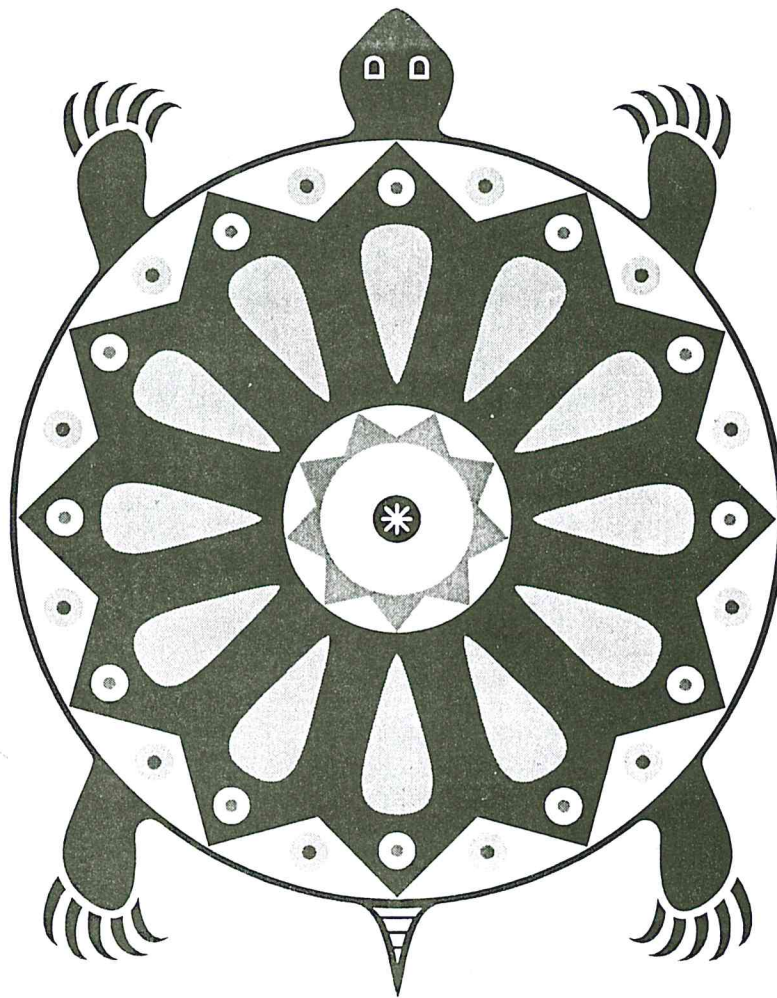


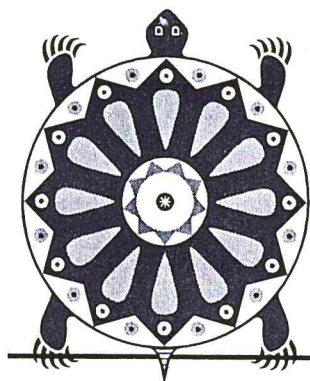
AUG - 9 1996



# TYENDINAGA NEWSLETTER



SEHSKE'KO:WA (August)  
ISSUE 8/96



# SEHSKE'KO:WA (August)

## ISSUE 8/96

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Health Canada    Santé  
Canada        Canada

Medical Services Branch  
Ontario Region  
1547 Merivale Road, 3rd Floor  
Address Locator 6103A  
Nepean, Ontario  
K1A 0L3

JUL 17 1996

July 8, 1996

Your file    Votre référence

Our file    Notre référence

Thayendanege Health Centre  
Tyendinaga Mohawk Territory  
R.R. # 1  
Deseronto, Ontario  
K0K 1X0

Dear Health Centre Staff:

I am writing to inform you about the changes to the Ontario Drug Benefit Program through Bill C-26, and how Medical Services Branch, Ontario Region will deal with these changes.

Effective July 15, 1996, the Ontario Drug Benefit Program for senior citizens and recipients of social assistance will change. As of this date, senior citizens and social assistance recipients will pay additional costs for prescription drugs. As Health Canada, Medical Services Branch, does not want this change to adversely affect its' clients, the additional costs will be covered by the department through the Non-Insured Health Benefit program.

An amount known as "the deductible" will be charged. This includes the first \$100 in prescription and fees for Ontario residents whose income exceeds the minimum level established by the Province, plus future dispensing fees of \$6.11. In addition, this includes the co-payment for those clients whose income is below the level established by the Province. All of this will be covered by Medical Services Branch.

To ensure that First Nation clients will not be billed directly for these costs, the client should provide the Pharmacist with his/her OHIP information, along with the normal client identification.

I trust that the above outlines Health Canada, Medical Services Branch's position on the impacts of Bill C-26 as it relates to prescription drugs and user fees.

Sincerely,



Mae Katt  
Regional Director  
Ontario Region

519-454-2761

A11

RIO

4-28

# Drug fees too much to bear, seniors say

## Not enough left for rent, food, they complain

By RICHARD BRENNAN  
Queen's Park Bureau  
TORONTO

Soon seniors will have to decide whether to pay their rent, buy food or pay new user fees on their drug prescriptions, a seniors lobby groups says.

The user fees on prescription drugs for seniors and those on social assistance come into effect July 15. Now they receive free drugs under the Ontario Drug Benefit (ODB) plan with no fee attached.

"We feel that user fees have been shown to be counter productive. They penalize the least healthy and often the poorest, most vulnerable in society," Bea Levis, 77, co-chair of the Ontario Coalition of Senior Citizens Organizations, said yesterday.

A single senior earning less than \$16,000 a year and senior couples earning less than \$24,000, residents of nursing homes and homes for the aged will pay \$2 for each prescription filled.

A single senior with an income of more than \$16,018 a year will pay the \$100 in prescription costs.

After that they will pay a maximum of \$6.11 in ODB dispensing fees on every prescription filled in the year.

"Many low income seniors with more than one prescription will face daily the dilemma: 'Do I spend what I have left on medicine or food or does it have to go on the rent?'" Ms Levis told a press conference.

Youngo Verma, a 60-year-old sculptor and painter living on social assistance with several chronic diseases, said his family will have to

make that choice.

"Every month I have to fill somewhere between 16 to 20 prescriptions," Mr. Verma said.

"Many of them are not covered (by the ODB)... and there is hardly anything left to eat. I don't know how we are going to make ends meet," he said.

Mae Harman, 76, a retired University of Windsor social work instructor now living in Toronto, said seniors feel betrayed, given the fact the Harris government during last year's election said there would be no new user fees.

"This... is a betrayal by government of their faithful servants, who contributed to the work force, served their country in war time, raised their families, contributed to the community and paid and continue to pay taxes," said Ms Harman, of Canadian Pensioners Concerned.

Health Minister Jim Wilson could not be reached for comment.

Ms Levis said the user fee is just one more in a series of additional costs that seniors face, such as increased transportation costs, property taxes, and rent.

"With the user fees on drugs and the picking away of the many of the social programs for Ontarians, we are becoming a province that is becoming more divided," she said.

Ms Harman said in the end the government will not save any money if seniors don't take their drugs.

"If patients choose not to fill their prescriptions they will have to... undergo more expensive medical treatment down the road," Ms Harman said.

Patricia Beatty  
Chloe  
Wynne + Ken

NORTHVIEW PHARMACY



# **WARNING** - From Health Canada

...3

## **LEAD HAZARD POSED BY PVC MINI-BLINDS**

Ottawa - Health Canada is advising consumers that inexpensive 1" (2.54 cm) horizontal PVC (plastic) mini-blinds made in China, Taiwan, Indonesia, Hong Kong and Mexico contain lead.

Lead exposure from these mini-blinds may result in a daily intake of lead by children which is greater than the World Health Organization's tolerable level.

Since exposure to lead can result in neurological damage in young children, Health Canada recommends that consumers with children aged 6 years or less remove these PVC mini-blinds from their homes. PVC mini-blinds containing lead should also be removed from other locations frequented by these children (e.g. child care facilities, schools).

Consumers should contact their local municipal governments for appropriate methods of disposal.

Retailers should be contacted directly if a consumer wishes to return the product to the point of purchase. Manufacturers and retailers of mini-blinds have indicated that "lead free" blinds will be on the Canadian market shortly.

The Health Canada investigation is continuing. Health Canada officials will monitor the introduction of "lead free" mini-blinds.

**NOTE:** A decision has not been made on how best to dispose of these blinds.

A temporary disposal measure would be to store them in a plastic bag until further notice.

## **PACIFIERS: SAFETY REMINDER**

Health Canada reminds parents and caregivers to take the following precautions if providing a child with a pacifier:

- 1) Never tie a pacifier around the baby's neck. Infants can strangle when cords are tied around their necks.
- 2) Examine the pacifier often: give a strong tug on the nipple to make sure it is firmly attached.
- 3) Throw a pacifier away immediately if the nipple changes colour or texture, or becomes sticky, cracked or torn.
- 4) Pacifiers should be discarded and replaced after two months of use, regardless of whether wear and tear is visible to the naked eye.
- 5) Keep a closer eye on the pacifier if the baby is on medication - the baby's saliva could degrade the rubber of the nipple.

# Warning

1996-34  
May 17, 1996

## **PUPPY AND FRIENDS AND KITTY AND FRIENDS COLOUR AND CONTRAST CRIB BOOKS RECALLED**

OTTAWA - Health Canada is warning consumers that two crib books sold under the two titles: "Kitty and Friend" and "Puppy and Friend" may contain a sharp pin. The books were sold in retail stores under the Playskool name, which is licensed by Dutton Children's Books, a division of Penguin U.S.A. and distributed by Reed Books and *Editions Phidal Inc.*

The books consist of five attached fabric panels. There is a picture of a dog or a cat on the front cover. Each panel has a black and white picture on one side and a colour picture on the other side. When the book is unfolded, the pictures are displayed on a 60 cm by 13 cm banner designed to fasten to the side of the crib/playpen with velcro™.

During the manufacturing process, a straight pin may have inadvertently been left in the cloth book. The pin could cause a skin puncture or injury if swallowed. The books do not meet toy regulations as they can contain a small sharp part.

Importers have initiated a recall of the cloth books which were sold in retail stores across Canada since November 1995.

Health Canada is aware of one case in Canada where the pin was found. No injuries or deaths have been reported to Health Canada.

Health Canada advises consumers to stop using the books and contact their retailer for identification purposes.

For more information, consumers should contact the nearest regional Product Safety office of Health Canada.

Vancouver (604) 666-5003  
Edmonton (403) 495-2480  
Calgary (403) 292-5613  
Saskatoon (306) 975-4028  
Winnipeg (204) 983-5490  
Toronto (416) 973-4705

Hamilton (905) 572-2845  
Montreal (514) 646-1353  
Quebec (418) 648-4327  
Moncton (506) 851-6638  
Dartmouth (902) 426-8300  
St. John's (709) 772-5536





26 JUNE 1995

## **MNR Attacks Nawash Fishing Rights**

**Neyaashiinigiing** — Rather than negotiate a comanagement agreement that would assure conservation of fish stocks for generations, the Ministry of Natural Resources of Ontario has slapped a communal fishing licence on the Chippewas of Nawash. The licence comes three years after Judge Fairgrieve ruled the community licence Ontario had imposed on Nawash since 1984 was unconstitutional in that it was an unfair restriction of the Band's aboriginal and treaty rights to fish commercially in the waters seven miles out, all around the Bruce Peninsula.

Says Nawash Chief, Ralph Akiwenzie: "Ever since Judge Fairgrieve instructed the Province to negotiate a 'new arrangement' for fisheries management with us, we have been trying to get Ontario to talk to us about an agreement that would achieve 3 goals: **first**, to ensure conservation of the Bruce fishery; **second**, to ensure everyone's constitutional rights are respected; **third**, to ensure the Chippewas of Nawash could rebuild their ancient fishing-based economy."

On May 29th 1996, Chippewas of Nawash by-law 13-96 took effect. It has the effect of federal law and enables the Chippewas of Nawash to regulate its fishermen in reserve waters. The by-law addresses issues of conservation, saying that allocations would be arrived at after a trade of information and discussions with the MNR. It also obliges Nawash fishermen to take part in an assessment of their catch for the purposes of gathering data.

"If the MNR were truly interested in ensuring conservation and that the Bruce fishery is fairly regulated, then they would let us get on with the business of governing our fishermen," says Chief Akiwenzie. "But this licence, that they have tried to impose without our consent, shows they are really only interested in controlling First Nations and stifling our attempts at building a real economy. Unfortunately, it looks as though the Province is determined to squander tax dollars by dragging us into court again."

It's a nasty bit of *déjà vu*. "This is how we lost out livelihood in the first place," says Chief Akiwenzie, "... by the gradual encroachment of non-Native fishermen and governments on our fisheries and our authority. It has taken us 150 years to regain what we never surrendered. The MNR's attempt to licence our rights is nothing but history repeating itself. We will fight this latest encroachment if it takes another 150 years."

The authority under which the MNR purports to issue a licence to Nawash is the Aboriginal Communal Fishing Licences Regulations (ACFLR). These are federal regulations and authority to issue a licence under them was granted to Ontario in 1994 *only for the Williams Treaty First Nations*. That, and the fact Ontario lost the Fairgrieve decision should tell the MNR that Ontario has no authority to use the ACFLR against the Chippewas of Nawash.

This may be the beginning of a larger battle to licence all First Nations. The Minister has said that communal licences will be issued "in other appropriate situations as well, even if agreement [with First Nations] is not reached."

FOR MORE INFORMATION, CONTACT:

Chief Ralph Akiwenzie

519-534-1689 (office) 534-3069 (after hours)

**WOWNET and NORTH HASTINGS COMMUNITY DEVELOPMENT CORPORATION**

WOWNET - P.O. Box 1118  
Bancroft, Ontario K0L 1C0

NHCDC - P.O. Box 517  
Bancroft, Ontario K0L 1C0

## **Everyone Wins With The New Community Internet Service**

### **For Immediate Release**

Friday, June 28, 1996

**Contacts: Doug Hopkins**  
**North Hastings Community Development Corporation**  
**332-5564**

**Jennifer Whittall**  
**Wownet**  
**332-0340**

We are pleased to announce that the rumors are true! The North Hastings Community Development Corporation (NHCDC) and Wownet have recently merged their Internet interests to create a new community owned Internet service called Northcom. Both Wownet and the NHCDC are pleased with this new merger and the possibility of providing fast, reliable Internet service to the community. We are all pleased to welcome Jennifer Whittall to Northcom's Internet team.

Having a community owned Internet service means that the surplus funds generated through the Internet service will stay in North Hastings and be reinvested to improve vital community services such as our local hospital. Budget cuts and government downsizing continually affecting the future of these essential services. Our community needs to find other long term funding solutions, such as the Northcom Internet service, to help these services survive and thrive. Each Internet customer will benefit by having fast, reliable service, and from



knowing that their money is going to directly help their community prosper.

Through the Northcom Internet service, we can now begin implementing the Community Access Program (CAP) in North Hastings. This program, funded in part by Industry Canada, is designed to make the Internet accessible to all people in our community. Northcom will implement community access by designating specific locations throughout North Hastings as CAP sites, and by providing free public Internet access at these sites.

## **ISSUES OF INTEREST to Tyendinaga Territory**

### **What is the law Regarding BIKE HELMETS?**

Subsection 104(2.1) of the **Highway Traffic Act** states that no person shall ride a bike on a highway unless he or she is wearing a **BIKE HELMET** that complies with the regulations.

The regulations that deals with safety helmets is Regulation 610 of the Revised Regulations of Ontario 1990. That regulation has been amended by O.Reg. 411/95. The amendment outlines the standards for bike helmets. In addition s. 5 of O. Reg. 411/95 states that a person who is **18 years old** or older is not required to comply with subsection 104(2.1) of the Act.

In other words, bike helmets need only by persons Under the age of 18 years.

Charge is : "Fail to wear proper helmet on a bicycle" resulting in a fine of \$65.00 plus a \$10.00 victim surcharge.

Subsection 104(2.2) of the Highway Traffic Act states that no parent or guardian of a person under **Sixteen years** of age shall permit that person to ride a bike on a highway unless the person is wearing a bike helmet.

Charge is : " Permit person under 16 not wearing proper helmet on bicycle." Fine of \$ 65.00 plus a \$10.00 victim surcharge.

If you have any questions please contact the Tyendinaga Police Service.



## **POLICE PAGE UNSOLVED CRIMES!**

### **BREAK, ENTER & THEFT:**

On July 11, 1996, Culprits removed two air compressors, a Honda 3500 generator, 250 feet of air compressor hose, and a Black & Decker hammer drill from a shed and pick up truck in the Beach road area.

### **SUSPICIOUS FIRE:**

During the evening of July 11, 1996, there was a fire at Ward's Gas Bar, on the York road. This fire caused substantial damage to the both the garage area and an upstairs apartment. An investigation by the Tyendinaga Police and the Ontario Fire Marshall's Office, has not been able to positively determine the cause of the fire. Tyendinaga Police are looking for three youths, seen in the area, for questioning.

### **THEFT OF BICYCLE:**

Sometime during the night of July 19, 1996, a men's 18 speed mountain bike was taken from beside a cottage in the Bayshore road area. The rear brake cable was broken at the rear brake. The value of the bicycle is estimated at \$80.

**ANYONE WITH INFORMATION FOR THE ANY OF THE ABOVE INCIDENTS ARE ASKED TO CALL THE TYENDINAGA POLICE AT 967-3888, OR QUINTE CRIME STOPPERS AT 1-800-267-4357.**

## ***\*\* Attention All Artists! \*\****

The Aboriginal Circle on Education for Loyalist College is requesting proposals from all Artists to submit sketches or drawings of your own design for Murals to be displayed in the Aboriginal Resource Centre at Loyalist College.

(An honorarium will be paid for this project)

Anyone interested please contact:

Paul Latchford

Native Advisor, Loyalist College.

telephone: 969-1913 ext. 438

Nia:wen



# TYENDINAGA FIRST NATIONS POLICE

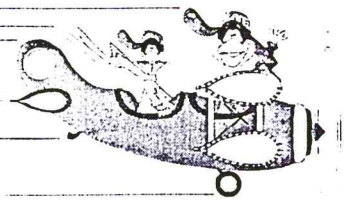
## Month End Stats

JUNE 1996

	ACTUAL NUMBER
<b><u>PROVINCIAL OFFENCES</u></b>	
Highway Traffic Act .....	17
Liquor Licence Act .....	2
Compulsory Automobile Insurance Act .....	2
<b><u>CRIMINAL OFFENCES</u></b>	
Assault .....	3
Sexual Assault .....	0
Break and Enter .....	4
Thefts .....	5
Possession of Stolen Property .....	1
Impaired & Over 80 .....	3
Weapons Offences .....	0
Fraud .....	1
Mischief/Vandalism .....	2
Narcotics .....	0
Other Criminal Code .....	7
<b><u>GENERAL INCIDENTS</u></b>	
Intrusion Alarms .....	6
Motor Vehicle Accidents .....	3
Animal Complaints .....	7
12 Hour Suspensions .....	3
Domestics - Non Criminal Code .....	4
Missing/Lost or Overdue Persons .....	0
Assist Other Police Services .....	11
Other Provincial Stats .....	3
Other Federal Stats .....	0
<b><u>TOTAL NUMBER OF OCCURRENCES</u></b> .....	85

10...

# Win a 1 Hour Plane Ride!



## *Tyendinaga Police Shoulder Flash Contest*

The Members of the Tyendinaga Police Service are looking for community participation for a new design of the Police shoulder flash.

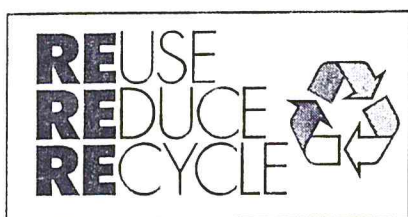
The officers have recently been issued with new uniforms which are dark blue.

Due to safety reasons we ask that the flash not be in bright colours. The designs should be no bigger than 4" X 4".

Please submit your designs to:

**Tyendinaga Police,  
R. R. # 1 Deseronto,  
Ontario K0K 1X0  
on or before August 30/96**

The Lucky winner will receive an hour plane ride compliments of First Nations Air Service.



The Recycler of the Month for July is:

Katherine Hill



# HOLD ON TO YOUR HOUSEHOLD HAZARDOUS WASTE & BRING IT TO THE DEPOT AT THE LANDFILL SITE

SATURDAY, AUGUST 17

8:30 - 5:00

## Kitchen

- abrasive powders
- ammonia-based cleaners
- chlorine bleach
- disinfectants
- drain decloggers
- floor & furniture polish
- oven cleaners
- metal cleaners/polish
- window, glass cleaners

## Bathroom

- aftershave, perfume
- depilatories
- hair lotions, dyes
- medicines
- nail polish, remover
- shoe polish

## Garage

- transmission fluid
- battery & battery acid
- rake fluid
- oil filler
- auto spray paint
- car wax
- oil (kerosene, diesel)
- windshield washer

## Garden Shed

- fertilizers
- pesticides
- rat & mouse poison
- roach & ant poison
- propane tanks (up to 20 lb. tanks)
- pool chemicals

## Workshop

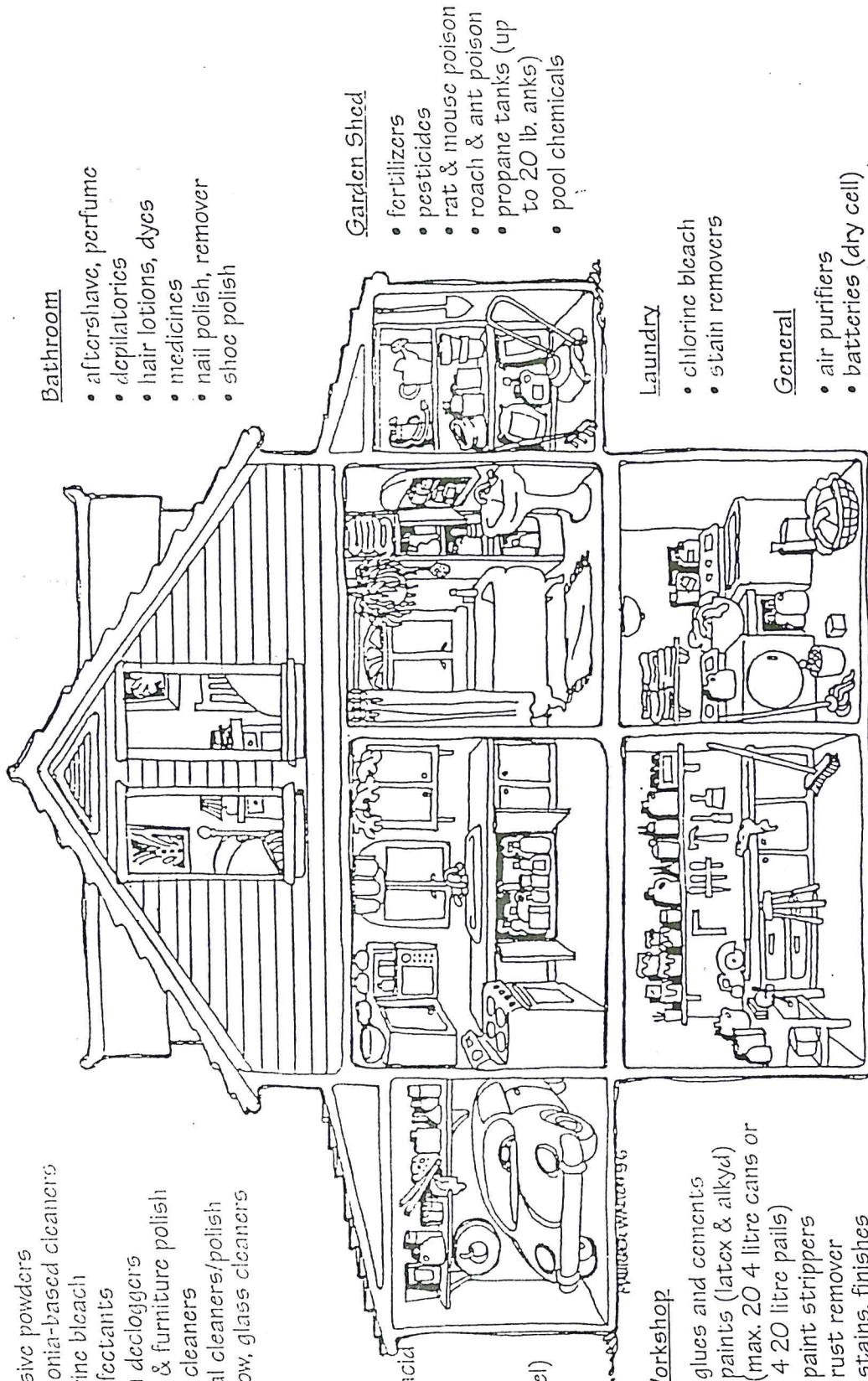
- glues and cements
- paints (latex & alkyl)
- (max. 20 4 litre cans or 4 20 litre pails)
- paint strippers
- rust remover
- stains, finishes
- thinners & turpentine
- wood preservatives
- mothballs
- flea collars & sprays

## Laundry

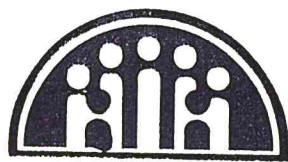
- chlorine bleach
- stain removers

## General

- air purifiers
- batteries (dry cell)
- butane lighters and cylinders
- lighter fluid

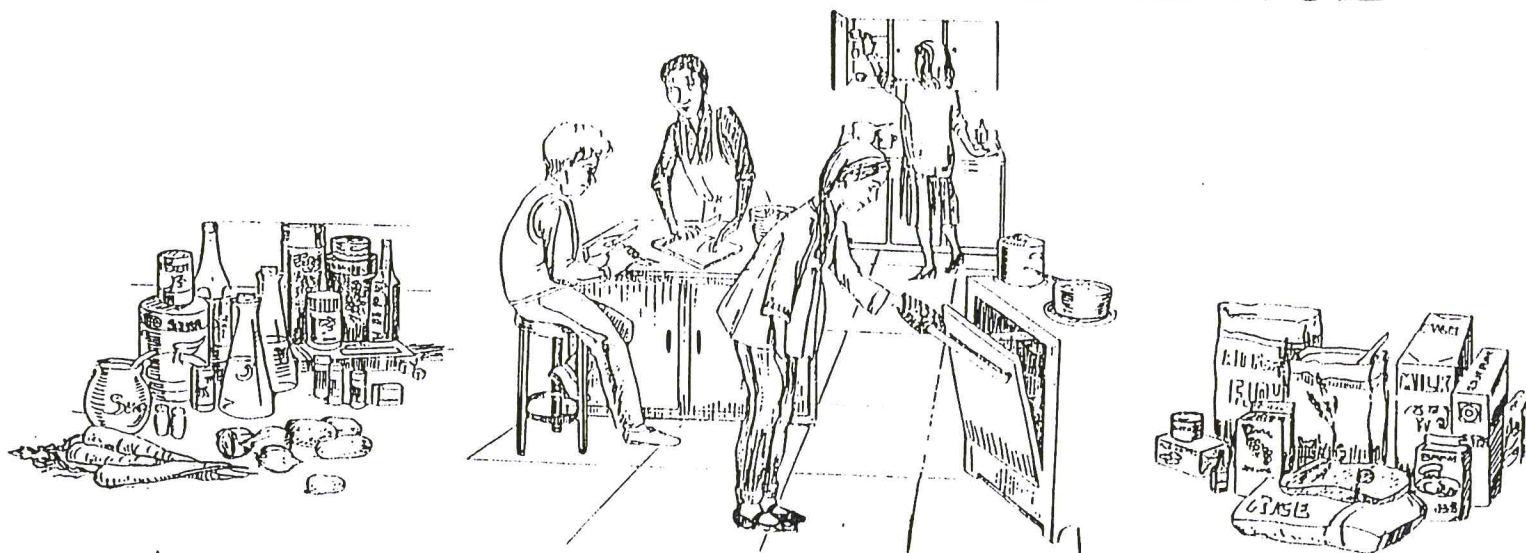


FOR MORE INFORMATION CALL THE ENVIRONMENT DEPT. 396-3424



Thayendanege  
HEALTH CENTRE

# THE FABULOUS FOOD EXPERIENCE



**Are you interested in feeding yourself and your family more nutritiously on a limited budget?**

*The FABULOUS FOOD EXPERIENCE is a **FREE** five week program for residents of Tyendinaga Mohawk Territory. You will have the opportunity to:*

- ☺ *Cook healthful and economical recipes with others.*
- ☺ *Discuss a variety of food, lifestyle and health issues.*
- ☺ *Share common experiences and frustrations about preparing food on a limited income.*

**Start Date:** *Tuesday September 17, 1996 1:30-4:00 pm*  
*(continues every Tuesday for five weeks)*

**Location:** *Queen Anne Parish Hall*

**To Register:** *Call the Thayendanege Health Centre 963-3603*

**Participants will receive a free cookbook & box of basic ingredients**

FREE Child care and transportation can be arranged  
Sign up today! Registration is limited.





# Cooking with Vitality

*Turn on to diabetic cooking!*



*Discover new ways to make healthy cooking fun while learning about diabetes. During this five week program, you will enjoy discussions, group activities, games and cooking demonstrations designed to help you live a healthier lifestyle!*

## WHO CAN ATTEND?:

*Anyone with an interest in diabetes! Whether you have diabetes, care for someone with diabetes or just want to learn more about healthy eating for diabetes, this program is for you!*

## WHEN:

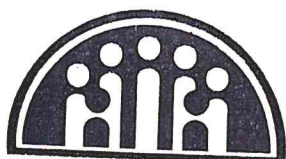
5 weekly sessions, Tuesday Evenings  
Oct 15, Oct 22, Oct 29, Nov 5, Nov 5  
Time: 7:00 pm - 9:30 pm

**WHERE:** Queen Anne Parish Hall

**FACILITATORS:** Nicola Smith, Community Dietitian  
Kate Ann Follwell, Home Economist

**TO REGISTER:** Call Thayendanege Health Centre  
967-3603

*All Participants will receive a special gift package!*  
Sign up today! Registration is limited.

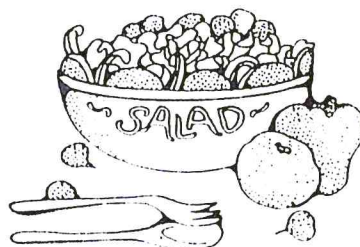


**Thayendanege  
Health Centre**

## NUTRITION NEWS

*Nicola Smith, R.D., Community Dietitian*

### Summer Salads



As the summer heat settles in, you may not feel like preparing a hot meal. What better way to beat the heat than to enjoy a cool and tasty summer salad.

Here are some tasty and nutritious summer salads for you to try:

#### *Romaine and Tangerine Salad*

2	heads romaine lettuce	2
1 cup	peeled tangerine or mandarin orange segments	250 mL
6 tbsp	sliced almonds	30 mL

#### **Honey & Poppy Seed Dressing:**

1/3 cup	vegetable oil	75 mL
1/4 cup	honey	50 mL
3 tbsp	white wine vinegar	45 mL
1 1/2 tsp	poppy seeds	6 mL
1/12 tsp	Dijon mustard	6 mL

1. Prepare dressing by whisking together ingredients. Set aside.
2. Tear romaine lettuce into bite-size pieces, top with tangerines and sliced almonds.
3. Toss lightly with dressing. Serves 6.

#### *For the love of beans...*

\*\*\*\*\*

*Try adding legumes (dried peas, beans and lentils) to a salad. Legumes such as chickpeas, kidney beans, and navy beans will not only boost flavour but will add more fibre, protein and vitamins and minerals to your salad.*

#### *There is more to a tossed salad than iceberg lettuce!*

\*\*\*\*\*

*Be adventurous. Try a variety of salad greens to boost flavour and nutrition. Leaf lettuce, romaine, Boston and spinach are widely available and priced right. Toss together one or more of these greens with your favourite vegetables for a simple summer salad.*

#### *Gazpacho Salad*

1	19 oz can of tomatoes, undrained	1
1	19 oz can of chick peas, undrained	1
1	onion, chopped	1
Half	red pepper, chopped	Half
Half	cucumber, chopped	Half
1	garlic clove, minced	1
2 tbsp	vegetable oil	30mL
1/2 tsp	dried basil	2mL
1 tsp	Worcestershire sauce	5mL
	salt and pepper to taste	

Combine all ingredients in a bowl and mix together. Serve cold. Serves 4-6.



Salads are an excellent way to meet the recommendations of Canada's Food Guide to Healthy Eating which encourages us to eat 5-10 servings of vegetables and fruit each day. Salads that contain a variety of vegetables or fruit contribute many important nutrients -- vitamin C, folic acid, and fibre, just to name a few.

Beta carotene, a form of vitamin A, is another important nutrient found in brightly coloured vegetables and fruit such as carrots, spinach, broccoli, peaches and cantaloupe. Beta carotene is an antioxidant which may help reduce the risk of heart disease and cancer.

Traditionally, salads have been simple accompaniments to the main meal. Today, salads are becoming more and more the focus of the plate. Salads containing a protein source such as legumes or lean meat can provide a complete meal. Try this hearty salad for a main course:

*"Easy on the dressing, please"*

\*\*\*\*\*

Salad dressings can turn a healthy salad into one drenched in fat and calories.

One tablespoon of Ranch dressing can add as much as 80 calories and 8 grams of fat to a salad that was originally fat-free.

To save on fat, use dressings sparingly; choose oil-based or vinaigrette dressings instead of creamy; or choose low fat or fat-free dressings instead of regular.

*Salmon and Wild Rice Salad*

2 cups	brown or wild rice	250 mL
1	bay leaf	1
1 lb	broccoli florets	500 mg
2	cans (each 7.5 oz) sockeye salmon	2
2 cups	whole button mushrooms	500 mL
1/2 cup	chopped fresh parsley	125 mL
4	green onions, chopped	4
Half	sweet red pepper, chopped	Half

**Dressing:**

1/2 cup	vegetable oil	125 mL
1/4 cup	red wine vinegar	50 mL
1 tbsp	granulated sugar	15 mL
1	clove garlic, minced	1
1/2 tsp	salt	2 mL
1/4 tsp	pepper	1 mL



1. Prepare rice according to package directions. Add bay leaf to water during cooking. Discard bay leaf after rice has cooled.
2. Meanwhile, in saucepan or rapidly boiling water, cook uncovered broccoli until tender-crisp, 2 to 3 minutes. Drain and refresh under cold water.
3. Drain salmon; discard skin, reserving bones. In mixing bowl, combine cooled rice, broccoli, mushrooms, parsley, green onions, red pepper and salmon with crushed bones.
4. Dressing: In small bowl, whisk together oil, vinegar, sugar, garlic, salt and pepper. Pour over salad and toss gently. Salad can be covered and refrigerated for up to 1 day. Serves 6.

## ATTENTION TEEN GIRLS!



Join  
the new



## FEELING GREAT, LOOKING GOOD PROGRAM

The Thayendanege Health Centre is offering a 4 session program for Teenage girls to learn more about self esteem related to body image and being **HEALTHY!**

### ACTIVITIES WILL INCLUDE:

- \* games
- \* videos
- \* group discussions
- \* grocery shopping safari



- ☺ The program will be offered August 15, 20, 27, & 29/ 96 in the afternoon from 1:30- 3:30p.m.
- ☺ Please call the THAYENDANEGE HEALTH CENTRE @ 967-3603 in advance to register.

**\*\* If transportation is needed please let us know when registering!**

**SEE YOU THERE!**

Brenda Asselstine Reg. N.

Nicola Smith R.D.





# *Activities & Information from the CHR Program*

## NOTICE

The CHRs regret that the scheduled  
**Akwesasne Herbal Walk**  
with Cecelia Mitchell  
(for July 27, 1996)  
had to be postponed until sometime this fall.



If you would be interested in joining us then,  
please contact the CHRs at  
the Thayendanege Health Centre 967-3603  
Watch for further details in the "Tyendinaga Newsletter"



**Coming up in September is the Rabies Clinic. It will be held Saturday the 21st, from 8 am-12 noon. Further details to follow in upcoming newsletters.**



# MOCCASIN TRAIL NEWS

July was Wellness Month!

August 1996

## What Happened?



A resident of Tyendinaga  
after Wellness Month!

**Greetings Tyendinaga! Nia:wen Nia:wen to all who participated in the Wellness activities for July. We had such fun! Many of you put so much imagination and enthusiasm into those days. In total there were 11 buildings in the community who participated. They were:**

**Mohawk Administration**

**Police Services**

**Family Services**

**F.N.I.I.**

**Forsport Mfg.**

**Q.M.S.**

**Elders Lodge**

**Daycare / Mohawk Immersion**

**Community Centre/Cultural**

**B & J Poleline**

**Awareness Day Camp**

**Health Centre**

**Special recognition went to Forsport Manufacturing for their overall enthusiasm and participation. You are wonderful rolemodels!**

Next Moccasin Trail Mileage Day is Tuesday September 3, 1996



### VITALITY!!!

#### How do we get it?

Feeling good about yourself is an important part of VITALITY. Self esteem is based on how you see your abilities and your worth as a person. People with low self-esteem are often shy, anxious, and depressed. They are negative about themselves and their abilities. Because they don't feel worthwhile, they are more likely to do things that are not good for their health, such as going on starvation diets and smoking. People with high self-esteem tend to be secure and confident. They see themselves and their abilities positively. Because they know it is important to take care of themselves, they are more likely to eat well and to stay active.

Comparing yourself to the perfect men and women you see on television and in magazines and movies is hard on your self-esteem. We all know these images. Ideal women handle their jobs, homes, and kids with ease, and continue to be thin, well-dressed and beautiful. Ideal men are big, strong and successful in life. When we compare ourselves to these "perfect" people, we forget how little appearance really matters in life. We may also believe that to be perfect we have to suffer—to go without enough food or rest or exercise. Then, when we do not develop the perfect body, we think we have failed and our self-esteem, becomes even lower.



## MOCCASIN TRAIL NEWS

### Self-esteem Boosters

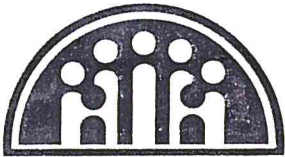
How can you avoid the "ideal image trap" and boost your own self-esteem, as well as the self-esteem of those you care about?

Here are some suggestions:

Check the ideas that could work for you!

- ◇ Be positive about yourself and accept compliments that point out your strengths and abilities.
- ◇ Be realistic about what you can do. Trying to be perfect and comparing yourself with other people can damage your self-esteem.
- ◇ Recognize that everyone makes mistakes. When you make a mistake, do not put yourself down. You can learn from your mistakes.
- ◇ Listen carefully to others, without judging.
- ◇ Respect people's differences. Recognize their strengths and accomplishments. Acknowledge the things others do that help your family, your workplace and your community.
- ◇ Support and encourage other people's efforts to learn new things.
- ◇ Give people in your family unconditional love. For example, when a child does something wrong, make it clear that you dislike the behaviour, but you still love the child.
- ◇ Spend time with people who make you feel good. Do things that make you feel worthwhile.





THAYENDANEGE  
HEALTH  
CENTRE

## PRENATAL CLASSES SEPTEMBER 1996

🌸 FALL IS JUST AROUND THE CORNER 🌸

The Thayendanege Health Centre is once again offering a **FREE Prenatal Education Program** for interested prenatal parents. The 6 week course starts **WED. SEPTEMBER 16, 1996 @ 7:00 P.M.** Each class will be about 2 hours. Bring your partner or a friend with you!

Please **CALL** the Thayendanege Health Centre @ 967-3603 to register. The Community Health Nurses look forward to meeting all the expectant mothers who will be having Babies in 1996!

☺ The Thayendanege Health Centre is offering a **FREE GIFT BAG and PRESENTS** for all mothers and mothers- to- be who have babies in 1996. Please drop by the Centre and see our “**1996 TREE OF NEW LIFE**”. We would like some health information and please bring a picture of your baby (or we can snap a photo while you are here !) We would like to be able to display a picture of your new baby our **TREE !**



**SHE:KON:**

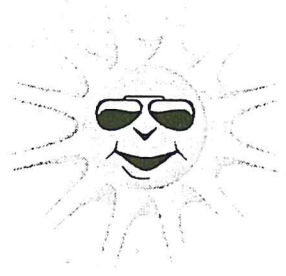
My name is Betty Carr-Braint and I have accepted the position of the Safe Home Coordinator's Assistant. I have worked for Mohawks of the Bay of Quinte for over 7 years in the Finance Department. It was time for a change and here I am. I look forward to continue working for our Community in my new position. I will be working closely with the Safe Home Coordinator, Holly Brant-Butcher. We've joined the Social Services team and together we will be offering additional programs to service the Community.

We are working out of the Health Centre at the present time until the Safe Home construction is completed.

**NIA:WEN**



# Summer Day Camp Introductions



## Summer Camps Co-ordinator:

She:kon,

My name is Tracey Gazley, and I have been hired to co-ordinate three summer camps for the months of July and August. Many of you may know me from my work at Quinte Mohawk School, The Tyendingaga School Age Program, or from last summer as supervisor of the Cultural Awareness Day camp. This year, I have been given the unique opportunity to work with The Cultural Awareness, The Mohawk Immersion, and The Bayshore (Tsitkerhedodon) Park day camps, as co-ordinator. During this time I will be working with the camp counsellors, supervisors, teachers, children and you the parents to help create what hopefully proves to be a wonderful, fun filled summer for your children!!

If you have any questions, comments, ideas or concerns, please contact me at the Administration office at 396-3424 (messages may be left with Karen or Bev in Employment ) or at 391-0499.

NIA:WEN

Tracey Gazley

## CULTURAL AWARENESS DAYCAMP Staff Introductions

**She:kon!** My name is Michael Green. I have been hired as Supervisor of the Cultural Awareness Daycamp this summer. We have come up with some exciting ideas for the summer and can't wait to implement them. We will be running various fundraisers(car wash, bake sale, 50/50 tickets) and we hope you will assist us by participating. I am looking forward to meeting everyone. I hope you all have a great summer.

**She:kon!** My name is Brandie-Lee Maracle. I'm a Counsellor for the Cultural Awareness Daycamp. I'm looking forward to this camp, as we came up with some great activities I'm sure your children will enjoy.

Thank you,  
Brandie-Lee Maracle

**She:kon!** My name is Melissa Michelle Maracle. I'm one of the camp counsellors for the Cultural Awareness Daycamp. My main objective is to help your children have the best summer possible. I hope to meet you all very soon.

Nia:wen  
Melissa Maracle

## BAYSHORE ROAD PARK Staff Introductions

Hello, My name is Brandy Hill, I am a Counsellor for the Bayshore Park Daycamp. My goal for the summer is to make sure that the children have fun and enjoy their summer to the max.

Hi! My name is Jon Sero and I'm looking forward to having a great time this summer! We have many activities planned, different crafts, and a lot of trips! This is the ultimate summer for children participating in the Bayshore Park Daycamp. My goal for this summer is to see that every child has a fantastic holiday!



22

*You are joyfully invited to attend this Inspiring, Educational  
and Spiritual Gathering*

# "DANCE OF THE HEALERS"

## August 17 & 18 1996

**Earth Healing Herb Garden**  
*Six Nations of the Grand River Indian Reserve*

A gathering to touch your soul and heart as well as your mind  
and spirit. The Gathering is for people committed to their healing.

### **The Gathering Shares:**

- Wise Elders willing to teach
- Medicine walk with the Plant people
- Evening Social
- Sunrise Ceremony

### **Wise Elders Attending:**

- Sara Smith-Mohawk, Six Nations of the Grand River
- Kevin Deer-Mohawk, Kahnawake
- Paul Skanks-Mohawk Kahnawake
- Jan Longboat-Mohawk, Six Nations of the Grand River

Registration includes  
Workshops, Meals, Handouts,  
and all activities.

For more information & registration call Deneen Montour  
519-445-2442 Tues., Wed., Thurs., 10a.m.-3p.m.  
Deposit Required by August 5, 1996

Part of the proceeds will be donated to fund  
another Traditional Gathering.

Bring a lawn chair & cup (Save the environment)





## What is social drinking?

People drink for many reasons: celebrations, social gatherings and even religious ceremonies. People also drink to relax or relieve stress and to feel less inhibited or shy. Many people regularly drink small quantities of alcohol and most do not harm themselves or others. Drinking is an accepted part of life for most Canadians. According to Canada's Drug Strategy, Health Canada, and other groups, moderate or social drinking is defined as "no more than one drink a day or no more than seven drinks a week." They further state that "more than four drinks on any occasion or more than 14 drinks in a week are considered a risk to health and safety."

## What kind of person becomes a problem drinker?

All kinds of people. There is no formula to describe a person with a drinking problem. Anyone can have a problem with alcohol regardless of their race, sex, or socioeconomic background. The people who have alcohol problems are not a homogeneous group. They drink differently from each other, have different problems, and lead different lives. Some problem drinkers drink every day, some only on weekends, and some drink in binges every few months and otherwise don't drink at all.



## How does alcohol or other drug abuse develop?

Many people want to know whether alcohol or other drug dependence is inherited. We know from research that alcoholism runs in families, but we're not sure why. Alcohol or other drug dependence isn't genetic the way that diseases such as Huntington's Chorea are. There isn't a specific 'gene' that determines whether someone will be an alcoholic or not. The answer to how people become dependent on alcohol or other drugs is very complex. Most researchers believe that some people are more susceptible to having alcohol and other drug problems because of the combination of genetics and environment. A person's life circumstances, their relationships with their parents and siblings, and other factors play an important role in determining whether or not a person will become dependent on alcohol. So, even if a person has a family history of alcoholism, for example, that person can have a full and healthy life free from alcohol dependence.

## What are some of the factors that put someone at risk of developing an alcohol or other drug problem? What are the factors that protect them?

Research has shown two key areas in childhood where certain factors were found to be protective while others were indicative of future problems with alcohol and other drugs. These areas are: the characteristics of the child and the characteristics of the parents/family.

### *Risk factors*

Child—history of abuse or neglect; poor communication skills; impulsive, impatient, lacking in control; not achievement-oriented; rebellious; antisocial behaviour; and aggression.

Parent/family—lack of parental interest in, or affection for child; confrontational communication style; unclear limits or absence of limits for child; inconsistent or harsh discipline; parent/child conflict; parental alcoholism or drug use.

These risk characteristics for the child were found to be most indicative of future alcohol or other drug problems when they persisted into adolescence. This is because the tendency to outgrow these problems likely weakens after early adolescence.

### *Protective factors*

Child—affectionate; positive social skills; good communication skills; adaptability; conventional/responsible; achievement-oriented; self-reliant; sense of purpose.

Parent/family—competent family management style; positive/open communication style; involvement with child; monitoring of behaviours; use of positive reinforcement; consistent discipline.

These findings related protective factors show the importance of a consistent and supportive environment in providing protection against a wide range of problems, including alcohol and other drug abuse, which may develop later in life.

## How does alcohol or other drug dependence affect the family?

Many people wonder about the impact of living in a family with a person who is abusing alcohol or other drugs. Research has pointed out some negative effects often experienced by family members as well as by the family unit as a whole. But it is important to realize that the effects vary a lot from person to person and from family to family. It is also important to know that these effects are not necessarily permanent.

Over time, families tend to develop certain ways of communicating and coping with the alcohol or other drug dependent family member. The family copes with the stress of the problem as best it can and each member will cope in their own way. One member might become the peacemaker, always trying to resolve conflicts between other family members. Another person might try to cover up the problem by phoning in sick at work for the person with the problem and lying about the problem to employers and friends. Perhaps a son or daughter is getting into trouble or even overachieving, giving the family something else to focus on. Some people in the family might just withdraw into their own world.

All of these reactions are just ways to cope with the stress of a loved one's alcohol or other drug problem. But, in the long run, these reactions are not really helpful because they avoid the real problem and, in some cases, allow the problem to continue. It's very important for family members to get help even if the person with the problem isn't getting any help for themselves.

## **SEARCH FOR TOP ABORIGINAL ACHIEVERS BEGINS: 1997 NATIONAL ABORIGINAL ACHIEVEMENT AWARDS LAUNCHED**

**Toronto - Thursday, July 18, 1996** - The Canadian Native Arts Foundation will launch the search to find Canada's top Aboriginal achievers for the 1997 National Aboriginal Achievement Awards today at a CIBC sponsored reception from 6:00 - 8:00 p.m. at Commerce Court West, 56th Floor, King and Bay.

The reception will officially mark the launch of the nomination process for the 1997 National Aboriginal Achievement Awards. The NAAA now in their fourth year are an awards system recognizing the outstanding career achievements of Aboriginal people in diverse professional fields including the arts, business, the law, medicine, science, technology, public service, social work, and sports.

In total 14 awards are presented - 12 occupational, one lifetime achievement and a special youth award. Past achievers include: Albert Rock an inventor whose digital data logger is used by NASA, and Indy and Formula One car racing; two medal winning Olympic athletes, Angela Chalmers and Alwyn Morris; two provincial court judges, Murray Sinclair and Alfred Scow; Buffalo Sabres hockey coach Ted Nolan; thoracic surgeon Dr. Noah Carpenter; architect Douglas Cardinal; and artists Bill Reid, Kenojuak, and Robert Davidson.

The 1997 NAAA gala awards evening will be held in Calgary at the Southern Alberta Jubilee Auditorium on February 7, 1997. They will subsequently be televised by the CBC as a national network special.

John Kim Bell, the Mohawk conductor/composer and founder of the awards stated "The awards have become the largest Aboriginal project in the country and an established institution supported by His Excellency Romeo LeBlanc, the private and public sectors and 2 million viewers who watch the televised show each year on the CBC. The fighting spirit, inspirational examples, pain, struggle and lifelong accomplishment of each of the recipients are indeed awe inspiring as they serve as role models to young people and through their courageous stories build a bridge of understanding between the Aboriginal and Canadian publics."

"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, pleased they will be in Calgary and proud to support the celebration of talented and dedicated people."

"The awards are the ideal occasion to celebrate the outstanding achievements of Aboriginal peoples across the country" said Minister of Indian Affairs and Northern Development, Ronald A. Irwin. "The achievers that will be selected are role models for Canadians of all ages, and the Government of Canada is proud to support this important initiative."



A national jury comprised of 19 individuals representing past NAAA recipients, geography, diverse sectoral areas, and the three Aboriginal groups will select the fourteen recipients. The 1997 jury includes: New Brunswick Chief, Roger J. Augustine; Ontario Métis leader Tony Belcourt; Mohawk conductor/composer John Kim Bell; retired Trent University professor Marlene Brant Castellano; Victoria based Nisga'a leader Dr. Frank Calder; Saskatoon award winning author Maria Campbell; Ontario psychologist Dr. Edward A. Connors; Alberta Aboriginal leader Strater Crowfoot; Saskatchewan based dentist Dr. Shannon Fiddler; Assembly of Manitoba Chief, Phil Fontaine; NWT based R.C.M.P. officer Hubert Gardipy; MP Elijah Harper; Olympic gold medallist Alwyn Morris; B.C. based inventor Albert Rock; Inuit leader Mary Sillett; Ambassador Mary May Simon; Ottawa based entrepreneur Marsha Smoke; B.C. based fisherman James Watson Walkus; and Edmonton lawyer David C. Ward.

The awards are generously supported by: Indian and Northern Affairs Canada, CIBC and the CBC; Air Canada, Amoco Canada Petroleum Company Ltd., Cancom and Placer Dome Canada Limited. Public sector supporters include: Canadian Heritage; Health Canada; Human Resources Development Canada; Industry Canada through Aboriginal Business Canada; Agriculture Canada; Canada Mortgage and Housing Corporation; Canadian Museum of Civilization; Department of Justice Canada; Environment Canada; Natural Resources Canada; Natural Sciences and Engineering Research Council of Canada; Public Works Canada; Solicitor General Canada; Western Economic Diversification Canada; and the Province of Alberta.

The National Aboriginal Achievement Awards are a project of the Canadian Native Arts Foundation, a charitable organization established in 1985 by John Kim Bell. The CNAF provides financial assistance to Aboriginal youth to pursue educational training development in the arts and cultural industries. The CNAF has awarded over \$4 million to students across the country.

For further information on the National Aboriginal Achievement Awards, please contact:

Judy Tobe  
National Aboriginal Achievement Awards  
Toronto - 416-588-3941

#### **NIA:WEN**

*The family of the late Deloris "Dea" Arnold-McGillivray would again like to express our heartfelt thanks to the community of Tyendinaga for the kindness and compassion (not to mention the sandwiches and cakes) shown following the passing of our sister. We are proud to be a part of this loving and giving community.*

*Special thanks to the Mohawk Ladies Guild for donating their services at this time as well.*

**NIA:WEN NIA:WEN NIA:WEN NIA:WEN NIA:WEN**

*Gloria Brant, Diane Brant, Millie Maracle, Jane Brant, Clayton Brant, Frank Brant, Kathy (Kate) Brant, and Brian Brant*

*Please Note: The overwhelming response of donations of food left us with a few unclaimed dishes, so if you are missing any of your casserole dishes or baking pans, you can pick them up at the Thayendinaga Health Centre. NIA:WEN*



**CANWEST®  
GLOBAL  
SYSTEM**

## **CanWest Global System Broadcasters of the Future Awards**

The CanWest Global System "Broadcasters of the Future" Awards are a series of scholarship, internship and mentorship programs designed to encourage and aid talented and enthusiastic Canadians toward establishing or furthering careers in the Canadian broadcast industry. These annual awards reflect the CanWest Global System's commitment to the personal growth of Canada's future broadcasters.

## **CanWest Global System 1996-1997 Aboriginal Peoples' Internship Award**

This annual Internship Award offers an Aboriginal Canadian a challenging opportunity to work in private television, in pursuit of a career in broadcasting. The Award, valued at up to \$10,000, places the Award Recipient in a 4-month Internship program at either the Global Television Network in Don Mills (Toronto), Ontario, or STV-Regina in Regina, Saskatchewan, where the Award Recipient will be paid on a salary basis for the summer of 1997.

### **Eligibility criteria:**

- Aboriginal Canadian.
- minimum secondary school graduate.
- interest in, and aptitude for, a career in the broadcasting industry.
- strong English language communications skills.

### **Internship guidelines:**

- Award Recipient must be willing and able to relocate to either the Toronto, Ontario area, or the Regina, Saskatchewan area for the summer of 1997. Assignment of Internship location will be determined by the judging committee, in consultation with management from both CanWest Global System stations.
- If Award Recipient must relocate to either Toronto or Regina, CanWest Global System will offer reimbursement of transportation and accommodation expenses of up to \$1,500 for the duration of the Internship period.
- Award Recipient will intern in an entry level position, within an area determined by the CanWest Global System. Internship will be designed by the CanWest Global System, based upon the abilities and interests of the Award Recipient and the requirements of the selected CanWest Global System station.
- Award Recipient will be paid on a gross salary basis, subject to applicable taxes, for four months, May through August.

### **Application requirements:**

- completed application form.
- copy of transcript of marks from most recent educational institute (high school, college, university), or date when transcript of marks will be sent directly to the CanWest Global System.
- one-page typewritten statement, 500 words or less, outlining Applicant's educational and career goals, interest in broadcasting, and reasons for applying for the Internship Award.
- three typewritten letters of reference (e.g. teacher, employer)

**The decision of the judging committee is final.  
Deadline for submission of entries is August 30th, 1996.**

**\* Applications Available at the  
ADMINISTRATION OFFICE \***



# NEWS RELEASE



Sault College

For release: ON RECEIPT

Date: JULY 10, 1996

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## Four Seasons Anishinaabe Art Journey

Sault College (Sault Ste. Marie Campus) is now accepting applications for admission to the Four Seasons Anishinaabe Art Journey program.

Developed by the College's School of Native Education, the new and unique program combines traditional and contemporary Native art forms delivered in a traditional Anishinaabe way.

"From quill work to abstract painting, from season to season, the training leads the student on a journey of the self and the creation of traditional and contemporary arts," says Cary Miller, a developer of the Four Season Anishinaabe Art Journey program. "All this takes place over three semesters, within the historical and cultural context of the largest First Nations in North America, the Anishinaabeg."

The one-year (three semesters) certificate program will begin in late August and run through next summer.

The program is based on the Medicine Wheel. It is designed to be a journey for the student through the Anishinaabe arts past and present, and through the seasonal cycle of Anishinaabe culture and traditional life ways. A flexible curriculum allows students to choose from electives according to their needs and interests.

Those who complete the Four Seasons Anishinaabe Art Journey will receive credits applicable to a Fine Arts Studies degree program offered through an articulation agreement involving Algoma University, Lake Superior State University and Sault College.

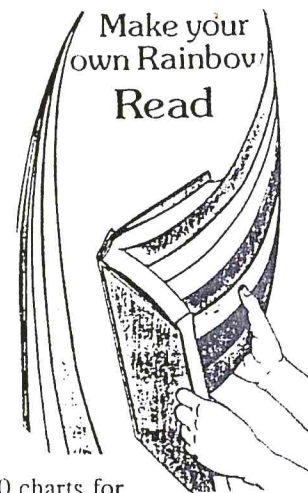
Graduates of the certificate program will develop the skills to become self-employed artists and craftspersons. They will also be suited for work as day camp counselors, cultural coordinators, recreation directors and tourism coordinators.

Information about the Four Seasons Anishinaabe Art Journey program is available from Cary Miller (705) 759-2554, ext. 758, or Will Morin in Sudbury at (705)673-2624.

- 30 -

**FOR MORE INFORMATION:** Cary Miller, (705) 759-2554, ext. 758 or  
Will Morin in Sudbury, (705)673-2624

# KA:NHIOTE



## *What is New at Ka:nhiote Library for August?*

### **NATIVE:**

**Authentic American Indian Beadwork and How to do it** - Pamela Stanley-Milner-with 50 charts for beadweaving and 21 full size patterns for applique'

**The People** -Donald Ward - a historical guide to the first nations of Alberta, Saskatchewan and Manitoba.

**Grandmothers of the Light** - a medicine womans source book

### **NON-FICTION:**

**A Breed Apart** - an illustrated history of goaltending.

**10 Minute Card Games** - William A. Moss -more than 70 great card games you can play.

**Bill Nye the Science Guy** - Bill Nye - a way cool set of science questions, answers and ideas to ponder.

### **OVERDUE BOOKS FROM THE CHILDRENS CORNER:**

Merry Christmas - Amelia Bedelia-Peggy Parish

Fun with Rhymes - Dympna Hayes

Peter Pan and Captain Hook - Walt Disney

Teenage Mutant Ninja Turtles 3 - B.B. Hiller

Big Election - Stan and Jan Berenstain

Happy Birthday to You - Dr. Seuss

*If you have these books, it would be appreciated if they are returned as soon as possible!*

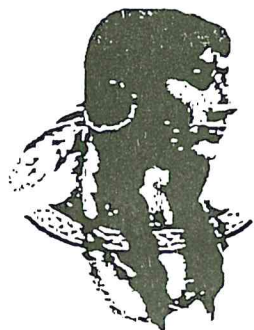
**PHOTOCOPIES ARE AVAILABLE AT KA:NHIOTE LIBRARY FOR .15 PER COPY  
GENEOLOGY RESEARCH IS ALSO OFFERED AT NO CHARGE.**

### **LIBRARY HOURS ARE:**

TUESDAY	8:30 A.M. - 12:00 A.M.	1:00 P.M. - 4:30 P.M.
WEDNESDAY	8:30 A.M. - 12:00 A.M.	1:00 P.M. - 4:30 P.M.
THURSDAY	12:00 A.M. - 4:30 P.M.	6:00 P.M. - 8:00 P.M.

*Becoming a member of Ka:nhiote Library is easy and Free!  
Just come in and sign up!*





*Mohawks Of The Bay Of Quinte  
Tyendinaga Native Women's Association*

BOX 280, SHANNONVILLE, ONTARIO K0K 3A0

**ANNOUNCEMENT**

The **Mohawks of the Bay of Quinte, Tyendinaga Native Women's Association** have enjoyed and appreciated the support of fellow Community Members. This support has been shown by your purchasing from our Food Booth which is generally located at the **Tyendinaga Annual Powwow and the Mohawk Agricultural Fair**.

The **Mohawks of the Bay of Quinte, Tyendinaga Native Women's Association** gives generously back to the Community in the form of Honorariums for our students, donations to the Food Bank or for any other worthy occasion. We encourage the members of our Association to assist on Community Committees where it is possible and to give a helping hand to others.

The **Members of the Association** wished to communicate to our fellow members what we do with fund-raising efforts. We have established a special account for funds which will be presented to the Council at some time in the future. Monies are being raised by the Association are to assist the Chief and his Council with their efforts to ensure that a **Nursing Home** is built on our territory.

We thank you for all your past support and we ask for your continued assistance by buying our 50-50 tickets and purchasing from our Food Booth.

Nia'wen

**The Executive and Members of the Association**

The June winner of the 50-50 Draw is **Francis H. Brant of Fort Erle, Ontario**.

The **Mohawks of the Bay of Quinte, Tyendinaga Native Women's Association** we are pleased to present their Grade Eight Student Award to **Allison Lynn** of the Community. We wish Allison well in any future endeavour.

**Younger Seniors Needed !**

To help keep our Seniors Club stay Alive!!  
Do you have the time and like to play  
Euchre and have fun?  
Euchres Every 2nd Tuesday Evening at 7:30!  
We have business meetings once a month!  
If you are interested please call  
966 - 1710  
For more information



KWE UP-DATE KWE UP-DATE KWE UP-DATE

# KWE 105.9 FM - TYENDINAGA RADIO

KWE UP-DATE KWE UP-DATE KWE UP-DATE

First of all Nia:wen for your patience Tyendinaga.

This last month has been a very hectic time for the station as we have been re-located to a geographically better building in "**The Heart Of Tyendinaga**" in the late Mrs. Ruby Brant's former residence.

We are back on the air although in a very limited capacity. For programming during the weekday we have gone to our own pre-recorded programs for the reason that the year long training program we were on ended at the end of June/96. The "trainees" (I hate using that term) are going in their own ways, some are continuing with furthering their radio broadcast skills and yet others into other forms of media. With that we at KWE wish the best of luck to them all.

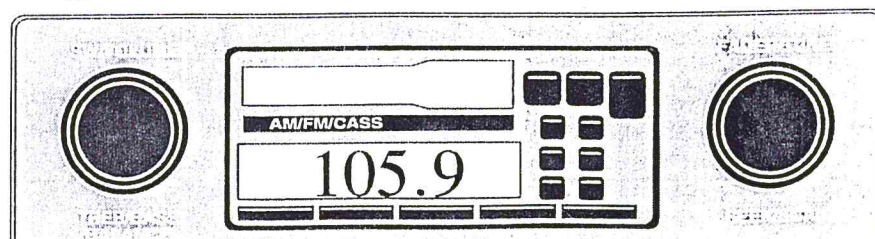
For the duration of the summer we are down to a two man crew namely myself Anataras Brant and Mike Hill Jr. as Summer Student Sales Rep.. As mentioned previously, the bulk of programming is pre-recorded but we will try to be "live" as much as possible. And just to let you know the weekend programs are still the same but with summer there are sometimes other obligations that we as family persons must tend to first and foremost.

Again Nia:wen for your patience Tyendinaga.

Anataras Brant  
on behalf of KWE 105.9 FM

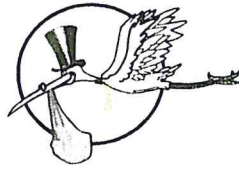
**P.S. - Our phone number remains the same at 967-0463**

## Tune Into Kwe!





*It's  
a Girl!*



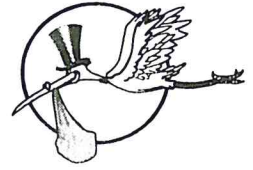
Jason & Annette are proud to announce the safe arrival of their daughter. A little sister for Brianne.

**Chyann Susan**  
BORN: May 20, 1996  
WEIGHT: 8 LBS. 4 1/2 OZ.

PROUD GRANDPARENTS:

Jake & Linda Maracle of Tyendinaga Territory  
Wayne & Brenda Muir of Belleville, Ontario  
Sture & Carol Abrahamsson of Dundas, Ontario

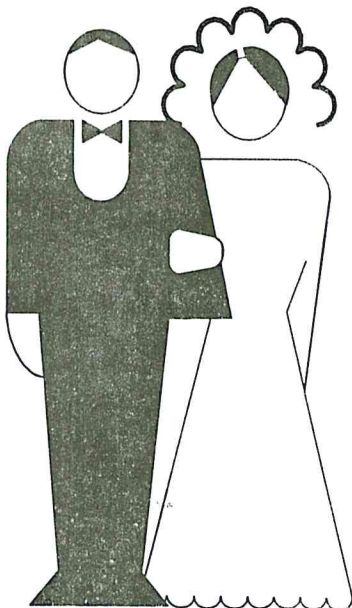
*It's  
a Boy!*



Samantha and Nicolas are pleased to announce the safe arrival of their brother:

**Brock Ke'satste Alkenbrack**  
Born: June 24, 1996  
6:22 p.m.  
8 lbs. 9 oz.  
20 1/2 inches tall

Proud Parents are Andrew and Tracey.



*BUCK & DOE*

*for*

*Lisa Boomhouer & Greg Lewis*

*August 31, 8:00 p.m. - 2 a.m.*

*Mohawk Community Centre*

*York Rd.*

*Tyendinaga Territory*

*Dance the night away!*

*\$5.00 p.p.h.*

# KANIEN'KEHA-KA OWENNA TSI IONTEWEIENSTA'HKWA

(Mohawk Language Learning Centre)

Box 187, Wyman's Road

Tyendinaga Mohawk Territory, Ont., K0K 3A0

(613) 968-2420

The parents of the Mohawk Language Learning Centre would like to take this opportunity to say "Nia:wen Kowa" to the following people and organizations that have supported and contributed to our children's Immersion Program within the past year.

Jean & John Jeffries

Rod Jeffries

Brenda & Lester Brant

Joan & Bruce Brant

Beverly Hill

Keitha Barberstock

Lloyd Lewis

Betty Green

Greg Brant

Curtis Maracle

Audrey Brant

Mike Perron

Jamie "Bummer" Hill

Ingeborg Muenzel

Iva Brant

Lilly LeFort

Jan Hill

Carolanne Maracle

Dick & Gail Brant - Mohawk Cresting

Native Renaissance

Bayview Variety

Steve & Roxanne Storms

Village Variety

Eagle Orthopedics - Jim Brant

Chamber of Commerce

Build-All Contractors

Jane Middleton-Moz

Quinte Mohawk School

Ken' nihonnasa Child Care Centre

Also, "Nia:wen Kowa" to all who attend and support our fundraising events - Annual Traditional Meal, Food Stands and "Save Our Language" Membership Club.

## CONGRATULATIONS TO: "Save Our Language" Membership Club WINNERS!!!!

*March - Patti Brant*

*April - Carl Maracle (Barley)*

*May - Betty Green*

*June - Curtis Maracle*



## *Thank You!!*

*The family of the late Francis E. Brant wish to express their sincere thanks & appreciation to the Mohawk Singers & residents of the Elders Lodge for hosting the reception following the service. A very special thanks to Father Sheldon Brant, Charles, Chief R. Donald Maracle & Choir for the beautiful service.*

*Ada Brant & Family*

---

## *Thank You!*

*The Family of the late Susan Anne Brant-Decker would like to extend their most sincere thanks for all expressions of sympathy during their time of loss.*

*Thank you to the W.M. women for the lunch they served.*

*We would like to give a special thanks to Janice, Callie, Sharon & Tracey for all their time and help, we appreciated it a lot and for the many people who sent food, flowers, and money.*

*Thank You Pastor Bowbeer and his wife for sticking by the family in their time of loss.*

*Also a very special thank you to Cheryl & Mike for opening their home to all the family and friends, we appreciated it very much.*

*To those we may have missed who came to the funeral the love and support was greatly appreciated.*

*The Robert Decker Family*

---

## *Thank You!*

*The Wardens and Congregation of Christ Church would like to extend a very warm thank you to all community members who purchased tickets and made donations for the Barbecue Benefit which was a tremendous success.*



## *Thank You!*

*We would like to thank Tyendinaga, Mohawk and Deseronto Fire Departments and all the volunteers for responding so quickly to the fire we had at Ward's Gas Bar July 11/96.*

*Thanks goes to Gena & Graig Francis of Deseronto for reporting the fire to  
Constable Sam Maracle at the Tyendinaga Police Station.*

*Thanks to Carl Maracle (Carl's dog woke him and then he noticed the fire)  
who called the fire department.*

*Thanks to Thomas Maracle (Build-All) for knowing where all the flammable materials are kept.*

*Thanks to Will Brant (Brantec) for hooking up the hydro to the Restaurant and Gas Bar.*

*The Restaurant was able to open Friday night July 12/96 for the dinner hour.*

*Gas Bar opened July 13/96 for pumping gas.*

*Thanks again to Thomas Maracle (Build-All Construction) and his crew,  
we are hoping to be back in full operation shortly.*

*Thank You All  
So Very Much!*

*Ward, Diane Maracle & Family*

I would like to take this opportunity to thank the generous sponsors of my community for allowing me to represent them at the Sunburst Beauty Pageant in Toronto in June.

Many thanks to:

- Mohawks of the Bay of Quinte
- F.N.T.I.
- Uncle Carter and Aunt Anita, Aaron and Ashton
- Gramma and Grampa (Pinecrest Farm)
- Ken Claus charter service
- Air Direct
- Health Centre
- Shirley's Variety
- Dorothy Lazore (Native dress)

I would also like to express my sincere thanks to Uncle Colin and Aunt Brenda because without your love and support this would not have been possible.

I had a tremendous time and it was a learning experience. I met another competitor who was also a Native from Akwesasne. Her name was Melissa Lynn Oakes. I won first overall in talent (I step danced) and third runner up for photogenic.

Again, thank you Tyendinaga Mohawk Territory.

Jennifer Maracle



## Nia:wenkowa

*to George Hill, George Marion, Lorne Lewis, Carl Maracle,  
Mike Maracle, Eric Maracle, Tim Maracle, Dave Leafe, Ron Bowden  
Gary St. Pierre, Dale Hill, Lenny Maracle, George Krieger, Paul Green  
& Donny Lewis for making the California Cuties fundraiser a success for the  
Recreation Committee. Also thanks to Kevin Smart and Brian Brant for umping the game  
There was a great turn out, and a fun time was had by all.*

---

## Nia:wenkowa

to

B&J Pole Line for donating the machinery to excavate for the  
playground equipment at the Softball Complex  
and to Kenny Maracle for donating his time !

Also a big thanks to Thurlow Aggregates  
for donating the sand for the playground.

The children are already making good use of this much needed  
equipment !

## NOTICE

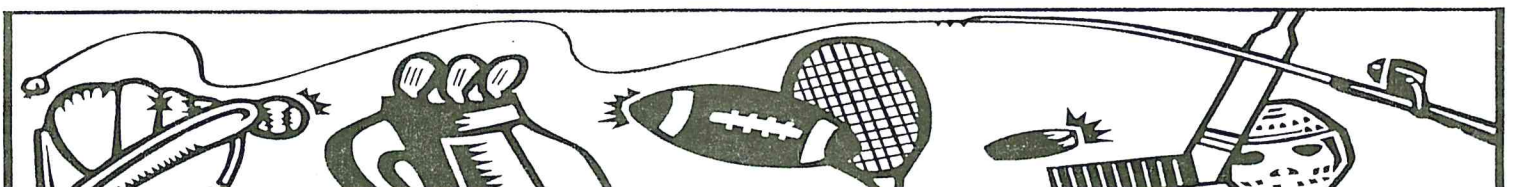
PLEASE TAKE NOTE OF THE SIGNS AT THE SOFTBALL COMPLEX.

THE FIRST FEW PARKING SPOTS CLOSEST TO THE FIELD ARE DESIGNATED  
FOR ELDERS AND HANDICAPPED PARKING.

ALSO, IN ORDER TO KEEP THE COMPLEX "CLEAN", NOTE THE "NO DOGS"  
SIGN.

## PARENTS:

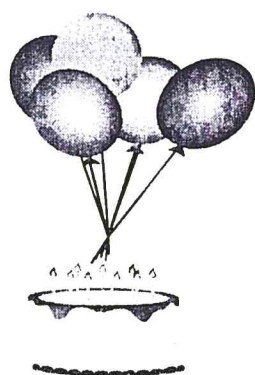
PLEASE NOTE THAT YOUR CHILDREN ARE YOUR RESPONSIBILITY.  
THERE HAVE BEEN NUMEROUS PROBLEMS WITH CHILDREN THROWING ROCKS  
AND FIGHTING. ALSO PLEASE NOTE THAT THERE ARE WASHROOM FACILITIES  
FOR THE CHILDREN ADJACENT TO THE CANTEEN  
( PLEASE ENSURE THE CHILDREN USE THESE FACILITIES WHEN NECESSARY)



38... Happy 32nd Wedding  
Anniversary

Mom & Dad  
Aug. 29

Love  
Dean, Lynda,  
Nathan & Mindy



**LORDY  
LORDY, LOOK  
WHO'S FORTY!  
?  
AUGUST 16**

## KENTE HORSESHOE LEAGUE Team Standings

Week 16 — July 18, 1996

<u>TEAM</u>	<u>POINTS</u>
1 Tyendinaga Home Improvements	4836
2 G & A Gang	4662
3 McMurters	4210
4 CD Brant Design	4177
5 Snooky's Hideaway	4156
6 KC Builders	4091
7 Eagle Orthopaedics	3969
8 Blitches	3740
9 B & J Pole Line	3369
10 Frost the Mover	3332
11 Legion 1	3327
12 Mohawk Fire Department	3153

Happy Birthday!

Judy  
July 31

Love Mom  
\*\*\*\*\*

Happy Belated Birthday!

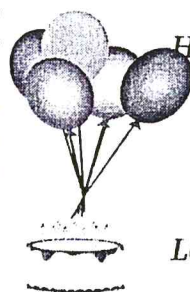
Kim (Pean)  
July 1

Love Mom  
\*\*\*\*\*

Happy 9th Birthday!

Jeremy  
Aug. 14

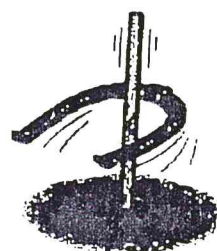
Love Granny  
\*\*\*\*\*



Happy 6th Birthday!

Kaitlyn  
Aug. 14

Love Gramma Brant



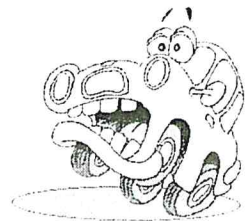
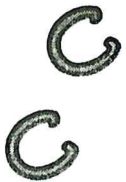


# 1996 MOHAWK FAIR

*\*\* Booklets are now available at various Businesses on the Territory! \*\*  
(Administration Office, Mrs. Herbs, etc.)*

**SEPT. 6, 7, & 8/96**

Concessions, Rides, Footraces, Bicycle Races  
Demolition Derby



Horseshoe competition, Horsepulls  
Old Tyme competition, Dance  
Muddrags, Pet show, & More



*Enter our Parade Float Competition!*  
Help is always needed & appreciated  
Weekly meetings now until Fair  
Mondays at 8:00 p.m. Fire Hall

Sunday, Sept. 8 at 12:30

MOHAWK AGRICULTURAL SOCIETY  
PET SHOW  
REGISTRATION FORM

(OPEN TO ALL AGES)

EXHIBITOR'S NO: \_\_\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

CLASS: \_\_\_\_\_

\*\*\*\*\*  
\*\*\*\*\*

- CLASSES: A: Dogs 40 pounds and under  
B: Dogs 40 to 100 pounds  
C: Dogs over 100 pounds  
D: Cats and Kittens

- JUDGING ON: 1. Grooming  
2. Tricks  
3. Obedience  
4. Health, liveliness

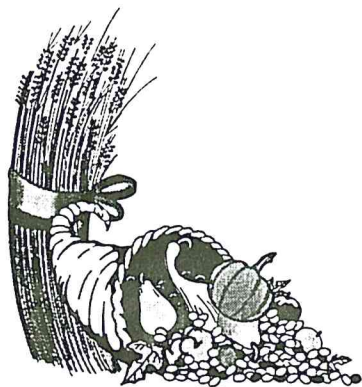
- PRIZES: First: \$10.00  
Second: 7.00  
Third: 5.00

- RULES: 1. Animals must be on a leash at all times.  
2. Animals must be vaccinated and have a record of recent vaccinations.  
3. Must notify the judge if the animal is professionally showed.  
4. All animals must be caged or returned home immediately after show and not allowed to run free.

PET SHOW WILL BE HELD ON SUNDAY AT 12:30 AT THE MAIN TRACK IN FRONT OF THE TOWER.

Please note: Bring completed Registration form with you, it may save you time.





*Anyone with Vegetable or Flower  
Gardens to Judge for the Fair  
Please call:  
Ron or Deanna Brant 968-6144*

---

## Ontario Aboriginal Recreation Council

### a n n o u n c e s

Track and Field trials for athletes and recruitment of coaches  
for the 1997 North American Indigenous Games.

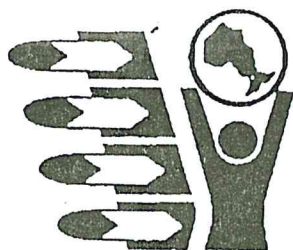
Team Ontario Track and Field Trials will take place as follows:

**Date:** Saturday, August 24, 1996

**Location:** Laurentian University - Sudbury, Ontario  
Track and Field Stadium - (Ramsey Lake Road)

**Time:** 9:00am - 5:00pm (rain or shine)

This meet will be used as our provincial qualifying meet for the  
1997 North American Indigenous Games in Victoria, British Columbia on August 3 - 10, 1997.

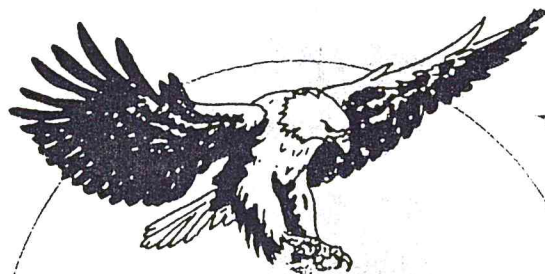


For more information contact:

Sara Beaudry  
OARC Track and Field Coordinator  
Phone: (705) 859 - 3951  
Fax: (705) 859 - 3951  
or  
(705) 264 - 3655



Victoria B.C. 1997



"TRADITIONAL"

# 9th TYENDINAGA POW WOW

**HONOURING OUR ELDERS**

**AUGUST 10 & 11, 1996**

**TSITKERHEDODON PARK**

"AMIDST THE TREES"

**Peacemaker Territory**

**Hwy. #401, Marysville Ext. #49 & #2**

CALLING ALL DRUMS: Honourarium  
HOST DRUM: Nani-gish-kung  
GUEST HOST DRUM: First Nation Drum  
SIX NATION CONFEDERACY DRUM:  
Echoing Thunder  
HONOUR STAFF: Arthur Loft  
LEAD DANCERS: Sandy Benson  
Tanya Leary

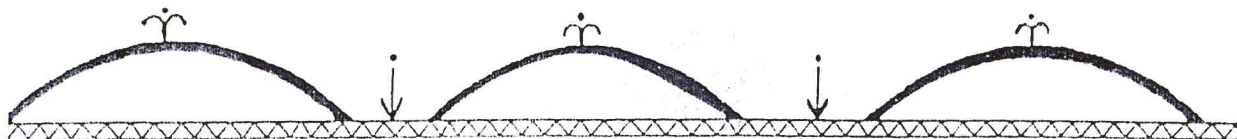
TOBACCO CEREMONIES 7:00 a.m.

HOOP DANCER: Samantha Kinoshameg  
SMOKE DANCES:  
GRAND ENTRY: Saturday 12 noon  
and 7pm  
Sunday 12 noon  
SOCIAL DANCE: Saturday night  
TRADER'S FEE: \$35/day  
DRUM & DANCERS  
REGISTRATION: Sat. 10 a.m. - 12:00 noon  
Sun. 10 a.m. - 12:00 noon

## ADMISSION

Adults - \$5/day Seniors - Free Children under 12 free

Native North American Traders Only Traders Band Cards Required - Strictly Enforced



## CAMPING AVAILABLE AT POW WOW GROUNDS

Regular Admission to be paid by Campers - Limited Electrical Hook-up  
Washroom Facilities/No Showers

For more information contact:

Sharon Asselstine  
(613) 396-2553:

Robert (Brant) Lambert  
(613) 396-5862

Brad Boomhour  
Ruby Maracle  
(613) 396-5364

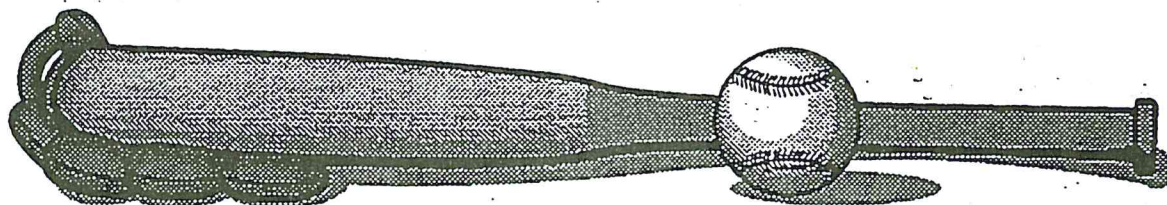
**EVERYONE WELCOME**

**NO ALCOHOL OR  
DRUGS**

*Bring Your Own Chair*

The Tyendinaga Pow Wow Committee is not responsible for personal loss or injury





## ZONE 6 REGIONAL

# FASTBALL CHAMPIONSHIPS

### TOURNAMENT SCHEDULE

Friday, August 16 - 8 PM

Saturday , August 17 - 8 AM

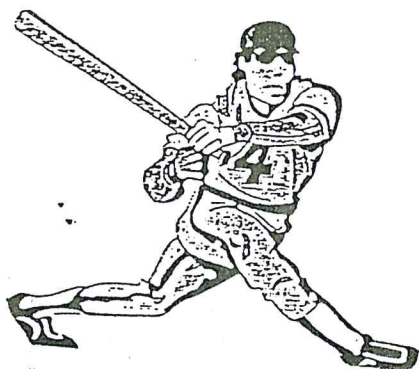
Sunday August 18 - 8 AM

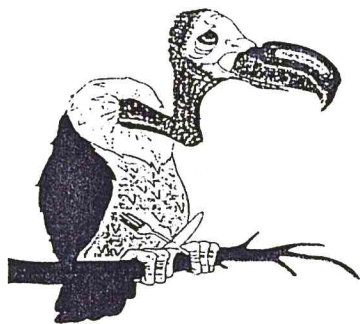
### FEES & PRIZES

The entry fee for the tournament will be \$300.00

**PRIZE MONIES - Men's and Women's Divisions**  
Based on 6 teams per division

1st. - \$ 750.00  
2nd. - \$ 500.00  
3rd. - \$ 300.00





# FAMILY FEUD

Sat. & Sun

Sept. 21 & 22, 1996

at the

Tyendinaga Softball  
Complex

Entry fee \$ 100.00 per team

First 8 teams

1st - \$400.00

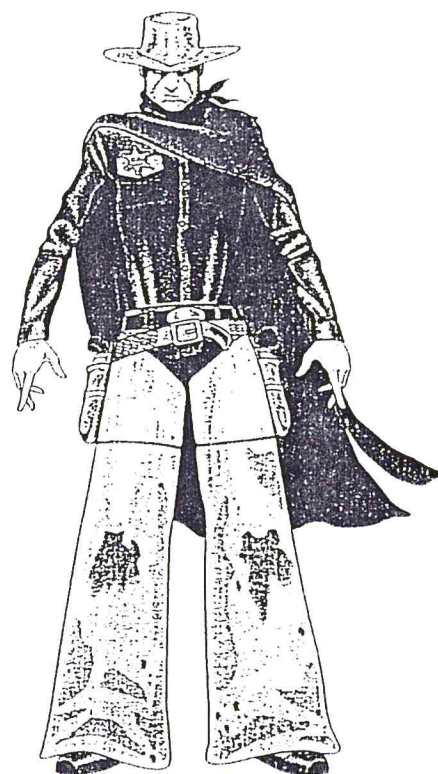
2nd - \$250.00

(based on 8 teams)

3 Pitch Tourney

\* Family- Mothers, Fathers,  
brothers, sisters, uncles,  
aunts, neices, nephews  
(Min. age 12)

Proceeds to Recreation Committee



## Deseronto Minor Hockey Registration

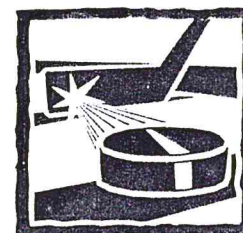
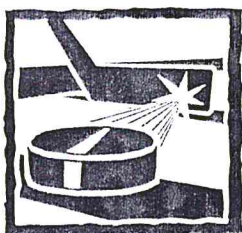
Tyke - Juvenile

Friday Aug. 23 & Sat. Aug. 24

Sept. 5, 6, & 7

Deseronto, Arena

\$125.00 Registration Fee & Insurance  
Includes Power Skating Program





# August 10, 1996 Ride Information



<b>Beneficiary:</b>	Invest In Kids Foundation - Charity Registration 0943001-03
<b>Date:</b>	August 10, 1996
<b>Place:</b>	1) Skydome, Toronto - Gates 10 & 11 - South West Parking Lot off Spadina Ave. 2) Rally Points En Route (See Reverse for map & Area Captains)
<b>Time:</b>	Skydome Registration: 7:30 a.m. - 8:30 a.m., Departure at 9:00 a.m.
<b>Route:</b>	Skydome → Gardiner Expressway → Hwy 427 → Hwy 401 → Windsor
<b>Access To Ride:</b>	Toronto - Skydome London Area Rally Points along route (see map on reverse)
<b>Stops En Route:</b>	Fuel Stop - Imperial Oil Service Centre between Woodstock & Ingersoll Lunch Break - London Fuel (If Needed) - Service Centres en route.
<b>Registration Fee:</b>	\$25.00 - Motorcycle and rider, \$10.00 - passenger
<b>Sponsorships</b>	Riders are encouraged to sign up sponsor donations (See reverse of Registration Form)
<b>Prizes:</b>	Participant Draws: Major Prizes for most funds raised, Oldest & Youngest Rider, Largest Family Group, Largest Club Group.
<b>Safety First!</b>	O.P.P. and Municipal Police escort the entire ride.
<b>Information:</b>	Ontario Chamber of Commerce - 1 - 416 - 482-5222 Fax 1 - 416 - 482-5879 Internet <a href="http://www.interlog.com/~capride">www.interlog.com/~capride</a>

Activities:	SkyDome	Ingersoll	London	Windsor
	7:30 a.m. -	Service Centre	Arrive 11:30 a.m. Depart 1:00 p.m.	3:30 p.m. (approx) (at bridge to U.S.A.)
	<ul style="list-style-type: none"> <li>• Complimentary coffee, juice and McMuffins;</li> <li>• Registration &amp; rider kits;</li> <li>• Celebrities</li> </ul>	<ul style="list-style-type: none"> <li>• Rest Area;</li> <li>• Refuel</li> </ul>	<ul style="list-style-type: none"> <li>• Complimentary B.B.Q.</li> <li>• Entertainment</li> <li>• Celebrities</li> <li>• Participant Draw Prizes</li> </ul>	<ul style="list-style-type: none"> <li>• Complimentary B.B.Q.</li> <li>• Secure parking - Lot 'M' (3 p.m. Aug. 10 to Noon Aug 11)</li> <li>• Entertainment/ Celebrities (prior to &amp; after ride arrival)</li> <li>• Prize Awards</li> <li>• Shuttle Bus to Casino</li> <li>• Accomodation (see above)</li> </ul>



# Kingdom <sup>OF THE</sup> Son

A Prayer Safari

## Vacation Bible School

Games ♦ Crafts ♦ Songs ♦ Snacks ♦ Bible Stories

AGES: 5-11 ALL WELCOME

"NO COST TO ATTEND"

Place: QUEEN ANNE PARISH CENTRE

RIDGE ROAD (ALL SAINTS CHURCH)

Dates: AUGUST 19 - 22

Time: 9:30 AM - 11:30 AM



Spirit Alive  
Has "LIVE" Studio  
Audience!



Live Bands!  
Recording Artists!  
Inspiring Testimonies!

## Spirit Alive's Upcoming Programs

with Co-hosts, Ross Maracle &  
Carole Delion, Chippewa

"The Peace of God"  
"A Journey From Loneliness & Grief"  
"What's Keeping You On The Outside"

Watch the Telecast on:

CKWS - Kingston  
Sunday 7AM  
VISION Cable -  
Sat. 8AM

Many have been  
encouraged & blessed  
by the telecast.  
Tell your friends!

# CLASSIFIEDS

## FOR SALE

### SOLD AS A UNIT

(Suitable for a guest room or cottage)

- 1 Occasional chair
- 1 night table
- 1 headboard
- 1 foot board
- Rails
- 1 Chest
- 1 Dresser
- 1 16" T.V.

**\$200.00**

CALL: 396-3960

2 in 1 BENCH - **\$30.00**

SLANTBOARD - **\$25.00**

BARBELL & DUMBELL SET - **\$20.00**

STATIONARY BICYCLE - **\$50.00**

CALL: 396-3960

## \* WANTING TO PURCHASE \*

BOYS PLASTIC RACING CAR BED

- twin mattress size

If you have one to sell please call: 396-6786 or  
396-1924

## NEWSLETTER DEADLINE DATE

**Monday, August 26  
12:00 noon**

**396-3424**

## FOR SALE

GIRLS 12 SPEED 24" BIKE

- purple ascent supercycle

DUO-THERM OIL FURNACE

- serviced yearly
- ideal for small home, garage etc.
- good condition

TIRE

- steel belted 13" radial

PHONE: 967-0793 after 4 p.m. Mon-Fri  
or 8 a.m. - 10 p.m. Sat & Sun.

## FOR SALE

EXERCISE BIKE

- good condition

**\$25.00**

CALL: 396-5216 after 4:30 p.m.

## Housing Needed!

Accommodations are needed  
for FNTI's Aviation Students  
in September 1996 for  
a period of 10 months.

Please contact Susan Maracle  
at FNTI, 396-2122  
if you can provide any of the  
following rental options:

House, Apartment, Room,  
Room & Board

in the  
Deseronto-Tyendinaga-Shannonville  
areas.

We are also accepting donations  
of used, working appliances, (small and  
large), dishes, pots & pans, cleaning  
supplies, & equipment, etc. for the  
students use. Please call Susan Maracle  
at 396-2122.



**FOR SALE****1 ACRE BUILDING LOTS or  
SMALL PARCELS OF LAND**

For More information

call: Glenn Hill 962-5470

**FOR SALE****MOBILE HOME**

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

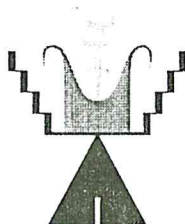
FOR MORE INFORMATION CALL:  
337-5735

Tom Maracle (Evenings Preferably)

**MILL TOWN MEATS**

- Corn Fed Beef
  - Quarters & Halves of Beef
  - Cut, Wrapped & Frozen
  - Individual Pieces sold at Home
- Make you Own Soup!
- Lyed Corn, Beans, Special Pork

Call: 962-5470 Glenn Hill

**FOR SALE**

- Lot 50' X 100'
- Located El Dorado Ranch Estates  
Baja California, Mexico

FOR MORE INFORMATION CALL  
ARTHUR E. LOFT AT 962-4997

**FOR SALE****MOBILE HOME**

- 2 Bedroom
- Lot size 150' X 150'
- With additional Room 20 X 16
- Heat pump for back up heating and 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:

DENNIS MACINTYRE - 416-488-5006

OR PAT'S CAFE - 396-2514 FOR VIEWING

**FOR SALE****BUILDING LOT**

- 150' X (a negotiated depth)
- Located 1 km. east of Community Centre
- 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

**FOR SALE****WATERRFRONT LOT**

- Located on Sucker Creek
- Hydro has been run to lot
- Landscaped with cement pier on water

CALL: 396-2936 for more information

For Sale  
Waterfront Lot

## HERBAL HEALTH

### GINGER - WHY MAMA GAVE YOU GINGER ALE

*by Maracle Herbs & Beauty*

Whenever I felt the stomach flu coming on, my mother always gave me a glass of Ginger Ale to ease my nausea. It always made me feel a little bit better. What my Mom didn't know was that a cup of Ginger tea made from the root would have made me feel alot better!

Ginger is better than Dramamine or Gravol for nausea and motion sickness.

*Ginger (Zingiber officinale)*

Ginger is a perennial plant indigenous to tropical Asia. The aromatic, knotty rootstock is thick, fibrous and whitish or buff coloured. It produces a simple leafy stem. The plant reaches a height of 3 to 4 feet, the leaves growing 6 to 12 inches long, flowers are white with purple streaks and grow in spikes.

Ginger is a time-proven remedy for upset stomach, indigestion and cramps. The Chinese have been using Ginger for more than two thousand years.

Ginger is an excellent herb for the respiratory system. It is good for fighting off colds and flu and also removes congestion, relieves headaches and aches and pains. Ginger helps to clear sore throats and is very effective as a cleansing agent through the bowels, kidneys and skin.

The root contains protein, Vitamins A, C and B-complex. It also contains calcium, phosphorus, iron, sodium, potassium and magnesium.

Herbalists use Ginger for motion sickness, morning sickness, nausea, upset stomachs, circulation, colds, flu, gas pains, fevers, headaches, toothaches and colic.

The most efficient way to take Ginger is by capsules or tea.

Mama gave you Ginger Ale because she knew what she was doing. Ginger is a must for those long car or boat rides during the summer holidays.

For more information regarding Ginger and other herbs, call *Maracle Herbs & Beauty*...396-2041.

Next Article: *Passion Flower - Nature's Best Tranquilizer*



## *Maracle Herbs & Beauty*

*Bayshore Road  
Tyendinaga Mohawk Territory*

- \*Holistic Analysis & Consultations
- \*Reflexology
- \*Vitamins & Minerals
- \*Chinese Herbs (Work faster than conventional herbs)
- \*Ontario Ginseng
- \*Complete Children's Herbal Line
- \*Specialized Health Honeys
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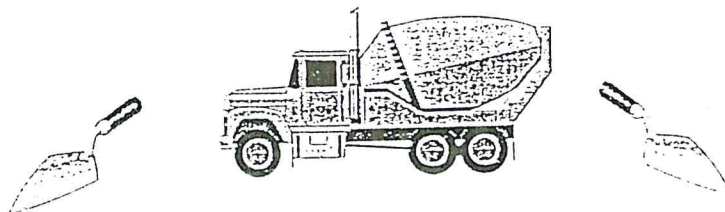
**MELINDA TURRIFF, PROPRIETOR      KIRSTEN HUBNER, STYLIST  
428 DUNDAS ST., DESERONTO (HWY 2)**



# JOHN'S CONCRETE

...53

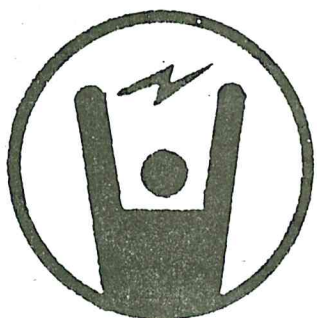
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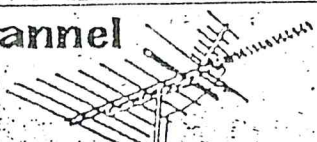
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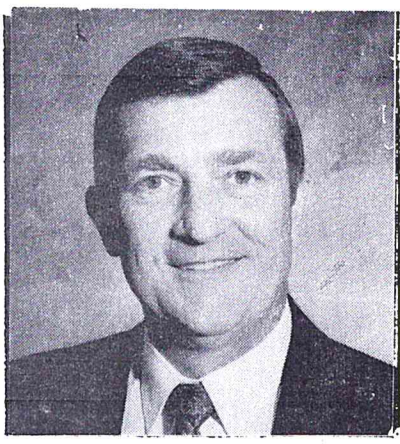
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40+ cable channels



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We service VCR's, TV's, Audio  
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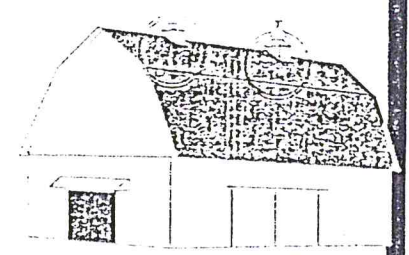
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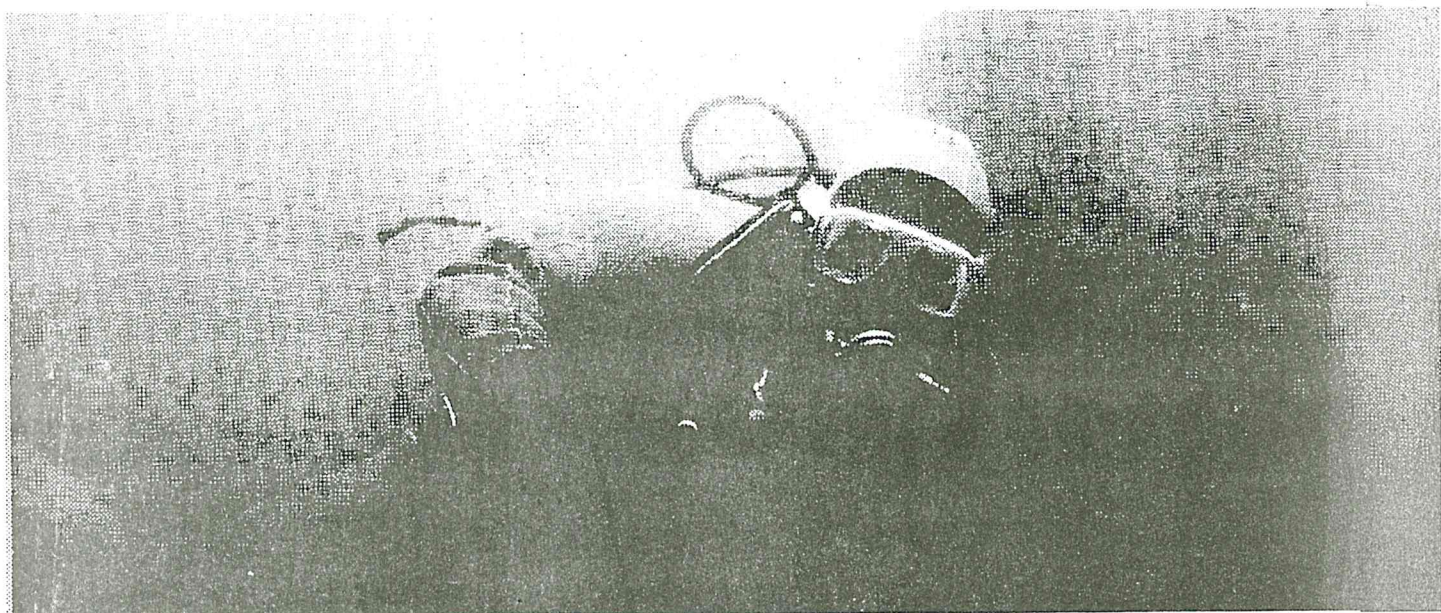
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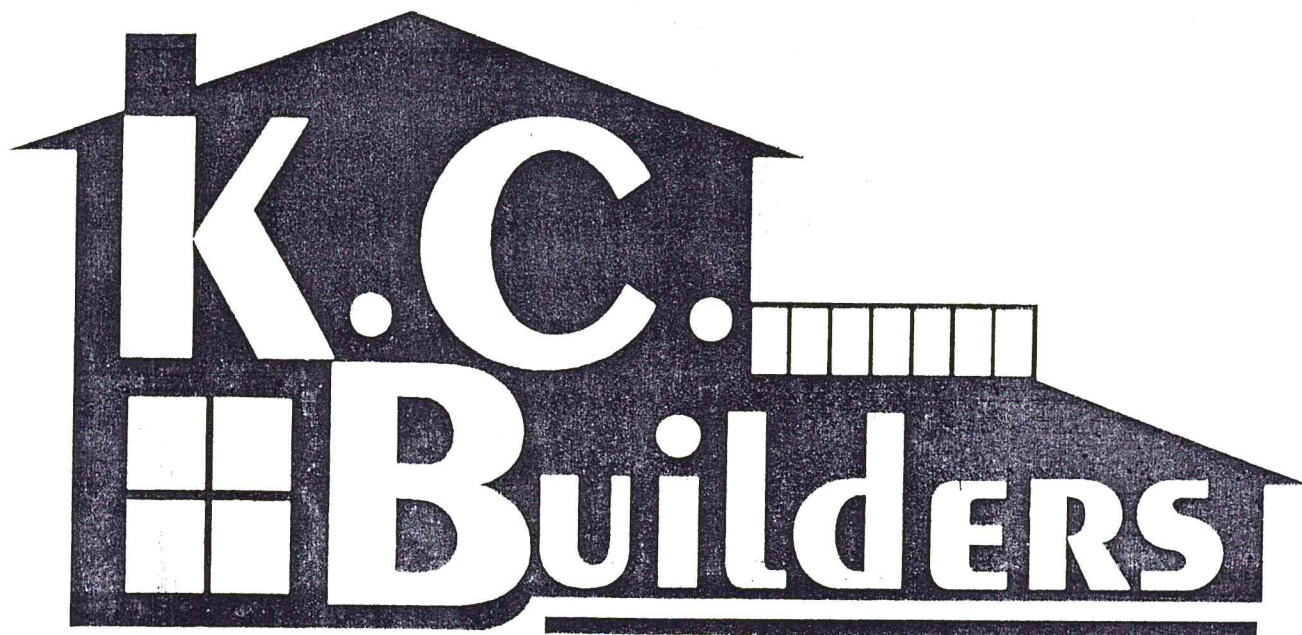
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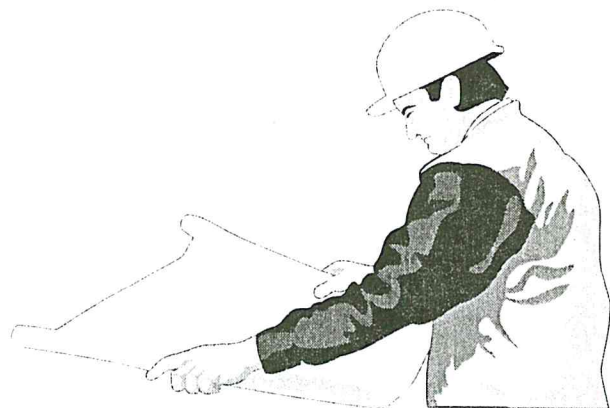
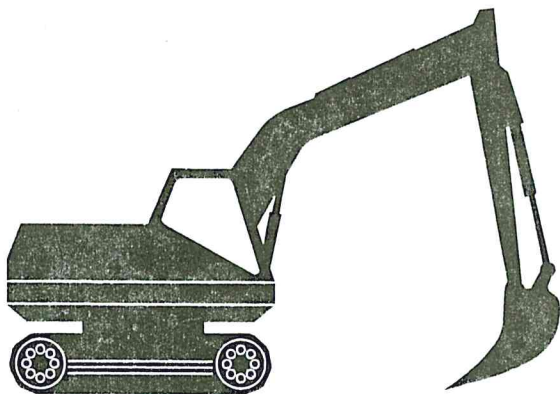
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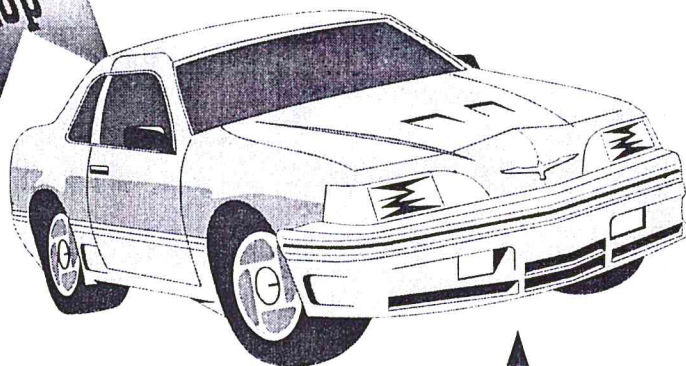
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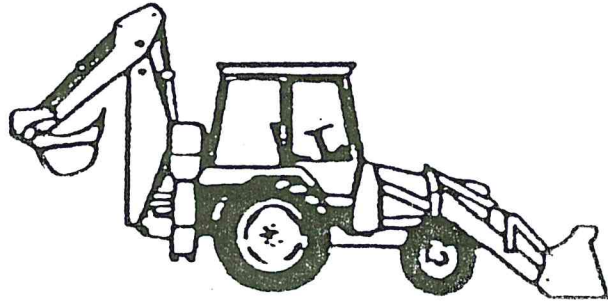
HWY #2

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