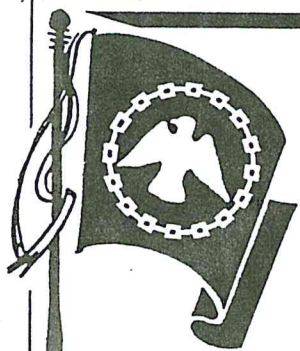


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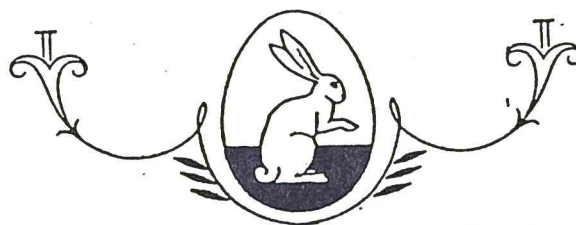


# TYENDINAGA NEWSLETTER



ONERAHTOKHA (April)  
ISSUE 4/95

# Easter



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Ministry of  
Transportation

Ministère des  
Transports

Program Development Branch  
3rd Floor, West Tower  
1201 Wilson Ave.  
Downsview, Ontario  
M3M 1J8

March 10, 1995

Mr. Don Maracle, Chief  
Tyendinaga Mohawk Territory  
RR #1  
Deseronto, Ontario  
K0K 1X0

Dear Chief Maracle:

It was a pleasure to meet with you, your councillors, road superintendent and technician on February 21, 1995, at the Ontario Good Roads Association's Conference.

I appreciated your very thorough review of the road related problems facing the Territory. The video and photographs were very helpful in illustrating those problems.

During the next few weeks ministry staff will be reviewing Tyendinaga's request for a special commitment from the Province to address the Territory's bridge and road needs. We will respond to your request as soon as the Minister has completed his review of the supplementary program and given his approval for specific projects. These announcements are expected in early May.

Once again, I would like to thank you for providing me with a better understanding of the Tyendinaga Mohawk Territory's concerns. This knowledge will assist the ministry to make an informed decision relative to your request.

Yours sincerely,



Bert Vervenne  
Director

BV/cs





Ministry  
of  
Transportation

Ministère  
des  
Transports

Ferguson Block, 3rd Floor  
77 Wellesley St. West  
Toronto, Ontario  
M7A 1Z8

Édifice Ferguson, 3<sup>e</sup> étage  
77, rue Wellesley ouest  
Toronto (Ontario)  
M7A 1Z8

Office of the  
Minister

Bureau du  
ministre

(416) 327-9200

February 24, 1995

MAR 2 8 1995

Chief R. Donald Maracle  
Mohawks of the Bay of Quinte  
Tyendinaga Mohawk Territory  
R. R. #1  
Deseronto, Ontario  
K0K 1X0

Dear Chief Maracle:

I am responding to your letter of January 16, 1995 regarding provincial permit fees on the Tyendinaga Mohawk Territory.

The issue in question was an entrance permit to Lot 1-2, Concession 1 on Highway 2. Although the cheque, which you enclosed with your application, has already been cashed, I have instructed my staff to issue an equivalent rebate in the amount of \$190.00. That cheque should be in your hands within the next month.

In a more general sense, my ministry will not be charging a fee for future entrance, sign or building permits on provincial highways which cross the existing Tyendinaga Mohawk Territory. Application of the same policy to lands which are under dispute would be premature, hence we will await the outcome of negotiations before deciding on those situations.

We would, however, ask that you continue to contact Helen Lott of the Kingston District Office when you plan to construct a building or entrance, or erect a sign. Our principal concern is safety, both to the Mohawks and to the travelling public. We appreciate the excellent co-operation that has existed in the past and that spirit of co-operation has resulted in mutually acceptable solutions.

Thank you for bringing this matter to my attention.

Best wishes,

*Mike Farnay*

Mike Farnay  
Minister





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**MOHAWKS OF THE BAY OF QUINTE  
TYENDINAGA MOHAWK TERRITORY**

R.R. #1 DESERONTO, ONTARIO K0K 1X0

(613) 396-3424 Fax: 1-613-396-3627

Carman J. Milligan  
Clerk-Treasurer  
Tyendinaga Township  
Shannonville, Ontario  
KOK 3AO

March 8, 1995

**Re: Closure & sale of a portion of Brock St.**

Dear Carman,

This will advise you of our intentions of attending the meeting scheduled for March 20, 1995, at 7:00 p.m. at the Tyendinaga Township Municipal Office.

It is our position that this action of stopping up, closing and selling a part of Brock St. will prejudicially affect our land. It is our position that Brock St. (the road allowance between concession one and two), was never surrendered and continues to be part of the Tyendinaga Mohawk Territory today. It is not within the jurisdiction of the Township of Tyendinaga to deal with this matter.

We look forward to discussing this further at the scheduled meeting.

Sincerely,

Chief R. Donald Maracle  
Mohawks of the Bay of Quinte

Templeman.  
Menninga  
Kort  
Sullivan &  
Fairbrother



"Committed to Excellence"

BARRISTERS  
AND SOLICITORS  
TRADEMARK AGENTS

Partners:

J.D. Templeman, Q.C. (1927-80)  
Wilfrid Menninga, B.A., LL.B.  
Kees W. Kort, B.A., LL.B.  
Ian B. Sullivan, B.A., LL.B.  
D. Wayne Fairbrother, LL.B.  
Rolf M. Renz, B.A., LL.B.  
D. Alan Whyte, B.A., LL.B.  
Harold Van Winssen, LL.B.  
David W. DeMille, B.A., LL.B.  
Shane T. Roherty, M.A., LL.B.  
Maureen A. Houston, B.A., LL.B.  
Terrence A. Whyte, B.A., LL.B.

Associates:

R. Steven Baldwin, M.A., LL.B.  
Robert M. Green, LL.B.

•Certified by the Law Society as a  
Specialist in Civil Litigation

Suite 200,  
205 Dundas St. East,  
P.O. Box 234,  
BELLEVILLE, Ontario  
K8N 5A2  
Telephone: (613) 966-2620  
Fax: (613) 966-2866

KINGSTON: (613) 542-1889

173 Brock St. North,  
WHITBY, Ontario  
L1N 4H3  
Telephone: (905) 666-4500

March 24, 1995

MAR 28 1995

Mohawks of the Bay of Quinte  
Tyendinaga Mohawk Territory  
R.R. #1  
Deseronto, Ontario  
K0K 1X0

Attention: Chief R. Donald Maracle

Dear Sir:


Re: Closure of Part of Brock Street, Shannonville  
Our File No. 06028

We act as solicitors for the Township of Tyendinaga in the above-mentioned matter. As you are aware, Council for the Township of Tyendinaga considered the closing of a portion of Brock Street, Government Plan, Village of Shannonville, at the public meeting held pursuant to s.300 of the Municipal Act at the Township offices on March 20, 1995. Council for the Township of Tyendinaga, of course, had the authority to close Brock Street or any portion of Brock Street pursuant to the provisions of s.297(1)(c) of the Municipal Act. In view of the fact that you attended as part of a delegation at the meeting of March 20, Council has instructed me to advise both yourself and Mr. Woodstock, that Council does not intend to proceed any further with the by-law to close Brock Street or any portion of Brock Street.

Thank you for your presentation at the public meeting in this matter.

Yours very truly,

TEMPLEMAN, MENNINGA, KORT,  
SULLIVAN & FAIRBROTHER

  
DAVID W. DEMILLE  
DWD/ha(th)

ha\let\06028d03.LET

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Indian and Northern  
Affairs Canada

Affaires indiennes  
et du Nord Canada

MAR 15 1995

March 14, 1995

Your file    Votre référence

Our file    Notre référence

4965-164 (FS1)

Chief and Council  
Mohawks of the Bay of Quinte  
First Nation

ATTENTION: Chief R. Donald Maracle

RE: Solar System Repair - Quinte Mohawk School

In follow-up to your letter dated February 2, 1995 pertaining to the above mentioned topic, please be advised of the following.

Please be advised that an amount of \$13,000 has been approved for the above mentioned project as one-time special education capital funding. Any additional minor costs resulting from this project should be prioritized and funded from your 1995/96 Education Capital A and B allocation. However, should repair work be more extensive than originally planned, the repair work should be prioritized and the costs submitted in your annual Education Capital C submission.

In closing, it would be appreciated if you would share any information outlining cost saving in the school hydro consumption as a result of this project.

Should you have any further questions, please contact me at 519-758-2424.

Patrick H. Martin  
Manager, Funding Services  
401 Corridor Unit  
Southern District

cc: G. Maracle, Assistant Office Manager, Mohawks of the Bay of Quinte  
S. Maracle, Finance Clerk, Mohawks of the Bay of Quinte

Canada





Minister  
Ministre

Ministry of  
Citizenship

Ministère des  
Affaires civiques

5th Floor  
77 Bloor Street West  
Toronto, Ontario  
M7A 2R9  
(416) 325-6170

5<sup>e</sup> étage  
77, rue Bloor ouest  
Toronto (Ontario)  
M7A 2R9  
(416) 325-6170

February 21, 1995

Chief R. Donald Maracle  
Mohawks of the Bay of Quinte  
R R #1, Tyendinaga Territory  
Tyendinaga, Ontario  
K0K 1X0

Dear Chief Maracle:

RE: MUL-94-143 915 (SPSG-Social Development)

I am pleased to inform you that your application for a grant to assist you with the costs of replacing the roof for the community centre has been approved.

A cheque in the amount of \$17,404 will be sent to you shortly. The terms and conditions of this grant were agreed to when you signed the Ministry's application form.

I am especially pleased to be able to support your project while the Province of Ontario continues to experience difficult economic times. As I am sure you will appreciate, all ministries have had to make some difficult funding decisions, with all ministers and ministry officials being expected to carefully evaluate all discretionary grant projects. As you can imagine, this has been a difficult process for all of us.

As is the normal requirement of Native Community Branch funding, a financial statement and an evaluation report must be submitted to the Branch within two months of completion of the project.

Congratulations and best wishes for success.

Yours truly,

A handwritten signature in cursive script, appearing to read 'Elaine Ziemba'.

Elaine Ziemba  
Minister of Citizenship  
with Responsibility for  
Human Rights, Disability Issues,  
Seniors' Issues and Race Relations

-mc 5801 -

cc: Mr. Paul Johnson  
MPP, Prince Edward-Lennox



**MOHAWKS OF THE BAY OF QUINTE**  
TYENDINAGA MOHAWK TERRITORY  
R.R.1, Deseronto, Ontario K0K 1X0  
Tel: (613) 396-3424

Chronological No.: 165

File Reference

...7

**MOHAWK COUNCIL RESOLUTION**

**NOTE:** The words "From our First Nations Funds," "Capital" or "Revenue", which ever is the case, must appear in all resolutions requesting expenditures from First Nations Funds.

THE COUNCIL OF THE MOHAWKS OF THE BAY OF QUINTE		Current Capital Balance	\$ _____
DISTRICT	SOUTHERN DISTRICT BRANTFORD	Committed	\$ _____
PROVINCE	ONTARIO	Current Revenue Balance	\$ _____
PLACE	TYENDIANGA MOHAWK TERRITORY No. 38	Committed	\$ _____
DATE	15th February AD 19 95		
	DATE MONTH YEAR		

DO HEREBY RESOLVE: Moved by: Donald K. Smart, Seconded by: Willard H. Hill

That the Tyendinaga Mohawk Council hereby approve that Earl R. Hill be recognized as an Elder.

CARRIED.

A quorum for this First Nation consists of  
Council Members

Donald K. Smart (Chief)  
Willard H. Hill (Councillor)  
John Smith (Councillor)

Earl R. Hill (Councillor)  
Willard H. Hill (Councillor)

**FOR DEPARTMENTAL USE ONLY**

1. First Nation Code	2. COMPUTER BALANCES		3. Expenditure	4. Authority Indian Act Sec	5. Source of Funds <input type="checkbox"/> Capital <input type="checkbox"/> Revenue
	A. Capital \$	B. Revenue \$			
6. Recommended			Approved		
Date _____ Recommending Officer _____			Date _____ Approving Officer _____		



## SIMCOE DEED

*GEORGE THE THIRD* by the Grace of God of Great Britain, France and Ireland, King, Defender of the Faith and so forth.

Know ye that Whereas the Attachment and Fidelity of the Chief Warriors and People of the Six Nations to us and Our Government, have been made manifest on divers occasions by their spirited and zealous exertions and by the bravery of their conduct; And We being desirous of shewing Our approbation of the same, and in recompense of the losses they may have sustained of providing a convenient Tract of Land under Our protection for a safe and comfortable retreat for them and their posterity Have, of Our special Grace, certain knowledge and mere motion, Given and by these presents Do give and grant unto the Chiefs, Warriors, Women and People of the said Six Nations and their heirs for ever all that District or Territory of Land being parcel of a certain District lately purchased by Us of the Mississauga Nation lying and being limited and bounded as follows (that is to say) the Tract will then be bounded in front by the Bay of Quinte between the mouths of the River Shannon and Bowen's Creek about Twelve Miles Westerly by a Line running, North Sixteen Degrees West from the West side of the Mouth of the River Shannon, and Easterly by a Line running North Sixteen Degrees West from the Mouth of Bowen's Creek and Northerly by a Line running East Sixteen Degrees North and West Sixteen Degrees, South at the distance of about Thirteen Miles back from the Bay of Quinte, measured on the Western Boundary aforesaid, to the North East Angle of the Township of Thurlow. To Have and to Hold the said District or Territory of Land of us Our Heirs and Successors to them the Chiefs, Warriors, Women and People of the said Six Nations and to and for the sole use and behoof of them and their Heirs for ever freely and clearly of and from all and all manner of Rents, Fines or Services whatsoever to be rendered by them the said Chiefs, Warriors, Women and people of the said Six Nations to us or our successors for the same and of and from all conditions, stipulations and agreements whatever except as herinafter by us expressed and declared: Giving and granting and by these presents confirming to the said Chiefs, Warriors, Women and People of the said Six Nations, and their Heirs, the full and entire possession, Use benefit and advantage of the said District or Territory of Land to be held and enjoyed by them in the most free and ample manner and according to the several Customs and usages by them the said Chiefs, Warriors, Women and People of the said Six Nations. Provided always, and be it understood to be the true intent and meaning of these Presents; that for the purpose of assuring the said Lands as aforesaid to the said Chiefs, Warriors, Women and People of the Six Nations and their Heirs and of securing to them the free and undisturbed possession and enjoyment of the same.

It is Our Royal Will and Pleasure that no Transfer, Alienation, Conveyance, Sale, Gift, Exchange, Lease, Property, or Possession shall at any time be had, made, or given of the said District or Territory of any part or parcel thereof by any of the said Chiefs, Warriors, Women and people of the said Six Nations to any other Nation or Body of People, Person or persons whatsoever other than among themselves the said Chiefs, Warriors, Women and People of the said Six Nations but that any such Transfer, Alienation, Conveyance, Sale, Gift, Exchange, Lease or Possession shall be null and void and of no effect whatever. And that no Person or Persons shall possess or occupy the said District or Territory, or any part or parcel thereof by or under any pretence whatever under pain of our severe displeasure. And that in case any Person or Persons other than the said Chiefs, Warriors, Women and People of the said Six Nations shall under pretence of any such Title as aforesaid, presume to possess or occupy the said District or Territory or any part or parcel thereof that it shall and may be lawful for Us, our Heirs and Successors at any time hereafter to enter upon the Lands so occupied and possessed by any other Person or Persons other than the said Chiefs, Warriors, Women and People of the said Six Nations and them the said Intruders thereof and therefrom wholly to dispossess and evict and to resume the same to Ourselves, Our Heirs and Successors.

Provided always nevertheless that if at any time the said Chiefs, Warriors, Women and and People of the said Six Nations should be inclined to dispose of and Surrender their Use and Interest in the said District or Territory, the same shall be purchased only for Us in our name at some Public Meeting or Assembly of the Chiefs, Warriors and People of the said Six Nations to be held for that purpose by the Governor, Lieutenant Governor or Person Administering Our Government in Our Province of Upper Canada.

*IN TESTIMONY WHEREOF* We have caused these Our Letters to be made Patent and the Great Seal of Our said Province to be hereunto affixed; Witness His Excellency John Graves Simcoe, Esquire, Lieutenant Governor and Colonel Commanding Our Forces in Our said Province, Given at Our Government House at Navy Hall this First Day of April in the Year of Our Lord One Thousand, Seven Hundred and Ninety Three in the Thirty Third Year of Our Reign.

WM. JARVIS, Secy.

J.G.S.

(A true copy taken from the original 29th December 1809)

JOHN SMALL, C. Reg.



PICKEREL FISHING  
PERMITS  
AVAILABLE

FROM 8:30 A.M. - 4:30 P.M.  
AT THE RECEPTION DESK  
OF THE ADMINISTRATION OFFICE

OR  
CHIEF & COUNCIL



*Spring  
Clean  
Up!!*

It's almost that time of the year again, Spring Clean-Up. Please note that this week has been designated for clean-up of yards, etc. to help beautify our community. As in past years a truck will be available during this week for pick up of larger garbage, i.e. furniture. This is not a pick up of appliances or any other heavy metal materials.

**PLEASE NOTE:** For safety reasons, household or other chemicals should not be in the garbage set out. One of the crew members suffered chemical burns several years ago.

**PLEASE CALL:** The Administration Office for pick-up and once a date have been agreed upon, you should set your garbage out **BY THE ROAD** for pick-up.

396-3424

*Thank You Again for assisting  
us in cleaning up our Community!*

# TYENDINAGA FIRST NATIONS POLICE

## Month End Stats

FEBRUARY 1995

ACTUAL NUMBER

### PROVINCIAL OFFENCES

Highway Traffic Act .....	17
Liquor Licence Act .....	2
Compulsory Automobile Insurance Act .....	0

### CRIMINAL OFFENCES

Assault .....	4
Sexual Assault .....	0
Break and Enter .....	0
Thefts .....	2
Possession of Stolen Property .....	1
Impaired & Over 80 .....	1
Weapons Offences .....	0
Fraud .....	2
Mischief/Vandalism .....	1
Narcotics .....	0
Other Criminal Code .....	2

### GENERAL INCIDENTS

Intrusion Alarms .....	9
Motor Vehicle Accidents .....	4
Animal Complaints .....	2
12 Hour Suspensions .....	2
Domestics - Non Criminal Code .....	4
Missing/Lost or Overdue Persons .....	2
Assist Other Police Services .....	1
Other Provincial Stats .....	0

**TOTAL NUMBER OF OCCURRENCES** .....63



## *Kagita Mikam Area Management Board*

P.O. Box 235,  
Shannonville, Ontario K0K 3A0  
Phone (613) 962-3103  
Fax (613) 962-6733

Kagita Mikam is presently accepting applications for a jobsOntario Coordinator. Please forward to Kagita Mikam AMB on or before 4:00 p.m. April 7, 1995. Please forward a resume along with three references in a sealed envelop clearly marked "JOT Coordinator" to the following address:

Kagita Mikam Area Management Board  
P.O. Box 235  
Shannonville, Ontario  
K0K 3A0

or fax to the following:

(613) 962-6733

Please feel contact the office at (613) 962-3103 if you have any questions.

### *Public Service Commission* *Open Positions*

#### SCIENTIFIC AND PROFESSIONAL CATEGORY

MD - MEDICAL OFFICERS	REF: HEAL-A-3165	
PS - PSYCHOLOGISTS	REF: HEAL-C-3117	
EG - PHARMACY ASSISTANT	REF: HEAL-C-3108	KINGSTON
CS - INFORMATICS TECHNICIAN	REF: EDPT-C-3108	KINGSTON

#### ADMINISTRATIVE AND FOREIGN SERVICE CATEGORY

PM - HEALTH ADMINISTRATORS REF: GENA-A-3165

#### OPERATIONAL CATEGORY

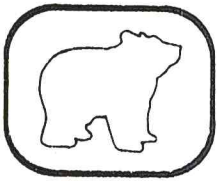
GS - COOKS	REF: OTHR-A-3204
GS - COOKS HELPER	REF: OTHR-A-3204

#### ADMINISTRATIVE & SUPPORT CATEGORY

CR- GENERAL OFFICE CLERK	REF: GENA-C-3208	KINGSTON
--------------------------	------------------	----------

SHORT DESCRIPTIONS ARE AVAILABLE AT THE ADMINISTRATION OFFICE. FOR FURTHER INFORMATION CALL THE PSC INFOTEL AT





## IROQUOIS INDIAN MUSEUM

P.O. Box 7, Caverns Road  
Howes Cave, NY 12092  
518 296-8949

**PLEASE POST:**

### ANNOUNCEMENT

**1995**

### ***THREE SISTERS INTERNSHIP PROGRAM IN THE FIELD OF MUSEUM EDUCATION***

The Iroquois Indian Museum was established in 1980 to honor Iroquois creativity in the visual and performing arts. Located just 45 minutes west of Albany in a small town of Howes Cave, NY, the museum offers a supportive environment for learning and sharing ideas.



Selected interns will serve as cultural ambassadors-- introducing non-native museum visitors to Iroquois ways through a large collection of contemporary Iroquois art, interactive children's exhibits, and a 45 acre nature park. Under the guidance of native and non-native museum staff, interns will develop effective programming, communication and public speaking skills. Interns will also have the opportunity to further develop an area of special interest through selective use of the museums ethnographic collection, library, archival materials and time spent with guest artists.

Up to \$5,000 is available to support interns during the summer and fall seasons.

Any Iroquois individual at least 21 years of age may apply. Applicants must be responsible and willing to work with the public. Craft skills, sense of humor and patience are a plus.

Application forms are available from the Museum and need to be filled out and submitted by April 15, 1995.

**Contact: Colette Lemmon, Assistant Director, Public Programs, 518-296-8949**

# \*\*\* FAMILY SECTION \*\*\*

## BOOSTING SELF-ESTEEM

### KEEP LEARNING

*Learn something new every day- even if it's only a new vocabulary word, a little-known fact, or the name of a new co-worker.*

### CHOOSE FRIENDS CAREFULLY

*Cultivate relationships with people who make you feel important - people whose accomplishments you admire. Remove from your life anybody who puts you down. Don't spend time with people who are bad for your mental health.*

### BUILD SKILLS

*Do something everyday that you do well. No matter how insignificant it may seem, any accomplishment bolsters self-esteem.*

### CHANGE YOURSELF

*Change those things about yourself that bother you. If you can't do anything about them, stop brooding.*

### NEVER GIVE UP

*Never, never give up. The only thing that stands between mediocrity and excellence, between failure and success, is the little voice within you that says, "I can't do it."*

### POSITIVE SELF-TALK

*Treat yourself kindly. Don't focus on your mistakes; just understand that there was a better way to do it, and promise yourself that next time you'll do it differently.*

### GO FOR IT

*Take risks. A single courageous act is the first step on the road to enduring self-confidence.*

### KEEP YOUR PERSPECTIVE

*Mistakes are not catastrophes. Acknowledge your shortcomings but remember that you can never be a failure as long as you've given your best effort.*

### BE REALISTIC

*Set goals realistic enough to be attainable, yet difficult enough to be a challenge. Reaching your goals, no matter how small, will give you a tremendous amount of self-esteem.*

### PHYSICAL FITNESS

*Aerobic exercise enhances feelings of positive well-being and zest for life -- a major component of self-esteem. The discipline involved in exercising will translate into other areas of your life, helping you to shape up your work or personal relationships as well as your body.*

### LOOK GOOD, FEEL GOOD

*Take care of yourself. Low self-esteem sometimes begins with dissatisfaction about appearance, so take time to look your best as often as you can. It will help make you feel good about yourself.*



## The Workplace

# Self-Esteem and Success

**Self-esteem is the foundation of job success.** It gives you the courage to experiment with new concepts and ideas, and strengthens commitment to your goals. Lack of self-esteem leaves you uninvolved, unresponsive, and closed to experience and growth.

Self-esteem at work comes from . . .

- **Feeling in control** over events, especially those directly affecting you.
- **Accomplishing your goals** and objectives.
- **Feeling valuable and important** to the organization's success.
- **Performing your job in accordance with your values.**

**A sense of personal power** enables us to gain self-esteem from these four sources. Everyone has the right to be treated with respect and courtesy and appreciation, regardless of job description, salary, or title. Sometimes we forget this and allow our superiors to take advantage of us. Workers who habitually accept tasks they dislike or resent, who allow themselves to be verbally abused or manipulated, or who live with a chronic fear of being fired have given too much of their personal power away. They feel powerless and resentful and their work suffers as a result.

**When you're proud of your work, others will be, too.** Modest self-pride and dedication to quality reflect high self-esteem and encourage others to recognize and appreciate your efforts.

## Relationships

# You & Others

It has been said that "we betray ourselves by the lovers we choose." Our choice of mates is directly influenced by our self-esteem: we choose partners who treat us as well – or as badly – as we think we deserve. The battered woman tolerates an abusive mate because he reflects and reinforces her low opinion of herself. She finds a man who loves her and treats her well to be weak or simply unattractive. The cuckolded husband unconsciously chooses women who will be unfaithful because he doesn't believe fidelity is possible.

**Others will treat us like we treat ourselves, or, as well as we let them.** Even when they start out treating us differently, our pattern of responses soon teaches them what kind of treatment we expect. Showing little reaction to compliments and praise, but strong reaction to criticism, clearly indicates that we're more interested in criticism than praise and encourages others to respond accordingly.

## Test Yourself

# How's Your Self-Confidence?

Answer "yes" or "no" to the following questions.

1. If someone insists on arguing with me even though I know I'm right, I keep arguing until they see it my way.
2. If the people sitting behind me at a movie are making it impossible for me to hear, I get an usher to ask them to stop.
3. If my supervisor is explaining something to me that I don't understand, I try to figure it out on my own rather than asking questions.
4. If I say something that offends someone, when I realize the mistake, I just chalk it up to human nature.
5. If I had committed to attend a company party but came down with a virus that day, I would force myself to go to the party anyway.
6. If someone I was dating steadily suddenly stopped calling, I would convince myself that the relationship wasn't meant to be.

If you answered "yes" to more odd-numbered questions, you may be over-asserting yourself to compensate feelings of inferiority. More even-numbered "yes" answers means you shy away from opportunities to exercise self-confidence. The more "no" answers you gave, the more self-confident you are.





THAYENDANEGA  
HEALTH  
CENTRE

William H. Patrick, D.D.S.  
427 Dundas Street West  
Trenton, Ontario, CD K8V 3S4  
(613) 392-3916

William H. Patrick D.D.S.

Dentist

March 14, 1995

Dear Patients:

It has been my pleasure treating the dental needs of the Thayendanege Community for the past 3 years. Unfortunately the unexpected death of my father who was practicing Dentistry with me in our Trenton location has made it impossible for me to continue running my Trenton office as well as continuing the clinic at the Thayendanege Health Centre.

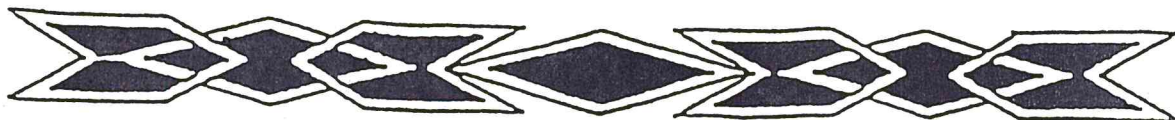
This notice is to inform you that as of May 1, 1995, I will be discontinuing dental services at the Health centre. I have made an attempt to locate another Dentist to take over but unfortunately have been unable to do so. Until May 1, 1995, I will be available to take care of any dental emergencies.

I encourage you to find a new Dentist to continue regular visits as I have hopefully expressed upon you the importance of regular professional dental care.

Again I would like to thank you for expressing your confidence in treating your dental needs for the past 3 years.

Sincerely,

William H. Patrick, D.D.S.



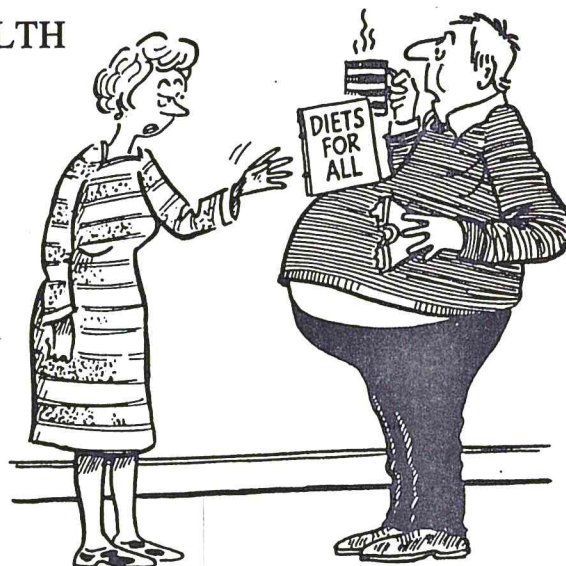
## MOCCASIN TRAIL NEWS

NEXT MOCCASIN TRAIL MILEAGE DAY IS TUESDAY APRIL 3, 1995  
CHECK IN AT THE THAYENDANEGA HEALTH  
CENTRE 8:30 A.M. TO 7:00 P.M.

### DON'T LET THE DIET CRASH YOU

#### Seven Honest Truths About Diets And Weight Loss

1. Permanent fat loss is only possible with a slow, steady, safe, and sensible eating plan.
2. Extreme diets are never a permanent answer and could be dangerous.
3. When you put less fat into your mouth, you will reduce the amount of fat you carry on your body.
4. To control your weight, you'll need to find a life-time eating plan (not a temporary diet) that's low in fat and high in nutrition, complex carbohydrates and variety.
5. Personalizing your eating plan so that it suits your taste and your lifestyle will move you consistently towards your goals.
6. Tracking your program with a tape measure provides the motivation you need to achieve weight loss success.
7. Strong motivation is the key to losing weight permanently. Be good to yourself and take credit for your success.



Colin Whitlock

"It's all muscle!"

ACTIVITY	CALORIE EXPENDITURE*
Bicycling	250-450
Bowling	100-190
Calisthenics	150-350
Cross-country skiing	660-1000
Downhill skiing	200-450
Golf	100-225
Handball & Racquetball	300-700
Housework	100-150
Office work	100-150
Rowing	660-900
Running	450-850
Skating (Ice or Roller)	300-520
Swimming	250-370
Walking	200-350

\*Calories burned per hour. Lower figures are for women, higher numbers are for vigorous workouts by men. The heavier you are, the more vigorous the workout, the more calories you burn.

TAKEN FROM "THE HONEST TRUTH ABOUT LOSING WEIGHT AND KEEPING IT OFF" by Joan Price, available at our KA: NHIOTE Library.





HAVE YOU EVER PICKED UP A CAN OR BOTTLE AND SAID  
"WHAT THE HECK IS IN THIS ANYWAY?"

YOU CAN FIND OUT IF YOU COME TO OUR NEXT  
DIABETIC SUPPORT GROUP MEETING

TUESDAY APRIL 11, 1995  
7PM

AT THE THAYENDANEGE HEALTH CENTRE

FEATURING KATHY PALMER, COMMUNITY FOOD ADVISOR  
TO ASSIST US IN THE LEARNING TO READ FOOD LABELS



THAYENDANEGE  
HEALTH  
CENTRE

SPRING '95

# PRENATAL CLASSES

The Thayendanege Health Centre will be offering a 6 week prenatal program for interested prenatal parents this Spring. The classes will begin April 11 until May 17/95.

If you are interested or know anyone who might be, please call the Health Centre at 967-3603 and ask for the Community Health Nurses. We look forward to meeting all the potential new mothers in the Mohawk Territory!!





The Community Health Representatives would like to extend  
an invitation to all women in the community to come to  
the Health Centre on  
**APRIL 20, 1995 from 7 - 8 p.m.**  
for a demonstration on  
**BREAST SELF-EXAMINATION.**

Research shows that one woman in ten will develop  
breast cancer during her lifetime.  
Early detection is crucial.

Please come out and learn how you can assist in early  
detection as well as gaining the knowledge to  
share and educate your daughters and/or friends.



For more information contact:  
Thayendanege Health Centre  
at 967-3603.

## **TO ALL WOMEN IN THE COMMUNITY 50 YEARS AND OLDER**

With April being Cancer Awareness month  
and the fact that one woman in ten will get breast cancer,  
the Community Health Representatives  
are again making arrangements with the  
Kingston Breast Screening Clinic  
for those women who need to have mamograms done.

If you have not been screened for at least two years  
or have never had screening and are presently 50+,  
set aside **APRIL 18, 1995.**

The CHRS will be available to transport you there  
and be your support, if you so want.

Please contact the Health Centre at 967-3603, at the  
earliest possible time so that the arrangements  
can be finalized.

## HOW TO RECOGNIZE AND TREAT SCABIES

### What is scabies?:

Scabies is a common, highly contagious skin disease caused by an almost invisible organism, the "itch mite". Viewed under a low powered microscope, the scabies mite is white in colour, translucent, oval and flattened in appearance. The female is longer than the male.

### Some historical notes on scabies:

Scabies infestations have afflicted mankind for thousands of years. Mention of the "itch" was recorded by the ancient Greeks and Romans. It was believed at one time that social disturbances such as war and economic crises created an atmosphere in which these diseases could thrive. After World War II, the incidence of scabies declined for no specific reason and remained that way for 15 years. In recent years, scabies has been making a significant comeback. No one knows with any certainty why. It seems the mites come and go in unexplained cycles.

### How does one get scabies?:

Scabies are most often transmitted by close personal contact with an infected person. As it is highly contagious, it can spread quite fast among children, family members, roommates, etc. A simple act of shaking hands or dancing can make you a victim of scabies.

Exchanging clothing, sharing a bed or towels is also a means of spreading scabies.

The scabies mites does not jump from one person to another and does not survive very long on linens or clothing.

If your doctor tells you that you have scabies, do not be embarrassed. Virtually anyone can get scabies - a professional, a blue collar worker, a college student, teenager or infant. Regardless if you live in the city or country, you can be exposed to the mite anytime.

Although scabies is most often seen in young people, those under 30, its presence has also been recorded in people over 70.

### What happens when you get scabies?:

The mating of the male and female mite occurs on the surface of the host's skin. Then, the impregnated female using her tiny jaws and two pairs of forelegs, burrows into the uppermost layer of skin, but seldom enough to enter the living tissue. She will stay in this layer of skin for the rest of her life which may last 30 days, extending her burrow 0.05mm to 5mm per day. She lays 2 to 3 eggs daily.

In a few day these eggs hatch, producing an immature adult mite which resembles the parent. It takes approximately 14 to 17 days from the period of fertilization to produce an adult mite. This new mite mates, burrows into the skin and the cycle begins again. The male mite dies after mating; the female dies after her egg-laying is completed.

The female mite lay 40 to 50 eggs during her lifetime, but less than 10% of those eggs produce adult mites.

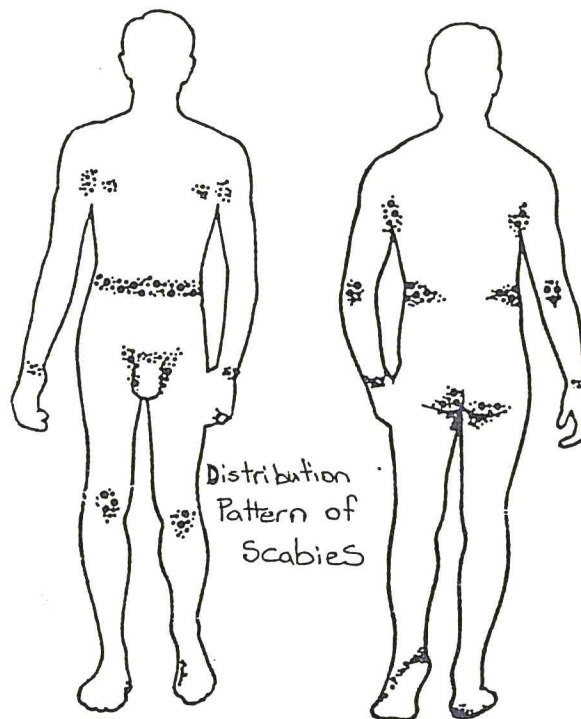
### How do you know if you have scabies?:

The initial signs with scabies is itching. It becomes more persistent and intense during the night, possibly caused by the increased heat of nightclothes and bedding. The itching may become so severe that you might be awakened by it. It's also common to cause bleeding from this scratching activity. A bloodied sheet, pajamas or underwear are signs which suggest scabies.

The only sure way to find out if you have scabies is to see your doctor. He/She will identify precisely the cause of any rash you may have.

There are no unusual changes when you first contact scabies.

The symptoms (mentioned above) are the result of an infestation that may have taken place 4 to 6 weeks before. It's only after the female mite has burrowed into the skin and laid her eggs, thus increasing the mite population, that symptoms begin to appear.



In addition to itching, watch for scabies skin lesions - wavy, threadlike, very small, slightly elevated, greyish-white burrows most frequently found between the fingers, on the elbows, hands and wrists. Other common sites of infestation are the stomach, thighs, genital areas and buttocks. In the female, the breast nipple may be infested. Scabies are rarely found above the neck, except in infants.

### How to treat scabies:

Because scabies is so contagious, it's important for anyone who may have come in contact with an infested person to be examined and treated. Remember most recent contacts may not develop symptoms for 6 weeks.

If you believe you are experiencing a scabies infestation, see your doctor immediately.

The treatment is easy and effective. Often the scabies are gone after 24 hours, although the itch may last for 2 or 3 weeks.

The most widely and recommended non-prescription treatment for scabies is Kwellada. It has been proven to be virtually 100% effective in treating lice, their nits and scabies. It's available in a form of cream, lotion and shampoo. For the scabies treatment you would use either the cream or the lotion.



**How to use Kwellada Cream or Lotion:**

Kwellada Cream or Lotion should be applied to cool, dry skin only.

1. Apply a thin layer of Kwellada cream or lotion to entire body area below the neck and gently massage into skin. If crusts are present, a warm bath before hand will help soften or remove crusts. If a warm bath is used, allow skin to dry and cool before applying cream or lotion.
2. Put on freshly-laundered or dry-cleaned clothing.
3. After 8 to 12 hours take a bath or shower, washing thoroughly all areas of application.
4. Put on freshly laundered or dry-cleaned clothing.

**NOTE:** One application is usually successful, but the procedure may be repeated once only 4 to 7 days after the first application.

**Can you scabies again?:**

Yes. There is no permanent prevention against them. With a second infestation, the symptoms show up much faster. You would probably begin to itch within a few hours. Make sure to see your doctor for a proper diagnosis.

These steps will help avoid another case of scabies:

1. Put all clothes which have come in direct contact with the skin (underwear, trousers, shirts, socks, etc.) through a hot cycle in the washing machine.
2. Do the same to towels and linens.
3. Be sure no members of the family use the same towels or linen, etc. until these items have been put through a hot wash cycle.

It's not necessary to treat overcoats, winter jackets or hats.

In addition, good personal hygiene is essential. Wash your hands often, bathe or shower daily, wear clean clothes and do not exchange clothes with others. Sleep in a clean bed.

Alertness to and awareness of scabies is the best way to contain it and finally to eradicate it.

- Information taken from "How to recognize and treat scabies" pamphlet

## MEMORY RESEARCH PROJECT

The Tyendinaga Mohawk Council has agreed to participate in a study to investigate memory problems in the aged. The project is being conducted by Dr. Andrew Hackett from Queens University in Kingston.

A study done in another Native Community in Northern Manitoba suggests that there is a lower number of certain types of memory problems than in Non Native communities.

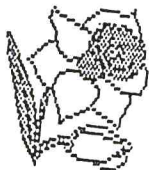
The research shall consist of interviewing those Band members who are of Native heritage and are over the age of 65. They would participate by answering a questionnaire with an interviewer from the Thayendanege Health Centre Staff. This will take about 45 minutes and could be done in your home.

If these findings support the previous research, it could have a significant importance to the future treatment and prevention of memory problems.

All information which will be obtained is confidential and will only be used for data within this study. Your voluntary participation will be greatly appreciated.

If you would like any further information please contact the Community Health Nurses, Helen Breadman or Brenda Asselstine at the Health Centre 967-3603.

- APRIL IS CANCER AWARENESS MONTH -



It is important to be aware of the many aspects of cancer, as it affects so many of us, either directly or indirectly. Cancer is the second leading cause of death in the world today, which is another reason to know as much about this disease as possible. We may think that cancer could never happen to us, or to a loved one, but the possibility exists.

There will be an information session on Thursday, April 20, 1995. It will be at the Elders Lodge, on the Bayshore Road, starting at 2 p.m. Our guest speaker Helen Horne, is a survivor of cancer and she will be sharing her experience with us.

The session is open to everyone on the Territory. Mark this date on your calendar and be sure to come out.

If you are interested in coming, but have no transportation, please phone the Health Centre, 967-3603 by Monday, April 11, 1995. Transportation can be arranged.



## 1995 NATIONAL ABORIGINAL ACHIEVEMENT AWARDS RECIPIENTS ANNOUNCED

**TORONTO, March 15, 1995** -- The Canadian Native Arts Foundation, the CIBC and Indian and Northern Affairs Canada are pleased to announce the 14 recipients of the **1995 National Aboriginal Achievement Awards**.

These Awards represent the highest honour the Aboriginal community bestows upon its own achievers," said John Kim Bell, Founder and Chair of the National Aboriginal Achievement Awards and Founder and President of the Canadian Native Arts Foundation.

The National Aboriginal Achievement Awards recognize outstanding career achievement by Aboriginal people of First Nations, Métis and Inuit ancestry. Fourteen awards will be presented in total -- 12 career plus one lifetime achievement award and new for this year, a special youth award.

"The Awards acknowledge not only the enormous contributions and accomplishments of Aboriginal peoples to Canadian society, but help to lay a positive foundation for the future of Aboriginal peoples" said CIBC chairman Al Flood. "As such, CIBC is committed to the program and proud to be the lead corporate sponsor again this year."

"The Awards are the ideal occasion to celebrate the outstanding achievements of Aboriginal people across the country", said Indian and Northern Affairs Canada Minister Ronald A. Irwin whose department is a major contributor to this initiative. "These achievers are role models for Canadians of all ages, and the Government of Canada is proud to support this celebration of such talented and dedicated people."

The Awards will be presented on March 31, 1995 at a gala awards ceremony at the Queen Elizabeth Theatre in Vancouver at 8:30 p.m. The 14 Aboriginal achievers for 1995 are:

- \* Cape Dorset-based Inuit artist **Kenojuak** for Lifetime Achievement;
- \* Mohawk instructor **Ernest Benedict** from the Akwesasne band in Ontario for Education;
- \* Museum of Civilization creator **Douglas Cardinal** for Architecture;
- \* Vancouver Island-based thoracic surgeon **Dr. Noah Carpenter** for Medicine;
- \* Victoria-based Olympic athlete **Angela Chalmers** for Sports;
- \* Northern Quebec Cree leader **Matthew Coon Come** for Environment and Public Service;
- \* Vancouver-based Haida artist **Robert Davidson** for Arts and Culture;
- \* Inuit entrepreneur **Frank Hansen** of Inuvik for Business and Commerce;
- \* Edmonton addictions counsellor **Maggie Hodgson** for Health Services;
- \* Red Crow College president **Marie Smallface Marule** of Lethbridge for Education;
- \* **Alfred J. Scow** of Vancouver for Law and Justice, the first Aboriginal appointed as a justice in B.C.;
- \* Regina-based Anglican clergyman and educator **Dr. Ahab Spence** for Education;
- \* Manitoba band leader **Chief Louis Stevenson** for Community Development;
- \* and this year's special youth recipient, **Sharla Tiakohatèhkwen Howard** of Kanesatake, Quebec.

The gala awards ceremony will be televised by the CBC as a national network special, Thursday, April 6, 1995 at 9:00 p.m. The television production is a Canadian Native Arts Foundation/Canadian Broadcasting Corporation Co-production.

"The Awards, in their second year, are part of a continuing goal to increase understanding and promote partnerships between the Aboriginal and non-Aboriginal worlds, and to generate great pride and role models for Aboriginal youth," said John Kim Bell.

The National Aboriginal Achievement Awards are sponsored by the CIBC, Indian and Northern Affairs Canada, CBC, Canada Post, Air Canada and thirteen federal departments and agencies, and the Province of British Columbia.

The NAAA were established in 1993 by John Kim Bell, the first Aboriginal person to become a symphony conductor, to pay tribute to the United Nation's International Year of the World's Indigenous Peoples. The first awards were presented in Ottawa in 1994.

The 1995 award recipients were selected by a 21 member jury comprised of leading Aboriginal people from across Canada who represented the three Aboriginal groups, geographic regions and professional sectors.

The National Aboriginal Achievement Awards are produced by the Canadian Native Arts Foundation, a national charitable organization that provides financial assistance to Aboriginal young people for training and education in the performing and visual arts. The CNAF is celebrating its 10th anniversary this year, and has provided scholarships totalling \$3 million to deserving students across the country.

Proceeds from the sale of benefactor and patrons tickets from the National Aboriginal Achievement Awards gala ceremony will benefit the Canadian Native Arts Foundation Scholarship Fund.

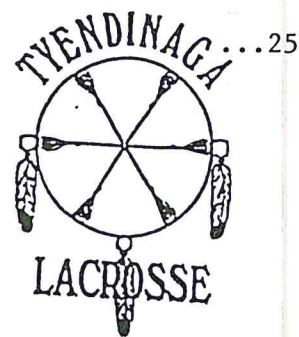
For further information, contact:

Judy Tobe, Director of Public Affairs  
Canadian Native Arts Foundation  
Toronto 416-588-3328





**- WANTED -**



## **LACROSSE PLAYERS!!!!!!!!!!**

---

### **DIVISIONS**

### **BORN**

**PEANUT**

**1989 - 1990**

**TYKE**

**1987 - 1988**

**NOVICE**

**1985 - 1986**

**PEEWEE**

**1983 - 1984**

**BANTAM**

**1981 - 1982**

**MIDGET**

**1979 - 1980**

**INTERMEDIATE**

**1975 - 1978**

---

**watch for registration dates.....**



## LACROSSE '95

Registration for this year is \$40.00/player. Family rate is 3 or more \$100.00. Please have copy of Birthcertificate at registration.

Upcoming registration will be held:

**QUINTE MOHAWK SCHOOL**  
on Wednesday, April 5th, from 7-9pm  
(A skills clinic will be held in the Gym)

**\*SKILLS CLINIC - NAPANEE ARENA**  
on Saturday, April 29th, from 1-3pm  
Open for all ages 4-21yrs.

**\*EXHIBITION GAME - NAPANEE ARENA**  
Sunday, April 30th, from 1-3pm  
(Teams to be announced)

\*Information/Videos/Registration Sessions will be ongoing for these 2 days.

We are still looking for Coaches, Assistants, Manager, Referees, Trainers, anyone interested in volunteering their time to make this another successful Lacrosse Season.

**COACHES "SUPER CLINIC"**  
**SAT. APR. 22 - SUN. APR. 23, 1995**  
**MOUNT JOY COMMUNITY CENTRE**  
**MARKHAM, ON**

For more information contact Jack 967-1580 or Don at 396-2637.

\*(Please note TK Sports carries all of your Lacrosse needs. Registration forms can be picked up at the store).



## Little N.H.L. 1995 Tyendinga Midgets Win "B" Championship in Overtime!!

The Tyendinga Midget Hockey Team travelled to North Bay over March break to compete in the 1995 Little N.H.L. All-Native Hockey Tournament. Participation in this tournament was made possible through community support, through fundraising and sponsorship. Fifteen young men from Tyendinga, Deseronto and Belleville (some who did not even play hockey this year) pulled together under the coaching leadership of Jack Green and became a "team." Competition at this tournament was excellent, the caliber of hockey among all of the young native men was a sight to see! The team participated in the opening ceremonies on Monday night with all teams from Tyke to Midget level. How exciting to see so many young faces with glimmers of hope in each pair of eyes!

### **Game #1 - Sunday March 12th**

### **Long Lake 4 - Tyendinga 1**

As luck would have it, the city of North Bay lost power on Sunday afternoon, pushing a 4:00 game to nearly 7:00 p.m. Having arrived in North Bay on Saturday, the team was more than ready to hit the ice! Long Lake provided excellent competition, and while the Tyendinga team was still feeling their way around their new teammates, Long Lake managed to pull off the win. Scoring opportunities were plenty, but the Long Lake goalie was a tough one! Long Lake scored in the first period, and Tyendinga answered in the second, to make it a tie game. Long Lake scored again with 5 minutes remaining to pull ahead 2-1, and managed to sneak 2 goals past goalie Mark Brinklow in the last ninety seconds of the game! Tyendinga's lone goal was scored by Joey Brant, assisted by Kevin Smart.

### **Game #2 - Monday March 13th**

### **Walpole Island 2 - Tyendinga 1**

It was the opinion of most observers that this was the best game of the tournament! The lads from Tyendinga, along with most everyone else in North Bay, knew that Walpole would be the team to beat, and they came into the game positively fired up. Everyone gave it their best and then some! At the end of the first period, the score was 1-0 for Walpole. Near the end of the second period, Walpole fired their second goal into Tyendinga's net. Although the score was now 2-0 for Walpole, the Tyendinga team kept digging. At the end of the second period, Tyendinga's lone goal was scored by Brian Brant, assisted by Ben Green and Kevin Smart. The third period was action filled. Tyendinga had scoring opportunities, but it wasn't to be. They continued to play strong defensively, to protect their net. They came on very strong in the last few minutes of the third period, but the referees appeared to simply let the time run out at the end of the game, as the clock was not stop-time. Time simply ran out. Both teams played an excellent game and although the Mohawks could not pull off a win, the fans were extremely proud of their effort and their strong showing against the Walpole Island team. Coach Jack Green was especially proud of the defensive team in this game - Clint Brant, Craig Fuller, Will Claus, Justin Shakell and Chris Claus. Way to go, guys!

### **Game #3 - Tuesday March 14th**

### **Tyendinga 6 - Wasauksing 1**

Well, this game was a sight for sore eyes! This was the do or die game. Lose this one, and head for home. Win this one, and earn a spot in the "B" Championship Game. There was no question that these boys were going to win. At this point, they decided to show the fans what the Tyendinga Mohawk Midgets were all about. With goalie Mark Brinklow sidelined for this game, winger Kevin Smart volunteered to step into net. After a pumping-up by coach Jack Green, they came out stronger than ever! At the end of the first period, Tyendinga led 2-1. Goals in the first period were scored by Jeremy Green, assisted by Joey Brant, and D.J. Maracle, assisted by Ben Green. Chris Claus popped one in during the second period, assisted by Joey Brant. In the third, D.J. Maracle pounded in another two goals, assisted on the first one by Ben Green and Chris Claus, and on the second one by Jeremy Green.



The last goal of the game was a family effort, scored by Ben Green and assisted by Jeremy Green! Kevin Smart played very well in net considering he had never played goal in hockey prior to this game! He earned himself the award for the Most Sportsmanlike Player of the game! Hats off to Jon Scero and Jason May for coming on so strong when it was needed the most! This was a team effort like none before. These young men went onto that ice with a will to win one for their coach. Nothing was going to stop them this time! Final score was 6-1 for Tyendinaga, and they were on their way to the "B" Championship.

### **"B" Championship Game**

**Wednesday, March 15th**

### **Tyendinaga 3 - Long Lake 2**

The championship games were held at the Memorial Arena, home of the North Bay Centennials, which was a special thrill for everyone involved! Tyendinaga came face to face once again with Long Lake, the team who beat them 4-1 in the first game! Ah, but the Mohawks had come together as a team, and a darn good one - lines were working very well now, and Mark was back in net. Long Lake would be denied this time! Tyendinaga decided to go out and show the full house of fans just why they are proud to be Mohawks! It was the longest game of this writer's life! At the end of the first period the score was 1-1, thanks to a goal scored by Jeremy Green, assisted by D.J. Maracle. The second period saw lots of action, but no change to the scoreboard. The third period was a barn-burner! Long Lake scored with 7 minutes remaining to pull ahead 2-1. The Tyendinaga team worked harder than ever. Finally, with 95 seconds remaining in the game, Brian Brant scored to tie the game, assisted by Ben Green and D.J. Maracle! The third period ended in a 2-2 tie. The fourth period would be sudden death overtime - a scary thought! Tyendinaga managed to control most of the overtime period, but could not cash in on their breakaway attempts. But this team seemed to enjoy saving the best for last - with 93 seconds left in the period, Ben Green scored on a breakaway, assisted by Kevin Smart. And the crowd roared!! This was what the boys came for - a victory in a championship game! Congratulations to Ben Green for being awarded the Most-Valuable Player award for this game!

This community has every reason to be proud of these young men who represented Tyendinaga. Both on and off the ice, they displayed excellent sportsmanship, strong character and pride in themselves and Tyendinaga. They are already looking forward to participating next year! All in all, it was a wonderful trip for players and parents alike. The weather was unseasonably mild, the scenery was beautiful, and the City of North Bay was very welcoming! Next year, the tournament will be held in Sudbury. Look out, here we come!!

---

### **1995 Tyendinaga Mohawk Midget Roster**

Jeremy Green, Captain  
 Brian Brant, Assistant Captain  
 Clint Brant, Assistant Captain

Joey Brant	Craig Fuller	Jason May
Mark Brinklow	Ben Green	Jon Scero
Chris Claus	J.R. Green	Justin Shakell
Will Claus	D.J. Maracle	Kevin Smart

Head Coach:	Jack Green
Assistant Coach:	Don Smart
Assistant Coach:	Ron Fuller
Manager:	Dorothy Green

**THANK YOU!!!!!!**

*from*

**TYENDINAGA MOHAWKS - MIDGET "B" CHAMPS!!!!**

*The Parents/Players of this Little NHL Midget team would like to take this opportunity to thank all of our Sponsors and the members of the Community for supporting our fundraisers, that helped make the trip to North Bay possible.*  
 \*\*\*\*\*

**BAYVIEW VARIETY & SALES**

**F.N.T.I**

**T.K. SPORTS**

**LOYALIST LANES**

**MOHAWK RECREATION COMMITTEE**

**J.E.M. AUTO SALES**

**WIMPEY MINERALS**

**ALLAN PRATT**

**NATIVE RENAISSANCE II**

**THAYENDANEGA HEALTH CENTRE**

**ANDREW ALKENBRACK**

**MOHAWK FAMILY & CHILDREN SERVICES**

**MCMURTER HOME SALES**

**KAREN & PAUL CLAUS**

**MOHAWK FIRE DEPARTMENT**

**TEMPLEMEN, MENNINGA, KORT, SULLIVAN & FAIRBROTHER  
 BARRISTERS & SOLICITORS**

**CINDY MARACLE**

**UNITED RESTAURANT**

**GREER GALLOWAY**

\*\*\*\*\*  
*The players are looking forward to next years "L'il NHL Tourney" in Sudbury.*



# \* Thank You \*

*Many thanks to everyone who donated money, prizes, their time and help, and for all the Great Music for the Butch Davis benefit on Feb. 25th. The money will be used to help his wife Kathy with expenses and to bring Butch home from Calgary to rest with his mother.*

*Thanks Again To All!*

*From Wife Kathy, Sister Trudy, Brothers Bucky & Bob Davis*

## M.C.'S

KEN PINKHAM  
JIM ELYOT  
HAROLD BONNER

## HELPERS

SHARON - KEN  
BETTY - RODA  
CHIC - CAROL  
VERONICA - JOHN  
CAROL - ANNE  
LISA - SHARON  
WANDA - ROB  
STAN - CAL  
DOUG AMEY

C.F.M.K.  
KINGSTON

## PRIZES

HOME HARDWARE  
GRAY'S I.D.A.  
\$AVE \$TATION  
GOLDEN TOUCH FLORIST  
RED BALL RADIO  
SKYWAY LOUNGE  
MARACLE MUSIC  
LOYALIST LANES  
J.R. VIDEO  
MILLIE & REG. MARACLE  
MOLSON'S BREWERS  
BELLEVILLE TRUCK CENTER  
LABATT'S BREWERS  
BOB DAVIS  
PETE LEBARON

## POSTERS

JILL LEWIS  
MILLIE & REG.  
THE WIRE

## MUSIC

FINLAYRIDGE  
GRASS CREEK  
MEYER'S CREEK  
OLE TYME FIDDLERS  
KEN'S D.J. SERVICE

C.J.B.Q.  
BELLEVILLE

**MOHAWKS OF THE BAY OF QUINTE  
FOOD BANK**

**(967-8314)**

**WE ARE IN DESPERATE NEED OF  
DONATIONS!**

**YOUR GIFTS CAN BE TAKEN TO  
THE MOHAWKS OF THE BAY OF QUINTE  
ADMINISTRATION OFFICE**

**or**

**THE FOOD BANK  
(MONDAY AND FRIDAY 10:00 a.m. - 1:00 p.m.)**

**Contact:  
Mrs. Mary McCauley  
396-5710**

**WE ARE ENTERING OUR  
3RD YEAR OF OPERATION**

**WE THANK THE DONATORS  
AND  
OUR VOLUNTEERS  
FOR YOUR VALUED  
SUPPORT AND HELP**

**NIA;WÉN  
TYENDINAGA TERRITORY  
FOOD BANK  
COMMITTEE**



## Thank You

We wish to thank Brandon Maracle for  
taking the time to clean the ditches on  
our road.

It is greatly appreciated!!!

Residents of the Slash Rd.

## Thank You

A Thank you goes to the Orange Lodge  
for their donation to the  
Indian Hockey Tournament that  
was held in Warkworth.

\*\*\*\*\*

\*\*\*\*\*



## Congratulations!

**AMY GREEN**  
on passing her Junior Bronze  
in Figure Skating  
Amy is now a Senior Skater!!

## Happy 6th Birthday!

**JESSY MARACLE**  
March 30

*Love from the  
Family*



\*\*\*\*\*

\*\*\*\*\*

## Happy Belated Birthday!

**KEN**  
March 27

## Happy Birthday!

**DON BRANT**  
April 4

## Happy Birthday!

**RENEE**  
April 8

## Happy Belated Birthday!

**ELLA**  
March 18

## Happy Belated Birthday !

**TED**  
March 19

Love from the Family!!!



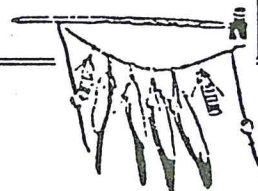
# Food Drive

The **Three Feathers Youth Group** will be having a **FOOD DRIVE** for the Tyendinaga Food Bank. The drive is being held on **April 15/95**. Would you please support this non-profit organization, with any donation of non-perishable items for our community.

**JUST DO IT--FOR A GOOD CAUSE**

Note: If you are not going to be home on this date please leave something either between your doors, or at your nearest neighbour. It will be picked up at some time during the day.

Nia:wen  
Three Feathers Youth  
&  
Tyendinaga Food Bank



## Girl Guides of Canada

The Girl Guides of Canada will be holding an information session at the Mohawk Community Centre on May 10th at 7:00 pm to meet with any parents interested in enrolling their girls in this program. They are also in need of adult leaders, 19 years of age and older.

Age groups for the program range from 5 years old to 18 years old.

**Anyone interested please attend.**



# LADIES FASTBALL

IF YOU ARE INTERESTED  
IN PLAYING LADIES  
FASTBALL

PLEASE CONTACT:  
by April 12/95

COLLEEN 396-6025  
(Weekdays 5:30 - 9:00)

You must be 18 yrs. of age as of  
December 1994



The regular Family Swim will begin  
on April 5th 6:30-7:30pm at the  
Picton Rec-Plex and run until May  
24th. Cost is \$2.00/person per visit  
or \$50 / Family for the 8 wks.  
Children 10 and under must be  
accompanied by an  
adult (18 or over)

## Thank You

*The family of the late Morris Maracle wishes to express their sincere thanks to constable Ron Maracle, Dr. Reynolds for their help and kindness the morning of my husbands passing at home.*

*Our many thanks to relatives, friends and neighbours who visited, sent floral arrangements and made donations, brought food to our home and for the many sympathy cards received. The family wishes to thank Larry and the staff of White and Morris funeral home and Reverend Ken Baker for his comforting words. Thanks also to the Native Women's Association for the lovely luncheon served after the service. The family would also like to express their appreciation to those who acted as Pallbearers.*

*May the creator look after and protect everyone of you!*

*Ellen (Corky) Maracle  
and Family*



## INTER RESERVE BOWLING

Inter Reserve Bowling Practices are being held at the **Quinte Bowling Center on Hwy 62 in Belleville** this year. This year the Tournament will be in Brantford so if you wish to try out for the Bowling Teams the Practice Dates are:

**SUNDAYS AT 12:30 SHARP!**  
**APRIL 9, 23, 30 & May 7**

***Everyone Welcome!!!!***

\*\*\*\*\*

## AGRICULTURE MEETING

**MONDAY APRIL 24/95**  
**8:00 P.M.**  
**FIRE HALL**

**PLEASE COME OUT AND SUPPORT THE FAIR!!**

***All Welcome!!!***

# Attention Seniors

## OTTAWA TRIP

A two night trip to Ottawa has been planned for this month. The places we will be visiting are as follows:

CANADIAN MUSEUM OF NATURE - The Canadian Museum of Nature depicts a journey through nature from the vanished world of dinosaurs to the habitats of contemporary birds, mammals and plants. Displays include hands on and live animals.

NATIONAL GALLERY OF CANADA - The National Gallery of Canada displays interior courtyards with gardens, photographs, prints and sculptures as well as changing displays.

CANADIAN MUSEUM OF CIVILIZATION - The Canadian Museum of Civilization offers an illustration of history from prehistoric times to modern era. Some of the highlights include native settlement, fur trading and the life size reconstruction of a West Coast Indian Village.

RIDEAU CENTRE - The Rideau Centre features as many as 230 establishments for your shopping pleasure.

For those who do not wish to visit all three museums, we will be returning to the hotel between each outing, and you may choose whether you want to go or stay behind and explore the city yourself. The cost for admission to each museum is under \$5.00 per person.

DEPARTURE: Tuesday, April 18th

TIME: 7:00 a.m.

WHERE: Elder's Lodge

RETURN: Thursday, April 20th

We will be staying at the Town House Motor Hotel. This hotel includes an elevator, coffee shop and excellent eating facilities across the street. You are also conveniently downtown and within walking distance from the Rideau Centre. The total cost of the hotel room for two nights is as follows; 1 person: \$120.04; 2 people: \$60.42; 3 people: \$43.62. We still have some rooms available for anyone else wishing to go, but you must call in now. Full payment for the room is needed as soon as possible. For more information, please contact Cindy or Tracey at the Health Centre at 967-3603. Be sure to set these dates aside and come out and join in the excitement.





# *The Easter Parade Benefit Fashion Show*

*Supporting the Tyendinaga Food Bank & Community Seniors*

*Saturday April 15, 1995*

*at the*

*Tyendinaga Community Centre*

*2:00 p.m.*

*Planned activities will include: Potluck Supper, a Visit With Peter Rabbit,  
Easter Bonnet Decorating Contest, D.I. & Dance, Live Entertainment & More...*



*Admission to Show & Supper*

*Adults: \$6.00 each*

*Children: Non-Perishable Food Item*



*Bernie's Roofing Fastball Team*

*invites your team*

*to a Native Ladies'*

## **EARLY BIRD FASTBALL TOURNAMENT**

*May 13 and 14, 1995*

*at*

*Oneida Athletic Park*

*Double Knock-out Format*

*First 8 teams accepted*

*Entry Fee: \$150.00 and one new ball*

*Entry Deadline: May 1, 1995*

*First Prize \$1000.00*

*Runner-up \$200.00*

*Based on 8 teams*

*Rain Date: June 3,4,1995*



# **MOHAWK PENTECOSTAL CHURCH**

**The Church that cares about OUR community!!!**



## **SERVICE TIMES**

**SUNDAY - 10 AM - SUNDAY SCHOOL - And all are welcome! Ages 0-99, can be here for this time!**

**SUNDAY - 11 AM - Sunday morning Worship service.**

**SUNDAY - 6:30 PM - EVENING WORSHIP SERVICE.**  
Come & join in with the great music & time of worship of our Great God.

**WEDNESDAY - 7 PM - BIBLE STUDY - Come & enjoy these informative times of studying the world's history & getting to know OUR GOD a little better.**

**FRIDAY - 7:30 "RADICAL YOUTH" Youth 12 & over are welcome to join us in our activities, & its FUN!**



**Just remember.....**



**ALL ARE INVITED  
AND MOST WELCOME TO COME TO...**

**MOHAWK PENTECOSTAL CHURCH**



# Gospel Sing

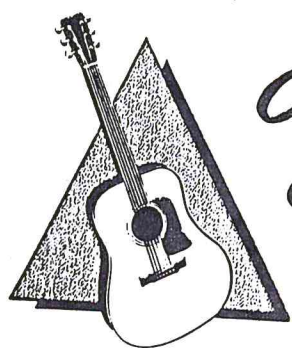
at

Deseronto Pentecostal Church  
on

April 21, at 7:00 p.m.

This Gospel Sing is sponsored by both the  
Mohawk and Deseronto Pentecostal Church

All are invited to join with us for an  
evening of great music and fellowship.



*An Evening  
of Singing*

Next Sing at Mohawk Pentecostal Church

# SPIRIT ALIVE NEEDS YOU

To Reach Our Nation

## WATCH SPIRIT ALIVE THIS WEEK

NOTIFY FRIENDS IN THE FOLLOWING AREAS

CKWS: 7AM Sunday

VISION CABLE NETWORK:

6:00 AM Wednesday (Eastern Standard Time)

6:30 AM Saturday (Eastern Standard Time)

Reaching 682 Communities across our Nation!

*Plus also on...*

MCTV: Ottawa, Pembroke Sunday 11 am

STV: Regina, Sunday 5:30 am CST  
Saskatoon, Sunday 10:30 am

CHEX: Peterboro, Sunday 6:30 am

MCTV: Sault Ste. Marie, Timmins,  
Sudbury, North Bay Sunday 10 am

The Proclamation of The Good News of Jesus Christ, and help for the hurting Native, is made possible through the financial and prayer support of people just like you!  
*Your faithful giving & prayers are sincerely appreciated.*

### CLIP AND POST

**DO YOU HAVE A NEED?**

FINANCIAL? HEALTH?

RELATIONSHIP?

**We want to pray for you.**

Call during the program,  
or office hours.

**We will believe with you  
for a miracle from God!**

**SPIRIT ALIVE TV**

PH:396-1435 FX:396-2555

Write us at

PO Box 280,

Deseronto, ON K0K 1X0.

*We care!*



# DISCOVERY DAYS

## AT NATIONAL NATIVE BIBLE COLLEGE

*PO Box 478, Deseronto, ON K0K 1X0*

*call (613) 396-2311.....To Register*

**APRIL 20 & 21, 1995**

**THINKING ABOUT COLLEGE?  
TRY AN ADVENTURE IN PERSONAL GROWTH WITH NNBC!!**

**COME LOOK US OVER FOR  
2 DAYS -- FREE!**

- ◆ Sit in on classes
- ◆ Worship & Praise with us in Chapel
- ◆ Meet the President, Staff & Students
- ◆ SURVIVE our "Fun Night"!
- ◆ Make new friends and memories
- ◆ Go home with a desire to return

**NATIONAL NATIVE BIBLE  
COLLEGE**

*Yours to Discover...*

*Free Meals and Accommodation!*



# CLASSIFIEDS

## \* REDUCED TO CLEAR \*

- 15 K.W. Electric Furnaces
- \$150.00

Call Todd Kring for further information  
396-3424

---

## FOR SALE

### WOMENS LEATHER COAT

- Black Bomber Style
- Size 18
- Never Worn
- \$200.00

### BOYS LEATHER COAT

- Black Bomber Style
- Size Medium
- Never Worn
- \$80.00

### 1 WEDDING DRESS & VEIL

- Size 15
- Never Worn (tags still on)
- Can Be Seen on Request
- \$300.00 or Best Offer

CALL GLORIA: 962-6378  
ANYTIME

---

## 4 PLEX APARTMENT FOR RENT

### UPPER 2 BEDROOM

- Available Immediately

### & LOWER 2 BEDROOM with Deck

- Available April 15
- 1st and Damage Deposit required

\$575.00 per month  
PHONE: 969-1315

## BABYSITTING AVAILABLE

- References available

CALL SHARON: 396-1917

---

## FOR SALE

### HONDA EX5500 GENERATOR

- 5500 watts, 120/240 volts
- 2 cylinder liquid cooled
- electric start
- ultra quiet operation

PRICE: \$2000.00 firm

### TOWMOTOR 5 TON FORK LIFT

- propane powered
  - pneumatic wheels
  - needs major overhaul
- PRICE: \$1500.00 OR Best Offer

### 11 2'X4' FLOURESCENT LIGHT FIXTURES for use in suspended ceilings

PRICE: \$5.00 each

CALL MICHAEL AT 967-2522  
ANYTIME

---

DEER HIDE AVAILABLE  
WHILE QUANTITIES LAST  
ADMINISTRATION OFFICE  
396-3424



### FOR SALE

#### BUILDING LOT 150' x 150'

- Located 1 km. east of Community Center
- South Side of York Rd.
- Between Larry & Junior Brants
- Across from the New Ball Field
- Property has been checked for water and has been found

CALL DON BRANT: 396-2424  
For more information

#### NEWSLETTER DEADLINE DATE

MONDAY , April 10 / 95  
at 12:00 noon

396 - 3424

### FOR SALE

Farm approx. 155 acres total **OR**  
Willing to sell in 2 Sections  
Farm with 85 acres or Approx. 70  
Acres of Land

#### Lot with Mobile Home

- 2 bedroom 14' X 70 '
- Stove and Fridge included
- Central Air
- New Driveway
- Located on Hwy # 2 across from Bayview Plaza
- Lot size 300' X 300'

For more information call:  
962-7181 or 337-5735  
Tom Maracle (Evenings Preferably)

### FOR SALE

#### MOBILE HOME

- 2 Bedroom, Living Room & Kitchen
- Lot size 150' X 150 '
- With additional Room 20 X 16
- Heat Pump for back up heating & Air conditioning
- Natural Gas Furnace
- Good Well & Septic System
- Located on the Corner of Belles Side Rd. and # 2 Highway
- Price is Negotiable

PLEASE CALL BRUCE WELLS:  
1- 416-925-0511

### MILL TOWN MEATS

- Corn Fed Beef
- Quarters & Halfs of Beef
- Cut, Wrapped & Frozen
- Individual Pieces sold at Home

#### Make your Own Soup!

- Lyed Corn, Beans, Special Pork

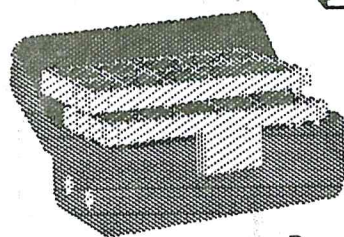
#### Home Made Meat Pies!

- Approx. 6 oz.
- Turkey, Chicken, Beef Vegetable

Call: 962-5470

Glenn Hill R.R.#2 Shannonville

# AUCTION SALE SUNDAY APRIL 30



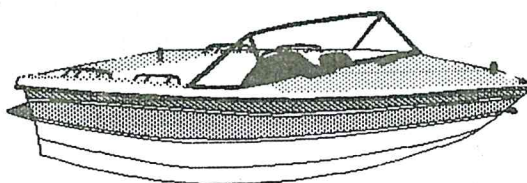
ORANGE HALL  
SALE AT 1 PM  
VIEWING FROM 12 TO 1

NEW TO THE AREA, ARMSTRONG AUCTION SERVICES WILL BE HOLDING A SPORTING GOODS AUCTION WITH A VARIETY OF BOTH NEW AND USED SPORTING GOODS.

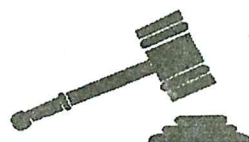
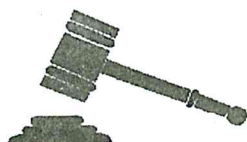
A PARTIAL LIST INCLUDES NEW FISHING RODS, LURES, TACKLE BOXES, LIFE JACKETS, TENNIS RAQUETS, SQUASH RAQUETS.

ALSO IN THIS SALE IS A VARIETY OF BOATS TO INCLUDE 14FT ALUMINUM FISHING BOATS, MOTORS, AND FIBERGLASS BOATS.

FOR MORE DETAILS, OR TO ENTER YOUR BOAT IN THE AUCTION  
CALL JIM ARMSTRONG 962-8983

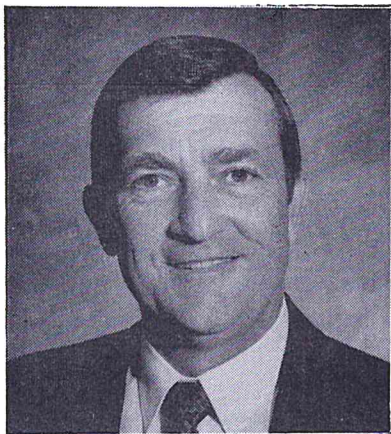


ARMSTRONG  
AUCTION  
SERVICES



Phone (613) 962-8983





Bob Vrooman CLU CH.F.C.  
Chartered Financial Consultant

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354-2726 (Napane)  
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Deseronto

**962-6378**

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Seniors with Special Needs!  
Also Loungewear, Nightwear, Slippers!  
And Aids for Dailyliving!

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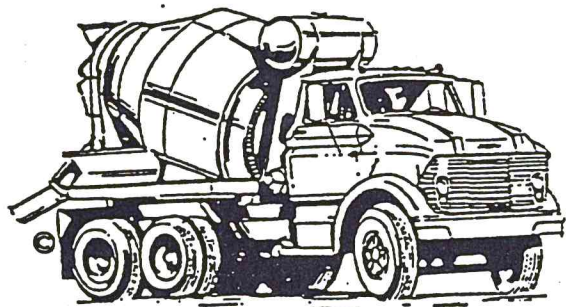
**2 Fully Licenced Technicians**

*Call* **John Maracle**

**or Marty Barriage**

**Serving the Residential, Commercial  
and Industrial Needs of the Quinte Region**

# M. & M. CONCRETE



*All Concrete Work  
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*C.L. Maracle*

*Owner*

*26 Years Experience*

**(613) 968-4159**

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**24 Hour  
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# ← **DOREEN** BROS. →

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QUALIFIED LICENSED MECHANICS  
Automotive, motorcycles, snowmobiles, A.T.V.'s

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TIRES  
TIRES  
TIRES  
**NOW IN STOCK**

*Quality Atlas Tires/ Built by Michilin*  
**85,000 KM, ROAD HAZARD GUARANTEE**  
\* CALL FOR QUOTE ON SIZE \*

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### BUSINESS HOURS

MON - FRI - 8:30 A.M. - 5 P.M.

SAT: 9:00 A.M. - 4 P.M.

Closed Sundays

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Located on Slash Rd. East  
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**B & M**  
**VARIETY**  
**CHIP and POP STOP**

Milk	Juice
Bread	Mixed Candy
Eggs	Choc. Bars
Bacon	Cigarettes
Lunch Meat	Tobacco
Cheeze	Pop
Rawleigh Prod.	Chip
Ice Cream	Home Made Bread
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Located On Norways Road  
 South off York Road

Hours: Mon - Sat  
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 Sun. 1:00pm - 10:00pm

phone -- 962-7420

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Jim Porter Plumbing - Pumps - Water Treatment

Sales • Lease to Own • Complete Service



- Metered control Water Softeners
- Chemical-free iron & sulphur Filters
- Ultra-violet Purification Systems
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- Plumbing Renovations and Service
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## Paint By #



Ring our # and  
 we will paint



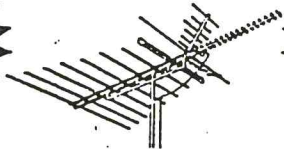
Obby Hill  
 967-0953

Free Estimates

396-5866 Pager 967-3450

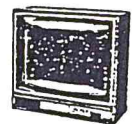
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**TIRED OF 4 CHANNEL RECEPTION?**  
**CALL: JIM'S REPAIR SERVICE**

**We service VCRs, TVs, Audio  
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**WE SPECIALIZE IN ANTENNA AND  
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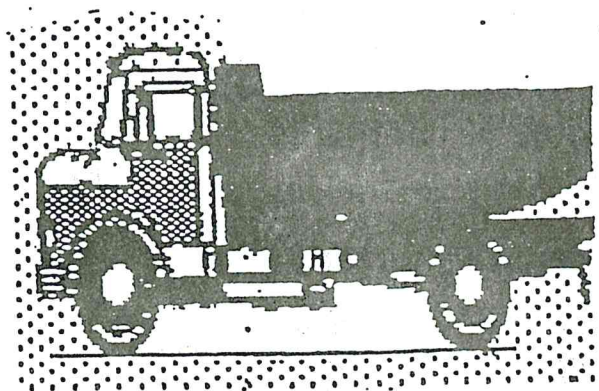
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CORNER OF BAYSHORE RD.  
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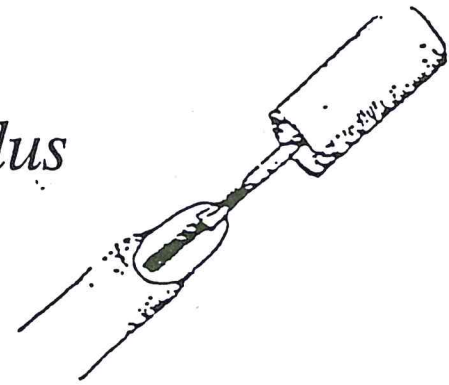
VARIETY OF ICE CREAM BARS  
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HOMESTYLE HAMBURGERS  
AND COLD DRINKS

Present this flyer when ordering  
and get  
**ONE FREE SMALL ORDER OF**  
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- \* Fiberglass artificial Nails
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- \* Gift Certificates Available
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*Experience the 10 Step Facial with Professional Skin Treatments  
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*By appointment only, Telephone 396-2041*

*"For The Athlete In You"*



R.R. #1, York Road,  
Tyendinaga Territory  
K0K 1X0

Bus. (613) 396-6025

**HOURS:**

MON- FRI 5:30 P.M. - 9:00 P.M.  
SAT. 9:00 A.M. - 5:00 P.M.

# K.C. BUILDERS

NEW HOMES \* RENOVATIONS \* ADDITIONS

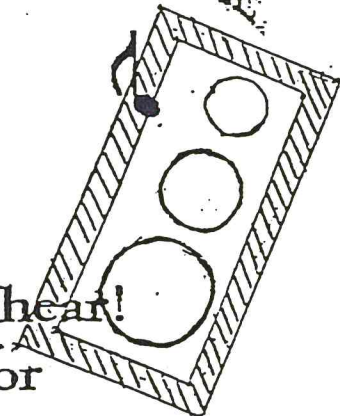
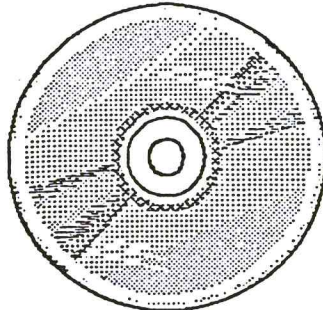
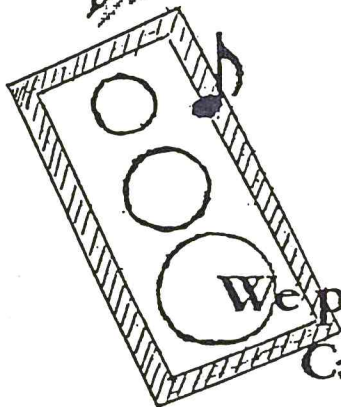


**FREE ESTIMATES**

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**TEL : 396-1259**

**DECEBEL DUDE'S DJ SERVICE**



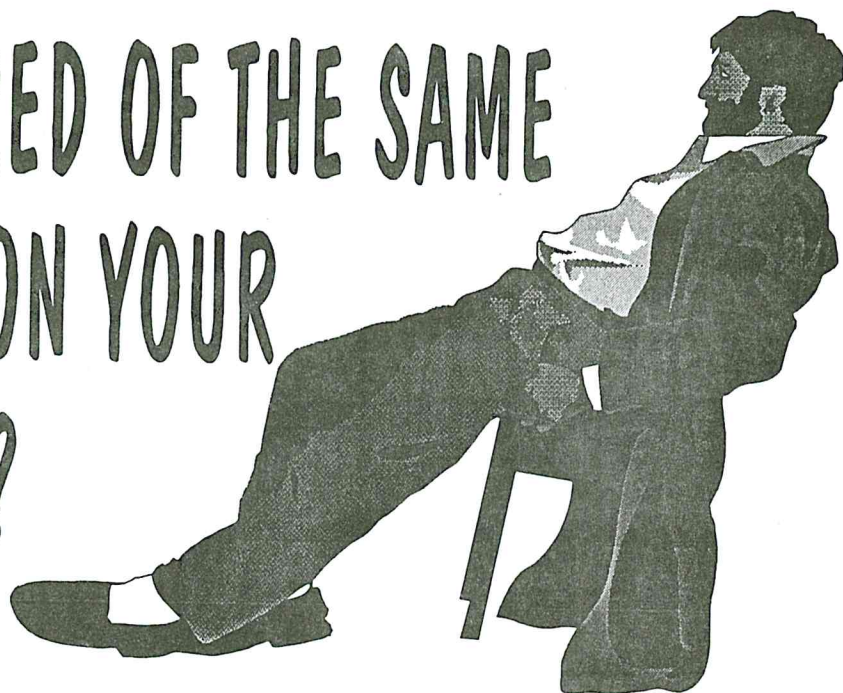
**We play what you want to hear!**

**Call Andrew 396-6106 or**

**Brant 396-1862**



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**CONTACT - TOM MARACLE**  
**969-1315**