

TYENDINAGA NEWSLETTER



ISSUE 8 /99



"TRADITIONAL"
12th Anniversary
**TYENDINAGA
POW WOW**
HONOURING MOTHER EARTH
AUGUST 14 & 15, 1999
TSITKERHEDODON PARK
"ADMIST THE TREES"
Peacemaker Territory
Exit 566, Marysville Exit 566, Shannonville
Tyendinaga Mohawk Territory

CALLING ALL DANCERS: Small Travel Honorarium
CALLING ALL DRUMS: Honorarium
HOST DRUM: First Nation Drum/Toronto
GUEST HOST DRUM: Little Five/Pays Plus Reserve
GUEST DRUM: Anishinabek Subriety Drum/
Sault Ste. Marie

HONOUR STAFF: Lonnie Thompson
Akwasasne Mohawk Territory

MASTERS OF CEREMONY:
Don Welocan/Ojibway Nation
& Allen Brant/Tyendinaga Mohawk Territory

LEAD DANCERS: Jim McCue/Curve Lake Reserve
Anne Marie Tattler Lavigne/
Kanesatake Mohawk Territory

TOBACCO CEREMONIES: Sat. & Sun! 7:00 am
SPECIAL FEATURE: Smoke Dance
HOOP DANCER: Celine Cado/Montebello Island
All Native North American Only
GRAND ENTRY: Saturday 1:00 pm
6:30 pm
Sunday 12:00 noon

SOCIAL DANCE: Saturday Night

TRADER FEES: Cash \$35/day
Food \$45/day

DRUM & DANCERS (Full Native Dress):
REGISTRATION: Sat. 10 am - 1 pm
Sun. 10 am - 12 noon

DONT FORGET YOUR LAWN CHAIRS!

ADMISSION
Adults - \$5/day Seniors - Free with ID Children under 12 Free Free Parking
Native North American Traders Only Traders Bond Cards Required - Strictly Enforced



CAMPING AVAILABLE AT POW WOW GROUNDS

Regular Admission to be paid by Campers - Limited Electrical Hook-up / Very Limited R.V. Space
Washroom Facilities/No Showers

For more information contact:

Pow Wow Co-ordinator
Sharon John
H (613) 396-6573
12 noon to 8 pm

Co-Chairmen
Cliff Marsalec
rob@sucker creek.on.ca

Claire Burleigh
H(613) 962-3706
Ruby Marsalec
Brad Boomhour
monch@sucker creek.on.ca

Don Brant
(613) 396-2553
12 noon to 7pm

All Youth Campers Must Be Properly Supervised **NO ALCOHOL OR DRUGS**
The Tyendinaga Pow Wow Committee is not responsible for personal loss or injury
No Pets Allowed On Pow Wow Grounds.

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Newsletter Deadline
TUESDAY, AUG. 24/99
12:00 noon
396-3424

We're on the Internet
www.tyendinaga.net
(What's happening)

TYENDINAGA MOHAWK COUNCIL
GENERAL MEETING
(Re-scheduled from Monday August 16 to)
Thursday, AUGUST 26
7:00 P.M.
QUINTE MOHAWK SCHOOL



EUCHRE NIGHT!

Do you have the time and like to play
Euchre and have fun?
Euchre Every 2nd Tuesday Evening at 7:30!
We have business meetings once a month!
If you are interested please call
396-6522 OR 967-4708
For more information

ADMINISTRATION NOTICES

A MESSAGE FROM A MEMBER OF MOHAWKS
OF THE BAY OF QUINTE BAND COUNCIL (MBQBC) for JULY 1999
Submitted by Wm. J. Brant

I was away from our Territory from July 20th to the 25th to attend a First Nations' General Assembly in Vancouver, British Columbia. As members of Council we have observer status only at these assemblies and it can be very frustrating to just sit and listen and not participate in the discussions.

During this assembly there were 68 or more resolutions passed but the one that received my undivided attention was a resolution to support the Indian Taxation Advisory Board. I urged our Chief to vote negative to the motion which he did.

This resolution was approved and accepted by the assembly. I was very much opposed because I feel this is the thin edge of the wedge that could undermine our tax exemption status under Section 87 of the Indian Act. The Federal government has been promoting this initiative for quite some time and a number of First Nations in Western Canada have implemented this process.

The Indian Taxation Advisory Board (ITAB) was established in 1988 with the passage by parliament of Bill C115 which enabled First Nation governments for the first time, to exercise property tax jurisdiction and collect revenue from property developments on their reserve lands. The basic mandate of ITAB has been to promote the development and implementation of First Nation property tax systems.

The only other comment I would have from this meeting in British Columbia is that I was present to witness a historic event called Uniting First Nations: Tecumseh's Vision. This was the signing of a Declaration of Kinship and Co-operation among the Indigenous Peoples and Nations of North America through the Assembly of First Nations and the National Congress of American Indians. If anyone wants a copy of the wording of this document please let me know.

I would like to make you aware of some motions passed this month in our local Council which may be of interest.

1. To hire the firm Two Row Architect to do the Community Centre Renovations and Design. As mentioned in a previous newsletter this renovation will address the following:
 - a. Accessibility for physically challenged
 - b. Insulation
 - c. Window and door upgrades
 - d. Brick work, repainting and foundation drainage
 - e. Purchase of new furniture and kitchen appliances
 The renovation work is to start after the Mohawk Fair.
2. To develop our own election process specific to Tyendingaga Territory with an appeal component independent of Indian Affairs also funding in the amount of \$10,000.00 to assist in the development procedure. This will require public input and acceptance before any implementation.
3. To approve a Millennium Tree Proposal in the amount of \$1013.00. The project will consist of planting 25 three foot white pine trees at the Karon Hika Ta'kie Recreation complex on the York Road.
4. To authorize R. Aaron Detlor (an MBQ member) who is a solicitor for a Toronto firm to draft a proposal to Indian Affairs Canada for Council consideration on appropriate governance models for the on-Reserve/off-Reserve issues rising from the Corbiere decision. The proposal will also entail work on generalized Band Council funding and operational considerations arising from the decision. The Supreme Court Corbiere case concerned the rights of off-Reserve individuals to vote in Reserve elections. Part of Council's strategy will be to form a committee with members from the community to put forth your concerns to the Federal government.

If I may be of service to you I may be contacted at 967-9861. Don't forget a General Council meeting has been scheduled for THURSDAY AUGUST 26, 1999 at 7:00 p.m. At the Quinte Mohawk School. I hope to see you there.



55 Bloor Street West
15th Floor, BMT
Toronto, Ontario
M4W 3N5

Telephone No. (416) 927-6170
Fax No. (416) 927-5523
E-mail: ann.rheault@bmo.com

July 11, 1999

Ann M. Rheault
Director
Aboriginal Banking

By Fax: 613-396-3627

Chief and Council
Mohawks of the Bay of Quinte
RR # 1
Tyendingaga Mohawk Territory
Ontario, K0K 1X0

Dear Chief R. Donald Maracle and Councilors:

Re: Housing Loan Program

Further to our meeting on June 23, 1999, we confirm that under the terms of our Housing Loan Program for members of the Mohawks of the Bay of Quinte, only applications for the following purposes will be accepted by the Bank:

- For the construction of owner-occupied, single-family houses
- For the purchase of owner-occupied, single-family existing houses
- For the financing of major renovations to existing homes

Note: In special circumstances, if required to qualify for Bank of Montreal financing under this program, funds may be requested to pay out existing housing loans.

We would be pleased if you would assist us in ensuring members of the Territory are familiar with these terms so that we can serve them better in providing access to loans for their housing needs.

Thank you for the opportunity to do business in your Territory.

Yours very truly,

Ann M. Rheault

LANDFILL NOTICE

On August 20th, 1999, Quinte Waste Solutions will be providing the annual Household Hazardous Waste pick-up at the Tyendingaga Mohawk Landfill Site. So, please bring your household hazardous waste items to the landfill before this date.

For any questions on what these items be ask the Landfill Custodians on site for assistance.

Nia:wen

...bring any of these items to our Household Hazardous Waste depots *

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
- deodorants
- hair lotions, dyes
- medicines
- nail polish remover
- shoe polish

Garage

- transmission fluid
- battery & battery acid
- brake fluid
- body filler
- auto spray paint
- car wax
- fuel (kerosene, diesel)
- windshield washer

Basement

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

Workshop

- glues and cements
- paints (latex & alkyd) (max. 20 4 litre cans or 4 20 litre pails)
- paint strippers
- rust removers
- stains, finishes
- thinners & turpentine
- wood preservatives
- methylates
- flex collars & sprays

Laundry

- chlorine bleach
- stain removers

General

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

* For healthy alternatives to many of these products, call the Recycling Board for a free copy of the Clean & Green Booklet.

ADMINISTRATION NOTICES

SERIES 2

AUGUST 1999

EMERGENCY PREPAREDNESS FOR TYENDINAGA

What is Y2K?

The term Y2K has been used a great deal in the last few years to describe the turning of the millennium on January 1, 2000. The "Y" represents the year and the "2" comes before the "K" which represents thousands.

In January 2000 there is a significant risk for a major power outage. "People should be preparing for a 72 hour period without electricity," says Randy Reid, the Emergency Measures Officer for the Southeastern area of Emergency Measures Ontario. Are you prepared for the cold temperatures without hydro-electricity?

The Emergency Preparedness Team is gearing up to provide shelter and food to the community, if this type of winter blackout should occur.

Here are some tips for a blackout situation:

Turn the thermostat(s) down to minimum and turn off all appliances, electronic equipment and tools to prevent injury, damage to equipment and fire. Power can also be restored more easily when the system is not overloaded.

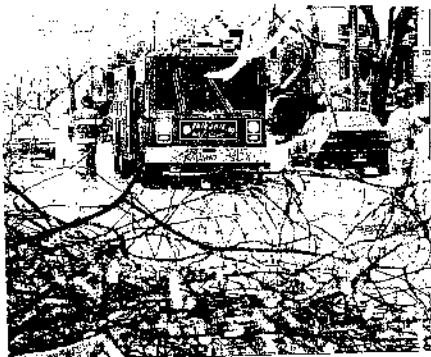
Use proper candleholders. Never leave lit candles unattended.

Don't use charcoal or gas barbecues, camping heat equipment or home generators indoors.

Home generators are handy for backup electricity in case of an outage, but there are hazards to be aware of.

The checklist that is included is a minimum of what should be kept on hand in the event of an emergency.

For more information contact Scott Maracle, Fire Prevention Officer at 968-7985.



NEW CONSTRUCTION & RENOVATIONS NOTICE

PLEASE NOTE THAT ALL NEW HOMES TO BE BUILT OR HOMES THAT WILL BE REPAIRED OR RENOVATED MUST COMPLY WITH THE ONTARIO FIRST NATIONS HOUSING CODE REQUIREMENTS.

THE CODE WAS DEVELOPED TO PROTECT THE HEALTH & SAFETY OF COMMUNITY MEMBERS AND PROLONG THE LIFE EXPECTENCY OF OUR HOMES.

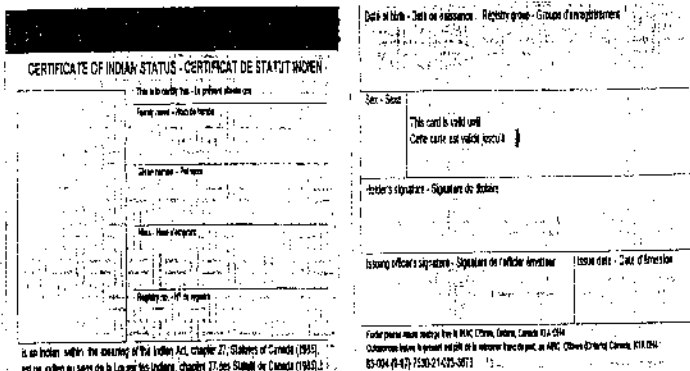
PLEASE CALL THE HOUSING DEPARTMENT FOR FURTHER INFORMATION.

NIA:WEN

* Notice *

FROM THE MEMBERSHIP DEPT.

THE INDIAN STATUS CARDS HAVE CHANGED, PLEASE COME INTO THE BAND OFFICE AND HAVE YOUR CARD UPDATED. IF YOUR STATUS CARD DOES NOT LOOK LIKE THE ONE BELOW, THEN YOUR CARD MUST BE UPDATED.



Emergency Food and Water Kit Checklist

Have at least a three-day supply of food and water on hand. Choose ready-to-eat foods that your family likes. And choose food that doesn't need refrigeration.

Drinking Water:

At least one litre per person per day

Food:

Canned food: soups, stews, baked beans, pasta, meat, poultry, fish, vegetables, fruits

Crackers and biscuits.

Honey, peanut butter, syrup, jam, salt and pepper, sugar, instant coffee, tea

Remember to replace canned food and dry goods once a year.

Equipment:

Knives, forks and spoons, disposable cups and plates, manual can opener, bottle opener, fuel stove and fuel (follow manufacturer's instructions). Don't use a barbecue indoors, waterproof matches and plastic garbage bags.

Emergency Survival Kit Checklist:

Flashlight and batteries (in case the lights go out)

Radio and batteries or crank radio (so you can listen to news bulletins)

Spare batteries (for radio and flashlight)

First-aid kit

Candles and matches/lighter

Extra car keys and cash (including coins for telephone)

Important papers (identification for everyone, personal documents)

ments)

Food and bottled water (see food list)

Clothing and footwear (one change of clothes per person)

Blankets or sleeping bags (one blanket or sleeping bag per person)

Toilet paper and other personal supplies

Medication

Backpack/duffel bag (or something else to carry the emergency survival kit in, in case you have to evacuate)

Whistle (in case you need to attract someone's attention)

Playing cards, games

Remember to think of any special needs someone in your family might have. Some suggestions include:

Babies/toddlers: diapers, wipes, bottled milk, toys, crayons and paper.

Other family members: prescription medication, extra eye glasses (copies of prescriptions)

Pets: dog/cat food

Car Kit Checklist: Shovel, sand, salt or kitty litter, traction mats, tow chain, compass, cloth or roll of paper towels, warning light or road flares, extra clothing and footwear, emergency food pack, axe or hatchet, booster cables, ice scraper and brush, road maps, matches and a 'survival' candle in a deep can (to warm hands, heat a drink or use as an emergency light), fire extinguisher, methyl hydrate (for fuel line and windshield de-icing), flashlight, first-aid kit with seatbelt cutter, blanket (special 'survival' blankets are best).

For more information contact Scott Maracle, Fire Prevention Officer at 968-7985.

ADMINISTRATION & HEALTH CENTRE

COMMUNITY NOTICE

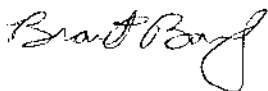
RE: DEBT CONSOLIDATION LOANS & MORTGAGES

On June 23, 1999 Tyendingaga Mohawk Council passed a resolution that it will no longer approve debt consolidation loans and mortgages for band members. This resolution applies also to mortgage guarantees for the Bank of Montreal mortgages on the Tyendingaga Mohawk Territory.

ADMINISTRATION OFFICE	: 396-3424
HEALTH CENTRE	: 967-3603
FAMILY SERVICES	: 967-0122
RED CEDARS SHELTER	: 967-2003
QUINTE MOHAWK SCHOOL	: 966-6984
CHILDCARE CENTRE	: 967-4401
LIBRARY	: 967-6264

Onen ki:wahi

I would like to extend my sincere appreciation to the Tyendingaga Mohawk Community for having the pleasure to work on your behalf for the past seven years. I have enjoyed working in the Research department and have always made a whole-hearted effort to provide, however August 4th, 1999 will be my last day of employment with the Mohawk Administration Office.
Nia:wen Kowa

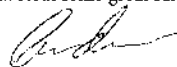
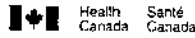


Employee Introductions

She:kon,

My name is Andrew Alkenbrack and I am the Summer Student Coordinator. I am a full time student at York University, working towards my Masters degree in psychology. I was hired as a summer student on the first of June and will be done on August 27th, 1999. I have been lucky enough to be supervising a great group of students this year. I am sure the students will live up to they're potential and put forth some great summer programs.

Nia:wen

Barbecue lighters are dangerous in the hands of children!

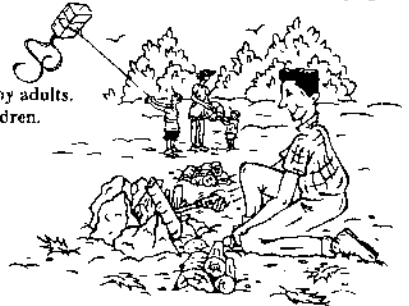
People use barbecue lighters to start barbecues and to light campfires, fireplaces, wood stoves and candles. They are easy to use around the house and easy to take when you go camping.

Barbecue lighters are also called:

- utility lighters, or
- multi-purpose lighters.

Barbecue lighters are made to be used by adults. Barbecue lighters are NOT safe for children.

Children find it easy to use these lighters. Even a small child can figure out how to pull the trigger. Barbecue lighters are not toys!



Safety Tips

Keep all lighters out of sight and out of reach of children.

Do not leave a lighter outside. The weather can damage the plastic. If this happens, the fuel inside may leak out or the lighter may break open.

BEFORE you use it, read all the instructions that come with the barbecue lighter.

Buy a barbecue lighter that says "child-resistant" on the package.

If you use one of these lighters to start a gas barbecue, always turn on the lighter BEFORE you turn on the barbecue's gas or propane.

Keep fire safety in mind. Show children what to do if there is a fire at home or when you are camping.

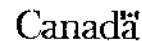


For more information contact Product Safety, Health Canada, at:

Vancouver, British Columbia (604) 666-9003	Hamilton, Ontario (905) 572-3845	Moncton, New Brunswick (506) 851-6628
Edmonton, Alberta (780) 495-2626	Toronto, Ontario (416) 973-4705	Dartmouth, Nova Scotia (902) 426-8300
Calgary, Alberta (403) 292-4577	Ottawa, Ontario (613) 952-0114	St. John's, Newfoundland (709) 772-4050
Saskatoon, Saskatchewan (306) 975-4502	Montreal, Quebec (514) 283-5488	http://www.hc-sc.gc.ca/msb
Winnipeg, Manitoba (204) 983-5490	Quebec City, Quebec (418) 648-4327	

To order more copies: by telephone (613) 954-0609, by fax (613) 941-8632, by e-mail eh_publishing@hc-sc.gc.ca

 Version française disponible.



This material can be photocopied. March 1998



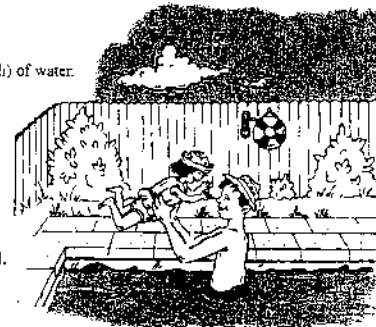
Swimming pool safety

Each year, many children drown in backyard swimming pools and in small kiddie pools. Children are in danger because:

- They like to play in water.
- They move quickly.
- They can drown in only a few centimetres (1 inch) of water.

Why do these drownings happen?

1. Sometimes the pool is not fenced in all the way around.
2. Sometimes the gate to the backyard is not shut all the way or locked.
3. Sometimes a young child gets to the pool through a patio door or garage door that opens into the backyard.



Safety Tips

- Check with your town or city to find out the rules for putting up a fence around your pool.
- Build a fence and a gate that will keep children away from your pool.
- Keep the gate locked at all times.
- ALWAYS have an adult watching children in and around the pool.
- Children under the age of 3 and children who cannot swim must wear a life jacket or PFD (personal flotation device).
- Send children to swimming and water safety lessons.
- Make sure lifesaving equipment and a first aid kit are handy.
- Take a course on pool safety, first aid and lifesaving skills (such as CPR).
- Have emergency phone numbers listed at the telephone closest to the pool.
- Make sure toys, garden furniture and tools are not near the pool fence. Children can climb up on these things to get into the pool.
- To learn more about water safety and learn-to-swim programs, please call your local Canadian Red Cross Society, or the local Branch Office of the Lifesaving Society.

HEALTH CENTRE



"FALL" PRENATAL CLASSES THAYENDANEGA HEALTH CENTRE

starting
Wednesday SEPTEMBER 15th /99
for
6 weeks

Free Prenatal Classes are being offered for interested prenatal parents. The course starts on SEPTEMBER 15th @ 7:00 PM and lasts about 2 hours. Bring your partner or a friend with you!

Please call the Health Centre @ 967-3603 to register or if you have any questions about the program.

The Thayendanege Health Centre is offering a free gift for all Mothers-to-be who register their pregnancy with the Health Nurses. Please drop by or call the Health Nurses. We look forward to meeting with all the new moms-to-be!

Sienda Asselstine Community Health Nurse

For Seniors 55+



Ever wonder how herbs influence our lives?
The CHR & HomeSupport Programs
are hosting an
"Herbs as Food and Medicines"
presentation & hands-on demonstration



at the Elder's Lodge
on August 24, 1999
from 9:30 am to 1 pm

Guest Speaker:
Suzanne Brant

Lunch will be served.

Transportation Available, please call Tracey at 967-3603.

*There is limited space, so if you planning to attend,
please call the Health Centre to have your name put on the list
prior to August 13, 1999.*



Are you a Healthy Eater?

A HEALTHY SAMPLE MENU:

BREAKFAST 1 cup bran, flakes 1 banana, sliced 1 cup skim milk 1 slice whole wheat toast 1 tsp. margarine 1/2 cup orange juice Breakdown: calories: 537, fat: 14 g, carbohydrate: 101 g, protein: 18 g, fibre: 11 g
LUNCH egg salad sandwich on whole wheat bread 1 Tbsp. light mayonnaise celery/carrot sticks 1 container low fat yogurt Breakdown: calories: 388, fat: 11 g, carbohydrate: 55 g, protein: 20 g, fibre: 5 g
AFTERNOON SNACK 2 slices watermelon Breakdown: calories: 147, fat: 2 g, carbohydrate: 33 g, protein: 3 g, fibre: 2 g
SUPPER barbeque chicken breast 1 baked potato 1 Tbsp. low fat sour cream 1/2 cup cooked peas 1 cup tossed salad 1 Tbsp. oil and vinegar dressing 1 cup skim milk Breakdown: calories: 598, fat: 11 g, carbohydrate: 79 g, protein: 46 g, fibre: 5 g
EVENING SNACK 3 cups light microwave popcorn diet pop Breakdown: calories: 125, fat: 5 g, carbohydrate: 19 g, protein: 3 g, fibre: 4 g
Total Daily Breakdown: calories: 1814, fat: 43 g, carbohydrate: 286 g, protein: 90 g, fibre: 25 g, calcium: 103 mg, sodium: 1760 mg, iron: 17 mg, vitamin C: 209 mg

Are you eating in a healthy way? Did you know there are over 50 nutrients that we need every day? Vitamins, minerals, carbohydrate, protein and fibre are important to help keep us healthy and protect against disease. Lowering the fat and salt we eat also plays a role in health.

Do you ever stop to think what you eat in a day? To find out how well you eat, keep a dietary record or food diary. All you need to do is write down everything you eat and drink over a 24-hour period. Then check to see whether you eat at least the minimum number of servings recommended by Canada's Food Guide to Healthy Eating.

Canada's Food Guide to Healthy Eating encourages Canadians to emphasize Grain Products such as whole grain breads and cereals, pasta, and rice. These foods provide energy in the form of carbohydrate. Choosing whole grain foods helps you meet your fibre requirements. Choose between 5-12 servings daily.

Vegetables and Fruit is another important food group. Fresh, frozen or canned vegetables or fruit as well as juices provide important vitamins including vitamin C, beta-carotene, and folic acid. Other components of vegetables and fruit, called 'phyto-nutrients' are protective against diseases such as cancer and heart disease. Aim for 5-10 servings every day.

Milk Products such as lower fat milk, yogurt and cheese provide an excellent source of calcium which helps build and maintain healthy bones. There are few other foods in the typical Canadian diet that provide a daily source of calcium. Choose at least 2-4 servings of milk products daily.

Meats and Alternatives offer protein and iron. However, our need for protein is not great and many foods from this group are higher in fat. Choose leaner meats such as chicken without the skin, fish, and lean red meat or try lower fat meat alternatives such as beans or lentils. Choose 2-3 servings of meats and alternatives daily.

The menu shown on the left gives an example of a healthy day's food intake. This menu includes the recommended number of servings from each food group consumed over three regular meals and a few healthy snacks. The menu is based on high fibre and lower fat choices, balanced with the odd treat.

If you decide to keep a food record, why not have it analyzed by your local Community Dietitian? Nicola Smith, Registered Dietitian is available weekly at the Thayendanege Health Centre to provide nutrition counselling. Call 967-3603 to make an appointment.

The Good Lunch Box & The Good Food Box Programs are still available at the Thayendanege Health Centre

Anyone who wants to stretch their food dollar can benefit from purchasing these boxes for \$15.00 each. You pay cash for these boxes by the first of the month. The Good Lunch Box is delivered on the second Thursday of the month and the Good Food Box is delivered on the third Thursday of the month to the Health Centre. The boxes can be picked up there. Boxes change each month depending on:

- the time of the year
- the number of boxes ordered
- the price of goods

This is a sample of what was in the boxes for the month of Sept.98

- THE GOOD LUNCH BOX**
- 2 boxes of cereal
 - 1 lb. margarine
 - 2 loaves of bread (brown & white)
 - 2 tins (48oz) apple juice
 - 2 sleeves of tetra juices
 - 1 sleeve of 6 bagels
 - peanut butter (1 litre)
 - box of soda crackers
 - bag of rotini pasta
 - 1 chicken noodle soup
 - box of granola bars
 - 1 microwave popcorn
 - 1 sleeve of president choice biscuits

- THE GOOD FOOD BOX**
- 5 lbs potatoes
 - 2 lbs carrots
 - 2 lbs of tomatoes
 - 2 lbs apples
 - 4 pears
 - 2 lbs bananas
 - 1 large head of romaine lettuce
 - 1 bunch of celery
 - 1 turnip
 - 6 cobs of corn
 - 1 cabbage
 - 1 spanish onion
 - 1 pepper squash
 - 1 broccoli

If you are interested in these boxes please call the Thayendanege Health Centre @ 967-3603

HEALTH CENTRE



ACTIVITIES & INFORMATION



ACTIVITIES & INFORMATION

FROM THE CHR PROGRAM



A Reminder for the Fall of '99 from The Thayendanege Health Centre

Just a reminder to the Tyendinaga Community that the Health Centre is restarting its monthly "MONTHLY DIABETES SUPPORT GROUP" on Thursday September 16th 1999. Usually our support group is held on the second Thursday of each month but because of preparation for the Fair, we have postponed it for one week.

We are planning on having guest speakers, different products and refreshments. Bring a friend or family member. We look forward to seeing you there!

The Community Health Nurses

Tyendinaga's Annual Rabies Clinic

September 18, 1999

8 am - noon

Mohawk Agriculture Building
York Road (next to the Community Centre)
Tyendinaga Mohawk Territory

cost: \$ 15.00 per animal

Please, bring your dogs leashed & your cats caged.

Information about Prostate Cancer

Facts

- 16,000 Canadian men are diagnosed every year, over 4,000 die each year from this disease
- Second most common cause of cancer death in Canadian men
- Strikes one in ten Canadian men
- Risk increases with age
- Risk of developing Prostate Cancer is greater if there is a history of the disease
- No known cause, rare gene is suspected for 9% of men with Prostate Cancer

What is it?

The Prostate gland is an organ below the bladder in front of the rectum, and surrounds the urethra (duct that urine flows through). Its function is to add secretions to semen. Sometimes these cells grow abnormally fast, and aggressively forming a mass which may lead to cancer. Malignant cells may detach and be carried through the body.

Symptoms

- You might experience the following:
 - Urine does not flow so freely
 - Blood in the urine
 - Pain in the lower back
 - Frequent trips to the bathroom, only passing small amounts of urine, dribbling
 - Trouble starting to pass water, a weak stream
 - Pain or burning while passing urine
 - Pain during ejaculation
- * Sometimes there are no symptoms at all *

To reduce your risks of developing Prostate Cancer:

- Achieve and maintain a healthy body weight
- Regular physical activity
- Limit salt, alcohol, and caffeine
- Reduce fats from animal sources
- Early detection and reporting symptoms to doctor provides best hope for successful treatment and control
- Routine physical examination including a blood test (PSA) with a digital examination for men over 50 years of age is recommended

The majority of Prostate Cancer cases are curable, especially if detected early. If you have been diagnosed with Prostate Cancer, the *Quinto Prostate Cancer Support and Awareness Group* holds meetings for men only on the second and fourth Wednesday of each month. They are located at 80 South Pinnacle Street, Belleville from 7 to 9 p.m. On Sept. 22, at the Cavil building in Belleville they will be having guest speaker Ms. Audrey Curie-Newton on her and her husband's experience with Prostate Cancer.

Michelle Maracle ♥ Student Nurse

Brenda Aquilino, Reg. N.
Community Health Nurse

PUBLIC INFORMATION ON RABIES

"Tests have confirmed that a dead raccoon found in the Prescott-Maynard area carried the raccoon strain of rabies virus," said Natural Resources Minister John Snobelen. The Federal-Provincial task force has developed a contingency plan to control raccoon rabies. This contingency plan is activated in areas when a "positive identification" has been found. MNR staff are implementing a full protection plan in the Prescott-Maynard area to ensure that the virus does not spread, and to ensure the safety of the people and pets in the area. In consultation with Glen Hudgins, Director of Public Health Inspection, Hastings & Prince Edward County Health Unit, Tyendinaga Mohawk Territory **will not** be activating the contingency plan that is in place for Tyendinaga Mohawk Territory.

However, it is important that all community members know:

FACTS:

- raccoons are the main carriers of raccoon rabies
- rabies is a viral disease of warm blooded animals
- rabies is almost always fatal to animals
- humans only get the virus through the bite of an infected animal or from the saliva of an infected animal getting into an open cut or wound

POSSIBLE SIGNS OF RABIES

- the animal may behave out of character
- instead of running away, animals may act abnormally tame
- they may either attack or cinge
- they may startle easily, run aimlessly, become watchful and have a puzzled or apprehensive look
- they may drool a lot and often become uncoordinated or partially paralyzed

HOW TO PREVENT THE SPREAD OF RABIES

- have your pet vaccinated against rabies annually
- keep away from any wild animal or stray pet
- keep your pets from wandering, especially at night when foxes/skunks/raccoons are active
- check your vehicle for "hitch-hiking" raccoons, especially when crossing U.S. borders
- wear protective clothes and rubber gloves when handling the carcass of any animal that may be in question
- if you or your pet come in contact with an animal that may be rabid, get medical attention immediately

FOR FURTHER INFORMATION PLEASE CALL:

Mohawk Administration, Tom Northardt-396-3424
Thayendanege Health Centre, Bev Hill-967-3616
Tyendinaga First Nations Police, 967-3888

PRESS RELEASES



Use Non-Toxic Shot For Migratory Game Bird Hunting in 1999

Beginning September 1, 1999, use of non-toxic shot will be required for hunting most migratory game birds in ALL areas of Canada. Subject to these regulations, no person shall possess or use shot other than non-toxic shot for the purpose of hunting a migratory game bird except a woodcock, band-tailed pigeon or mourning dove.

Within National Wildlife Areas, you must use non-toxic shot for ALL hunting, including migratory birds and upland game. Consult provincial or territorial regulations for additional restrictions.

Non-toxic shot approved for use in Canada:

- bismuth shot
- steel shot
- tin shot
- tungsten-iron shot
- tungsten-matrix shot
- tungsten-polymer shot

For more information, contact your regional wildlife officer or visit the Canadian Wildlife Service website at: <http://www.ec.gc.ca/cws-scf/pub/hunting/nontoxic.html>



Science Background On Toxicity Of Lead Shotshell Ammunition

Lead Poisoning In Waterfowl

Lead shot ingestion has been reported in waterfowl since the late 1800's. Lead in the form of lead shot, is a toxic substance, estimated to kill some 250,000 waterfowl each year in Canada and poison millions more. Lead poisoning of waterfowl from ingestion of lead shot has been reported in at least 16 countries including Canada, the United States, Mexico, Great Britain, Norway, Sweden, Finland, Denmark, and Australia. Ten countries currently prohibit the use of lead shot for waterfowl hunting nationally or within zones.

Gizzard surveys from over 21,000 dabbling ducks from Canadian provinces (excluding Newfoundland) determined that lead shot ingestion occurred in all surveyed areas. Highest ingestion rates in dabblers were reported in British Columbia and the maritime provinces, whereas the lowest rates were from Alberta. A survey of lead concentrations in wing bones of over 8,000 young-of-the-year mallard and track ducks revealed a geographical pattern of elevated lead exposure consistent with that found from gizzard surveys. Further research using stable lead isotopic analysis concluded that high lead exposure in waterfowl and their predators is consistent with lead shot ingestion, and is not consistent with exposure to other forms of environmental lead, such as lead from past gasoline combustion.

Secondary Lead Poisoning Of Eagles

Many eagles and other predatory or scavenging birds also suffer lead poisoning by consuming lead shot embedded in tissues of game animals killed or wounded with lead ammunition. Where it has been explicitly studied in Canada, secondary lead poisoning of bald and golden eagles accounts for an estimated 14 - 19 % of the recorded post-fledging mortality in individuals examined for lead exposure.

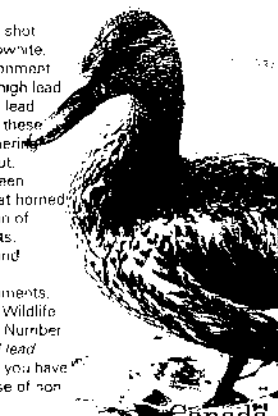
	Bald Eagles	Golden Eagles
British Columbia	19 %	
Alberta, Saskatchewan, Manitoba	18 %	14 %
New Brunswick, Nova Scotia, PEI	14 %	

Lead Shot Poisoning In Non-Waterfowl Species

Although impacts of lead shot on upland game birds are less well documented, lead shot ingestion in dryland habitats has been documented in mourning doves, northern bobwhite, partridge, pheasant, ruffed grouse, scaled quail, wild turkey and wood pigeon. Environment Canada initiated a study after the 1995/96 hunting season to identify the sources of high lead exposure found in woodcock. These studies revealed a higher frequency of elevated lead exposure in young of the year woodcock than in dabbling ducks. The possibility that these birds ingest lead shot directly, or are exposed to soil and food chain lead from weathering of lead shot pellets deposited in the bird's environment, cannot presently be ruled out.

Although secondary lead poisoning in upland game bird predators has not been thoroughly investigated, CWS has documented a few cases of lead poisoning in great horned owls and eagles that are not associated with waterfowl consumption. Documentation of embedded shot in game animals other than waterfowl, such as pheasants and rabbits, suggest that predators of upland game birds are also at risk for lead shot ingestion and poisoning.

For more information on the effects of lead shot on wildlife and their environments, please contact Dr. A. (Howl) Schouhammer at the Canadian Wildlife Service, National Wildlife Research Centre, Tel: (819) 997-6128. To obtain a copy of the CWS Occasional Paper Number 88, entitled, *A review of the environmental impacts of lead shotshell ammunition and lead fishing weights in Canada*, please contact CWS Publications at Tel: (819) 997-1095. If you have access to the internet, you may view this publication and other information on the use of non-toxic shot on our website at: <http://www.ec.gc.ca/cws-scf/pub/hunting/nontoxic.html>



Canada

PRESS RELEASE

July 21, 1999

Tomos Mopeds now available in Canada after a 20 year absence.

New type of personal transportation, life-style product now available in Canada!

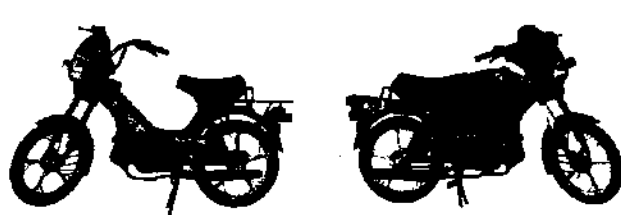
One of the most popular and economical styles of personal transportation throughout the world is now available in Canada after almost 20 years of absence, mopeds. In the early 1980's the Federal Government made changes to the importing requirements, and reclassifying mopeds as limited speed motorcycles. With the increased safety testing, all new mopeds disappeared from the Canadian market.

After a 3½-year process, M.F.C. Distributors Ltd. of Nanaimo, B.C. (www.mfed.com) has been given permission by Transport Canada to import mopeds manufactured by Tomos of Slovenia. Tomos, one of the world's largest and most respected manufacturers of mopeds was able to pass all safety tests and meet the requirements with flying colors. Tomos offers a North American Motorcycle styling and appearance that appeals to all types of riders and is presently the #1 selling moped in the United States.

Providing over 100 MPG, this economical and environmentally friendly vehicle offers a new outdoor experience for transportation. Provincial laws governing the age of riders vary. In Alberta, Quebec and New Brunswick you can drive a moped on the street legally at 14 years of age with only a learner's license. In all other provinces the driver must be 16 and require either a learners or drivers license. Motorcycle licenses are not required to drive mopeds in most provinces.

Keeping in mind the simplicity of driving, fewer restrictions and economics, mopeds appeal to 3 major of consumer categories. Youth riders such as university, college and high school students, city dwellers looking for the ideal commuting vehicle and motorhome/RV owners wanting an alternate source of transportation to strap to their vehicle. In addition a moped provides an ideal rental product in tourist areas.

M.F.C. Distributors Ltd. 1-800-973-3334 / www.mfed.com



9-1-1 CIVIC ADDRESS
SIGN NOTICE

The Civic address signs have been posted for your safety. These signs have been erected in specific locations to Aid Emergency Response personel in locating your residence in a timely fashion.

PLEASE DO NOT MOVE OR REMOVE your designated sign from its location. Moving or defacing this sign is a Criminal Offence.

***IN AN EMERGENCY SITUATION SECONDS
CAN MEAN THE DIFFERENCE BETWEEN
LIFE & DEATH***

Remember if you have an EMERGENCY
CALL **911**



PRESS RELEASES



SPIRIT OF THE PEOPLE
3836 Midland Avenue, Suite 105, Scarborough, Ontario M1V 5K5
Tel: (416) 335-5077 Fax: (416) 335-5821
ABORIGINAL SUPPORT & HEALING CENTRE

ARE YOU A SURVIVOR
OF THE RESIDENTIAL SCHOOL SYSTEM
IF YOU ARE A DIRECT SURVIVOR
OR A GENERATIONAL IMPACT SURVIVOR
AND WOULD LIKE TO SHARE YOUR
HEALING JOURNEY
FOR THE BENEFIT OF OTHERS
WE WOULD LIKE TO HEAR FROM YOU.
FOR MORE INFORMATION
CONTACT SID DAVIS @ (416) 335-5077

PRESS RELEASE

NATIVE NORTH AMERICAN TRAVELLING COLLEGE
RR#3 Cornwall Island
Akwesasne ON K6H 5R7

For more information contact:
Teresa David at 613/932-9452

FOR IMMEDIATE RELEASE

The Native North American Travelling College Celebrates 25th Anniversary with Community.

AKWESASNE — July 6/99 —

The College is hosting a day of cultural events on August 1 and is inviting everyone to enjoy the festivities on the NNATC grounds. A full day of activities is planned for the entire family to enjoy. There will be live performances by three Native dance troupes. There will be ongoing demonstrations of craft and handiwork by skilled resource people. Local craftspeople will have their work for sale and food vendors will sell favorite menu items for this type of gathering.



The Native North American Travelling College is located in the heart of the Mohawk Nation territory. The 'College' is a cultural education center, established in 1974 by Mohawk Elder Ernest Benedict. Mr. Benedict had a dream to bring the First Nation culture, history, traditions and languages to the people in their own communities.

Mr Benedict purchased a Volkswagen van and went into the territories of the Cree, Ojibwe and Iroquois communities. Resource people skilled as singers, dancers, artists, craftsmen and Elders went on these educational journeys to share their expertise with the First Nations. The Volkswagen van traveled many thousands of miles. Eventually Mr. Benedict came to the realization that he could not travel anymore. The College became a permanent site on Cornwall Island in 1974.

The day's events will begin with a ribbon cutting ceremony to open the newly constructed gallery of the Travelling College. There will be an exhibition of works by Mohawk artists for the public to enjoy.

The live performances include the Jim Skye Iroquois Dancers, the Inuit Throat singers and the finale by the Kahurangi (The Maori Dance Theatre of New Zealand). Along with ongoing cultural demonstrations throughout the afternoon. Come and visit a Cree storyteller and visit a hunting tent with all the living necessities while on the traplines.

The Jim Skye Iroquois dancers have performed in many countries of the world, including Germany, Holland, France, Switzerland, Venezuela, Mexico, England, the United States and

Canada since 1946. The number of the dancers varies with each performance. It has varied from as little as four to as many as 150+ dancers. The most notable performance, being the Canadian National Exhibition, which required a grandstand performance involving 150+ dances, along with 30 horses and riders (including several trick riders). Through short lectures, some lighthearted humour and inviting people to participate in performances, the audience will be educated to dispel the notions that Native people are of a stoic nature and other stereotypes that tend to be reinforced by the "Hollywood" image of Indians.

With the launch of Nunavut, we have been able to add a number of exciting and unique Inuit elements to our program. The most popular interactive demonstrations of Inuit culture include throat singing accompanied by traditional drum-dancing.

The final performance will be the Maori Dance Theatre of New Zealand. Kahurangi is a national cultural, educational and employment program which encourages cultural understanding among people of all nations. Kahurangi, founded in 1983 is the only professional Maori dance company touring in North America. The eight to ten performers who have been touring North America are graduates of the Takitimu performing arts school in Hastings, NZ. This school is the only accredited institution in all of New Zealand that specialized in the instruction and preservation of the Maori language, arts, and culture. They are certified to conduct workshops and lectures in subjects relative to the cultural heritage of the Maori people.

With these three unique dance troupes to entertain the people, there is sure to be something for everyone's enjoyment at this special 25th anniversary event.

The day will end with our invitation to you to attend a community feast compliments of the Native North American Travelling College. Be sure to mark your calendar for August 1 and plan to attend the 25th anniversary celebrations of the Native North American Travelling College.

The College received funding from the Department of Indian Affairs to provide programs for the First Nations of the Haudenosaunee (Iroquois) Confederacy. These nations include the Mohawk, the Onondaga, the Oneida, the Seneca, the Cayuga and the Tuscarora.

Canadian

Communiqué

Monday July 6, 1998

CANADIAN AIRLINES AND ASSEMBLY OF MANITOBA CHIEFS SIGN AGREEMENT

CALGARY... Canadian Airlines and the Assembly of Manitoba Chiefs will sign an historic agreement in Whitehorse today, setting the stage for their partnership in pursuit of employment equity for Aboriginal people at Canadian Airlines.

The Assembly of Manitoba Chiefs will work closely with Canadian Airlines on initiatives to recruit and retain members from the Aboriginal communities, assisting the airline in the areas of outreach and recruitment activities in particular.

"This agreement was made possible by the hard work and dedication of the Assembly of Manitoba Chiefs, and will build on and further strengthen Canadian Airlines' existing efforts in the area of employment equity," said Frances Fiorillo, Canadian Airlines' Vice President of Human Resources.

Media are invited to attend the document signing to take place at 4:30pm at the Westmark Whitehorse Hotel in Whitehorse, Yukon. Frances Fiorillo, Vice President of Human Resources for Canadian Airlines will attend the ceremony.

FOR MORE INFORMATION CONTACT:

Jeff Angel
Canadian Airlines
Tel: (403) 294-6821

PRESS RELEASES



MUSÉE CANADIEN DES CIVILISATIONS
CANADIAN MUSEUM OF CIVILIZATION

MEDIA RELEASE

For Immediate Release

Opening in October 1999 —

Emergence from the Shadow: First Peoples Photographic Perspectives

Hull, Quebec, July 20, 1999 — Highlighting the photographic work of three prominent museum anthropologists and six Aboriginal contemporary artists, the Canadian Museum of Civilization (CMC) is currently at work creating **Emergence from the Shadow: First Peoples Photographic Perspectives**. Opening in the Art Gallery of the First Peoples Hall on October 22, 1999, the exhibition curated by Jeffrey M. Thomas will juxtapose stunning archival photographs with contemporary works, challenging popular notions about Aboriginal people in the first half of the twentieth century and today.

The archival photographs are drawn from the Museum's extensive photographic collections and include images taken between 1912 and 1949. Showcasing the work of Harlan I. Smith (1872-1940), Marius Barbeau (1833-1969) and F. W. Waugh (1872-1924), these photographs are a sensitive and valuable early record of First Peoples communities. In parallel, the work of six Aboriginal contemporary artists — Shelley Niro, Greg Staats, Mary Anne Barkhouse, Rosalie Favell, Greg Hill and Barry Ace — will give a voice to the artists' own interpretations of issues related to culture, time, place and the new social reality of First Peoples in the urban landscape.

"First Peoples' photographic work and the CMC's extensive photographic collection are basically unknown beyond the gallery world, the researcher's table and academic publications," says Joe Geurts, Acting President and CEO of the Canadian Museum of Civilization Corporation. "That is why we are so pleased to present an exhibition next fall which will highlight and combine these two important subjects — providing contemporary interpretations of these important historical photographs, while showcasing the vitality of work created by today's First Peoples artists."

The first section of the exhibition will highlight the documentary work of the three anthropologists with approximately 57 photographs. In the next section, consisting of 40 to 45 photographs, the exhibition will present works by the six Aboriginal contemporary artists, introducing each with a selected number of historical photographs — thus creating a link between past and present. This section of the exhibition will also include the Studio Room, a new multimedia and interactive installation by Barry Ace that will house his own family history investigations. Visitors will also be asked to share their thoughts about the photographs.

"The questions raised by this exhibition will confront the public's deeply embedded attitudes and will raise questions for the Aboriginal community as to how they view themselves and interpret the past, and how they integrate it into the current dialogue about self-determination," explains exhibition guest curator and photographer Jeffrey M. Thomas.

Emergence from the Shadow: First Peoples Photographic Perspectives will be presented in the Art Gallery of the First Peoples Hall at the Canadian Museum of Civilization, from October 22, 1999, to January 2001.

General information line: 1-800-555-5621 or (819) 776-7000

Information (media):

Manon Champagne
Media Relations Officer
Canadian Museum of Civilization
Tel.: (819) 776-7169
Fax: (819) 776-7187
manon.champagne@civilisations.ca

Rachael Duplisea
Senior Media Relations Officer
Canadian Museum of Civilization
Tel.: (819) 776-7167
Fax: (819) 776-7187
rachael.duplisea@civilisations.ca



JOINT MANAGEMENT COMMITTEE Aboriginal Healing and Wellness Strategy

880 Bay Street
2nd Floor
Toronto, Ontario M7A 2B6
Phone (416) 326-6905 - Fax (416) 326-7934

COMMUNIQUE

July 19, 1999

A ground breaking repatriation report on the healing process of Aboriginal adoptees, foster children and their birth families was released this week.

The Joint Management Committee of the Aboriginal Healing and Wellness Strategy released "Our Way Home" which documents for the first time in Ontario, the healing journey of the repatriation process of Aboriginal peoples and communities seeking to reestablish ties. These ties can vary from occasional visits, moving home to the birth community and communities actively seeking members to try to bring them home.

"Our Way Home" details the vast number of issues faced by Aboriginal people separated from their birth parents through adoption, crown wardship or foster care who search for their way home to their families, cultures and nations. Many experience a number of hurdles in their search such as, how to access information from social service agencies, fear of social service agencies such as children's aids societies and language and literacy barriers. The removal of Aboriginal children from their birth families by social service agencies in the 50s - 80s is known as "The Sixties Scoop".

"It is critical that we understand this sensitive issue and provide support to our people - the adoptees, foster children and their birth families as they seek to connect. Through this report we are consulting with our communities and organizations as to how we can effectively assist these people and communities in this emotional healing process." said Garnet Angeconeb, Aboriginal Co-Chair of the Joint Management Committee (JMC) of the Aboriginal Healing and Wellness Strategy (Strategy).

The report notes that there is limited awareness in both the Aboriginal and non-Aboriginal community about repatriation and the needs of adoptees, foster children and their birth families. "Our Way Home" recommends that an education process be developed to build awareness.

A comprehensive Aboriginal repatriation program has not been established in Ontario. The report stresses that Aboriginal social service agencies, friendship centres, women's organizations and community government workers assist people as best as they can, but are not able to be as effective as they would like. Further, the report notes that the provincial government's Adoption Disclosure Registry is under funded and unable to effectively serve people seeking information from the adoption files. Currently, there is a 7 year wait list to acquire information.

Donna Simon, Health Policy Analyst, Ontario Native Women's Association, and a member of the JMC said, "We look forward to hearing from our communities on how we can better assist people on their healing journeys to reconnect with their birth families and communities."

The JMC manages the implementation of the Strategy which is dedicated to the reduction of family violence in Aboriginal communities (on and off-reserve) and as well to enhancing access to health care and services.

The Strategy is entering its second 5 year phase. It is a joint initiative of Aboriginal organizations in Ontario and four (4) ministries of the provincial government. The four participating ministries are Community and Social Services, Health, Ontario Native Affairs Secretariat and Ontario Women's Directorate.

"Our Way Home" was prepared by the consultant team of Native Child and Family Services of Toronto, Stevenato and Associates and Janet Budgell under the direction of the Repatriation Committee of the Strategy. Research included interviews with people removed from their birth families, people seeking to repatriate, people who experienced unsuccessful repatriations, communities seeking to repatriate members, Aboriginal and non-Aboriginal child and family service agencies, a literature review and the few repatriation organizations that exist in Canada.

Copies of the report are available from the Za-Geh-Do-Win-Information Clearinghouse (705) 692-0420.

For additional information please contact: Donna Simon, Ontario Native Women's Association
(807) 623-3442

POLICE & S.O.D.I.



POLICE PAGE UNSOLVED CRIMES!

Break and Enter a Business on Ridge Road Tyendinaga, on the 08 Jul 99, various items taken, worth several thousand dollars. Incident # 108747-5 Cst. S. Maracle

Break and Enter to a residence on Lower Slash road, sometime between 25 Jul and 26 Jul 99, various items taken. Incident # 115717-1 Cst. R. Maracle

Anyone with any information is asked to contact Tyendinaga Police.



Helpful Hint for Car Seat Safety: If you are in an accident, you MUST replace your child's car seat. A seat that has been in an accident may not withstand another impact like a new seat would. It's much better to be safe than sorry in this instance.

The insurance company must pay for replacing the car seat. When you go and buy the new seat, save the receipt and then show it to the insurance company. They will reimburse you for it. Insurance companies may try and refuse to reimburse you, but hold your ground.

** For the complete list of safety check ups, visit the National SAFE KIDS Website.

CHILDREN AND AIRBAGS DON'T MIX!!!

HERE IS AN ALARMING FIGURE FROM THE NATIONAL SAFE KIDS CAMPAIGN:

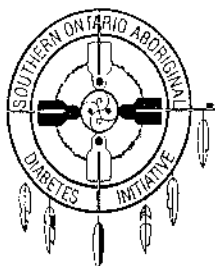
As of December 1, 1998, 68 children have been killed by passenger air bags. More than 20 percent of these deaths were among infants in addition 70 percent were either unrestrained or improperly restrained at the time of the crash.

Did you Know???

- In 1997, more than 282,000 children ages 14 and under were injured as occupants in motor vehicle-related crashes. Children ages 4 and under accounted for nearly 30 percent of these childhood motor vehicle occupant injuries.
- Seventy-five percent of motor vehicle crashes occur within 25 miles of home. In addition, 60 percent of crashes occur on roads with posted speed limits of 60 kms or less.
- The back seat is the safest place for children to ride. It is estimated that children age 12 and under are 36 percent less likely to die in a crash if seated in the rear seat of a passenger vehicle.

WE WANT TO EMPHASIZE THESE 3 REMINDERS ABOUT BUCKLING UP YOUR CHILD:

1. Children should be rear-facing until they are at least one year old AND over 20 lbs. Children must meet BOTH criteria before turning their seat around to face forward. Also check to make sure your seat accommodates children above 20 lbs. to be rear-facing.
2. Make sure the harness straps are snug. You should only be able to place one finger between the strap and your child.
3. Make sure the chest clip is placed at the armpits.



SOADI - EASTERN REGION
Carol Loft
Regional Diabetes Worker
Tel: 613-962-0199
Fax: 613-962-0499
e-mail: soadie@sucker creek.on.ca

July 19, 1999

She:kon (Hello),

My name is Carol Loft and I'm the Regional Diabetes Worker for the Eastern Region of Southern Ontario. My office is located on Tyendinaga Mohawk Territory, out of Red Cedars. I work for Southern Ontario Aboriginal Diabetes Initiative (SOADI) and their Head Office is located at Wahta Mohawks Administrative Centre.


Part of SOADI's vision is to support Aboriginal communities to decrease the high incidence of diabetes and its complications.

My role is to promote Aboriginal diabetes awareness; assist Aboriginal communities on and off reserves within my region to identify appropriate resources and services. I am available to assist in planning prevention and awareness strategies; help coordinate community/regional programs and events based on community needs.

I have resource material about diabetes, stress, exercise, etc. in the form of handouts and pamphlets. I have videos to lend, which is about diabetes, heart health, etc. I will come to your Health Fair, Pow Wow or any other event you have taking place and set up my display Board. If you are interested in obtaining resources, or want more information about diabetes call me.

In an attempt to contact people in my region that work on First Nations communities, Friendship Centres, etc, I may have missed you. If this is the case, please phone me at 613-962-0199.

Nia:wen,


Carol Loft



S.O.A.D.I. - EASTERN REGION
Carol Loft
Regional Diabetes Worker
Tel: 613-962-0199
Fax: 613-962-0499

July 19, 1999

She:kon (Hello),


The Wampum Belt Walk/Bike Ride was a success.

On Monday June 21, 1999, Native Solidarity Day, the Wampum Belt Walk/Bike Ride took place. It was time to move the Wampum Belt to Curve Lake. Everyone met at L.I.F.E. Services Centre in Hiawatha First Nation. About 50 people participated, ranging in ages from 3 years to 76 years old and they came from Hiawatha First Nation, Kahnawake, Akwesasne, Tyendinaga, and Parry Sound.

We left the L.I.F.E. Services Centre at 9am to begin our walk. The Wampum Walk/Bike Ride was broken down into walking the first 5km, biking 51.3 km and walking the last 5km into Curve Lake. This is a total of 61.3km or 38 miles. We were greeted by about 10 people at the Curve Lake entrance to the reserve and they walked in with us.

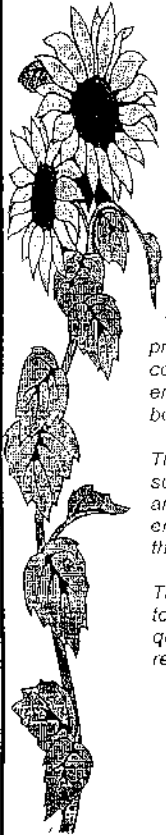
We arrived at Curve Lake Community Centre at 3pm, hot and tired. We had completed the entire trip an hour ahead of schedule.

Nia:wen


Carol Loft
Regional Diabetes Worker

The Wampum Belt was a dream of Joe Jacobs, to deliver a message to First Nations communities "Our Blood is Too Sweet". Joe's intention was to create diabetes awareness within our communities. The Belt cannot be moved by vehicle, but must be walked, biked or canoed to each First Nations Community that it travels to.

RED CEDARS SHELTER



Kingston
Community
Counselling
Centre

Women's Support Group
Wednesdays 9:30 to 11:30 a.m.
September 8th to October 27th, 1999

This group is offered to provide emotional and practical assistance to women who are with a controlling or abusive partner, or who have experienced emotional, verbal, or physical abuse from a husband, boyfriend, or female or male partner.

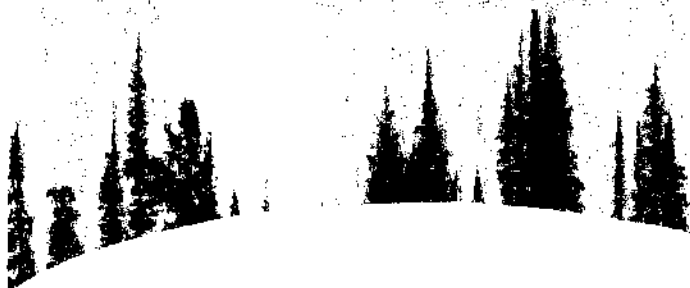
The group gives women a chance to connect, talk, support each other, and share feelings, experiences, and information in a confidential, small-group environment. Two women's counsellors will facilitate the group.

There is no charge for this group but participants need to register in advance by telephone. Places will fill quickly, so please call soon if you would like to be registered.

For more information, or to register, call Jan or Manijeh at 549-7850

We invite women from all backgrounds to participate.

MOON CEREMONY



All Women Welcome!

WHERE: RED CEDARS

WHEN: Aug. 26th @ 8:00 p.m.

Please wear a dress and bring water

Bring tobacco and cloth with you

(if you have it)

Any questions call: 967-2003

POTLUCK AFTER THE CEREMONY



Teen Dating Violence

Are you in an Abusive Relationship?

Are you dating someone who...

- Is jealous and possessive toward you, won't let you have friends, checks up on you, or won't accept breaking up?
- Tries to control you, is bossy, gives orders, makes all the decisions or doesn't take your opinion seriously?
- Is scary, threatens you, or threatens to use weapons against you?
- Is violent, has a history of fighting, loses his or her temper quickly, or brags about mistreating others?
- Pressures you for sex, is forceful or scary around sex, tries to manipulate you into having sex by saying things like "If you really loved me, you would..." or gets too serious about the relationship too fast?
- Abuses drugs or alcohol and pressures you to use them?
- Blames you when he or she mistreats you? Says you provoked them, pushed their buttons, made them do it, led them on?
- Has a history of bad relationships and blames other people for the problems they have?
- Believes that men should be in control and powerful and that women should be passive and submissive?
- Makes your family or friends worry about your safety?

If you answered yes to several of these questions, chances are you're in an abusive relationship. Another good measurement for this is simply to ask yourself, "Do I feel like I'm being mistreated?" If you answer yes to this question, then there is a good chance you are.

There are many kinds of abuse, from "joking" remarks about women to tickling, forced sex, slapping, pushing, and threatening with weapons. Emotional abuse can be particularly confusing, especially when it takes the form of friendly playing around. Teasing is a good example. If you feel embarrassed, hurt, humiliated, or inadequate as a result of your partner's comments, you are being emotionally abused. If your dating partner has slapped, pushed, or threatened you, it's important to take it seriously. It means she or he is trying to control you, and there's a good chance it will get worse unless you do something about it.

Every teenager has certain rights and responsibilities in a dating relationship. These rights are a part of all nurturing, loving and caring relationships. Some of these rights and responsibilities are listed below.

YOUR RIGHTS

- To refuse a date without feeling guilty
- To ask for a date and accept no as an answer
- To say no to physical closeness
- To end a relationship
- To have an equal relationship
- To have friends other than your dating partner
- To participate in activities that don't include your dating partner
- To have your own feelings and be able to express them
- To set limits—that is, to say yes or no or to change your mind if you choose
- To have your limits, values, feelings and beliefs respected
- To say "I love you" without having sex
- To be heard
- To be yourself, even if it is different from everyone else or from what others want you to be

Your Responsibilities

- To determine your limits and values
- To respect the limits, values, feelings and beliefs of others
- To communicate clearly and honestly
- To ask for help when you need it
- To be considerate
- To check your actions and decisions to determine whether they are good or bad for you

"FAMILY VIOLENCE IS NOT PART OF OUR TRADITIONS"

Remember if you have an EMERGENCY

CALL

911

RECREATION

NIA:WEN FROM RECREATION!!

Justin Middleton is from the Aboriginal Media Youth Services Program at FNT1 and was gracious enough to take pictures for us at the Grand Opening of Karonhiakta'kie Sports Canteen and Games Room.
Nia:wen

Kelowna Native Performers were here on the Territory, July 19 & 20, to do four different interpretations of the Creation Story by play. We would like to thank the following people for helping out at this event. If it weren't for our volunteers, these activities would not be possible.
Mice Maracle (canteen)
Skin & Andrew (setting up chairs)
Brian Isaacs (taking pictures)
Brad & Wendy (cooking lunch)
Nia:wen

On July 18, 1999 there was a fund raiser BBQ at Dewes Grocery Store in Belleville. This fund raiser was to raise money for sports equipment. Thanks to Greg, Darlene, April and Isaiah Loft they were able to raise \$100.00. Great work!
Nia:wen

T-Ball and 3 Pitch was a very successful event this year and there are many, many people to thank for this well appreciated activity. First to our sponsors TMT Sports, Mohawk Coffee Service, Sucker Creek Development, KC Builders and Kelly's Auto Service. Second to our Coaches Christina Sliva, Gord Foster, Cindy Akey, Mike "Mice" Maracle, Eric "Tee-Bags" Maracle and Phil Bowden. Last we need to thank all the wonderful children and parents for your support and dedication. These young people put allot of time and effort into learning and becoming the next A-Team to represent our Territory. If you didn't have a chance to come out and watch any of these ball games, we hope to see you next year!
Thanks to all the people who came to the year end BBQ and again we are very sorry for any inconvenience or misunderstanding that accrued where dates were concerned.
Nia:wen

WANTED



FRESH, YOUNG AND MOTIVATED MEMBERS
WHO ARE PERFORMANCE ORIENTED FOR
THE RECREATION COMMITTEE

Please contact Darlene @ 396-3424 if you'd like to be part of this fun crew.

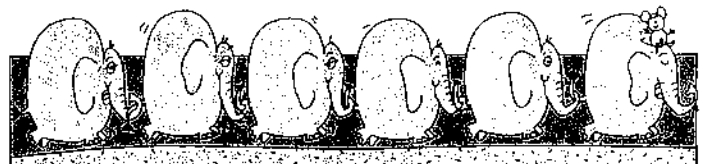
WANTED



**ELDERS, WHO ARE YOUNG AT HEART, TO
BE ACTIVE MEMBERS OF
*THE RECREATION COMMITTEE***

Please contact Darlene @ 396-3424 if you'd like to be part of this fun crew.

*Recreation Fundraising
Tickets were sold on a wonderful
quilt which was made by
Helen Spencer.
The draw took place at the Band
Office , June 30 by Luella Hill
Congratulations to Karen Lewis.
Nia:wen to the all who
purchased a ticket.
\$100. towards Recreation.*



EMPLOYMENT & TRAINING

THE SEXUAL ASSAULT CENTRE
FOR QUINTE & DISTRICT



**WE CURRENTLY NEED
RESPONSIBLE, CARING WOMEN
TO VOLUNTEER ON OUR**

24 HOUR CRISIS LINE

*TO SUPPORT AND PROVIDE INFORMATION TO SURVIVORS OF
SEXUAL VIOLENCE*

**TRAINING PROVIDED
NO FORMAL EDUCATION NECESSARY
IF YOU ARE INTERESTED IN
SURVIVORS' ISSUES**

AND WOULD LIKE TO VOLUNTEER

PLEASE CALL BRENDA 967-6300 MEMBERS OF UNITED WAY



**** NEW ****

Public Administration Degree Program

The **Public Administration Degree Program** is an exciting new program being offered jointly by FNTI and Ryerson Polytechnic University. This program is an important initiative that will provide learning and academic accreditation to First Nation Administrators. It will assist First Nations government administrators (and administrators of other Native Organizations) to manage effectively and to gain control over their economic future.

The program will provide recognition and accreditation for those executive personnel who already have substantial experience. Further it will provide the best forum for young adults in First Nations communities who will be the leaders of tomorrow.

First intake of this program is starting in SEPTEMBER 1999!

Some of the courses included are:

- ◊ Power & Influence in Canadian Politics
- ◊ Understanding Financial Management in the Non-Profit & Government Sectors
- ◊ Understanding Canadian Public Administration
- ◊ People, Policy and Money: Public Administration
- ◊ Aboriginal Politics & Self-Government
- ◊ Issues in Equity and Human Rights
- ◊ Human Resource Management

For more information, or to register, contact:

Bruce Wright, FNTI Business Programs Manager
Phone: 396-2122 or 1-800-267-0637
e-mail: brucew@fnti.tyendinaga.net

or visit our web page: www.tyendinaga.net/fnti/public

Aboriginal Media PROGRAM

Fall 1999

The ABORIGINAL MEDIA PROGRAM at the First Nations Technical Institute will provide you with a chance to cover Native issues from a native perspective, using photography, video, radio and written communication skills.

PROGRAM HIGHLIGHTS:



- »» Two-year college diploma in Print Journalism
- »» Aboriginal coverage of Aboriginal issues
- »» Build a portfolio of published materials
- »» Radio broadcast training
- »» Video production training
- »» Internet research and publishing
- »» Training provided in an Aboriginal community

~ Participants may be eligible for financial assistance ~



First Nations Technical Institute
Old York Road
Tyendinaga Mohawk Territory
via Ontario K0K 1X0

Call Monique Manatch or
Michael Asselstine
1-800-267-0637
e-mail
moniquem@fnti.tyendinaga.net
or mikea@fnti.tyendinaga.net
visit our website at
www.tyendinaga.net/media.htm



Small Business Entrepreneur Program

The **Small Business Entrepreneur Program** is an exciting program being offered jointly by FNTI and St. Lawrence College. The program provides training for current and "want-to-be" entrepreneurs. Learners will receive training that will assist them with the planning, startup, and operation of their own small businesses.

Increasingly, Aboriginal people are finding entrepreneurship to be a route to empowering themselves as individuals, families, and as communities. Small business development is a way to help achieve Aboriginal self-determination in a culturally appropriate manner.

This program is a 1-year Certificate program. There are 8 courses in total, and the program is offered on a part-time or full-time basis. The program may be delivered at FNTI on the Tyendinaga Mohawk Territory. Learners not wishing to complete the entire program may take individual courses that are relevant to their needs. The 8 courses are:

- ◊ Entrepreneurship (Venture Development)
- ◊ Introduction to Accounting
- ◊ Introduction to Marketing
- ◊ Developing Writing Efficiency
- ◊ Introduction to Computers
- ◊ Effective Supervision
- ◊ Computerized Accounting Applications
- ◊ Small Business Management

Applications are now being accepted for September 1999!












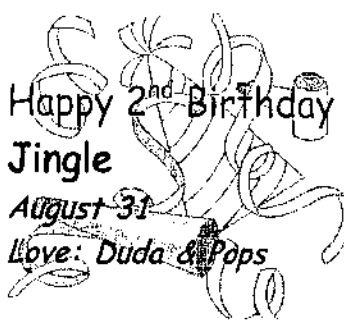

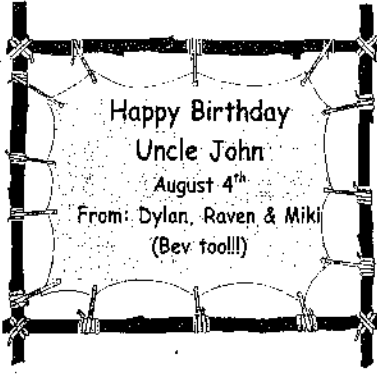




For more information, or to register, contact:
Bruce Wright, FNTI Business Programs Manager
Phone: 396-2122 or 1-800-267-0637
e-mail: brucew@fnti.tyendinaga.net

or register on-line at www.tyendinaga.net/smallbus.htm

**Small
Business**
Entrepreneur Program

"Open up a whole world of opportunities"

BIRTHDAYS

<p>Happy Belated Birthday</p> <p>Grandma Joyceel July 29</p>  <p>We Love You! Wendy, Joy & Holly</p>	<p>Nifty, Nifty Look Who's Fifty!!!</p> <p>Happy Belated Birthday Carole Seeno July 29</p>  <p>Love from Nay Nay & Rocky</p>	<p>Happy Birthday!</p>  <p>"Uncle Skin"</p> <p>Love Cole & Riley & Kyle</p>	<p>Happy Belated Birthday!</p>  <p>Cory July 27</p> <p>Love Stephanie & Jacob</p>
<p>Happy 39th Birthday!</p> <p>Colleen Aug 18</p>  <p>From Your Sister In Law Tina</p>	<p>Happy 38th Birthday!</p> <p>Albert Aug. 23</p>  <p>From Your Loving Wife Christina</p>	<p>Happy Birthday!</p>  <p>Dad Aug. 23</p> <p>Love David & Brandie</p>	<p>Happy Birthday Jig Aug. 6th</p>  <p>Love Always & Forever Mom & Lisa</p>
<p>Happy Birthday!</p> <p>Grandma Aug. 6</p>  <p>Love Shannon, Chass Keelan, Austin, Chavis and Trey</p>	<p>Happy Birthday!</p>  <p>Daddy Aug. 14</p> <p>Love Keelan (& Kel)</p>	<p>Happy Birthday</p>  <p>Aunt Jig Aug. 6th</p> <p>Love Always & Forever Parker</p>	<p>Happy 1st Birthday!</p>  <p>Mitchell July 31</p> <p>Love Mommy & Jacob XOXO</p>
<p>Happy 2nd Birthday Jingle August 31 Love: Duda & Pops</p> 	<p>Happy Birthday!</p>  <p>Chass Aug. 10</p> <p>:Love Uncle Mike Aunt Kelly & Keelan</p>	<p>Happy Birthday Uncle John August 4th From: Dylan, Raven & Miki (Bev too!!)</p> 	<p>Happy 11th Birthday!</p>  <p>Mindy August 9th</p> <p>Love Chick, Nylons & Zobie</p>
<p>A Surprise celebration was held at Kanata Hall in Honour of Ron & Betty Thompson's 25th Wedding Anniversary</p> <p>Congratulations & Best Wishes from Your Family & Friends</p>			<p>Happy 5th Anniversary!</p>  <p>Ron Aug. 20</p> <p>Love Shelley</p>
<p>Aug 10 1974 - 1999</p>		<p>Aug 10 1974 - 1999</p>	<p>Happy 15th Anniversary!</p>  <p>Albert & Christina Maracle</p> <p>August 10</p>

COMMUNITY INTEREST

*It's
a BOY!*



Rick and Amy Maracle would like to announce the Arrival of their child.

" Dakota Richard Paul Maracle "
 Born: July 23
 Weight: 10 lbs. 15 oz.
 At 4:15 p.m:

Congratulations!



The Board of Directors and Staff of Kagita Mikam wish to add our heartfelt congratulations, to those students who are graduating this year. We acknowledge that along with financial support , dedication, hard work and diligence is required to complete this phase of your career. We know you display all the essential requirements to achieve your goals. We are proud of you and celebrate your accomplishments. We wish you every success in all your future endeavours.

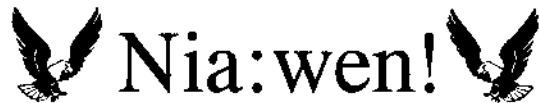
On behalf of my family

NIA:WEN

I would like to express our appreciation to the people who showed their genuine concern, care and love during my brother, **Arnold "Deter" Brant's**, illness and passing. I would also like to acknowledge my niece and nephew, Edith and Roy Green, for opening their home to Deter upon his release from hospital, which meant his content.



May God Truly Bless

Orval and Lorna Brant & Family



The Tyendingaga Bantam Akweks would like to thank everyone who so graciously supported their fastball team by purchasing chocolates and 50/50 tickets. The lucky winner of the 50/50 draw was STACEY MARACLE-QUIGLEY who won \$146.00. Stacey donated \$50.00 back to the team. *Thanks Stacey!* Also we would like to thank JOANNE MARACLE who was involved in the initial start up of the team. *Special Thanks* to the Tyendingaga Recreation Committee for the purchase of equipment and to all parents who are involved. Thanks! Tyendingaga Akweks

**Deadline date for the Newsletter
 Tuesday, August 24 at noon
 396-3424**


 DINKWEHON:WE NATIVE PEOPLE
 HELPHINZ
 NATIVE PEOPLE


For the Month of April the Committee Congratulates *Bayview Variety Band Office B. & M. Variety*

\$120.00 was the total amount collected

May & June the Committee Congratulates *Roxannes Place Miracle Food Mart Native Expressions Deseronto Foodland*

\$180.56 is the total Amount collected for these months

MOHAWKS OF THE BAY OF QUINTE FOOD BANK

The Food Bank Committee wishes to thank all businesses and offices who assist us in our Food Bank Jar Collection. Thanks to:

- | | |
|-----------------------------------|-----------------------------------|
| <i>Aboriginal Expressions</i> | <i>Administration Office</i> |
| <i>Bayview Variety</i> | <i>Chief's Inn Restaurant</i> |
| <i>Roxanne's Place</i> | <i>Chief's Inn Store</i> |
| <i>TMT Sports</i> | <i>Turtle Island Crafts</i> |
| <i>Tyendingaga Computer</i> | <i>McMurter Home Centre</i> |
| <i>Kagita Mikam</i> | <i>Native Renaissance II</i> |
| <i>Family Services</i> | <i>Maracle Mohawk Gift Centre</i> |
| <i>York Rd. Restaurant</i> | <i>Miracle Food Mart</i> |
| <i>Ward's Gas Bar</i> | <i>Shirley's Variety</i> |
| <i>T.M.T. Police Services</i> | <i>Native Expressions</i> |
| <i>B. & M. Variety</i> | <i>Pat's Variety</i> |
| <i>Quinte Mohawk School</i> | <i>Deseronto Foodland</i> |
| <i>Ka:hniote Library</i> | <i>Elder's Lodge</i> |
| <i>Thayendanega Health Centre</i> | <i>Bayshore Flowers</i> |
| <i>Mrs. Herb's Restaurant</i> | <i>Hairitage Beauty Shop</i> |
| <i>F.N.T.I.</i> | <i>1st Nations Pharmacy</i> |

UPCOMING EVENTS

CORN SOUP Supper

Thursday, October 21
5 - 7 p.m.
Senior Citizens Hall
(59'ers) Hwy # 2

\$6.00 (Per Person)
\$3.00 (Children under 10)

Menu

Corn Soup
Homemade Bread
Homemade Pies
Tea or Coffee



REMINDER:



If you wish to have your
flower and/or vegetable garden
judged for the Annual Mohawk
Fair.

Please Call:
Brenda at 967-8230
or Val at 962-6031



ALZHEIMER CHARITY GOLF TOURNAMENT 3RD ANNUAL GOLF DAY

DATE: Thursday, August 26th, 1999
PLACE: Oak Hills Golf Club
SIGN IN: 3:30 p.m. - 4:15 p.m.
TEE OFF: 4:30 p.m.
COST: \$ 40.00 per player

Cost includes: Green Fee, Dinner and Prizes

* Carts available for rental

PROCEEDS WILL GO TO THE ALZHEIMER
SOCIETY OF BELLEVILLE - HASTINGS

Please register by August 12th, 1999

Name(s): _____

Company/ Facility: _____

Registration: Golf Fees & Dinner _____ x \$40.00 = _____

Make cheques payable to Alzheimer Society of Belleville - Hastings
Crown Ridge Place - 106 Crown St. - Trenton, Ontario - K8V 6R3
Attention: Shaanon DeMille
Tel: 392-1289 Fax: 392-6939

The "HILL" 5th Annual Reunion

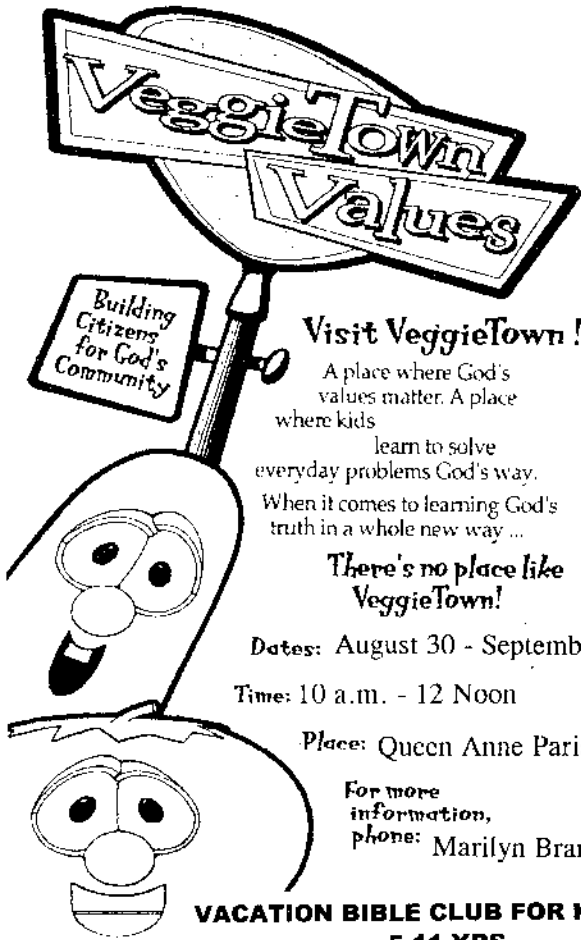
*in memory of the late
Oliver Hill & Effie Barnhardt.
On August 22, 1999.*

*All relatives are welcome for
a fun filled afternoon of good food,
games, live entertainment and
friendly conversation.*

*Come to the Tsitkerhedodon Park
from 1 a.m. - 5 p.m.
On the Bayshore Rd off of Hwy. 49
& watch for the signs.*

*Potluck supper, Don't forget
your lawn chairs and coolers.*

UPCOMING EVENTS



Visit VeggieTown!
 A place where God's values matter. A place where kids learn to solve everyday problems God's way. When it comes to learning God's truth in a whole new way ...

There's no place like VeggieTown!

Dates: August 30 - September 2, 1999
Time: 10 a.m. - 12 Noon
Place: Queen Anne Parish Centre

For more information, phone: Marilyn Brant 967-1129


VACATION BIBLE CLUB FOR KIDS AGE 5-11 YRS
 PRESENTED BY CHURCH ARMY MARITIME CHILDREN'S MINISTRY

OPEN HOUSE

Mary McKenzie will be celebrating her 80th Birthday On Saturday, August 21 Foster Ward Community Centre (St. Pauls St. Belleville)

Family & Friends are welcome from 2 - 4 p.m. & 7 - 9 p.m.

Your Presence is your Present!



"AlterNATIVES"
 is a play written by Drew Hayden Taylor
 The play centers around a dinner party given by a university professor and her live-in Native partner, Angel. The play is comedy but "tackles very serious issues."

This play is playing

SATURDAY, AUGUST 14, 1999
 Curtain 2:00 P.M.
 Wine & Cheese 5:00 - 7:00 P.M

DOOR PRIZES AND SILENT AUCTION
 (Fundraiser for the Woodland Cultural Centre)

For More Information call:
WILL BRANT AT 396-2537
 OR
CHIEF R. DONALD MARACLE AT 396-3424

COME ON OUT!

Attention Anyone and Everyone
 What: Aboriginal Youth Services Video Screening
 When: August 29/1999
 Where: Council House, across the road from Mrs. Herbs on York Road
 Why: To show off great videos, web pages and get full of Mrs. Herbs cooking!

Dinner Tickets \$6.00 a plate
 R.S.V.P
 Liz Brant @ 396-2122



UPCOMING EVENTS

90th Birthday



The family of
Loretta Mae Bernhardt
cordially invite you
to her 90th Birthday Tea

on
August 7th, 1999

Between the hours
of 1-3 pm

at Tyendinaga Orange Hall

Best Wishes Only



Next Tour ...

...all aboard

CASINO HULL

August 8, 1999

COST \$20.00 per bus seat

CASINO RAMA

August 14, 1999

Cost \$10.00 per bus seat (incl. meal)

**TYENAKWE TOURS
PRESENTS A SENIORS' TRIP TO
MOHAWK BINGO PALACE & CASINO**
August 24, 1999
COST \$15.00 per bus seat

TO RESERVE A SEAT CALL Wanda at 967-2361 TODAY!
(ALL POSTINGS SUBJECT TO CANCELLATION OR ALTERATION)

Back to The Fair Dance!

Saturday, Aug. 7
8:00 p.m. - 1 a.m.
\$5.00 per person
Mohawk Community Centre

Fundraiser by the Mohawk Agriculture Centre

Don't Forget!



**YOUTH DANCE
AUGUST 13TH,
at the Com. Ctr.
THEME:
NATIVE
DRESS**

If you wear a leather outfit, ribbon shirt or dress, you pay only half price(\$1). There is a \$20 prize for the best dressed.
7-9p.m. for ages 7-9
7-11 p.m. for ages 10-14
Parents must come to door to pick up their kids.

UPCOMING EVENTS



Come Join the Fun!

Kanhiote Library is having a
Summer Storytime Program

It's for Kids from 3 - 10 years old.

**Call: 967-6264
for more information**

3 - 5 yr olds: Thursdays from 10 a.m. - 10:45 a.m.
6 - 10 yr olds: Mondays from 10 a.m. - 11:00 a.m.

*Stories, Crafts, Snacks, Games & Fun!
And Its All Free! Come Join Us*



*Go Surfing at Kanhiote
Library August 7
starting at 9:00 a.m.*



Browse the Internet with the help of Karen Holley - Kanhiote's CAP- (Community Access Program) Worker.

While you are there shop at the YARD, BAKE, BOOK SALE,

Stay for lunch & enjoy a Scone Dog & a cold drink.



SEE YOU THERE AT OUR SUMMER FUNDRAISER PARTY!!!

CAP SITE IS ALSO AVAILABLE ON REGULAR LIBRARY HOURS!

Come join me Karen Holley at the Kanhiote Mohawk Library for the fabulous CAP- (Community Access Program) It's FUN! and It's FREE!

CAP is set up to give people the opportunity to use the computer, and the Internet etc. Let me help you Access Technology & Learn the many benefits.

As we get closer to the year 2000, wouldn't it be nice to have a better understanding of computers and their uses?.

I will teach you how to use the Internet and how to create an E-Mail Address to keep in touch with your friends that are out of town.

Come and Let CAP Work For You!!!

Kanhiote Mohawk Library Hours are:

Tuesday	8:30-4:30
Wednesday	8:30-4:30
Thursday	12:00-4:00 6:00-8:00

HOPE TO SEE YOU THERE!!!
For More Information Please Contact 967-6264



KWE 105.9 FM, 1133 YORK ROAD, TYENDINGA TERRITORY, VIA / DESERONTO, ONTARIO, K0K 1X0
PHONE & FAX: (613) 967-0463, E-MAIL: kweradio@sucker creek.on.ca

UPCOMING SUMMER FUNDRAISING ACTIVITIES

3rd ANNUAL YARD SALE & BBQ

On Saturday, August 7th you're invited to take advantage of some great bargains and get your belly full at the same time! It's gonna be a blast and we hope to see you there!

INAUGURAL KWE GOLF TOURNAMENT

On Friday, August 27th, KWE Radio will hold, what we hope, will become our Annual Golf Tournament. It will be held at the Briar Fox Golf & Country Club and will be a Four Person Best Ball Scramble. Entry fee is \$60 and that includes a delicious Steak Dinner. For registration info, contact Kevin Brant at 967-0463 OR 396-2570!

ALL PROCEEDS FROM THESE EVENTS WILL GO TOWARDS THE PURCHASE OF A NEW TRANSMITTER!!!

**August 08, 1999
Second Annual Sharing Circle
For Prisoners, ex-Prisoners and Their Families**

**NATIVE SPECIFIC PROGRAMMING
HEALING THROUGH TRADITION, CULTURE AND SPIRITUALITY
(Adults and Young Offenders)**

- Understanding
- The Inter-generational effects of Residential Schools
- The 60's & 70's Scoop of Native Children into C.A.S.
- The Continued Assimilation of Native Youth/Adults in:

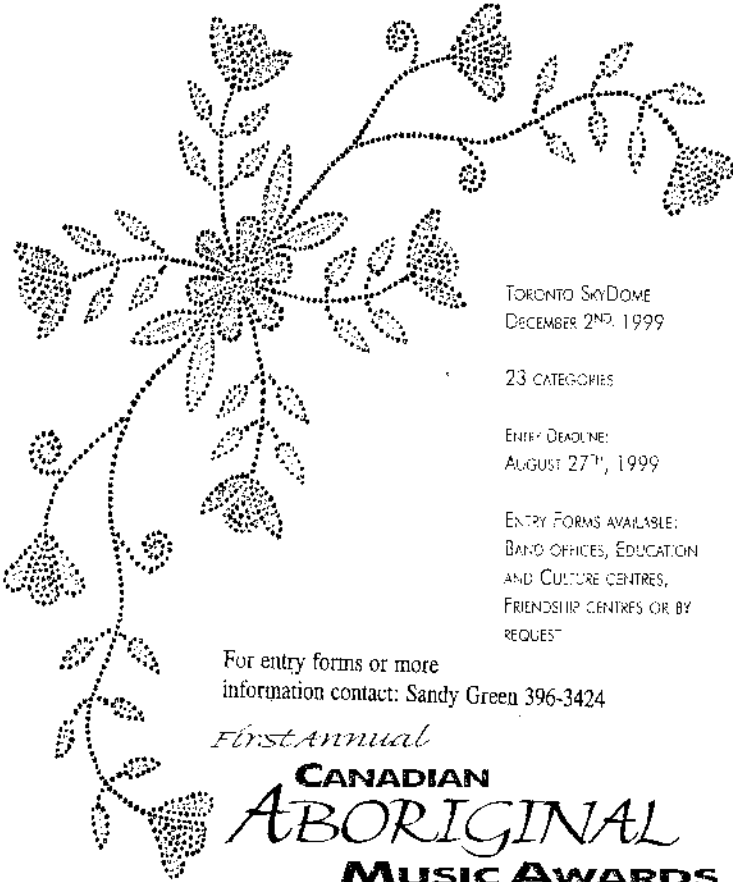
- Young Offender Centres
- Adult Provincial Prisons
- Federal Penitentiaries



Organized by:
The Homeland's Native Prisoner Support Group
&
Circle of Friends Native Inmate Visitation Group

Place:	Time:	Contact:
Four Points Sheraton Hotel 1150 Wellington Road South London, Ontario (2 Blocks north of hwy 401)	9:00 am - 6:00 pm PUBLIC WELCOME	Harold Koehler (519) 453-5452 Jo Hartley (519) 474-1254 Paul Doxtator (519) 652-1048 Manly Saddler (519) 453-7468

UPCOMING EVENTS



TORONTO SKYDOME
DECEMBER 2ND, 1999

23 CATEGORIES

ENTRY DEADLINE:
AUGUST 27TH, 1999

ENTRY FORMS AVAILABLE:
BAND OFFICES, EDUCATION
AND CULTURE CENTRES,
FRIENDSHIP CENTRES OR BY
REQUEST

For entry forms or more
information contact: Sandy Green 396-3424

First Annual CANADIAN ABORIGINAL MUSIC AWARDS

PRESENTED BY:



AND

CANADIAN
ABORIGINAL FESTIVAL
DECEMBER 2 - 5, 1999

10 WOODWAY TRAIL, BRANTFORD ON, N3R 5Z6

PHONE: 519-751-0040 FAX: 519-751-2790 EMAIL: indianartcrafts@ispynet.com WEB: WWW.CANAB.COM

KARON'HIAK TA'KIE SPORTS CANTEEN

& Games Room
fun hours



MONDAY TO THURSDAY

4:30 P.M TO 9 P.M

FRIDAY - 9:00 A.M TO 3 P.M

SUNDAY - 12:30 TO 5 P.M

IF YOU NEED US, CALL US!

WE DO BIRTHDAY PARTIES

NO TAXES, Fate PRICES

Contact: Dar,Loft or Wendy Rogalsky
for more information - 396 - 3424

EXTENDING A NATIVE CHRISTIAN VOICE OF HOPE TO OUR NATION



Spirit Alive T.V. Ministry

invites you to view our inspirational
and lifechanging Programs for August

- August 7 / 8 "The Ragged Journey"
- August 14 / 15 "Secrets of Faith"
- August 21 / 22 "Power To Go On"
- August 28 / 29 "Guilty or Innocent?"

seen on CKWS on Sunday
Mornings at 7:00 a.m. and on
Vision TV on Saturday Mornings
at 8:00 a.m.

For Prayerlines - Call During Program
613-396-1435

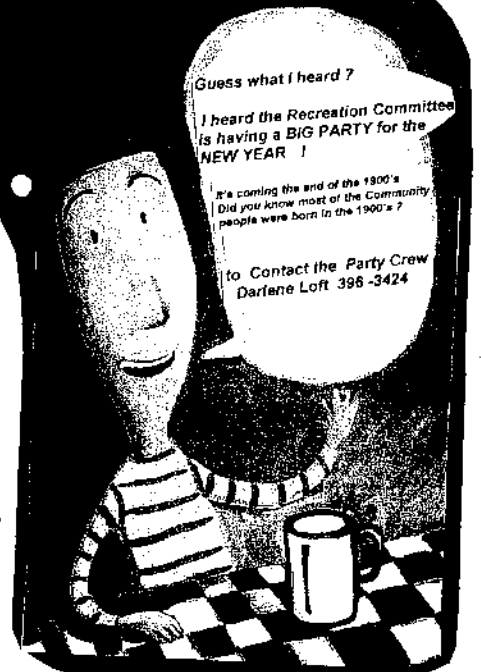
Spirit Alive, P.O. Box 280, 303 Airport Road, Deseronto, Ontario K0K 1X0

NEW YEAR'S EVE PARTY TIME



Can you tell us who in our community
was born before 1900?
Give me a call and win a prize!!

Watch out for more information
in the Next newsletter



Guess what I heard ?

I heard the Recreation Committee
is having a BIG PARTY for the
NEW YEAR !

It's coming the end of the 1900's
Did you know most of the Community
people were born in the 1900's ?

to Contact the Party Crew
Darlene Loft 396 -3424

CLASSIFIED

BABY SITTER AVAILABLE

- taken babysitting course
- willing to babysit anytime
- very responsible

Please Call Steph: 396-3270

LOST & FOUND

- pink backpack filled with treasures
- a lawn chair
- sun umbrella
- 2 hats
- shirt
- 2 gloves
- 1 sandal
- sports bottle
- 2 skipping ropes
- plastic toy gun
- necklace
- headband

If you are missing any of these things They can be picked up at the sports Complex by identification.

(Unclaimed articles will be donated)

*** PLEASE NOTE ***

PLEASE CONTROL YOUR PETS DON'T LET THEM RUN LOOSE FOR THEIR OWN SAFETY

FOR SALE

- PORTABLE SCHOOL ROOM**
- Approx. 32 X 32
 - fully wired and baseboard heating
 - must be moved

Please Call: 967-6572

FOR SALE

- SMALL HOUSE**
- located on the beach road
 - In Shannonville
 - Lot size Approx. 1/2 acre

For more details call: 969-7843

FOR SALE

- 3 BEDROOM HOUSE**
- bungalow
 - located on Beach Rd.
 - separate storage garage
 - central air
 - new water and septic system
 - 1 acre

Please call: 966-0642 after 5 p.m.

FOR SALE

- TONNEAU COVER**
- fits 8' box

- 1 PAIR OF BINOCULARS**
- Tasco 20 X 60

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Please call 396-3960 and ask For Bob for prices and more

FOR SALE

- SONY CAMCORDER**
- rarely used
 - like new, accessories included

Call Sam at 962-2439

FOR RENT

- 2 BEDROOM UPPER APARTMENT**
- located on the Airport Rd (4 Plex)
 - 1st & Last Months Damage Deposit required

FOR SALE

- WATERFRONT LOT**
- located on Cedar Glen Rd.
 - Nice area

For more information contact Sam Maracle at 962-2439

FOR RENT

- 2 BEDROOM TRAILER**
- located at # 134 Slash rd.
 - fridge & stove included
 - oil heated

Please call Bob or Jean at 396-3708

*** WANTED ***

The Mohawk Agric. Society has traditionally offered a Full Course Hot Meal to the General Public on the Sat. of the Mohawk Fair. The Meal is served downstairs at the Community Centre and this year is Sept. 11, 1999. The Society is inviting interested Groups or Businesses to submit proposals in writing for meals on Saturday and/or Sunday. We would ask that interest be submitted by AUGUST 20/99. To submit your application send to Dennis Lewis Box 3 Shannonville, K0K 3A0 For more information 962-1053

FOR SALE

- BUILDING LOTS**
- 100' X 150' lots
 - located on the south side of Hwy #2 west of Deseronto and just east of church lane
 - lots are fully serviced with water and sewer and natural gas

For more information call: 613-396-2097

DAYCARE AVAILABLE

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- Healthy breakfast and afternoon snack provided
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- Non weather-permitting days in my child-safe daycare area (toys, games, activities, crafts)

- First Aid/ C.P.R. Certified
- Excellent references

Shari Maracle: 396-3077

FOR SALE

- BUILDING LOT**
- 150' X (Negotiated depth)
 - Located 1 km. east of the 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

- 5 FT. 4 jet JACCUZIE BATH TUB**
- silver grey in colour
 - NEVER USED
 - still in the carton
 - asking \$400.00

- CHAIR LIFT**
- water powered for standard
 - Size bath tub
 - NEVER BEEN USED
 - asking \$500.00

Please Call: 966-2855

NEWSLETTER DEADLINE

IS Tuesday, Aug. 24 AT NOON

CALL: 396-3424

FOR RENT

- 700 FT RETAIL OR OFFICE SPACE
- located on the corner of Hwy 49 and Slash Rd.
- front of K.C. Builders Building
- includes heat, hydro, carpet floor, bathroom and alarm system

Call: 396-1259

***** Special Notice to Tyendinaga *****
***** FOOD & CRAFT VENDERS! *****

Please check with *Sharon John 396-5573* or *Don Brant 396-2553* before setting up your booth at the Pow Wow/99. Craft spaces are 12' X 12' & Food spaces are 15' X 15'. Spots will be laid out with a chalk line. **"Please bring a marker with your name on it for identification."** The gates will be opened to the public at 10:00 a.m. We appreciate your cooperation to ensure a safe and healthy Pow Wow.

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Call: Glenn Hill 962-5470

FOR RENT

- COTTAGE**
- 2 Bedroom
 - insulated all year round
 - located on Gordons Point
 - available Immediately!

Please call: 962-1992 after 6 p.m

Attention Tyendinaga Residents

First Nations Technical Institute's - Aboriginal Media Program is currently seeking people willing to offer room and board to our learners for the fall session. The learners will be in our community for two weeks from September 13 to September 24. This session is the first of a series taking place at FNTI. The learners are working toward a diploma in Print Journalism.

Aboriginal Media PROGRAM

For payment rates and information please call Monique Manatch at 396-2122 or email: moniquem@fnti.tyendinaga.net



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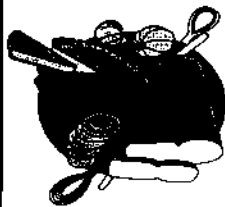
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