



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ORI:WASE (NEWS)

ISSUE 5/14
ONERAHTOKKOWA (May)

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



SPRING INTO ACTION
At The
**TYENDINAGA FITNESS
RESOURCE CENTRE**
OPEN HOUSE!!
MAY 26th – 30th
FREE WORKOUTS

(613) 962-2822

14 York Rd.
Shannonville
tyfitnessres@mbq-tmt.org

Specials on Memberships & Childcare

\$2 Draw for a Year Membership

FREE GYM BAG to first

25 Annual
Memberships





MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in March responded to 3 calls:

- 1 Mutual Aid**
- 1 Auto Alarm**
- 1 Vehicle Accident**

This brings our total to 21 calls for the year 2014

**Tyendinaga Mohawk Council Meetings
May 2014**

TMC Meetings	Agenda Deadlines
Local Business – Wednesday , May 14, 7:00 p.m.	Thursday , May 8, 12:00 p.m.
Regular – Wednesday , May 21, 9:00 a.m.	Thursday , May 15, 12:00 p.m.
Local Business – Tuesday , May 27, 7:00 p.m.	Wednesday , 21, 12:00 p.m.

NOTICE

The Tyendinaga Community Development Fund Committee has made changes to the Guidelines and Application, in the references, the budget and the signature sections.

Please read the guidelines before completing the application.

Application are available at the front desk of the Administration Office

If you have any question please contact Shelley Bowden at 613-396-3424 or shelleyb@mbq-tmt.org



MOHAWKS OF THE BAY OF QUINTE

KENHTEKE KANYEN'KEHÁ:KA

COMMUNITY SERVICES, EMPLOYMENT & TRAINING
1658 York Rd. Lower Level, Tyendinaga Mohawk Territory, ON K0K 1X0
Phone 613-967-3616 Fax 613-967-6251

Mohawks of the Bay of Quinte

Employment & Training

Career Fair

The Mohawks of the Bay of Quinte, Employment & Training Department is organizing and hosting a Career Fair and or information session.

The Career Fair strives to provide to all visitors exposure to many diverse and different companies that offer employment possibilities now or in the near future.

Remember, it is never too early to begin planning a career.

This will be an exciting opportunity that you do not want to miss!

Details are as follows:

Date: Thursday, May 15, 2014

Time: 10:00 a.m. - 3:00 p.m.

***Location: Tyendinaga Mohawk Community Centre
1807 York Road
Tyendinaga Mohawk Territory, ON***

Please watch for further information or if you have questions, please contact

***Sandy Sero
Employment & Training
613 967 3616 EXT 116***

Thank you.

Be Septic Savvy

Book your Septic Stewardship Program visit today!

Do you know what's going on in your back yard?



The Bay of Quinte Remedial Action Plan's (RAP) Septic Stewardship Program focuses on homeowners with shoreline property on the Bay of Quinte. This is a voluntary educational program providing homeowners with a free checkup of their septic system (tank and leaching bed), and helpful advice on the care and maintenance of the system.

This program pays to have your septic tank/holding tank pumped out as part of the checkup, **this is a savings of 200.00 - 250.00 dollars.**

Our septic team will provide you with information on how to maintain your septic system, adding to the longevity of the system. A failing septic system can add excess phosphorus to nearby waterbodies causing algal blooms and excess plant growth. As well, bacteria from a failing septic system can cause localized health impacts for homeowners and their neighbours. Participants in the program will receive a personalized report on their system and free water efficiency devices.

The septic team can also provide you with a consultation covering best management practices for your shoreline and well, as part of your site visit.

To book your septic stewardship site visit, contact:

Natalie Rosso, BQRAP Environmental Technician

P: 613-394-3915 ext 245 E: natalie.rosso@ltc.on.ca

www.bqrap.ca



Bay of Quinte
Remedial Action Plan
Healthy Bay • Healthy Community

World War One

2014 marks the 100th anniversary of WW1. Members of the Mohawks of the Bay of Quinte continued to support the British as a military ally by signing up to fight in this war. This year we want to commemorate the actions of our heroic members and the start of The Great War as a beginning of recognition and remembrance over the next four years. We have been working on collecting documents and information from the Library & Archives Canada and other sources to help us identify members who were involved.

Below is a list of names that we have so far. We ask the community to help us ensure that we have not missed anyone. Please review the list and contact us if there is an error or omission.

amyc@mbq-tmt.org or 613-967-3616

Bannister, James Albert	Brant, William [served as William Sero]	Maracle, George Mark [served as George Mark Hill]
Bardy, Alexander	Claus, Ira Alfred	Maracle, Goldie
Bardy, Frank	Claus, Stafford	Maracle, Isaac
Bardy, James	Clause, Ambrose	Maracle, Jacob
Bardy, Louis Sherman	Clause, Huron	Maracle, John H.
Barnhart, Con [Cornelius]	Corby, Harry	Maracle, Mark
Barnhardt, Harry D.	Corby, Jake	Maracle, Nelson
Barnhardt, Harry F.	Corby, Joseph	Maracle, Peter William
Barnhardt, Isaac [served as Isaac McDonald]	Corby, Matthew	Maracle, Philip
Barnhardt, James Nelson	Corby, Samuel	Maracle, Solomon
Barnhardt, Peter	Crawford, Cecil Ernest	Maracle, Wesley
Barnhardt, William Henry	Crawford, Percy Overton	Maracle, Wheeler
Bernhardt, David Stanley	Culbertson, John Alexander	Maracle, William Edward
Bernhardt, Joseph Edward	Doreen, William	Maricle, Joseph
Bernhardt, Marvel Galveston	Fuller, Bertram	Miller, Norman Albert
Bernhart, Jacob	Green, Austin	Mungo, Thomas
Bey, Alexander	Green, David	Penn, Joseph
Brant, Alfred A.	Green, Jacob	Pinn, William
Brant, Brant	Green, Jake	Powles, David Austin
Brant, Burton	Green, Jonas	Powles, Joab Walter
Brant, Burget	Green, Sampson	Powless, Charles David
Brant, Charles Arthur	Greene, Milton	Powless, David J.
Brant, Charles Clinton	Hill, John	Powless, Harold
Brant, Ernest Russell	Hill, Joseph Bernard	Powless, Harold Dean
Brant, George	Hill, Thomas	Powless, Hughie Norval
Brant, Hugh	Hill, Thomas [served as Thomas Brant]	Powless, Isaac
Brant, Matthew	Jaynes, Daniel	Powless, Peter
Brant, Philip	Johns, Orval	Sero, Reuben
Brant, Randall	Loft, Andrew	Smart, George Leo
Brant, Richard	Maracle, Anthony	Smart, Harold
Brant, Wilbert	Maracle, John (Charlie)	Smart, Joseph Laheed
Brant, Wilbert	Maracle, Clarence	Smart, Joseph William
		Williams, George

2014/15**ACADEMIC SCHEDULE**




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

Call Jake Brant at 613-396-2122 ext 182 for further information.





Tahatikonhsotóntie Head Start: Drop In Program May 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Native Singing	3
4	5	6 Wear Something Colorful 	7	8	9	10
11 Mothers Day 	12	13	14	15	16 Therapeutic Touch (Sign Up) 	17
18	19	20 Oral Health Information	21	22	23 Pajama Day	24
25	26	27 Chunky Necklaces	28	29	30 Native Singing	31



Otsi:tsia—Flower

O-jee-jah





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



Tahatikonhsotóntie Head Start Summer Learning Program & Skatne Summer Camp Information

Registration Date: Wednesday, May 21, 2014
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 with priority going to children who reside on Territory**
policy available at registration**

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, 2014 and born after January 1, 2003*)
Spaces: 30
Dates: July 7 to August 15, 2014 (*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: Tahatikonhsotóntie Head Start; contact Nicole 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. We will encourage children to be active, healthy and involved in the various aspects of the Summer Learning Program.

Envonkwa'nikonhrivohake' Program Skatne Summer Camp

Ages: 6 to 12 (*must be 6 by December 31, 2014 and born after January 1, 2002*)
Spaces: 25
Dates: July 7 to August 22, 2014 (*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, crafts, games and field trips. Children will develop relevant skills, co-operation and team work while having fun. The Skatne Summer Camp provides children with a safe environment filled with 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 social (east) entrance of the Community Wellbeing Building.

Upcoming TJC Community Events



Tyendinaga Justice Circle
Tontakaierine
(It has become right again)

Information sessions will take place at FNTI on:

Monday May 5th 2014 @ 3pm

And

Tuesday May 6th 2014 @ 5pm

Please contact TJC by Friday May 2nd 2014 to register for one.



Correctional Service Canada (CSC) will be holding employment information sessions. Come on out to learn about what C.S.C. is, what kinds of jobs are within C.S.C. and what the process is to apply. This is open and free to the community.

Tyendinaga Justice Circle
3 Old York Road
Tyendinaga Mohawk Territory
K0K 1X0
Toll Free 1-800-267-0637
Phone 613-396-2122 Ext 166

The Tontakaierine (It has become right again) Tyendinaga Justice Circle is an alternative for youth involved with the justice system. The program brings together victims, offenders, and families or advocates in a safe environment to discuss the offence and its effects, and then jointly decide on the best way to right the wrong. This Indigenous conflict resolution process validates victims, offenders, families, and advocates, and creates healing. The program receives referrals from police, crown attorneys, local schools, and community agencies. We are expanding Tontakaierine to offer more culturally relevant mentorship, youth events, and ongoing support for families, and are looking at delivering training to professionals in the youth services field.

The Tyendinaga Justice Circle
Hours of Operation:
Monday – Friday 8:00am – 4:00pm
(Hours are flexible)

Drum Group

Calling all young men and women between the ages of 12-21, who are interested in starting a traditional drum group.

Experience? No experience? Come out to learn, share and have fun.

Please contact the Tyendinaga Justice Circle for more information.



Annual Young Men's Wellness Weekend

This will take place July 4-6 in Tyendinaga. It will be two nights camping on the land with a Sweat Ceremony, traditional craft and men's teachings. Limited spots are available for this event



There is no cost to register.

Contact the Tyendinaga Justice

Circle for more information or to register for a spot on the list.



This year's Annual Young Men's Wellness Weekend is fast approaching. Young men between the ages of 12-21 are encouraged to come out and take part in this experience.

"It is crucial that we realize the great value of human existence, the opportunity and the potential that our brief lives afford us. It is only as humans that we have the possibility of implementing changes in our lives." -The Dalai Lama

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

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

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



Congratulations Ken Brant

On your retirement!!
After 32 years with M. B.Q.
Dad is finally throwing in the towel.
All the best Pop!!

Love Pa, Joyce & the Girls

Congratulations!

Great job Trinity on your excellent job at the Regional Science Fair held at Loyalist College on Saturday April 5. Trinity placed third in the Life Sciences category and received a bronze medal.

Love Mom, Dad, Destiny, Rocky & Simba!!



Congratulations to Derrick Vos

For winning the All Ontario Silver Medal PeeWee AAA. Derrick along with his Dad & Mom (Dale & Lorna) would like to express our gratitude and thanks to his sponsors.

Debs Gas Bar & Restaurant

Grancrete - John Akey

Carla, Tyler & Ava

Head Start Team: Kerri, Shari, Nicole

Grandparents: Gramma & Granpa Reid,

Gramma Wilma and Grumpy R.I.P.

Sister Tara & Brothers Justin, Jeff & Nick

I'd like thank the Dream Catcher foundation for giving me the opportunity to play with the Jr Belleville Bulls this year.

Thank you

Sheldon Peltier-Doreen



CONGRATULATIONS BRANDI FOR BEING INVITED ON TEAM ONTARIO IN BASKETBALL FOR THE 2014 REGINA INDIGENOUS GAMES!

DAD AND MOM ARE SO PROUD OF YOUR ACCOMPLISHMENTS AND THE WOMAN YOU HAVE BECOME!

YOUR COMMUNITY WILL BE PROUD THAT YOU HAVE GIVEN THEM A VOICE IN THIS AMAZING ACCOMPLISHMENT! WE LOVE YOU HONEY. DAD AND MOM (John and Cindy Akey)

GO TEAM ONTARIO GO!

SPONSORS NEEDED! Please reply to cindyakey@gmail.com

I would like to thank the Tyendinaga Community Development Fund & all the TMT local businesses!. Also all the TMT fans that came out and supported our team as well!

I had a very successful year and our team finished 2nd place in all Ontario bringing home silver.

Nia:wen
Griffen Conger

A special thank you to my dad who coached us this year and taught us how to never give up and always get out there and #getsome...



I would like to thank the Tyendinaga Community Development Fund & all the TMT local businesses for your generous donation towards supporting me in my dream to play hockey.

Nia:wen
Logan Conger



Thank You



Another successful Sadie's Walk! We had great weather to walk and a great group of people participating! We had 119 walkers in total, you all rock!

Thank you to the volunteers who gave their time to help make the day a success.

Thank you to Mohawk Fire Dept. & Tyendinaga Police Service for keep us all safe on the roads.



Red Cedars Shelter

Would like to thank everyone who gave a generous monetary donation to our program during the Metis Fidler's event on March 21, 2014. Also, to the Good Minds program for their thoughtfulness.

We received a donation of \$270.00.

Nya:wen

In the spirit of Healing



Happy Birthday!



Happy Birthday
Toni on May 22

Happy 4th Birthday
Eli – May 24th
Love Sam, Emmett, Phill & Hayden

Happy 21st Birthday
Kody Brant
Love Dad & Allison

Happy Birthday
Betty – May 27th
Love Marilyn & Rick

Happy Birthday
Jools
From Esther Squirrel, Donna & Allison

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

Happy Birthday
Dad – May 3rd
Lots of Love Hayden

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

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



Happy Birthday
Phill – May 3rd
Love Marilyn & Rick

Happy Birthday
Kelly!
Oh, to be 39, one more time
Love, Mom and Tony

Happy Birthday
Bill – May 10th
Love Rick & Marilyn

Happy 33rd Anniversary
Les and Cindy Venton
May 2nd
Love Always
The Kids

Happy Birthday
Harry – May 14th
Love Marilyn & Rick



Happy 4th Birthday
Eli – May 24th
Lots of Love Aunt Marilyn
& Uncle Rick

Laura's Closet



Red Cedars Prom/Grad Dress Program 2014 Reminder

Nia:wen Kowa

To our community for coming together and donating
towards Laura's Closet.

We are thankful for your
support!

Do you need a dress??

We have a variety of sizes,
call us to arrange a private fitting!

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

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





Moon Ceremony

Women / girls are invited to join us to honour and seek guidance from Grandmother Moon on May 14/2014 at Dusk Approx.

8:00 pm. Facilitated by Betty Carr-Braint.

Women / girls are encouraged to bring:

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

- A bottle of water

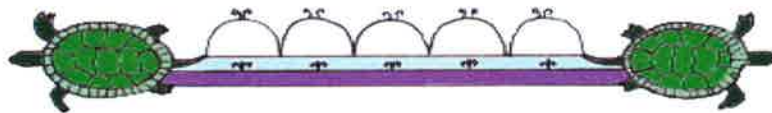
- A lawn /camp chair

- A small pot Luck Item

- And to wear a skirt.

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

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



Moms - In - Waiting

Canadian Prenatal Nutrition Program (CPNP)

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

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

Mary McCauley R.N.
Community Health Nurse

Why should I make my own Baby Food?



FOOD PREPARATION:

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

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

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

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

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

Make Your Own Baby Food!!

on

Wednesday, May 28, 2014

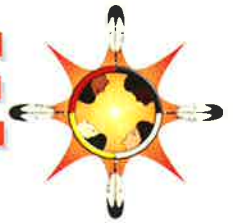
6:00pm—8:00pm

Teaching Lodge Kitchen

Community Wellbeing Centre

Please call 613-967-3603 to Register

COMMUNITY CIRCLE



The Community Circle is being held at the Community Wellbeing Centre

May 26th, 2014 6:00pm - 8:30pm

We have had lots of great ideas from our community circle! We're excited to offer these awesome evenings of creating crafts and traditional teachings. Our focus for May is going to be making a Terrarium.

Please bring a Wholesale size jar with lid. (Picture Below)

We do require registration as the circle is becoming more popular and we want to ensure we will have enough supplies for everyone.

*** Just a reminder that the circle is only open to participants 18 years and older. We encourage our elders to participate as well! ****

To register please call: Julie Brant 613 967 0122 ext. 149

Or email julieannb@mbq-tmt.org



The circle is open to men and women 18 years and older.

"The Circle has healing power. In the Circle, we are all equal. When in the Circle, no one is in front of you. No one is behind you. No one is above you. No one is below you. The Sacred Circle is designed to create unity. The Hoop of Life is also a circle. On this hoop there is a place for every species, every race, every tree and every plant. It is this completeness of Life that must be respected in order to bring about health on this planet."

The Community Wellbeing Centre





Bears & Cubs

Mother's Day Craft Event!

May 8th, 2014 - 6:00 till 8:00pm

Community Wellbeing Centre

50 Meadow Drive

Tyendinaga Mohawk Territory



Happy
Mother's
Day!

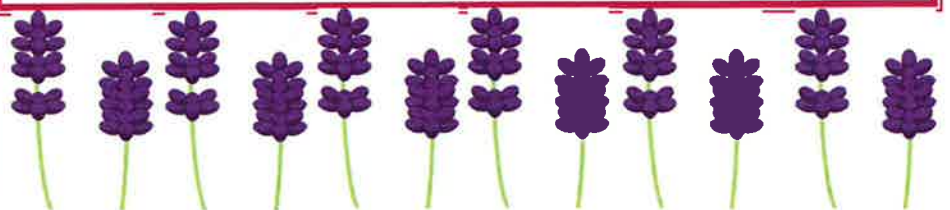
We would like to invite our Bears and Cubs (men and children) to take part in a Mother's Day craft making evening. Each cub will create a very special gift for Mom, Auntie, Grandma or Yokon:kwe!

With the help of Millside Ceramics our gifts will be completed, wrapped and ready for Mother's Day.

***** Please Note***** - We do require **ALL Bears & Cubs** to register as we have only 24 spaces available for this event. The event registration will be on a first come first serve basis and will fill up fast, so be sure to call ASAP!!

As usual we will be serving dinner and dessert. Please ensure you inform the Family Health and Child Development staff of any food allergies upon registering so that we are able to make special arrangements.

To Register please contact : Julie Brant - CWB @
613 967 0122 Ext. 149 / Email: julieannb@mbq-tmt.org





COMMUNITY HEALTH BULLETIN

Improving Health & Wellness In Our Community

Ontario Measles Outbreak

Between January and March 2014 Ontario has had 11 cases of measles, 5 whom were reported in returning travelers from destinations including Europe and Southeast Asia. A further 6 cases have acquired infections in Ontario and are epidemiologically linked to recent travel-acquired measles cases.

Although less common, recent cases have been observed even in individuals who had received two valid doses of measles-containing vaccine. Thus, a two dose measles immunizations history should not be used to rule out measles. Appropriate testing should be done.

Measles are highly infectious and rapid action needs to be taken to prevent further cases.

Signs and Symptoms:

*Fever

*At least one of: cough, runny nose or conjunctivitis

*Generalize maculopapular rash

Most cases of measles become apparent 10-14 days after contact with the virus (the range is 7-21 days).

Tips & News

General Sun Safety



1. Apply sunscreen of SPF 45 for kids at least 15 to 30 minutes before going outdoors.
If you can do it an hour ahead of time, that's even better.
2. **Be sure to choose a sunscreen that offers broad spectrum protection,**
which means it protects from both UVA and UVB rays.
3. Don't forget to wear protection on cloudy days as well as sunny ones.
UVB rays may be partially blocked by the grayness, but UVA rays are not.
4. **Know that the sun's rays are strongest between 10:00 AM and 4:00 PM.** *Protect yourself.*
5. **Protect your child's skin with sunscreens designed specifically for the sensitive skin of babies and kids.**
6. **Sunscreen isn't the only form of protection from the sun.** *Wearing a hat, sun protective clothing or even using an umbrella can help prevent harmful damage to your skin and help avoid a sunburn.*
7. **Winter, spring, summer or fall—sunscreen is needed all year round.**
8. **Don't forget those often-missed spots like ears, lips, and nose.**

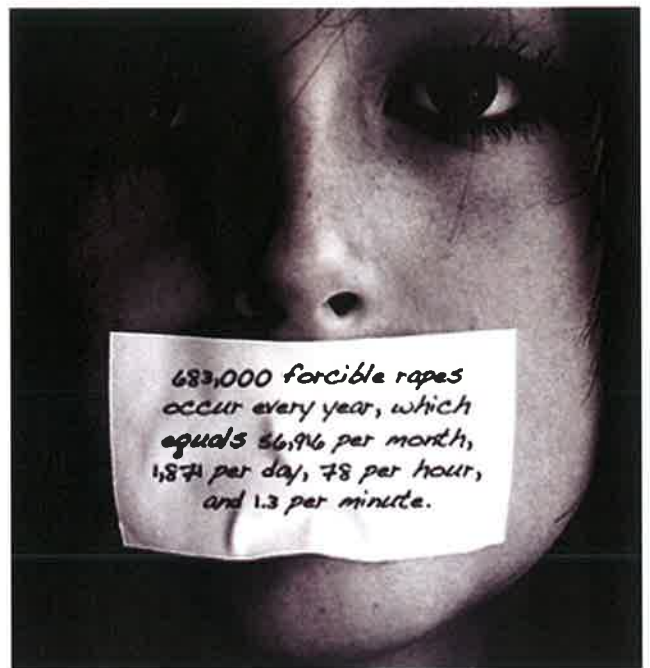
Hosted by the Enyonkwa'nikonhriyohake' Program

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 30th
Teaching Lodge CWB
7:30 am—11am
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**

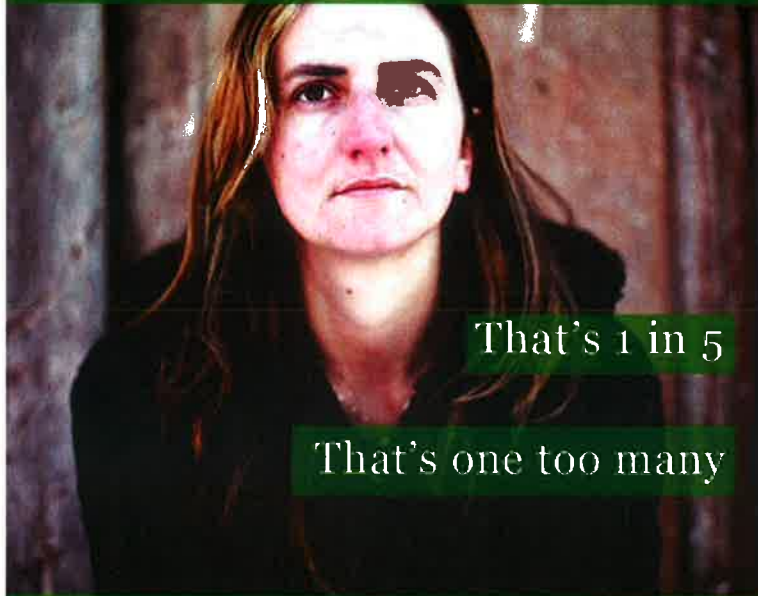
If rape was about her drinking too much, women who can't or don't drink wouldn't get raped. **But they do.**

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.

2 **ASK HOW 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.

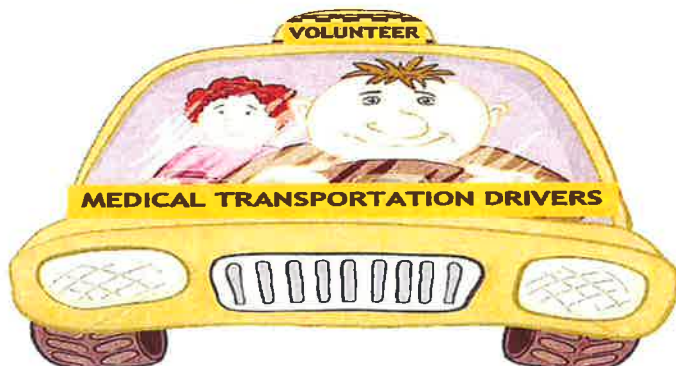
8 **EDUCATE YOURSELF**
Listen to and learn from women. Attend programs and events and learn how to end domestic violence and sexual assault.

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.

NEEDED!!!

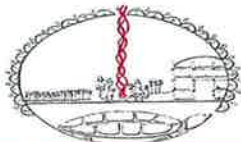
Volunteer Medical Transportation Drivers



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

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

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



Promote

Protect

Support Breastfeeding

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

Nursing Mothers Support Group

Tuesdays 10:30-12:00 noon

Queen Anne Parish Centre

1295 Ridge Road TMT

Lactation Consultation available

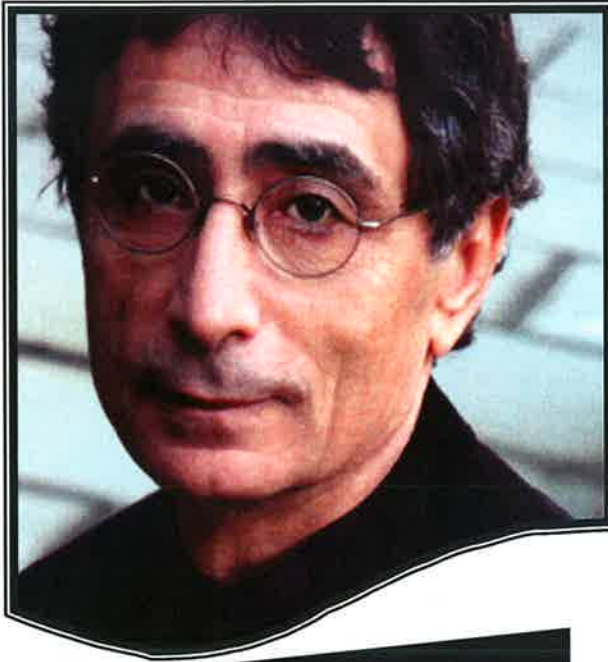
For more information contact Community Wellbeing Centre 613-967-3603

THE ENYONKWA'NIKONHRIYOHAKE' PROGRAM
WILL BE HOSTING

International Bestselling Author and Speaker
Dr. Gabor Maté

HUMAN DEVELOPMENT THROUGH THE LENS OF
SCIENCE AND COMPASSION

May 23 & 24 2014
Orange Lodge



***FREE TO TYENDINAGA
COMMUNITY MEMBERS**

May 23 2014

1:00-2:30
When The Body Says No

2:30-4:00
Toxic Culture

May 24 2014

9:30-12:00
The Hungry Ghost

12:00-1:00
Lunch

1:00-2:30
Peer Orientation

2:30-4:00
The Biology of Loss

*"I still don't accept that things are
hopeless for any human being. I
believe there is a natural strength
and innate perfection in everyone."*

*" We may not be responsible for the world that created our
minds, but we can take responsibility for the mind with which
we create our world."*

Dr. Gabor Mate

SPACES ARE LIMITED
PLEASE RSVP BY MAY 16TH
TO RESERVE A SEAT PLEASE CONTACT:
JESSI HILL
613-967-0122 EXT: 167

ENYONKWA'NIKONHRIYOHAKÉ' PROGRAM IS HOSTING A:

DRUMMING & SINGING CIRCLE

Are you interested in learning songs? Or drumming? Or teaching a song?

Do you want to come out and join us to have some fun.

We are hoping to learn a variety of songs, Mohawk, Ojibwe, etc.



Come out and join us. We will all lift up our voices in song....

Open to adults, 18+. 10 spots available.

Initially, we will run for 6 weeks.

Start Date: Monday, May 5th, 2014

Time: 6 to 8 pm.

Where: Teaching Lodge @ CWC

Please contact Betty or Diana at 613-967-0122.

Canada's Low-Risk Alcohol Drinking Guidelines

Drinking is a personal choice. If you choose to drink, these guidelines can help you decide when, where, why and how.

For these guidelines, "a drink" means:



Your limits

Reduce your long-term health risks by drinking no more than:



- 10 drinks a week for women, with no more than 2 drinks a day most days
- 15 drinks a week for men, with no more than 3 drinks a day most days

Plan non-drinking days every week to avoid developing a habit.

Special occasions

Reduce your risk of injury and harm by drinking no more than 3 drinks (for women) or 4 drinks (for men) on any single occasion.

Plan to drink in a safe environment. Stay within the weekly limits outlined above in **Your limits**.

Safer drinking tips

- Set limits for yourself and stick to them.
- Drink slowly. Have no more than 2 drinks in any 3 hours.
- For every drink of alcohol, have one non-alcoholic drink.
- Eat before and while you are drinking.
- Always consider your age, body weight and health problems that might suggest lower limits.
- While drinking may provide health benefits for certain groups of people, do not start to drink or increase your drinking for health benefits.

Low-risk drinking helps to promote a culture of moderation.
Low-risk drinking supports healthy lifestyles.

When zero's the limit

Do not drink when you are:

- driving a vehicle or using machinery and tools
- taking medicine or other drugs that interact with alcohol
- doing any kind of dangerous physical activity
- living with mental or physical health problems
- living with alcohol dependence
- pregnant or planning to be pregnant
- responsible for the safety of others
- making important decisions

Pregnant? Zero is safest

If you are pregnant or planning to become pregnant, or about to breastfeed, the safest choice is to drink no alcohol at all.



Delay your drinking

Alcohol can harm the way the body and brain develop. Teens should speak with their parents about drinking. If they choose to drink, they should do so under parental guidance; never more than 1–2 drinks at a time, and never more than 1–2 times per week. They should plan ahead, follow local alcohol laws and consider the **Safer drinking tips** listed in this brochure.

Youth in their late teens to age 24 years should never exceed the daily and weekly limits outlined in **Your limits**.



Canadian Centre
on Substance Abuse
Centre canadien de lutte
contre les toxicomanies

Partnership. Knowledge. Change.
Collaboration. Connaissance. Changement.



The Canadian Centre on Substance Abuse changes lives by bringing people and knowledge together to reduce the harm of alcohol and other drugs on society. We partner with public, private and non-governmental organizations to improve the health and safety of Canadians.

CCSA wishes to thank the partners who supported development of Canada's Low-Risk Alcohol Drinking Guidelines. For a complete list of the organizations supporting the guidelines, please visit www.ccsa.ca/Eng/Priorities/Alcohol/Canada-Low-Risk-Alcohol-Drinking-Guidelines/Pages/default.aspx

Reference:

Burt, P., Berman, D., Cassman, L., Peck, C. & Stockwell, T. (2011). *Alcohol and health in Canada: A summary of evidence and guidelines for low-risk drinking*. Ottawa, ON: Canadian Centre on Substance Abuse.

500-75 Albert Street, Ottawa, ON K1P 5E7
Tel: 613-235-4245 | Fax: 613-235-8101

Charité #: 1222810080001 | ISBN 978-1-77178-618-9
Developed on behalf of the
National Alcohol Strategy Advisory Committee
© Canadian Centre on Substance Abuse 2013

Cette publication est également disponible en français.



Visit our website to find out more!

www.ccsa.ca

Gather your family & friends



Interested in learning more about diabetes?

Willing to have your friends & family over to your house for about an hour to learn more about diabetes?

Give us a call....

Community Health Reps will bring the information to you.

Pick a date & time with your family and give us a call to schedule.

613-967-3603

For more information call Denise Leafe

Diabetes Social Circle

Welcomes guest speaker– Bruce Bates

Tues, May 13/14

@ 6:00 PM

Community Wellbeing Centre

Teaching Lodge

50 Meadow Drive

Tyendinaga Mohawk Territory

613-967-3603



Friendly Reminder!

Yes, the bee's are out already and they are stinging!

Please be mindful of leaving foods and drinks unattended.

Look before you drink!

WE MADE IT!!!!

We survived another long winter and this past one being extremely long. As we turn our thoughts to warm summer weather please remember to protect yourself and your little people. When pulling out all the fun summer toys and patio furniture, don't forget the sunscreen & sunglasses!



Personal Credits Notice



Betty Carr-Braint, MSW, RSW

Enyongwa'nikonhriyohake' Manager

Community Wellbeing Centre

613-967-0122 Ext. 102

If you received a Common Experience Payment, you could get \$3,000 in Personal Credits for educational programs and services.

The Indian Residential Schools Settlement Agreement. The healing continues.

Since 2007, almost 80,000 former students have received a Common Experience Payment ("CEP") as part of the Indian Residential Schools Settlement Agreement. CEP recipients are now eligible to receive non-cash Personal Credits of up to \$3,000, for either themselves or certain family members, for educational programs and services.

What are Personal Credits? Personal Credits may be used for a wide range of educational programs and services, including those provided by universities, colleges, trade or training schools, Indigenous Institutions of Higher Learning, or which relate to literacy or trades, as well as programs and services related to Aboriginal identities, histories, cultures or languages.

How much are Personal Credits? Adequate funds are available for each CEP recipient to receive up to \$3,000 in Personal Credits, depending on your approved educational expenses.

Which educational entities and groups are included? A list of approved educational entities and groups has been jointly developed by Canada, the Assembly of First Nations and Inuit representatives. If an educational entity or group is not on the list, please consult the website for more information.

Will I receive a cheque? No. Cheques will be issued directly to the educational entity or group providing the service.

Who can use Personal Credits? CEP recipients can use the full amount themselves or give part or all of their Personal Credits to certain family members such as a spouse, child, grandchild or sibling, as defined in the terms

and conditions. Personal Credits of multiple CEP recipients can be combined to support a group learning activity.

How can I get Personal Credits? Each CEP recipient will be mailed an Acknowledgement Form. If you do not receive an Acknowledgement Form by the end of January 2014, please call 1-866-343-1858. Completed Acknowledgement Forms should be returned as soon as possible and must be postmarked no later than **October 31, 2014**.

How do I redeem my Personal Credits? Once approved, you will be sent a personalized Redemption Form for each individual using Personal Credits at each educational entity or group. Once the Form is received, provide it to the educational entity or group listed. The educational entity or group must then complete and mail back the Redemption Form postmarked no later than **December 1, 2014**.

CEP recipients have the option of sharing their Personal Credits with certain family members, such as:

- Children
- Spouses
- Grandchildren
- Siblings

What happens to unused Personal Credits? The value of unused Personal Credits will be transferred to the National Indian Brotherhood Trust Fund and Inuvialuit Education Foundation for educational programs.

For more information, including how Personal Credits can be redeemed by certain family members of CEP recipients that are deceased, visit www.residentialschoolsettlement.ca or call 1-866-343-1858.

The IRS Crisis Line (1-866-925-4419) provides immediate and culturally appropriate counselling support to former students who are experiencing distress.

1-866-343-1858 • www.residentialschoolsettlement.ca

Enyonkwa'nikonhriyohake' Program Presents:

Youth Group!

All activities are FREE
MAY 2014



NOTES FOR MAY:

- *****YOUTH GROUP WILL FINISH MID-MAY THIS YEAR*****
- There will be field trips (weather permitting) during the May 6th-15th youth groups - limited spots available & you must sign your child up beforehand
- For more info or to sign up your child, please call Tracy Hill at CWC @ 613-967-0122 x 146

Tuesdays

ages: 6-8

TIME: 6-8PM

LAST GROUP: MAY 13TH



ages: 13-18

TIME: 6-8PM

LAST GROUP: MAY 14TH

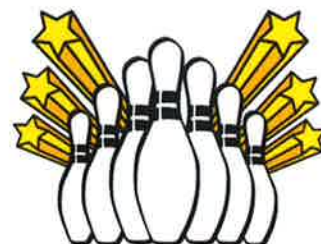
Wednesdays

Thursdays

ages: 9-12

TIME: 6-8PM

LAST GROUP: MAY 15TH



 **mobileyez** Eyecare. Everywhere.™

OPTOMETRIST EYE EXAMS & GLASSES

TYENDINAGA MOHAWK TERRITORY

MAY 15TH, 10AM - 5PM



\$0*

VOQUE
eyewear

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



\$49*

Ray-Ban

RayBan WAYFARER frames only.
Colours: Black & Brown.



RUDY PROJECT.

2nd pair FREE

Technically cool sunglasses. Made in Italy.
Starting at \$150

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

OPTOMETRIST EYE EXAMS & GLASSES

COMMUNITY WELLBEING CENTRE

50 MEADOW DRIVE, DESERONTO

**BOOK EARLY
2 DAYS ONLY**

TO BOOK YOUR EYE EXAM CALL TOLL FREE:

1-866-920-6480

WE DO DIRECT INSURANCE CLAIMS

ALL MAJOR CREDIT CARDS AND DEBIT ACCEPTED

Please have your band registry number when you schedule your appointment



NEW ACTIVITIES

Looking for fun activities for you or the whole family?

Community Health Program offering FREE swim, skate & gym passes to be used at Quinte Sports & Wellness Centre at your convenience.

It's simple.

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

NOTE— passes are one pass per person per activity and must be left with Quinte Sports & Wellness staff at the time of use.



**SWIM, GYM,
SKATE**

Community Wellbeing
Centre
50 Meadow Dr.
Tyendinaga Mohawk
Territory
Health Reception

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

14 York Road, Unit #1 & 2B
Shannonville, Ontario
KOK 3A0

May 2014

Discover the Balance

We have Gift Certificates

**Discovering the
Balance**

**By Working the
Mind, Body,
Heart and Spirit**

Hours of Operation

Monday - Thursday

6:30am-8:00pm

Friday

6:30am-6:00pm

Saturday

8:00am- 2:00pm

Fees

Senior (55+) \$20.00

Student \$25.00

Adults \$30.00

**We Are Open to
The Public**

TFRC Staff

Darlene Loft /

TFRC Manager

Sonya Maracle /

Personal Trainer

Staff /

Sonya Lueth

Mahaley Brant

Shanleigh Maracle

Kiowa Bernhardt

We Welcome Co-op

How Exercise Prevents Heart Disease

Studies show that exercise is similar to, if not, more effective than medications for heart disease and diabetes. There were “no statistically detectable differences” between physical activity and medications. Exercise was tested more effective for patients after a stroke versus medications.

Physical exercise effectively prevents diabetes and heart disease because it primarily stabilizes your insulin and leptin levels.

Although excessive exercise is proven to be damaging to your heart's health, for optimal health it is better to add a variation of interval, strength, and core training with regular stretching of your muscles.

Recreation Dance

Let us know if you are interested in a Recreational dance, we have some great dance teachers that want to do a fun free event.

Running Spring / Summer Program

Let us know if you are interested in going for a run in our small community, we welcome any groups.

Thank You

Greg Loft for fixing our vacuum cleaner and moving the blinds to the fitness studio & putting up new curtains. Also to Tara Whalen and Brendan McLaughlin for their volunteer time at TFRC.

Congrat's Staff for Completing Training

Jayna Leland - Personal Training Certification & CPR/First Aid

Sonya Maracle - Personal Trainer Specialist/ Pre & Post Natal Specialist

Sonya Lueth - Social Service Worker Diploma

Darlene Loft - Seniors Fitness (still training) & CPR/First Aid

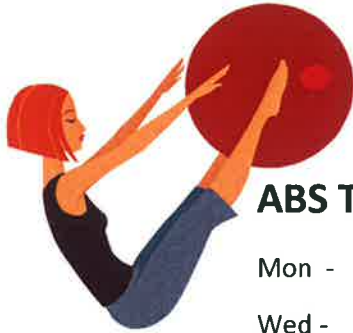
GREAT JOB EVERYONE!



TYENDINAGA FITNESS RESOURCE CENTRE

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

AWESOME ABS



ABS Time:

Mon - 12:50 to 1:20

Wed - 12:15 to 12:45

Program Has Been
Successful !

NEW

CHARGING CIRCUITS

Circuits Time:

Mon - 5 to 5:30

Tues - 12:15 to 12:45

LUNCH TIME WORKOUT

No Cost

With
TFRC

Active membership

\$5.00

Without

TFRC
membership

No Experience Required &
If successful program will continue

Body Detail Workouts by our Certified Personal Trainer

Sonya Maracle

Limited Space for 10 Participant's Per Session

Never too late to Join !

BW Time:

Wed - 5 to 5:30

Thurs - 12:15 to 12:45



Better Butts Time:

Mon - 12:15 to 12:45

Wed - 12:50 to 1:20

BODYWEIGHT

BETTER BUTTS

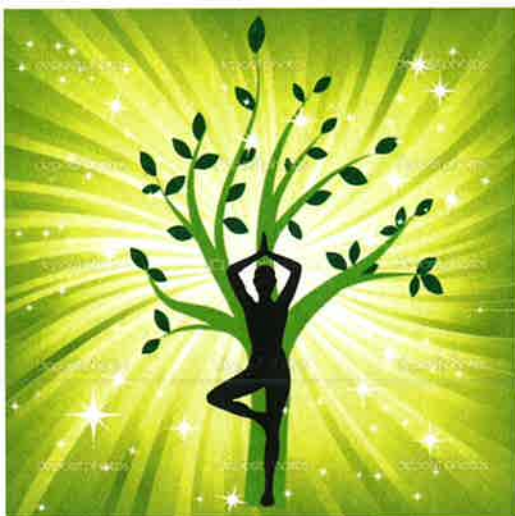
FREE YOGA!

@ Tyendinaga Fitness Resource Centre
14 York Rd. Shannonville

613-962-2822



tyfitnessres@mbq-tmt.org



Benefits of yoga

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

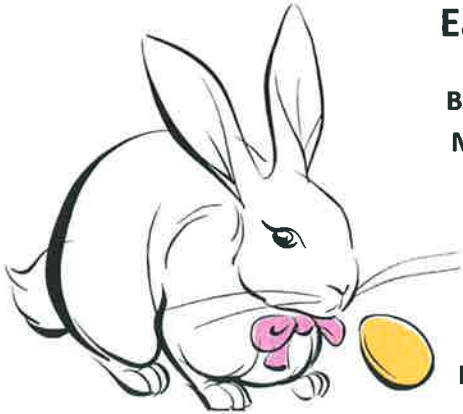
Instructor: Erin McMahon – Erin fell in love with yoga during her 1st class 4 years ago. She has since enjoyed many different styles of yoga. Erin is currently completing an 8 month long yoga teacher training course at Janati Yoga School in Kingston.

Sign up by April 30th

Starting in May, Every Friday .. 1pm – 2pm

Starting in June, Every Thursday .. 5:30pm – 6:30pm

WATCH FOR CLASSES FOR JULY & AUGUST



Easter Egg Hunt 2014 Winners

Brittany Fargey – Free Membership

Mike Byrd – Free Membership

Ron DeMille – Free Membership

Bobby Breadman – Free Membership

Karen Weed – TFRC Water Bottle

Dave Byrd – TFRC T-Shirt

Kate Mularky – Duffle Bag

SEE YOU NEXT YEAR!



SPRING INTO ACTION

AT THE

TYENDINAGA FITNESS RESOURCE CENTRE

OPEN HOUSE!!

MAY 26th – 30th

FREE WORKOUT FOR THE WEEK

\$2 Draws – Enter to Win a 1 YEAR Membership!

2ND PLACE – 2 MONTHS FREE

3RD PLACE – TFRC GYM BAG & GIFT CARD

Purchase 10 months get 2 months free (totals 12 months)

FIRST 10 PEOPLE TO PURCHASE a 1 YEAR MEMBERSHIP

Receive 6 MONTHS FREE CHILDCARE (one child)


Receive 10% discount on your 1 year membership for each friend you bring. (5 friends = 50% discount! When they purchase 1 month)

FIRST 25 PEOPLE TO PURCHASE 1 YEAR

MEMBERSHIP GET A FREE TFRC draw string

BAG





**KANHIOTE
LIBRARY**
613-967-6264

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

Thursday 12 to 7

Tyendingaga History Info Session
May 28
11:30 to 1
Topic: Clans

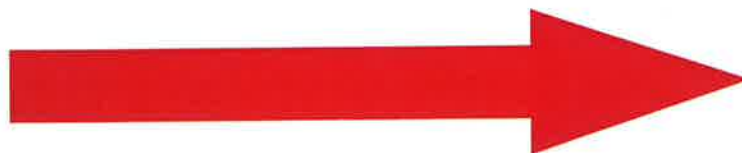
Beading Thursday
evenings from 7 to 9.
Beginners welcome.

Opportunity for Native youth

High school age 14+
ART CAMP with Duke Redbird
on Toronto Centre Island
in August for 7-10 days

Apply now at the library and you may be chosen for this FREE art camp experience.
Courtesy of ImagineNative - they will chose students from names submitted - the students will stay on Center Island.

MULTI-FAMILY YARD SALE



SAT & SUN, MAY 31 & JUNE 1ST

8 AM – 2 PM

Too many great items to list! Come and check it out!

36B Bayshore Rd, TMT

Tyendinaga Food Resource Centre Charity Golf Fundraiser June 13th, 2014

"4 Person Scramble"

Shotgun Start 11:00am

PRIZES

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

GAMES



Briar Fox Golf Club

FUN

Please bring a non-perishable food item

\$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)



Briar Fox Golf & COUNTRY CLUB

www.briarfoxgolf.com

7415 Hwy. #2
R.R. #1 Marysville ON
KOK 2N0
613-396-2433

MBQ's First Junior Golf Program

Ages: 7-12 with only 12 spots available!
Starts: Thursday June 12/2014
Duration: 12 weeks every Thursday 6-7pm
Cost: \$100.00
Location: Briar fox driving range, and course play

We are happy to announce that Briar Fox's Brian Dunville will be teaching your child all aspects in the sport of golf.

It is recommended your child come prepared with golf clubs and a drive to learn this great game!

To register, please email me at maraclemoore@gmail.com or call 613-921-7292. You can also register at Briar fox at number above.

Thanks, Shawn Moore.



A BIG THANK YOU FROM DDMHA

Deseronto Minor Hockey would like to thank all coaches, trainers, managers, players, parents, grandparents, volunteers, referees and timekeepers for another great season of hockey. A special thanks to the following team sponsors: Montgomery Fleet Services, Steinberg Dental Centres, McDougall Insurance, Free Flow Petroleum, Angela Miller Investia Financial Services, Tyendinaga Propane, Free Flow MX Park, C.H. Demill Holdings, McDonald's, Darran Green Sandblasting, Shurtleff Interiors and Building Services, Briar Fox Golf Club and Village Variety.

Thank you to the following business for making a donation to minor hockey: United Restaurant, The O'Connor House, Bob's Portable Toilets, Gray's IDA, McGlade Funeral Home, Polished Affair, Dr. Julianne Peterson, Teeth Tech, Whalen's Sand and Gravel, Wood's Auto Sales and The Great Deseronto Antique Emporium. We are grateful for your generous contributions to minor hockey in our community. Deseronto Minor Hockey hosted the Atom Championship Day and would like to thank the following for their donations: Subway, Frito Lay, Coca Cola, Belleville Bakery, W.R. McRae, Free Flow Petroleum, Tim Horton's, United Restaurant, Chisholm Mills, Steinberg Dental Centres, Free Flow MX Park, Belleville Bulls and the Town of Deseronto. Also, thank you to the coaching staff and parents from our two atom teams and Executive members for volunteering their time and energy to make the day a great success. Online registration for next season is now open at www.ddmha.ca. Register and pay by September 1st to be eligible for a draw for free registration.



IT'S REGISTRATION TIME AGAIN!!!

Registration will start May 1, 2014-August 31, 2014 For the upcoming 2014-2015 hockey season (ONLINE at WWW.DDMHA.CA)

We will have a registration day at the arena. Date to be determined.

RATES

May 1st-Aug 31st-----\$450.00

After Aug 31st-----\$500.00

Initiation -----\$275.00

(\$50 off 3rd, 4th, etc child within families)

First time players must provide a photocopy of their birth certificate.

PLEASE NOTE:

ALL registration fees are to be PAID IN FULL before your child steps onto the ice.

This includes families applying for funding.

There will be NO EXCEPTIONS this year.

METHODS OF PAYMENT

Credit Card payment (of up to 4 installments; online registration only)

Postdated chqs up to August 1st. NO EXCEPTIONS!!!

*****EVERY PLAYER THAT HAS BEEN REGISTERED AND FEES PAID IN FULL BY AUGUST 31ST, WILL BE ENTERED INTO A DRAW FOR 1 FREE REGISTRATION*****

For families applying for funding, please contact Kate Maracle via email ... katemaracle@gmail.com for more information.

NEW.....

Respect in Sport is now mandatory for all families. It is required that 1 parent/guardian in each household complete this requirement.

Again, this is done online through the OMHA website and does require a credit card or paypal.

The cost will be 12.00

Also, because this is a mandatory requirement from OMHA, your child will not be able to step on the ice if the course has not been completed. Clinic dates to be announced.



DESERONTO LEGION

UPCOMING EVENTS FOR MAY

May 24th- 7th Annual " *Sonny Pete*" Maracle Memorial Fish Fry

12 noon to 3pm

Tickets in advance \$12.50 and \$15.00 at the door

Door Prizes and 50\50 draw

Call 613-396-2016

Family Tradition- 4pm to 8pm

Everyone welcome to both events

** Bus Trip has been booked for July 5th to visit Napanee, Collins Bay and Bath Legions-everyone must have 2014 membership card - \$25.00 per person. Sign up sheet is at the legion and funds must be paid by May 6th- FUNDS WILL NOT BE REFUNDED- Bus will leave Deseronto Legion at 11:30am. **

Tree of Growth

MOHAWK PENTECOSTAL CHURCH

THANK-A-THON

New Building Info
Session

Saturday, May 10, 2014

**MOHAWK
COMMUNITY CENTER**
York Rd

1:00 p.m. – 4:00 p.m.

SURVEYS

MUSIC

SLIDES

PHOTOS



REFRESHMENTS

Come see God's Dream

ALL WELCOME



COMMUNITY INPUT

CLASSIFIED

FOR RENT

2 BEDROOM APARTMENT
- located on the York Rd.
- Available Immediately

Call for an appointment
613-962-1546

HANDY MAN WANTED

- occasional hours as
necessary

Please call 613-962-1546

FOR SALE

4 BEDROOM 1800 sq. Ft
BUNGALOW

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

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

HOUSE FOR SALE

- 840 # 49 Hwy Tyendingaga 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

BABYSITTING AVAILABLE

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

Call Fran - 613-396-2393

WATERFRONT LOTS FOR SALE

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

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

LOT FOR SALE

HY 49 & BAYSHORE RD
Partial dwelling located there

Phone: 613-243-9079

FOR SALE

4 BEDROOM HOME

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

PRICE RECENTLY REDUCED
(Serious offers will be considered)

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

HOUSE FOR SALE

For sale by Owner

- Lot 30G-4 Concession A
- 20 Airport Rd
- 3 bedrooms, kitchen, living room, dining room combined
- full basement
- working well with trickle system, water purifier with UV light
- new windows and doors
- septic system 8 yrs old
- large lot, back deck 3 yrs old
- garage for storage or car
- laminate flooring throughout

Only interested parties
need apply.

Contact: 613-827-8774 anytime

FOR RENT

LARGE 1 BEDROOM HOUSE

- furnished, 5 appliances
- nicely decorated & landscaped
- bathroom with whirlpool & shower
- eat in kitchen & dining room
- living & family room
- excellent water
- non smoker & no pets
- central air & use of garage
- Available June 1
- references required & \$500. security deposit
- \$900.00 per month including utilities

Phone: 1-352-678-2645

FOR RENT

Upper 2 BEDROOM APARTMENT

- no refrigerator or stove.
 - \$600/month inclusive,
 - first and last month required.
 - Located at 411 Airport Road, TMT
- Applications available at
Build All Contractors, 5427
Hwy #2, Shannonville

FOR SALE

WATERFRONT COTTAGE

- with large 2 car garage & sun Porch
- located just off of Ferry Lane (Cottage F)
- large spacious 3 bedroom approx 1200 sq. ft
- renovated and winterized with electric heat source
- hardwood floors & rugs

For further information, please call 613-544-7019

HOUSE FOR SALE

41 Upper Slash Road
\$185,000

- 1 Acre Lot with Plenty of Road Frontage
- 1640 Sq. Ft – Main Level
- Propane Furnace and Hot Water Heater
- Hardwood and Ceramic Floors Throughout
- Large Eat-in Kitchen
- Dining Room opens to Multi-level Deck
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Attention to the Mohawk Men of our Community

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ARE DECIDING ON YOUR NEXT STEP

TOWARDS GETTING BACK ON YOUR FEET!

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

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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 Lane
9:30 a.m.

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

**230th Anniversary of the Landing of the Mohawk
and Founding of the Parish
Sunday 25 May
Christ Church, 9:30 a.m.**

This special celebration uses worship language that is informed by an indigenous worldview and commemorates the arrival of the Mohawk to the shores of the Bay of Quinte in 1784 and the subsequent building of the Parish of Tyendinaga.

**Feast of Pentecost - The "Birthday" of the Church
Sunday 8 June
Christ Church, 9:30 a.m.**

As we celebrate the gift of the Holy Spirit to the Church, we welcome new members through the Sacrament of Holy Baptism. Red clothing is encouraged!

UPCOMING EVENTS

**Wlak-a-Thon/Rock-a-Thon
Sat 31 May, 8-10 a.m., All Saints' Church**
Walkers are raising funds to assist with outreach ministry (including ministry in the North, assistance for crisis victims, local school program funding etc)

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:
Dale & Lorna Vos
613-968-8586 or 613-921-8015

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

Losers Unite, Join Us!

WINTER HOURS

Thursdays

5 - 5:30 = Weigh in

5:30 - 6:30 = Meeting

Elders Lodge
(Bayshore Rd)

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

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

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

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



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

KERISTOS NE KORAH:KOWA

CHRIST THE KING

*Under the Patronage of Blessed Kateri Tekakwitha
A Catholic Anglican-Use Parish
Tyendinaga, M. T.*



Morning Prayer with

Communion from the Reserved Sacrament

10:00 AM → 1st, 3rd, 4th, 5th Sundays



Holy Eucharist (Complete Mass):

11:15 AM → 2nd Sunday of the Month

Services are held at: The Elders' Lodge Common Room

For additional parish information, please call:

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

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

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



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



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



MOHAWK PENTECOSTAL CHURCH

WHEN WE MEET

- Sunday 10:30 am Worship Service
 11:30 am Sunday School
 6:30 am Worship Service
- Wednesday 7:00 pm Bible Study
- Saturday 7:00 pm Prayer service

1984 York Road
Tyendinaga Mohawk Territory
Ontario Canada
K0K1X0

Church - 613.396.5329
Parsonage 613.396.5325

COMING EVENTS

- Friday, May 2 Revival Service, Roblin Wesleyan Church at 7pm, With Paster Keith Dayo.
- Sunday, May 11 Mother's Day Service
- Wed, May 14 Community Prayer at Bells side rd and lower slash.
- Friday, June 6 Revival Service, TBA at 7pm
- Sunday, June 16 Father's Day Service

"I do not think the measure of a civilization is how tall its buildings of concrete are, but rather how well its people have learned to relate to their environment and fellow man.

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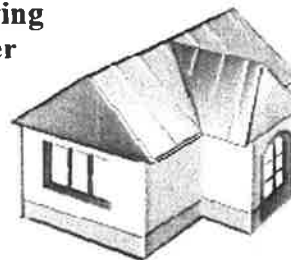
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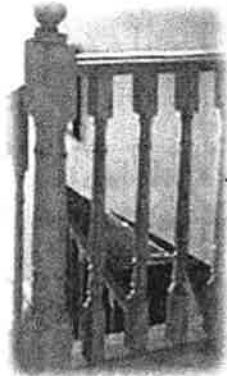
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