



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ISSUE 5/12
Onerahtokkwa (May)

ORI:WASE (News)

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



* NOTICE *

LARGE Item Pick-up

One Day Only

List of acceptable
items, inside!

East End Pick-up
Monday June 11, 2012

West End Pick-up
Monday June, 18, 2011



Ensure your items are neatly stacked at the end of your driveway on the correct day for pickup. If your items are not on the acceptable list they will **NOT** be picked up!

* **ABSOLUTELY NO** Construction Waste, Brush, Household Waste/items that can fit in **Bags/boxes**, propane tanks, tires*

Large Furniture

- Couch
- Dresser
- End tables
- Dining room tables
- Ottoman
- Mattress/box spring/bed frames
- Chairs

Appliances

- Fridge
- Stove
- Microwave
- Dishwasher
- Water coolers
- Washer
- Dryer

Electronics

- TV
- VCR
- DVD
- Stereo
- Vacuum
- Fans

Misc.

- LARGE exercise equipment
- LARGE Children's toys
- Patio furniture
- Blinds

*** ABSOLUTELY NO Construction Waste, Brush, Household Waste/items that can fit in Bags/boxes, propane tanks, tires***

If you are unsure if you're items are acceptable, do not hesitate to contact Kristin Maracle, 613-396-3424 or kristinm@mbq-tmt.org

COMMUNITY NOTICE

AIRPORT ROAD RECONSTRUCTION

Please note that Airport Road Reconstruction Project will be resuming in the upcoming weeks.

It is anticipated that there will be 8-10 weeks required to complete.

At this time dates and time for road closures have not been determined, however notices will be issued once confirmed.

It is recommended that only local traffic utilize this route. Please accept our apologies for this inconvenience. Should you have any questions or concerns please contact Tom Kring, Sr. Projects Manager at (613)396-3424 ext 114.

Your Co-operation is appreciated.



NOTICE OF INITIATION

THE DESERONTO WASTE WATER TREATMENT SYSTEM – ENVIRONMENTAL ASSESSMENT

The Town of Deseronto is initiating a planning process to expand the Waste Water Treatment System to service the Town of Deseronto and the Mohawks of the Bay of Quinte residents. The Town has identified that the existing system is nearing its rated capacity for wastewater flows and treatment, and measures must be taken to ensure adequate capacity exists for future demands and growth in the community. The project is being carried out with the requirements for a Schedule 'C' project under the terms of the Municipal Class Environmental Assessment (Class EA) process, which is approved under the Environmental Assessment Act. A Federal Environmental Assessment will also be conducted. As part of the Class EA process for reviewing the expansion of the sewage treatment system, public comment during the evaluation of alternative solutions will be requested. The Town is planning to conduct a minimum of two public information sessions in participation with the Mohawks of the Bay of Quinte during the course of the study. A minimum of one session will be held at each proponent location. Notice of these sessions will be provided at least two weeks in advance. Project information will also be available to the public at the municipal office and on the Town's website, <http://deseronto.ca/>. We are interested in hearing any comments or concerns that you may have about this project. A public database of comments will be maintained and, with the exception of personal information, included in the study documentation that will be made available for public review. Parties interested in providing input or wishing to obtain additional information at this stage of the study are asked to submit comments in writing to:

Mr. Tony Guerrero, P.Eng.

Project Manager

The Greer Galloway Group Inc.

1620 Wallbridge-Loyalist Road

Belleville, Ontario

K8N 4Z5

T: (613) 966-3068

F: (613) 966-3087

Email:

tguerrera@greergalloway.com

Mr. Bryan Brooks

Clerk

The Town of Deseronto

331 Main St. P.O. Box 310

Deseronto, Ontario

K0K 1X0

T: (613) 396-2440

F: (613) 396-3141

Email: bbrooks@deseronto.ca

Mr. Todd Kring

Director of Community

Infrastructure

The Mohawks of the Bay of Quinte

13 Old York Rd

Tyendinaga Mohawk Territory

K0K 1X0

T: (613) 396-3424

F: (613) 396-3627

Email: toddk@mbq-tmt.org

This notice issued April 19th, 2012

NOTICE: Indian Residential School Survivors

**The deadline to apply for the Independent Assessment Process is
September 19, 2012.**

The Independent Assessment Process (IAP) is a process for the resolution of claims of sexual abuse, serious physical abuse and other wrongful acts suffered at Indian Residential Schools (IRS) in Canada. The process is claimant centered, confidential and does not take place in a court. The claimant decides where the hearing takes place, and whether the adjudicator is male or female. Compensation is available up to \$275,000.00 in the standard track.

If you fail to file a claim by September 19, 2012, your claim will be barred and forever lost.

If you are a survivor of abuse at an Indian Residential School, you may be entitled to compensation. We have been fighting for the rights of survivors since 1997. We have assisted hundreds of IRS survivors bring successful claims. Please contact us to discuss your claim.

Russell Raikes – raikes@mckenzielake.com

Sarah Low - low@mckenzielake.com

**McKenzie Lake Lawyers LLP
300 Dundas Street,
London, ON N6B 1T6**

(519) 672-5666

Toll-free: 1-800-261-4844



MCKENZIE LAKE

LAWYERS

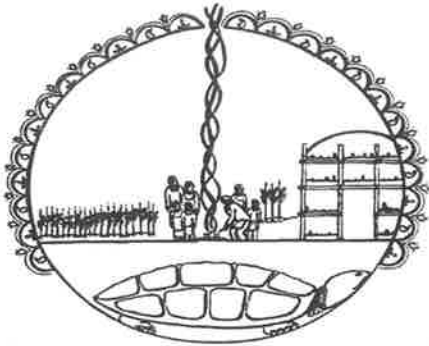


MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in April responded to 7 calls:

- 2 Medical Assist**
- 2 Grass Fires**
- 1 Furnace Fire**
- 2 Mutual Aid**

This brings our total to 30 calls for the year 2012



Community Wellbeing/Community Health

50B Meadow Lane, Tyendinaga Mohawk Territory

Health Canada notifies Community Health Department regarding

Food/Product Alert on regular bases.

For more information call Community Health- 613-967-3603

Copies of the Alerts are posted at reception on the Health Side of the Building.

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.



MOHAWKS OF THE BAY OF QUINTE
ECONOMIC DEVELOPMENT AND EMPLOYMENT OFFICE
PRESENT:

May 2012

Business of the Month



Granicrete
ONTARIO

Hours of Operation
Monday to Friday 9am to 5pm



1129 Lower Slash Road, Tyendinaga Mohawk Territory

613.396.2671

Granicrete Ontario is the May 2012 Business of the Month!

John Akey, President, along with his wife Cindy, Vice President, own *Granicrete Ontario*, which offers decorative concrete designs. They are currently holding monthly training seminars with the extensive line of products that will give your makeover some curb appeal. They have now extended the product lines to include MEODED Paints and Plasters, which is a high end plaster Low in VOC.

They are there to work with their clients every step of the way to achieve cutting edge results. This approach allows their clients the freedom TO CREATE! *Granicrete* Products have been used on Extreme Makeover Home Edition, Flip this house, Designed to Sell and almost every other home décor show. It has allowed them to bring new and creative finishes to their clients that have dramatic and impressive results. The possibilities are endless. Each completed project is a unique work of art suited specifically to the needs of each and every client. The Art of The Decorative Concrete Industry has evolved from floors to countertops to walls and reached the extent to become the leading edge work of Art! They now are offering Art training seminars to enlighten and teach individuals wanting to be creative! Drop into the showroom and see some of the amazing pieces that have been created!

Since they cannot reach every home on their own *Granicrete Ontario* offers *Certification Training* to individuals wanting to learn the Granicrete/Aurastone Systems.

Granicrete Ontario has received Awards of Excellence and were voted #1 Distributor in Canada and #2 throughout the Granicrete International distributor Network Worldwide

<http://granicreteontario.ca>

granicreteontario@netbusiness.com

Support Local Business

TOURISM TRADE SHOW

May 11, 2012—3pm to 8pm

May 12, 2012—10am to 3pm

**Hastings County Agricultural Museum,
Stirling, ON**



**Scan to view our
Business Directory!**

“If there is any one secret of success, it lies in the ability to get the other person's point of view and see things from that person's angle as well as from your own.”
-Henry Ford

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

Bay of Quinte Country Marketing Opportunities!

Bay of Quinte Map

\$100 for front

\$50 for back

Ads on Bay of Quinte Page

Intelligencer—Small \$120/Large
\$180

Trentonian—Small \$60/Large \$80

Bay of Quinte Distribution Run

Brochure distribution around
Ontario to 25 visitor centres from London,
ON to Ottawa and the
Quebec Border starting on Victoria Day
Weekend

\$200 - Tourism Operator

\$350 - Other Member

**Don't forget that Employment
has a computer available for
producing resumes, job search-
ing or even
creating business cards!**

May's Tip

Guerrilla Marketing

This marketing technique is about achieving conventional goals using unconventional means. Instead of large sums of money, your weapons are information, imagination, innovation and community.

To learn more, borrow our book *Guerrilla Social Media Marketing*

Economic Development now has a variety of books to help anyone interested in starting, growing or marketing a business! Stop in and check them out!

Trustee Report for April 2012

This month has seen a continuation of work carried over from last month at the Hasting Prince Edward District School Board. Preparations are also being made to include the school year drawing to a close with graduations, awards, etc.

On the home front we continue to work towards having our new draft tuition agreement presented to AANDC by officials of Hastings Prince Edward District School Board and Mohawks of the Bay of Quinte Band. This hopefully will take place in the near future.

We are also preparing to have a maternity leave accommodated for our female Native Education Counselor in the secondary system.

A new draft to review and revise two student financial support programs in the secondary school system is currently underway. The Attendance/Achievement Incentive Policy and the Secondary School Student Assistance Policy are both reviewed and revised with the input of a student committee to reflect a student perspective. These revised policies will be affective starting September, 2012.

For more detailed information of Board and Committee Minutes, please go to 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 First Nations



Spaghetti Dinner
and Silent Auction
May 16, 2012
Quinte Mohawk School
5 p.m. – 7 p.m.
Cost: \$5.00

There will be a guest speaker from Free the Children.

We are close to our goal of \$8500 to build a school in Kenya. Please help us reach our goal.

The Quinte Mohawk Builder's Club is grateful for your support and we look forward to seeing you at the spaghetti dinner.



DESERONTO LEGION

Coming events...

Friday, May 11

By popular demand...

THE REASONS

Great live Rock/R&B

7:30 – 11:30

Saturday, May 26

SONNY PETE MEMORIAL FISH FRY!!

Noon – 2pm

**\$12.50 in advance / \$15 at the door
(tickets sold at the downstairs bar)**

plus

great live music to follow with

SHIRLEY BAKER

3 - 7pm

**All events are for those 19 years of age or older
NO COVER CHARGE on any of these events!**



Musing on Restorative Justice: A Student's Perspective

Written by: Andrew Green

My name is Andrew Green and I am a member of the Mohawks of the Bay of Quinte. I am completing a four week placement with the Tyendinaga Justice Circle (TJC) while studying at Loyalist College. I was not told about my Mohawk heritage until I was in my late teens, so I have had a lot to learn about myself. Not only have I learned a different perspective on 'justice' while on placement with the TJC, but I have also begun to learn more about who I am as a Mohawk man. I am learning more about *my* people, culture and history.

I have discovered how remarkable and admirable my history is: the story of the Mohawk people. I have also been learning about the tumultuous and sometimes sad parts of our history and how that history continues to haunt today's Aboriginal people in various ways.

I would like to share with you some of the things I have learned during my placement with the TJC.

MAINSTREAM JUSTICE

Because crimes involve one person reaching out to harm another, I have imagined them as causing ripples of pain to spread across the surface of a pond.

- Rupert Ross, *Returning to the Teachings*.

The Tyendinaga Justice Circle or Tontakierine translates into "It has become right again", but has it become right again? If you ask me, the justice system has failed Aboriginal people. Why? One reason is: Aboriginal people who are arrested are more likely to be denied bail, spend a smaller amount of time with their lawyers and if convicted, are more likely to be incarcerated. This is interesting because according to Sub-section 718.2 (e) of the Criminal Code "All available sanctions **other than** imprisonment that are reasonable in the circumstances should be considered for all offenders, with particular attention to the circumstances of Aboriginal offenders". Does this actually happen?

There are other viable options for Aboriginal offenders. Restorative Justice (RJ) is one of those alternatives.

RESTORATIVE JUSTICE

Probably one of the most serious gaps in the system is the different perception of wrongdoing and how to best treat it. In the non-Indian community, committing a crime seems to mean that the individual is a bad person and therefore must be punished... The Indian communities view a wrongdoing as a misbehaviour which requires teaching on an illness which requires healing.

Excerpt from a justice proposal. 1989 by Sandy Lake First Nation in NW Ont.

In short, RJ is about looking at addressing the misbehaviour of a wrongdoer. RJ is essentially an old idea, with a new name. Try to look at RJ as more of a diverse way of looking at crime. If you were to ask some people in the community they would tell you that RJ has been around for thousands of years in the US and Canada. Others would say that it did not really become popular until its emergence during the 1970's and 80's, largely with the RCMP. Others still say the foundation came from the Indigenous peoples in Australia and everyone else has adopted some form or other of it (including the RCMP).

Speculations aside, we do know that RJ has become an important practice within communities, schools and workplaces the world over. RJ has been used effectively by Canadian courts for over thirty years now. RJ (as an alternative to mainstream courts) began in Canada when it finally dawned on Canadians in power that Canada imprisoned more youth than any other Western country, including the United States. That number was even higher when it had to do with aboriginal youth.

The key to RJ is simple: the wrong doer must acknowledge what they have done and be prepared to face their victim(s) in order to try and make things right.

Who is involved? In an RJ circle, the parties involved can include the facilitator, co-facilitator, elder, victim, wrongdoer, their families, their supporters and any others that have been directly affected by the offence. Everyone in the circle addresses each other face-to-face. The participants speak for themselves, not through lawyers or witnesses. The idea here is to have the wrong doer understand the impact of their actions on others. The wrong doer must agree to all sanctions that have been put in place and in fact has a say in laying it out.

Goals: One of the most important goals of RJ is to repair harm and relationships, as well as to empower the victim. Sometimes, the best way to achieve this is through an apology. An apology helps to repair the young person's relationship with the victim and with the community. The victim and the wrong doer are encouraged to talk about how they felt at the time of the crime and how it continues to affect them. During the process of talking things out, transformations of mind and spirit often occur within the circle.

A few guidelines:

1. RJ processes can only take place when the wrong doer *admits* they committed the offence. The wrong doer must accept responsibility for their actions (even if they do not feel bad at the time).
2. The wrong-doer must voluntarily agree to participate in the process.
3. It is not an obligation for the Victim to participate and they will be supported in their decision.
4. Trained facilitators from the community conduct the circles.

It is also important to know that RJ as a diversion from court is not appropriate in every situation, especially if there is a chance that this may cause further harm to the victim. Though not all cases are appropriate for RJ, researchers in this field have suggested that even the most effective healing impact of RJ can be found in addressing and responding to such relentless crimes as violence, murder, etc.

RJ vs MAINSTREAM TO JUSTICE

Mainstream Approaches	RJ Practises
<ul style="list-style-type: none"> • Crime is a violation of the law and the state • Punitive based • What laws have been broken? • Who did it? 	<ul style="list-style-type: none"> • Crime is violation of people and relationships • Victim needs are paramount • The offender is held responsible for repairing harm • Who has been hurt? • What are their needs of those involved?

(As written by Howard Zehr in his book *Restorative Justice*)

LUNCH WITH A CLIENT

I was sitting in on a meeting with a client when I heard something that greatly surprised me: "If you decide to come through the Justice circle, this may be much harder on you than going through the courts." Meaning, this individual was to be held accountable by the families and the community at large and it could be a very emotional process.

I had always thought that RJ was supposed to be easier than the mainstream way. When I asked for more information, I was told that if you are 'granted' a diversion (i.e. RJ) that you will be sitting in a circle face-to-face with the people that you have harmed. You may feel a variety of emotions such as humiliation, embarrassment, guilt or shame. By the end of an RJ meeting or circle, these emotions are addressed and the power to right the wrong and move forward in a good way leaves wrong doers with a sense of dignity and relief. Once again, the behaviour is addressed.

Victims have had the opportunity to express themselves and suggest ways that the wrong doer can help fix the relationship and right the wrongs. These are emotions and resolutions that the main stream system usually fails to achieve. Especially since many wrongdoers who enter the court system leave feeling victimized themselves.

Talking about this while on placement was worth a whole year of going to classes and sitting in on lectures.

I have learned that RJ is no easy way out from breaking the law. It can be empowering for the victim, and helps all parties get a better understanding of the incident and the persons involved. The opportunity to mend broken relationships, and move past the incident is all a part of RJ. This takes a lot of work, but the effects are worth it. Hopefully one day the mainstream justice system will also mean Tontakaierine in the way that RJ does.

ABOUT THE TJC

The Tyendinaga Justice Circle is currently being delivered through FNTI. The TJC was established to address the need for, and use of, Restorative Justice in Tyendinaga. RJ can be seen as a set of principles which guide agencies and practitioners rather than a particular practice. It offers alternative ways of thinking about crime by emphasizing the harm crime does to the community and how the community rather than the court system can respond to crime in more satisfactory ways. It may incorporate a variety of approaches, applied at various stages of the criminal justice process: pre-charge or post-charge.

Tontakaiê:rine is a voluntary process. Each party will receive a clear explanation of what the process might involve and the possible consequences of his or her decision to participate. The TJC will make every effort to meet the needs of all participants, Tyendinaga Mohawk Territory and the surrounding community. The TJC focuses their attention on youth ages 12-17 yrs of age and is funded by the Ministry of Children and Youth Services.

For more information, contact

Mark Brinklow, Youth Justice Worker
Phone: (613) 396-2122 ext. 125
Email: Markb@fnti.net



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



MOHAWKS OF THE BAY OF QUINTE

EDUCATION, 13 Old York Rd., Tyendinaga Mohawk Territory, ON K0K 1X0
Phone 613-396-3424 Fax 613-396-3627

Summer Learning Program & Skatne Camp Information

Registration Date: Monday June 4, 2012

Time: 7:30 a.m. until spaces are filled.

Location: Teaching Lodge at Community Well Being Building

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

****PLEASE CAREFULLY REVIEW INFORMATION BELOW TO LEARN ABOUT AVAILABLE PROGRAMS****
If you have specific questions about admission policy or other policies please contact the program below as indicated.

All weeks must be paid in cash only at the time of registration, as applicable to the program your child will be attending.



Tahatikonhsotóntie Summer Learning Program

Ages: 6 to 11 (*must be 6 by December 31, 2012 and born after January 1, 2001*)
Spaces: 28
Dates: July 9 to August 17, 2012 (*5 days per week, except holidays*)
Time: 8:00 am to 5:00 pm
Fees: \$ 20.00 per week/per child (\$120.00 per child)
Location: Tahatikonhsotóntie Head Start; contact Tracey Gazley or 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 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 etc. We will encourage children to be active, healthy and involved for the duration of our Summer Program.

Enyonkwa'nikonhriyohake' Skatne Camp

Ages: 6 to 12 (*must be 6 by December 31, 2012*)
Spaces: 30
Dates: July 3 to August 24, 2012 (*5 days per week, except holidays*)

Time: 8:00 am to 5:00 pm
Fees: \$ 20.00 per week/per child
Location: Youth Centre/Canteen at Ball Diamonds, contact Crystal Loft or Tracy Hill, 613-967-0122

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

We are looking forward to having a fun-filled, adventurous summer!

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

Dad and Me Play Group



This month's Dad and Me play group is all about camping.

Thursday May 24th, 2012

6:00pm to 8:00pm at the Community Wellbeing Centre

Participants must call Jessica at 613-967-3606 Ext. 139 to register.

Spaces are limited.

Dinner will be provided.



Come out and learn

"S'more" about camping!

HAPPY 
MOTHER'S
Day! 

**Maternal Child Health
&
Healthy Babies Healthy
Children Newsletter**

Community Wellbeing Centre
50 Meadow Drive, Deseronto, ONT K0K 1X0
613-967-3603

Johanna Goodfellow – HBHC Coordinator
Julie Brant – MCH Home Visitor



Dad and Me

We will learn about camping!
Safety, recipes, songs, and more!
6-8 pm @ the CWB 967 3603
Dinner will be provided!
You must call to register!



Drop In/PlayGroup
Monday May 28th, 2012
9:30am to 11:30am.

“NEW” Community Circle “NEW”

Tuesday May 22nd, 2012

6:00pm to 8:00pm

For details call Sarah Brown or Julie Brant





May Event Calendar
 Aboriginal Maternal Child Health
 Healthy Babies Healthy Children
 Tyendinaga Mohawk Territory.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 Fun Fair Deseronto Public School 5pm -8 pm 	8  6 - 8 pm Ages 6 - 10 Canteen/ Youth Complex	9  6 - 8 pm Ages 11 - 13 Canteen/ Youth Complex	10 Sub and Mother's Day Craft Night 6pm - 8pm 	11	12
13 Happy MOTHER'S Day!	14 Quilting CWB 6 - 9pm	15  6 - 8 pm Ages 6 - 10 Canteen/ Youth Complex	16  6 - 8 pm Ages 11 - 13 Canteen/ Youth Complex	17	18	19
20	21  Happy Victoria Day MBQ OFFICES CLOSED	22  6 - 8 pm Ages 6 - 10 Canteen/ Youth Complex <u>Community</u> <u>Circle 6 - 8</u> <u>@ CWB</u>	23  6 - 8 pm Ages 11 - 13 Canteen/ Youth Complex	24 Dad and Me 6 - 8 PM You must register to participate! 	25	26  Skate Park Grand Opening 11 - 4 pm
27	28 Quilting 6-9 PLA GROUP Drop In 9:30 to 11:30	29  6 - 8 pm Ages 6 - 10 Canteen/ Youth Complex	30  6 - 8 pm Ages 11 - 13 Canteen/ Youth Complex	31		WE ARE WORKING ON NEW AND EXCITING EVENTS FOR JUNE!!

NO ONE

ASKS FOR

IT!

Join the
Enyonkwa'nikonhriyohake'
Team for a **FREE BREAKFAST**

May is Sexual Assault Awareness Month –
WEAR Purple in support of this day

THURSDAY, MAY 24TH

TEACHING LODGE (CWB) FROM 7AM – 10AM

ALL IS WELCOME



ABUSE is not part of our Culture!!!

A brief re-introduction to the Staff at

Red Cedars Shelter

To all of those community members who donate clothes all year long. The people that come are so thankful to have those clothes that no longer fit you but may be the only clothing they have to wear, they always are grateful and I wanted to pass along their heart filled thanks to you.

Our staff are: Holly Brant, Coordinator, Alanna Maracle, Assistant Manager, Laura Wood, Child Care Worker, Crystal Bernhardt, Counsellor, Diania Barlow, Counsellor, Yvonne Commeau-SexSmith, Counsellor & Megan Hill, Counsellor

We are excited to have Sheila Stacey as the Residential/Non Residential Outreach Worker. Sheila has been working at the shelter for the past 16 years as a Counsellor and she is well suited to this job.

If you or anyone you know is in an abusive relationship, you don't know what to do or where to call, call us 24 hours a day, 7 days a week 365 days a year. We can help; you don't have to be alone. No one should have violence in their lives, even if you want to call and ask questions you can call our crisis number at 613 967-8212 or our Outreach Worker Sheila Stacey's line directly at 613 967-5877.

Community Introductory

She:kon, my name is Lacey Maracle and I am pleased to have recently accepted the Intake and Family Resource Worker position within Mohawk Family Services.

My academic background is in the Social Services field and I bring my skillset, past employment experience and my enthusiasm to this position.

If you have any questions or concerns regarding resources on the Territory or off the Territory, fostering and adoption please don't hesitate to call me at the Community Wellbeing Building at 613-967-0122 x 145. I will be pleased to assist you with your inquiries.

Nia:wen,

Lacey Maracle



Community Lifestyle Program

What is the Healthy Moms, Healthy Babies (HMHB) Community Lifestyle Program?

HMHB is a community-based lifestyle program focusing on exercising and education. It is especially targeted to pregnant First Nations women with diabetes.

We offer:

- ✓ walking sessions 5 times a week, 30 minutes each
- ✓ sessions that are indoors
- ✓ snacks at each session
- ✓ exercise in a supportive community setting
- ✓ healthy lifestyle education

Bring your family and friends along!

Healthy Lifestyle Checklist

Exercising for 30 minutes a day, at least 3-5 times a week can help:

EVERYONE

- ✓ Manage stress
- ✓ Achieve a healthy body weight
- ✓ Reduce your risk of chronic diseases like type 2 diabetes and heart disease

PEOPLE WITH DIABETES

- ✓ Control your blood sugar levels
- ✓ Minimize the risk of diabetes complications, such as eye disease, high blood pressure and heart problems by meeting the Canadian Diabetes Association's recommendation of 150 minutes of exercise a week

EXPECTING MOTHERS

- ✓ Prepare your body for labour, delivery, and recovery
- ✓ Manage weight gain to the recommended amount for pregnancy

WOMEN WITH GESTATIONAL DIABETES

- ✓ Reduce the risk of delivering a baby that is larger than 8 lbs 13 oz
- ✓ Prevent the need for insulin
- ✓ Reduce the risk of complications during child birth
- ✓ Reduce the risk of your unborn child developing type 2 diabetes and obesity later in life





Let's Walk & Beat Diabetes Together!

Yonata'kari:te Konwati' nihstenha,
Yonata'kari:te Rotiwirá:a'

A Strategy to Improve the Care and Outcome of Teyakonekwehnsatsikhe:tareh
(Diabetes) In Yakowrayentasereh (Pregnancy) in
On and Off-Reserve First Nations Women

Walk @ Noon: An average 30-minute walk that may pick up in pace, as our ability allows. Dress for weather in layers. Have walking shoes and water with you. Meet @ noon, Community Wellbeing Health Services @ west door or waiting room.



Gentle Walk @ Noon: A gentle paced walk, that may be divided by rest breaks as needed. Suitable for families with babies or toddlers along, and anyone who desires a more relaxed walk. Approx 30 min. Come prepared as above. Meet @ Community Wellbeing Social Services east door or waiting room.

Spring Walking Group @ 4:30-6:00pm: Walk at your own pace, weather permitting. Approx 30-minute walk. Quinte Mohawk School Track, please use Sadie's Lane entrance. Some pedometers available on loan for walk

Community Healthy Lifestyle Events

PRENATAL DIABETES EDUCATION: Fri May 11th 11am-12pm
@ CWB Teaching Lodge

GARDEN INTEREST GROUP: Fri May 18th 11am-12pm
@ CWB Teaching Lodge

NEW Mother-Baby Dancercise!!

Sat May 19th & 26th - 8:30am - 9:00am Walk (inside or outside)
9:30am - 10:15am Dancercise

TYENDINAGA FITNESS RESOURCE CENTRE (TFRC) participating with HMHB research project to provide SATURDAY morning activities.
@ No Cost. Light snack provided. Please call HMHB for more information.

Dorothy Green & Gale Hayward

Healthy Moms, Healthy Babies
Community Healthcare Professionals
Community Wellbeing Centre
50 Meadow Drive
Tyendinaga Mohawk Territory, ON
K0K 1X0

Phone: 613-967-3603 Extension 166 Email: chp_cwb@mbq-tmt.org


May 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Gentle Walk @ noon CWB Walk @ 4:30-6:00pm QMS track	2	3	4 Walk @ noon CWB	5
6	7	8 Gentle Walk @ noon CWB Walk @ 4:30-6:00pm QMS track	9	10	11 PN Diabetes Education 11am-12 noon CWB Walk @ noon CWB	12
13	14	15 Gentle Walk @ noon CWB Walk @ 4:30-6:00pm QMS track	16	17	18 Garden Interest Group @ CWB 11am-12 noon Walk @ noon CWB	19 "Mother-Baby Dancercise" 8:30am TFRC
20	21	22 Gentle Walk @ noon CWB Walk @ 4:30-6:00pm QMS track	23	24	25 Walk @ noon CWB	26 "Mother-Baby Dancercise" 8:30am TFRC
27	28	29 Gentle Walk @ noon CWB Walk @ 4:30-6:00pm QMS track	30	31		

Tyendinaga Home Support Program
 Community Wellbeing Centre
 50 Meadow Drive, Deseronto ON K0K 1X0
 613-967-0122

May 2012

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Diners Club—12:00 to 1:00 p.m. Handivan Departure—10:00 a.m. Meals on Wheels delivered between: 11:30 a.m. to 12:30 p.m. Beading Class—1:00 to 3:00 p.m. Scrapbooking—10:00 a.m. to 3:00 p.m.		1 Meals on Wheels Library	2 Diners Club Deseronto	3 Meals on Wheels Blvl Shopping Euchre @Ball Diamond	4 Meals on Wheels Handivan Des	5
6	7 Beading & Ceramic Class @Ball Diamond Wii Bowling @ Comm Centre	8 Meals on Wheels Library	9 Diners Club HOME SUPPORT	10 Meals on Wheels Birthday Tea @ Ball Diamond	11 Meals on Wheels Handivan Des Scrapbooking @Ball Diamond	12
13 <i>Happy Mother's Day</i> 	14 Mothers Day Breakfast Beading & Ceramic Class @Ball Diamond Wii Bowling @ Comm Centre	15 Meals on Wheels Library	16 <i>BINGO</i> @Community Centre	17 Meals on Wheels Euchre @Ball Diamond	18 Meals on Wheels Handivan Des	19
20	21 OFFICE CLOSED	22 Meals on Wheels Library	23 Diners Club HOME SUPPORT	24 Meals on Wheels	25 Meals on Wheels Handivan Des Scrapbooking @Ball Diamond	26
27	28 Beading & Ceramic Class @Ball Diamond Wii Bowling @ Comm Centre	29 Meals on Wheels Library	30	31 Meals on Wheels Grocery Shopping Euchre @Ball Diamond	Birthday Tea—2:00 to 4:00 p.m. Bingo/Lunch—12:00 to 3:00 p.m. Wii Bowling—7:00 to 9:00 p.m. Euchre —6:30 to 8:30 p.m. Library—2:00 to 4:00p.m.	





BREASTFEEDING CIRCLE

Looking for a quick, easy nutritious recipe for busy days when baby needs mommy a lot? Or when you need to eat well without spending all your time in the kitchen? Something nice enough for Mother's Day?

Common obstacles to eating well and getting exercise

(ie "looking after mom") recently identified by moms in a local workshop were exhaustion and needing quick, nourishing meal ideas. One of the most nourishing and quickest things to cook is fish. Here is one recipe that is even easy enough for someone else to fix for mom on Mother's Day!

Serve with some raw veggies, fruit, or a salad.

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

During bad weather, please call CWB
to find out if meeting has been cancelled
613-967-3603

**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 or HELPCALL:
613-396-2942 TEXT: 613-849-1868

Maple -Glazed Trout with Maple Rutabaga Mash

Rutabaga Mash

1 lb (450 g) rutabaga, cubed (buy frozen for shortcut)
1 Tbsp (15 ml) butter
1 Tbsp (15 ml) maple syrup
1 Tbsp (15 ml) grated ginger
3 Tbsp (45 ml) milk (cow, goat, almond, or Silk)
¼ tsp (1 ml) nutmeg
Pinch of salt to taste

Steam rutabaga until very tender. In bowl of food processor, or with hand masher, combine while hot with butter, maple syrup, ginger, milk, nutmeg, and salt. Process or mash until smooth. Keep warm while preparing trout.

Trout

1 ½ lb (750 g) rainbow trout filet*
Salt and pepper to taste
2 Tbsp (30 ml) maple syrup
1 Tbsp (15 ml) balsamic vinegar
1 Tbsp orange zest

Preheat oven to 450 F (230 C)

Wash trout, pat dry with paper towel, and slice into 4 equal-sized pieces. Season with salt and pepper.

In small bowl, combine maple syrup, vinegar, and orange zest.

Brush half the maple mixture on fish and bake for 12 minutes, brushing fish with remaining glaze halfway through.

Serve with rutabaga mash.

**Try with other fish too.*



Enroll Now!
Earn a College
Certificate or Diploma

*FNTI and St. Lawrence College, in Partnership, offer
Post-Secondary Programs for Indigenous Students*

Classes Start in September 2012

OFFICE ADMINISTRATION – *Starting in Rama and Tyendinaga*

This one-year certificate program is a launching pad for entry into administrative and supervisory careers in almost any industry. Graduates have gone on to positions as administrative assistants, supervisors, office technicians and office managers in fields as diverse as finance, human resources, program delivery, retail and service delivery.

LAW CLERK – *Starting in Toronto*

This one-year diploma program provides knowledge and expertise related to the management of legal issues in First Nations communities, including land claims, jurisdiction issues, policy and development, restorative justice, criminal law, family law, ethics and Aboriginal customary law. Students in this program will get an overall introduction to law within the context of First Nations communities.

SOCIAL SERVICE WORKER – *Starting in Nipissing & Fort Albany*

This two-year diploma program offers courses that focus on personal growth, organization and community development, improved communications skills around program planning, interviewing and counseling, family and group work. In addition, the SSW offers an introduction to sociology, psychology, community resources and social services legislation.

FNTI - ELIMINATING BARRIERS TO POST-SECONDARY EDUCATION

Our programs are full-time but offered in a condensed class schedule.

Classes meet every 4 to 5 weeks for a weeklong class.

FNTI – WHERE YOUR PREVIOUS EXPERIENCE MEANS SOMETHING

For special admission to our programs, call and ask about

Prior Learning Assessment and Recognition.



To learn more about any of our programs, contact:

Lesley (Buffy) Hill, Registrar
Toll-free: 800-267-0637 ext. 187
Email: buffyh@fnti.net

Our goal is to advance your career and support your home life – not interrupt them!



314 Airport Road
Tyendinaga, Ontario K0K 1X0

Ph. 613-396-3100 Fx. 613- 613-396-1083
email: calliem@fnti.net

Language Nest Apprentice Totahne Language Nest

Under the direct supervision of the Executive Director and overall responsibility to the TTO Board of Directors, the Language Nest Apprentice will assist the Tota(s) in the Mohawk immersion program, providing care and support to pre-school children and parents.

Responsibilities

- Provide Kanyen'keha exposure to parents/children in a comfortable home-like environment
- Provide support services to parents/children as required
- Assist with daily operation of the program
- Coordination and delivery of the Food for Learning program
- Assist with administrative duties such report writing, record keeping
- Coordination of parent meetings, taking minutes, reporting to Administration, etc.
- Additional duties and responsibilities such as health, safety and nurturing of children, purchasing supplies and coaching/directing volunteers

Qualifications

- Completion of 2 yrs post-secondary education in Mohawk Language or equivalent
- Demonstrated fluency/high level functionality of Kanyen'keha
- Previous experience in working with an organized early years/pre-school aged program
- Knowledge of Haudenosaunee culture
- Strong appreciation of and empathy with the needs of children
- High degree of initiative and self-direction
- Must be able to work independently and handle simultaneous tasks
- High level of confidentiality, tact and discretionary capabilities
- Creativity, enthusiasm, a sense of humor and good health
- First Aid/CPR
- Must provide a satisfactory CPIC

Closing Date: May 25th, 2012

To apply forward a resume and cover letter with two (2) references to:

Tsi Tyonnheht Onkwawenna. Hiring Committee
314 Airport Rd.
Tyendinaga Territory, Ont., K0K 1X0
Ph. 613-396-3100 x 227 Fax 613-396-1083



APPLICATIONS NOW BEING ACCEPTED FOR:

Shatiwennakarats Adult Language Program (2012/13)

- Full time
- Intense-mode

Kawenna'on:we Primary Immersion (2012/13)

- For children aged 5 - 8 yrs

IMPORTANT INFORMATION

This year both programs will be moving to a twelve month schedule with a start date of **July 3, 2012**

For Shatiwennakarats, we are tentatively offering two different streams for people to choose from (pending funding and minimum enrollment):

Full-time

The program will begin on July 3, 2012 and run until June 30, 2013. It will consist of 40 weeks of instruction and 12 weeks off over a calendar year. This program is for individuals who have a strong desire to acquire a level of functionality and requires a major commitment.

Intense mode

The program will run for a full calendar year consisting of nine (9) sessions of four days in length (Thurs through Sunday) occurring every six weeks throughout the year. This program is geared towards working individuals or others who are not able to attend the full-time program. Depending on the commitment of the participant a very basic level of functionality can be obtained.

Deadline for Shatiwennakarats applications is June 1st, 2012.

Please specify stream you are interested in attending.

Aaron Francis Whalen
September 21, 1979 - May 7,
2011

Letter to my brother.



Dear Aaron,
A year has passed
Since we saw you last,
Thought I'd write a quick note to say
We miss you like crazy and think of
you everyday.

I sit here with my babies
Who I wish you could get to know
And I think of all a year can mean
To children with so much still to grow.

Addie Mae was still a baby
When you were taken from us that fateful spring day.
We didn't even know it then
But Lane was already on the way.

Addie Mae is a big girl now,
With so many stories to tell
About fish and birds and farm animals.
You two would have got along so well.

I also have a son now.
My baby boy is already 4 months old.
It breaks my heart to know
I have a child you will never hold.

A year can make a big difference
When you're a baby and a child of two,
But a year can never change the fact,
That we no longer have you.

Mom and Dad try to hold it all together,
As does your beautiful would-be bride,
But the whole family would agree when I say
We have all died a bit inside.

It's not hard to remember your smiling face,
The way you would laugh and joke.
The hard part is forgetting the way we lost you
Or the moment when our lives changed and our hearts broke.

So there it is, big brother,
Surely now you understand
How much you have missed, and how much you are missed
And how we wish you could come home again.

You will live on in our hearts and in
the stories we tell our children.
Love, Kelly-Anne, Phil, Adelaide and Lane

In Memory of..... My Daddy

Sheridan Gerald "Jerry" Maracle
May 8, 1936- April 13, 2004

My Daddy
I remember
He was the kind of Dad who taught us how to
be kids,
got down on the floor and played games,
watched cartoons with us
(or maybe it was for him) every Saturday
morning,
He was there whenever I was sad or hurt and
needed to cuddle
He was there for me whenever I needed him,
I knew I could count on him if my car broke
down and I needed someone to come check it
out or get me home
I remember the countless other times he was
there whenever I needed him.
I'm sure he's watching out for me still
I sure do miss him though,
So until I see him again

I LOVE YOU DADDY.

Love from your Pup
Lori



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

Those we love remain with us for love itself lives on
And cherished memories never fade because a loved one's
gone

Those we love can never be more than a thought apart
For as long as there is memory
They'll live on in the heart

Forever loved and never forgotten
We miss you.

Love Carol, Harry, Betty, Billy, MJ, Marilyn, Mike, Tracey
& families

Thank You!

THANK YOU TCDF

Dalton Shepherd would like to thank the TCDF for providing funding for a summer camp escort for me to attend YMCA Camp Ability in Belleville, Dalton loved 'summer camp' 2011 and he really enjoyed all the daily activities, swimming and outing to different festivals.

Dalton would have never attended had it not been for your support and funding!!!!!!

We can't thank-you enough TCDF!!!!!!

Dalton Can't wait for Summer Camp 2012

Darla Featherman & Dalton Shepherd

Thank- You Dreamcatcher Fund

Dalton Shepherd would like to thank the Dreamcatcher Fund for providing funds to help Dalton have the summer camp experience in 2011 !!!!!!

Dalton loved camp; he enjoyed the company of new friends and experience different cultural activities in our local community, Dalton would have never had this experience; if not for your agency to provide support and funding for a summer escort to attend summer camp with him.

I can't thank-you enough !!!!!!

Thank-you to my friend; Laura Leween

Thank- you for escorting Dalton & Derrian to Summer Camp 2011

Thank- you for being there always, Thank- you for all the support for give to me and the children

Thanks for understanding, when a lot of people never would !!!!

Thanks for taking care of those children like they were your own!!!!

Thanks for protecting them, like I know you will !!!!

Thanks for being you and our friend !!!!!

Your Friends,
Dar , Derry and Daltey

And Finally a Big Thank-you to Grandma Jean !!!!

Thank- you for always being there for us ! no matter what!!!

We Love you !!!!

Darla, Derrian, Dalton and Zander



Stanley Roy Green (Mick)
May 29, 2011

*We thought of you with love today,
But that is nothing new.
We though about you yesterday,
And days before that too.*

*We think of you in silence,
We often speak your name.
Now all we have are memories,
And a picture in a frame.*

*Your memory is our keepsake,
With which we'll never part.
God has in his keeping,
We have you in our hearts.*

Forever loved, Marion, Pepperena & Snooty



Thank You

Once again our fabulous community members have shown what they are made of and because of you, this year's Sadie's Walk was successful, fun and active.

It was great to see so many of you that come out every year, our youth, our seniors and everyone in between!

We enjoyed great weather, prizes & breakfast!

Rez Cresting, Lea Green (Elders Lodge), Julie Brant (MCH), Mohawk Fire Dept, Tyendinaga Police Service take a bow, as your assistance to make the day possible is greatly appreciated.

Community Health Team

Community Wellbeing Centre.



The volunteers of the All New Kwe have been very busy these past few months. We'd like to express Thank you to Ken Maracle for the back hoe and digging for the underground wiring prepared for the transmitter, Jonathan and Dan Whalen, Kylee Maracle and Tony Whitlock for all the manual labour and back breaking work, Andrew Martin for the signs.

Purse Auction: If I missed your name, Please forgive me. I will catch you next time with apologies..

Carol Loft	MJ Loft	Lorraine Thinel
Charlene- Sacred Circle	Nation to Nation	Ward's Gas Bar
Storm's Restaurant	49 Quick Stop	Subway
McMurter's	Sadie's Cafe	Birdie's Needle Nook
TFRC & Darlene Loft	Vanda Spencer	49 & York pizza
Barbara Howard	Deborah Paul	Tota Maz
Native Renaissance	Subway	Maracle Chiropractic

We would like to express our appreciation of your support at our first fundraiser held on Saturday April 7th. The Easter Egg Hunt was a huge success. We hope everyone had a good time.

You are welcome to stop by the radio station to see our children's entries to the colouring contest.



There were many hands that made this event a success. We would like to send out a Niawen Kowa to the following in alphabetical order:

- | | | |
|-------------------------|------------------|-------------------------|
| Audrey Brant | Gerald | Paul & Pam Gartland |
| Andrew Martin | Holly Brant | Phil Bowden |
| Bob's Portable Toilets/ | Jonathan Maracle | Ron Sager |
| Bob Jamieson | John Belanger | Sara |
| Clint Brant | Josilin | Shannon Butcher |
| Cubby Brant | Kelsey Adams | Shirley Read |
| Dan Whalen | Ken Maracle | Storm Brant |
| David Maracle | Kylee Maracle | Taylor Lefort |
| Deborah Paul | Lorraine Thinel | Teri Ward |
| Delores Maracle Whalen | Lynn Brant | Tom Maracle |
| Easter Bunny & helpers | Mike Doxtator | Velma Hill Dracup |
| Fr. Gerard Trinque | PJ's Bakery | Tyendinaga Women's Drum |

THANK YOU ALL.....

Happy Birthday!



☆ Happy "Big 13" Birthday
☆ Jake - May 14
☆ Love Grammie,
☆ Grandpa Brian & Jessie

Happy Birthday
Harry – May 14th
Love Marilyn, Rick, Sam & Emmett

☆ To Grandpa Hockey Puck,
☆ HAPPY 60TH BIRTHDAY!!!
☆ With love from
☆ Winter, Phoenix, Feather and Greg

Happy 2nd Birthday
Eli – May 24th
Lots of Love Aunt Marilyn, Uncle Rick,
Sam & Emmett

☆ Happy 19th Birthday
☆ Kody Brant
☆ Love Dad & Allison

Happy Birthday
Betty – May 27th
Love Marilyn, Rick, Sam & Emmett

☆ Happy Birthday
☆ Phill – May 3rd
☆ Lots of love, Sam & Emmett

Happy Birthday
Cindy – May 29th
Love Aunt Marilyn, Uncle Rick,
Sam & Emmett

☆ Happy Birthday
☆ Phill – May 3rd
☆ Marilyn & Rick

Happy Birthday
Donald – May 30th
Love Aunt Marilyn, Uncle Rick,
Sam & Emmett

☆ Happy Birthday
☆ Bill – May 10th
☆ Love Marilyn, Rick, Sam & Emmett

Happy Mother's Day
Gram (Norma Brant)
& Aunt Edith
Love Chip, Allison & Kody



ATTENTION COMMUNITY MEMBERS

There will be **NO** membership service from **Monday, May 14th to Friday, May 18th, 2012** due to training.

Regular service will resume Tuesday, May 22, 2012 at 8:30am.



Big brothers Wyatt & Ethan
are excited to announce they have a new baby sister named

Layla Annie

who was born March 23, 2012 at 9:55 am
weighing 7 lbs. 15 oz.

Proud parents are Brad and Maria Loft of Tyendinaga Mohawk Territory.
Proud grandparents are Rick & Marilyn Loft of Tyendinaga Mohawk Territory
and Peter & Marlene Blakely of Ameliasburg, Ontario.
Proud great grandparents are Bruce & Mary Loft of Tyendinaga Mohawk
Territory and Martha Bowen of Wellington, Ontario



Congratulations to **Brandy Brant** on completion of the
Social Service Worker program at Loyalist College.
Your hard work has paid off, we knew you could do it.

Love Camryn, Emily, Xander, Vicky & Mom.

MOHAWK FAIR MEETING DATES

<u>Date</u>	<u>Time</u>	<u>Place</u>
-------------	-------------	--------------

May 10/12 - 7 p.m.	All meetings will take place at the Art School Building at the Fair Grounds
--------------------	---

May 24/12 - 7 p.m.	
--------------------	--

June 7 /12 - 7 p.m.	We are looking for volunteers to come out and help with the fundraisers, fair activities and events.
June 21/12 - 7 p.m.	

July 12/12 - 7 p.m.	Thank you. Pat Brant
July 26/12 - 7 p.m.	

EARTH DAY CELEBRATION

THANK-YOU!

Bird House Competition

1st Liberty Maracle

2nd Allie Sero

3rd Jane Leigh Jamieson

Honourable Mention

Emma Jamieson

Skylar Layfield

Crystal Loft

Makenzie Bowden

Donations:

Lazy Gardener

Free Flow Petroleum

John Litchfield

Information Booths:

Manco Recycling

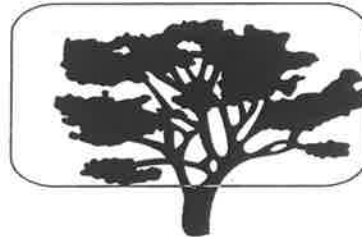
Mike Bossio- CCCTE

Lazy Gardener

Liz Brant, Carla Hill, Deb Doreen

Special Mention to the Tyendinaga Youth Group
for your help with the BBQ, and Betty Car-
Braint, Jolee Car-Braint, Lindsay Sero, Tracey
Hill, Jessica Loft, Crystal Loft

CLEAN UP & COMMUNITY GARDEN!



Shannonville Fair Grounds, and Salmon River Road Clean-up

Saturday June 9, 2012

9 am - 3 pm

BBQ for the Volunteers

Community Hours Granted

Community Garden Planting at Shannonville Fair Grounds

Saturday June 16, 2012

9 am -3pm

Lets plant a garden for the Community!

Corporate Sponsors encouraged, and advertised!

Community Volunteers are needed to make this a success!

For more information, or to volunteer contact Kristin Maracle at 396-3424

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

14 York Road, Unit #1
Shannonville, Ontario
K0K 3A0

May 2012

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

Fees

Senior (55+) \$15.00

Student \$20.00

Adults \$25.00

We Are Open to

The Public

Staff

Darlene Loft /
Recreation Manager

Sonya Maracle /
Fitness Staff & P.T

Part -Time Staff

Ryder Sager
Talon Barnhardt
Damon Brant
Tabatha Gordon

Gym Tips by Talon

-Phones stay at home. Texting is distracting.

-Switch up your routine, keep it fun.

-Working out is half the battle. Eating healthy and sleeping properly is essential too see positive results.

-Find a gym buddy. They will motivate you and keep your workouts exciting.

-Most importantly... DITCH THE MCDONALDS! Fast food impedes your efficiency in the gym. Not to mention the negative effects on the rest of your body.

Nia:wen/ Thank You

Isaiah Loft & Tammy Brant for your time at TFRC,
Bill M. for the golf magazines for clients to read.

Easter Hunt Winners

Yvonne C-S –Easter Basket & T shirt, Karrie Hill- Dancing chicken Irma MacDonald-Large gel Ice pack (courtesy of Maracle Chiropractic) Christine Barnhardt-25 dollars for the movies Sam-TFRC bag & 1 month membership, Barb Maracle-20 dollar gift card too Wal-Mart, Mike Berry– A singing bunny , Paul Mifsud– pen & journal in Easter basket, LaShelle Brant - Singing Chicken , Irma MacDonald - Easter Basket & water bottle

Queen's University School Of Medicine—Thank You

We had 5 future Doctor's come out to TFRC to share their display of "Food & Me" it was great to have them out, and they will be back in the fall. This was also an opportunity to talk about what future Doctors are learning about natural medicines.

Congratulations to Bert Miller who won a cookbook in the draw that was held by SOADI

Tyendinaga Fitness Resource Centre Phone: 613-962-2822 tyfitnessres@mbq-tmt.org

www.mbq-tmt.org under community services

Staff Education Updates—Certified Programs

Darlene Loft - Urban Poling Walking Instructor , Managing Physical Activity programs for Older Adults-Marketing , Starting a Fitness Business

Sonya Maracle - Introduction to Nutrition, Weight Management 2.0, Fitness Through Walking & Running.

Fitness Instructors & Personal Trainers Updates

Dr. Jason Young Maracle - Strength & Conditioning Specialist

Sonya Maracle - Personal Trainer Specialist

The Urban Poling - May 17,24,31

The program is full but we will take names for the next event.

FACTS About Urban Poling :

*You use 90 % of your muscles

*You can lose 400 calories in 1 hour

CONTEST FOR A FREE WORKOUT

Call with the answer to the following question:

1) In this newsletter what makes exercise fun ?



TFRC is Having their 5th Anniversary

Saturday September 29/12

We are Welcoming Ideas for a FUN CELEBRATION

Please email us or call (613) 962-2822

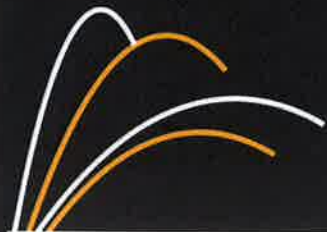
tyfitnessres@mbq-tmt.org

“It Has Been a Great 5 Years at TFRC”

14 York rd, Unit # 1
Shannonville, On
Canada K0K 3A0
(613) 962-2822

www.mbq-tmt.org
tyfitnessres@mbq-tmt.org

Discover the
Balance
by
Working the
Mind,
Body,
Heart
&
Spirit



Tyendinaga Fitness Resource Centre

**NEW
Day Fitness
Program**



New Day Fitness Program
Starting May 1st, 2012

(613) 962-2822

or

email us @

www.mbq-tmt.org / tyfitnessres@mbq-tmt.org

**Certain Rules apply – call for details
Welcome All Ages**

**FREE
Transportation**

Rules apply to be eligible
for transportation. Call
(613) 962-2822 for more
information with this
program.

We will pay for your transportation to get here
with Deseronto Transit!!
For transit schedule go to www.deseronto.ca
or call (613) 396-4008

Ask the Doctor:

My question is:

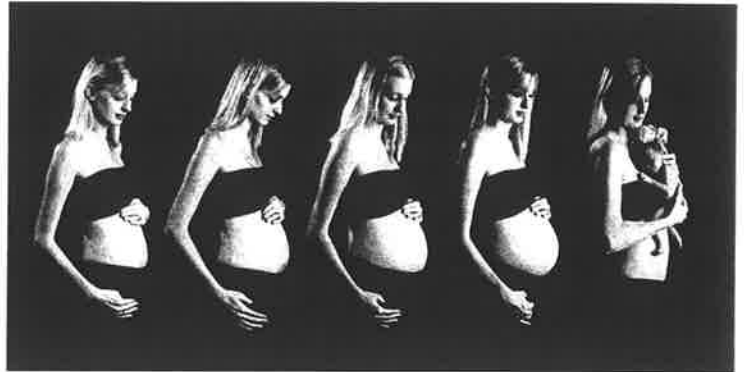
I am expecting my second child and have had a lot of back pain, sometimes traveling down into my legs. I had it my first pregnancy but this time it has started sooner. I heard chiropractic maybe able to help. Is this true?

~ Wendy

Hi Wendy,

Yes, chiropractic may be able to help. Chiropractic has a huge success rate with pregnancy induced low-back pain and sciatica. Pregnancy creates a hormone shift (physiological) in the body that allows ligaments to loosen as well as joints (physical). However at the same time can cause some muscles to be over worked or stretched and allow pressure to be placed on the nerves, thereby creating symptoms. Chiropractically we adjust the pelvis and spine to allow for proper alignment and function that is incredibly safe and comfortable. This is part of our Webster's Technique that helps us correct a breech baby position with a 92% success rate. Chiropractic has also been shown to reduce labor times as well as minimize the use of medications during labor.

We truly believe pregnancy should be blissful, not painful. Women are designed to create life, there is no greater gift. Women should feel empowered for without them we would not survive as a species.



Dr. Jason Maracle Young DC

If you have questions regarding health and wellness please feel free to ask at maraclechiropractic@gmail.com or mail Maracle Chiropractic Box 1216, Shannonville, ON K0K 3A0.

5 Pin Bowlers Needed!!

for the Inter Reserve
Bowling Teams



Practicing every Monday Night at the
Belleville Plaza at 7 p.m.

For more information call: 613-396-3800

Notice...Notice...Notice

A Community Event...

*****Save the date: June 11, 2012*****

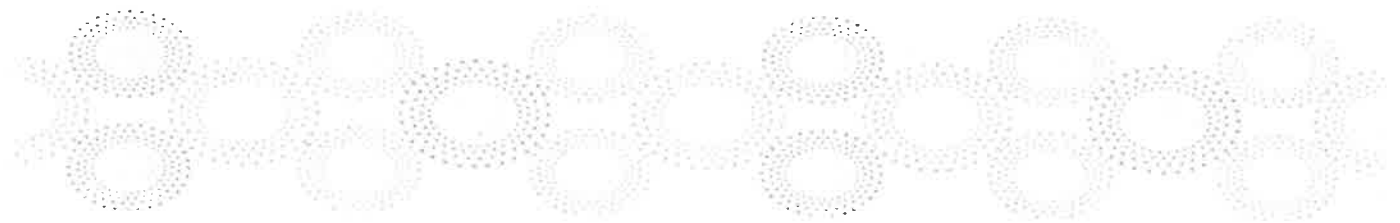
What:

“Our Dreams Matter Too”...Walk for Culturally based equity for First Nations children. (For more information, see www.fncaringsociety.com/our-dreams-matter-too)

National Day of Healing and Reconciliation...Committed to learning, dialoguing and growing together towards Cultural reconciliation within our families, Schools and Communities. (For more information, see <http://ndhr.ca/wordpress/>)

Time & Location: **TBA**

Who: **All Community members invited to attend**



Watch your mailbox or visit Our Community website at www.mbq-tmt.org for updates!

Please contact:

Tracey Gazley at 613-396-6716 regarding the Our Dreams Matter Too walk.

Betty Carr-Braint at 613-967-3603 regarding National Day of Healing and Reconciliation



The Canonization of Blessed Kateri Tekakwitha

October 2012

The Vatican has announced that Kateri Tekakwitha, of Kahnawake,
will become North America's first aboriginal Saint.

Be there when she is canonized by Pope Benedict XVI on October 21, 2012.

Join Mohawk, Ken Papineau and the Travel Quest team
in Rome for the momentous celebration and for this opportunity to explore historic Italy.

The Akwesasne organizing committee
for this event will be hosting an evening on the canonization celebrations and
information on how you may participate in an escorted tour for this historic occasion.

The meeting will be held on
Thursday May 9, 2012

7:00 to 9:00 PM,

59ers' Club

8011 Old Highway 2, Tyendinaga Mohawk Territory

All are welcome and we look forward to seeing you there.

Enyonkwa'nikonhriyohake (Good Minds) Program

Youth Drop-In 6-8pm @ Youth Centre/Canteen

All events are FREE

MAY

↓ Tuesday: ages 6-10	↓ Wednesday: ages 11-13
<p>1st BINGO! PRIZES</p> 	<p>2nd</p> 
<p>8th</p>  <p>Games Night</p>	<p>9th</p>  <p>Games Night</p>
<p>15th</p> 	<p>16th</p>  <p>Soccer-Baseball</p>
<p>22nd</p>  <p>Craft Night</p>	<p>23rd</p>  <p>Craft Night</p> 
<p>29th</p> <p>5-Pin Bowling @ Bayview Mall*</p> 	<p>30th</p> <p>10-Pin Bowling @ Bayview Mall*</p> 

* Limited spaces. Please call Tracy or Crystal @ Good Minds by Friday, May 25th to sign up: 613-967-0122. Parent/Guardian will need to sign permission slip.

* Limited spaces. Please call Tracy or Crystal @ Good Minds by Friday, May 25th to sign up: 613-967-0122. Parent/Guardian will need to sign permission slip.



Proudly Presents...

Sha'tekahrhí:hen

(The center of the forest)

Amazing art and costumes!
Shadow puppetry!

Live and video performances!
Dance and music!



Date: Friday June 8, 2012

Time: 7:00—8:30pm

Where: Q.M.S. gymnasium

1624 York Road, Tyendinaga Mohawk Territory

Everyone welcome to come out and enjoy a show performed entirely in Kanyen'keha!

This year's story is loosely based on a mix of traditional stories and an animated movie called *Fern Gully*.

- ◆ 2\$ admission ticket (Proceeds go towards future productions)
- ◆ Party afterwards in the library!

**For more information, please contact QMS at 613.966.6984 and ask for Sherry Procunier

HAPPY BIRTHDAY

Wilson (Bill) Maracle
is celebrating his 70th
Birthday
on May 26th
Come out and help him
and his family
celebrate.

From 1 p.m. - 4 p.m.
at Shelva & Craigs
house
130 Young St.
Shannonville

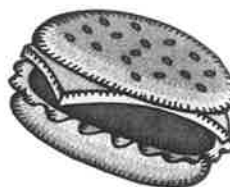
Household, Antique and Farm
Auction Estate of
Glenn and Shirley Hill

Saturday, June 23, 2012
#6023 Old Highway 2

Boyd Sullivan Auctioneer
See newspaper or website for
start time and list of items.
Some Native items.

For More Info : John Hill 962-5470

Horseshoe Fun Day



Saturday June 9th, 2012
10:00am Registration

League Pitts
\$5.00 per person
Draw for partners every game!
Prizes and BBQ



**The Quinte Singers
Present**

Feelin' Groovy

**Featuring
"Songs That Make You Feel Good!"**

Saturday, May 26, 2012

2:00 pm

Deseronto United Church

50/50 Draw

Tickets \$10.00 / person

Available at the door

**Children 12 and under Free
Proceeds to Local Charitable Organizations**

There will be a brief intermission

Refreshments following the performance

Wheel Chair Accessible from Thomas St. Entrance



TRAVEL BACK WITH US TO
THE 50s AND 60s ERA.



At our Pentecostal Sock - Hop

50's DINER

SPECIAL MUSIC

Date: Sat. June 2 / 2012,

Place: Lacrosse Field York Rd. T.M.T.

Time: 12:00 -- 4:30 pm.

- * 50s -- Diners Café.
- * Prize for best period costume.
- * Special prizes.
- * Special events.
- * Special music.

Tickets: Adults: \$ 10.00
 Children: \$ 5.00
 Family \$ 25.00

* Entry Fee does not include food.

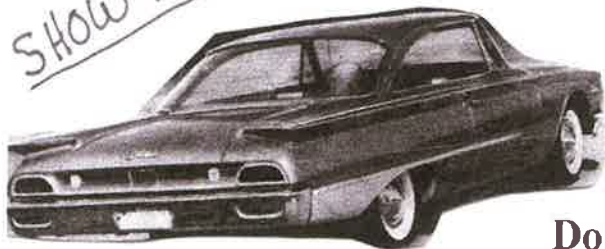
Tickets available from Mohawk Pentecostal Church Membership.

Proceeds to M.P.C. New Building Fund.

SHOW + SHINE



"AUCTION"



For Information call
Donna 613-396-2229



Garage Sale!

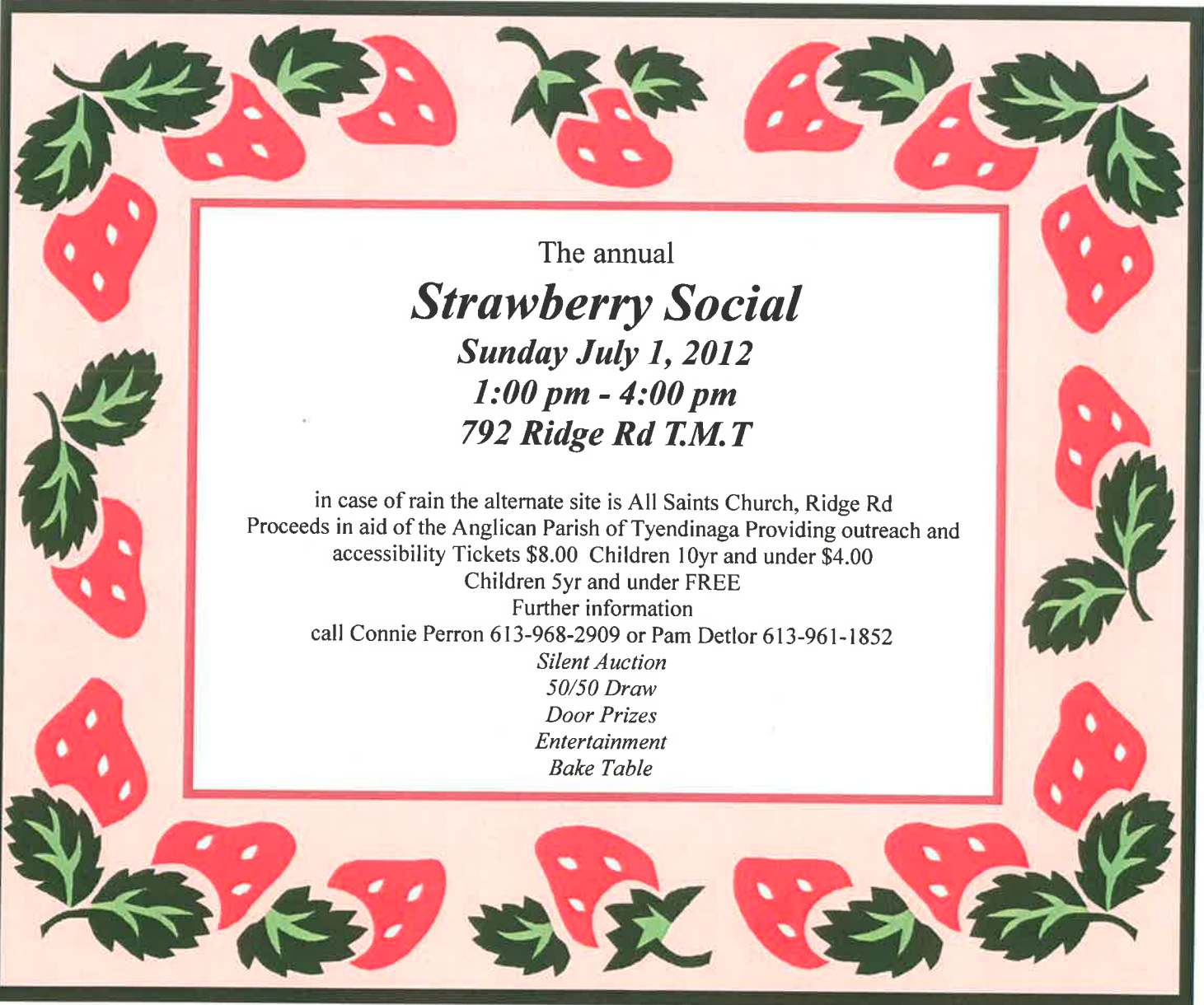
May 18, 19, 20 & 21

8-4

249 Wyman Rd.



Items for sale, Art Glass
Noritake, Occupied Japan, Crystal, Etc.



The annual
Strawberry Social
Sunday July 1, 2012
1:00 pm - 4:00 pm
792 Ridge Rd T.M.T

in case of rain the alternate site is All Saints Church, Ridge Rd
Proceeds in aid of the Anglican Parish of Tyendinaga Providing outreach and
accessibility Tickets \$8.00 Children 10yr and under \$4.00

Children 5yr and under FREE

Further information

call Connie Perron 613-968-2909 or Pam Detlor 613-961-1852

Silent Auction

50/50 Draw

Door Prizes

Entertainment

Bake Table



Jack & Jill

Koj & Melissa

Sat. May 26th

8 p.m. - 1 a.m.

Mohawk Community Centre

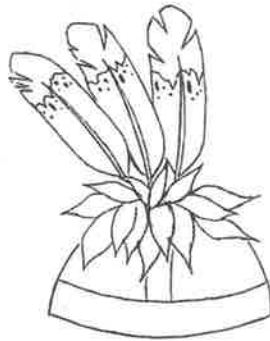
\$5.00 per person



314 Airport Road, Tyendinaga Territory, ON K0K 1X0
Ph: 613-396-3100 ext. 259

Keep an eye out for the up-coming
Kastó:wa fundraiser from *April 30 – June 1 only!*

For \$1.00 you can buy a Kastó:wa
at several local shops and put your name or
someone else's name on it.



All proceeds will be used to purchase furniture & classroom
supplies for Kawenna'òn:we Immersion School.

All Kastó:wa's sold will be proudly displayed in the new
school for the month of September.

Our goal is to sell *3000 Kastó:wa's*
in the month of May!

So get your loonies out and show your support for Mohawk
language!

*Happy 90th Birt***h***day*



The family of
Priscilla "Dilly" Lewis

Invites you to join us at
Rob and Samantha Maracle's,
At 106 Milltown Rd, Deseronto
On Saturday, May 26th, 2012
From 2pm – 4pm

To celebrate this momentous occasion

**** Best Wishes Only Please ****

a:there

Sewaweyentéhta'n Aesewahtherón:ni

Ohyaríha 14-17, 2012

Yaesewaweyen'téhta'ne tsi ní:yoht ne wahtherakwé:kon aesewahtherón:ni. Enseweyén:take ahsarontatshén:ri' ne Éhsa nikarontò:ten, tsi ni:yóht ahse'nonhasherón:ni' táhnon ahsahtherón:ni'.

Áhsen ní:kon ne à:there enyetsiweyenstén:ni'.

Enwáton ahserá:ko ka' níká:yen ensahtherón:ni:

- **yenenhstoharetákhwa**
- **yontenatsherarákhwa**
- **yontketáhstha**

Sha'té:kon nihá:ti khok enwá:ton enhatiweyentéhta'ne' thiya'tekanèn:rake, táhnon teyotohontsóhon askáryake ohèn:ton ahsayà:tare.



Black Ash Basket Conference

June 14-17, 2012

Learn how to make a basket from start to finish: from finding and selecting the tree, to processing the splint, to making the basket.

Three classes will be offered:

- **corn washing basket**
- **picnic / feast basket**
- **pack basket**

Classes are limited to 8 participants each and spaces will not be held until the registration fee has been received.

The registration fee is \$100 and includes all materials and instruction. Lunch and snacks to be provided pending funding.

Please note that there is a \$50 extra charge for the pack basket to cover the cost of extra splint and straps.

Please register at
613.922.8673 (from 4-8pm)

or by email

nathan@brinklow.ca.



baskets

Tyendinaga Food Bank Charity Golf Fundraiser June 8th, 2012

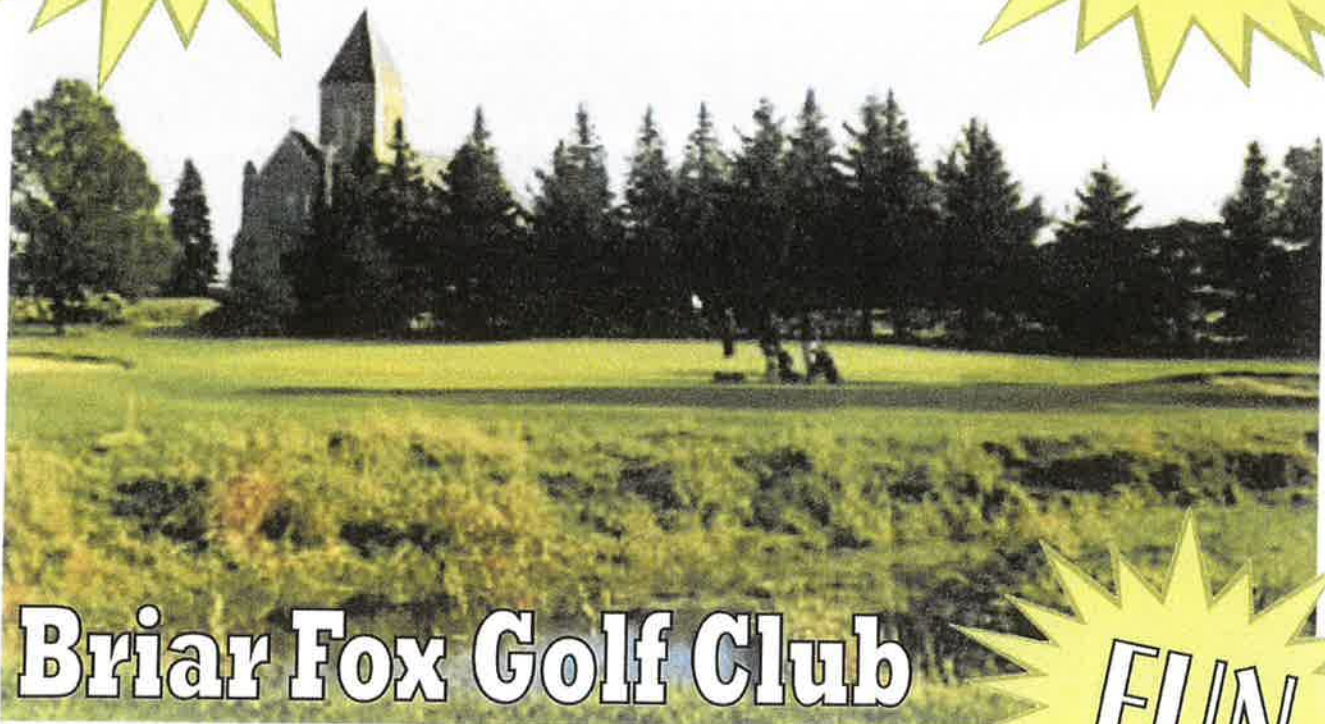
"4 Person Scramble"

Shotgun Start 1:00pm

TSN Longest Drive Champion (Mitch Rochette)

PRIZES

GAMES



Briar Fox Golf Club

FUN

Find a Sponsor Contest

major prize for the team with the biggest sponsor

Entries before May 25th - \$260 per team

Limited to first 144 players

contact: Dick Brant 396-3339 or George Hill 966-2950



Sharing and Learning

Saturday, June 9 & Sunday, June 10, 2012

Young Men's Wellness Weekend

FREE event for young men 13-19

- Learn to build a lodge out on the land
- Learn some basic survival skills
- Learn to build and participate in a sweat lodge, discover the teachings involved and why it can be helpful in healing
- Make your own water drum
- Haudenosaunee social songs
- Get a reading with a seer to determine your own good path and what you can do to become healthier
- Discuss men's teachings and rites of passage
- Lacrosse skills
- Relax and unplug!



Note:

- > Open to young men ages 13-19 years old
- > No cell phones or other electronic devices

- > No drugs/alcohol
- > No outside food (Catered event)



**Tontakaiêrine
The Tyendinaga Justice Circle**

**Funded by:
The Ministry of Children & Youth Services**

**For more information or to
register, please contact:**

Mark Brinklow
Aboriginal Youth Justice Worker
Telephone: (613) 396-2122
ext. 125
Fax: (613) 396-2761
E-mail: Markb@fnti.net

CLASSIFIED

LAND FOR SALE

- approx. 11 acres
- Upper Slash & Norways Side Rd.

Call Fern: 1-403-237-9879 & leave a message or email maracle1@live.ca

FOR SALE

- BALES OF STRAW
- 4 X 4 round
 - small bales - \$2.50

Call: William J. Brant
613-967-1129

HOUSE FOR SALE

- 3 BEDROOM HOUSE
- 6 years old
 - in floor heat, on town sewer and water, ceramic tile & carpet
 - open concept
 - 2000 sq. ft includes 2 car garage
 - living room has vaulted ceiling and view of Bay of Quinte on (TMT)
- 613-827-1513

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

- BUILDING FOR SALE
- negotiable with terms

Call: Calvin
613-827-4338

FOR SALE

- 4 BEDROOM HOME
- eat in kitchen
 - dishwasher
 - 2 bathrooms (updated 4 piece) & 3 piece bath, laundry room
 - large family room with new Wood stove
 - upgraded well
 - new roof & deck
- Owner will consider holding mortgage for qualified buyer with down payment.
- Please contact:
tyendinaga11@yahoo.com or
416-938-4157 or 613-396-2151

For Sale
Eye Patches
for Eye Glasses
to order call:
613-967-9955

FOR SALE

SEARS FLOOR
MODEL
12 inch band saw

Phone: 613-967-6082



Baby
Cockatiels
Ready for May
2012
Call if
interested
613-396-1433

FOR SALE

- Has been converted into 2 apartments
- 3 Bedrooms upstairs & 1 downstairs
- Large Bachelor apartment
- Natural gas heating, central air, 1 bedroom apartment contains fireplace
- Municipal water supply, with access to municipal sewage hook up
- New roof recently done
- Property is approximately 1 acre
- Located on Old Hwy #2

Serious inquiries only
Call: 613-396-5879

FOR SALE

- 4 BEDROOM HOUSE
- 376 Beach Rd in Shannonville
 - 3300 square ft. living space
 - full basement
 - 2 full bathrooms
 - 2 car garage
 - 27' above ground pool
 - utility shed

Please call Bill: 613-966-1092

Babysitter Available

Are you looking for a full-time reliable babysitter? If so please give Sandy a call at 613-967-0091

LAND FOR SALE

- 11.4 acres
- North end of Norways Side Rd. On the west side

Call 1-403-237-9879

FOR SALE

- 60 ACRES OF LAND
- located on the Slash Rd (Near Hwy 49)
 - \$90,000.00

Please call Bill: 613-966-1092

**HOUSE
FOR RENT**

3 BEDROOM HOUSE
- with garage
- 358 York Rd
- near Shannonville

For more information call
Todd 613-967-1452

FOR SALE

*Are you looking for
investment property on the
Territory?*

Turn key operation for sale of 2
new rental units located on the
corner of Bell's Rd & Hwy #2
Serviced on town water &
tenants pay hydro. Good return
on your investment.
Asking \$200,000.00
Contact Jim McMurter
613-396-1607

FOR SALE

DELTA 10" TABLE SAW

- good condition
- asking \$500.00 OBO

Phone Phil: 613-396-2603

**HOUSE
FOR RENT**

2 BEDROOMS
- newly renovated
- very clean
- lots of storage
- on TMT
- near Shannonville

Call John Hill
613-962-5470

FOR RENT

NEW 2 BEDROOM HOUSE
- #2 Bell's Rd., on town water
- tenants pay hydro (electric
heat)
- \$700.00 a month
Applications available at
McMurters Home Centre

FOR SALE

LAND approx. 23.89 acres
- surveyed
- York Rd. frontage and backing
onto the Slash Rd.
- creek, good land
- well & roadway
Asking \$85,000. or Best
reasonable offer

Call: 613-967-8935

**BUSINESS
FOR SALE**

Well established eatery
for sale
Regular customers
Clean establishment
Great location
Great menu
Great sales

For information contact
maraclechris@yahoo.com

Traditional White Corn For Sale
Clean kernels shucked from cob
Lye or Dry your own Corn Soup!
Also Good for Seed
55 pounds (1 bushel) for \$150.
Call John Hill
962-5470

We are
on
the web
Check it
out!

www.mbq-tmt.org

Classifieds are "Free"
Please call: 613-396-3424



THE ANGLICAN PARISH OF TYENDINAGA

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

Parish Priest
The Rev'd Brad Smith
962-2787

As the Creation wakes from its winter rest, we pray that God will give us a season of abundant growth: Creator God, you cause the sun to shine and the rain to fall, that the earth may increase her fruit. Likewise, make our hearts fertile, that we may grow in peace, friendship, and respect, and the whole earth live in joyful harmony. Amen.

SUNDAY SCHEDULE

Christ Church (Lower Church)
52 South Church Ln

9:15 a.m. – Christian Education/study

10:30 a.m. – Sunday Celebration

These times are in effect from 6 May to 24 June

No services at All Saints' for May and June

On Sun 3 Jun, there are no celebrations in the parish as we celebrate the 150th anniversary of the Diocese of Ontario in Kingston. Buses will be available, leaving Christ Church at 9 a.m. Please sign up (lists are in the churches) if you plan to attend.

MOHAWK LANDING AND PARISH ANNIVERSARY

Sunday 20 May

10:00 a.m. – Thanksgiving at the Cairn

10:30 a.m. – Sunday Celebration, Christ Church

UPCOMING EVENTS

Parish Fun Night

Wed 16 May, 7 p.m., Queen Anne Parish Centre
Bring a game, a friend, and a snack!

Men's Breakfast

Sat 26 May, 8 a.m., Small Town Cafe, Deseronto
The men of the Parish (and friends) gather once a month for breakfast and fellowship.

Walk-a-thon/Rock-a-thon

Sat 26 May, 8 a.m., All Saints' Church
Parish walkers will be seeking sponsors as they walk in a fundraiser to support making the church more accessible to seniors and the disabled.

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

“AA OPEN MEETINGS”

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

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

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: Joy Brant - 613-967-0411
Tree Good altree94@gmail.com



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

KERISTOS NE KORAH:KOWA

CHRIST THE KING

Under the Patronage of Blessed Kateri Tekakwitha

A Catholic Anglican-Use Parish

Tyendinaga, M. T.



Morning Prayer with

Communion from the Reserved Sacrament

10:00 AM → 1st, 3rd, 4th, 5th Sundays



Holy Eucharist (Complete Mass):

11:15 AM → 2nd Sunday of the Month

Services are held at: The Elders' Lodge Common Room

For additional parish information, please call:

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

OR

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

OR

Minister Gérard Trinque at ☎ 1-888-831-4145 ✉ gplus@yahoo.com



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



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



TYENDINAGA MOHAWK TERRITORY

1984 YORK ROAD

CHURCH · 613·396·5329

PARSONAGE · 613 · 396 · 5325

Sunday

10:30 am Worship Service

11:30 am Children's Church

6:30 pm Worship Service

Wednesday

7:00 pm Bible Study

Saturday

7:00 pm Prayer

Coming Events

**May 4 · Revival Service
Odessa Free Methodist 7:00 pm**

**May 5 · Love and Respect
Info Seminar 9am to noon**

**June 2 · Fund Raising Event for new
Church Building**

**June 24 · Annual Church Picnic
Tsitkerhododon Park**

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

Albert Einstein



The Lazy Gardener

Mother's Day is May 13!

HANGING BASKETS

10" - \$9.00

12" - \$13.00

Dragon Wings

Geraniums

Herbs

Pansies

Potato Vine

Spikes

Tomatoes

And much more...

Ask about our custom container service.



~ 1154 York Rd. ~
~ Tyendinaga Mohawk Territory ~

~ 613.391.1480 ~

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Heating, Energy Conservation

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KOK 3A0

Phone: 613-921-1164
E-mail: info@tabmech.com

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Aesthetics by Natalie

5 Pedicures, next one's on Me!
5 Eyebrows or facial wax, 6th one's *Free!*
Refer a friend and receive
\$5.00 off your next treatment

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RB Contracting

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Free Estimates
Licensed Carpenter

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Bill



Turtle Island

Deli & Produce

5965 Hwy #2 East, Shannonville, ON

(613)966-2553



Keep posted for
Grand Opening Special
in June's Newsletter

Deli Meats

Fresh Fruit & Vegetables

Rotisserie Chicken

Gluten Free Products

Diabetic Friendly Products

Baked Goods

Fresh Sandwiches

Grocery and Convenience Items



**Open Victoria Weekend
Grand Opening Fathers
Day Weekend.**

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

Specializing in manicures, pedicures, facials & other Esthetics

Diane
Esthetician & Hairstylist
5717 Hwy #2
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Hair Styling and Esthetics Salon



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Rheana Maracle Photography

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Shannonville, Ont.

Cell: 613-921-2241

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77 Snookies Road, Shannonville, ON K0K 3A0

Pelletier Law Firm

formerly Maracle Law Office

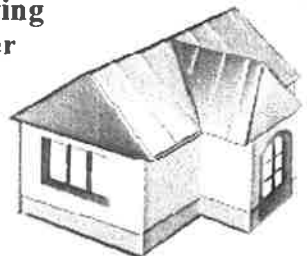
Bonnie Pelletier
Barrister-Solicitor-Adjudicator

186 Ridge Road, Tyendinaga, Ont, K0K 3A0

Direct: 613-539-0056 Office: 613-969-9000
e-mail: bonnie@pelletierlawfirm.com

Bowden Contracting
Licensed Carpenter

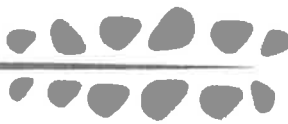
Home Renovations
New Construction
Free Estimates



Ron Bowden
Cell - 613-848-5331

613-962-0082

Belleville Bakery



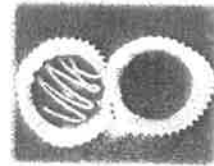
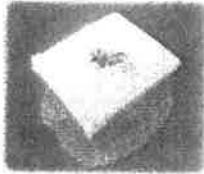
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And Our New Location At
5379 Hwy#2 Shannonville
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Fresh Buns and Breads Made Daily Made From Scratch

- No Artificial Preservatives
- Exceptional Nutritional Value

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