sites on the tour include:

Napanee Business Centre, Deseronto, Town Hall, Christ Church, MBQ Landing Site, Naylor's Theatre and Camp Rathbun.

Are you between the ages of 18 and 35 with a high school diploma?

Are you interested in international development?

International Aboriginal Youth Internships... for more information please visit www.cida.gc.ca/iayi or call 1-800-230-6349



Job Seekers Entrepreneurs and Aspiring Entrepreneurs!

Please come in and use out free computer and internet stations!

"Don't limit yourself! Many people limit themselves to what they think they can do. You can go as far as your mind let's you. What you believe, remember, you can achieve!"

Mary Kay Ash

#### **ADVERTISING OPPORTUNITIES**

Bay of Quinte Tourist Council visit www.bayofquintecountry.com

(the cost is \$99.00 and you become a business member, with many other benefits, including a website which gets about 10,000 hits a day!)

And

Government of Ontario visit www.ontario.ca/aboriginalbusiness

(this site is free to register)

If you have any questions regarding these two opportunities, please call Kelly@613-968-1122

For information regarding the employment and training program, please contact:

#### Sandy Sero

Employment and Training Coordinator

Phone: 613.968.1122

Fax: 613.968.1128

Email: sandys@mbq-tmt.org

Or visit us on our website at:

www.mbq-tmt.org

#### Our Kids need YOU!

If your family is interested in caring for children in our community who need temporary or permanent homes, please contact Mohawk Family Services.

Your commitment to our children is greatly needed. We have a special need for families who have experience parenting teenagers, and who can take on the challenge of being able to guide our youth on their journey to a healthy life.

You do not need to live on Mohawk Territory to inquire. We have Mohawk children who require safe homes across the Province.

Please call 613 967 0122 ext 106 to inquire, we would love to hear from you!



Let's raise our children together.

Sincerely,



The Mohawk Family Services Team

### Moon Ceremony

All Women Welcome!

WHERE: COMMUNITY WELLBEING BUILDING
WHEN: May 17 at 8:30 p.m.
Please wear a
dress/skirt and
bring tobacco, lawn chair
& water if possible.
Call for more
information:
613-967-3603
POTLUCK MEAL SHARING

## Inspirational Quotes

by our Quinte Mohawk School grade 7-8 young women captured at the White Tiger Event on April 12/2011 hosted by Red Cedars Shelter

"No matter what, I will always be there for you, and I would bring up a funny memory to make them laugh. Then tell them to have confidence in

"Never let anyone stop you from doing what you want, show your true colours and never back down"

"Believe, succeed have confidence"

"You're a great friend" "I am here for you" "Chin up"

"There's help out there, never give up, never back down, protect yourself, don't change for anyone else, be yourself"

"Be who you are, not what others want you to be, don't let them paint you as a picture your not"

"I would say everything is part of life and things happen for a reason and it is okay to tell someone about things that might have happened and to let them help"

"Don't let anybody bring you down it's your own body and you can do anything to change it" "You are your own person, only you can lift off your feet when ever you want to. No-one can change you"

"It doesn't matter what anybody thinks, it's what you think that matters in the end" "You're awesome! Be
who you are and
people will like you,
don't change. In the
end we are all human
and we all bleed red"

"Don't let the negative get you down, do the things you want and reach higher than above for your dreams"

"Don't let your boyfriend control you, if he does then get out and get out fast. It's for the best"

"You're the best, your worth more then you know, your gorgeous, I love you"

"Everything is a part of life, even if it's the most uncomfortable things; you have friends, family and other people around you to support you"

"You have the right to say NO" "Best friends forever" "Be who you are"

"That you can make your own decisions and can do what you want don't let anyone change that"

"Don't live your life without trying to succeed your dream"

"Don't worry things will change, after every storm a rainbow appears" "Somebody out there wants to help you, I'll be that someone"

"If you are in a relationship and it's moving too quickly, I think you should break up"

"To keep distance if you feel awkward or feel something is wrong and to keep eye contact"

"To not be in a relationship with someone who is moving to quick"

"Don't go along with a person even if it's for your life always put up a fight"

"Your number one you can do anything believe anything can happen"

Nya:wen to the following agencies for making the day a success:

Mohawk Family Services, Community Health, Tyendinaga Justice Circle, Maternal Child Health, Quinte
Mohawk School. Also thanks to the Good Minds Program for the donation of water and granola bars
for the day and the Tyendinaga Police for speaking at the event and donation of circus tickets.



### For Seniors 55+ or 18+ Physical Challenges

## May 2011

50 Medow Drive, Deseronto ON K0K 1X0
Phone: 613-967-0122

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	Breakfast Club (Full) Ceramic & Puzzle Club	Breakfast Club (Continental) Meals on Wheels	Breakfast Club (Continental) Diners Club Deseronto	Breakfast Club (Full) Meals on Wheels Blvl Shopping	Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Friendly Visiting	7
8	Breakfast Club (Full) Ceramic & Puzzle Club	Breakfast Club (Continental) Meals on Wheels	Breakfast Club (Continental) Diners Club ELDERS LODGE Euchre Night	Breakfast Club (Full) Meals on Wheels Birthday Tea	Breakfast Club (Continental) (Continental) Meals on Wheels Handivan (Deseronto) Scrapbooking	14
15	Breakfast Club (Full) Ceramic & Puzzle Club	Breakfast Club (Continental) Meals on Wheels	Breakfast Club (Continental) BINGO	Breakfast Club (Full) Meals on Wheels	Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Friendly Visiting	21
22	OFFICE CLOSED	24  Breakfast Club (Continental) Meals on Wheels	25 Breakfast Club (Continental) Diners Club ELDERS LODGE Euchre Night	Breakfast Club (Full)	Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Scrapbooking	28
29	30  Breakfast Club  (Full)  Ceramic & Puzzle  Club  Casino Trip	Breakfast Club (Continental) Meals on Wheels	Diners Club - 12 Handivan Depar Meals on Whee 11:30 am - 12:3 Friendly Visitin	rture - 10:00 am Is delivered between	Birthday Te Bingo - 12:0 n: Euchre - 6:3	and the same of th



## Diabetes Wellness Circle

Tuesday, May 10/117 pm

Community Wellbeing Centre, 50 Meadow Drive T.M.T

Featuring

Traditional Cooking

For more information please call 613-967-3603 ext 128



### **ANNOUNCEMENT**

THE COMMUNITY WELL-BEING CENTRE is ANNOUNCING that we would like to support <u>COMMUNITY MEMBERS</u> in their time of sorrow. If you have suffered a loss in your family and/or you know of a friend who has suffered a loss, please call the Community Well-Being Centre at 613-967-0122 and leave your name and phone number. We would be happy to provide a pot of soup for the funeral.

We realize that this is a difficult time for families, and would like to support the families of Tyendinaga.

Please let us know by calling 613-967-0122 to leave a message.

## Trustee Report for April 2011

With the retirement decision and notice by our Director Kathy Soule to retire from her position at the end of August this year, came the major task of finding a replacement for her. There were a number of options that Trustees could have opted for but in the end the decision was made to promote from within the Board. Given his strong background, experience, and commitment to the current system, Rob McGall, Superintendent of Education was the unanimous choice to take over from Kathy Soule,

September 1, 2011. We are all very sad to see Kathy leave but at the same time understand and respect her decision to retire at this time. We welcome the opportunity to work with Rob to continue to pursue the vision and goals that the Board has already established under Kathy's leadership.

We have begun the task of working through our current tuition agreement between Hasting Prince Edward District School Board and INAC which expires August 31, 2011. We continue to look at the changing needs of our students, families, and community with the goal of renewing the tuition agreement to meet these needs and pro-

September 1, 2011. We are all very vide the best quality education that sad to see Kathy leave but at the same time understand and respect her decision to retire at this time. vide the best quality education that is possible for our Native Students. I will continue to share information as the process moves forward.

For more information on Board and Committee meetings please go to the Board website hpedsb.on.ca>Board and Committee meetings.

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

Respectfully submitted

Mike Brant, Trustee HPEDSB, representing Tyendinaga First Nations





#### News from the Ohahase Education Centre

Congratulations to teacher Andrew Brant and our Grade 9/10 Drama class. They presented a wonderful depiction of the Creation Story at the Mohawk Language Variety Show. It was the first time on stage for many of the students, and they bravely put their fears aside to put on a wonderful performance. Way to

Congratulations also go to the eleven students who wrote the Ontario Secondary School Literacy Test in March. The OSSLT is a lengthy, comprehensive assessment of a student's literacy skills acquired from Kindergarten to Grade 9, and passing it is a requirement for achieving a Grade 12 Diploma. The results of this test will be available in June.

We extend a big thank-you to Terry Maracle of Mohawk Duty Free, who donated materials to our school to make rattles. Nya:wen kowa, Terry, for your contribution to our cultural programming.

When the rain stops, our students will be outside building greenhouses using three types of aboriginal structures – a longhouse, a tipi, and a wigwam. We have the materials ready to go – now we just need the weather to cooperate! In the meantime, the students are constructing miniature models using popsicle sticks.

Are you an adult who is only a credit or two short of achieving your Grade 12 Diploma? If so, it's not too late to register (or re-register!) with the Ohahase Education Centre to get that last credit or two in time for graduation in June. We are here to help you achieve your goals!

Ohahase Education Centre 314 Airport Road 613-396-6742





Tyendinaga Justice Circle Tontakaiê:rine (It has become right again)

#### PEACE BUILDING..... OUR ROOTS

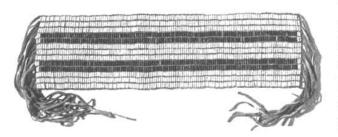
"Think not forever of yourselves, O Chiefs, nor of your own generations of our families, think of our grandchildren and of those yet unborn, whose faces are coming from beneath the ground."

- The Peacemaker

The Peacemaker came in the 1100's to bring an end to all the wars happening between the five nations - Mohawk, Seneca, Onondaga, Oneida and Cayuga. He spoke about the seven generations and explained the duties that needed to be met to ensure their lives be peaceful. All the nations buried their weapons as they were no longer at war with one another. The five nations joined together under the Great Law of Peace as the People of the Longhouse - Haudenosaunee.

The Hiawatha wampum is a permanent recording of the agreements made by the confederacy to live in harmony and peace. It also holds the responsibilities of our people today for a bright future of seven generations. The weapons buried in mother earth remind us that we do not need violence to resolve conflict.

Peacekeeping and conflict resolution is a process that First Nations peoples are historically known for. One of the traditional ways of maintaining peace is known as the Wampum Belts such as the Hiawatha. Wampum Belts have been used as a way of contract making and agreements for thousands of years.



The two row wampum symbolizes the agreement made during first contact with the European settlers. It shows two paths, one for the European vessel and one for the canoe - notice one does not cross or interfere with the other. Embodied in the two row wampum is the covenant chain which is the principles we base our treaties on: Peace, friendship and respect.

Another known traditional method of peace building is Restorative Justice which is still used around the world today. This process takes place when an individual or group causes harm to a community or an individual due to their actions. The focus of restorative justice is to repair the harm caused to the relationship between all parties involved.

- Becca Hill (Placement Student TJC)

### April 14<sup>th</sup> – PINK DAY

Pink Day is the international day against bullying, discrimination and homophobia in schools and communities. Pink Day started in Cambridge Nova Scotia by two grade 12 students who bought 50 pink shirts for classmates to wear and encouraged other friends wear pink to school in order to stand up for a grade 9 boy who wore a pink shirt on the first day of grade 9 and got threatened for it. These two boys convinced nearly everyone in their whole school to wear pink and stand up for not only that bullied grade 9 boy, but against violence and harassment in general. They ended up creating a very powerful message that schools across the world have picked up on.



David Shepherd and Travis Price -the two boys who started Pink Day.

April 14<sup>th</sup> has become *Pink Day*, a day where everyone across the globe is encouraged to stand up against harassment and bullying.

Becca Hill and I went into QMS to do a presentation on bullying for all the classes. With the younger grades (jk/sk-4) we performed a small skit with the help of the teachers from each of the classrooms, about standing up to the bully in a responsible way. For the older grades (5-8) we played a video about anti-bullying. We talked about ways to become a pro-active bystander, a good friend as well as safe ways to stand up to a bully. I feel that our presentations had a positive impact on the students at QMS.

While researching for the presentations, I found some overwhelming statistics on bullying. For instance, "Bullying occurs once every seven minutes on the playground and once every 25 minutes in the classroom." http://www.bullyingstatistics.org/content/bullying-statistics-2009.html.

"In majority of cases, bullying stops within 10 seconds when peers intervene, or do not support the bullying behavior." - http://stopabully.ca/statistics/.

These kinds of scary statistics reinforce the need to remind students about bullying and to be a proactive bystander in the school and on the playground.

On April 14, 2011 we went back to QMS to see how many students and teachers remembered to wear pink and we were pleased with the turn out. *Pink Day* at QMS was successful and we support and encourage people to continue to use the morals of *Pink Day* every day.

With that, Becca and I would like to send a big thank you to the staff and students at QMS for their participation.

-Sarah Green (placement student at the TJC)







## May Newsletter

Maternal Child Health & Early Childhood Development
50 Meadow Drive
613-967-3603 or 613-967-0122

#### Family Prize packs

Put your family's name in a draw for a family fun pack every time you attend one of our events. The more events you attend, the more chances to win.

The prize will be Drawn on June 30th 2011

Prize pack: Salsa & Scoops

Popcorn

Goldfish crackers

Board game & Movie

### Monday Play Group

May 2nd, 9th, 16th, & 30th, 2011 9:30 am-11:30 pm

Ages 0-6

Community Wellbeing Teaching Lodge.

Come and play with all our toys and make a special craft

### Saturday Drop In

May 7th & 21st, 2011

9:30-11:30am

Ages 0-8

Community Wellbeing Building Teaching Lodge.

Come and enjoy a warm, friendly environment to interact with other caregivers, play with your children and get a chance to meet some of our community professionals and learn about the services they provide to our community.

### Evening Kinder Gym

May 12th 2011

6:00-7:30 pm

50 Meadow Drive

Community Wellbeing Building Teaching Lodge!!

Come out and have some fun playing with our kinder gym Equipment.

# May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	Play Group 9:30-11:30 CWB	3	4	5	6	7 Drop In 9:30-11:30 CWB
8	9 Play Group 9:30-11:30 CWB	10	11	Evening Kinder gym 6:00-7:30 CWB	13	14
15	16 Play Group 9:30-11:30 CWB	17	18	19	20	Drop In 9:30-11:30 CWB
22	23 Office Closed	24	25	26	27	28
29	30 Play Group 9:30-11:30 CWB	31				
	1		1	Chec	k us out o	n Facebook

under Maternal Child Health



In loving memory of a wonderful father (In-law) & Pa,
Don Carr-Braint
June 5, 1930 - May 27, 2005

This day is remembered and quietly kept
No words are needed, we shall never forget
For those we love don't go away
They walk beside us every day
Unseen and unheard, but always near
So loved, so missed and so very 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 DIED MAY 3, 1989

Heaven's heroes never carve their name,
On marbled columns built for earthly fame;
They build instead a legacy that springs
From faithful service to the King of kings.
Though darker, rougher, grows the way,
And cares press harder day by day;
With patience in His love I'll rest,
And whisper that He knoweth best.
We sorrow not as others do
Whose hopes fade like the flowers;
There is a hope that's born of God,
And such a hope is ours.

Sadly missed by son James



#### Yoyenare

## Turtle Island Park & "Papa Brown's"

On April 16<sup>th</sup> 2011 Turtle Island Park hosted their monthly "All in For Charity" event with Tsi Tsyonnheht Onkwawenna being the recipient of the proceeds.

We would like to thank Turtle Island Park and the participants for the donation to the community language programs

Your continued support is greatly appreciated

Nya:wen ko:wa!!

#### "SADIE'S WALK" Diabetes Awareness

NYA:WEN - NYA:WEN - NYA:WEN

#### She:kon

The Creator gave us a beautiful day for another successful Sadie's Walk! The diabetes awareness walk took place on Good Friday, with registration at the Elders Lodge, and the 7 km walk starting from there.

We would like to thank everyone who had a hand in ensuring Sadie's Walk was successful. They include the community members who came out (despite it being Good Friday); Tyendinaga Coalition for Healthy Lifestyles network; Community Health Representatives, SOADI, and anyone I may have missed mentioning.

Representatives from the fire station were kind enough to travel along the route, and if necessary take participants back to the Elders Lodge if they got tired, etc.

We had about 100 participants who walked! It was great seeing some "new" people taking part in this very worthwhile walk. See you all next year.

#### Nya:wen

Tyendinaga Coalition for Healthy Lifestyles

#### Quinte Mohawk School Spaghetti Dinner Fundraiser

Nia:wen kowa to all of the parents, students and staff who attended our spaghetti dinner. It was a great success! We raised about \$1500 to help build a school in Kenya. Global awareness and understanding is a big part of our students' education and this project is helping our children understand the importance of caring for people around the world.

A special thank you goes to Pauline Maracle at Tota Maz for teaching some our students how to make the buns for the dinner. Pauline donated all of the ingredients and her time to make the buns with a group of students from QMS. It was a very valuable lesson for the students and they were proud of their accomplishment.

Also, thanks to Allison Brant and her staff at the Health center for donating the groceries necessary to prepare the spaghetti dinner. We greatly appreciate your generosity.

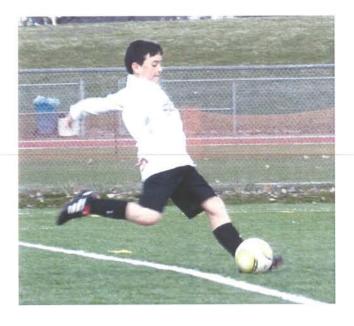
Thanks to the people from the Belleville Kiwanis club for encouraging our Builder's Club students and for cooking and serving the dinner.

The silent auction was great fun and a big success. To all parents, staff and students who donated items for the baskets. Nia:wen kowa!!!

Yours sincerely, The Quinte Mohawk School Builder's Club Mrs. Bonnie Watson and Mrs. Cathy Brant







#### **CONGRATULATIONS!**

Dakota Maracle for making the 2011 Belleville Comets - United Boys U12 REP Soccer Team!

Love Mom and Dad!



Monday 10:30 to 5:30

Tuesday 10:30 to 5:30

Wednesday 10:30 to 5:30

Thursday 12 to 7

Our library now subscribes to Tumblereadables - an on-line collection of read-a-long e-books including early readers, middle school readers, YA/ teen novels, Shakespeare plays and more - access it from our website <a href="https://www.kanhiote.ca">www.kanhiote.ca</a>



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Happy Mother's Day!

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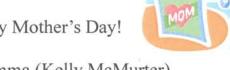
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☆ Gwamma (Kelly McMurter) Nan (Elaine Hill) ★ Tota (Evelyn Sparks)

Love Sadie, William, and Elijah ☆ xoxoxo.

Happy Birthday! ★ Love Mom & Dad

☆ Happy Birthday! Ron - May 23 Love Mom & Dad

☆ Happy Birthday! Christopher—May 19 ☆ Love Nan & Pa

Happy Anniversary! ☆ Christine & Joe - May

☆ Love Mom & Dad

\* Happy Birthday! <sup>~</sup> Phil ☆ Love Me ★ & Oh Happy Anniversary! Love ya forever!

Happy Birthday! Kody - May 12th Love Dad & Allison

\*\*\*\*

Happy Birthday! Bill – May 10<sup>th</sup> Love Rick, Marilyn, Sam & Emmett

Happy Birthday! Harry – May 14<sup>th</sup> Love Marilyn, Rick, Sam & Emmett

Happy 1<sup>st</sup> Birthday! Eli – May 24<sup>th</sup> Lots of Love Aunt Marilyn, Uncle Rick, Sam & Emmett

Happy Birthday! Betty - May 27<sup>th</sup> Love Marilyn, Rick, Sam & Emmett

Happy Birthday! Cindy - May 29<sup>th</sup> Love Uncle Rick, Aunt Marilyn, Sam & **Emmett** 

Happy Birthday! Donald - May 30<sup>th</sup> Love Uncle Rick, Aunt Marilyn, Sam & Emmett



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

May 2011

#### 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-1:00pm

#### <u>Fees</u>

Senior (55+) \$15.00 Student \$20.00 Adults \$25.00 We Are Open to The Public

#### **Staff**

Darlene Loft
Recreation Manager
Sonya Maracle / Staff & P.T
Marina Wager / Casual Staff
Ryder Sager / Casual Staff

We Welcome Ideas to Keep Your Family Healthy & Active!

#### **A Family Affair**

Being a parent can be exhausting, not to mention timeconsuming. But there's good news: If you get your kids interested in your new lifestyle, you won't feel like you're choosing anymore! Involving your family in exercising and better eating habits allows you to communicate with them and spend time together, and it allows all of you to reap the benefits of a healthy lifestyle!

#### **Volunteer Staff**

Aaron Maracle - She:kon my name is Aaron Maracle and I am a placement student here at the TFRC. I have enjoyed meeting the staff and the clients here at the TFRC and hope to help out as best I can, Nya:wen Kowa.

Markus Bardy - Hi, my name is Markus Bardy and I am a Justice Studies graduate from Loyalist College. I have started volunteering here at the TFRC last month and I continue to look forward to meeting everyone.

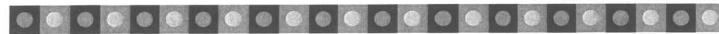
#### Big Bike 2011

We welcome everyone out to participate or watch the Big Bike for Heart and Stroke on Sunday May 15, 2011 at 10am. This will be the 10th year for the Tyendinaga Stress Control. Please come out and show your support.

#### Thank You

Kevin Maracle for donating magazines

Fred Dracup for running the self defense course



## Tyendinaga Fitness Resource Centre Phone: 613-962-2822 tyfitnessres@mbq-tmt.org Calendar of Events May 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga 10am-11am	2 Boot Camp 6:00pm— 7:00pm	Bike Group 6:30pm- 7:30pm	4	5 Zumba 6pm-7pm Walking Group 6:30pm-7:30pm	6 Running Group 4:30-5:30	7 Boot Camp 9:30am— 10:30am
8	9 Boot Camp 6:00pm— 7:00pm	Bike Group 6:30pm- 7:30pm	11	Zumba 6pm-7pm Walking Group 6:30pm-7:30pm	Running Group 4:30-5:30	14 Boot Camp 9:30am— 10:30am
Yoga 10am-11am Big Bike 10am	16 Boot Camp 6:00pm— 7:00pm	17 Bike Group 6:30pm- 7:30pm	18	Zumba 6pm-7pm Walking Group 6:30pm-7:30pm	Running Group 4:30-5:30	21 Boot Camp 9:30am— 10:30am
Lose To Win Contest This week	Closed	24 "Spring Show Off Week" Bike Group 6:30-7:30	25	26 Walking Group 6:30pm-7:30pm	Running Group 4:30-5:30	28 Boot Camp 9:30am— 10:30am
29	30 Boot Camp 6:00pm— 7:00pm	31 Last day of "Spring Show Off " Bike Group				

We Welcome You to Come Out & Visit

"Last Summer for the TFRC Out Reach Project"

2 Summer students will be hired for the events
Thank you to the Healthy Communities Fund 2010/11







Michelle Meilleur, Nutritionist and Homeopath, has been working in the natural health industry for 10 years. Recipient of both the 2009 and 2010 Reader's Choice for Quinte's Favourite Holistic Heath Centre and Favourite Weight Loss Centre, Michelle has helped many clients successfully reach their health goals while making nutritional changes.

Michelle is pleased to offer her health and nutrition services at the Tyendinaga Fitness and Resource Centre!

#### Come and meet Michelle!

Visit the Tyendinaga Fitness and Resource Centre during the Spring Show Off! Michelle will be there on the following dates to answer your questions:

Wednesday, May 25<sup>th</sup> from 10 to 2 And Monday, May 30<sup>th</sup> from 10 to 6

- · Sign up for a FREE Nutritional Assessment!
- Get a \$20 Gift Certificate towards a nutrition workshop!
- Sign up for the upcoming workshop!

#### Fresh Start Coaching Workshop

Reduce Chances of Diabetes Reduce Blood Pressure Reduce Cholesterol Levels Increase Energy Improve Sleep

Introductory Nutrition Workshop You Can't Miss

> June 6 June 13 June 20 June 27

All workshops from 6PM to 7PM







613.771.9420



## We Welcome Everyone To Come in & Visit Us

This is an
"Open House Event"

During

May 24<sup>th</sup> to May 31<sup>st</sup>/11

Taking The First Steps For Our Health!

Try a Loonie Workout

#### Circle of Friends Special

(Current members can bring in a guest to workout)

Retirement Packages & Display Of Nutritionist & Homeopath Information

Come Out & Support Your Community & Surrounding Area Fitness Resource Centre

## You Are Invited To The "Spring Show Off"

Of The

#### **Tyendinaga Fitness Resource Centre**

#14 York Rd. Shannonville Unit # 1

#### **Door Prizes**

Gift Certificates & Confidential Sponsorship Available

Join Our "Lose to Win Contest" During the Event

#### Membership Cost Per Month:

Seniors - \$15.00 Students- \$20.00 Single Adult - \$25.00 Family (4) - \$80.00 Drop in - \$5.00

### Membership Specials

#### Hours of Operation & Open to the Public:

Monday to Thursday: 6:30am - 8pm

Friday: 6:30am - 6pm Saturday: 8am - 1pm

NO TAXES or CONTRACTS

## Couples Lose To Win Contest

#### Starting Monday May 30, 2011 to Friday July 22, 2011

Please weight in at the Fitness Centre during our **Spring Show off Week** May 24-27 2011.

Cost to participate is \$30.00 per person

(Membership not included & you do not have to be a member to take part)

#### Winning person receives half of the proceeds

This is a Healthy Fundraiser for TFRC & your support is appreciated

Final Weigh-out Date is Friday July 22, 2011



For more information contact Tyendinaga Fitness Resource Centre

(613) 962-2822 or email tyfitnessres@mbq-tmt.org





Canadian Cancer Society Société canadienne du cancer

## Relay For Life Meeting

ALL WELCOME

May 9, 2011

7:00 P.M.

50 Meadow Drive

**Community Wellbeing Centre** 

A representative from the Canadian Cancer Society will be attending to provide current information on this year's event.

We are proud to announce ,Tyendinaga Relay for Life teams in 2010 raised just over \$10,000.00!

Together we can meet and exceed last years contribution!

## Celebrate, remember, fight back!

For more information please call Carol Anne Maracle 613-3961467



### **Purse Auction**

May 14th, 2011 (Saturday) 10:00am - 2:00pm 59ers Club

Auction will start at 10:30am

Admission: \$2.00 per person



Plan to Attend this Fun Filled Day!! ~ something for everyone ~

refreshments will be served

If you have any questions contact:
Melissa 613-967-3603, ext. 121
or
Carol 613-396-3900



Proceeds will go to
"Tyendinaga Coalition for Healthy Lifestyles"
(Soup Program; Diabetes Conferences, etc)

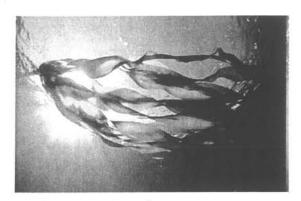
## 'Detox Your Icebox'

#### Introduction to Your Wellness

Date: Wednesday, May 18th

Location: 306 B Johnsons Lane, Tyendinaga

Time: 6:30pm-9:30pm



#### Ocean minerals from seaweeds

What does detoxification mean?
What is a healthy fat? And how is sea salt healthy?
Where do I get trace minerals and what are they?
What causes adult acne, eczema, arthritis thyroidism & endo cysts?
Why organic and locally grown foods are better!

This **TRULY** fascinating and informative <u>evening</u> promises a whole **new** way to look at Canadian nutrition. We will introduce you to **healthy fats**, Canadian seaweeds, how to eat delicious **RAW** food. Learn the important history of **iodine** & it's importance for your immune system and why putting **sea salt** and trace minerals into your diet is so important today. Re-learn and develop your own common-sense attitude towards healthy eating and food choices the way your ancestors did.

Join Ocean Therapy Experts **Rod** & **Ria** for a new way of looking at your 'eating blue print' and tweaking it to match your today!

Enjoy take home recipes, health info and
enjoy delicious healthy cacao(raw chocolate) taste testers!!!

Space is limited...Register Early!
Register by May 13, 2011: \$15 Cash/Cheque/Credit card or Paypal

(payable to Ria Holmgren)

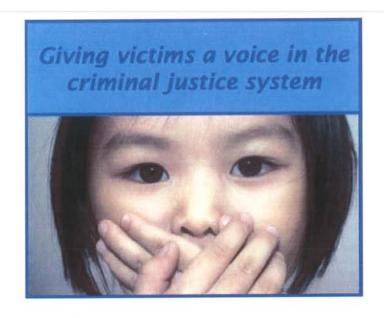
At the Door: \$20.00 CASH only

To Register Contact: Cherylann Brant 613.849.7719 or

cherylann\_brant@bell.blackberry.net

or visit: cansospagroup.com

## NO ONE ASKS FOR IT!



## JOIN THE ENYONKWA'NIKONHRIYO:HAKE TEAM FOR A FREE BREAKFAST

FRIDAY MAY 20TH

TEACHING LODGE (CWB) FROM 7AM - 10AM ALL IS WELCOME



WEAR PURPLE IN SUPPORT OF THIS DAY

## Aboriginal Midwifery Care

Presentation

Alternative Choice to Birth at Home or in a Birthing Centre

Blend of Traditional & Western Practices



"Bringing Birth Back to the Community"

ONE NIGHT

Wednesday, May 25<sup>th</sup>, 2011

at the

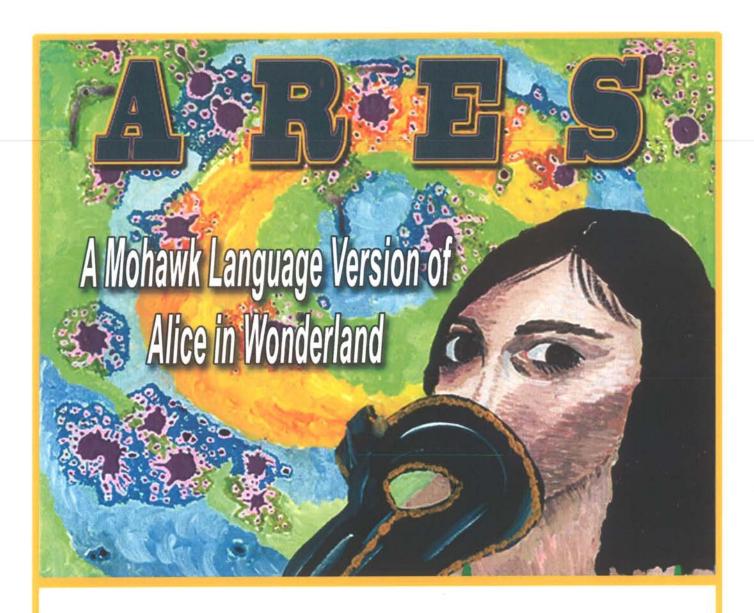
Community Wellbeing Building

From

6pm – 8pm

for further information please contact:

Lynn Brant at 613-967-3603





## Friday, May 27th 2011 7:00PM Quinte Mohawk School

2\$ Admission



Tyendinaga Community Development Fund Are you or your spouse turning 65 this year?

You should apply for the OAS six months before you turn 65.

Do you know about the recent changes to the CPP?

Have you completed your GIS form?

Are you familiar with pension sharing, survivor benefits, and credit splitting?

## Come to the Elders Lodge Tuesday June 7th at 1pm

Service Canada is offering a <u>free</u> presentation, topics to include the Canada Pension Plan (CPP), Guaranteed Income Supplement (GIS) and Old Age Security (OAS).

After the <u>short</u> presentation the representative will be available for a pension clinic (private individual appointments).

- Pick up, and complete your pension application (OAS, CPP, GIS) or Allowance and Allowance for the survivor
- Have your application reviewed for accuracy
- Submit pension application
- Meet privately with the representative to ask questions
- Review any pension documents received from Service Canada

\*\*Please call if you would like to book an appointment\*\*

Transportation may be available upon request.

Call Home Support by Friday June 2<sup>nd</sup> at 613-967-3603 ext 141 to sign up.





Time: SATURDAY, JULY 9 at 10:00 a.m. — July 10 at 12:00 a.m.

Location: TURTLE ISLAND PARK— 5965 Old Hwy #2 (beside Eagle Orthopeadics)

This is a FUNFILLED FAMILY DAY FOR CHARITY, all in memory of the Brant Family. ALL PROCEEDS FROM THE DAY ARE BEING DONATED TO CHARITY! All in memory of the men in this family who have passed away from the diseases that took their life, so ALL DONATIONS will be going to the CANCER SOCIETY, THE HEART & STROKE FOUNDATION, AND THE DIABETES SOCIETY.

For this fun-filled FAMILY day here is what you have to look forward to:
LIVE MUSIC KARAOKE OPEN MIC
HORSESHOE TOURANMENT EUCHRE TOURANMENT
KIDS GAMES FACE PAINTING
FOOD BOOTH
50/50 DRAWS

RAFFLES/SILENT AUCTION

INCLUDED IN THE PRICE OF ADMISSION YOU WILL RECEIVE A PIG ROAST SUPPER!!!

Here is what we would like you to bring:

YOUR FEAST BASKET

LAWN CHAIRS

YOUR TEENAGE TUG-O-WAR TEAMS

YOUR HORSESHOES

and YOUR FAMILY AND SMILES AND GOOD TIMES!

DON'T FORGET ABOUT YOUR SINGING VOICES TOO!!!!

IF THERE ARE ANY QUESTION PLEASE FEEL FREE TO CONTACT MYSELF, ANGELA BROWN, OR CHERYLE MARACLE. IF ONE OF US DOESN'T HAVE THE ANSWER YOU ARE LOOKING FOR, SOMEONE ELSE WILL!

WATCH FOR WEEKLY UPDATES!!! ALL OF THIS IS IN HONOUR AND MEMORY OF THE BRANT FAMILY MEN. Earl Lloyd Brant-father he was the person who gave the park it's original name of "Last Venture Park", he passed away from Cancer; Harold Wayne Brant-eldest son, he too passed away from Cancer; and most recently Audie Leonard Brant-third eldest son and all round fun loving guy who loved to be with family and friends, he passed away from heart disease.

REMEMBER THIS IS ALL FOR CHARITY! COME OUT AND SHOW THIS FAMILY HOW MUCH THESE MEN WILL BE MISSED!



## THE ANGLICAN PARISH OF TYENDINAGA

Parish Priest The Rev'd Brad Smith 962-2787

#### **SUNDAY CELEBRATIONS**

All Saints' Church and Queen Anne Parish Centre (QAPC) 1295 Ridge Rd 8:30 a.m.\*

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

> \*Both churches worship together 22 May at 10:30 at Christ Church

#### **UPCOMING EVENTS/SPECIAL WORSHIP**

Sun 22 May Mohawk Landing Service 10:00 a.m. at the Cairn 10:30 a.m. at Christ Church

Saturday 28 May, 8 a.m., Tota Maz
The men of the Parish (and friends) gather on the last
Saturday of the month for breakfast and fellowship.

Men's Breakfast

#### SUPPORTING THE LANGUAGE

Many people are aware of the participation of the churches in the administration of residential schools. Over a decade ago, the Anglican Church of Canada apologised for its role in the damage done to indigenous children and the terrible legacy of broken communities and culture that resulted. The Church has endeavoured to live the apology and to seek healing and forgiveness. The people of the Parish of Tyendinaga wish also to walk the path of reconciliation and one way that we are doing this is to support the efforts of Tsi Tyonnheht Onkwawenna to restore the language to the community. We have made a significant donation to the Shatiwennakaratats Program (adult immersion) and we continue to look for ways to encourage the revitalisation of Kanyenké:ha.

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

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

Losers Unite, Join Us!

#### **Thursday Evenings**

5:00 - 6:00 p.m. - Weigh In 6:00 - 7:00 p.m. - 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: Donna Crouse 613-396-2229
Tree Good altree94@gmail.com

#### "AA OPEN MEETINGS"

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

For more information call: Bey or Bill 613-962-5183

#### 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.

**Traditional Anglican Services** 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 Ms. Lorna J. Moses at 613-396-2538 Food Bank Day: Third Sunday of each Month



"This is the Bay the Lord hath made!"



#### Mohawk Pentecostal Church

Tyendinaga Mohawk Territory

1984 York Road Church 613 396-5329 Parsonage 613 396-5325

#### Sunday Service Times

10:30 a.m. Worship Service 11:00 a.m. Children's Church

Worship Service 6:30 p.m.

Wednesday 7 P.M. Bible Study

Saturday 7 P.M. - Prayer

#### Upcoming Events for Easter

Good Friday April 22nd - 7 p.m. Worship and Word, gathering of all area churches at St. Mary Magdalene Anglican Church - Napanee Everyone is welcome

#### Easter Sunrise Service

Apr 24th - 6:30 a.m. at Mohawk Pentecostal Church, service will be held outside (weather permitting) Breakfast and fellowship to follow Pastor Keith Deyo - Vocalist and Speaker Come and gather with us as we

celebrate Easter together -

Everyone welcome

#### FOR SALE

3 BEDROOM HOUSE 1.5 bathrooms, finished basement, woodstove 25 X 25 insulated garage large dog kennel, 1 acre of land Inground pool, hot tub \$169,000.00

Call: 613-813-4053

#### FOR SALE

-G.E. Smartwater natural gas hot water heater.
40 US gallons, hooked up but never used. \$300.

Call 613-968-8955.

#### FOR SALE

BALES OF STRAW 4 X 4 round

Call: William J. Brant 613-967-1129

#### FOR SALE

- 4 BEDROOM 2 STOREY HOUSE
- located on the Bayshore Rd.
- waterfront
- large kitchen, family room
   & sitting room
- \$200,000.00

Call 613-966-1092

#### FOR SALE

White Vinyl Windows, Thermal pane glass. Double hung. Tilt in.

75 - 34" x 45"

30 - 34" x 35" (frosted glass only)

138 - 34" x 53"

- \$50.00 ea or volume discount
- available immediately

Please call: 613-392-3100

#### FOR SALE

NURSING UNIFORMS
-Nursing tops or pants
\$5.00 each at Lofts Variety
(656 Norways Side Rd.)

613-969-8924

#### LAND FOR SALE

- located on the York Rd
- approx. 23.8 acres (can be severed into building lots)

For more information please call: 613-967-8935

Traditional White Corn For Sale Clean kernels shucked from cob Lye or Dry your own Corn Soup

Good for Seed

55 pound bags for \$150. Call John Hill 962-5470

#### \* OPEN HOUSE \*

202 Church Lane South TMT May 14 & 15 10:00 - 4:00 p.m.

68' Trailer home 3 Bedrooms

2 Bathrooms Fireplace

For more information please contact Millie At 613-396-1566

#### LAND FOR SALE

70 acres located on the Lower Slash road just east of the Road Shed building and office on the same (south) side of the road.

Contact Wm J. Brant: 613-967-1129 for further details.

#### FOR SALE

#### SPACIOUS 4 BEDROOM HOUSE

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

Serious inquiries only: Please call 613-396-5879

#### FOR RENT

## ONE BEDROOM UPPER APARTMENT

- New kitchen cupboards and appliances, cathedral ceilings, 1-1/2 baths.
- \$650 per month includes utilities

### ONE BEDROOM LOWER APARTMENT

 unique bedroom with private porch, built-in appliances.

- \$700 per month includes utilities. Rural Deseronto area. Lots of acreage to explore. Available June 1st. First and last month's rent, references required.

Call 613-968-8955.

#### FOR RENT

### 3 BEDROOM HOUSE WITH GARAGE

- located at 458 York Rd.

Contact: Todd John - 613-967-1452



## **HANGING BASKETS**

10" - \$9.00

Geraniums

**Pansies** 

12" - \$13.00

**Wave Petunias** 

And much more...

Ask about our custom container service.

Hey Kids, we have some great flower ideas for Mom!!



~ 1154 York Rd. ~ ~ Tyendinaga Mohawk Territory ~ ~ thelazygardener@hotmail.com ~

Visit Our Blog at www.lzgardener.blogspot.com

"Unearth your Imagination"

OPEN DAILY 10.00 A.M. - 6:00 P.M.

## **ENDINAG**A



"the satisfied customer specialists"



\$**2399.** 



Quattron 60" **Sharp AQUOS** LC60LE820

> LCD/LED 4Color

All laptop computers are updated with the latest windows drivers, antivirus '11 installed, productivity software installed, thouroughly tested and include a carrying case. (NO HIDDEN CHARGES)

#### **MSI Laptop with 2 Year Warranty**

Intel Dual Core **INCLUDES:** 15.6", 4GB Ram **MS Office Starter** DVD+/-RW, 320GB McAfee A/V '11 Numeric Keypad Ethernet 100/1000 802.11b/g/n Wireless

& Carrying Case!

Built in Web Cam
4 in 1 Card Reader Special Price... 588.

Windows 7 Home Premium...

Hear Everything You Watch Better! **Boston Acoustics** 



Sound Bar Speaker w/Wireless Sub

32" LG (recertified) LCD 1080P Only...



<sup>\$</sup> 399.



HP Laptop Special 3GB/320GB/15.6" DVD/RW LightScribe Windows Home Prem. McAfee A/V '11 Carrying Case

\$499

Custom Built Desktop Systems Starting at ...

Tyendinaga Mohawk Territory Tel 813 966-9522 www.tyendcomputers.com

## **ASUS Notebook Special!**

INCLUDES: **MS Office Starter** McAfee A/V '11 & Carrying Case!

Intel Core i7, 15.6" LED, 1GB Radeon Video HDMI, Dual DVD+/-RW, 500GB Hard Drive 4GB DDR3, 10/1000, 802.11b/g/n Wireless Built in Web Cam, 5 in 1 Card Reader,

Very Fast with

Separate Video

Windows 7 Home Premium...

2Yr Warranty \$999 1st Yr. Accidental

In Store Financing Available (O.A.C.)

SHARP Quattron 835 Series 3D LED Tv's

New Introductory Price.



LC52835U 1080P 240Hz 3D LED

\$2199

52"/3D/LED/240Hz

## Time for You Salon

613-968-9459

## Hair Styling for the Whole Family!

\*Gift Certificates Available!\*

- Waxing Services
- · Eyelash & Eyebrow tinting
- Ear Piercing & Facials
- Manicures & Pedicures

Diane

Esthetician & Hairstylist 5717 Hwy #2

Tyendinaga Mohawk Territory

#### Welcome Corissa!

Specializing in manicures, pedicures, facials & other Esthetics

#### Lennox & Addington Financial Centre Inc.

Professional Advice &

Service

Tailored to Your

Needs



Dianne Dowling RHU



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