



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ORI:WASE (NEWS)

ISSUE 5/13
ONERAHTOKKOWA (May)

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

Tyendinaga Info Series

Featuring **TRISH RAE**, Researcher

**May 22nd: Land and the Landing
Brown Bag Lunch At Kanhiote Library**

11:30am to 1:00pm

Upcoming Sessions:

June 19th: Life Chiefs of TMT

Aug. 14th: Draper Manuscripts - 19th Century Stories

We would like to provide information and material of interest to the community. Please let us know if there are topics of special interest to you!

Local history information will also appear in the newsletter, on MBQ website and on Kanhiote Library website.

Kanhiote Library 613-967-6264
MBQ Research 613-967-3616



MOHAWKS OF THE BAY OF QUINTE

KENHTEKE KANYEN'KEHÁ:KA

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

REMINDER

A Precautionary Community Boil Advisory

As a reminder, a precautionary boil water advisory has been in place since February 2008, as recommended by Health Canada for the Tyendinaga Mohawk Territory. This was issued, due to the majority of the wells are under the influence of surface water and therefore should be treated as a surface supply.

This is a precautionary measure only to ensure that your drinking water meets the Ontario Drinking Water Standards, this applies to all homes and businesses that have a well water supply. If you have a filtration and a disinfection system on your household water supply you should ensure that your filtration system is designed to filter out water borne parasites, such as Giardia and Cryptosporidium. Please contact your water treatment company for information regarding your water supply.

The Mohawks of the Bay of Quinte's Drinking Safety Program is available to collect samples at your request. If you would like to have your water tested, please contact Crystal Maracle or Liz Brant at the Mohawk Administration Office, 613-396-3424.



Please contact the Administration Office for details on other water resources that may be available to you.

The Water Sampling Program, Well Inspections, Water Delivery Program, Holding Tank Initiative Program.

Nia:wen,

Mohawks of the Bay of Quinte Housing Department

is now accepting rental applications for the new subdivision located on Wellness Drive

Rent is \$650.00/month, plus utilities

Rental Applications can be picked up at the Administration Office or mailed to you.

Please contact the Housing Department at 613-396-3424



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in April responded to 6 calls:

1 Medical Calls
3 Tanker Assist
1 Grass Fire
1 Water Rescue

This brings our total to 36 calls for the year 2013

The Landing, 22nd May 1784

Background of the Landing:

In May, we celebrate the Landing of the Mohawks at the Bay of Quinte. During the American Revolution the Fort Hunter Mohawks had been forced to leave their home in Mohawk Valley. They found a place of refuge at Lachine, Quebec.

While many men of Fort Hunter were involved in the war, the women, children and old men suffered poor conditions at Lachine. In the Mohawk Valley they had prosperous farms and comfortable homes but had to leave them behind. These farms and houses were either destroyed by the Americans, or became occupied by the Americans. When the American Revolution was over, the treaty that ended the war made no provision for the people of Fort Hunter to return home.

During the hostilities, the British had promised that the Mohawk communities that had been "ruined" by the Rebels would "be restored at the expense of Government to the state they were in before" the war. (Haldimand's promise dated 7th April 1779 LAC Claus Papers MG19 F1 Vol. 2 pp. 89-90 Mfm. C-1478)

In the fall of 1783, Captain John and other Fort Hunter men visited the land at the bay and decided it would be their new home. In October 1783, the British "purchased" a huge tract of land from the Mississaugas – including land at the Bay of Quinte.

In April 1784 Captain John wrote to Daniel Claus saying:

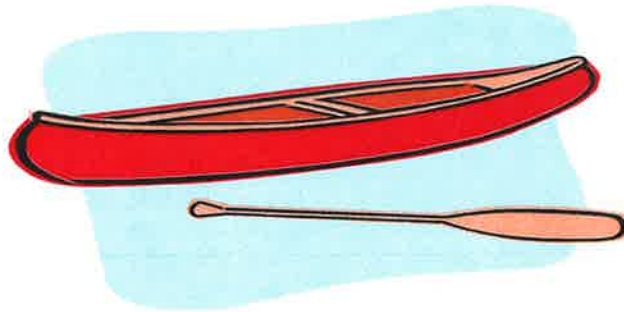
"As regards now to where we should settle. Some are looking to Ohsweken, but for us, right from the first, we have decided to go near 'Cataroqui'. To both moves, you have said, "Let it be done". You have also stated that those who are at Lachine should move away this spring, and let no one be left behind."

Captain John also told Daniel Claus:

"That is our intention, to move away as soon as the ice is gone. Not one shall be left here, even were you to ask us to stay on."
(LAC Claus Papers MG19 F1 in Mohawk Vol.4 p.111-2 Mfm C-1478; translation Vol. 24 pp. 17-18 Mfm C-1485)

Reverend John Stuart wrote in May 1784:

"A part of the Mohawks having removed, last Summer, from LaChine to Niagara, the remainder of them set out, the beginning of May, for a place called the Bay of Kenty, 40 miles above Cataraqui, to take possession of lands assigned to them by Genl. Haldimand. .. those of the Mohawks, who are actually gone to the Bay of Kenty, are determined to remain there, that they may enjoy the advantages of having a Missionary, Schoolmaster, and Church..."
(LAC Society for the Propagation of the Gospel (S.P.G.) Journals XXIII, 379-82)



Historical Descriptions of the Landing:

Captain John wrote a letter in June 1784 to Daniel Claus saying they had found a place to settle but he did not describe the actual landing until some years later in the Minutes of 1800:

"On the 10th of May, 1784, Sir John Johnson and Colonel Claus desired us all to come together, but Captain Isaac paid no attention to what they said and he separated from us and went to the Grand River. Sir John Johnson and Colonel Claus also told me to guide my people in proper manner and as we were going to a Country where there were other people (Messassagues) we ought to cultivate their friendship and live happy together. We arrived here on the 22nd of May and found a great number of the native Messassagues at this place who were very glad to see us and we were happy to be met in so friendly a manner. We then held a Council with the Messassagues and informed them our great Father had purchased these lands for us, and that we had come to sit down on them." (PROCEEDINGS OF AN INDIAN COUNCIL HELD AT THE MOHAWK VILLAGE IN THE BAY OF QUINTE FROM THE 2ND TO THE 10TH OF SEPTEMBER 1800 ON THE DIFFERENCES EXISTING AMONG THE INDIANS OF THAT VILLAGE. LAC RG10 Volume 26 pp.15307-354 Mfm. C-11007)

In the 1870's Lyman C. Draper took testimony from Chief Thomas Green and he described the Landing this way:

"When Capt. John's party moved to the Bay of Quinte, they landed just south- perhaps half a mile - of the present village of MillPoint, formerly Deserontyon in honor of the old Chief, & leader of the Settlement; & here they camped, & erected their cabins. For many years they had a wooden poster(?), & a flag, displayed in a tall pine at that locality, to commemorate the spot of their

landing, & the event.” (Draper Manuscripts Reel # 17 Volume 13 p.73)

In the early part of the 20th century, Reverend Creeggan recounted the story of the landing as it had been told by Christeen Moore Smart (also known as Christian Smart (who died about 1872 and was widow of Chief Anthony Smart):

“Her story was that when the little band land on the shore of their new home, they upturned a canoe, covered it with the communion cloth, and placed all the pieces of the old Queen Anne communion set on it in plain view of all the people, that then the chief said prayers and they sang a hymn. Afterwards they planted a cross and flagstaff on the spot. Many of the older residents remember the flagstaff.” (CAPTAIN JOHN DESERONTYOU AND THE MOHAWK SETTLEMENT AT DESERONTO. By M. Eleanor Herrington. Bulletin of the Departments of History and Political and Economic Science in Queen’s University, Kingston, Ontario, Canada. November 1921 p. 8)

And we also have the description of the Landing by Mrs. Susan Claus:

“On May 22nd, 1784 ...they landed with their families in fifteen canoes, on the shores of the Bay of Quinte, opposite the present rectory. Their first act after beaching their canoes was to have a service of thanksgiving. There was no clergyman, but the patriots overturned a canoe and on it placed a white cloth, then the communion vessels and had prayers and a Mohawk hymn(sic).”



The Landing Centennial & Bicentennial:

The centennial of the Landing in 1884 provided a good opportunity to celebrate. The Deseronto Tribune covered the event reporting that:

“Captain Brant went up the lakes to Grand River near Brantford, and Chief Deseronto came up the Bay of Quinte to Tyendinaga. They returned and reported, and it was decided that the nation should divide, and accordingly fifteen families came up the bay and landed at a spot near what is now known as McCullough’s dock, in 1784.” [THE MOHAWK CENTENNIAL at Tyendinaga, on the Bay of Quinte, Canada, September 4, 1884. Originally from the Deseronto Tribune. Appendix No.16 in Publications of the Buffalo Historical Society, Red Jacket, Volume III. Buffalo: Published by Order of the Society 1885)

Throughout the 20th century the Landing continued to be commemorated and celebrated. The story of the Landing is depicted in the mosaic in the Community

Centre. The Bicentennial in 1984 is remembered by many and that celebration was recorded for future generations.

With the Landing in 1784 and the founding of the community, the Fort Hunter Mohawks became the Mohawks of the Bay of Quinte.



Minutes of 1800

In September 1800 there was a Council Meeting held in the community that spanned 8 days. This meeting was held to try to come to some resolution of the troubles that had been dividing the community at that time.

These minutes were recorded by John Chew, a Secretary for Indian Affairs.

Over the next few months we will be printing these minutes in the newsletter. A full copy of the document is available on MBQ and Kanhiote websites.

Proceedings of a Council held at the Bay of Quinte beginning on the 2nd and ending on the 10th of September 1800, in the Mohawk Village

Present

Captain Claus Acting Depy. Superintendant General &c &c &c
Lieutenant Givens Agent Indian Affairs
Lieutenant McQueen Queens Rangers
Mr. David Price }
Mr. Nathl. Lines } Interpreters
Mr. Ferguson - Kingston

P. Selby Asst. Secy. Indian Affairs

with the Chiefs and other of the Mohawk Indians residing there.

Captain Claus addressed the meeting as follows:

Brothers - The melancholy business which has lately happened here induced your Father, General Hunter, to order me down to meet you, and to inquire into the cause of your disputes, and if possible to bring you together again as friends and relations should always be. The greatest misfortune which can possibly happen to you is that of living in a divided State - you lose all your domestic comforts and all your respectability as a Nation. You not only injure each other individually, but you bring disgrace and sorrow on all connected with you; Nor can I avoid telling you that I feel in a very sensible manner every circumstance that tends to weaken you as a Nation, or to interrupt the harmony and mutual good will of men who should live as one family and who should resolve that no consideration should disunite them. Your father, however, is desirous of knowing the grounds of your disputes which have terminated so unfortunately, and I shall be glad to hear what each party has to say tomorrow morning at 10 o'clock as it is now too late to proceed to business.

September 3rd

Present

the same as yesterday, with the addition of Lt. Fortier, P.

Captain Isaac spoke as follows:

Brothers - I only want to say a few words: it is to know how you received this bad news and from whom you received it.

Captain Claus answered: That he had heard it as he has always been accustomed to hear news, that is, from the Head of the Village and that he had come down to make a particular enquiry into the business that he might be satisfied of the Truth.

Captain Isaac then said: I will tell you, Brother, the whole business in a very short time.

There was some money brought from Albany, Viz., 500 dollars by Captain Brant and 500 by Captain John for the payment of the Lands sold, to the American Government, on the Mohawk River. When Captain John arrived here, we enquired whether he had sold the Lands and brought the money, and what news he brought with him; Captain John answered, the Americans and us are different people, and are not fond of communicating any news to us, knowing we belonged to a different Country. We then asked John what he had done in the business he went upon and he answered, "it would do very well for a Messenger to be questioned in that manner, which he did not consider himself to be." Captain Isaac says that they had heard what money he had brought and that he had made away with the greatest part of it, which made a great riot in the Village. This was three years ago last spring - sometime after that Captain John went to Montreal and no one knew on what business, until he returned, when he

held a Council with the whole Village except Captain Isaac. That Captain John told them, he had assembled them and that it would be for the last time and he hoped they would consider well what he was going to say. He then told them a Chief who had the care of a Village should be a man of sense and good conduct, to lead people in a proper manner and instruct them in what was right. He then desired that all of them should speak their minds freely and not hang down their heads as they had always done, but to speak out and have no secrets among them, and after making this speech he quitted the Council and would have nothing more to say to them.

That two years afterwards the young men of the Village met, and he, Captain Isaac, was with them; and they appointed Chiefs of the Village, at which time Laurence, one of the men who was killed and who was half-Brother to Isaac, said "as they could get no satisfaction from Captain John for the money he got at Albany, they would take his property and sell it as they were determined to get as much as they could from his property. That every time they met, Laurence was always repeating this, and said further, if Captain John resisted he would settle him as he was a very great thief. That he, Captain Isaac, told Laurence he should not repeat these things so often that it was of bad consequence to threaten in that manner, and that he had better drop the matter, and take no further notice of it as the loss of money was of no consequence, but a life was of great value - this was all that happened at the time.

Last summer he, Captain Isaac, and a part of the Mohawks went down to Lower Canada, and held a Council with the 7 Nations of Canada at LaChine, from whence they went to Sir John Johnson's where they received presents. Laurence was dissatisfied with what he received and applied to Mr. Chew to give him more, which Mr. Chew refused saying he had no authority, tho he notwithstanding gave him some trifle. Laurence was nevertheless dissatisfied, it being so trifling. They then came off from LaChine to return home and they conceived that Laurence was dissatisfied the whole way up. The people of the Village, on the arrival of the party, desired they might meet and hear what had been done in Lower Canada, and they met accordingly, except Laurence who not being satisfied would not appear in the Council.

That the last spring He, Isaac, and his people Appointed a meeting to be held on Easter Sunday for the purpose of erecting a Saw Mill on the Indian Lands. That after the Council, the people staid at his (Isaac's) house that they might be in readiness to go to put up the Mill the next day, and in the morning a Messenger was sent up by Captain John saying if they attempted to build a mill, it would not be good, as he was going to build a mill there himself. That when they received that message, they said they would drop it as it would occasion confusion among them; and as there were two rapids, they would take the upper one as they did not wish to make any disturbance.

That on the 4th of June He, Capt. Isaac, assembled his people and Capt. John assembled also his people, at different places and made themselves merry. That on the next day John Mircle and Seth went into the plain to Hunt up Horses and met Laurence; that Laurence struck Mircle severely with a stick three times. That on the 9th June he, Isaac, met Laurence's son, Thomas, and desired him to tell his father not to make a practice of beating people when he met them in the woods, for that was not their ancient custom & desired him also to tell his father if he made a practice of beating people he might repent it; and that Laurence sent him back an answer the same day that it was very wise, that was what he wished for. That He, Isaac, sent his

negro boy the same day for some seed corn to Seth's house and desired him to avoid Laurence for fear of accident. That notwithstanding this precaution the negro boy and Laurence met and Laurence desired him to tell his master, Isaac, to appoint any place he thought proper and he, Laurence, would meet him. Laurence added "If you do not tell your master then, I will kill you the first time I see you, and if he does not send me a message back I certainly will kill him, and if he does not point out a place where we are to meet, I will do it for him the first time I see him". Capt. Isaac says further that Laurence was not drunk and that if Mircle had not run away when Laurence struck him, it was his design to have killed him upon the spot. That when the negro boy delivered him the Message to appoint a place to meet Laurence, he was much affected and after considering some time and that it was a matter of great consequence and that he was a man, he took his sword in his hand.

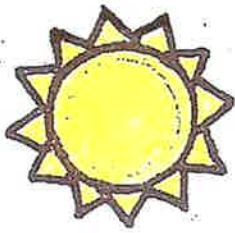
That very early in the morning of the 10th June last, he, Captain Isaac, sent his Black boy to Laurence to inform him he had appointed a place of meeting which was half-way between their two houses - and that soon after the negro boy returned with an answer from Laurence saying he was ready. That he, Capt. Isaac, then got up and went to meet him, three others with him. When they came to the place appointed no one was there, but in the course of a little time Laurence and two others appeared, and did not appear to be armed. Capt. Isaac then told his men, about 5 minutes before Laurence arrived, that they were not to interfere in the matter at all, that he and Laurence would decide the matter themselves and that they, by no means, were to interfere in the business. That when he, Capt. Isaac & Laurence met, they mutually saluted each other and said good Morning. He, Capt. Isaac, then asked Laurence if he had received the message he had sent him - Laurence said he had - and told Capt. Isaac he was always abusing his sons and immediately came up with a stick and knocked Capt. Isaac down, so that the sword he had was of no use to him. He, Capt. Isaac, says that he hoped to have settled their differences by speaking to Laurence, but he was struck down so suddenly, he had not an opportunity. That after laying sometime, he got up and was knocked down again with the same stick and also a third time in the same manner, after which he was incapable of getting up, but when he recovered and looked round him he saw the ground Bloody, not knowing in what manner it came there.

Adjourned till tomorrow at 10 o'Clock. Captain John wishing at that time to prepare himself to speak.

*Source: Library and Archives Canada RG10 Volume 26 pp.15307-15354
Microfilm Reel C-11,007*



**For a complete
copy visit the
Research Webpage
www.mbq-tmt.org**



Quinte Mohawk School's

Earth Care Team

invites you . . .



. . . to celebrate

Quinte Mohawk School's Wetland

When: Saturday, May 25th, 2013

10 am - 1 pm

Where: Quinte Mohawk School
1624 York Road
Tyendinaga, Ontario

Recognition will be awarded to our QMS EarthCare Team "Wetland Heros" by Ducks Unlimited. Tours, speeches and video lead by students. QMS Dancers and Singers. Birdhouse building. Food and drinks provided. All are welcome!



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



Tahatikonhsotontie Head Start Summer Learning Program & Skatne Camp Information

Registration Date: Wednesday, May 22, 2013
Time: 7:30am – 4:30pm or until spaces are filled
Location: Teaching Lodge at Community Wellbeing Centre

****LIMITED SPACES AVAILABLE: Spots will be filled
on a first come, first serve basis****

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



Tahatikonhsotontie Summer Learning Program

Ages: 6 to 11 (*must be 6 by December 31, 2013 and born after January 1, 2002*)
Spaces: 30
Dates: July 8 to August 16, 2013 (*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 for 6 weeks)
Location: Tahatikonhsotontie Head Start; contact Program Manager 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. We will encourage children to be active, healthy and involved in the various aspects of the Summer Learning Program.

Enyonkwa'nikonhriyohake' Program Skatne Camp

Ages: 6 to 12 (*must be 6 by December 31, 2013 and born after January 1, 2001*)
Spaces: 25
Dates: July 8 to August 23, 2013 (*5 days per week, except holidays*)
Time: 8:00 am to 5:00 pm
Fees: \$ 20.00 per week/per child (\$140 per child for 7 weeks)
Location: Youth Centre/Canteen at Ball Diamonds, contact Tracy Hill, 613-967-0122 x 146

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.

News from the Ohahase Education Centre

Semester II is flying by here at the Ohahase Education Centre. Incredibly, there are just eight weeks left before the 2012/2013 school year comes to a close!

In recent news, our Grade 10 students wrote the Ontario Literacy Test on April 11. This is a province-wide assessment of students' literacy skills, and passing it is a requirement for graduation. It is a lengthy, comprehensive test, and we are proud that our Grade 10 students saw it through to the end. We will learn the results in June, at which time a copy will be sent home.

On April 30th, some of our students visited Sir John A McDonald and Park Dale Schools in Belleville. This is part of our on-going collaboration with the Young Imaginations arts education group. For the past year, we have been visiting area schools to share some of our songs, dances, and teachings with various classrooms. To date, approximately 300 students have been involved in these activities with Ohahase students! We are very pleased with our students' commitment to this programme, and are also very proud of the way they represent our school and community.

Mid-term reports for our Grade 9/10 students were mailed home April 26th. Please let us know if you did not receive your son/daughter's report. Next progress reports will go home May 27th.

Adult Ed students wishing to join the graduation ceremonies in July, please note: Please plan to have all work submitted by June 14th. This will ensure there is sufficient time for grading and evaluating your course work. The exact date for grad will be announced soon. So far, there are eight adult students who will graduate with their OSSD this year!

Ohahase Education Centre
3 Old York Road
613-396-2122

Does your child need help with math?



Homework Help is run by TVO's Independent Learning Centre with support from the Ontario government.



FREE online math tutoring is available for students in grades 7-10.

Teachers are standing by:

- Every Sunday to Thursday
- 5:30 pm to 9:30 pm ET

Register at ontario.ca/HomeworkHelp



You can help your child with math.

Register at ontario.ca/HomeworkHelp

Parents can sign up for a free guest account.

Get resources and tools 24/7:

- math videos
- interactive exercises & activities
- scientific calculator ... and more!



@Math4WH



fb.com/Math4WH



HOPE PROGRAM 10TH ANNUAL FISH FRY



WHEN: THURS. MAY 9TH....11:30AM-1:30PM

WHERE: NEW LOCATION.....CORNER OF HWY 2 AND YORK RD. SHANNONVILLE

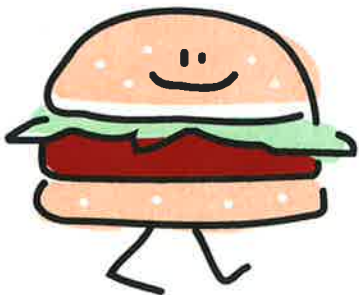
MENU:

FRESH WALLEYE LIGHTLY BATTERED, PATATO SALAD, MACARONI SALAD, COLESLAW, ROLLS AND BUTTER, AND HOMEMADE DESSERTS.

THIS IS AN ALL YOU CAN EAT EVENT!!

PRICE: ADULTS- \$10.....ELDERS AND STUDENTS- \$8.....12 AND UNDER- \$7

SO BRING YOUR APPETITES AND SUPPORT THE HOPE PROGRAM



HOPE PROGRAM BBQ FUNDRAISER

WHEN: Thurs. May 23rd.....11:30am - 1:30pm

WHERE: NEW LOCATION...Corner of Hwy 2 and York Rd. Shannonville

MENU and PRICE:

**Cheeseburger - \$3.....Hamburger - \$2.50....Sausage - \$2.50...Hotdog - \$1.50...
AND Drinks - \$1**

SEE YOU THEN AND NIAWEN FOR YOUR CONTINUED SUPPORT



Coming September 2013

**Personal Support Worker Diploma
Program**

**Indigenous Community Health
Approaches**

Social Services Worker Program

***Call Recruitment at 613-396-2122 or
800-267-0637 Ext. 182 or 134***



**3 Old York Rd. Tyendinaga
Mohawk Territory**

~ www.fnti.net ~

"We're lucky FNTI was part of your future!"

Office Administration

In Tyendinaga - September, 2013

Be part of the knowledgeable, skilled support staff for community leaders, administrators and executive personnel by taking part in the Office Administration Program. This program is a **COLLEGE LEVEL CERTIFICATE PROGRAM** offered in partnership with St. Lawrence College. This program provides learning and academic accreditation to administrative support personnel employed with (or aspiring to be employed with) First Nations and Aboriginal organizations.

Courses include:

Introduction to Computer Apps
Advanced Computer Apps
Basic Bookkeeping
Communications I
Communications II

Office Procedures I
Office Procedures II
Computerized Accounting
First Nations Governance
Work Placement*

**Exemptions may be issued based on field experience.*

***Call Recruitment at 613-396-2122 or
800-267-0637 Ext. 182 or 134***



"We're lucky FNTI was part of your future!"



~ 3 Old York Rd. ~ Tyendinaga Mohawk Territory ~ KoK 1X0 ~

~ www.fnti.net ~





314 Airport Road, Tyendinaga Territory, ON K0K 1X0
Ph: 613-396-1082

Keep an eye out for the up-coming
Kastó:wa fundraiser from ***April 30***
-June 1 only!
\$1 will buy a Kastowa



All proceeds will be used to purchase a
play set for Kawenna'òn:we Immersion
School.

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

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!

OPEN YOUR HEART AND HOME TO A CHILD IN NEED

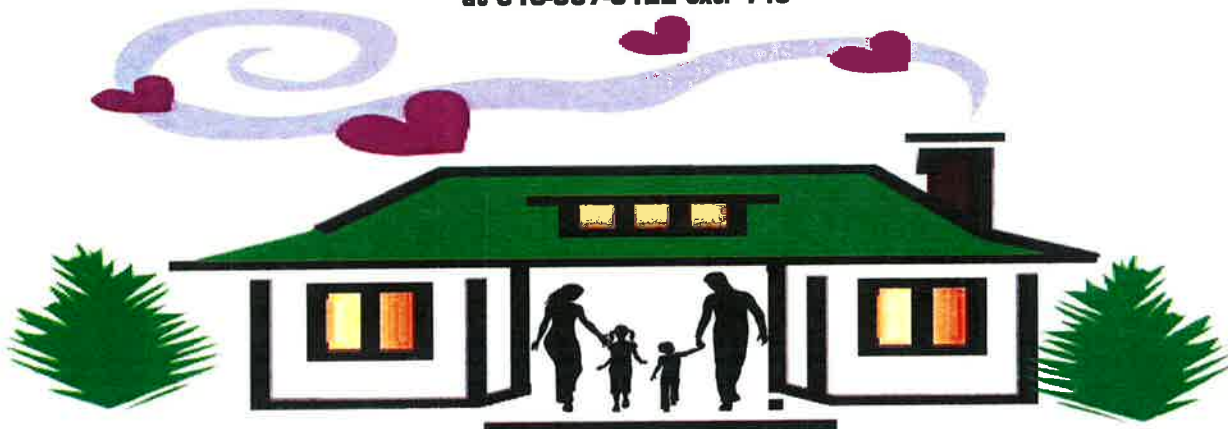
**For many children, a loving and secure home environment
would make a huge difference in their lives.**

Fostering is a meaningful experience for both the parent and the child.

Talk to us about how you can brighten the life of a child in need.

**Financial assistance may be provided,
in partnership with Highland Shores CAS.**

**Contact Lacey Maracle at Mohawk Family Services
for more information
at 613-967-0122 ext. 145**





**COMMUNITY
HEALTH
COMMUNITY
WELLBEING**

MAY 2013

Summer Camp Registration

CWC Building

Wed. May 22

7:00 am-4:30 pm

Community Food Boxes

Payment and orders due

On 2nd Tuesday of each Month By

Noon.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	6	7 Breastfeeding Group Parish Church 10:30am-12pm	8 Prenatal Class No#3 7pm-9pm CWC Blood Pres- sure/Blood Sugar Testing 11-12pm	9	10	11
12	13	14 Diabetes Wellness Circle 7pm-9pm CWC Breastfeeding Group Parish Church	15 Prenatal Class No#5 7pm-9pm CWC	16	17	18
19	20	21 Breastfeeding Group Parish Church 10:30am-12pm	22 Prenatal Class No#6 7pm-9pm CWC Blood Pres- sure/Blood Sugar Testing 11-12pm Diner's Club	23	24	25
26	27	28 Breastfeeding Group Parish Church 10:30am-12pm	29 M.Y.O.B Workshop 7-9pm CWC Blood Pres- sure/Blood Sugar Testing 11-12pm Diner's Club	30	31	

Make Your Own
Baby Food
Workshop

Wednesday May 29, 2013
7:00 p.m. - 9:00 p.m.
@ Community Wellbeing Centre
Teaching Lodge

Presentation by Jodi John ~ Registered Dietitian

Experiment making your own baby food

All supplies provided

This workshop welcomes all new parents and their
families

To register or any questions call
613-967-3603

Take home a free gift

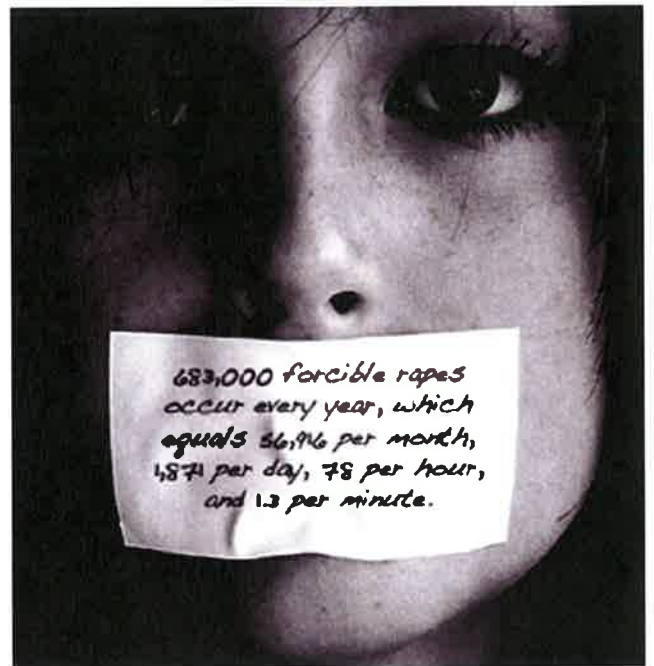
Hosted by the Enyonkwa'nikonhriyohake' Program

NO ONE ASKS FOR IT!!!

**FREE COMMUNITY
BREAKFAST**

Breakfast will be served by men who support and respect women's rights and do not condone abuse or violence of any kind against them

Please join us and show your support.



**May is Sexual Assault
Awareness Month
WEAR PURPLE IN
SUPPORT THIS DAY**

Friday May 10th

Teaching Lodge CWB

7 am—10:30 am

All Are Welcome

If rape was about how revealing her clothes are, in summer the rates of rape would quadruple. **But they don't**

If rape was about how much consensual sex she has had in the past, virgins wouldn't get raped. **But they do.**

If rape was about how attractive she is by conventional standards, only thin, white, able-bodied women would get raped. **But they don't**

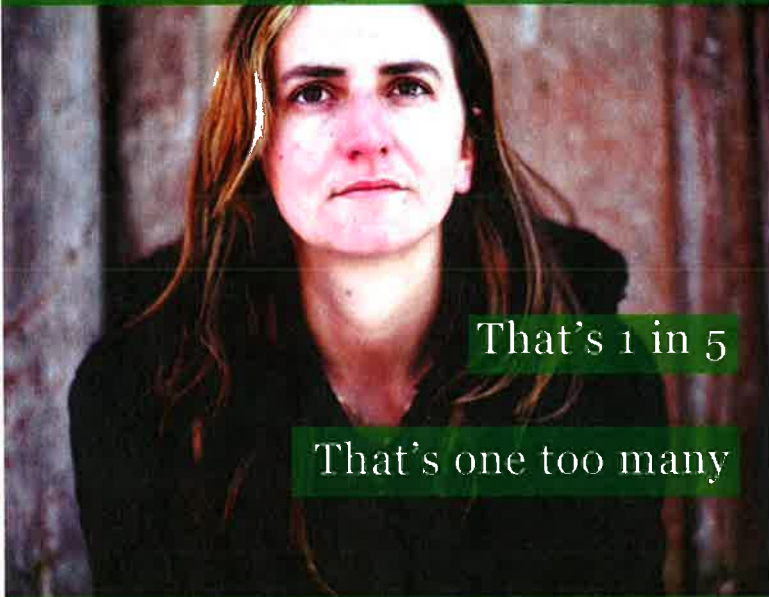
If rape was about her drinking too much, women who can't or don't drink wouldn't get raped. **But they do.**

RAPE IS NEVER THE VICTIMS FAULT

RAPE IS ABOUT POWER

rock-it-ship.tumblr.com

600 million women in the world will be victims of rape or sexual violence



That's 1 in 5

That's one too many

Take action bit.ly/StopVAW

10 things MEN CAN DO TO END VIOLENCE AGAINST WOMEN

1 **BREAK OUT OF THE MAN BOX**

Challenge traditional images of manhood that keep you from taking a stand.

ASK HOW

2 **you can help**

If you suspect abuse or an assault. And, if you are abusing others in any way, stop and seek professional help IMMEDIATELY.

3 **TEACH YOUR CHILDREN NO MEANS NO**

Teach your children that "No" means "No" and that "Stop" means "Stop."

4 **don't buy**

the argument that sexual and domestic violence are due to mental illness, lack of anger management skills, chemical dependency, stress or other excuses.

5 **Stand Up & Speak Out**

Silence affirms and supports sexual and domestic violence.

6 **LOOK IN THE MIRROR**

Do your own attitudes and actions help support the objectification and de-valuing of women and girls?

7 **BE A MODEL FOR YOUTH**

Mentor a boy. Teach boys with your words and actions that being a man means respecting women.

8 **EDUCATE YOURSELF**

Listen to and learn from women. Attend programs and events and learn how to end domestic violence and sexual assault.

9 **STEP UP TO CREATE A culture shift**

that doesn't tolerate disrespecting or degradation of women. Make this a MEN'S ISSUE.

10 **host**

a VIDEO, DISCUSSION or PRESENTER through work, school, church, service club or sports team.

Medicine Cabinet Clean Out

ALWAYS...

**...bring your expired,
unused and
unlabelled
medications to your
local participating
pharmacy
for free, safe
disposal**



Did you also know?

**Expired, unused and
unlabelled medications:**

- can be brought into the pharmacy at any time
- should never be thrown out in the regular garbage or flushed down the toilet
- will be sent for disposal as approved by the Ministry of Environment



Harm Reduction Task Force
Hastings and Prince Edward

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

May 2013

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Diners Club Deseronto Euchre	2 Meals on Wheels Belleville Shopping	3 Meals on Wheels Handivan Des Friendly Visiting	4
5	6 Spring Walk In Napanee	7 Meals on Wheels Library	8 Diners Club & Bingo HOME SUPPORT @ Community Centre	9 Meals on Wheels Birthday Tea	10 Meals on Wheels Handivan Des Scrapbooking	11
12	13 Breakfast Club Spring Walk In Belleville	14 Meals on Wheels Library	15 5-Pin Bowling In Belleville Euchre	16 Meals on Wheels	17 Meals on Wheels Handivan Des	18
19	20 <i>OFFICE CLOSED</i>	21 Meals on Wheels Library	22 Diners Club & Bingo HOME SUPPORT @ Community Centre	23 Meals on Wheels Napanee Shopping	24 Meals on Wheels Handivan Des Scrapbooking	25
26	27 Craft	28 Meals on Wheels Library	29 Diners Club HOME SUPPORT @ Community Centre 5-Pin Bowling In Belleville Euchre	30 Meals on Wheels Black Creek Trip	31 Meals on Wheels Handivan Des Friendly Visiting	

Tyendinaga Home & Community Care

Located in the the Community Wellbeing Centre, Home and Community Care is a network of services provided by qualified staff to assist individuals in remaining in their own home for as long as possible, and are available to status residents of the Tyendinaga Mohawk Territory of any age.

Services are:

- Based on needs identified through a client assessment;
- Provided in a confidential and respectful manner;
- Deal with physical, social, spiritual and emotional needs

Support and assistance is available to for family and caregivers who need support to continue to care for the individual in the home. Services provided are supportive and are not meant to replace the care given by family and friends.

What are the services provided by Home & Community Care?

- Client Assessments
- Case Management
- Personal Care
- HomeMaking
- In-Home Respite Care
- Home Care Nursing
- Palliative Care
- Foot Care Clinic (for those unable to do their own, non-diabetic)
- Community Support Worker
- Medical Equipment Loans

Phone: 613-962-9376 for more information.



Moon Ceremony

Women are invited to join us to honour and seek guidance from Grandmother Moon on May 24 / 2013 at Dusk (Approx. 8:30 pm)

What to bring:

Tobacco for offering (if you have it)

A skirt to wear

A bottle of water

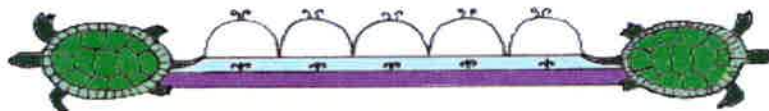
A lawn /camp chair

Pot Luck Item

(If you are unable to bring any of the following please give us a call, we keep a limited supply on hand.)

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

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





Emergency
Preparedness **Week**

May 5-11, 2013



Come out to an Emergency Preparedness Information

On

Thursday May 9th, 2013

11am - 1 pm & 7pm - 9pm

At the Kanhiote Library

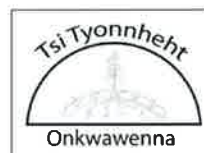


Tsi Tyonnheht Onkwawenna (TTO)
Language & Cultural Centre

Ohenton Karihwatehkwen Sign Project

Fourteen (14) large signs will be placed throughout our community to depict the Ohenton Karihwatehkwen.

We are seeking land owners to donate a small parcel of land (10'x10') along our roadways for these signs. If you are willing to donate or would like to discuss this project please contact Curtis at TTO 613.396.1082



TTO gratefully acknowledges the Ontario Trillium Foundation for their support of this project.





Let's Walk & Beat Diabetes Together!



May 2013

UPCOMING EVENTS FOR MAY 2013

Wed. May 1st-29th—Traditional & Western Prenatal Classes continue from 7-9pm every Wed evening in the Teaching Lodge @ CWC

Thurs May 2nd-June 30th -**Mocc Walk Challenge** 4:30-6pm

Mon May 6th-June 24th—**Urban Poling—QMS Track** 5:00-6:30pm (except holidays)

Get Active—Get Fit— Have FUN!!!

Take the Mocc Walk Challenge

May 1st—June 30th, 2013:

This walking challenge is intended to increase awareness about diabetes as well as to promote physical activity among Aboriginal people across Ontario.

Where: Meet at the Airport (on Airport Rd).

When: Every Thurs evening (weather permitting)

Time: 4:30-6:30 pm

To Register: Please call Denise @ 613-967-3603 ext 128 (*Please see attached flyers for more information)

URBAN POLING-QMS TRACK

Every Monday from 5pm—6:30pm

***Urban Poles provided for use during walk (due to limited amount of poles, it will be first come/first served)**

Please make sure you wear proper footwear for walking the track

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

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
www.tndms.ca/HMHB-Tyendinaga.html

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 "PN CLASS" 7:00-9:00pm @ CWB	2 Mocc WALK Airport Rd. 4:30-6:30pm	3	4
5	6 Urban Poling QMS Track 5:00-6:30pm	7	8 "PN CLASS" 7:00-9:00pm @ CWB	9 Mocc WALK Airport Rd. 4:30-6:30pm	10 ● New Moon	11
12	13 Urban Poling QMS Track 5:00-6:30pm	14	15 "PN CLASS" 7:00-9:00pm @ CWB	16 Mocc WALK Airport Rd. 4:30-6:30pm	17	18
19	20 Victoria Day	21	22 "PN CLASS" 7:00-9:00pm @ CWB	23 Mocc WALK Airport Rd. 4:30-6:30pm	24	25 ○ Full Moon
26	27 Urban Poling QMS Track 5:00-6:30pm	28	29 "Make Your Own BB Food" 7:00-9:00pm @ CWB	30 Mocc WALK Airport Rd. 4:30-6:30pm	31	



Mocc Walk 2013

get active · get fit · have fun

Ontario Native Women's Association (ONWA) together with its **Aboriginal Diabetes Program** is challenging you to a Mocc Walk!

This walking challenge is intended to increase awareness about diabetes as well as to promote physical activity among Aboriginal people across Ontario.

Take the Mocc Walk challenge May 1st – June 30th, 2013! This challenge will help you get active plus you can win some great prizes! Just record the number of minutes spent walking, tally your points at the end of the challenge and submit them to ONWA. You can earn 1 point for every 10 minutes you walk. The more points you get, the more chances you have to win great prizes!

Everyone of all ages is encouraged to participate - women, men, youth, children, elders. Participate as individuals or gather your families, co-workers or friends and participate as a team! You can walk anywhere – on a treadmill, outside or at the mall.



How far can your moccasins walk?

Take the Mocc Walk 2013 Challenge!

REGISTER NOW

DETAILS:

What:
Mocc Walk 2013



Who can participate?
Individuals or Teams (4 per team)

When:
Begins: May 1st, 2013 at 12:00 am
Ends: June 30th, 2013 at 11:59 pm

Where:
All across Ontario

To Register:
Complete the attached registration form and e-mail, fax or mail to ONWA. For more information, please contact Robert Fenton at 807.625.8579, Toll Free 1.800.667.0816 or via e-mail diabetes@onwa-tbay.ca.

*A Voice for Aboriginal Women
and their Families*



Mocc Walk 2013

May 1st – June 30th, 2013

get active • get fit • have fun

April 1, 2013

Dear Community Member/Organization:

Take the Mocc Walk 2013 Challenge!

At one time, Diabetes was unknown in First Nation, Metis and Inuit communities. Diabetes is a key public health concern for Aboriginal people. Aboriginal people are 3 to 4 times more likely to experience Type 2 Diabetes than non-Aboriginal Canadians. Before, older people used to get diabetes, but now, Aboriginal people are getting it a lot younger because their traditional lifestyle has changed so fast.

Although, it is becoming increasingly common in First Nations people, diabetes can be prevented and/or managed by "walking" a balanced life; eating a healthy diet; living an active lifestyle; and having a positive attitude. Ontario Native Women's Association (ONWA) together with its Aboriginal Diabetes Program, is sponsoring "Mocc Walk 2013" - a walking challenge intended to increase diabetes awareness and to promote physical activity among Aboriginal people across Ontario.

ONWA and its Aboriginal Diabetes Program ask for your support in promoting this event in your community, women's Locals, schools, existing walking clubs, Aboriginal businesses and organizations. Please find enclosed the Mocc Walk 2013 Poster and information package. It is our hope that you will hang the event poster in your places of business, community centres, schools etc.

If more posters or information are required, please contact the ONWA Diabetes Program at 1-800-667-0816, Fax 807-623-1104, or e-mail diabetes@onwa-tbay.ca,

Miigwetch,

Robert Fenton
Aboriginal Diabetes Worker

— Aboriginal —
DIABETES
AWARENESS



Mocc Walk 2013

May 1st – June 30th, 2013

get active · get fit · have fun

Frequently Asked Questions & Answers

What is the Mocc Walk?

The Mocc Walk is a walking challenge that promotes awareness about diabetes among Aboriginal people and encourages everyone to “get active- get fit · have fun,” while taking part. Whether walking as an individual or as a team, participants are encouraged to walk and record the number of minutes spent walking. For every 10 minutes spent walking, 1 point is awarded. Points are tallied and submitted to ONWA for the chance at winning some cool prizes!

Who can participate in the Mocc Walk?

- The Mocc Walk is open to women, men, youth and children throughout the province of Ontario.
- Participants can enter as individuals or as teams of four (4).
- Note: Teams do not have to walk together.

How long is the Mocc Walk?

- Walking begins 12:00 am on Wednesday, May 1st and will end 11:59 pm on Sunday, June 30th, 2013.

Where is the Mocc Walk?

- All across Ontario
- Participants can walk anywhere – a treadmill, outside, at the mall

What do participants have to do for the Mocc Walk?

- Complete the Registration form and e-mail, fax or mail to ONWA by May 1st, 2013.
- Start walking and record walking minutes on the calendars provided for May and June.
- Tally points monthly (10 minutes of walking= 1 point) and e-mail, fax or mail to ONWA.
- Participants may also submit photos and stories about their walking experiences to ONWA.
- Final tracking results need to be submitted by July 12, 2013.

Why should I participate in the Mocc Walk?

- Get Active · Get Fit · Have Fun
- Raise awareness about Diabetes - a key public health concern for Aboriginal people
- Win cool prizes

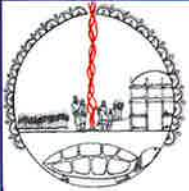
How are the prizes awarded for the Mocc Walk?

- Prizes are awarded to the top three (3) individuals and teams for each region in Ontario (Northern, Southern, Eastern, Western)
- All individuals/teams are eligible for the 3 Grand Prizes, which will be randomly drawn.
** In order to be eligible for prizes, participants must track their results and submit them to ONWA*

How do I get more involved?

Contact the Aboriginal Diabetes Education Project at the Ontario Native Women's Association:

380 Ray Blvd · Thunder Bay, ON · P7B 4E6
Phone: 807-623-3442 · Toll Free 1-800-667-0816
Fax: 807-623-1104 · E-mail: diabetes@onwa-tbay.ca



Get Active - Get Fit and Have Fun!!

Community Health & University of Western Ontario's
Healthy Moms, Healthy Babies Program
are partnering to offer:

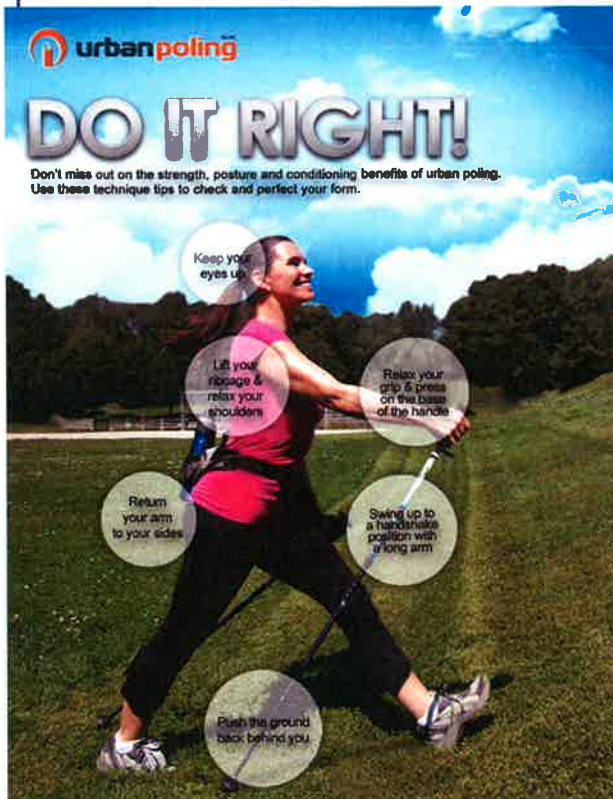


URBAN POLING

Where: **Quinte Mohawk School
Outdoor Track**

When: **Monday evenings (except holidays)
May 6th—June 24th, 2013**

Time: **5:00-6:30pm**



Please Note:

Urban Poles are provided for use during walk
(due to limited amount of poles, it will be first come/first served).

Please make sure you wear proper footwear for walking
the track and bring water.

Like any sport, the true benefit to urban poling is based upon proper equipment and technique.

The urban poles provide stability, minimize vibration and noise. If you're an avid poler you get it why these things are important. It's the same concept jogging — you wouldn't do jogging in your dress shoes."

The Urban Poles are effective due to the unique design – the patented ergonomic strapless handle and boot-like tip were carefully designed to most effectively exercise all the body's major muscles and develop "core fitness" as you are poling!

The grip and technique have a focus on core muscles strengthening .

Essentially, each time you swing your arm forward, you must plant your pole into the ground and as you walk through your stride you push off or 'propel' yourself forward.

It is this motion that activates your core muscles.

Consider this, if you walk one mile with the poles you will achieve 1800 abdominal muscles contractions.

**Whether you are looking for motivation to get off the couch, a way to optimize your current walking routine or for an effective cross-training alternative to yoga or pilates –
Urban Poling may be for you!**

Starting with the basics

Step 1: Grasp the poles lightly

Begin by holding the handles loosely in your hands with your arms hanging relaxed at your sides. Be sure your fingers wrap all the way around the handles. Rest the tips of the poles on the ground behind you. Be sure that your arms are straight.

Step 2: Drag the poles

With your arms hanging at your sides, walk and drag the poles behind you. Feel your arms naturally swing slightly in front and behind your body with each stride. Keep your arms long and straight. You won't need anyone to tell you when you've found a normal walking stride; you'll recognize it—you've been doing it for years. As your right foot steps forward, notice that your left arm swings forward. As your left foot steps forward, your right arm should swing forward. As you walk, keep your ribcage lifted so you're standing very tall.

Step 3: Shake hands

Now swing your arms a little higher in front with each stride. We call this the "handshake position." The arm should extend forward as though you are offering a friendly, straight-armed handshake. Don't lock the elbow but keep the arm straight. (The handshake position is the first key to maximizing the benefits of the technique.)

At this point, you will feel the tips of the poles catching the ground behind you with each step.

Step 4: Press down and push off

Next, press the outside edge of your hand onto the base of the handle. Keep the arms straight; all of the action should be from the shoulders not the elbows. Feel the muscles in the back of the shoulders, along your sides and in your core tightening with each press down onto the base of the handle.

As in cross-country skiing, the arms and legs should move with a smooth, rhythmic motion. Make your motions as fluid as possible. With proper arm action, the arms and the large muscles in the trunk will do most of the work.

Quick Tips

Practice planting the poles firmly

A firm plant of the boot tips onto the ground maximizes safety and results. But plant them with control – don't slam the boot tips onto the ground!

Grip the handles lightly Exercise intensity has nothing to do with how tightly you grip the handles. Always strive to maintain a relaxed grip on the handles (with the fingers all the way around the handles), even if you are walking very fast and intensely. Gripping tightly creates unnecessary tension and fatigue in the hands and forearms. The ergonomic design of the handles allows for maximum control with minimal effort of the hands.



Dorothy Green & Gale Hayward
Community Healthcare Professionals
Community Wellbeing Centre
Tyendinaga Mohawk Territory, ON
K0K 1X0 613-967-3603 x166
www.tndms.ca/HMHB-
Tyendinaga.html

Exercises and Recipes for Pregnancy and Postpartum

Physical activity is a positive part of a healthy lifestyle. Improved lifestyle changes during pregnancy can not only help you feel better but can also help you have an easier labour and birth and contribute to the healthy development of your unborn baby. Regular physical activity, along with healthy eating and abstinence from smoking, drug use, and alcohol, can be carried over into the postnatal period to ensure a healthier you and a healthier baby.

The second trimester is the best time to start a new program or to increase the demands of your present routine. Avoid strenuous activity during the first trimester of pregnancy because of the possibility of overheating the baby at a critical time in its development. Regular gentle paced *walking* would be an excellent choice in the first trimester. Do not increase the intensity of your program in the third trimester since demands for your growing baby are greatest on your body then. Maintain the activity level you have been used to and (again) *walk* as much as possible. Be sure to warm up gradually and also to cool down with some stretches for a few minutes after any exercise to avoid injury to muscles.

During the next few months we will be providing you with a series of tips, exercises (note modifications for pregnancy and after), and some *easy* nutritious recipes from our dietician Jodi's, recent "Nutrition Know-how Cooking Class".



Abdominal Muscles: Modified Curl-Ups

Strengthening abdominal muscles will not only help you maintain proper posture but can also be helpful to assist with the delivery of the baby. Lie in an inclined position of about 45° with

your knees bent. Place your hands on your thighs and reach up to a maximum of knee height. Come down slowly and repeat 10 to 15 times.

Checking for Diastasis Recti

To check for diastasis recti, lie on your back and lift your head off of the floor. Using your fingers, feel for your abdominal muscles around the belly button area. You should feel the hard abdominal muscle wall. If you feel soft tissue in between the abdominal muscles (you can often see a bulge in the centre of your abdomen), then you have diastasis recti. If you have this condition, then you should stop performing abdominal exercises.



Exercises for Mother and Baby

If it is difficult for you to find time to be active, try these exercises while your baby is awake. Morning is the best time because your energy level will be higher. If rest is required, have a nap in the afternoon when your baby does.

Walking

Put your baby in a stroller and go out for a walk. Find someone else to go with you to keep you company if you wish.



Abdominal Exercises: Curl-Ups

Lie on your back, bend your knees, and place your feet on the floor. Place your baby with his/her back against your thighs and hold him/her there

securely with both hands. Lift your head and shoulders off the floor, contract your abdominals, then lower to the starting position. Talk to your baby as you lift up off the floor. (Note: if you had diastasis recti during your pregnancy, modify your abdominal exercise until the muscle separation is back to one-finger width or less.)



Tomato Bean Soup with Cheddar

19 oz. canned tomatoes, cut small (with celery,
onion, green pepper, and spices - preferred)
14 oz. beans, canned in tomato sauce
1 teaspoon dried basil
1 teaspoon dried parsley
1 cup water
½ cup cheddar cheese, grated



1. Turn stove on to medium-high heat. Put tomatoes, beans, water, basil and parsley into a medium saucepan. Heat to boiling.
2. Turn down heat and simmer soup, uncovered, for 10 minutes. Stir several times.
3. Serve in bowls with grated cheese on top. (Good without cheese also).

Salmon Cakes

1 can salmon, undrained
1 slice bread, shredded
1 small onion, grated
1 Tablespoon all-purpose flour
1 egg
Salt and pepper to taste
1 Tablespoon vegetable oil for frying



1. Mix together salmon, bread, onion, all-purpose flour, egg, salt and pepper. Shape into 4 patties.
2. In a large skillet heat oil over high heat. Cook the patties until browned on both sides, about 8 minutes. Drain briefly on paper towels before serving.



Sheldon Peltier-Doreen would like to Thank the Tyendinaga Community Development Fund for there support in his 2012/2013 hockey season.



Jeanine Peltier-Doreen would like to thank the Dreamcather for there support this year with her hockey season 2012/2013

Thank you/ My Story;

I had a brain tumor, and I was very sick for about 3 months. From that, I couldn't eat or drink and I had to have a feeding (NG) tube. I took a helicopter to Sick Kids Hospital in Toronto with my Mom, and had surgery to remove my tumor. My family was very scared and so was I. I remember my family coming to see me, and my family telling me about everyone praying for me at home. My mom showed me pictures of all the rice crispy squares the school made and we look at pictures from Toronto all the time. I am feeling a lot better, and I want to thank my family, community and the Creator for letting me get better. I seen all the cards, and my mom told me about all the people that sent prayers and helped me.

I am now back to school and I cant wait to go camping in the summer again. Ive been trying to get better ever since I got sick. But I want to say thank you to everyone that helped me and my family. I love everyone.

Love Lucas Brant



Thank you/ My Story;

A lot of people ask me... exactly what happened Ang? I'd like to share this with you. My supporters.

On the morning of Nov 5, 2012 I rushed my son to BGH. He was screaming in pain due to a headache and vomiting.

Never in my life, would I imagine the outcome.

After arriving at BGH, the doctors did a CT scan I was sat down and told the news. My son had a brain tumor. With my family waiting in the ER, I broke down crying uncontrollably and fell into a numb and confused state. I had to pull myself together long enough to tell them. I knew it was serious when the doctor told me we were waiting for the helicopter to arrive, to take us to Hospital for Sick Children in Toronto because Lucas needs emergency surgery. His tumor, had ruptured, and it was a matter of time. They sedated him, as the pain was too much.

The ride in the helicopter with my son was only 45 minutes but felt like the longest ride of my life. As soon as we arrived at Sick Kids, they were instantly prepping him for surgery. It reminded me a lot of what you would see on TV... a million doctors flocking around one patient and nurses holding me back. The head surgeon was trying to explain what was happening, what the surgery was, and IF my son made it thru... what we should expect. It was the scariest moment of my life. When they wheeled him down that long hallway, I thought my life had ended, my world shattered. My son was being taken away. How do you watch that?? The nurses took me away, and the Child Life Specialist was there to console me, as my family and close friends raced to be there by my side.

One of the surgeons, Dr. Erin Kiehna was an amazing support. She guided me, consoled me, checked in on me, gave me hope, walked me thru Lucas' MRI scans step by step, and literally held me when I cried. The doctors at that hospital are more than doctors. They are friends.

During Lucas' 12 hour surgery, I sat and waited with my family and close friends. I was weak, heartbroken, and numb. All we could do was pray, and hope.

When Dr. Kiehna came out and told us that Lucas was going to be fine, the surgery was a success, I truly felt alive. I instantly felt the power of prayer, love, family, friendship and faith.

We spent just over a month at Sick Kids. Lucas was in ICU for about 3 weeks, and moved on to the Neuro floor for the remainder of our stay. Lucas went thru many challenging stages in the beginning of his recovery and I cant thank my Mom and stepdad enough for devoting their time, and putting their lives on hold.. to be there for Lucas. During our

stay at Sick Kids, Lucas' tumor was sent away for research. I got very scared again when the Oncology team wanted to meet with us. Here we sit, waiting to find out if our sons' tumor was malignant. Then came the news.. I can still hear the doctors voice telling me... "Im sorry, your son had a malignant grade 3 ependymoma tumor." I wanted answers and I wanted treatment options. They had to look into it more, and would let us know. After Lucas became abit stronger and moved from Sick Kids to Holland Bloorview Kids Rehab Hospital, he began a series of radiation treatments. Doctors confirmed that !00% of the tumor had been removed, however radiation was needed to ensure any remaining cells were dead. He underwent radiation at Princes Margaret Hospital in Toronto, and the Oncology team there were fantastic.

We have been home now since Feb. 4, and thank the Creator every single day for wrapping Lucas in his love. Lucas is regaining his strength and no longer using his walker. He is becoming his normal self more everyday. The outpouring of support, prayers and love from my family and community have been unbelievable. If I was feeling uneasy, I could turn around and a family member was there ready to embrace me, or I could look at FB and see words of support from someone in my community. Although Lucas is still healing, there are still many many trips to Toronto in his future.. we are on a good path. A path of healing.

I CAN NOT express enough thank yous to everyone. It was because of you, we were strong enough to get thru this time in our lives. You quickly learn how fast we can all come together in a time of tragedy. Just like a unit. Together we stand. I love you all. Thank you. From my heart, to yours.

Angie Brant & Family

Bag Tags for your Waste Disposal
are available at the following businesses:

Bayview Variety
49 Quick Stop
Village Variety
L. & M. Enterprises
Administration Office

Thank You!

The Scero Family wishes to extend their deepest appreciation to the members of the Tyendinaga Community during the difficult loss of our wife, mother, sister and friend.

The outpouring of love, concern and generosity received from our friends, family and neighbours will always be remembered and appreciated. We would like to thank the Woman's Guild for the beautiful luncheon which followed the funeral service and Father Brad (Christ's Church) for his comforting words and service for Carole.

Lastly, we would like to thank each person who attended services and offered our family condolences. We were deeply moved by the number of people that were touched by Carole during her life time.

With sincere thanks,

Harold, Jamie & Jason Scero

Thank you!

We would like to extend our sincere appreciation to the many friends, relatives for the many acts of kindness shown to us during our time of sorrow in the loss of Marty. Special thanks to the Tyendinaga Police Service and to the Mohawk Fire Department for their support. Special thanks to the Home Community Care & team for covering my clients. Very much appreciated.

We would also like to express our thanks for the many cards, phone calls and generous donations of food and money.

Special thanks to my niece Brandy for everything that you did for us. We love you.

Your kindness will never be forgotten, Marty will always be loved and truly missed!

Dorothy - Ann
Krista & Family
Chris Brant

Thank You!

The family of the late Margaret Rose Maracle wish to express their heartfelt appreciation to relatives, friends and neighbours for their expressions of sympathy, donations of food, cards and monetary contributions. Thank you to the pall bearers; Dan Doreen, Dale Maracle, Shawn Story, Bert Reid. Many thanks to Pastor Bowbeer for the wonderful service.

Thank you for the use of the facilities at the Community Centre and to the Native Women for preparing the meal. Our sincere appreciation to McGlade Funeral Home for their professionalism, care and dignified arrangements. Our apologies to anyone that we may have inadvertently forgotten.

Family of the Late Margaret Rose Maracle.



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

*We think about you always
We talk about you still
You have never been forgotten Dad
And you never will
We hold you close within our hearts
And there you will remain
To walk & guide us through our lives
Until we meet again.*

*Forever loved and never forgotten
We miss you.*

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

Happy Birthday!



★ Happy Birthday
★ Kody Brant
★ Love Dad & Allison

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

★ Happy Birthday to
★ Our May Flowers
★ Johanna & Jools
★ From Ester & Allison

Happy 40th Birthday
Donald (Lordy Lordy look who's 40!!)
May 30th
Love Aunt Marilyn & Uncle Rick

★ Happy Birthday
★ Dad – May 3rd
★ Lots of Love Hayden
★ Hope you have an extra special day



★ Happy Birthday
★ Phill – May 3rd
★ Love Sam & Emmett

Happy Mother's Day
to my daughter, daughter in law, sisters (in-laws), nieces & mother in law.
Love you and hope you take time for you on this special day. Marilyn ☺

★ Happy Birthday
★ Phill – May 3rd
★ Love Marilyn & Rick

★ Happy Birthday
★ Bill – May 10th
★ Love Rick & Marilyn

★ Happy Birthday
★ Harry – May 14th
★ Love Marilyn & Rick

*Your Grandma, Your Nanny, Your Momma,
Your Mammy....
Happy Mother's Day to Kelly McMurter,
Elaine Hill, Debbie Baldwin, Cindy Miracle,
and Evelyn Sparks.*

★ Happy 3rd Birthday
★ Eli – May 24th
★ Lots of Love Aunt Marilyn & Uncle Rick

★ Happy 3rd Birthday
★ Eli – May 24th
★ Love Sam, Emmett, Phill & Hayden



★ Happy Birthday
★ Betty – May 27th
★ Love Marilyn & Rick

*Love always,
Sadie, William, and Elijah. Xoxo.*



DESERONTO LEGION

UPCOMING EVENTS FOR May:

Saturday, May 11 from 3 to 6, Branch 280 hosts the Hallman-Hoffman Duo. Please come out and welcome this new group to our area.

Saturday, May 25, the Legion presents the 6th Annual Sonny Pete Memorial Fish Fry, held from 12:30 till 3:00 pm downstairs. Tickets are \$12.50 in advance and \$15.00 at the door. They may be purchased downstairs, every day from 12:00. Entertainment follows from 3 to 7, with the popular band "Family Tradition" playing your favourites.

Join our Deseronto Legion Facebook page to keep up-to-date with our events.

Horseshoe Fun Day



Saturday June 22nd, 2013

9:30am Registration

League Pitts

\$5.00 per person

Draw for partners every game!

Prizes and BBQ

Tyendinaga Food Bank Charity Golf Fundraiser June 14th, 2013

"4 Person Scramble"

Shotgun Start 1:00pm

PRIZES

\$15,000 Trailer
Hole-in-one prize
Carl Cox RV Sales and Service

GAMES



Briar Fox Golf Club

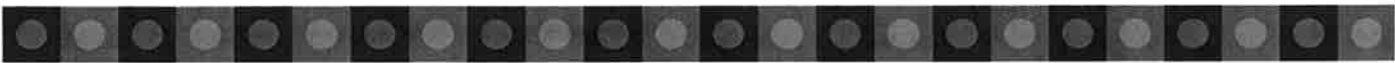
FUN

Crazy Hat Contest
prize for best decorated hat

\$80 per player - includes Par 3 Prizes
Limited to first 144 players (register team asap)

Contact: Cliff Brant - 396-3104

George Hill - 966-2950 (leave message)



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

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

May 2013

Discover the Balance

We have Gift Certificates

Ways To Fit In Exercise

1. Wash the car by hand
2. Use a push mower instead of a riding lawn mower
3. Avoid elevators and escalators, take the stairs
4. Park the furthest from the entrance and the mall or grocery store
5. Schedule your workout as you would an appointment
6. Invest in a good pedometer to help you stay motivated

Check us out on Facebook. Each week we will be added health and fitness tips & Our You Tube...on www.mbq-tmt.org

Nya:wen / Thank You

to Tyendinaga Community Development for funding to support the Hanio Oksa Healthy Lifestyle & fit 4 Two program, along with healthy workshops and resources. To community youth for volunteering at TFRC - Shelby Matters, Damon Brant and Skyler Green. We greatly appreciate you time with us at TFRC

Special Thank You

Ontario Trillium Foundation funding of \$70,600 to expand to Unit # 2 & to purchase new fitness equipment, new fitness instructed programs, as well Alternative Medicines. Our timeline goal for completion is September 2013.



An agency of the Government of Ontario.
 Relève du gouvernement de l'Ontario.

Discovering the Balance

By Working the Mind, Body, Heart and Spirit

Hours of Operation

Monday - Thursday

6:30am-8:00pm

Friday

6:30am-6:00pm

Saturday

8:00am- 2:00pm

Fees

Senior (55+) \$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

Kienni Maracle

Mahaley Brant

Taylor Lefort C.

Casual Worker

Rheana Maracle

Personal Trainer & Staff details

Personal Trainer & Staff are available to show new members how to use the equipment properly. The Personal Trainer will also assist with a fitness plan. This will help clients to achieve their fitness goal; each client receives **one FREE session** with the Personal Trainer to create a fitness plan specific to each client's *fitness goals*.

Calendar of Events for 2013/14

February to March:

- Fit for 2 Program
- Hanio Oksa Healthy Lifestyles #7
- Healthy Eating Workshops
 - Lose To Win Contest (Individual)

April to May:

- Spring Show Off #6
- Lose To Win Contest # 5(Couples)
- Fitness Program - Powerfully Pregnant
- Day Fitness Program - Empowered Within
- Day Fitness Program - Low Impact Creating Tone for Lif
- Urban Poling Fitness Program

June/July/Aug/Sept/Oct.

- Walking/Running/Biking
- Fitness Programs/Pilates/Yoga
- 6th Anniversary - end of Sept. TBA
- Wellness Clinic
- Open House of Unit # 2. TBA

December to January:

- New Year's Resolution Fitness Programs
- Fitness Programs - NEW
- Kick Boxing

Other Health / Relaxation Programs:

Michelle Meilleur: Living Well Nutrition

& Wellness Coaching / Homeopath

Sonya Maracle: Relaxation Massage

& Personal Trainer

Circle of Friends Special

Current members can bring in a Guest for one FREE work out anytime.

(613) 962-2822

Membership Cost Per Month:

Seniors - \$15.00 (55 years young)
Students- \$20.00 (12 years with parent)
Single Adult - \$25.00
Family (4) - \$80.00
Drop in - \$5.00

Hours of Operation & Open to the Public:

Monday to Thursday: 6:30am - 8pm
Friday: 6:30am - 6pm
Saturday: 8am - 2pm

Unique Specials of TFRC

- Open during holidays if a certain amount of Clients request it.
 - We have a \$5.00 hold fee if you are going away, for holidays or sudden illness.
 - No Administration fee / No contracts
 - Social atmosphere / Free coffee or tea
 - We have a rewards card for memberships
 - We exchange volunteer work for membership / Youth job experience
 - Small Business Displays / Taste Testing
 - Clients can bring in PG Movies/Music choice / magazines & books to read
 - Lockers Available and Towels ...
 - FREE OF CHARGEWI FI
- We Care about Your Personal Wellness**

Childcare Hours:

Active Child directed Games & Crafts

Monday to Thursday - 9:30am- 12pm

Friday & Saturday - Personal Childcare

(\$5.00 per visit or cheaper by the month)

**We have an Early Childhood Educator on Staff*

Maracle Chiropractic (613)-876-5855

Family Chiropractors & Personal Trainer

Maracle Chiropractic is proud to be helping build healthy families in **OUR** community. We are offering an Initial Exam and report of findings for the entire family for only \$35.00 (Value 160.00 per person) Take this opportunity to get your family checked!

Enyonkwa'nikonhriyohake' Program Presents:

Drop-in @ Youth Centre

All activities are FREE

May 2013



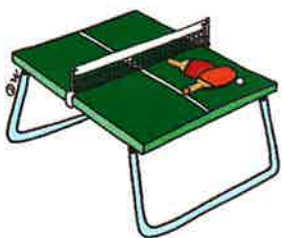
***COME HANG OUT & HAVE
SOME FUN!***

We have a pool table, ping pong table,
air hockey table, board games,
Wii games, craft supplies, snacks & good company!

Tuesdays

ages: 6-10

TIME: 6-8PM



ages: 11-14

TIME: 6-8PM

Wednesdays

Some memories give you a nice warm feeling.



Together we can help ease the pain.

The employees at the Community Wellbeing Centre understand the heartache and despair one suffers when they lose a loved one and we want to give you a piece of comfort during your time of sorrow.

If you or someone you know has recently lost a family member, please contact our office at the number below and we will prepare a homemade pot of soup for the family which we can deliver or have ready for pick up.

For more information, please contact:

Seaira Maracle

613-967-0122 Ext. 100





ATTENTION!!!

All past members of the
Native Women's Association.

We are looking for your ideas

For our

30th Anniversary

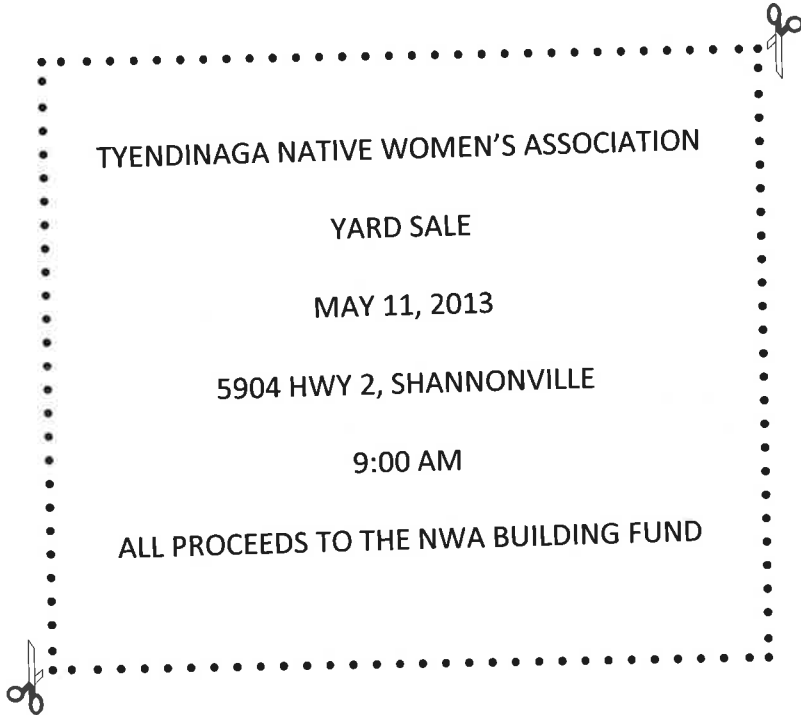
26 October, 2013

At the

Community Center

Please Contact : Carol Potts 613-966-8106

Christine Claus 613-396-3728



TYENDINAGA NATIVE WOMEN'S ASSOCIATION

YARD SALE

MAY 11, 2013

5904 HWY 2, SHANNONVILLE

9:00 AM

ALL PROCEEDS TO THE NWA BUILDING FUND



Otsiningo →

Iroquois Studies Association, Inc.
Otsiningo American Indian Program
28 Zevan Road
Johnson City, NY 13790
(607) 729-0016

Announcing the 2013 International Iroquois Beadwork Conference

Friday, Saturday, Sunday, September 27, 28, 29, 2013

Featuring:

Programs on the results of recent beadwork research

Show and Tell of participants' favorite pieces

Competition of several classes of old and new beadworkn (cash prizes)

Workshops

Sales of old and new beadwork and beading supplies

Silent auction

Banquet of native foods

Best of all: conversations with others who share a love of Iroquois beadwork

Events at Loyalist College, Belleville, Ontario on the Bay of Quinte

Accommodations at the Travelodge

Watch www.otsiningo.com for details on registration.

It's that time again!! Grab your
favorite ladies and come to the
Purse and Garden Auction
May 11th, 2013

**The auction will be held at the Community Wellbeing Centre
50 Meadow Drive, Tyendinaga Mohawk Territory**

There is a \$2.00 admittance fee, paid at the door

Auction begins at 10:00 am - 2:00 pm (or until all purses and items are sold)

The auction is run like a regular auction. Each purse/garden item is auctioned off by the caller to the highest bidder. This is not a silent auction it is a fast paced day with lots of laughs and surprises. If you think you can get in on some friendly competition we want to see you there! It is a great way to fundraise and have a great time with your girlfriends/family! Not to mention, walking away with a new purse filled with great prizes! We have more donators this year so we will have bigger prizes and more gift cards inside the purses!!!

If you have any questions or would like to donate some items please

Just a reminder that seating does fill up fast! So make sure you come early to get your seat!





THE ANGLICAN PARISH OF TYENDINAGA

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

Parish Priest

The Venerable Brad Smith
962-2787

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

SUNDAY CELEBRATIONS

Christ Church (Lower Church)
52 South Church Ln
9:30 a.m.

*Worship Schedule - 9:30 a.m.
Christ Church – May to October
All Saints' – November to April*

UPCOMING EVENTS

Parish Fun Night
Wed 15 May, 7-9 p.m., QAPC
Bring a game, a friend, and a snack!

Men's Breakfast
Sat 25 May, 8:00 a.m., Small Town Café, Deseronto
A time of fellowship and food for Christian men.

Mohawk Landing
Sun 19 May, 9:30 a.m., Christ Church
We celebrate the 229th anniversary of the Landing of the Mohawks and the founding of the Parish.

Walk-a-thon Fundraiser
Sat 25 May, 8:00 a.m., All Saints' Church
Parishioners will walk to raise funds for projects to make our buildings more accessible for our elders and those with disabilities.

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

“AA OPEN MEETINGS”

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

For more information call:
Bev 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 altee94@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
Tyendingaga, 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)



TYENDINGAGA MOHAWK TERRITORY

1984 YORK ROAD

CHURCH • 613-396-5329

PARSONAGE • 613-396-5325

Sunday	Morning service@10:30am Sunday School @11:30am Evening Worship @6:30pm
Wednesday	Bible Study Group @ 7:00pm
Saturday	Prayer Meeting @ 7:00pm

Coming Events

May 11 - Ted Dibiase "The Million Dollar Man" is coming to Tyendingaga Community Centre. check for times
also a saturday morning mens breakfast held at Isaiah Tubs, contact for details.

May 12 - Special Mothers Day morning service @10:30am, come out and bring your Mom and Mom's you can bring your kids.

May - We will be holding a free fish fry for the Community, Date to be announced...

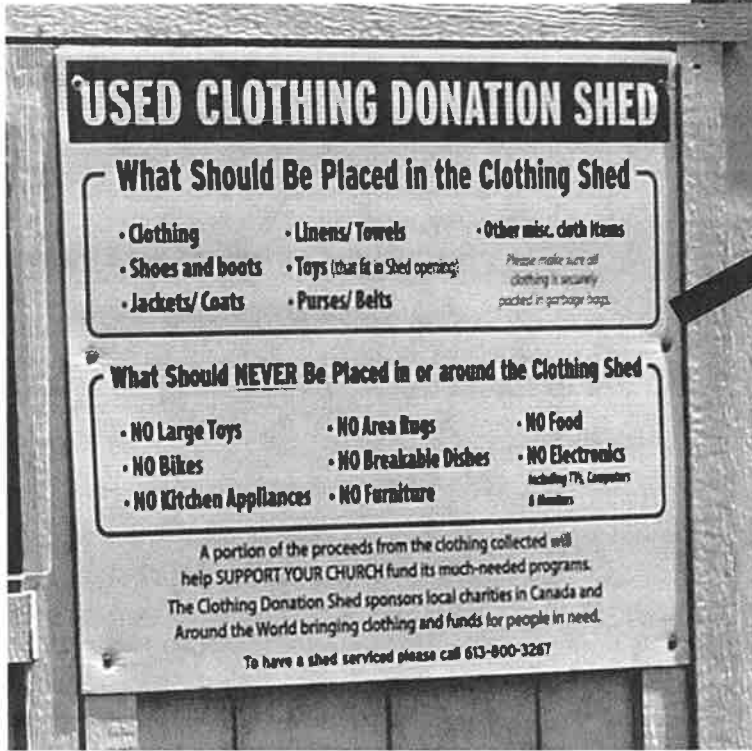
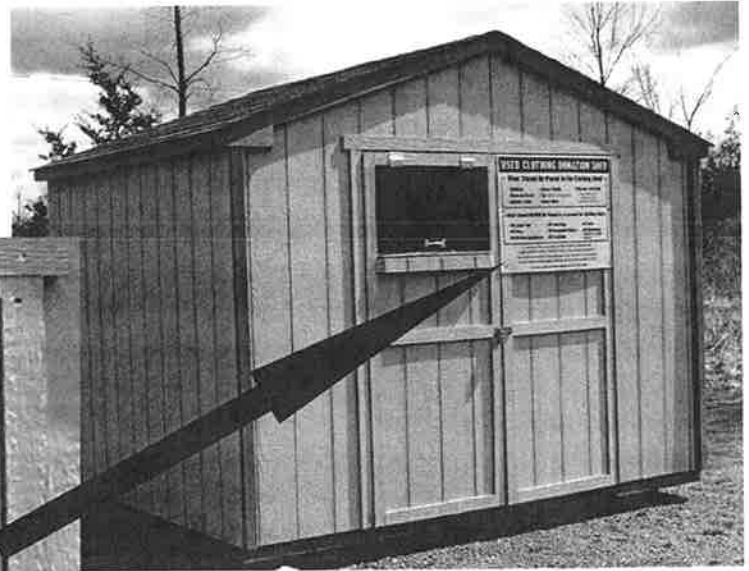
When you arise in the morning, give thanks for the morning light, for your life and strength. Give thanks for your food and the joy of living. If you see no reason for giving thanks, the fault lies in yourself.

Tecumseh



ENVIROTEX

"Recycling what matters"



USED CLOTHING DONATION SHED

What Should Be Placed in the Clothing Shed

- Clothing
- Linens/ Towels
- Other misc. cloth items
- Shoes and boots
- Toys (that fit in Shed opening)
- Please make sure all clothing is securely packed in garbage bags.
- Jackets/ Coats
- Purses/ Belts

What Should NEVER Be Placed in or around the Clothing Shed

- NO Large Toys
- NO Area Rugs
- NO Food
- NO Bikes
- NO Breakable Dishes
- NO Electronics (including TVs, Computers & Monitors)
- NO Kitchen Appliances
- NO Furniture

A portion of the proceeds from the clothing collected will help SUPPORT YOUR CHURCH fund its much-needed programs. The Clothing Donation Shed sponsors local charities in Canada and Around the World bringing clothing and funds for people in need.

To have a shed serviced please call 613-800-3267

Located at 1984 York rd.
Mohawk Pentecostal Church

Envirotex Recycling inc.
works on behalf of charities in
Canada and around the world
bringing clothing and funds
for people in need

Proceeds from all items
collected will go towards
Tyendinaga Mohawk
Pentecostal Church's
building program

How the shed works

1. We place a used clothing drop off shed at a local Church or Community Centre.
2. Community members donate clothing by placing it in the shed.
3. We collect the clothing donations when the shed is full and distribute them locally in Canada. We give funding to your Church for the clothing collected at the shed.
4. They, in turn, use the money as they see fit. Our partners have used the money for youth groups, sports teams, mission projects, and other community-oriented activities.

CLASSIFIED

FOR SALE

- LAND approx. 23.89 acres
- surveyed
- York Rd. frontage and backing onto the Slash Rd.
- creek, good land
- well & roadway

Best reasonable offer

Call: 613-967-8935

For Sale

4 BEDROOM HOME

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

PRICE RECENTLY REDUCED
(Serious offers will be considered)

Please contact:

tyendinga11@yahoo.com OR
416-938-4157 or 613-396-2151

FOR SALE

Beautiful Solid Oak
Complete Kitchen Cupboards
- pot drawers
- 2 large pantry cupboards
- counter top
- sink & faucet included
\$3000.00 or B.O.

Call: 416-938-4157 or
613-396-2151

HOUSE FOR SALE

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

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

FOR SALE

BALES OF STRAW
- 4 x 4 round
- small square bales

Call: William J. Brant
613-967-1129

Enwà:ton ken ahshninon
ne kanenhstaraken.
Tokat nòn:wa hsekhòn:nis
kati

Tokat nòn:wa tsyentho
Tokat hshninon tsi
nèn:we enkannoronkwake.

\$3 per pound
Yahskyatewenna`tahse`
toka ni
Yaskyatewennatennya`te
613-961-7218
John Hill yonkyats

White Corn For Sale
Good for Soup or Seed
\$3/pound
Call or text : 613-961-7218

HOUSE FOR SALE

- 2 YEAR OLD HOME
- 100' X 200' lot
- 2000 sq. ft. open concept/side split
- 2000 sq. ft. Basement
- 3 bedroom, 2 full baths plus jacuzzi
- ceramic & laminate flooring throughout, in floor heating
- 9' ceilings (main floor & basement)
- central vac, central air, HRV
- four star propane furnace
- heated 1 1/2 car garage (24'X24')
- town water & sewer
BASEMENT
- basement 30% completed (framed, wired, drywall half complete)
- 3 additional bedrooms, 1 full bath
- open concept - large rec room with bar/kitchen roughed in
* Possible investment/income property easily converted into Duplex. Ideal for Retirement Residence or Foster/Group home *

Please call for viewing and more information: Cell: 613-848-0117
Home: 613-396-3971

SERIOUS INQUIRIES ONLY

FOR SALE

- 26 ACRES, 2 HOUSES
- includes apartments for extra income
- ponds, ATV trails, quiet rural location near Deseronto.
- Owner will hold mortgage for qualified buyer.
- Make a reasonable offer. Owner is Retiring.

Call 613-847-9761



Turtle Island Deli & Produce

5965 Hwy #2 east, Shannonville

613-966-2553

May's New Menu Items & Features

Buffalo & Venison
Fresh Pickeral \$9.00/lb
Nacho's & Cheese
Chili Cheese Dogs
Sausage on a Bun

Hats are in!
Hurry before they're gone!



Due to a high demand, the Duck Dynasty Hats are back ordered. We do have Duck Dynasty coffee mugs and travel mugs. We appologise for this unforseen inconvenience.

Images are similar to hats sold.

Pelletier Law Firm

Bonnie Pelletier, R.N., LL.B
Barrister · Solicitor · Adjudicator

14 York Road, Tyendinaga, ON K0K 3A0
Tel 613-969-9000 · Cell 613-305-3050 · Fax 613-969-9007
Email: pelletierlawfirm@bellnet.ca

Pelletier Law Firm

Bonnie Pelletier, R.N., LL.B
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391 BEACH ROAD

P.O. BOX 3

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KOK 3A0

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SIDEWALKS

Greg Lewis

967-1407

O/O Jim McMurter
**Aunt Sadie's
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Healthy Homestyle Cooking

68 Sadies Lane • (613) 961-1524

Rheana Parade Photography

613-967-4722

Shannonville, On.



Cell: 613-921-2241

McMurter

ACE
The helpful place.

Lumber & Building Supplies

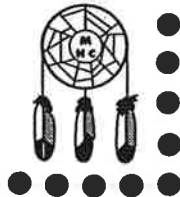
Tyendinaga Mohawk Territory

P.O. Box 755

Ontario, Canada K0K 1X0

Jim McMurter
Owner / Manager

E-mail: jmcmurter@mcmurterhome.com
BUS: (613) 396-1607 ~ FAX: (613) 396-6897



Bowden Contracting
Licensed Carpenter

Home Renovations
New Construction
Free Estimates



Ron Bowden
Cell - 613-848-5331

613-962-0082



**ON SADIE'S LANE -- BESIDE QMS
NEED A BAGGED LUNCH?**



PICK UP AT AUNT SADIE'S CAFÉ

PHONE AHEAD AT 613 961 1524

OR USE OUR DRIVE THROUGH WINDOW

LUNCHES WILL BE MADE FRESH DAILY

**CHOICE OF SANDWICH ,
(ham and cheese, cold turkey, egg salad, or chicken salad)
*No fish, (tuna, salmon) no fish oil, no peanut butter no nuts***

APPLE OR ORANGE, AND A MUFFIN OR COOKIE

AND A DRINK BOX.....\$5.00

**DON'T WORRY IF YOUR CHILD FORGOT THEIR LUNCH OR
YOU DIDN'T HAVE TIME TO MAKE IT**

**AUNT SADIE'S ALSO DELIVERS TO THE SCHOOL FREE
FOR THE FIRST NUTRITION BREAK: 10:25 A.M.**

Brant's Heating & Cooling

Office 613-962-4921

Cell 613-848-8082

TSSA Registered # 000157262



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Locally Owned

Tyendinaga Mohawk Territory

Choice

Roofing & Contracting

Roofing (Steel, Shingles & Rubber) Siding, Soffit, Facia, Decks, Drywall, Flooring (Hardwood, Laminate, Vinyl)

Dean Brant
Tyendinaga
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Cel: 613-961-9103

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Heating, Energy Conservation

71 Industrial Park Road
Tyendinaga Mohawk Territory
K0K 3A0

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

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NO TAX ON ALL PARTS
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REPAIRS ON MOST MAKES AND MODELS

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K0K1X0

Time For You Salon

613-968-9459

open!

On Saturdays by
appointment Only!

Chelsey Green Hairstylist Graduate Art and Technique 2010
Corissa Maracle Esthetician Graduate Loyalist College 2011
Rheana Maracle Photographer Graduate Humber College 2011
Make Up Artist Graduate 2011



PAMPER YOURSELF WITH A RELAXING PEDICURE

SPA PEDICURE \$35.00

HOT STONE PEDICURE \$45.00

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Service Guaranteed

Joining a Marlin Travel Branch

Dear Valued Traveler:

I am pleased to announce that I have recently joined the professional travel team at Marlin Travel Service Guaranteed.

I am available for personal consultations to arrange for all your travel needs.

Plus when you book with me you earn AIR MILES® reward miles! Ask me how!

I can be reached at:

Evelyn Wheeler

645 Gardiners Rd., Ste.114, Kingston

1-866-843-2480

evelyn@sg-travel.com

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people



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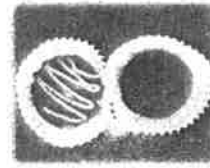
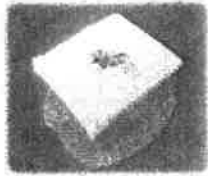


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