



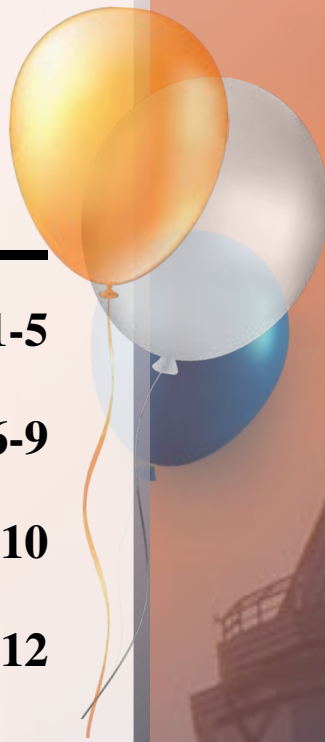
TEWATOHNHI'SAKTHA

**YEARS OF
SUCCESSSES!**

YEARS OF SUCCESSSES

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Surveying his future

Chad Cross works as a surveyor for Jacobs-Roxboro on the Route 138 reconstruction project thanks to Tawatohnhi'saktha, who funded Cross to train as a surveyor at Lincien College in Cornwall, ON. He was hired by Jacobs-Roxboro in early May. Cross' job is to check elevations and to make sure that all piping goes in straight. This, he said, is quite different than what he Learned in school, by surveying properties. "It's the same but different," Cross said. Since completing his five-month training course Cross is now working ten hours a day, five days a week. Cross said he had no problems and recommends to Kahnawakehro:non to use Tawatohnhi'saktha's services for funding educational needs. "I would recommend (becoming a surveyor) if you're up for a Lot of walking and being outside all day," he laughed.



Starting Fresh

When Cheryl Delaronde saw the opportunity to buy all Nations Sports from former owner Kevin Sandy of Six Nations, ON, she jumped on it. She changed the name to Mohawk Nation Sports. Selling Lacrosse equipment, as well as casual and sportswear, Delaronde is an authorized Carhardt dealer. By no means is she new to the business. She ran the former all Nations Sports for Sandy for two years. Delaronde has used many of Tawatohnhi'saktha's services, and for a third year, will employ a summer student through Tawatohnhi'saktha's summer student employment program.

She has also taken advantage of the computer training courses offered through Tawatohnhi'saktha's Training Center, and has Learned accounting software and Microsoft Excel. She has also taken Tawatohnhi'saktha's Youth Entrepreneur Training program. "I found it really, really helpful," Delaronde said of the training she received, "they are always sending me information about different opportunities. There's always someone there to help you." Delaronde also does graphic design for Digital Dreamcatchers and all of her training courses have been funded through Tawatohnhi'saktha.



Computer know-how

Marnie Lahache works for Tewatohnni'saktha as a Junior Information Systems Technician, along with Senior Information Systems Technician Luke McGregor, on maintaining Tewatohnni'saktha's computer network. "Half the job is user support," she said, "the other half is looking after the network."

She and McGregor work on Tewatohnni'saktha's Internet connection, as well as install software and other components to their computer systems. "I wanted to acquire more skills and do something in this field but I didn't know what," Lahache said. Gene Montour at Tewatohnni'saktha suggested a course at Delta College in information systems technology, which she attended from December 2000 to November 2001. As part of this course Lahache did a stage at Tewatohnni'saktha and was offered a contract position. Prior to taking the course at Delta College, Lahache worked in customer service at Mohawk Internet Technologies. "I really like working at Tewatohnni'saktha, it's a great place to work," she said. "They took into consideration that I just finished school and that I would like to continue with my studies." Tewatohnni'saktha is also funding Lahache's Web Design night course at Delta College.



Reaching for success

Tewatohnni'saktha helped Jennifer Montour when she wanted to complete her high school education at Nova Career Centre in Chateauguay. Tewatohnni'saktha is now funding Montour's enrollment in Secretarial Studies (Administrative Assistant) at the Nova Career Center. She first went to see counsellor Gene Montour about getting into the program for the fall, but he made a call and got her enrolled this year. "Gene's my counsellor, we talk and he's very helpful," Montour said. "He helped me make up my mind about the secretarial course."

She wanted to become a nurse's aide but changed her mind and pursued another career. She decided to take this course because it deals with various aspects of office work, and once she completes it, Montour plans to take both medical and legal secretarial courses available at Nova Career Centre. Then she will either enter the workforce or go back to school for a paralegal course. She recommends Tewatohnni'saktha for help with career needs because of how helpful the organization has been to her.



A clean sweep to success

Jeremiah Johnson says that without Tawatohnhi'saktha there would be no Johnson's Professional Carpet Cleaning. Johnson opened his business last September and has been enjoying success. "It's very easy to start a business," Johnson said, "the hard part is running it. All the hard work came after it was opened." Johnson's Professional Carpet Cleaning not only cleans and restores carpets, but also restores upholstery and household furniture from fire and flood damage, works with car interiors and can fireproof items. Through Tawatohnhi'saktha Johnson has received youth entrepreneur training, taken a marketing course and received small business Loans. He employs two people and hopes to expand and hire another employee next year. With funding from Tawatohnhi'saktha, Johnson was trained and certified through the Washington D.C.-based Institute of Inspection, Cleaning and Restoration. Each year Johnson must re-train and re-certify to keep up with current technology and techniques of the industry. He has also been working with Larger household and carpet cleaners in the area. If there is a job he cannot do, he'll ask these companies for advice or have them do it. He will also subcontract for them when they are too busy to serve their customers. "I find that friend ship is always better than competition," he said.



An adventure of body and spirit

Okwaho's Outdoor Adventure was born of Stuart Myiow Jr's hobby and was never intended to be a business. It was his way to keep physically fit, several years ago when he was unemployed. He was soon investing every penny he made. Now Okwaho's Outdoor Adventure provides camping, weight training, physical conditioning and cultural awareness to individuals and groups and Myiow is planning to start a camp this summer to provide an environment where community members can be immersed in the Mohawk language. He began building parts of his business several years ago when he was unemployed. "I didn't register my business because of my political beliefs," he said, and soon found out there were not too many open doors for a business that is not registered. "I spoke to Barbara McComber and told her how hard it was not being a registered business, because I couldn't get funding," Myiow said. After completing Tawatohnhi'saktha's Entrepreneur Training Course, he was able to acquire funds for advertising, professional services and equipment. Myiow also hired eight summer students last year. "I got a lot of benefits from Tawatohnhi'saktha," he said.



Creating his own landscape

Karl Diabo was no longer challenged working for other people, so he opened his own business, West Island Tree Service, in 1998. Diabo now employs five people and does everything from cutting and pruning to trimming, shaping, manicuring, hedge work and stump removal. Diabo has 28 years of experience in this field and felt the time was right to work for himself and enrolled in Tewaohnhi'saktha's Entrepreneur Training program. "Tewaohnhi'saktha helped me get better insight into how to run my business and with my goals," Diabo said. He recommends that people, especially young people, see Tewaohnhi'saktha if they want to start their own business. Diabo wishes he started his business when he was younger, because of the opportunities available to youth. Diabo said whenever he had problems or questions, Richard Basque, his Business Service Officer, was just a phone call away. Tewaohnhi'saktha has helped Diabo's business get funding for new tools and marketing.



Catching the future

Sharon Cross has come full circle and Tewaohnhi'saktha has been there with her every step of the way. Two years ago Cross opened Digital Dreamcatchers, a multi-media company specializing in web site design, CD-ROM presentations, desktop publishing as well as business card size CD-Rolls. "If we can't do it then we'll find someone who can," Cross said from her office located on the Old Malone Highway. Three years ago, after taking the multi-media training course that Tewaohnhi'saktha offered, Cross realized there was no place in Kahnawà:ke where she could use her newly-learned skills, so she opened Digital Dreamcatchers. Cross enlisted in Tewaohnhi'saktha's Entrepreneur training Course, which was helpful with the financial aspects of starting and running a business, as well as with marketing skills. Cross' administrative assistant was hired through Tewaohnhi'saktha's job training program and Digital Dreamcatchers will be using the summer student program for additional staffing this summer. The business service officers have been helpful with Cross' questions and with working through her business plan preparation. "Tewaohnhi'saktha has been very supportive [of my business]," Cross said, "right from the beginning they've been helpful."



Tewatohnhi'saktha success story

Joann Johnson needed a career change and went to tewatohnhi'saktha for help. She was a teacher's aide and enrolled in McGill University's Aboriginal Teaching program, but after work and school, along with raising her three children, she was emotionally drained and began feeling the pressure. Tewatohnhi'saktha funded an Office Automation course at the Nova Career Centre in Chateauguay, but Johnson encountered a problem as she was a registered member of Akwesasne and not yet transferred to Kahnawà:ke. "I went to Tewatohnhi'saktha and Gene (Montour) was very helpful," she said. She enrolled in the full-time program from January to December 2001 but took a beginner's computer course at the Tewatohnhi'saktha Training Center prior, as she was not computer literate. "Once I got in (to the program) I knew i was in the right place." she said. Johnson prefers to work on-call because it gives her more time to spend with her children.



Environmentally Friendly Business

The Patton family is looking to be as environmentally friendly as possible with their new business venture. On the land that was once a farm, they are opening a nine-hole par-3 golf course which offers something other courses don't - artificial greens. This is truly a family-run business with Charlie being the course manager and son Kanenton the owner. Kanenton's mother Eileen and brother Tiohatekwon are also working there. Artificial greens are less harmful to the environment.

In order to keep a conventional green playable, many chemicals and fertilizers must be used. Artificial greens and tees also offer another advantage by allowing a longer playing season. Charlie explained that when they closed their farm they wanted to use the land in a good way, and decided on the golf course, which has been under development for the past three years. Charlie said his relatives from the Caughnawaga Golf Club were extremely helpful, and even helped design the course. At times his neighbors at Kanawaki helped out by lending equipment. It's been a long road for the Patton's but Tewaohnni'saktha has been with them the whole way. Kanenton and his parents took Tewaohnni'saktha's small business training course, and accessed funding through the Kahnawà:ke Youth Business Fund.

Heading in a positive direction

Petal McComber wanted to continue her education since graduating high school in 1989. She consulted Tewaohnni'saktha employment counsellor Helen Watso, a step McComber is grateful she took. At the time, McComber was working at Kanawaki Golf Club and Watso helped her upgrade her math and English skills and even helped her fill out her application to Concordia University, where she was accepted and is now majoring in Human Relations. She is planning a minor in Human Resource Management and is getting ready to start her third semester. She is very grateful for all the help that she received from Watso.

"She went above and beyond," McComber said, "we're lucky to have a place to go for help, to have Tewaohnni'saktha help us in furthering and bettering ourselves."

Tewaohnni'saktha also helped secure larger amounts of funding from Aboriginal Business Canada and other sources. Without such assistance it would have been very difficult to open their course. Tewaohnni'saktha has also helped the Patton's hire summer students, and last winter helped hire people to work on the clubhouse, which used to be their barn. With all the help that Tewaohnni'saktha has provided to Patton's Glen, the Patton family would definitely recommend Tewaohnni'saktha services to others. Charlie said that you have to be very patient, but in the end it will pay off.



Tewaohnni'saktha has even helped McComber get a part-time job at Kahnawà:ke Survival School, where she will begin in September. When she completes university McComber would like to work with adolescents as a guidance Counsellor. She is also exploring social work, but would really like to work with teenagers.

She recommends Tewaohnni'saktha services for assistance in furthering education and career. Her husband also consulted Watso to enroll in a welding course. Watso encouraged McComber not to give up and has continued to help her through university.

"I'm very grateful to Helen," McComber said, "Using these services changed my life in a positive direction. And I owe a lot of it to Helen."

Restoring more than just music

Chuck Barnett is living his dream - he owns and operates his own recording studio. Precision Audio Lab has been located on the Old Malone Highway between Favors & Gifts and Marjorie's Restaurant since January 2002.

What does Precision Audio Lab do? Barnett explained the three basic areas he deals with - commercial audio production, digital audio restoration and audio for multimedia applications.

Commercial audio production involves putting in voices and sounds for both television and radio commercials. He doesn't produce commercials, but adds sound for his clients.

Digital audio restoration involves restoring sound files from other mediums, whether that be audio cassette, eight track, albums or reel-to-reel.

The process involves recording original audio into a computer, restoring and enhancing it, and then rerecording it onto a CD. One of the things Barnett would like to do is restore old recordings in Kanien'keha.

"There are all these reams of information," Barnett said, "and people should really think about restoring it." The third aspect of his business is audio for multimedia applications, which involves applying sound to internet applications and educational CD-ROMs. Barnett was enrolled in the Communications Studies program at Concordia University, and is just nine credits short of his Bachelor of Arts degree.

"It's not going to happen over night, it takes time," Barnett said of starting his own business, "it was really hard and really rocky and I thought about quitting."

Throughout the early stages in the development of his business, Tewatohnhi'saktha provided invaluable assistance, like access to a marketing budget which provides dollars for advertising, as well as the Youth Business Grant and Professional Services Fund, which enabled Barnett to hire a professional to fix his computer system after a major crash. He also used Tewatohnhi'saktha to access a summer student employee.



Excelling in French Language

Sharon Moses-Deer is enrolled in the academic program at the Nova Career Center. This marks the first time the 36-year old has been in school since high school more than 20 years ago. Moses-Deer has been living in the U.S. with her husband who recently retired from the U.S. Army. They have two children.

While living in the U.S., Moses-Deer worked as a dental assistant, but upon returning to Kahnawà:ke in February 2002 she found she could not get a job nor licensed here because she didn't understand French. At Tewatohnhi'saktha, Eugene Montour facilitated her enrollment at the Nova Career Center. She has now completed one school year and has excelled in French class.

She received help from her family and teachers and even received tutoring from her mother in-law Margaret Deer. Her French improved so much that her teachers told her she no longer required a tutor, and at an end of-term party in May, Moses-Deer was presented with a Certificate of Recognition from the Nova Career Center for being an outstanding student in French. She was also presented with a French dictionary signed by the entire French department.

Moses-Deer has nothing but good things to say about Tewatohnhi'saktha. "They look forward to seeing people succeed in life," she said.

Tewatohnhi'saktha provided Moses-Deer with funding to attend school, and Counsellors were always ready to deal with any questions she had. She is very happy with Tewatohnhi'saktha and would recommend other people use their services.

"I've been away for so long and they've helped me. It may be hard but don't give up. It's such a good feeling that you get when you do succeed," Moses-Deer added.



A helping hand with Home Care

When Lori Stacey decided she was going back to school after ten years, she sought help from a Counsellor at Tewaohnni'saktha and in September 2001, she enrolled in the Home Care program at Riverside Park Technology Center in LaSalle.

She completed the course in June 2002 and has since been working at Kateri Memorial Hospital Center as a nurse's aid. Tewaohnni'saktha funded the course and Stacey's uniforms for work. Counsellor Eugene Montour was always interested in Stacey's progress. "Gene was always there for me," Stacey said, "I called him once a week."

Because of the help she has received from Tewaohnni'saktha, Stacey would definitely advise others to see a Counsellor for help and advice. She enjoyed the time and interest Tewaohnni'saktha's staff showed her and said Montour was always interested in her point of view. She is considering going back to school in the future, but decided that she will continue working for now.

"They were really a big help," Stacey said, "Gene was very supportive of me."



New start at Kahnawà:ke Survival School

Linda Cross is working as the Teacher Resource Center Librarian at the Kahnawà:ke Survival School, made possible through assistance she received from Tewaohnni'saktha. Cross first visited Helen Watso, one of Tewaohnni'saktha's employment Counsellors, in 1998, and was referred to her first computer course.

Since then, she has completed an office technologies course in the Adult Education program in Chateaugay, and while taking this course, she completed a two-week stage at KSS. She enjoyed her time there and when a position became available she applied, and has now been working at KSS for the past year, where she is very happy with her job.

Her job requires her to assist the teachers in the Resource Center Library which she says keeps her very busy. "Helen was very helpful with me," Cross said, "we still keep in close contact."

Throughout her training, Tewaohnni'saktha helped out financially, as well as with resume writing, interview techniques and job search. Cross said Watso even helped her track down school transcripts from the United States in order to get into the office technologies course.

"Tewaohnni'saktha was very supportive both financially and personally," she said.



Determination is a must in a field dominated by high-tech youth

As a woman and a mother, Missy Montour is the minority in a field dominated by young males who have had the advantage of growing up in a high tech computer and video game age. Although Montour is now a technical support specialist at MIT, she had to start the learning process with the basics.

Her first opportunity to work with computers came about seven years ago when Tewaohnhí'saktha offered a business software course in Chateaugay. It was a start but Montour was more interested in the technological aspect of computers. "I kept asking if they could teach me how to take apart a computer and put it back together," she said, but the teachers did not have the time."

Montour headed to Tewaohnhí'saktha for advice on where to find a computer course; one of the employment Counsellors suggested a networking course at Delta College in Montreal. Montour started her studies at Delta at an ideal time as her enrollment paralleled the introduction of Windows 2000 into the curriculum. "I was part of the first class to have full fledged access to Windows 2000."

The program extended one year and consisted of 14 courses. Montour admits it was a grind with two courses, two projects, two midterms, and two finals in each six-week cycle. "Learn it, know it, move on," is how she described the teaching style.



Missy Montour, technical Support Specialist at MIT, took a networking course at Delta College with the help of Tewaohnhí'saktha.

As part of her graduation requirement, Montour had to complete a two month stage, something which she discovered was not that easy to come by. She approached several organizations in Kahnawá:ke, including MIT, but did not find anyone willing to take her on as a stage. The MIT technical team was small and too busy to train her at that time, she said.

Montour ended up securing a position at IGS Security in Montreal but stayed only a month because her boss restricted her to gofer-like work such as fetching coffee. Deciding that she actually wanted to learn from her stage, Montour completed her remaining month back at Delta by setting up domains and working with older versions of software for backup purposes.

Montour graduated in July 2001; she was one of seven students to graduate from an initial enrollment of 25 and was also the only female student in her class. These numbers may seem a bit discouraging but Montour insists that all one needs is determination to succeed. "You have to want to do this; you have to stick with it. I was a single mother with three kids and I did it ... it's tough but it's attainable."

She began working the night shift at MIT in September 2001. As a night shift employee Montour built servers for the daytime staff to install. Since MIT caters to a global network of clients, situated in different time zones, she was also responsible for catering to clients who were only able to phone at night.

By the Rapids Embroidery

Wendy Walker began By the Rapids Embroidery in November 2005. After 20 years of working for somebody else, she was ready to do something for herself. Her company specializes in commercial embroidery, garment printing, and various other promotional items. She can put your company logo or personal design on just about anything! The company fuses Wendy's artistic interests, through the graphic design component and her public relations skills, to sell and advise companies on how to get the most promotional "bang" for their buck. Before she opened, she took the Entrepreneurship Training course offered by Tewatohnni'saktha, which prepared and guided her through the writing of her business plan. Tewatohnni'saktha then offered her assistance to start up through the Tewatohnni'saktha Business Loan Fund and guided her to work with Aboriginal Business Canada. Once she was ready to launch, Tewatohnni'saktha Small Business Services helped her with her advertising campaign. Today, Wendy operates with many local orders as well as orders from Montreal and Toronto. Because of the demand for her products, Wendy is planning to expand and acquire more embroidery/printing machines and offer increased employment opportunities.

Brittany Leborgne

Brittany Leborgne, 22, has always has two passions in life: acting & make-up. With the help of Tewatohnni'saktha Employment & Training, she's figured out a way to merge her two interests into a satisfying and exciting career path. Since acting is not a full-time possibility, Brittany has decided to become a full-time make-up artist. To do this, she enrolled in an evening aesthetician course at the Academie International Edith Serei in Montreal. By day, Employment & Training has arranged for Brittany to work at Kakhotsi:io Beauty Salon as an assistant hairdresser and make-up artist. She is also a freelance make-up artist and can visit clients, by appointment, in their own home. She is currently trained to do everyday and special occasion make-up so she can work on movie sets, which will put her closer to her other passion when she isn't acting herself.

The Main Event

Jennifer Decaire was inspired to open the Main Event after she rented an inflatable play unit for her daughter's birthday and was shocked to discover the expensive cost and long waiting, period. She decided to start her own company to make the service convenient and accessible to Kahnawà:ke families at affordable prices. She began in the spring of 2004 after taking Tewatohnnisaktha's entrepreneurship training course and applying to the Tewatohnnisaktha Business Loan Fund. The Kahnawà:ke Youth Business Fund, as well as funding from Aboriginal Business Canada. Since opening, she has expanded her business to offer 14 inflatable units, which include small character-oriented themes (i.e. Disney characters, Sponge Bob, etc.) all the way up to a gigantic 61 foot playground. In addition, she recently added rentals of cotton candy and popcorn machines. Her company also offers delivery, set up, and removal of the inflatable units. Her aim is to be accessible to everyone for backyard family parties and birthdays as well as school, business, and community organization events. She hopes to expand in the future by becoming a one stop shop for all party needs, including tent rentals, tables, chairs, and cutlery.



Sharon Moses-Deer

Sharon Moses-Deer discovered her career path in dentistry while living in California with her husband, who was stationed there through the military. Her passion for pearly white smiles began when she enrolled in a dental assistant program offered by the Red Cross on the base. When they returned to Kahnawà:ke, Sharon was given guidance and funding from Tewaohnhi'saktha Employment and Training to become a certified dental assistant in Quebec. Her first step was to return to school to obtain her high school diploma at the Nova Career Center in Chateaugay. Next, she was counseled to enroll at the Pearson Career Center in Lasalle for a 15-month intensive dental assistant program, from which only students with an 85% average or more can graduate. Sharon, with her determination and dedication, graduated in 2005. With her certification in hand, she began working immediately as a dental assistant, first in Lasalle and now in Chateaugay, and absolutely loves her job. She hopes to one day work in Kahnawà:ke with a Kahnawa'kehro:non dentist and is even considering going back to school to become a dentist herself!

Curtis Deer

Not many people are brave enough to make a career change at the age of 42, but Curtis Deer had the courage to accomplish this with the help of Tewaohnhi'saktha Employment & Training. After a successful, yet stressful, career as a Chef in Toronto, Curtis moved backed to Kahnawà:ke two years ago to enter the health care field. He recently completed a 6-month course, called Prepose aux Beneficiaires, which gave him skills to work at a CLCS or home care facility-he chose Kateri Memorial Hospital so he could help his own people. Working with the elders and long-term care patients since June 2006, Curtis' tasks include washing, feeding, and entertaining his growing list of friends. Curtis' schooling at the Pearson Adult Continuing Centre was fully funded by Tewaohnhi'saktha Employment & Training and he is very grateful for their support. His long-term plans include moving up the health care system with more training to become a nurse's assistant. But for now, he is learning everything he can on the job and is enjoying his new profession.

Keith White: DAIRY KING

King of Frozen Treats

A few years ago, Keith White purchased Kahnawà:ke's one and only ice cream truck when the owner retired. With the financial assistance and support of Tewaohni'saktha Small Business Services, Keith has recently upgraded to a store on the main highway and is open for business seven days a week. "They were great; they gave me a lot of help whenever I needed it," White said of Tewaohni'saktha's support, and he advises other entrepreneurs to "just go for it!" Dairy King now offers smoothies, a larger assortment of ice cream, and special treats called flavor bursts that are added to vanilla cones to liven them up. The store is fully equipped with a sink and the newest technology in ice-cream making equipment. White took the young entrepreneurs course and will also be using Tewaohni'saktha Summer Student Program to hire two students. Each of Dairy King's four employees, including Keith, has completed a training course on how to make various brands of ice cream and how to clean the machines. "I like the business and enjoy the people who come here. I worked hard at taking the business to another level and I hope everyone will enjoy it."



Tracey Jacobs

Taking Time for a Change

There is always time to make a change, as Tracey Jacobs, a single mom with three children can attest, "I said I have to do something with my life." Being out of school for several years didn't stop her from trying something new. Before deciding on a direction, Tracey came to Tewaohni'saktha for testing, to see what fields of employment were best for her. "I came here and didn't know what I wanted to do. [The Counsellor] said, 'don't worry about it, we'll get you through it'. She helped and was really reassuring." With advice from her Counsellor and encouragement from friends, Tracey decided to take the administrative assistant DEP course offered by Nova Career Center. Tracey is now working part time with the Sports and Recreation unit. "The classes were good, it's been 18 years since I was in school and it's nothing like [it used to be]." Although she is only working part-time, Tracey said she's not giving up and is confident she will find a permanent position. When asked about advice, she replied, "I would tell [anyone] like me to come here, I didn't know what to do. You have to take your life into your own hands, and with the help of Tewaohni'saktha, it made it a lot easier."

Kyle Diabo & Gloria Keane: Pro Tree Cut Service Booming Success

When Gloria Keane and husband Kyle Diabo started Pro Cut Tree Service five years ago, they were banking on Kyle's seven years experience in the business and launched the company head first into markets outside of Kahnawà:ke. With help from Tewaohni'saktha Small Business Services, who provided a start up loan and subsequent loans for equipment, Pro Cut Tree Service has been working in and around Montreal on lucrative contracts for nine months each year. With Tewaohni'saktha's generous assistance, Pro Cut Tree Service purchased a chipper, two trucks, a trailer and other small machines. Business has been booming because of quality service and an aggressive marketing campaign that includes advertising in the Montreal yellow pages. To cover the abundance of work, Pro Cut Tree Service is considering adding another crew to their current force of four employees. They may even begin to operate year-round. "Tewaohni'saktha was there to help with the financials and any questions we had," said Gloria, who also took the Young Entrepreneurs Course offered by Tewaohni'saktha. "When you decide to go into business, you have to go all the way," Keane said, "customer service and great work go a long way."

Lauren McComber

A Motivated Media Mogul

Lauren McComber, 22, has been working with Mohawk Radio.com for about four months now; she also works as the producer for the K103 noon hour talk show. This graduate of the Montreal Radio and Television Broadcasting School has set her career plans in motion by jumping into the wide world of broadcasting. After testing with Tewaohni'saktha to focus in on her career goals, she found that journalism is what drives her. In addition to her fast-paced work schedule, Lauren has decided to continue onward and has applied to the department of Journalism at Concordia University. Lauren says, "Anything is possible. Anything anyone would be interested in [as a career], they could bring it to Tewaohni'saktha and they would be more than willing to help them."

Iris Montour: MOHAWK MEDIA

Multi Media Opportunities

Mohawk Media offers printing, copies and graphic design, which includes a significant number of products and services including picture and photo retouching, laminations and multi-media transfers to CD or DVD. For businesses, schools and organizations, Mohawk Media is the place to go for booklets, labels, stickers, brochures, flyers, and other promotional paper products. This multi-media business was started to fill Kahnawà:ke's need for a copy center and because it is a diverse business with opportunities for growth. Tewaohni'saktha has been a constant source of support for Mohawk Media, beginning with the business qualifying for a spot in the Business Incubator. A benefit of being an incubator tenant is a supportive working relationship with Small Business Services, and with Daryl Leclaire, Incubator Manager. Business advice from Iris is short and simple, "Ask for help when problems arise, don't wait for things to get worse before you take appropriate action." Future plans for Mohawk Media include expanding to a full staff and attracting business from inside and outside the community.

Adriana Garisto

In the Kitchen

Adriana Garisto, 20, has been preparing mouth-watering meals for almost a year now at Ristorante Riventino in LaSalle. After high school, Adriana knew that CEGEP wasn't for her, so she decided to pursue her interest in cooking by taking the professional cooking course at the Pearson Career Center in LaSalle. "The class was close to home, I checked out all the details for the course and I decided to go." Adriana then expanded upon her skills by taking a second course on Contemporary Cuisine. She says, "I was surprised by how nice everyone was and how easy it was [to apply for funding]." Adriana received a travel allowance and funding assistance for the tuition of the courses. When asked about the assistance she received from Tewaohni'saktha's Employment & Training, she replied, "I'm very pleased with this place and I've recommended it to my friends."

Never give up!

For many people, it sometimes takes a while before they find the career that makes them happy to go to work each day. For Aiana Goodleaf, it was the dissatisfaction of not doing much with her time that made her decide to go back to school.

With help from Tewathoni'saktha's Employment & Training, she attended Kine Concept to study in a 4-month intensive course on massage therapy. She learned about the muscles, bones and systems of the body, the professional skills and ethics that are involved in her trade, and the actual maneuvers and techniques of massage.

"I liked the challenge. As difficult as I thought it was at the time, I'm really glad I stuck it out. I learned so much," Aiana remembers, "It was an awesome experience."

After she graduated, her Counsellor at Tewatohnhi'saktha helped her to update her résumé and gave her advice on how to go about applying for a job and where to go. The job search didn't take long. She was hired at Concept Santé, a paramedical spa in LaSalle and works 4 days a week



as a certified massage therapist. Aiana enjoys her new career and has plans to go back to school to learn new techniques in the future. "My advice to others is simple," Aiana shares, "Never give up!"

Finding a career after motherhood

For Charlena Phillips, being a mom was her first priority – until her children grew up, that is. She then decided it was time for a career, so she visited Tewatohnhi'saktha's Employment & Training for guidance.

Her counsellor informed her about the different programs available and Charlena decided to attend Nova Career Center in Chateaugay to study a one-year administrative assistant course. Upon graduation in September 2006, Tewatohnhi'saktha assisted her through their employment placement program and she began working with Awimel Consulting on the Quebec Bridge Memorial Project.

"It was a great job. I was a part of a team and I felt very supported," Charlena recounted, "I did everything from taking care of reception to archiving research to the accounting. It was a little bit of everything."

In March 2009, Charlena was laid off when the project was completed, but with her training and on-the-job experience, she is confident she will find another administrative assistant job. "I also want to go back to school to take an accounting course," Charlena explained, "And Tewatohnhi'saktha will be the first place I'll go for help!"



Just do it!

For her young age, Leslie Paradis has tried many different jobs - sales, babysitting, cleaning, bread stocking, wood staining, hardware store employee - and while she learned a lot, she realized that none were the right fit for her. With encouragement and support from her mother, she decided to go back to school to become a bus driver. Her first stop was Tewaohnni'saktha's Employment & Training division, who helped her financially with the expensive course and with her résumé after she graduated.

"I'm thankful and happy with everything Tewaohnni'saktha helped me with. I encourage everyone to check it out. They are really welcoming," Leslie shares.

In 2007 she attended classes for three months at Technic Driving School and had to pass a 100-question written test. Upon passing, she received her permit and three months later, passed her driving test. She has been working for the Kahnawà:ke Bus Depot for just over a year and loves her new career. "I'm really happy. The kids are good and the pay and hours are good. There are benefits too. I like the security that comes with it. Plus, working for the community, I feel like I'm doing something that helps out." For others unsure of what to do with their lives, Leslie's advice is simple: "If you are scared, just do it. Don't make excuses. If you take a chance, you will find something you really like to do."



Funbounce born out of intuition

Sean Stacey had a hunch four years ago after throwing a birthday party for one of his four children: massive inflatable toys were the way of the future!

After renting one of the mammoth fun-machines from a company in Dorion, and observing its popularity with the wee ones, he decided to open his own rental store. As is the case for many successful businesses, Funbounce was born out of his intuition and not the standard route of studying market possibilities.

"I didn't want to travel anymore," remembers the former ironworker, "So now I can stay home with my family. I'm glad it worked out!" Funbounce is presently a seasonal business because a lot of space is needed for the giant inflatables, so most often they are set up in a backyard. He has 11 units to rent; the largest holds 10 children; the smallest holds four children.

Sean approached Tewaohnni'saktha back in 2004 and they helped him with training, funding and support. He attended the Entrepreneurship Training course and was able to successfully access grants and loans through Small Business Services. His advice to others out there with a great idea: "If you don't take a chance, you'll never know! Visit Tewaohnni'saktha because they can help make it possible!"



If it's your dream, it's worth it

Expanding the family business into the restaurant sector has always been the dream of Debbie Phillips. She has been a part of Chilly Willy's Convenience since her father opened it in the 1980s. In February 2008, she decided the time had come.

Relying on her love of cooking and her family's support, she opened Chilly Willy's Super Subs. With a diverse menu, including a vast array of submarines, chicken and beef burgers, popcorn chicken, breaded mushrooms, chicken wings, fries and poutine, as well as healthy choices, including Herbal Magic, she receives a steady stream of satisfied patrons Monday to Friday.

"It makes me feel really good and to see how much I can accomplish through hard work. We just love it!" Debbie shares, "It's stressful but as you gain experience, you get more confident. The compliments from our customers make it worth it!"

Tewatohnhi'saktha's Small Business Services played a key role in helping her. She completed the business entrepreneurship course, which taught her many new things about running a business. She was assisted with the creation of her business plan and she accessed Tewatohnhi'saktha's loan and grant program. "They are there for you if you have any problems. Nothing is too small!" Debbie says. "It's not easy in the beginning, but if it's your dream, it's worth it. Tewatohnhi'saktha is there to help every step of the way."



Start small and grow organically

Knowing that hard work pays off, local Olympian Waneek Horn Miller has added running a jewelry and fashion accessory company to the list of her many pursuits. Dividing her time as director of The First Peoples' House at McGill, traveling for motivational speaking and appearing on APTN and CBC as a sports broadcaster, she decided she needed a creative outlet as well, and launched Uniquely Waneek in the fall of 2008.

"I've always really liked fashion and I've seen so much throughout all of my travels. I wanted to bring it home to share it," Waneek recounts.

She designs unique fashion jewelry using Murano style glass beads, pearls, semi precious stones and Swarovski crystals for earrings, necklaces, bracelets and pendants. She sells her creations through home parties and will soon be available online.

Waneek approached Tewatohnhi'saktha's Small Business Services to inquire about their services and was blown away by the help they offered her. "I've received encouragement, advice, and funding. Everything I've needed to help me be successful," Waneek raves, "Their staff is informative and friendly."

Her advice to other budding entrepreneurs: "Start small and grow organically. Minimize your risk but don't be afraid to go for it!"



A second chance

With the help of Small Business Services, Kanenhontie Picard got a second chance with her business Simple Pleasures. “We were open two years ago, but had to close down because the catering was busier,” Picard explained, who, having offered catering services for about seven years, sought Tewaohnhi’saktha for help. She recently re-opened the luncheonette which offers a healthy menu with ingredients straight from the garden.

“I went into their Entrepreneurship Training program, but I had a baby, so it was really hard to complete the whole process,” said Picard. Still determined, she approached Tewaohnhi’saktha a second time. “They said I could start back where I left off.”

Shortly after finishing the program and equipped with a loan, Simple Pleasures’ establishment was reborn. “Tewaohnhi’saktha helped me accomplish a goal I didn’t think I was going to ever complete.”

Picard shares this advice to budding entrepreneurs, “If you want to open your own business, ask Tewaohnhi’saktha for help. Whatever kind of help I need from them, they are always there; I just have to pick up the phone and ask.”



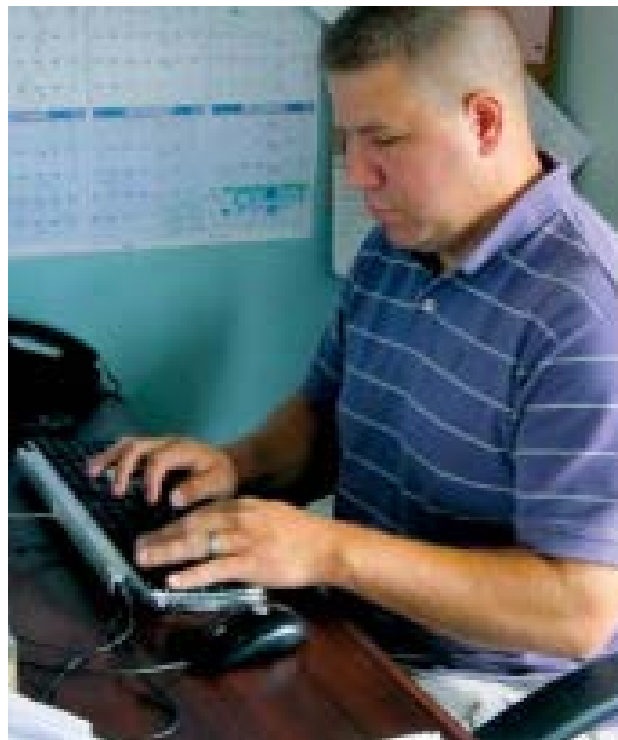
Helping Businesses Succeed

The Eastern Door has been providing news to Kahnawà:ke since 1992. At 18 years old, the business accesses the many programs and services offered by Tewaohnhi’saktha.

“We try to take advantage of whatever they offer because we know they are well versed in what they do,” said Steve Bonspiel, Editor and Publisher of The Eastern Door. “If we have any questions related to finances or day-to-day operations of the business, they are always there for us. We appreciate their help.”

The Eastern Door also uses the Kahnawà:ke Summer Student Employment Program and Part-Time Post-Secondary Employment Program, giving students experience for future employment.

“My advice for entrepreneurs is to use Tewaohnhi’saktha’s services as much as you can. There is no other organization in town that helps small business this much,” said Bonspiel.



Planning for Success

Car enthusiast Donald Phillips opened Central Station Customs in the summer of 2009 and business has since been thriving.

“Without Tewatohnhi’saktha’s Small Business Services and their help with my business plan, I would not have received grants from Aboriginal Business Canada. Without that, I would not have my shop,” said Phillips.

Central Station Customs specializes in vehicles’ audio, security, and performance needs. “It is the most awesome car stereo shop ever,” added Phillips.

In addition to aiding Phillips in preparing a business plan, Small Business Services included receiving financing and teaching the basics of being an entrepreneur.

“The experience was long and tedious, but in the end, worth it. You do not see a lot of businesses a year after opening because of improper planning,” said Phillips.

He shares this advice to entrepreneurs, “Be ready for a lot more paper work than you expect to do; nothing is going to happen as fast as you want it to. You have to do a lot of work and planning. Go to Tewatohnhi’saktha because they are the experts. You really do need every bit of extra help you can get.”



Help with mechanics training

Help with mechanics training For Jonathan Phillips, Tewatohnhi’saktha’s services aided in accomplishing his goals. “They helped me by funding me to go to NOVA Career Centre for mechanics,” said Phillips.

“At mechanics, they taught me how to weld, speak to the engines and basically diagnose every problem that happens to vehicles.”

Six years after receiving his diploma, Phillips is working for Two In One Construction and Riverside Transport. Although currently working mainly in construction, Phillips uses his mechanics training when maintaining dump trucks and other heavy equipment.

Tewatohnhi’saktha also helped Phillips obtain his driver’s license, in order to operate those vehicles. “They sent me to Tecnic Driving School so I could get my class three driver’s license.”

Career wise, Phillips believes he would not be where he is without Tewatohnhi’saktha. “I didn’t have the funding to take the course because it was so expensive, that is why I turned to Tewatohnhi’saktha and they helped me out a lot.”

Furthermore, Phillips plans to attend Tewatohnhi’saktha’s Entrepreneurship Training in hopes to start his own business.

Phillips recommends to others, “You can always turn to Tewatohnhi’saktha. Apply and they will most likely accept you if you have the drive, motivation and are passionate about something.”



On-the-job experience

With the help of Tewaohnni'saktha's Employment and Training Job Creation Initiative and a lot of self-determination, Carla Monson gained knowledge and training and found her choice employment.

"My Employment Counsellor, Helen Watso, helped me when I was home and getting my son into daycare; I wanted to work," explained Monson.

Previously, after taking adult education and secretarial studies at the NOVA Career Centre, Monson had a baby. "I finished on May 25th and my son was born on May 27th," said Monson.

Being home to raise her son for two years, Monson lacked on-the-job training since receiving her diploma. "This program helped me get that experience and it helped me get my foot in the door. They saw my determination, that I wanted to work."

Through the Job Creation Initiative, Monson began her employment at the Mohawk Council of Kahnawà:ke's Social Development Unit as a receptionist on a six-month contract. She has since been employed there for a year and recently received an additional year-long contract.



Monson shares this advice with Kahnawà:ke's employment seekers, "Ask questions and go see an employment counselor; they are there to help you."



Overcoming the first year

Skye's the Limit caters to Kahnawà:ke's Italian food lovers. In addition to specializing in homemade Panini subs, the eatery and catering company also dishes out a variety of pastas and sauces daily.

Celebrating their first year of business on July 31, 2012, owner Jill Skye noted how there have been challenges along the way, such as dealing with slow business.

"We've had a great deal of time to learn through experience, trial and error. Any entrepreneur is always going to have challenges in their business and that's what makes it exciting: it's forever changing," said Skye.

Tewatohnhi'saktha's Small Business Services has been instrumental in helping Skye surpass some of the business' struggles. "They've been very good with the advertising components, such as funding me for advertising, which is really beneficial. We wouldn't be where we are today without Tewatohnhi'saktha, so I thank them very much for believing in our project here. We're not giving up," said Skye.

According to Skye, it is important for entrepreneurs to have a great deal of self-confidence in order to not be discouraged when business is slow. Remaining optimistic and looking for ways to get people to come to your business, such as advertising, is the key to success.



"Consumer challenge is something many businesses face. Don't lose hope. Stay with it, especially if you're a young business, it usually takes a couple of years to get stabilized," said Skye.

Tewatohnhi'saktha also helped Skye formulate her business plan before opening the restaurant. "It was a lot of research, a lot of running around, a lot of phone calls, a lot of emails, a lot of faxes, and they were very helpful in that aspect as well."

Skye leaves community members looking to start their own small business with these tips, "Do your homework. Make sure you do the proper research. Talk to other business owners, they are very helpful in giving you tips."



Dedication, time and commitment pays off

After the Ice Storm in 1998, Charlie Patton felt it was time to move on from his small family farm to a different project: a small golf course.

Patton and his family opened Patton's Glen in 2002.

"We put all our life savings into the place," said Patton, who said he did most of the work including planting hundreds of the trees on the property.

One of the biggest challenges the business faced over the past decade has been financial stability. According to Patton, the projected growth of the golf course in the original business plan was positive.

"It really looked beautiful, but that's not the real world, it is only paper. The real world is much meaner," said Patton. "None of that came true that was projected. I was lucky to even tread water in the first 5 years; we were lucky to survive."

Patton's Glen will be heading into their 10th year of business at the end of the summer and only now does Patton feel they are starting to get on their feet.

One of the biggest mistakes Patton felt he made was choosing to install artificial greens.

"After about three and a half years of apologizing for crummy greens, we were able to replace three greens a year as we could afford it. Now we are back to real grass and don't have to apologize for anything," said Patton.

Despite the challenges, Patton appreciates Tewatohnhi'saktha's programs and services for small businesses.

"Tewatohnhi'saktha has been really good to us. They supported us all the way around," said Patton.

Patton leaves entrepreneurs with this advice, "The main thing you have to do is to have a vision of what you want and you have to put in the hours to make it happen. You have to be committed and spend hours and hours doing work for almost for nothing: I worked here for almost 10 years without collecting a salary, 7 days a week. This is what I had to do to make this business work," said Patton.



Overcoming the transition from training to working

Kiera Beauvais, 20, has been working for Tewaohni'saktha since January 2012 as the Administrative Assistant for the Career Building Skills Program. Her responsibilities include helping with day-to-day tasks such as writing documents, sending faxes and other administrative duties.

Acquiring a steady job in the administrative field has been a long journey.

"After high school, I had no idea what to do. My classes that I took to prep me for CEGEP didn't really help me. I wasn't interested in CEGEP," said Beauvais.

She made the decision to take the Administrative Assistant program offered at NOVA Career Centre and graduated from the year long program in August of 2010.

"It was a great program and I really loved it. It gave me a lot of experience," said Beauvais.

The transition from her training to working has been difficult, but her career counsellor at Tewaohni'saktha has helped along the way.

"My career counsellor was Angie Marquis. She was a great help and got me all the information I needed to apply for the program and how to go about that. When I was done, she helped me send out my résumé to all the organizations, to hopefully find a job," said Beauvais.

Beauvais was accepted to a few places, but as a temp. "I noticed that it was hard to get a job right out of school. There's a lot of people going into the administrative assistant program, but it's hard for them to find a job when they come out, at least for people from town, because they lack French," said Beauvais.

Beauvais finally caught the break she was looking for while working as an on-call receptionist at Tewaohni'saktha for a week. The posting for her current position became available; she applied and got the job.

Beauvais leaves community members interested in pursuing administrative careers with this advice, "I would

say to definitely try to learn French while you're in the program. Look at your options outside of Kahnawà:ke because it is very limited here. There are positions in Kahnawà:ke, but there are a lot of people who are qualified for them," said Beauvais.



Offering support during difficult times

Jimmy Jacco, 27, has been a Kahnawà:ke Peacekeeper for nearly a year and a half. During the summer of 2010, he left Kahnawà:ke for a six-month basic training program at the RCMP Academy, “Depot” Division in Regina, Saskatchewan.

The decision to become a Peacekeeper was initiated by his friends who were inside the department at the time.

“I heard a lot of great stories and a lot of stuff that they do and bring back to the community. It made me want to try and see how it was,” said Jacco.

Being away from home for six months was difficult for Jacco, who left for training a few days after his daughter was born. The financial support offered by Tewatohni'saktha was appreciated.

“I wasn't working because I was in training. My wife wasn't working. We had a newborn at home, so she was at home all the time with her. The money benefitted me a lot, and my family,” said Jacco.

Jacco began working in February of 2011.

“I've seen a lot. I've seen almost everything that you can do with the job from big files to little files. But, when you come home from training, although they teach you a lot, you don't know the whole thing. They teach you the standard level of what you're supposed to know and then you come home and you still need a training officer for the first six months; you still have to ride around with someone,” said Jacco.

The job also comes with some challenges.

“To me, being a police officer in your own town is hard. It's not the easiest thing to do. You have to go to work in the uniform, provide for the community, and ensure safety and respect. Then when you're off duty, you're in the same town and still have to see the same people. It's just hard sometimes,” said Jacco.

None the less, he loves his job and leaves this advice for community members interested in pursuing a career as a Kahnawà:ke Peacekeeper, “If you want to help the community as much as you can, then this is the job for you,” said Jacco.



Following in his father's footsteps

Clive McComber, 21, attended the welding program at the NOVA Career Centre in September 2009 after he graduated from high school. "I had a lot of fun, there was a lot of hands on experience," said McComber.

He finished the program in December 2011 and immediately started working fulltime for his father at McWeld.

"Sometimes it is frustrating because it's my dad," joked McComber who added that his father has had a big influence on his career choice to pursue welding. "I've pretty much been welding my whole life. He would always hire me for small jobs; it was a lot of experience," said McComber.

After the decision was made to apply to the program, McComber looked to Tewaohni'saktha for financial aid. "I always heard about their services all over; it's always in the paper and my cousin suggested it," said McComber.

If the funding was not available, McComber admitted he would have just started working for his father right away.

However, the importance of going to school for the trade was obvious to him, rather than just relying on experience in the workplace. Not only did his schooling give him a diploma to add to his résumé, but he was also able to gain new skills. "NOVA was good. It helped me a lot with blueprint drawing and other types of welding. I have it written down on paper that I'm a welder now. I had nothing on paper to prove that I'm a good welder, that's what NOVA did," said McComber.



Total Fitness continues to strengthen community

Since opening Total Fitness in July 2013, Derek Delisle has provided Kahnawà:ke with a service like no other.

“I felt that our community could use a health and wellness center which caters to everyone by offering many fitness related services to better one’s health and well being,” Delisle asserted.

Delisle began working at Monster Gym in 1993. He became a certified trainer in 2007 while working at fitness clubs such as Goodlife Fitness as well as Premiere Fitness.

“My business’s main goal is to teach people how to incorporate fitness into their lives and to better themselves,” he said.

His mission when opening the doors to Total Fitness was to target people who were intimidated by large gyms.

“My clientele grew to where I eventually ran 80 open classes per month of group training!” he said. “My goal was to work 5-6 hours, but I’ve surpassed that number to 12-16 hours. I’m at the point where hired help is a must.”

Business grew so much that Total Fitness moved from its original location in the Jacobs Mall to a large facility in Plaza 138.

“We moved on April 1, 2014 to accommodate the ever growing classes; 10-16 people are the norm. The old place was maxed out at 10 but somehow we managed to fit 16 in there,” Delisle explained.

“My business is currently growing fast, to the point I may need to expand to fit more people and have more classes at the same time,” he elaborated. “I want to bring in self defense classes, physio therapy, a spa; my ideas are endless.”



PAP Auto Body is a unique Kahnawà:ke business

It's the stuff you see on TV and it's happening right here in Kahnawà:ke.

Local entrepreneur Peter Paul turned a hobby into a flourishing business called PAP Auto Body and the work they've been doing is incredible.

"Officially it opened about nine months ago, but for about two or three years before that we did it as a hobby," Paul said.

When asked to describe his business, Paul made it clear that it was not a mechanical garage.

"We don't do tune-ups, oil changes, engines or transmissions," he said. "What we are is auto restoration. We rebuild cars. There are different levels of that. People could bring us project cars and we have to take every nut and bolt and start with just a frame."

Those kinds of projects could take anywhere from six months to a year.

PAP can also do paint jobs, insurance jobs and repair damage from fender benders.

He was quick to note that the business isn't limited to just cars though. PAP can restore and customize coolers and fridges as well.

"We can do anything metal, plastic or fiberglass," he said. "We can do something as big as a bus, or as little as steel toys."

Needless to say, the possibilities are endless and word of mouth has helped the business thrive.

Paul's 'main man' in this endeavor is Louis Scott, who has been doing this type of work since he was just 16 years old. In anticipation of business continuing to grow, Paul decided to construct a larger facility for PAP, which should be complete in August.

PAP Auto Body is located on Route 207. They can be reached at 450-638-5435.



Alyssa Montour pursues her passion for graphic design

When Alyssa Montour landed a summer job at a local graphic design company a few years ago, she had no idea that the experience would influence the type of education and ultimately the employment she would pursue.

“I learned some basics from the designers who worked there and I was basically hooked on it. I had found something that I enjoyed and the next step was to get really good at it,” Montour said.

She recently completed a program called Graphic Applications in Desktop Publishing at Concordia University’s Centre for Continuing Education.

“It is an 11-week intensive graphic design course that teaches you basic to advanced graphic design techniques,” she explained.

Now, Montour works at an advertising agency as a graphic designer.

“I got the job a month after I completed my schooling. After a few unsuccessful attempts to get an English literature degree that I didn’t enjoy, I’m now doing something that I really like,” she said.

While Montour is focusing much of her attention on her new job, she also revealed plans for the future.

“Right now, I’m on my first job right out of school, so in the future I’m looking to grow as a designer and move up within the company I’m with,” she said. “Eventually, I would like to start showcasing my work on posters and t-shirts and things like that; and maybe even have a small freelancing business on the side.”

Montour wanted to share a few words with other local students.

“I would suggest to not wait until you’re unhappy with what you’re doing to start something new that you enjoy. Work as hard as you can to be the best you can so you don’t regret not putting in the work later on, most importantly, make sure that you’re always happy and to make necessary changes if you’re not.”



Akwirakeron Curran Phillips is a 20-year-old certified heavy equipment operator from Kahnawà:ke

When Akwirakeron Curran Phillips graduated from Kahnawà:ke Survival School in the summer of 2011, he admits he wasn't sure what to do next.

"I had no clue what I was going to do with my life," Phillips said. "I spoke to the academic advisor at KSS and she suggested getting into trades."

Phillips then met with Tawatohni'saktha to discuss his promising future.

"We discussed what trades were available; heavy equipment was one of them so I decided to take it," he said.

Phillips signed up for a course in that very field soon after.

He became qualified to operate 'everything' including excavators, backhoes, graders, loaders, bulldozers and rollers.

"After the nine month course was over I started looking for employment," said Phillips, who had no luck landing a job in Kahnawà:ke.

Although he was discouraged, Phillips received plenty of encouragement from his family, friends and girlfriend to continue seeking employment.

"I got a tip about a company called X-Rail hiring in Chateauguay," he said. "I brought them my résumé and I was hired on the spot."

Phillips explained that X-Rail is subcontracted by large railway companies, such as the Canadian National Railway Company (CN), Canadian Pacific Railway (CP) and VIA Rail.

"We specialize in installation and maintenance of rail road signals. I work all around Canada," he said.

Phillips has now been with the company for over a year and he enjoys what he does. He's also certainly happy that he did not stop pursuing a job in the field.



Gina Deer expands business outside of Kahnawà:ke borders

When Gina Deer opened Dépanneur et Gas Guimond in St. Lucie in July 2011, she did so in order to accommodate the many community members who visit Kahnawà:ke's sister territory of Tiowero:ton regularly.

"Once the gas station [where Deer's store is now located] closed it was really inconvenient going all the way to St. Agathe," the entrepreneur explained.

Opening the store outside of Kahnawà:ke's boundaries was almost like a dream come true for Deer.

"I always wanted to try to open a business outside the community. It has proved to be challenging, which is the way I like it, and a great learning experience," she asserted.

Dépanneur et Gas Guimond carries everything from milk and soda to bread and chips as well as many other items that are essential to make a trip to Tiowero:ton a success.

The store also carries many SAQ products. "We had our SAQ permit for one year now. We're still growing," Deer said.

She was pleased to report that she receives a great deal of support from community members as well as residents from the surrounding area.

"We have a great deal of support from the community. If they need something we don't have, we add it to our order list to accommodate them," Deer said. "We also get a lot of support from the community of St. Lucie. They are happy to have a gas station back and we have signed a local baker as a supplier who's baked goods sell out at the store. So it has been a win-win for the community of Tiowero:ton and St. Lucie."

She owes the success of her store to her customers. "The best part of all this is to see and talk to people that I don't always get to see at home," Deer said.



Passion to care for others fuels Kristyn Brown's nursing education

For as long as she can remember, Kristyn Brown wanted to be a nurse.

"After having two children, I really needed to find a career that would enable me to care for them financially and do something that I would really enjoy, so what better choice than to be a nurse," she said.

In October 2010, she joined the Strategic Community Health Careers Program; a collaborative effort between Tewatohnhi'saktha, the Kateri Memorial Hospital Center and the Kahnawà:ke Education Center that offers a preparation course and scholarship.

Brown says the program 'really got the ball rolling' for her. "The health program actually came at just the right time for me because I needed only one prerequisite left to be eligible for the nursing program at College Champlain Saint-Lambert," she explained.

Brown thoroughly enjoyed the program, which provided her with valuable hands-on experience.

"Valerie Diabo, the head nurse at the Kateri Hospital came into one of our classes and talked with us about going into a health profession. It was very motivational and I felt supported," Brown said. "It really opened the door for bigger things."

She accomplished one of her major goals when she began College Champlain Saint Lambert's nursing program in 2011.

Brown graduated from that program earlier this year and if she passes her next exam in September, she will obtain her full nursing license.

"My plan for the future is to start working at a hospital in the city to build my knowledge and skills base. Eventually I would like to work in Kahnawà:ke to help and contribute to the health care system in our community," Brown said.

She has aspirations to work closely with oncology, neurology, postpartum and medical-surgical departments.

"I would also like to pursue my studies to get a Bachelor's degree, which will open up more opportunities for me in the long run," she asserted.

Attending school with two children was not an easy feat, but Brown made it through with the support of her family, specifically her boyfriend, mother and mother-in-law.

She also received a great deal of support from Tewatohnhi'saktha, for which she is extremely grateful.

"Tewatohnhi'saktha provided me with the opportunity to be close to home to take my prerequisites," Brown said. "They provided a lot of support and motivation and they were also present when the school opened the nursing wing at Champlain."

Brown also shared her key to success: "I believe the key to success is working hard, having dedications and discipline and always keeping your goal in mind and within reach."



Paula Paul pursues bright future through schooling

In January 2010, Paula Paul gave birth to a little girl, who she chose to raise on her own. She had to make some decisions about her future and to return to school.

“I worked at the Kateri Hospital for 10 years as a kitchen aid and cook, which I enjoyed,” she said. “After having my daughter the hours were not feasible. I needed regular hours. Going back to school didn’t seem like a bad idea. Education can only be a good thing.”

Because she hadn’t attended school in two decades, she admits she was ‘fearful.’

In September 2011, she began attending the Nova Career Centre’s Administrative Assistant Program and graduated one year later.

“When it came to stage time, I called several places and didn’t get calls back. But I was persistent and called back to remind them who I was and why I called.

I laugh now because of how scared I was and how I thought they just didn’t want me. In the end everyone that I called returned my call and was willing to take me on as a stage,” she said proudly.

Paul was pleased to report that she was able to land a job thanks to her training.

She works for the Mohawk Council of Kahnawà:ke’s Social Development Unit as the Mohawk Self Insurance Client Information Administrator.



“I just signed my second contract with them,” she said. “I really enjoy my employment there and the opportunities they have given me.”

Paul shared some words of encouragement.

“Fear stops a lot of people from doing things. Don’t be afraid to go back to school or training. You’ll never get anywhere if you don’t try,” she said.



Turning a hobby into a seasonal business

Frank ‘Putsky’ Rice turned his backyard hobby producing sweet treats into a successful seasonal businesses that many Kahnawà:kehró:non anticipate each spring.

With some encouragement from his brother-in-law Tommy McComber, Rice started Kahnawà:ke Maple Syrup.

“I started four years ago, in my backyard. I would use an open fire and put the syrup in mason jars for my family,” said Rice.

At the end of February, Rice begins tapping trees when the snow starts to melt. The weather has to be warm enough for the sap to run.

“The first time that we draw off it takes eight hours of boiling before we get one gallon of syrup. After that we’ll get a gallon every two hours,” said Rice.

In his first year, Rice produced almost 50 gallons of syrup, which was sold at a few local convenience and cigarette stores. “We’ve been selling out every year.”

This year, with a small business loan from Tawatohni’saktha, Rice was able to expand his building that houses an evaporator and filter press. “The new room is going to be my finishing room. Rather than doing it in my daughter’s house, it is going to be a complete room with cabinets and a finishing table,” said Rice.

Now going into the business’ fourth year, Rice said the business has some challenges, such as the amount of labor required to produce the growing demand for more jars of syrup and maple candies. “The more trees, the more hours you put into it, the more you’ll get,” said Rice.

The evaporator that the company uses to produce maple syrup and maple candies requires up to 300 trees worth of sap. “I tap at my daughter’s - we have just under 200 trees and we have other places that we tap on other people’s land in return for some syrup. But the challenge is the land and the workers. There’s only me and brother-in-law Tommy there every day,” said Rice.

Despite the challenges, Rice said his main source of motivation is his grandchildren.

“I’m doing it for the kids,” said Rice, pointing to pictures of his grandchildren helping him make maple candies at the kitchen table, “In the meantime the kids are learning and I’m there teaching them.”



A family-owned business passed down from generation to generation

Located on Route 207 in Kahnawà:ke, The Caughnawaga Golf Club provides a stress-free environment for avid golfers in the Montreal area looking for a day on the links.

Angus Patton and his wife Mary started this local establishment in 1967. “This originally was the family farm. It started with nine holes, the first Clubhouse was the farmhouse and the original Pro Shop was the chicken coop,” said his son James Patton, General Manager.

Today James, along with his siblings Carrie and Andrew, are the second generation of Patton’s to run the establishment, which has expanded to a 27-hole public golf facility. “It’s been improvement after improvement,” said Patton.

The club now boasts a full-service Pro Shop, snack bar, modern cart fleet, paved cart paths throughout the golf course, a practice range and practice facilities including a chipping/bunker green, and two putting greens. Their tournament hosting capabilities can accommodate up to 200 people in their banquet hall as well as a full restaurant for not only golfing customers, but also for people looking for a place to eat lunch or dinner.

“One of our goals is to have continued successful operation of the business for years to come. What we are all conscience of is that we want to provide for community members a place of employment where they can put their education and experience to use in a professional business environment,” said Patton.

Running a small business in the community does have its challenges. Over the years, the club has faced issues, such as with staffing due to operating as a seasonal business, dealing with the current business climate, and economy.

“There’s a whole lot to it, but we’re able to do it, continue to do it and do it well,” said Patton.

External issues such as construction on the Mercier Bridge have had an impact on the local business, with less people wanting to cross the bridge during road closures; the club has attempted to expand their marketing to attract clientele on the south shore and throughout the Highway 30 corridor.

“One of the things we have to do is be more French-friendly and welcoming. We don’t live in a bubble anymore, we need to become part of a larger business community if we all want to prosper” said Patton.

The Patton family said Tewatohnhi’saktha has been an asset in terms of facilitating and aiding the management team recently with providing consultation services.

“We had to do a total internal makeover and reorganization of the way we operated, structured our operations and how we made decisions in every area of the business,” said Patton, “We knew we needed help, we knew we needed to do something. We had a general idea of what we needed to do, but we didn’t have the expertise and Tewatohnhi’saktha was instrumental in helping us find the expertise that we needed to help us re-organize and continue to be competitive.”



One Kahnawà:kehró:non exploring a niche industry in manufacturing

American Tool & Die (ATD) Manufacturing Technologies may be one of Kahnawà:ke's newest businesses, but for owners Thawennontie Thomas and Leo Hurtubise, business is booming.

The company, which has their shop located on Highway 138, specializes in producing tooling and fixtures, mold making and custom machine building for manufacturing clients.

"We make the machines that are needed to do all the manufacturing – whether it is metal or plastics," said Hurtubise, "It's a niche thing. There's not many of us. One company like us can supply 10 other companies that do the mass production. We're at the source of what they need to do mass productions."

Hurtubise, an Anishinaabe from The Nipissing First Nation, has been a tool and die engineer since 1985. While Thomas has been working in machining since he graduated in December 2010 from the Numerical Control Machine Tool Operator program offered at Rosemount Technology Centre.

ATD Manufacturing Technologies was formed in June 2014 after the two decided to combine their expertise under one roof.



"He had his company and I had mine. We decided to put all our eggs in one basket. We were able to do a lot more work and it was a lot more efficient," said Thomas.

Business has been incredibly successful in the last year, attracting clients from across the country and even in the United States. "It's been non-stop," said Thomas. "We're having too much work. We're refusing customers right now," said Hurtubise.

Of course, owning a new business still comes with its challenges. "It's a lot of work. I'm here more than I am at home. This is pretty much my home," said Thomas.

Thomas said Tawatohni'saktha has been incredibly supportive throughout the past year.

"It is a high capital investment type of industry, so they supplied with us with some money to help us get on our feet. Not just for capital costs, but for marketing, professional services, and the business assistance fund," said Thomas.

Through the Skills Link Program, Tawatohni'saktha also helped the company subsidize the salary of a Dawson College design graduate so that he could get some on the job training.

"Our goal is to one day employ at least 50 people from Kahnawà:ke in this type of industry," said Thomas.

Right now, the company has between eight to 10 staff depending on the demand and deadlines for projects. But in the long run, the two business partners feel like there is potential for the industry to expand in the community.

"I think it would be very beneficial for Kahnawà:ke. Not only is the pay pretty good for this type of industry, but it is extremely fulfilling. To see something start with a design concept for a part for a client and then to develop a whole tool around that part. To see it from start to finish is something else," said Thomas.

Young teacher has passion for language and culture

Karihwenhá:wi Emily Kane is passionate about the Kanien'kéha language and culture. She is a strong-minded, young Kahnawa'kehró:non who cares deeply about the future generations.

Given her excellent work ethic and positive attitude, it seems only natural that she would pursue a career in education.

Kane landed the job of her dreams in August 2015 when she was named the Kanien'kéha Health Teacher for grades three to six at Karonhianónhnha Tsi Ionterihwaiensthákwa.

"I think that it is very important to make sure our future generations know who we are as Onkwehón:we, to know where we come from, to be familiar with our history and also be able to speak with our beautiful language," she explained.

"Being a part of that learning process is why I chose to pursue this career," she added. Kane is the 24-year-old daughter of Tekahentákhwa Brown and Kirk Kane. She also has a younger sister, Ken'niwa'kerá:'a. Family, like teaching, means the world to Kane.

Her journey into teaching began when she decided to approach Tawatohni'saktha for guidance and support in the summer of 2015.

It was a decision that would change her future. "I met with Onawa Jacobs and she guided me in the right direction. She assisted me with updating my résumé and helped me prepare for the job interview of my dreams," Kane remembered.

She suggests that Kahnawa'kehró:non who are unsure about their future take the same route as her and inquire with Tawatohni'saktha.

"I would definitely recommend Tawatohni'saktha to anyone in the community; whether it's someone needing help with applying for a job, or which career path to take next," she asserted. "Tawatohni'saktha has many career cruising options to choose from and a friendly staff like Onawa waiting to help."

For Kane, the sky is the limit and this is only just the beginning of her teaching story. Her short time as a teacher already has her thinking about a lengthy future in the field. In addition to teaching young Kahnawa:ke children, Kane also attends Montreal's McGill University, where she is taking the First Nations Aboriginal Teachers Certificate Program.

"I will continue taking this course for the next two years," she explained.

"After that, I plan on taking some time to start a family of my own, but until then I'm going to continue at McGill. Who knows? Maybe one day I will obtain my Bachelor's degree in education," Kane said.



Upgrading French skills to widen clientele

Jenny Lahache looked to Tewaohni'saktha's Employment and Training team for funding assistance when she wanted to upgrade her French language skills to help her expand her business as an independent massage therapist.

Lahache graduated in February 2014 from a massotherapy program, but was having difficulty finding work outside of Kahnawà:ke.

“Since I graduated, I had a good five or six months of working – seeing people in their homes and working at Playground Poker as a therapist and then I moved a few times. So, that’s kind of my little roadblock right now,” said Lahache.

Finding work outside of the community was difficult.

“I’m having some trouble finding work in outside the community in the trade I chose. I feel that the only thing stopping me from working in the Old Port, for example, is my French,” said Lahache.

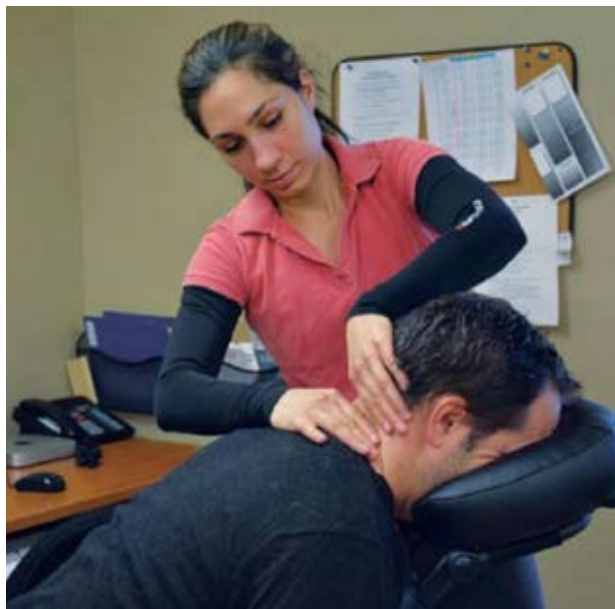
Feeling like her French skills were weak, Lahache decided to enroll in a month-intensive French language course offered through the YMCA in Montreal.

“I took the first level of French courses - there are seven levels,” said Lahache.

Now that she has completed the first level of courses, Lahache said she’s getting back into the swing of booking more clients and more shifts at Playground.

Overall, she said she is really enjoying the career path she has chosen.

“I really like what I’m doing. I really like the science part of it: the physiology and anatomy. That makes so much sense to me, and I like working with people one-on-one.



I have a natural understanding for psychology and stuff like that, so I like the relation part with the client,” said Lahache.

Lahache said she also enjoys how the job comes with an aspect of meditation and sometimes requires creativity on her part.

“You’re dealing with muscles and everyone is different. Once I start massaging it is different with everybody. That’s where a bit of creativity and meditation comes in,” said Lahache.

In the future, Lahache plans on taking the higher-level French courses offered through the YMCA for more opportunities. In the long term, she’d like to work toward a position in kinesiology or physiotherapy.

“I don’t think I want to stop at massage therapy. But right now, I just want to take more courses - like more different styles of massage and get more skills under my belt,” said Lahache.

Employment & Training Success Story

Mikael Leduc followed in his mother's footsteps when he decided to pursue a career as a nurse. "My mother is a nurse's aide, so she actually led me that way," he said. The 23-year-old completed the two-year Health, Assistance and Nursing program at Centre de Formation Professionnelle de la PointeDu-Lac (CPPL) last December.

The program, which is taught in French, helped him land his current job as a nurse in the surgery department of the Hôpital du Suroît in Salaberry-de-Valleyfield. "It helps because I have a lot of French patients," said Leduc.

Leduc said without Tewatohnni'saktha, he probably would not be working as a nurse today. "I couldn't afford to go to school," said Leduc, "They paid for everything and it really helped. They paid for my uniforms and all the stuff I needed." The support from his Employment and Training Counsellors Helen Watso and Onawa Jacobs were also encouraging. "They called me many times to ask me how it was going when I was in school," said Leduc.

When he completed the program, he immediately began working at a retirement home, but soon left for his current position. He said the best part of his job is the opportunity to help people. "It feels great," said Leduc.



The new job still has its challenges, though. "When you first start you're always on call, so that can be a problem sometimes. Sometimes they call me early in the morning. I don't know if I'm working tomorrow or today, or if they're going to call me later," said Leduc. "I just tell myself that one day I'll have steady hours."

Leduc said he hopes to be able to work at the Kateri Memorial Hospital Centre one day.



Diabo serves up smiles at new cooking job

Kahnawa'kehrón Logan Diabo is serving up delicious and mouthwatering dishes as part of his new job. Diabo is currently a line cook in the Garde Manger (French for "keeper of the food") section at Robbie's Smokehouse and Burger Bar on Highway 138.

"My first official day of work was on September 1, 2016" he proudly reported.

When asked what was his favorite part of the job, Diabo responded: "The compliments received by staff and customers. The feeling of knowing that you have done your job well and have met the standards of well-experienced chefs."

In preparation for his job, he attended LaSalle College's Professional Cooking Program. "I spent 12 months in training. This training included a one month stage, many exams, and 15 weeks of restaurant service where we have cooked for the public at a low price," Diabo noted.

He explained how Tewaohnni'saktha helped him out in a number of ways while he was still attending school. "Monthly allowances played a major role in transportation during my course. I'm honestly not sure if I would have been able to get to and from school on a regular basis without the financial support," Diabo asserted.

He said Tewaohnni'saktha also provided him with all of the information he needed about the Professional Cooking Program. "They were always my backup when I needed questions answered about the program or tuition. They were also willing to help me find a job after my program was done," he proudly reported.

Diabo was quick to admit that the Professional Cooking Program was no walk in the park.

But he was determined to not only complete the course, but also excel at the trade.

"Exams were very challenging due to the fact that we had many exams during one year. On average we had exams every month," he said.

"Also, an unsuccessful dish was very demotivating. Receiving negative feedback on a dish you worked on for over an hour could be very upsetting, especially knowing you have tried your hardest."

Diabo went on to complete and graduate from the course and landed a job at Robbie's soon afterward, and he couldn't be happier.



McComber motivated by her children to excel in workforce

Bailey McComber worked hard to land her new job as a clerk in Playground Poker Club's human resources department.

McComber's full-to-the-brim schedule keeps her quite busy.

Some of her responsibilities include updating new/current employee files, performing numerous office related tasks (data entry, filing, and emails), addressing employee needs, and inventory control (distributing uniforms to employees, maintaining stock quantities without excessive oversupply and placing orders) among many other things.



"I began working as a trainee in October 2016. A four week stage was implemented, which was obtained through Tewaohnni'saktha's Program in collaboration with Playground Poker Club. In November 2016, I was hired as a part-time employee. By January 2017, I was officially hired full-time," McComber explained.

She applied to Tewaohnni'saktha's First Class Customer Service Program with the hope of gaining knowledge in the customer service field.

"It is a four-week course in which they focused on the fundamentals of quality customer service, also adding in

French language skills. I learned how to properly accommodate customers' and employees needs, how to address company policies and issues and gained an overall better understanding of the service industry," she asserted.

McComber was pleased to report that she loves her job. "What I love most about my job is that it is a fast paced environment with constant interaction between employees and customers. I love the people I work alongside with and the camaraderie that was formed between everyone. It's all about being part of something that makes a difference," she said.

"Along the way, I can't say that there were too many challenges besides better adjusting my time management regarding my personal life. I was able to adapt quickly to the challenges that were given to me on the job and completed necessary tasks in the provided time divulged the mother of three small children.

When she completed the course at Tewaohnni'saktha, her goal was to obtain a full-time job that would allow her to better raise her children.

"I based my thought process and goals on my children's needs and always strived to better myself, not only for me but for them as well. The second phase of the program gave me the opportunity to apply for a permanent job once the stage was completed," McComber said.

She was thankful for Tewaohnni'saktha and Playground Poker Club's collaborative effort. "Working in partnership with Playground Poker Club, Tewaohnni'saktha's program strives to better help individuals who want to pursue different job positions. Nearly a year later, I am planning to further advance my career by taking both a secretarial and an accounting course, which will benefit me in my current position in human resources," McComber concluded.

Leblanc adds certified plumber to résumé



Hank Leblanc recently added certified plumber to his growing résumé.

The father of two is currently a first year plumber's apprentice at Montreal's Plomberie Levine Brothers. "I started working there on September 17, 2016. I was hired the day after graduation from the Plumbing and Heating Course," Leblanc explained.

What does he like best about being a certified plumber? "The sense of job satisfaction I get would be my favourite part," Leblanc asserted. He said plumbing is an important trade and he is very proud of his work.

"Plumbing is a pretty important part of modern civilization," he said. "As long as there are people, we will be dealing with water and waste."

Leblanc became a certified plumber when he successfully graduated from the Pearson Electrotechnology Centre (PEC) in Lachine last fall. Since opening in 2007, PEC has quickly established itself as a leader in technical training in plumbing and heating.

"We have built a team of experienced instructors and devoted support staff. We also pride ourselves in keeping a close relationship with industry demands and standards to ensure we are preparing our graduates to succeed in a highly demanding technical environment," PEC said. Leblanc received funding and support from Kahnawà:ke's leader in economic development, Tewatohnhi'saktha, in order to attend the course. But that's not all. He explained how Tewatohnhi'saktha aided him in other ways.

"The only English language plumbing and heating course had been dropped by École des Métiers de la Construction de Montréal and so I remained in limbo for a couple of years," Leblanc said. "Counsellors from Tewatohnhi'saktha brought it to my attention that the Lester B. Pearson School Board had launched their own program, as I had attended the Introduction to Construction Trades Program a few years prior and made it known which trade I wished to pursue."

Leblanc believes that he would have eventually found out about the program, but Tewatohnhi'saktha's Counsellors, "certainly expedited the process." He was pleased to report that there weren't too many challenges along the way, other than the expected. "The only 'real' challenges I faced were the average challenges of any family with two working parents," Leblanc said.

Mike Diabo's business is revving up



MPH owner Mike Diabo's interest in engines began when he was around 12 or 13 years old.

"My mom bought me a \$13 ratchet set from Canadian Tire and I worked on my mom's lawnmower. I had to know how it worked. I just didn't pay attention how I took it apart, therefore I couldn't put it back together. Oops!" he said.

"It was then that I got intrigued by motorized vehicles and engines in general. When I discovered I had the knack to fix things, my dream was to help Kahnawà:ke by repairing machines. I guess I really just wanted to be needed by everyone for something I could do," Diabo explained. "I was young, what did I know? It wasn't about money at first because being that young, mom paid the bills."

The rest, as they say, is history and now his business is firing on all cylinders. "It only came to me that I can actually make a living doing this when I had to pay my own bills," he said.

"My repair shop opened about three years ago, in this building anyway. My first shop was attached to my house and burned down including half of my house," Diabo said.

MPH offers a variety of top-notch services, including repair work on all small engines and motorized vehicles. Diabo is also doing quality general mechanic work on cars and trucks. His plans for the fall include undercoating and rust proofing services.

"I also have an auto body shop in the other half of my business (building) now and it's doing awesome," he said. Diabo thanked Tewatohnni'saktha for their assistance.

"I've always been told to go to Tewatohnni'saktha by several people and personally I didn't want any help from anyone. But one person in particular kept on my case and finally I went speak to Daryl [Lelclaire] and discovered they were actually there to help me," he said. "I don't know why I waited so long to go; stubborn I guess. But I'm sure glad I went because my business improved three-fold because of their help."

Diabo described Leclaire as "an awesome Business Services Officer and I feel he is why I am where I'm at today. I know it's his job, but I feel he personally went above and beyond to help me."

Diabo said feedback to his business is usually positive, but admits that no matter how hard you try, sometimes you just can't make everyone happy. "For the simple fact that some machines just can't be fixed. They expect their machine to be new again when it leaves my shop, but it's simply not the case. It's only new once. Everything dies," he said.



All Kinds of Crap lives up to its name...and more

One of Kahnawà:ke's newest stores certainly lives up to its unique name. All Kinds of Crap in the Deer Crossing Mall on Highway 138 has, well, all kinds of crap.

The store is owned by the always entertaining and energetic Randy Diabo, who explained what his business offers, and with a name you simply can't forget.

"Liquidation and closeouts are what we specialize in. All kinds of things the consumer doesn't need," the local entrepreneur joked. He quickly added that he is serious about customer satisfaction though.

"We specialize in wholesale prices and great customer service," Diabo quipped. From body wash to golf bags, diapers to gloves, batteries to shirts, and cologne to light bulbs, you never know what you'll find at All Kinds of Crap.

The store receives new items all the time so you never know what kind of deals you'll find. All Kinds of Crap opened its doors to the public in November 2016. Diabo said he really got started with the business after his good friend Mike Henderson introduced him to some of his suppliers.

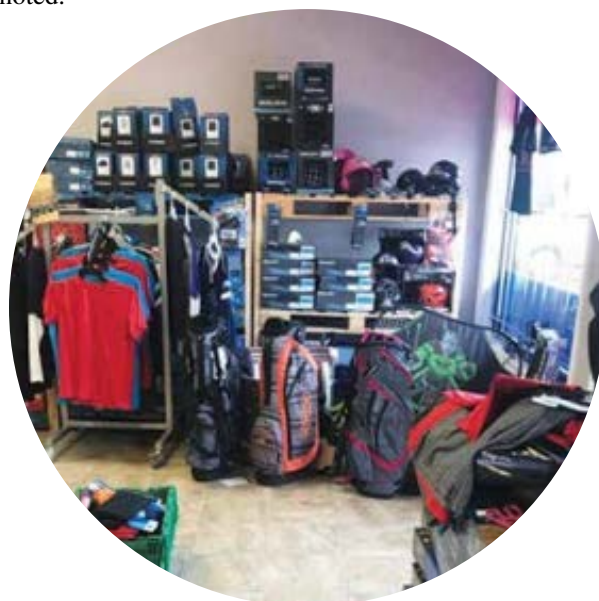
"We try to treat our customers with respect and we try to joke with our customers because it's not just about the money," Diabo proudly asserted. "It's about giving the customers good service and making them feel like it's their place."

He was pleased to report that the majority of new customers quickly become regular customers and even friends.

"Nine times out of ten, they return because of the service we give them" Diabo said. He thanked Tewatohnhi'saktha for helping not only during the store's early days, but to present day as well.

"They have helped me in many of my businesses and still do to this day!" Diabo said.

"I would like to thank Barbara McComber and Daryl [Leclaire] for all of their help in the past and present," he noted.



PLAN-it Consulting and Communications is here for you

One of Kahnawà:ke's newest businesses is also one of its most unique.

PLAN-it Consulting and Communications is co-owned by the dynamic mother and daughter team of Charleen Schurman and Maris Jacobs.



"PLAN-it is exactly what it sounds like; we plan projects. Between the two of us, we've worked on projects that involve advertising sales, publishing, community surveys, meeting and conference organization, social occasions, fundraisers, etc.," Charleen explained.

"Officially, we 'shook hands' on it in April, agreeing to work together whenever possible while Maris completes her Bachelor Program in Communications and Rhetorical Studies at Syracuse University," she said.

The two work together on project development, but Charleen executes most of the 'hands-on work.' "When we agreed to partner on this business it was with the knowledge that, at least for now, I would 'steer the ship' with Maris involved in projects whenever possible, but her focus will be on school," she explained. Where did the idea for this unique business come from? "PLAN-it was my mother's idea, which I then helped her develop and start. She has had experience planning and developing different community events and projects in the past and it seemed natural for her to turn those skills into a business," Maris said.

I've also volunteered in some of her projects in addition to studying Communications at Syracuse. My time

volunteering has helped my transition into PLAN-it. While she was taking the lead on most of our projects, I contributed in other ways, such as social media."

Like any other new business, there were some challenges along the way. "There are always challenges and that's what keeps us on our toes!" Charleen said. "For instance, when we executed a household survey for Tawatohni'saktha we did a lot of research prior to starting because we needed the data to be extremely credible and the client to be confident in our abilities. We spent hours and hours reading, sampling and asking questions."

They sought advice from seasoned surveyors for different perspectives and spent time training their workers.

Tawatohni'saktha has been very helpful in this particular venture. "They have been extremely helpful. We asked a lot of questions, and Barbara [McComber] and Tammy [Delaronde] were very patient while we completed our business plan. That was a learning curve as well. When we didn't have the expertise, Tammy stepped in to fill the blanks. We have been able to upgrade equipment and software and create a sufficient office environment in our house," Charleen said. Feedback from clients has been very positive.

"Clients have said that they have confidence in our ability to do a thorough job and have their projects done on time. We are still a growing business and hope to build our success through experience on many different types of projects," Maris noted.

In addition to work on projects for other companies, PLAN-it will soon begin developing its own projects.

"One of them is a community magazine called ABOUT TOWN (Kahnawà:ke). ABOUT TOWN is going to be Kahnawà:ke's version of People Magazine; some really in-depth human interest stories, articles about people, families, consumerism, fashion, pop culture, health, recipes, etc. A true glossy magazine with loads of vibrant, colorful photos," Charleen revealed. "It will be a fun, inspiring magazine to read and we hope to eventually publish quarterly. It's on the drawing board but we're taking it slowly and hope to publish sometime within the next year. We are seeking to employ seasoned writers for feature stories but we will also welcome novice writers who would like to get published."

Anson Delisle is a man with a plan

The career of Kahnawà:ke's Anson Delisle has been taken to new heights... literally. Delisle got his first taste of construction work during his stint at Tewaohni'saktha's Introduction to Construction Trades program, held at the NOVA Career Centre in 2012. There he procured skills in carpentry, plumbing, welding and electricity and followed up with a vocational certificate in Electricity at Pearson Electrotechnology Centre in 2015. His training experience with Tewaohni'saktha and at NOVA is what sparked his interest in the electricity program.

"Our ancestors are well known for this trade across North America, which motivates me to get up and do the best I can"



He then followed up with a nine-month ironworking program at the Centre de formation des métiers de l'acier (CFMA), graduating last August. Before the program Anson searched endlessly for employment in order to gain 150 hours of work experience (required to obtain the "Apprentice 1" card), but the experience and knowledge that he gained at the CFMA gave him the boost he needed, and he found employment soon after. Recognized for his welding skills by Construction Ramsol Inc, Delisle quickly found himself working jobs all over downtown Montreal.

On February 3, the 24-year-old Kahnawa'kehró:non landed an exciting job opportunity building a distribution center in Beauharnois. Using his "Apprentice 2" ironworking status, Delisle has mainly been controlling the machinery on-site since his introduction to the job. Delisle enjoys many facets of his employment including brushing up on his French language skills and meeting new people, but he says the best part of each day is taking off his boots after a hard day's work.

Anson's grandfather, a retired long-time Local 40 ironworker, was cited as one of the young man's greatest inspirations. "Our ancestors are well known for this trade across North America, which motivates me to get up and do the best I can here at Local 711." He plans to use his growing knowledge of the field to earn more certificates and grow his career.

Anson's previous work experience at Bayview Pizzeria has him looking forward to a career as a restaurateur in his retirement, but until then he plans to continue his profession in ironworking. Another one of his career goals is becoming the regional Steward for Kahnawà:ke. This would allow him to expand his horizons and meet people from far and wide.

Phillips uses only the best products for Debbie's IncreDeble Edibles

Fruit bouquets, fruit trees and fruit arrangements... all covered in decadent chocolate. The epitome of a delicious snack is, believe it or not, sold right here in Kahnawà:ke.

Debbie's IncreDeble Edibles opened in November 2014, offering her trademark themed bouquets, chocolate fountains and displays large enough for parties and even weddings.

While browsing the internet, owner Debbie Phillips discovered the art of fruit trees and decided to try it out for herself. The result was delightful and good enough to sell. With lots of practice, Debbie has managed to perfect her craft and bring her business to the point where it is now.

According to Phillips, one of the greatest challenges that comes with the job is finding adequate supplies. She has admitted that she is very picky when it comes to her fruits, and that finding ones that are perfectly ripe is extremely difficult.

Debbie also stated that her business received a very helpful boost via Tawatohni'saktha funding. With this aid she was able to purchase ample signage as well as a refrigerator to stock all of her fresh supplies.

In addition to Tawatohni'saktha, Phillips also had her supporters to thank. "I just want to thank everyone for your support and if you haven't tried my product yet, give it a try and I'm sure you'll be pleased," Phillips noted. "I also have specials at least twice a month, so subscribe to my Facebook page."



"I just want to thank everyone for your support"

Debbie's business is located on Route 207, about a mile past Mohawk Hills Golf Club, and is open, from 9:00 a.m. to 5:00 p.m. daily.



Beauvais' creativity flows at new position

The many talents of Ikey Beauvais are being put to good use every day at his new job.

After completing his Digital Layout and Printing program at Rosemount Technology Centre, Ikey participated in a stage placement at Sticky Media, a large format printing and signage company in Lachine. Impressed with his skills and abilities, Ikey's supervisors offered him a job which he gladly took and has been loving for almost five months.

"My position is Printer Operator and Pre-Press for ripping files and printing," Beauvais explained. His talents and skills have also been put to use in freelance work involving vectors or logo design.

Given the creative nature of the industry, Ikey was instantly attracted to the position. He believes that this occupation will aid him in growing into an excellent and prosperous businessman.

According to Beauvais, the most intriguing and attractive aspects of the job are the challenges and spontaneity of each and every order he receives.

Although he looks forward to expanding into broader pastures in the future, Ikey believes that his position at Sticky Media serves as great experience for the moment. In the future, he hopes to bring his knowledge home and spread it within the community.

In addition to freelance work and odd jobs bringing in money, Beauvais added that Tawatohni'saktha also helped him with funding while attending school.

"Tawatohni'saktha acted as a really helpful guide. (They) cheer for you and cover most of the expenses, which I appreciate very much." Beauvais said.

To anyone considering going to school or attending a program, Beauvais said he suggests finding affordable transportation and procuring a second job in order to help cover expenses.

"Tawatohni'saktha acted as a really helpful guide which I appreciate very much"



Diabo turns passion into successful business

March 1, 2018 marked the 30th anniversary of Kahkotsi:io Beauty Salon, run by successful Kahnawà:ke entrepreneur Allison Diabo.

Kahkotsi:io is a full-service beauty salon, offering a variety of hair and nail services. Diabo uses her Master Colorist certification to specialize in hair color, in addition to hair cuts and styles. She also has experience and skill in manicures, pedicures, and waxing.

After working as a hairdresser at the Cavendish Mall for two years, Allison's parents suggested that she cut out the middleman and begin working for herself. And so, Kahkotsi:io was born. Diabo said that one of the hardest parts of starting the business was building a clientele. Given that she was only 19 years old and new to the business world, she had a hard time being taken seriously. But patience was key, and over time she managed to succeed.

She stated that throughout the whole experience, Tewatohnhi'saktha has been one of her greatest allies; aided financially and through encouragement. In particular, she wanted to acknowledge Tammy Delaronde, her Business Services Officer.

Running a business for decades takes a great deal of hard work and dedication, but Diabo's perseverance helped her turn her passion into a successful business. "I would like to thank all of my clients for their support over the past 30 years. I feel very fortunate to have been able to do what I love for all these years," Diabo said. She looks forward to continuing her service for customers, old and new, for many years to come.

"I feel very fortunate to have been able to do what I love for all these years"



Robertson knows her work is helping make a real difference

The Kahnawà:ke Schools Diabetes Prevention Project (KSDPP) recently welcomed their new Meetings Coordinator/ Diabetes Action Canada Indigenous Patient Goal Group Administrative Assistant, Kary Tsoié:on Robertson.

The ambitious mother of four had been working at KSDPP since 2017 on a Tewaohnhí'saktha employment measure, but wanted to broaden her horizons and improve upon her skills. She accepted her new position in early 2018.

Robertson also has an extensive educational background. In 2003 she completed a Certificate in Aboriginal Literacy Education at McGill University, was part of the first Ratiwennahní:rats graduating class and even started a B. ED in Physical Education. However, she withdrew from the program in order to begin working full time. Since then, she has also studied Swedish Massage Therapy and taken Human Resources Management and Accounting courses.

After a hiatus due to injuries and maternity leave, Kary decided to switch to part-time work in order to return to

her studies. "I was unsure if I would continue to pursue a Bachelor of Education at McGill University or pursue a degree in health sciences. I gave Tewaohnhí'saktha a call to meet with an Employment and Training Counsellor to assist me in making that decision," Diabo said.

Taking the advice of her E&T Counsellor, Nadine Montour, Kary submitted her application to KSDPP for a subsidized employment measure.

Robertson believes her background in health training, wellness, education, administrative experience, and strong knowledge of the community are definitely assets.

She added that at work, she enjoys seeing firsthand how community initiatives are put into action. In the future, Robertson hopes to be working in health and wellness education.

"I gave Tewaohnhí'saktha a call to meet with an Employment and Training Counsellor to assist me"



Mystic Pines offers the highest quality of golf

Mystic Pines Golf and Country club burst onto the scene in 2013, bringing Kahnawa'kehrón the highest quality of golf and luxury.

The nine-hole golf course, driving range, and putting green is located on Highway 138 west and is owned by Kahnawà:ke's Ryan McComber and Eugene Jacobs.

This year, Mystic Pines underwent a major makeover. They have expanded their business to include a full-course restaurant and bar, and a club house that will soon be open to the public.

When the land was purchased, the owners decided to create a high-class golf course. The proximity to the city was intended to attract golfers from Montreal who wanted to escape the hustle and bustle of daily life.

In starting the business, financing was a substantial issue for Mystic Pines. But with the help of Tawatohni'saktha's Business Services Division they were able to secure the necessary funding, and access many of the services offered to start-up businesses.

The club house's Ristorante La Vista is scheduled to open in summer 2018, and in the meantime the Back 9 Snack Shop is open for breakfast at 7:00 a.m. daily. There are also plans in the works to add nine more holes, to turn Mystic Pines into a fully functioning 18-hole golf course.

"With the help of Tawatohni'saktha's Business Services Division they were able to secure the necessary funding"

For more information, visit Mysticpinesgolf.com



Gilbert embracing work opportunities at Step By Step

Tyler Rahaserisaks Gilbert recently participated in Tewaohnni'saktha's Achieving Concrete Essentials (ACE) Program at Tóta Ma's Café. He has been on the fast track to success since successfully completing the program. "I'm currently employed at the Step By Step Child and Family Center as an Administrative Assistant/Receptionist," Gilbert said.

This coming January will mark his first anniversary in that role. "I just love the environment there, working with a great team of teachers and administrators" Gilbert said. "Also knowing I'm playing a role, even though it's a small role in teaching and guiding our future generation."

The 21-year-old Kahnawa'kehró:non explained how Tewaohnni'saktha has helped him to get where he is today.

"Tewaohnni'saktha has actually helped me a lot," he said. "Firstly, they helped me to realize that after taking the entrepreneur course that I was not ready to run with my business idea just yet, but to continue working on it." Gilbert said that it certainly wasn't the end of Tewaohnni'saktha aid.

"They also helped me when the program was coming to an end by offering me a stage to pretty much anywhere I wanted to go and I chose Step By Step," he said. "I have to be honest; Step By Step was not my first choice. I was trying to think of an organization that had the possibility for me to stay on after the stage and as it turns out, Step By Step would be that organization."

Aside from what he described as an amazing stage opportunity, Gilbert noted that Tewaohnni'saktha also provided him with plenty of training.

"Tewaohnni'saktha also sent me and another ACE participant to Edmonton for YES (Young Entrepreneur Symposium), which is a symposium for Indigenous youth between the age of 18-28 to see, learn and connect with Indigenous entrepreneurs from across Canada," he asserted. "That was truly an amazing experience that I will never forget."

When asked what he hopes to accomplish in the next five years, Gilbert said he still has aspirations to one day open his own business. Right now though, his focus is on his job at Step By Step where he has become familiar and a welcome face at the reception desk.

Gilbert previously participated in Tewaohnni'saktha Career Building Skills Program in 2016. He went on to become the Events Coordinator at the Kateri Memorial Foundation for just under three years. The sky is the limit for this young community member.



Joseph Rice hones his talent on the big stage

Joseph Rice's stage name Nayshun is synonymous with Kahnawà:ke and the Montreal-area hip-hop scene. But his success on and off the stage didn't happen over night. In fact, he's been crafting and honing his vast talents for years.

"I auditioned for Cash Money/Rich Gang a couple of years ago in Montreal. They awarded me 'Music and Performance of the Night' and offered me an artist development deal," Rice proudly reported. "So I signed with Coop Block Canada and began training in Branding, Marketing and Networking; also to sharpen my skills in songwriting and recording." Rice is currently still part of the Coop Block, which he says is 'expanding big time.' Coop Block features members and artists from across the country.

"I'm presently working on a full album, with producers from all over North America. I already have an iTunes release of my single 'Late' which is doing really well," the MC said. "My next single 'Lined Up' is next on deck and is in the process of being released very soon; single and video." Rice said there will be a couple of other surprises coming soon.

"Everything costs money (recording studio, promotion, merchandise, etc) and being a father of five while juggling a music career," he said. "Tewatohnhi'saktha helped so much with all of those costs. It allowed me to breathe easier and put my all into my craft." It's clear that Rice truly loves what he does.

"My favorite part of what I do is the love I get in return from my fans. There's no better feeling than having someone come up to you just to say how much they love my music and/ or performance," he asserted. "That's my drive to keep doing what I do."

Rice has big expectations for his bright future and rightfully so.

"My childhood dream was to be heard on an international level, to set myself up financially to where me and my family will be taken care of for the rest of our lives," the family man and dedicated father said.

Within the last two years he was named Peabo Award winner for "Artist of the Year" and won first place at Urban Supremacy II and received a international distribution deal with Sony in over 100 countries.

If that's any indication about Rice's future, he will no doubt be sitting at the top of the charts in no time.



New entrepreneur Deer thrives at Havoc Auto

To say that Howie Deer is a man of many hats would be a huge understatement.

Deer is the proud owner of Havoc Auto, which is located at the former Horn Tree Service building on Canadian Road.

The skilled entrepreneur's extensive job titles definitely don't end there. "My official title I guess is owner, body man, painter, welder, fabricator, detailer and polisher," Deer explained. "I do everything myself."

Deer said that he is currently looking to secure a new permanent location for his growing business sometime this year.

"I've only been here for two months. I was working out of a smaller facility without running water or a toilet before I moved here," he said.

Like any great entrepreneur though, Deer admits that the best part of his job is having satisfied customers. "I work on all types of vehicles; cars, trucks and vans," he said.

It's easy to see why customers are pleased with his diligent and quality work. Deer's attention to detail is helping grow his reputation.

Deer also discussed the training he received for his career.

"I trained in auto body in Verdun," he noted. "Out of my class only two others are still in the trade." Deer explained how Tewaohnni'saktha helped him along the way.

"Tewaohnni'saktha has helped with funding for schooling and now currently with the Self Employed Assistance Program," he said.

Tewaohnni'saktha's Self Employed Assistance Program (SEAP) provides newly self-employed clients with financial supports in the first year of operation of their new business in the form of monthly benefit subsidies.

"I was drowning in my overhead and they've helped to cover funding, including covering my rent," Deer said of Tewaohnni'saktha's assistance through the Self Employed Assistance Program. "My money only comes after jobs are done and sometimes it can take weeks to a month for some jobs."

He was able to find out about the Self Employed Assistance Program through social media on Tewaohnni'saktha's Facebook page.



Lahache returns to school, lands job at MCK

Kahnawa'kehrónon of all ages are returning to school to further their education in order to pursue new and exciting career paths.

Jordyn Lahache is currently working as the Purchasing Order Clerk at the Mohawk Council of Kahnawà:ke, but her story starts well before that.

"I took part in the Accounting Program in Chateauguay at the Nova Career Centre," she said.

Lahache then did her stage at the MCK in the Human Resources Department as the Payroll Clerk in August of this year.

"Then I applied for the Purchasing Order Clerk position," she explained. To say that Lahache enjoys her new job would be a huge understatement.

"My favorite part of the job is working on the computer and the program we work with," she asserted, "and my coworkers I get to work with everyday."

Tewatohnni'saktha was also quite helpful in Lahache's journey. "Tewatohnni'saktha helped me by taking the Transition Program, which got me familiar with the MCK and getting my current position," she said.

Lahache is proud of what she has been able to accomplish so far. She has worked hard in school and continues to work hard at her new job today.

"In the next five years I hope to find a permanent position within the community," she said of her future goals.



Lahache is a great example that a strong and dedicated work ethic can get you where you want to be in life.

"I am very passionate about my work because I love what I do," she said. "I am a very organized person as I am forever organizing stuff around the house or office."

When she isn't busy at work, Lahache enjoys her free time to unwind. "I like to play golf, hangout with my friends and family; travel and shop," she said.

McGregor shares story of perseverance and dedication

Jany McGregor recently graduated from Secretarial Studies program at the Nova Career Centre in Châteauguay. Her story is sure to inspire Kahnawa'kehró:non of all ages.

"I presently work part-time at the K103.7 radio station," she said proudly. "I have been working at K103.7 for about three months."

McGregor talked about what she enjoys most about working at K103.7. "I enjoy working there because I get to talk with a lot of people as I work at the front desk greeting people," she explained.

McGregor is proud of what she has accomplished and says she has her eye on future goals as well. "I'm hoping to continue my new career choice for as long as I am able to work," she said. "I am a people person and I feel that this career is right for me."

Taking part in the Secretarial Studies program proved to be a learning curve. "When I first went into this course, I had no idea how to run computers," McGregor admitted. "I didn't even know how to turn it on."

She began the Secretarial Studies program in April 2018. "It was a bit frustrating at first," McGregor said. "But the teachers never gave up on me. I worked hard on making my goal."

Unfortunately, her studies temporarily took a backseat when she had a medical emergency.

"In the month of February I had a heart attack, which then delayed my studies for about a month," McGregor said. But like the strong Mohawk woman she is, McGregor persevered.

"I worked hard and caught up to my classmates," she asserted. "I was determined to graduate with my classmates. They were very helpful in helping me get caught up."

She offered her thanks to her teachers, classmates and Tewatohnhi'saktha. "They never gave up on me and with all the support I got, I then won the Outstanding Student Award at our graduation ceremony," McGregor said. She did her work stage at K103.7 after graduating and was pleased when she was offered a part-time position there."



"And I'm still there today," McGregor said. She can be seen as an example that it's never too late to go back to school and continue your education.

Kahnawà:ke Brewing Company is in a league of its own

Microbreweries have become some of the most popular spots for unique drink and eats across North America.

The Kahnawà:ke Brewing Company in the Deer Crossing Plaza at the foot of the Mercier Bridge on Highway 138 is no exception. The business is owned by Matt Deer, Brooklyn Leblanc and Drew Stevens. It opened its doors to the public in March 2018. Since then it has earned a reputation as one of the best microbreweries in the area.

“We brew a wide range of beers inspired from all over the world served up fresh in our comfortable pub,” Stevens said. “Our 10 beers on tap go great with our pizzas, tacos, wings and sharing items on our food menu.”

The Kahnawà:ke Brewing Company also offers 32 oz and 64 oz growlers. Deer got the idea for a brewery in the early 1990s while at a brewpub on a ski trip in the United States. “He had never seen this concept and he loved the idea of beer being made and served fresh right before your eyes,” Stevens said. Stevens is a beer enthusiast who started home brewing seven years ago. “The three owners crossed paths in 2016 and over a pint or five, the plan to build their own brewery was born,” Stevens said.

The trio started the business relatively small to see if the concept was sustainable and if it was something people would be excited about.

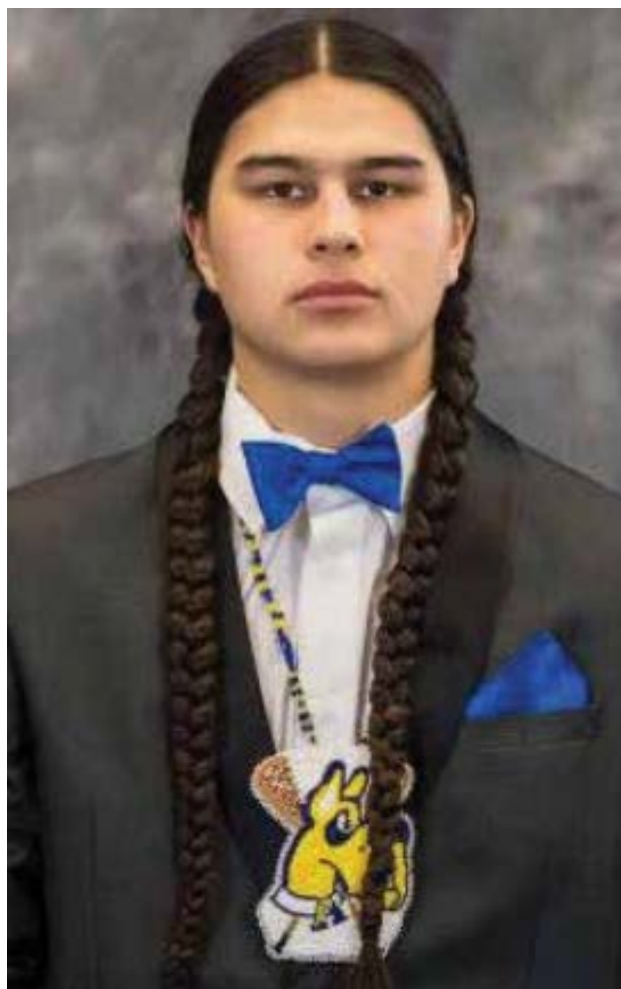
“Over the last year and a half, the reception has been amazing locally as well as from the surrounding area. We needed to increase our production as well as take our business to the next level with new avenues to explore, such as making our products available in cans,” Stevens said.

“Tewatohni’saktha helped us refine our business plan for our next big step as well as helping us to apply for the additional funding we required to get our new equipment, to build a new facility and expand our kitchen to eventually have more selection on our food menu,” he said. “With the loans and grants, we are finally taking our next big steps, which we would not have been able to take otherwise.”

It’s clear that they love their customers. “We are sincerely grateful for your support and especially for buying local. In our domain, there is practically a new brewery every month in Quebec, so we are very thankful that you have chosen us as your beer of choice,” Stevens said.



Mentor a student program puts Kirby on the path to success



Kahnawà:ke's Cougar Shakaienkwarathon Kirby is attending McGill University in Montreal where he is enrolled in the Bachelors of Sociology program with a minor of Indigenous Studies.

"I am currently a Research Assistant for the University of Montreal and the Kahnawà:ke Schools Diabetes Prevention Project," the young scholar said. Kirby recently explained how he reached this point in his budding academic and professional career.

"I began in the 10-week mentor a student program and was welcomed to become a full time Research Assistant for the summer; roughly six months," the 22-year-old noted.

With a full-to-the-brim schedule, Kirby also talked about what he enjoys most about what he's doing these days.

"My favorite part of the job is being more involved with the youth and doing interviews to find youths interests," he asserted.

Like many other young Kahnawa'kehró:non, Tewatohnhi'saktha helped shine a light on Kirby's path and was instrumental in the process. "Tewatohnhi'saktha was a great help in getting my position with this job and opened the door to many other possible opportunities by connecting my education to workforce," he proudly reported.

Kirby has an incredible work ethic and is dedicated to his community. His shows passion and is driven when talking about his bright future.

He revealed that he plans on continuing his education and earning important work experience and opportunities in the coming years. "I hope to accomplish gathering valuable information from Kahnawà:ke youth and hopefully introducing valuable youth programs and events for our future generations," he said.

If all of that wasn't enough, Kirby is also a top-notch lacrosse player both on the field and in the box. He's suited up for McGill's field lacrosse team as well as the University of Albany. Kirby has also lent his talents to the Kahnawà:ke Hunters, Kuper Academy and Centennial Academy.

"My school experience has been amazing; being able to travel to Florida for high school and Albany for university," Kirby said. "I enjoy travelling, hiking and anything near water," he added.

Hemlock goes from golf ace to Rodbuster

After spending years on the golf course and in the classroom, a local man decided it was time to shift gears and look for a new and exciting career; something that would set him on the path to success.

Jake Hemlock was one of nearly a dozen Kahnawa'kehró:non that recently graduated from the Rodbuster Program at the Centre de formation des métiers de l'acier in Anjou. "I am currently completing my apprenticeship with Amature Bois-Franc (A.B.F.) in the Turcot Yards," Hemlock explained recently. "I have been working there since graduation in June."

It's clear that he is proud of his current trade and he talked about what he enjoys most about his new job. "I love the physical nature," Hemlock asserted, "the hard work and routine."

He explained how Tewatohnhi'saktha played an important role in his new career path. "Tewatohnhi'saktha helped me through the program by providing financial and moral support," Hemlock noted.

The ambitious community member has big plans for the future. "I will accomplish my goal of attaining Journeyman status by the first year of graduation and build a new home for my family," the father of two proudly reported.

He's no stranger to rolling up his sleeves and put in a hard day's work outdoors. Before becoming a Rodbuster, Hemlock was an accomplished junior golfer attaining second ranking on the Canadian Junior Golfers Association's Order of Merit in 2003 and 2004.

He graduated from the University in Guelph in Turfgrass Management in 2014 and went on to work at the Royal Montreal Golf Club as a Spray Technician and then as an Assistant Superintendent for the Westchester Country Club located just outside New York City.

The most recent Rodbuster Program was a collaborative effort between Tewatohnhi'saktha, the Kahnawà:ke Labour Office, the First Nations Regional Adult Education Centre and the Centre de formation des métiers de l'acier for an English edition of the course.

Tewatohnhi'saktha sponsored 11 local students with Hemlock being one of them. He acknowledged that the program has opened new doors for him and he is happy with his new career.

If his work ethic is any indication of his future as a Rodbuster, it's safe to say that Hemlock will enjoy a long, fulfilling and prosperous career in the trade.



Russell Delaronde

Russell Delaronde has one impressive list of academic accomplishments. After graduating from Kahnawà:ke Survival School, he completed one year of Social Sciences at the Kiuna Institution in Odanak. Delaronde then graduated from the Kanien'kèha Ratiwennahní:rats Mohawk Immersion; a two-year program.

Delaronde also graduated from the Auto Mechanics Program at the Nova Career Centre. He was then hired to work at Dearhouse Farms this past summer as part of Tewatohnhi'saktha's Transitions Program. "I put my schooling to use there and learned a lot in the process," Delaronde said.

Now, he is the Greenhouse Facilitator at Karonhianonhnha School where he has been working since October. "I enjoy a lot of things about my job, but being able to share my knowledge with children, about knowing where their food comes from and being able to grow and forage your own food, is probably the most rewarding."

Delaronde said. "The natural world is the best tool for teaching children and helps them gain a bigger appreciation for food and nature in general." Delaronde said, "Tewatohnhi'saktha helped me get my foot in the door in a big way, working at Dearhouse Farms, exposed to the natural world every day for the whole summer.

Who knows how much longer it would have taken me to rekindle a passion I knew I had for a long time," he said.

Delaronde offered his thanks to Nadine Montour of Tewatohnhi'saktha. "She was the first person to sit with me and help me to really think about which direction I wanted to go in and really pushed me to go with my passions," he said.

He also thanked Chuck Barnett of Dearhouse Farms, "A man without whom I would not have had the opportunity to learn and grow, not only my knowledge, but as a person who became more and more aware of what direction I wanted to go in as the summer went on." Delaronde said.

He recommends Tewatohnhi'saktha's services to anyone who is struggling to find a direction in their working life.

"If you don't know what direction you're going in, speak to someone. If you're honest with yourself I guarantee they'll be there to maybe get your foot in the door, too" Delaronde concluded.



Jamie Goodleaf

Kahnawà:ke's Jamie Goodleaf successfully completed a year-long Graphic Design and Printing course at Rosemont Technology Centre in 2018.

"I've been working at In Print in Saint-Henri since last September," Goodleaf proudly reported. "I have had many job titles here at In Print, such as boxer, screen washer, screen press operator and now DTG operator," he explained. "The thing I like most about my job is the good work atmosphere and being able to see all different types of art work," he said.

The young entrepreneur is also the owner of a fledgling business. "In the next five years, hopefully, I'll be excelling in my own business, Goodleaf Graphics, and hopefully be closer to being an independent business," Goodleaf said.

Goodleaf sold many of his popular items, including shirts and sweaters, at the inaugural edition of Kahnawà:ke Comicon in February.

Like many other local students and business owners, Goodleaf said he received plenty of aid from Tewatohnhi'saktha and recently participated in the popular Transitions Program. "Emily Rice, Workforce Development Coordinator, really stepped up and helped me with the whole Transition Program. Without her I would not be where I am today and I would not have the drive I do today," Goodleaf asserted. "I would recommend Emily to everyone who is thinking about doing the Transitions Program for their trade of choice."

With his focus on his current job and Goodleaf Graphics, he said he's comfortable where he is at the moment, but more schooling in the future isn't out of the question. "I think as far as school goes there is definitely more to learn, but as of right now I'm happy where I am," Goodleaf noted. "I would also like to add that the job I have right now at In Print in Saint-Henri is the best job I've ever had," he said. "My employer Alex Chavel is by far the best boss I've ever had and I would recommend this place to any First Nations people seeking employment who's had training in this field."

As for his own business, Goodleaf Graphics, the young artist said 'right now it's pretty much just me.' "I design graphic art for people and small businesses as well. I am trying to make my own brand," Goodleaf said. "Also, if I do get big enough to have my own business, I would like to hire as many First Nations people as possible."

Jamie can be contacted for business on Facebook at: Jamie Skoden Goodleaf. You can also visit his Instagram page: @goodleafgraphics.



Cougar Kirby

Cougar Kirby is currently in his final year at McGill University completing a major in sociology as well as a double minor in Indigenous Studies and Anthropology. Cougar started his post-secondary studies at University of Albany and later transferred to McGill in Fall 2018. He chose to pursue this path in research because of the opportunity for youth engagement in the community.

Cougar hopes to learn our language after completing his Bachelor's degree, so that he can raise his daughter in a Kanien'kéha speaking household.

He also hopes to complete a Master's degree in Social Work or First Peoples Studies. Cougar would like to make a change with the youth in the community and to help expand their horizons with opportunities around Turtle Island, such as in language and culture, sports, and education.

Redwire Computers

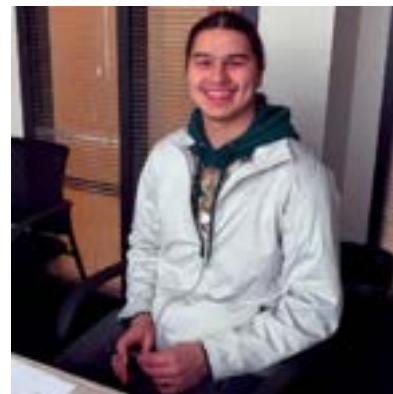
RedWire Computers has grown exponentially over the last several years. The successful business is owned by Kye Stalk and Steve Di Raddo.

Stalk originally opened RedWire from his home back in 2014. He continued operating the business from his home until April 2017 when he entered a partnership with Di Raddo. Shortly after, the two registered the business and opened a store, which is now located in the Deer Crossing Mall on Highway 138 at the foot of the Mercier Bridge. "We mainly install and service security camera systems for homes and businesses. We also repair all manners of computers and electronics," Stalk explained.

In addition to the two owners, RedWire also employs one or two part-time employees to help out around the shop, depending on the season.

"Tewatohni'saktha has provided us with the financing necessary to expand our business, from two guys working out of a tiny unit without personal vehicles, to a team working out of a well-equipped shop with a logo-wrapped work truck," Stalk said. "We continue to make use of our annual advertising allotment for window

Cougar is participating in the Mentor a Student Intern Program, which has allowed him to see career paths in his field of study and helped to clear a path to where education can lead him.



The Tewatohni'saktha program has also been a great way to have part-time work, to help him support his family while staying in school.

stickers, company shirts and the occasional advertising campaign."

Stalk said he would gladly recommend Tewatohni'saktha to other local entrepreneurs. "Absolutely, they've been incredibly helpful and informative and really make you feel their top priority is helping you succeed," he said. Stalk was also pleased to report that RedWire receives great feedback from customers.

"We've worked very hard and built an excellent reputation for quality and service, and frequently get new clients just through word of mouth," he said. "Our existing clients often come back with a variety of questions and requests, because they are that confident in our skills and attention to detail."

The sky is the limit for RedWire. "The future of our business will involve expanding our team to better serve our customers, as well as expanding our available services to include home-and business alarm systems, software and web development, and fabrication," Stalk said.

Kidz-R-Us Playzone



Kidz-R-Us Playzone is a family fun center owned by Crystal McKenzie-Deer and Jay Deer, located on route 138 next to Wolfco. The business opened April 28, 2019, and despite their primary target being children ages 0-12, Kidz-R-Us boasts something for all ages.

“Our toddler area is set up for kids who are brand new to crawling, walking and climbing. Most kids over the age of one can’t wait to get on our giant climbing structure with slides and obstacles throughout. Every age can enjoy our redemption arcades and cash in their tickets for fun prizes. We have three rooms and offer a variety of party packages,” said McKenzie-Deer.

Starting with three employees less than a year ago, the business has grown and now has seven employees. Kidz-RUs has been very well received, not only by Kahnawà:ke, but also by families from surrounding communities.

“Tewatohnhi’saktha has really helped with start-up and advertising costs. We attended the Business Workshop series which was loaded with helpful information,” McKenzie-Deer said, adding, “Through the summer student employment program (KSEEP) we found two fantastic, reliable employees who we could not have afforded without Tewatohnhi’saktha’s financial aid.”

McKenzie-Deer highly recommends Tewatohnhi’saktha services to businesses and entrepreneurs in the community. Kidz-R-Us is also a Shop Kahnawà:ke participant.

When asked about future plans, McKenzie-Deer said, “We hope to add to our arcades so we can appeal to older children, preteens and teens,” adding, “We have a large vacant “bonus” room that is going to be developed with another type of activity.”

Mckenzie-Deer shared one last message, “We are grateful to our amazing customers and their continued support and praise. We are lucky to see families enjoying themselves and spending quality time at Kidz-R-Us Playzone, it validates our entire business plan. Thank you!”

Kidz-R-Us Playzone can be reached by phone at 450-633-1111, by email at info@kidzrusplayzone.ca, and on Facebook. Check out their website at kidzrusplayzone.ca.



Monson Block

Monson Block Custom Printing offers a variety of services, and owner Carla Monson talked about how she got where she is today.

“I opened my business in my home in 2016 doing income taxes and gas taxes while raising my two babies who were one and two years old at the time,” Monson explained. “Eventually, I purchased a small cutting machine; I then began making my family and friends custom clothing or gifts for events and my second business was born.”

The need for a new location arose in November 2018. “I reached a rise in production and had space issues as it was just still in my home and I just had my fourth child,” she said. Monson began renting the former Shayne’s Place location. “My clientele began to stop in to make orders since there wasn’t any such company in Kahnawà:ke for many years,” she said.

Monson recently began making ironworker themed shirts. “Ironworking is a big part of my life, my father, Larry Monson, who was an ironworker, passed away suddenly on November 7, 2007,” she said. Monson’s goal is to expand her business in memory of her late father. Monson Block has been located at the old Kahnawà:ke Learning Center building on River Road since November 2019.

The business offers e-filing of income taxes, gas taxes, as well as custom and promotional items, which includes just about anything you can think of. “I have a DEP in Secretarial Studies, so I’ve always liked to use the computer creatively and using my skills and abilities to benefit my community,” she said. “We shouldn’t have to go outside of Kahnawà:ke to have these services. I’ve been establishing contacts with our brother and sister reserves and nations, they like that it is Mohawk made and operated.”

On how Tewatohnhi’saktha has helped, Monson said, “Daryl Leclaire is my go-to person. He’s helped me very much from the start. I began taking the Entrepreneurship Training in 2017 at night during tax season, then I wrote a business plan required in seeking a loan or grants.”

She continued, “I’m very privileged to give employment opportunities to youth seeking creative jobs, utilizing Tewatohnhi’saktha’s programs to provide such employment.”

“My clients are very grateful to have these services in Kahnawà:ke,” said Monson, and promised there is much more to come in 2020. For more information about Monson Block check out their Facebook page, call 514-701-4077 or email monson1217@icloud.com.



Iris Phillips

In 2019, Iris Phillips found herself unemployed for the first time in her adult life. She had worked in sales for 11 years until the business closed. After a few months of uncertainty, Iris decided to take the skills she learned from her sales job and apply them to her new job at K1037 as a Sales Representative. Unfortunately, luck was not on her side as the COVID19 Pandemic hit, she once again found herself with the uncertainty of long-term employment.

In July 2020 Iris decided it was time to find a long-term solution to her situation, “I thought about returning to school but in my late 40’s what career would suit me. I always joked I don’t know what I wanted to be when I grew up. My passion has always been to help people and to find solutions to large problems.” said Phillips. She decided to call Tawatohni’saktha and set up a meeting with one of the Workforce Development Counsellors. “Within days my Workforce Development Counsellor sent me a job posting to Connecting Horizons, helped me prepare for the interview process and even boosted my confidence with a mock interview. It was so easy and took a bit of stress off me since I haven’t had to interview for anything in over 10 years.” said Iris

Now, working at Connecting Horizons as the Advocacy Coordinator, Iris describes what interested her most in the position.

“After finding out my youngest son was on the Autism Spectrum, I advocated for him to make sure he was treated equally in school and society. Since I enjoy a good challenge, I thought I could be a good fit for the Advocacy Coordinator position. I applied, interviewed, and was offered the position within a week.” Said Iris. She said that working at Connecting Horizons has taught her so much about all the spectrums of special needs. Everything from employment, long term care, accessibility, housing to education. It has definitely been an eye opener.” said Phillips.

“I recommended people who find themselves in the same position as myself seek assistance from the amazing team at Tawatohni’saktha.” said Iris Phillips.



Tehotsenháthe Lazare

In summer of 2020, Tehotsenháthe Lazare participated in a Skills Link Program with Kahnawà:ke Collective Impact. Under the Food Sovereignty Initiative, he learned farming and many things about food, from how it is grown to how important it is to continue planting. “I have a whole new perspective and respect for planters, farmers, seed keepers and plants themselves” said Lazare. Tehotsenháthe hopes to take everything he learned from his experience with Collective Impact and try it out in his own garden. “I enjoyed being outside every day working with some of my very good friends and peers. It was such a relief to be kept busy during the state of the world (Covid-19 Pandemic).” said Lazare.

After working with Kahnawà:ke Collective Impact, Tehotsenháthe was hired by Karonhianónhna Tsi Ionterihwaienstákhwa as a Teacher’s Assistant. “As a graduate of Karonhianónhna Tsi Ionterihwaienstákhwa and recently Ratiwennahní:rats, coming back to a place that is somewhat nostalgic to me has been very interesting.” said Lazare. Tehotsenháthe brings a whole new understanding and mindset when it comes to language use, and he mentioned how rewarding it is to hear the younger generations doing their best to speak. “It was not too long ago where I had been in school there too and now, I can give back.” said Lazare.

Continued on next page

Aubrey Albany

Aubrey Albany recently graduated from the Institutional and Home Care Assistance Program at Nova Career Centre, she describes the program as “one of the hardest, most fun and rewarding” experiences she has ever done. However, the program was way more than she originally expected in terms of the responsibilities and skills. She learned about different laws and procedures to interpersonal skills, all of which are skills needed to be successful in this field.

“Having this career is not for everyone. If you have the heart and drive to want to help those who need it and truly want to make a difference in their lives, I absolutely recommend taking this program.” Albany explains.

Albany has always been someone with tons of positive energy and the desire to help others in any way that she could. When she saw the opportunity to apply for a program that does exactly that, she could not pass it up. “Helping care for the elders in my community, I knew would be a perfect way for me to do that. I wanted to help make difference in some way and make a positive contribution in a work field that is in such high demand.” said Albany. With the fast paced, hands-on work environment and plenty of responsibilities that come with it, Albany feels fortunate and appreciative to have found such a suitable place to begin her career. “Everyone from my coworkers to the residents and outside clients I work with, have all been more than courteous and welcoming when it came time to have me join their family.”

Tehotsenháthe Lazare

“I have a lot to thank Tewaohnhi’saktha for” said Lazare, who mentions that after completing high school he had no idea what he wanted to do and had no sense of direction. After meeting with Angie Marquis from Tewaohnhi’saktha, Tehotsenháthe was able to find something he was comfortable and excited about pursuing. “Tewaohnhi’saktha is a place that is under appreciated at times.

A lot of things would not have come to fruition if it weren’t for the kickstart. I believe our community should take advantage of the resources that we have because we are very fortunate to have something like this.

Continuation from previous page



Aubrey has been working for KSCS as a Health Care Aide/PAB for a short time but in that time, she has found the job to be extremely rewarding in several ways and describes it as “One of the best experiences of my short career thus far.” For Albany learning something new in all aspects of the job is part of what makes her look forward to going to work every day. “As the saying goes, “if you love what you do, you will never work a day in your life”, and I now know how true that really is.” said Albany.

“I have turned to Tewaohnhi’saktha for guidance on more than one occasion and every time they have been very helpful when it came to getting me started on the whole process of going back to school.” said Albany.

They (Tewaohnhi’saktha) create jobs and they can help you, just reach out and see for yourself.” said Lazare.



Peter Deer Lands a New Job at Playground

Determination, dedication, and consistency are just a few words that can describe Peter Deer, who, after a year of hard work, finished his accounting classes at NOVA Career Center and accessed Tewaohni'saktha's Job Seekers Service. "I used the job seeker service as soon as I was able to send out my resume in early September as I was close to finishing school at this point, and I knew I was going to look for work," said Deer.

After applying to a few businesses that were looking for an accountant with Peter's skills and experience, he received a call back from Playground regarding their Administrative Coordinator position. "I received a call from a recruiter, Kate Montgomery, from Playground and she asked me what type of work I was looking for. I applied for any position they offered as I wanted to see my name come across their desk. I was confident that she would help get me a job somewhere where I can apply my accounting knowledge."

The Job Seekers service at Tewaohni'saktha is for anyone who is seeking support in finding employment. Our Workforce Development Counsellors are here to help match you with employers that are looking for your set of skills and experience.



Peter comes from a family with a long history of owning businesses. He always had an interest in administrative and accounting duties and responsibilities and felt that the transition from his past job would be an easy one. "It has been nothing but a positive experience. The culture at Playground is amazingly upbeat, and the help and resources are everywhere you need them to be. I have never had a day where I do not want to be there," said Deer.

"I would and do recommend Tewaohni'saktha as a resource and reference to anyone who is considering going back to school. They answered all the questions I had about accounting classes at NOVA. The counsellors make you feel comfortable and confident applying for school. I had nothing but a great experience with Tewaohni'saktha."

If you are interested in returning to school or finding a job, please visit **Tewa.ca**

Ravyn Regis shares what she learned in her family's Automotive Business

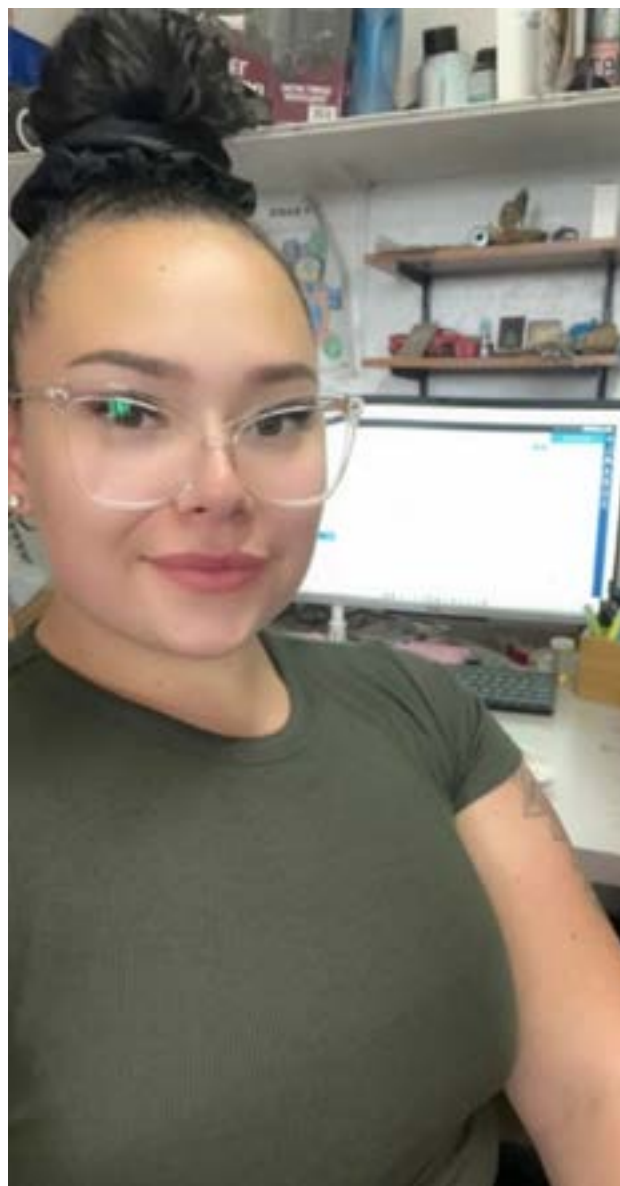
Ravyn Regis recently participated in Tewatohnni'saktha's Skills Link Program and completed a work placement at LTR Automotive, a locally owned auto repair shop here in Kahnawà:ke. When asked about her experience working at LTR Automotive she describes a positive work environment, one that was very pleasant and busy. "I would recommend the Skills Link Program to youth who are in between jobs and or looking to gain experience and help out in a family business like I have."

The objective of the Skills Link Program is to provide training experiences that support youth in acquiring skills needed for employment. The program also supports our local businesses with their recruitment needs and in some cases with succession planning. Ravyn received her Diploma of College Studies (DEC) in an Administrative Assistant Program and showed keen interest to help her family. "I wanted to help my brother put some structure and organization into his business and help him with the overall administration part of the business and share what I have learned."

Since completing her time in the Skills Link Program and her work placement at LTR Automotive, Ravyn recently began working as the Invoicing and Order Clerk at Club Rez, a local wholesaler in Kahnawà:ke. Ravyn talks about her experience working at Club Rez as "Great! It is very busy and such a friendly atmosphere to work in, with a friendly staff as well."

"Tewatohnni'saktha helped me achieve my goal in helping my brother with his business and they are continuing and doing great without me. Tewatohnni'saktha helps you achieve and meet your goals and they are always there to help guide you when needed. Overall, a wonderful experience on my employment journey."

For more information about the Skills Link Program, please contact a Workforce Development Counsellor at (450) 638-4280.



Tasha Kirby Achieves Her Career Goal Working in our Local Hospital

Tasha Kirby finished her 13-month Secretarial Studies Course at NOVA Career Center, and was recommended to try the Transitions Program that is offered by Tewatohnni'saktha. The Transitions program is designed to offer new graduates the opportunity to access a 26-week work experience with an employer that is connected to their field of study. The program allows graduates to have the opportunity to gain valuable experience upon the completion of their studies and learn hands on skills in the workplace. "The Transitions program is a great initiative for anyone coming right out of school. Your mind is still fresh from everything you learned throughout the past year. I would recommend this program for everyone who is in the same position as I was," said Kirby.

Growing up, Tasha had always been interested in working in a hospital-like setting, so it was an easy decision on where she would apply for her Transitions work measure; the Kateri Memorial Hospital Center (KMHC).

She applied to and was accepted for the Administrative Assistant position. Tasha describes her experience working at the KMHC as "exciting and welcoming. I gained a lot of knowledge being here. Learning new things about each department is a great experience."

"Tewatohnni'saktha helped me in every way possible from start to finish. Once I filled out the application online to apply for schooling, they instantly called me and met with me to find out what my interests were."

For more information about the Transitions Program visit Tewa.ca/transitions or contact call 450-638-4280



Tahothoratie Cross - Mentor a Student Intern Program

With the winter school semester in full swing, students and employers can begin to look forward to accessing the Tewaohnni'saktha's Mentor a Student Intern Program (MASI). The program, also known as MASI has been a core program at Tewaohnni'saktha for a number of years seeing countless students benefiting from the program. One of those students, Tahothoratie Cross, currently studying at Bishop's University, described his experience as a great opportunity to not only grow as a professional but to also experience various working environments which he says have helped him ever since. "My experience with the MASI program has served as a springboard for many opportunities that have come my way. The ease of application and ability to create a working experience for students like me is very valuable," said Cross.

It is clear when speaking with Tahothoratie that he has a special appreciation for the MASI, "The program has helped me carve out a position that I am passionate about and allows me to give back to my community. Working as an Indigenous student support worker I have had the privilege to meet many students and help them transition into the post-secondary environment. I have also been able to continue working on reconciliation and decolonization initiatives within Champlain College St Lambert. The student intern program has allowed me to work in these various capacities and hopefully make a positive impact on Indigenous students," said Cross. With the hard work and dedication that he has put in, and with the help of the Mentor a Student Intern Program, it is clear that Tahothoratie has carved out a bright future for himself filled with plenty of opportunities.

"I would absolutely recommend the program to anybody who is interested. The program helps foster personal growth which is unique and important. Over the years Tewaohnni'saktha has helped me in various ways. Their support and the opportunities offered to help me find work as a student has been integral to my success and as part of the working community," said Cross.

If you are a high-school or post-secondary student currently attending CEGEP or University, you are eligible to apply for Tewaohnni'saktha's MASI Program. The 15-week program provides students with meaningful part-time work experiences within their field of study. These subsidized work measures allow the students to build networks and earn wages throughout the academic year. Students are also able to participate in the same employment measure with the same employer for a maximum of up to four semesters. The program not only benefits students but it is also beneficial to the participating businesses and organizations, with their recruitment needs, succession planning, and the opportunity to mentor individuals for future employment.



Exalted Eyelashes



Owning and operating her own business was something Jody Diabo always wanted to do, however wasn't quite sure what business to explore. Eventually, she decided to follow her passion and take an eyelash course. After gaining knowledge and experience in the field Jody opened her new business, Exalted Eyelashes. "I have no regrets! I get to do what I love and share that with my clients. Seeing their reactions when they open their eyes is what motivates me to keep learning and becoming a better lash artist." said Diabo.

Jody attended the Tewatohnhi'saktha's Entrepreneurship Training Program, exploring what is to be an entrepreneur. Through this program Jody discovered the Workforce Development Training Program.

The objective of the Program is to provide financial support to individuals who are currently employed at a privately owned businesses in Kahnawà:ke who require professional development, upgrading to retain and or enhance their current employment.

"The amount of knowledge that was shared through the Workforce Development counsellors were very clear, and questions were always answered fast!" said Diabo. With the help of this program, Jody was able to take a Velvet Rose Lash Mega Volume Masterclass. "This course was my 6th certification in the lashing field, and I knew that by enrolling in the course it would benefit my existing clients and also provide me with an edge over the local competition."

Jody is proof that with the right motivation, dedication, and an excellent work ethic you can achieve your goals.



"Through the years Tewatohnhi'saktha has always helped me achieve my goals, when I went to college, they also helped cover costs for equipment. I also got to work at the Kahnawà:ke Youth Center through a partnership with Tewatohnhi'saktha. I have taken advantage of many trainings through their assistance."

"I always believed in doing what brings you happiness and am happy to have been recognized as a successful local business. If you can make it here, you can make it anywhere! I highly recommend those that are thinking of starting a business reach out to Tewatohnhi'saktha to enroll in the Entrepreneur Program and decide if being a business owner is a right fit for you," explains Diabo.

Two Row Holistic Health



Two Row Holistic Health is a Holistic Nutrition and Health Coaching business located in Kahnawà:ke that is owned by Laura Jacobs and launched on March 24th, 2023. Over the last year Laura completed the Holistic Nutrition and Health Coach course from Nutrathoria School of Holistic Nutrition, which certifies her as a Holistic Nutrition and Health Coach, and is recognized by the Health Coach Alliance, allowing her to issue receipts for Client Insurance.

Services offered include a one-hour consultation with Laura where clients will receive a personal wellness profile, a review of their 2-week health journal that is provided pre-consultation, a one-day meal plan as well create their wellness vision. Some other services that are offered include follow-up consultation sessions of either 30 or 45 minutes, a 2-week meal plan, or wellness packages (3 or 6 months). Clients have priority communication with Laura, follow up sessions, as well as weekly health journal reviews, check-ins, and 3 weekly recipes tailored to the client's needs. "The target market is very broad when it comes to the age groups, I am putting a concentration on the most prevalent issues that are affecting Kahnawà:ke as well as other Indigenous communities within Canada and the US, such as cardiovascular disease, diabetes, obesity, and addictions and mental health," said Jacobs. Laura is not done upgrading her skills either, as she plans to take a tier 2,

Advanced Holistic Nutritionist Diploma Program, online at the Nutrathoria School of Holistic Nutrition and become a Holistic Nutritionist.

For a free Welcome Package contact Laura through her email or telephone number. The package includes all the assessments that need to be filled out as well as a 2-week health journal log. This can be provided online through email or in person.

Follow-Up Sessions

30-Minutes or 45-Minutes

In these sessions we will:

- Review You're Health Journal
- Discuss Your Current Struggles
- Create New Steps to Align with Your Goals
- Discuss Your Questions & Concerns

You will receive:

- 2 Weeks of Health Journal Log
- Wellness Information Handouts

Currently, Laura can meet with her clients after 4:00pm from Monday to Friday and from 8:00am to 6:00pm on weekends online or in-person at their home. She can be contacted at 514-707-4261 or by email at laura@tworowhealth.com. You can also visit Laura's website tworowhealth.com to learn more about her and all of the services that she provides. Check out Two Row Holistic Health on Facebook and Instagram.

"I would recommend utilizing the services that Tawatohni'saktha' has to offer. I was able to get funding to complete my schooling, I was very quickly accepted into the Business course and started the next week. Thereafter, I had help with the creation of my business plan and funding to start my business which has helped in launching my website and getting my business phone and materials," Jacobs said.

Meloche soaking up the experience at Dable Advisory and Consulting Services

Carsyn Meloche has spent the past year working at Dable Advisory and Consulting Services. “I enjoy multiple aspects of my job, but one of the most enjoyable is the access to experienced professionals willing to provide guidance and leadership in projects I am working on,” Meloche said. “As a young employee, it is valuable to know that I have supervisors I can rely on should I have any questions or concerns to complete my work.” She said that she also enjoys the ‘small work environment and flexibility to work remotely.’

Meloche has an impressive educational resume. “I graduated from the Desautles Faculty of Management at McGill University with a Bachelor of Commerce in 2023 with a concentration in Strategic Management and a minor in Psychology,” she explained. “Prior to completing this degree at McGill, I received a Diploma of Collegial Studies for the Commerce program at Dawson College.” The 23-year-old Kahnawa’kehró:non recently helped organize the charity golf tournament for the Club 24 Athletics Foundation, which raised approximately \$72,000 to benefit young athletes in the community.

“In the past, I’ve also worked at multiple organizations in Kahnawà:ke, including the Kahnawà:ke Youth Center as a summer camp day counsellor, Step By Step as a classroom assistant, and the Kanawaki Golf Club as a waitress,” Meloche said. She said that she has had to overcome hurdles in both education and her career. “Throughout my educational and work experience, a hurdle I’ve had to overcome is acclimating to unfamiliar environments, whether that be within a new school or new workplace,” Meloche said. “It can be intimidating starting at a new school, meeting a new work team, or beginning a new job. Throughout my career, it has been important for me to expose myself to these situations in order to grow as an adult and improve my professional skills, such as verbal and written communication, project governance and working in a team.”

She said that Tewatohnhi’saktha helped her achieve her goals by providing consistent updates concerning initiatives applicable to her as a student.

“Throughout my academic career, I was always informed on available trainings or workshops offered by Tewatohnhi’saktha, any registration required to continue receiving financial aid and job development opportunities,” Meloche said. “As a summer student, I relied on Tewatohnhi’saktha’s employment



opportunities to discover available jobs within the community and gain work experience during school breaks.” Because of all that, Meloche would gladly recommended Tewatohnhi’saktha’s services and assistance to other community members. “Especially students obtaining their higher education,” she added.

Whatever the future holds, one thing is certain: the sky is the limit for Meloche. “Five years down the road, I imagine that I will be further along in my career as a management consultant and hope to use my time working professionally to gain an understanding of where I’d most like to focus my efforts within the business field,” she said. “Once I’m able to gather this experience, my goal is to go back to school for further qualifications and more in-depth education of my chosen career path.”

Deom pursues passion for videography, photography through new job

Kahnawa'kehró:non Kanerahtakwas Eve Deom has an excellent work ethic and she is more than happy to continue to pursue her passion for videography and photography through her current job.

"I am employed with Cross the River Creative, doing part time work for Brady Cross and Abigail Jacobs as the assistant editor," said Deom, who has a Bachelor's of Fine Arts in Film Production from Concordia University. "I work on many projects such as videography, photography, editing, and occasionally running the photobooth." She said she especially loves the flexibility of the work schedule and the creativity that she gets to put into the various projects.

"I am often given free rein on how I will tackle a project, and then Brady and I go over what changes could benefit what I've been working on," Deom explained. "It's great to receive feedback from someone as experienced as Brady. Every job becomes a learning experience."

She is no stranger to this line of work through, as she previously worked at one of Kahnawà:ke's newspapers. "People may have seen me around the past few years with a camera at various events while covering news for Iorì:wase, taking video and photos at graduations, weddings, or running the photobooth for many parties," Deom said.

She also talked about how Tewatohnhi'saktha was able to help her on her career path. "Thanks to Tewatohnhi'saktha's program, I was able to be employed by Brady and Abbey, which jumpstarted my long-term employment with them once the program was finished," Deom said. "It gave them the confidence that I was worth keeping on as the editing assistant." She said she would recommend Tewatohnhi'saktha's services to those looking for employment, or those seeking funding for employment. "They are one of the first options I go to when considering new employment. I always know that there will be someone who is able to help me or direct me to resources," Deom affirmed. "Niá:wen to Belle Phillips who was my Youth Engagement Counsellor while in the Transitions Program."



It didn't always come easy though, as there were obstacles along the way. "When I was meant to start work for CTRC, I had a family issue that pulled me away for a while," Deom said. "Having supervisors/employers who were understanding and supportive during that time really helped me get through it without feeling stressed or pressured to getting back to work before I was able to. I now feel comfortable to come to my employers with any issue, personal or professional, and that lets me get my work done without any stress." While she isn't quite sure where she sees herself in the next five years, she did say that she was pursuing a second degree. "I know I'll be graduated by then," Deom said. "And, I hope to be doing more creative video and film projects."

Raven Beauvais shares her journey on opening her own business



Raven Beauvais is co-owner of STRAIT CUTS, a new salon/barbershop here in Kahnawà:ke that offers barbering, colouring, cuts and sets for men and women. Raven describes her experience opening her new business as positive and a supportive work environment with her co-owner and one that was also exhausting and very time-consuming. “Being open for one month we have already had lots of rewarding achievements. It’s a lot of work but our clientele are consistent, loyal, and always so supportive.” said Raven Beauvais.

Raven received her Diploma of College Studies (DEC) in an Administrative Assistant Program. After working in the industry for a couple of years, Raven came to the realization that sitting behind a desk wasn’t her forte. While working in between jobs, she decided it was time to do what she always wanted to do. “While I was in the secretarial program, my cousin was downstairs in hairdressing, and it was always something I was interested in. I would always go down when she needed somebody for workshops or exams. I contacted Tewatohnni’saktha where they set me up with a counsellor and I was registered at Nova for hairdressing.”

Since completing her Hairdressing program at Nova, Raven began her stage at a salon in Chateaugay and quickly learned that working under somebody was not for her. After completing stage and receiving her (DEC) Raven knew she wanted to be her own boss, “When my cousin decided to leave her workplace, within 72 hours,

we had our salon/barbershop up and running.” said Raven “From my experience, it’s okay to do something and end up not liking it. It’s normal, and don’t be afraid to change your career path because in the end, only you know what you want and Tewatohnni’saktha is there to help!”

“If it wasn’t for Tewatohnni’saktha, I honestly don’t know what I would be doing after high school. I recommend all the services they offer as they are very beneficial. I just want to say niá:wen to everybody there! Tewatohnni’saktha helps you achieve and meet your goals and they are always there to help guide you in the right direction. Overall, a fantastic experience on my employment journey.” said Raven Beauvais, Co-Owner of Strait Cuts

Strait Cuts is located on Route 207, JFK QUARRY ROAD, Driveway After 3rd Speed Bump, Pink Brick Building next to 3 Door Garage

Straitcuts.ca

For more information about Vocational Training, please contact a Workforce Development Counsellor at (450) 638-4280.



Eric “Dirt” McComber making a positive contribution by passing on culture and crucial land-based knowledge to our Youth



Eric “Dirt” McComber was born and raised here in Kahnawà:ke, he has been an Ironworker for 20 years and decided it was time to hang up his tool belt and pursue something that he’s always known and loved; fishing which crossed over into hunting and trading. He has traded with other First Nations and became the well-known “McComber’s Fish N’ Game” for the last 25+ years. “I consider myself as a self-sufficient man, it is seasonal, but I make it work throughout the year. I do not have to have to wake up every day and work a 9-5, I can come and go as I please and it works for me. It does not work for everybody, but it does for me. It is the freedom that allows me to network all over North America and I am very well known.” Explained McComber. As the saying goes, “if you love what you do, you will never work a day in your life,” and that is what Eric does, he

took on what he knew from his dad growing up, catching, cutting, selling fish, moose, deer, duck, caribou, geese. “It’s not the greatest or the most glamorous, it’s rough and hard but I make it work and it’s best for me.” Said McComber.

Eric has always been someone that is very outspoken and knowledgeable in everything that he does. He always tries to help as many people as he can. So, when his son’s friend introduced an opportunity to apply for a project that does exactly that, “The Tahatikonhsontóntie’ Experienceship” Eric could not pass it up. “Helping a young man that wants to learn more about our culture and crucial land-based knowledge, I knew would be a fantastic way for me to do that. I wanted to help make difference in some way and make a positive contribution. I am a hard teacher, but everybody has an opportunity learn.” Said McComber.

The Tahatikonhsontóntie’ Experienceship is an award from Quebec Network Environment for Indigenous Health which is the first time anyone has been offered this kind of award. “As Eric “Dirt” McComber’s previous Business Services Officer at Tawatohni’saktha, I am pleased to announce that this \$20,000 award signifies a profound investment in the holistic well-being of Indigenous communities, extending beyond mere financial support. Through this project, “Eric” is passing on crucial land-based knowledge to his apprentice, thereby fostering an environment of cultural continuity and promoting the core values of Indigenous resilience and identity. It is immensely gratifying to see such meaningful outcomes from our sometimes-wide-reaching business support services, and I am elated that this specific initiative has been recognized and rewarded.” Said Marissa Leblanc, Tawatohni’saktha Director of Operations (Former Business Services Officer).

Eric explains his long-term goal would be to acquire his own piece of commercial land to open a store one day to sell his wild game, as well as the possibility of a small restaurant for everyone to enjoy. As well, he would like to continue to expand his networking starting with more Pow Wow’s all over the continent.



TEWATOHNHI'SAKTHA

**THANK YOU FOR
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