



Turtle Island News

Aboriginal Tourism Magazine

Spring 2017



Events • Destinations • Festivals • Powwows




**MAKE US
YOUR
#1 STOP
IN 2017!**

519.445.0088

**3000 Fourth Line
Ohsweken ON**

www.burgerbarn.ca

Visit us on 



Open Daily

8 am - 9 pm

- Daily Specials
- All Day Breakfast



Visit Burger Barn Express

Same great taste - different place! **TAKE OUT ONLY**

519.445.2518 • 7135 Townline Road, Six Nations

TABLE OF CONTENTS

PAGE 5

Mohawk Seedkeepers

PAGE 6

The Grand Entry

PAGE 7

Fancy Feather

PAGE 9

Women's Shawl Dance

PAGE 10

Men's Traditional Dance

PAGE 11

Grass Dancers &
Pow Wow Listings

PAGE 12

Aboriginal Solidarity Day

PAGE 13

Kevin Loring -
New Indigenous Theatre

PAGE 15

Middleport Cigars

PAGE 17

Leave the Road behind...

PAGE 18

Maximizing your summer
Preparing for hiking

Welcome to our Aboriginal Tourism Magazine, an edition that we are pleased to present to you from the Grand River Territory of the Six Nations and the home base for Turtle Island News, Canada's number one national native weekly newspaper.

Aboriginal communities across Canada have welcomed visitors to their homes for generations to share with you the treasures of their culture and customs and history.

To walk with you through time. To introduce you to their language, to the wonderful customs that make up their nations.

At Six Nations, located just south of Hamilton, Ontario along the Grand River, you will find the home of the Mohawk,

A MESSAGE FROM OUR EDITOR

Shi:koh

Onondaga, Oneida, Cayuga, Seneca and Tuscaroras. It's the only place where you will find all six of the Haudenosaunee, the People of the Longhouse, or "Iroquois" peoples living. The Six Nations came together to form a Confederacy of Nations under the "Great Tree of Peace", following the messages brought by the "Peacemaker".

There's the Munsee-Delaware near London, Ontario who invite you to drop by their traditional pow wow.

There are stories of businesses, and the history and descriptions of powwows.

Not to mention the many craft stores, art galleries and businesses in our communities that welcome you to

come and browse.

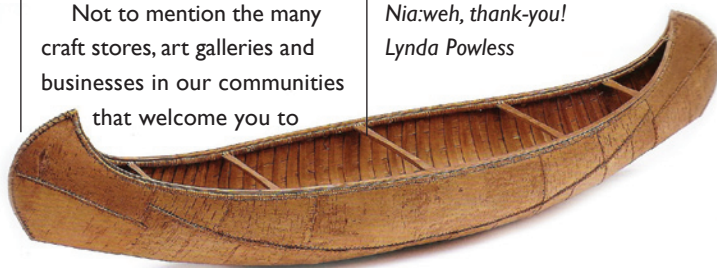
Sharing and laughing and telling stories is as much a part of our communities as the air we breath and the water we drink. We love to tell you about us from all our different nations.

Six Nations Territory is located along the banks of the Grand River surrounded by the original Carolinian forests of Southern Ontario.

We hope you will get a chance to visit our communities and share with us the wonderful warmth of the season.

Nia:weh, thank-you!

Lynda Powless



Turtle Island News

Aboriginal Tourism Magazine

is published annually by Turtle Island News Publications. Other publications include: Turtle Island News "North America's #1 Native Weekly Newspaper!" Okarahsonha kenh Onkwehonwene Aboriginal Business Magazine Discover Six Nations Magazine Aboriginal Golf Magazine We want to feature your business or tourism story. Contact us if you would like to be in future

editions, have an article you'd like to submit or an event you want to promote. Submitted manuscripts accepted but may not be returned. Authors of selected materials only will be contacted. No portion of the magazine, including advertisements, pictures or editorial content may be reproduced without permission. Contact us at: Aboriginal Tourism Magazine Editor: Lynda Powless Graphic Design: Nancy Gambacourt

Sales:
sales@theturtleislandnews.com

TURTLE ISLAND NEWS
P.O. Box 329,
Ohsweken ON N0A 1M0
P: 519-445-0868
F: 519-445-0865
www:
theturtleislandnews.com
Follow us on Facebook
the Turtle Island News and
twitter: @newsattheturtle





MOHAWK SEEDKEEPERS

Wa'tkwanonhwera:tons Ratinenhanonhnha! Welcome Seedkeepers!

Our people believe we are stewards of Mother Earth and must do our part to ensure a healthy sustainable lifestyle for the coming faces. We have been given a spiritual responsibility as indigenous people to honour all of creation.

I'm Terrylynn Brant and my path has sent me on a journey to honour, protect and keep seeds for the coming faces. I grow Haudenosaunee and heritage seeds using the agricultural practices of my ancestors. This journey of sustainable living allows me to engage in such activities as gardening, beekeeping, making maple syrup, preserving foods, saving heritage seeds, attending Longhouse ceremonies, dreaming, crafting and singing traditional seed songs.

Mohawk Seedkeepers offer;

Talks on traditional gardening methods,
seed saving workshops, cultural garden interpretation,
hands on gardening, (volunteers always welcome)

Learn about growing food forests and their importance,
food foraging through the forests,
Traditional food preparation and preservation
Corn husk craft and other workshops
Hosting of the annual Seedkeepers Gathering
(email for information)

*Visit our website for advice and tips as well as
workshops and gatherings.*

www.seedkeeper.ca



Mohawk Seed Keepers



Mohawk Seedkeepers is carrying on the tradition of Indigenous gardening and seed saving.

*Terrylynn Brant a Mohawk of Six Nations supports
gardening initiatives and shares traditional
seedkeeping knowledge.*

Terrylynn Brant

Email: terrylynnbrant@live.ca

Mail: 1946 3rd Line Ohsweken, ON, N0A 1M0
Canada

Seedkeeper Farm Address: 1300 Chiefswood Rd,
Ohsweken, ON, N0A 1M0 Canada



Six Nation Strawberry



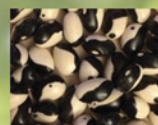
Six Nation Cranberry Bean



Iroquois Bread Bean



Skunk Bean



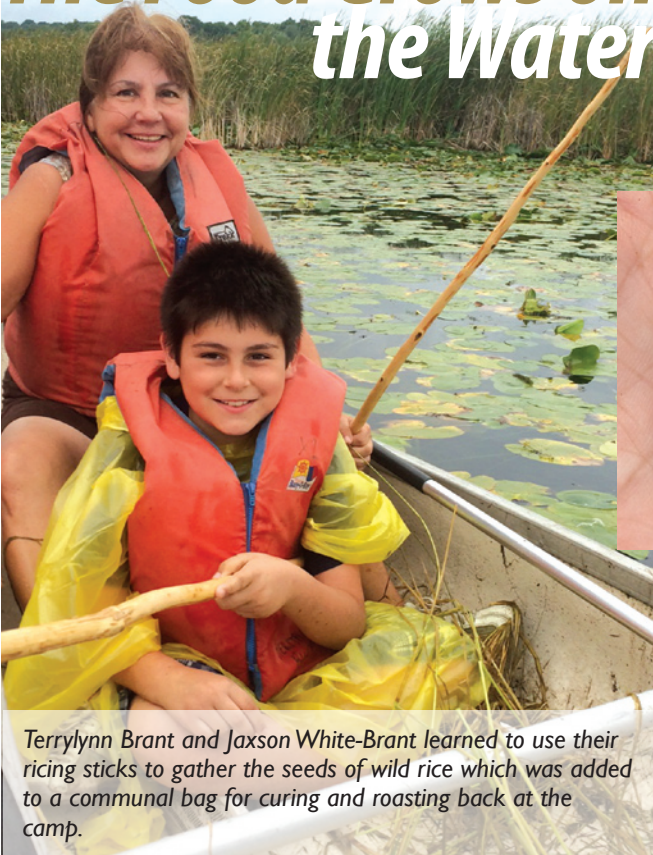
Orca Beans

Sharing traditional knowledge to protect the next generation

In my longhouse basket

Adventures in indigenous food sovereignty

The Food Grows on the Water



Terrylynn Brant and Jaxson White-Brant learned to use their ricing sticks to gather the seeds of wild rice which was added to a communal bag for curing and roasting back at the camp.

By Terrylynn Brant

One time my friend shared how her Nation came to live among the beautiful Great Lakes. She said her ancestors were told to go to the land "where the food grows on the water". So they travelled and lakes filled with wild rice were shown to them and soon it became their staple food and an important part of their culture. My friend, Winnona LeDuke, and her people have reclaimed the tradition of "going ricing". Winnona is rebuilding their rice co-operatives while working with NASA to map their traditional

ricing resources. Many of the Great Lakes Indigenous Nations gathered rice as a staple or supplement to their indigenous diet. I was happy to accept the change to go "Ricing" with my friend Anishinabeg friends. James Whetung, from Curve Lake, has 35 years of Wild Rice gathering and is considered the province's leading authority. This year he organized a Ricing Camp at Gamiing Nature Centre on Pigeon Lake for about 20 people. The camp was opened in a traditional manner which reminded us of our scared relationship with this food. A mem-

ber of the Curve Lake Council gave a history of ricing and explained recent developments in Indigenous Hunting, Fishing and Gathering Rights. We were told these rights are ours only and "just because you had an



Photo left: Wild Rice, light coloured cured raw rice with the hair still attached and dried with and without hull.

Indian in your canoe doesn't mean the right extends to you!" After traditional Water and Seed Songs were sung by the women, tobacco ties created by all ricers were placed upon the water. It was a perfect day to be upon the water and my grandson was excited about his first canoe venture. Wild rice collecting is simple. You paddle out about 150m beyond the cattails with your ricing partner. The front paddler steers while the back paddler use the ricing sticks. Ricing sticks are 4' long debarked sticks. As the canoe glides over the water you hold one sticks in each hand. Use one to bend the rice over the edge of the canoe. The other stick is used to beat the rice shaft and with some luck, the ripened rice seed falls in your canoe. It is simple but like anything else takes a great deal of skill to accumulate a mass of

rice in your canoe. The rice is gathered from the canoes to be dried or cured in the sun. Stalks and insects are also removed. Next it is roasted in a large cast iron kettle over a low open fire. Roasting lasts about 45 minutes. The trick is to keep stirring the rice so it doesn't pop like popcorn from the moisture trapped inside. The rice sizzles as the rising steam escapes. The hulls change from green to brown, and the steam becomes smoke showing experienced eyes it's ready. The smells change from wet hay smells to that of burnt toast. We learned to dry the rice to 98% as the drier it is, the longer it keeps. The roasted rice is dumped into another cool iron pot. The people put on their ric-



People take turns "Dancing upon the rice" to remove the hulls from the wild rice.

ing moccasins and "dance upon the rice" to remove the hulls. Dancing takes many pairs of feet and is a strenuous activity, taking 1-2 hours per 40lbs. Finally the beautiful black grains of rice are ready for distribution to all who helped, much like the sharing of the community corn crop among the Haudenosaunee. Both equally hard gifts to unwrap.



The Grand Entry signifies the powwow's start and is marked by the procession of Eagle Staff and flag bearers into the ring.

Eagles are believed to have the ability to communicate directly with the creator. As such, The Eagle Staff is the oldest of aboriginal symbols; only the highest ranked warriors were allowed to carry it.

Even today, Eagle Staffs – carried by First Nations veterans – receive respect equivalent to the Canadian and American flags.

The host drum offers a special song for the Grand Entry procession as all dancers follow, carrying themselves with pride and dignity.

Once all are in the ring, flags are raised and honoured with song. An Elder offers prayer and the dancing, which takes place clockwise to follow the sun, begins.

A pow-wow (also powwow or pow wow) is a gathering of North America's Native people. The word derives from the Narragansett word powwaw, meaning "spiritual leader".



CROSSROADS ANTIQUE MARKET

For everyone who enjoys a
Great Treasure Hunt!

1146 Colborne St. E., Brantford
Mon. - Sun. 10 am - 5pm • 519-759-8960

Two Clan Native Crafts



588 Sour Springs Rd.,
R.R.6 Hagersville, ON.

David R. Green
519-802-2364

PORT DOVER HARBOUR MUSEUM OPEN YEAR ROUND- BEHIND TIM HORTONS



44 Harbour St. 519.583.2660 portdovermuseum.ca

FANCY FEATHER DANCERS • An Explosion of Colour

Gender/Participants:

Men & Women

Origin/Purpose:

Fancy dancing is a war dance introduced to the eastern provinces from the western tribes. The high flying style and elaborate regalia psyched warriors up for coming battles.

Stamina and agility play a major role in fancy dancing, participants must be in excellent shape to withstand blistering temperatures during summer months.

Regalia:

Fancy dancers are brightly coloured (neon!) and covered in feathers.



GRAND RIVER INSURANCE BROKERS



Call Us Today for a Free Quote!

(519) 445-2795

WWW.GRANDRIVERINSURANCE.CA

Home | Auto | Commercial Auto
Small Commercial Packages | Group Insurance
Pensions | Large Complex Risks | Risk Management



2176-B Chiefswood Road, Box 390, Ohsweken, Ontario N0A 1M0

MOHAWK TRADING POST

Six Nations Artwork &
Crafts, Aboriginal Designed
Clothing, Custom Bead
Work, Silver Jewelry
Furniture and More...



Great
Gift Ideas from
a dollar and up.



NEW - Children & Adult
Carved Longhouse Benches



519.717.0872 Open 8-7pm 7 Days a week

2208 Chiefswood Rd. Ohsweken, ON



WOMEN'S SHAWL DANCE

The female dancers move with quick, high-stepping footwork and constantly move their arms – this dance requires stamina.

The beginning of Powwow dancing for many young women, the shawl dance brings two teachings.

The first is that the shawl dancers represent butterflies, which symbolize transformation.

The dancer's twirling movements, combined with the flowing shawl draped over her arms, represent a butterfly in flight.

The other teaching is that

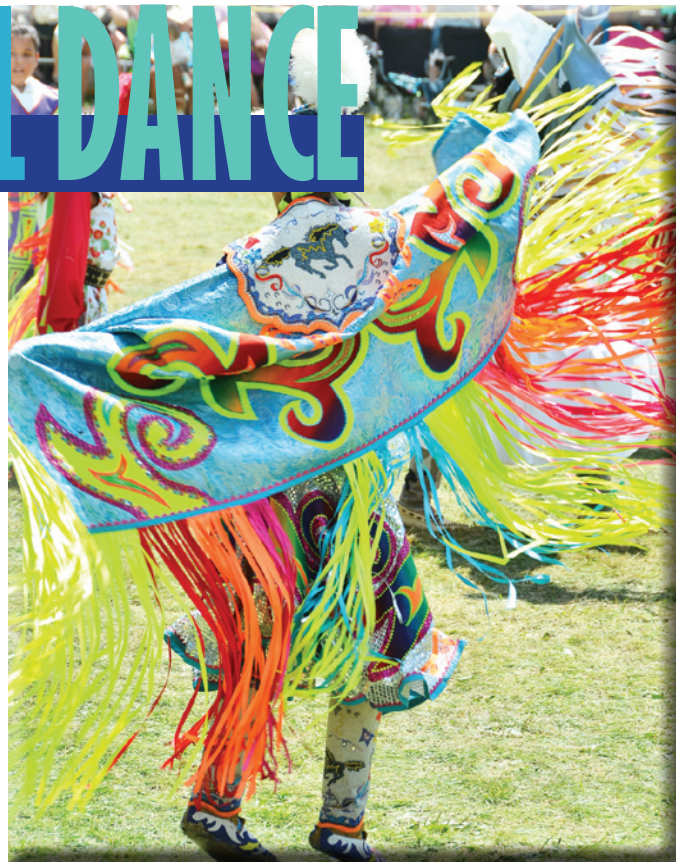
the shawl dance is a woman's war dance.

It is told women were given the right to participate in a war dance because they ran from village to village, warning their neighbours of danger. In return, they were entitled "warriors" and allowed participation.

Regalia:

A shawl dancer's regalia is made of colourful fabric and ribbons, and then adorned with beads.

The skirt, leggings, moccasin yoke, and shawl are fringed, in addition to extensive beadwork.



Enjoy a relaxing
cruise in Grand
River Country!



- Lunch Cruises
- Nature Cruises
- Sunset Dinner Cruises
- Big Creek Bakery & Crafts

GRANDRIVERCRUISES.CA
800-847-3321 or 905-765-4107

Caledonia, Ontario — Open May 23 to October 1
Family owned and operated since 1978

Show this ad &
receive \$5 off
per person
(cannot be combined
with any other discount
or coupon, valid for
2017 season)

Great Day Trip!

Be entertained by
"The Blazing Fiddles"
before embarking on a
3 hour cruise on the
historic Grand River.
Enjoy a 3-course lunch
served to your private
window table.

\$50 (per person, tax included)
Private Cruises available for groups

MEN'S TRADITIONAL DANCE



Gender/Participants:

Men Origin/Purpose:

The Men's traditional Dance is an exciting and elaborate competition that exhibits the old style of younger Powwows and reminisces on long past

hunting traditions.

The dances vary. Some men portray traditional hunting methods while others tell stories. Some dances might even be imitations of different indigenous animals.


COME & EXPERIENCE
Brantford
Twin Valley ZOO




OPEN DAILY 9 a.m. - 6 p.m.
APRIL 30 TO OCT. 10
519.752.0607
After Oct. 10 check our website for hours & weekend openings, weather permitting.



www.twINVALLEYZOO.COM 
84 Langford Church Rd., Brantford


TWO TURTLE
IROQUOIS FINE ART GALLERY



Hwy 54, Middleport Plaza, Six Nations Grand River
www.twoturtle.ca
519.751.2774

GRASS DANCE

The Grass Dance has been growing in popularity for almost a decade now. And it's quickly attracting attention from young boys and teens. The regalia is made with bright coloured yarn or ribbon fringe. Most dancers have stunning beadwork but some are making the transition to coloured fabric.

The dancers require precise movements and spectators get a chance to view footwork of dancers that they might not get a chance to see during some of the more elaborate dances.

Each Grass Dancer is able to develop their own technique, giving each dance a unique look and feel. The dance comes from the west.



POWWOW LISTINGS FOR 2017

May 27-28
Odawa Pow Wow
Ottawa, ON

June 3-4
Kitigan Zibi Traditional Pow Wow
Kitigan Zibi, QC

June 10-11
Pikogan Pow Wow 2017
Pikogan, QC
Noongam Traditional Pow Wow
Ottawa, ON

June 20-25
Summer Solstice Aboriginal Festival & Pow Wow
Ottawa, ON

June 24-25
Dokis First Nation 17th Annual
Traditional Pow Wow -
Old Graveyard Rd., Dokis
First Nation, ON

Na-Me-Res Hosts Toronto's
Annual Traditional Pow Wow - 250 Fort York Blvd.,
Toronto, ON

June 30 - July 2
Wendake Pow Wow
Wendake, QC

July 8-9
47th Annual Competition Pow Wow
Kettle & Stony Point, ON

July 15-16
Scogog Annual Pow Wow
Port Perry, ON

July 8-9
Echoes of a Proud Nation Pow Wow, Kahnawake, QC

July 21-23
37th Annual Grand River Pow Wow
Six Nations, ON

August 12-13
Tyendinaga Pow Wow
Tyendinaga, ON

August 12-13
Pessamit Pow Wow
Betsiamites, QC

August 19-20
Rama First Nation Annual Pow Wow, Rama, ON



GOOGLE: The Only Mac Store in a Log Cabin
SuperCOMPUTERS
Service, Sales & Support

 **Apple Specialist**

*Located in Six Nations
along the Grand
on Hwy 54*





June 21

First celebrated in 1996 and intended as a day to celebrate the unique heritage, diverse cultures, and outstanding achievements of the First Nations, Inuit and Métis peoples. Celebrations and activities vary across the country.

The Canadian government chose June 21 for National Aboriginal Day because it was on or near the June solstice.

What Do People Do?

National Aboriginal Day gives many people the chance to learn more about Aboriginal people and their contributions

towards the country's development and progress. First Nations, Métis and Inuit people have the opportunity to showcase their cultures and achievements throughout Canada on this day.

National Aboriginal Day events are held in every region across Canada. Activities and events include:

- Summer solstice festivals.
- Barbecue fundraisers.
- Social networking gatherings with traditional and contemporary music, dance and singing.
- Sacred fire extinguishing ceremonies.
- Traditional feasts, which may include fry bread and moose stew.

- The cutting of a cake to honor National Aboriginal Day.

National Aboriginal Day in Canada gives people of all walks of life the opportunity to celebrate and share knowledge about the Aboriginal peoples' values, customs, languages, and culture.



Enhancing ability and awareness of Literacy issues

ONTARIO NATIVE LITERACY COALITION
www.onlc.ca #NativeLiteracy-ChangingLives

P.O Box 550, 16 Sunrise Court, Suite 407, Ohsweken, ON N0A 1M0 P: 519.445.1539 TF: 1.855.368.3072

EMPLOYMENT
ONTARIO

Ontario
Canada

Kevin Loring

to lead National Arts Centre's new indigenous theatre

By Lauren La Rose

Award-winning Canadian playwright, actor and educator Kevin Loring has been named the first-ever artistic director of indigenous theatre at the National Arts Centre.

The new department's inaugural season in 2019 and 2020 will coincide with a major milestone for the NAC: the 50th anniversary of the Ottawa-based performing arts centre.

Loring won the 2009 Governor General's Award for English Language Drama for the play "Where the Blood Mixes," which examined the intergenerational effects of the residential school system.

The production toured nationally and was presented at the NAC in 2010 when Loring was the playwright-in-residence.

He is currently performing at the NAC in the musical "Children of God" from Oji-Cree playwright, actor composer and director Corey Payette, which also explores the legacy of the residential school system.

Loring will take up his new post on Oct. 16.

Loring's lengthy history with the NAC dates back well over a decade, with appearances in Marie Clements's plays "Burning Vision" and "Copper Thunderbird," and in the NAC's 40th anniversary production of George Ryga's "The Ecstasy of Rita Joe."

He also took on the role of Edmund in an all-aboriginal version of "King Lear" in

2012.

Loring was among hundreds of indigenous artists the NAC brought together for discussions about expanding indigenous arts at one of the world's largest performing arts centres.

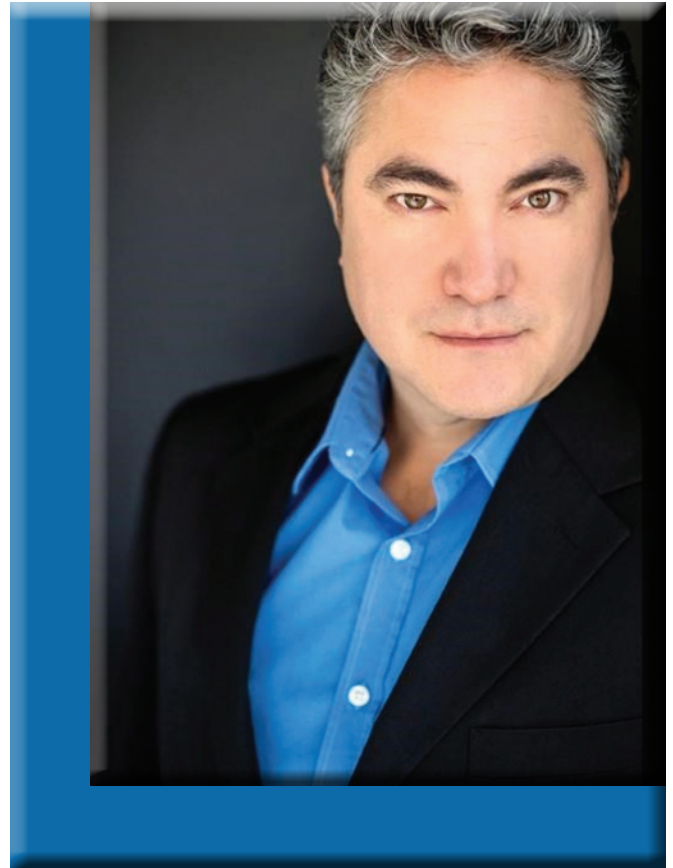
In his new role, Loring plans to work towards that objective by broadening access to the NAC's indigenous theatrical offerings beyond Canada's capital.

"How do we make this a national company if all of our shows are being done at the National Arts Centre and for an Ottawa audience?" Loring said in a phone interview.

"What I propose is that we do four shows at the National Arts Centre stages every season, and at the same time, we do four shows outside of Ottawa," he added, citing Vancouver, Iqaluit, Montreal and Toronto as potential locales.

"We create with other companies out there, with communities out there. We build shows with them or support shows that they are creating, and we maybe help them tour it, either through the region and eventually back onto our stages at the National Arts Centre ... so that we always have a number of shows that we're developing outside of Ottawa."

Loring is a member of the Nlaka'pamux Nation from the Lytton First Nation in British Columbia. He created the "Songs of the Land" project in 2012 working in tandem with five separate organizations in his home community. The proj-



ect involved the examination of century-old audio recordings of songs and stories of the Nlaka'pamux people.

He has also written two new plays based on his work in the community: "Battle of the Birds," about domestic violence and power abuse, and "The Boy Who Was Abandoned," about youth and elder neglect.

In addition to collaborative creative work on a broader scale, Loring said he is also interested in exploring more innovative ways of storytelling.

"This work, I hope, inspires our indigenous youth and inspires our indigenous people

to see that there might be a space for them in theatre, in art ... telling our stories, singing our songs, dancing our dances," he said.

"The truth of the matter is we do not have, at the moment, enough indigenous designers, enough indigenous stage managers, enough indigenous arts managers.

"That's going to be a process of trying to fill those roles as best we can with indigenous people, and at the same time, to try to foster and bring in artists from other backgrounds into the theatre realm."

- THE CANADIAN PRESS-



Welcome all visitors to Six Nations!

**While here, visit us
for the widest selection
of humidores, cigars
and pipe accessories
in this area.**

Just a stone's throw from
Chiefswood Park intersection
or a leisurly drive from
Hwy#6 down Hwy#54.

Ask about our special events and sales!



**Drop by for a
FREE Gift**

1110 HWY 54 MIDDLEPORT PLAZA • 519.756.1447

Find us on Facebook @middleportcigars



The place to go in Southern Ontario, for expert service, quality and Cigar selection

By Donna Duric
Writer

There's nothing like punctuating a celebration or milestone in your life with a good cigar.

And for the longest time, Cuban cigars were considered the Rolls Royce of cigars.

But a new contender is emerging for the most desirable cigar of all - Nicaraguan-made cigars.

Middleport Cigars, which has been in operation since 2012 on Hwy. 54, now carries hand-rolled cigars from Nicaragua and is quickly becoming known as the place to go in southern Ontario for an amazing selection of high-quality cigars from all over the world.

Owner Allen MacNaughton recently hosted a free barbecue



at Middleport Cigars showcasing the time-honoured tradition of hand-rolling cigars for loyal customers, flying in talented cigar maker Elena Flores all the way from Nicaragua to demonstrate the fine art of making the perfect cigar.

Not all cigars are hand-made, he said. Some are rolled by machine and it does make a difference.

"It's better quality control," said MacNaughton.

Karen Robertson, a supplier and marketer, said hand-rolled cigars ensure continuity from one batch to the next.

"These will always be the same (hand-rolled cigars). They're always the same."

Cigar-rolling experts like Flores studies each leaf individually to determine its quality and suitability for going into a cigar.

"If there's a mark (on the leaf)

she doesn't use it," said Robertson. "She feels it to see if it's right."

Cigars are made from a cultivar of the tobacco plant, which, said Robertson, would not be a cultivar you could grow very well in Canada or the United States.

The leaves are aged for a good year before they're blended with different parts of the tobacco to create a blended flavour.

Some leaves are aged up to a dozen years, in special factories with specific humidity and temperature controls to keep the leaf's flavour consistent.

"Different places have different processes, too," she said. "They're a family-kept secret."

Flores, a lawyer from Nicaragua, gave customers a behind-the-scenes look at how hand-made cigars are actually made, using a time-honoured, family

tradition.

The cigar-making process is quite intricate. The entire cigar is made from tobacco products - the binder, the filler, and the wrapper.

Middleport Cigars....a one stop shot for cigar aficionados

Flores and Robertson said Nicaragua has an ideal climate for producing the very high-quality tobacco needed to make exceptional cigars.

"Today, Nicaragua has the best tobacco and we're hearing that Cubans want to buy tobacco from Nicaragua," said Robertson. "They've got the greatest sun, soil, seeds, climate. It's grown in the mountains. In the States, I don't think they could make a good cigar quality."

MacNaughton agreed.

"Nicaraguan tobacco has come into its own."

Flores uses a hand held press to shape the cigars and then they're hung to dry for at least a day or two before they're ready to enjoy.

Robertson says cigar aficionados will appreciate hand-rolled cigars over machine-rolled cigars.

"Come to Middleport for the best selection," she said.

MacNaughton has had a life-long affinity for cigars.

"I wanted a cigar store for a long time," said the owner and proprietor of Middleport Tobacco and Newsstand.

Customers come to his store for expert service, quality, and selection.

There are dozens of cigar brands to choose from that are well-preserved in a specially-constructed humidor right on the premises.

Step into Middleport Cigars to celebrate that big promotion, new baby or, just to relax with friends around the barbecue or at the cottage this summer.



Elena Flores is shown here demonstrating how to roll a Nicaraguan cigar at a special event.



FUN WINS EVERY TIME

Fun is always on at OLG Casino Brantford. With slots, table games, great food, entertainment, contests and more, no two visits are ever the same.

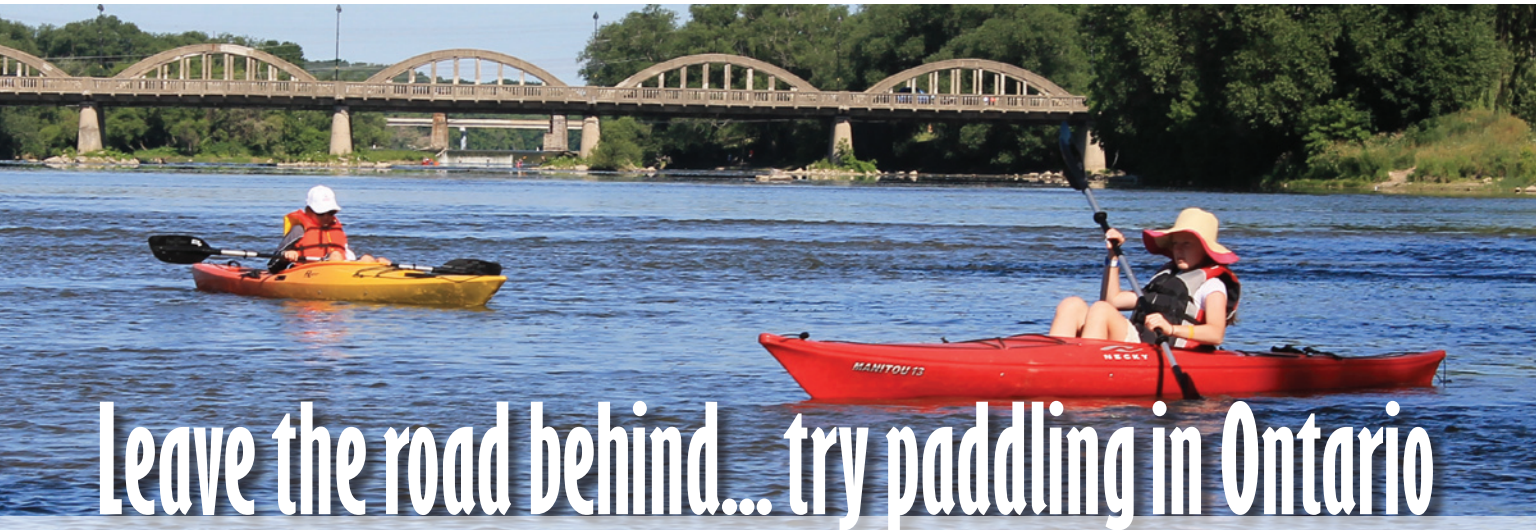
PLAN YOUR VISIT AT **OLGFUN.CA**

Play Smart
Know your limit. Play within it.

PlaySmart.ca

OLG
Casino
BRANTFORD

Must be 19 years of age or older. Valid government-issued photo identification may be required. Amenities vary by location.



Leave the road behind... try paddling in Ontario

Ontario Parks offers unparalleled paddling opportunities amidst scenic beauty and landscapes that have remained unchanged for centuries. With over 7,500 interior campsites – many only accessible by canoe or kayak Ontario Parks are the largest provider of outdoor recreation in Ontario. Over 75 provincial parks rent canoes and local outfitters also rent canoes and equipment as well as providing fully guided trips. Park staff and local outfitters can also help with trip planning. No matter what your skill level – your next camping trip can include paddling.

Many of Ontario Parks have workshops and programs that will help you to stretch your boundaries – so explore, learn and be sure to share your photos and experiences!

Easy Paddling!

When you are planning your next trip – whether for the day or longer, consider adding on a paddling experience - stretch your limits! Look for convenient boat launch sites, rentals - everything you'll need to enjoy an outing on the water! Ontario Parks online Locator tool allows you to find parks with the amenities and services you require to get you started. You can find easy paddling in most

provincial parks or explore meandering rivers for great opportunities to see wildlife.

Learning to Paddle in the Backcountry

Perhaps you are confident in your flatwater paddling skills – but looking to test your backcountry mettle? Ontario Parks has a range of parks that provide paddle-in campsites, marked portage trails and peaceful solitude a short distance from where you launch. Minimal services at back country sites usually include marked campsites, box privies and fire pit rings. Some of these destinations can be busy, but for new back country paddlers, that can also be reassuring!

Paddle into History

Ontario Parks protects some of the most pristine paddling destinations anywhere. Landscapes have remained unchanged for centuries. The term *Nastawgan* (an Ojibwa word) refers to ancient paths, developed and travelled by the Anishinabai people. You will find these same paths are still in use today linking many lakes and features in parks such as Lady Evelyn Smoothwater, Makobe-Grays River, Obabika

River, Solace and Sturgeon River. Travelling by canoe through the back country allows paddlers to access many special cultural sites including some with aboriginal rock paintings called pictographs. Bon Echo protects one of the greatest concentrations of Algonkian rock paintings found in a single site east of the Rockies.

River Trips: Wilderness and Whitewater

The thrill of whitewater along with the opportunity to paddle amidst wilderness solitude attracts many to Ontario Parks. Spanish River is a favourite for newcomers to whitewater paddling. A range of route options appeal to paddlers with different skill levels and the opportunity to paddle the route of Grey Owl. The Missinaibi River is a Canadian Heritage River, designated for its significant Aboriginal, fur trade and logging cultural heritage and outstanding ecological and geological natural heritage. This 500 km-long Ontario Park protects one of the longest and most famous canoe routes in the world.

by ancient pathways, dark starry skies, loons calling and water lapping gently at the shoreline of a perfect campsite. These experiences are celebrated in paintings, music and literature. Ontario Parks protects and manages countless of these special places.

Sea kayaking continues to grow in popularity. They are the perfect craft for exploring bigger waters and to access the iconically rugged coastlines of Georgian Bay via Killarney, French River, Killbear and the The Massasauga provincial parks. Photographers and painters often capture stunning windswept pines, smooth rocky islands, sheer cliffs and secluded beaches. Further north Rainbow Falls' small campground at Rossport provides a good jumping off spot for sea kayakers to explore the coastline of Lake Superior. In Southern Ontario, many visitors enjoy paddling along the sheltered marshes of Long Point Provincial Park – a World Biosphere Reserve and camping among the dunes which are located adjacent to the 1.5 km long sandy beach. For more information: <http://www.ontarioparks.com/paddling/>

Celebrated Paddling Destinations

Hundreds of lakes connected



Creative ideas to MAXIMIZE YOUR SUMMER

(NC) Does it ever feel like time flies by faster every year? Changing your habits and routine is a great way to fight the feeling of time passing you by — and summer is a great time to start. Instead of your normal seasonal activities, cultivate a new interest to enjoy. Here are some ideas that'll inspire you:

Develop a taste for the arts. That could be going to see a play, switching up the music you listen to, or trying out painting or pottery. Art has many mental health benefits and is a wonderful way to infuse some imagination into your life.

Set an athletic or health goal.



If you are already sporty, participating in a long distance run could be a good option. If exercise is not part of your life, consider committing to an accessible, daily activity — a little bit of exercise can go a long way towards a healthier mind and body.

Try volunteering. Getting in-

volved in a community festival, coaching a sports team, or helping out at a local non-profit are all great ways to meet new people and make a meaningful contribution and enhance self-esteem.

Engage with a cause. Whether its environmental issues, human rights or social justice,

connecting to a good cause is a great way to enrich your summer. Organizations like Amnesty International offer all kinds of accessible ways to get involved with people from all walks of life.

Find more information at www.amnesty.ca.

HOW TO PREPARE FOR HIKING THE TRAILS



(NC) It's the perfect time to head outdoors and we have wonderful trails to explore. So here are are essential training tips to get you prepared for mastering new and even your favourite trails:

1. Build a solid aerobic base. Cycling, swimming, running and group fitness classes will help develop your aerobic stamina, allowing you to keep your momentum on the trail. Begin with two to three days of aerobic training per week and consider adding more days as you improve.

2. Don't skip leg day. It may seem obvious, but building strength and flexibility in your legs is essential to your

success. Since hiking is all about different elevations, try downhill and uphill lunges on a gradual slope. This will get your quadriceps ready for any incline or downward slope you may encounter.

3. Carry a weighted backpack when you work out. This will simulate what it will actually feel like on your hike with your lunch and a water bottle on your back. By doing this, you will find out where you could use strengthening improvement and can target those areas more frequently during training.

4. Drink lots of water. Gulping down plenty of liquids in the days leading up

to your hike will ensure that your body is hydrated enough for anything you encounter.

5. Choose the right shoes. Ensure you are wearing proper footwear when you hike so you can focus on the trail ahead instead of your aching feet. Consider the outer material, types of insoles and the outer sole of the shoe to make sure it's the perfect fit for your activity. The WindRiver Adriane Low-Cut Approach Hiking Shoes from Mark's will work for all of your outdoor pursuits. Some shoes are waterproof and can be better suited for rocky, uneven terrain, while others are ideal for softer, looser ground.

Open
7 days a week
for you!



KTT
Crafts
100% Authentic Native Arts & Crafts
Open 7 Days A Week
We Buy and Sell Crafts of All Varieties



KTT
GAS
&
CONVENIENCE



6 AM - 8 PM

7 DAYS A WEEK



849 HWY 54, OHSWEKEN, ON | 519.756.4825 | 6 AM - 10 PM

We welcome all visitors to...

Six Nations

Drop by Route 54 Gas & Variety...

*We're here for you along the way with
gifts, gas and groceries.*



Camping supplies • Summer Items • Butcher • Treats & Staples

Route 54 Variety & Gas • 1086 Hwy 54, Ohsweken • 519.754.1723

Hours: Monday - Friday 5:30 am - 11 pm / Saturday - Sunday 6 am - 11 pm

