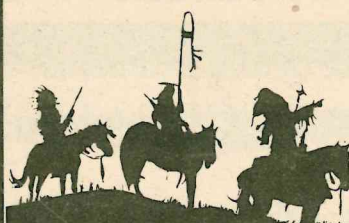


# TYENDINAGA NEWSLETTER

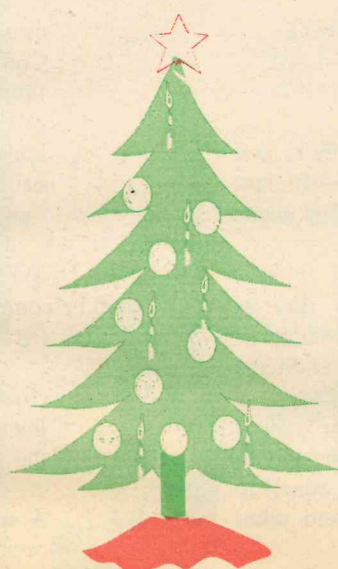


## ISSUE 12/96

### *Holiday Greetings*

*We extend our warmest wishes that  
your holiday will be happy and safe  
and will be enriched with the blessing of  
love and peace.*

*Chief, Council & Staff*



#### PLEASE NOTE:

Due to holidays the Administration office will be  
CLOSED FRIDAY Dec. 20/96 AT 4:30 P.M. and will  
REOPEN THURSDAY Jan. 2 1997 at 8:30 A.M..

#### In this Issue:

Administration Notices - front - 3

Environment - 4

Health Centre - 5 - 6

Family Services - 7

Employment - 8

Police - 9

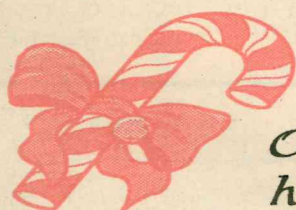
Community Interest - 10 - 12

Upcoming Events - 13 - 15

Classifieds - 16

Business Advertisements - 17 - 20

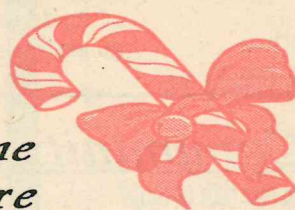
### *House Decorating Contest*



*Once again the time  
has come to prepare  
for the Annual  
House Decorating  
Contest sponsored  
by the Mohawk  
Recreation  
Committee*

*If you are interested in  
entering the contest  
contact Andrew  
Alkenbrack at the Admin.  
Office 396-3424.*

*Homes will be judged on  
the night of DECEMBER  
16TH.*



#### Newsletter Deadline

Jan 6/97

12:00 noon

396-3424



#### EUCHRE NIGHT!

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



ADMINISTRATION NOTICES

RECREATION FUNDRAISING By-law authorizing BINGO

On November 6th, TMC approved that the following be inserted in the newsletter together with the draft by-law:

The Tyendinaga Mohawk Council has drafted a by-law which would authorize a new Committee of Council, called the "Recreation Fundraising Committee" to conduct Bingos, sell break-open Nevada tickets and other sales and raffles to raise money for recreation. The Department of Indian Affairs simply does not provide enough money to cover all of our recreation expenses. We need to construct a recreation complex to serve the needs of the community. Unless we raise the money, ourselves, Council cannot foresee it ever being built.

*If you have any questions or concerns about this by-law, please respond in writing to the Administration Office before December 17th.*

MOHAWKS OF THE BAY OF QUINTE  
RECREATION FUNDRAISING BY-LAW  
NO. 96 - 1

WHEREAS the Department of Indian Affairs and Northern Development refuses to provide sufficient financial resources to support the recreational needs of the Tyendinaga community;

AND WHEREAS the Mohawks of the Bay of Quinte First Nation is determined to conduct its own recreation fundraising on the Tyendinaga Mohawk Territory;

AND WHEREAS Section 81 (1) (m) of the Indian Act empowers the Tyendinaga Mohawk Council to make by-laws respecting public games and other amusements;

AND WHEREAS Section 81 (1) (c) and (q) of the Indian Act empowers the Tyendinaga Mohawk Council to make by-laws for the observance of law and order and provides ancillary powers;

NOW THEREFORE, without prejudice to any and all Aboriginal and Treaty rights of the Mohawks of the Bay of Quinte, the Tyendinaga Mohawk Council enacts as a by-law as follows:

Name  
1. This by-law shall be called the  
**MOHAWKS OF THE BAY OF QUINTE RECREATION FUNDRAISING BY-LAW.**

Recreation Fundraising Committee - Establishment  
2.1 The elected band council of the Mohawks of the Bay of Quinte First Nation, known as the Tyendinaga Mohawk Council, shall

establish a Recreation Fundraising Committee, responsible for recreation fundraising for members of the Mohawks of the Bay of Quinte First Nation by appointing Mohawks of the Bay of Quinte band members to the Recreation Fundraising Committee.

2.2 The Recreation Fundraising Committee shall be composed of:

- (a) one person who is a member of the Tyendinaga Mohawk Council;
- (b) four members of the Mohawks of the Bay of Quinte who are not members of the Tyendinaga Mohawk Council;

2.3 A quorum of the Recreation Fundraising Committee shall be three members.

2.4 The Tyendinaga Mohawk Councillor on the Recreation Fundraising Committee is the chairperson of the Recreation Fundraising Committee.

Recreation Fundraising Committee - Operations

3.1 The Recreation Fundraising Committee is responsible for the administration of this by-law including the cost of administration.

3.2 The Recreation Fundraising Committee shall have authority to operate recreation fundraising activities on the Tyendinaga Mohawk Territory. "Recreation fundraising activities" means solicitation of funds for the purpose of recreation for the members of the Mohawks of the Bay of

Quinte First Nation, including but not limited to donations, sales, sponsored raffles, bingos, and break-open Nevada tickets.

3.3 The Tyendinaga Mohawk Council shall open and operate bank accounts on behalf of the Recreation Fundraising Committee.

3.4 The Recreation Fundraising Committee shall maintain financial records and minutes of meetings. Such records and minutes shall be forwarded to the Tyendinaga Mohawk Council after each meeting. The Tyendinaga Mohawk Council shall approve and publish audited financial reports of the Recreation Fundraising Committee in the Newsletter.

3.5 The Recreation Fundraising Committee may recruit volunteers and employ persons as it considers necessary to carry out its operations, administration and secondary operations, such as refreshment provisions. Such persons shall be employed in accordance with the employment policies and procedures of the Mohawks of the Bay of Quinte.

Expenditure of Revenues Generated

4.1 The Recreation Fundraising Committee exists to generate revenue for recreation for the members of the Mohawks of the Bay of Quinte. The Recreation Fundraising Committee shall not allow anyone under the age of 18 to purchase Nevada tickets to play Bingo. All revenues generated in excess of expenses incurred, shall be turned over to the Mohawks of the Bay of Quinte.

Open Letter to All Community Members

DEC/96

Housing Department

The Housing Department is committed to providing courteous and efficient service to the estimated 600 households in the community.

In addition there is a dramatic increase in the number of homes being constructed and renovated each year which has resulted in improved living conditions and has provided significant employment opportunities for our community members.

With the above in mind the Tyendinaga Mohawk Council and the Housing Department encourage all community members to call and set up an appointment regarding their various housing needs and concerns to alleviate some of the waiting that community members currently encounter upon arriving at the Administration Office.

This initiative will require the assistance and co-operation of the community.

If further information or clarifications is required please call the Housing Department at 396-3424.

Nia'wen,  
Chris Maracle  
Housing Co-ordinator

Nia'wen,  
Lori Maracle  
Housing Secretary

Nia'wen,  
Sandra Sero  
Purchase Order Clerk



# ADMINISTRATION NOTICES

November 20, 1996

## Media Advisory

### MNR Napanee Area Office Closing

The Ontario Ministry of Natural Resources wishes to advise the public that the Napanee Area Office, located at 1 Richmond Boulevard in Napanee, will close its doors permanently at 4:00 p.m. on Wednesday, November 27, 1996.

Clients who have previously dealt with the Ministry's Napanee Office are now asked to direct their correspondence and/or inquiries to:

**Mailing Address:** Ministry of Natural Resources  
Kingston Area Office  
P.O. Bag 7200  
Kingston, Ontario  
K7L 5S8

**Street Address:** Ministry of Natural Resources  
Kingston Area Office  
Ontario Government Building  
Beechgrove Complex  
798 King Street West  
Kingston, Ontario

**Telephone:** (613) 531-5700

**Fascimile:** (613) 531-5730

Full service to the public will resume at 8:30 a.m. on Tuesday, December 3, 1996, from the new Kingston office location.

Ministry of Natural Resources' staff look forward to serving the public and their clients from this new location.

-30-

### FOR MORE INFORMATION:

Terry Eccles  
Relocation Coordinator  
(613) 354-8108

Barbara Mabey  
District Information Officer  
(613) 354-8122



## Holiday Fire Safety



### Holiday Cooking: Keep a Lid on it!

Be alert when cooking that holiday feast! Your local fire department offers these fire prevention and safety tips for the kitchen:

1. If a stove fire starts, place a tight-fitting lid over the pan to smother the flames, then turn off the burner.
2. Keep all debris and combustible items, such as paper towels, dish towels and paper bags, away from the stove.
3. Keep pot handles turned in so they can't be accidentally knocked off the stove.
4. Keep young children away from the stove while preparing meals.
5. In microwave cooking, always open the wrap used in cooking away from you and protect your hands so steam does not burn you.
6. Since the inside of the food cooks faster than the outside in a microwave, be careful when serving.

Prevention is the key to a happy holiday season!

## HOLIDAY SAFETY

Every year, the Christmas Festivities for some are marred by fire tragedy.

Often the cause is related to the Christmas tree or its decorations, overloaded circuits, improper use of the fireplace, and holiday cooking and entertaining.

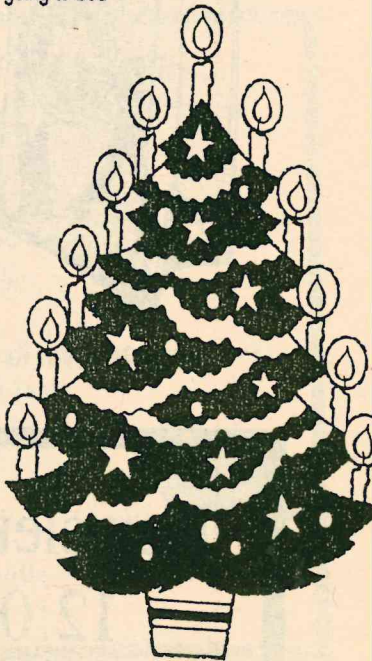
### IT COULD HAPPEN TO YOU !

- \* Add water daily to keep moisture in the tree
- \* Keep it in a cool place away from heat register, fire place or radiator
- \* Tie or otherwise secure tree so it can't be knocked over by pets or small children
- \* Do not smoke near tree
- \* Before using lights on the tree make sure they are C.S.A. or U.L. listed
- \* Never use more than three strings of lights on 1 circuit
- \* Be able to turn off the tree lights without reaching or crawling under the tree
- \* Do not leave the lights on if you leave the house or when going to bed
- \* If you have an artificial tree, be sure it is flame resistant
- \* Don't burn paper and boxes in the fireplace

If you follow these suggestions you will reduce the chance of Fire in your home over the holidays.

*Have a Safe  
and Happy Holidays!*

THE MOHAWK FIRE DEPARTMENT



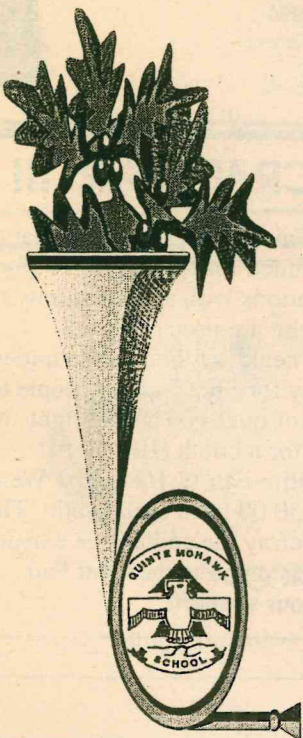
# Seasons Greetings

*Merry Christmas to Everyone from the  
Staff and Students of Quinte Mohawk School!*

On Tuesday evening December 17th QMS is having a Christmas Fun Fair which will be a night of entertainment, games and other activities for everyone.

There will be an early dismissal on Friday afternoon December 20th for the Holidays.  
(Exact time will be announced as soon as possible)  
Classes will resume on Monday, January 6th, 1997.

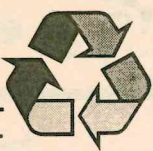
*From Quinte Mohawk School, Best Wishes to the  
Tyendinaga Territory for a Happy Holiday and a  
Healthy Prosperous 1997!*





## ENVIRONMENT

**REUSE  
REDUCE  
RECYCLE**



### Recyclable Materials

Here is a list of *Recyclable Materials*:

**GLASS:** clear & coloured (labels removed and recycled with the paper)

**PAPER:** corrugated cardboard, boxboard (ie: cereal boxes & cigarette packages), newspaper, office, magazines, labels, and anything else made of paper.

**PLASTIC:** clear & coloured containers (labels removed and recycled with the paper), foam packing, and clean bags.

**METAL:** all cans (labels removed and recycled with the paper), clean aluminum foil & scrap metal.

**TEXTILES:** clean, intact, wearable clothing, linens, etc.....

**NOTE:** Please rinse all the containers!

*Recycler of the Month for the Month of August is*

*Carol & Manson Loft*



Hunters, hides, hats and Aboriginal artisans combine each season to form a strong circle of co-operation and conservation.

Thousands of hunters make full use of their game (deer, moose and bear) by dropping the hides off at local collection depots each fall. In return, a hat emblazoned with a "Successful Hunter" crest is given in appreciation.

This exchange allows more hides to be accessible to Aboriginal artisans, who make fine crafts, moccasins, gloves and clothing.

## Your local HATS FOR HIDES Depot:

TYENDINAGA HIDES COLLECTION DEPOT

HWY 49 AT MARYSVILLE - BLUE BUILDING

Call your local Depot manager at

(613) 396-5802

The HATS FOR HIDES Program is administered by the Union of Ontario Indians and funded by the Canada/Ontario Resource Development Agreement (CORDA). For more information about the HATS FOR HIDES Program, call Mary Laronde at (705) 497-9127.



## LANDFILL HOURS

**Monday - CLOSED**

**Tuesday - 1:00 P.M. - 5:00 P.M.**

**Wednesday - CLOSED**

**Thursday - 1:00 P.M. - 5:00 P.M.**

**Friday - CLOSED**

**Saturday - 8:30 A.M. - 5:00 P.M.**

**Sunday - 9:00 A.M. - 4:00 P.M.**

**Newsletter Deadline: Jan 6/97**  
**12:00 noon, 396-3424**



## Strengthening Mother Earth - the Environmental Challenge

### A First Nations Environment Conference

December 10-12, 1996  
London Convention Centre  
London, Ontario



## PARTICIPATE IN A CRAFT FAIR !!!

You are invited to participate in the Craft Fair accompanying the national First Nations Environment Conference planned for December, 1996. The Conference is designed to provide First Nations with an opportunity to share the collective knowledge of others who are protecting and enhancing their environment and thus, the health of their communities. The event presents a wonderful opportunity for First Nations people to display their arts and crafts to an audience of over 500 people right before Christmas. Fees are set at \$100.00 for a booth (10 x 10 ft.) containing 10 one table and chair for the entire Fair (2 1/2 days). We also require a donation of one item valued at \$ 50.00 from each booth. These items will be raffled off each day to help defray the conference expenses. If you are interested in participating, please complete the Craft Fair Registration Form below. Thank you for your support.

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

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

COMMUNITY: \_\_\_\_\_ PROVINCE: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_ FAX: \_\_\_\_\_

( ) Enclosed is my cheque or money-order (payable to the Assembly of First Nations) to cover my booth fee of \$100.00.

Please return form and total payment to: Siobhan Amott, FNEC Working Committee Chair, Assembly of First Nations, Suite 1002, One Nicholas Street, Ottawa, ON, K1N 7B7, Tel: (613) 241-6789. FAX: (613) 241-5808. Raffle Donations will be collected upon each participant's arrival.



# HEALTH CENTRE



## Moccasin Trail News

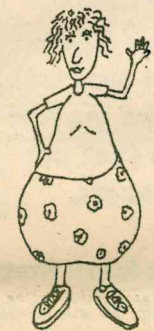


Greetings Tyendinaga. The staff here at the Thayendanega Health Centre, namely our Dietitian, Nicola Smith, Community Health Nurses, Helen Breadman and Brenda Asselstine, and myself, Kate Brant, Community Health Representative, are having a special information and social time to educate you about "working smarter, not harder" with our healthy lifestyle goals. So mark your calendars now, yes, that means you, get a pen and get up off your chair right now and make your commitment to come out and see us. Now, here's some information for your personal archives that will help you to understand weight distribution and health risks.

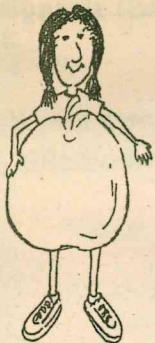
Most people believe that excess weight is bad for your health. But now research has shown that it is where excess fat is stored on the body that is the key link to the risk of future health problems.

Apple-shaped people store body fat around the abdomen and chest, surrounding internal organs, such as the heart.

Pear-shaped people store fat on the hips and thighs, just below the surface of the skin.



The good news for Pears is that the excess fat they store in the lower body is not necessarily a risk to their health. Apples, however, (which is the category where most First Nation people fall) have a higher risk for heart disease, stroke, diabetes, high blood pressure and gallbladder disease. Even when Apples and Pears have similar body weights, these diseases progress faster and more seriously in Apples than Pears.

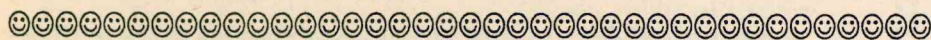


Does your body shape change when you lose weight? It depends on whether you are an Apple or a Pear. When Apples lose weight, they do reduce the fat in the upper body, so they look different (and reduce their risk of disease). Pears also tend to lose fat in the upper body, so even when they lose weight, their overall shape does not change much. In short, a Pear will always be a Pear.

### The Bottom Line

For most people, a few extra pounds is not harmful to their health. If you are an Apple or a Pear, focus on healthy eating habits, daily physical activity and positive attitude. Respecting your body the way it is, is a healthier alternative than dieting.

The Moccasin Trail Walking Program is still here for you at the Thayendanega Health Centre, the first Tuesday of every month.  
8:30 am - 7pm



### 10 Positive Things To Do

1. Take time to Work...It is the price of success.
2. Take time to Think...It is the source of power.
3. Take time to Play...It is the secret of youth.
4. Take time to Read...It is the foundation of knowledge.
5. Take time to Worship...It is the highway of reverence and washes the dust of the earth from our eyes.
6. Take time to Help and Enjoy Friends...It is the source of happiness.
7. Take time to Love...It is the sacrament of life.
8. Take time to Dream...It hitches the soul to the stars.
9. Take time to Laugh...It is the singing that helps with life's loads.
10. Take time to Plan...It is the secret of being able to have time to take time for the first nine things.

## Tyendinaga Home Support - Programs for Seniors

### MEALS ON WHEELS

A Home Support Service which provides meals to homebound individuals in order to ensure nutritional needs are met. A hot lunch is provided every Tuesday and Friday.

### DINER'S CLUB

A Home Support Service which provides a nutritious meal at a central location (ELDER'S LODGE), every second and fourth Wednesday of each month at 12:00pm. This program provides social stimulation for elderly persons as well as those with social and/or physical challenges. On special occasions this service may include activities and/or entertainment. Transportation is available.

### TRANSPORTATION

A Home Support Service which provides transportation to appointments shopping areas and seniors centers so that clients can participate in various activities and programs. Outings are organized under the Transportation program through the use of a Handi-van, which accommodates 11 walk-ons and 3 wheelchairs. Advertised in our local newsletter, this service works on a first come-first serviced basis.

### HOME MAINTENANCE

A Home Support Service which provides assistance with light or heavy household tasks beyond the individuals capability. Examples include snow shoveling, window washing, yard maintenance, painting, etc. This program is intended to assist those who wish to remain in their original homestead for as long as possible.

### Social and Recreational

A Home Support Service which provides supervised activities for elderly persons in a group setting. Program components may include activation (i.e. foot clinic), day trips (i.e. grocery shopping) and other activities such as exercise programs, bowling and ceramic classes.

### FRIENDLY VISITING

A Home Support Service which provides "friendly visits" to the isolated elderly in their homes in order to socially integrate them into the community. Visits are usually provided by volunteers under agency supervision and are intended to be regular. (Arrangements for the provision of other community services may be made).

For more information about any of the Home Support Programs, please call Clady Maracle or Tracey Bunnell at the Thayendanega Health Centre at 967-3603!!



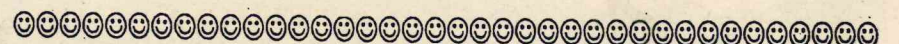
## SECOND ANNUAL TYENDINAGA TOBACCOLESS TUESDAY CHALLENGE



The second Tyendinaga Tobaccoless Tuesday Challenge sign-up will be Feb. 4, 1997, at the Thayendanega Health Centre from 9 a.m. to 4:30 p.m. This is one time YOU will be rewarded for being a QUITTER. Bring a non-smoker "buddy" and come in and register.



All of you environmentally conscious people who have "kicked the habit" are winners in every sense of the word. CONGRATULATIONS TO YOU ALL. The winners of the Tyendinaga Tobaccoless Tuesday Challenge will be notified by telephone February 4, 1997. At that you will be notified when the awards will be presented.



### MIRACLE PILL FOR DIABETES AND OTHER LIFESTYLE DISEASES

It only takes 30 minutes to swallow them, and they will improve your fitness and health more than any other drug ever invented.

#### WARNING: Beware of the side effects.

- You'll lose body fat rather quickly.
- You'll develop an itch to get out and play more often.
- You'll sleep fewer hours.
- You'll tend to have memory lapses about minor problems.
- These pills depress your heart rate and blood pressure. For people with diabetes, these pills can regulate blood sugar levels.

#### PLUS: These pills can be expensive;

- You'll need to budget more for food and new clothes;
- Your appetite will increase while your clothing size shrinks.

"Where can I get these pills", you ask?  
Just open the door and start walking!

If exercise could be packaged in a little pill, I would give it to every client.

My prescription for wellness to you (The people in the community of Tyendinaga) is: add daily physical activity to your lifestyle.

Adapted from "Smart Exercise: Burning Fat, Getting Fit", Covert Bailey, 1994

These presentations are going to combine our Diabetes Support Group members and our Moccasin Trail Walking Program members for a special social time. There will be no other Diabetes Support Group Meetings for December of 1996.



## HEALTH CENTRE

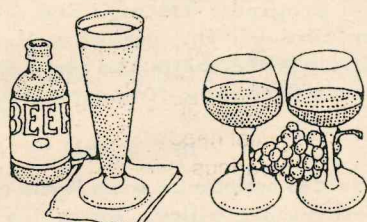
### NUTRITION NEWS

Nicola Smith, R.D., Community Dietitian

## HOLIDAY NUTRITION TID-BITS

### Go Easy on the Christmas Bevvies!

Alcoholic beverages provide calories and nothing else -- except maybe a pounding headache in the morning! For people with diabetes, alcohol and insulin or diabetes medications can be a dangerous combination. Alcohol can make blood sugars drop very low. It is important not to drink on an empty stomach. As with anything else, moderation is the key. Substitute a non-alcoholic beverage or a glass of water between drinks or simply enjoy the Christmas festivities without alcohol.

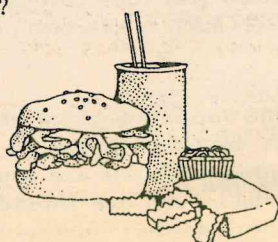


My best friend made a gravy I'll never forget. One quart of vodka, two quarts of rum, and three quarts of brandy. I asked him, "Where did you get this recipe?" He said, "From a cookbook." I said, "Who wrote it?" He said, "Betty Crooked!"

### Exercise During the Holidays? Are you Crazy?

No its not crazy. It's easy to start being more active, even during the holidays. The "new" fitness rules stress enjoyment, everyday activity, and moderation. Walking, tobogganing, skating, or snow shoeing are some excellent forms of physical activity that combine fun with family. Isn't that what the holidays are all about?

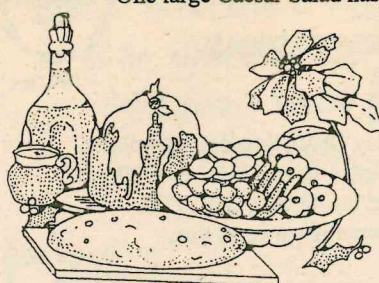
**JOKE:** Did you hear about the boy who drank 8 Cokes? He burped 7-Up.



### Be Careful of the Holiday Dining Out!

Think about these typical meals before you venture out to your favourite restaurant:

One Big Mac, Large Fries and a Chocolate Shake has 67 grams of fat!  
Five Chicken Wings (and who eats just 5?) Has 33 grams of fat!  
One large Caesar Salad has 41 grams of fat!



**TRIVIA:** In the 1840's, mandarin oranges were shipped to Britain from the port of Tangier, Morocco, which is believed to be the origin of the name "tangerine".

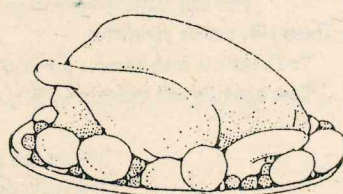
### The Holiday Nibbler

Are you an Amnesia Eater? Do you nibble all day long on the holiday treats and goodies laid out before you? Unconsciously nibbling on high-fat snacks, can add up to tremendous amounts of fat and calories over the day. Keep in mind that a mere handful of regular potato chips has a shocking 10 grams of fat or 170 calories.. Try nibbling on healthier snacks such as pretzels, plain popcorn, bagel bites or fruit. Enjoy the high fat stuff in smaller amounts. Portion the foods that you really want onto a plate so you can limit the amount you eat. Of course, try to resist going back for more.

### Dark versus Light?

Why is a turkey leg "dark meat" and turkey breast "white meat"? Well, the muscle found in turkey leg is more active so it stores more oxygen from the blood, and this makes it darker than meat from turkey breast. Turkeys use their legs quite often, roaming around the barnyard. But they hardly use their wings except for balance, which is why the breast meat is so pale. Breast meat, however, is the better choice since it is lower in fat and calories than dark meat.

**JOKE:** I served turkey for Christmas dinner and my guests were tickled. I forgot to take off the feathers!



### Have you ever really noticed what the first three letters of the word "diet" spell?

Diets don't work! In fact, 95% of people who diet gain the weight back. If you want to lose weight the best way is through moderate eating and physical activity. There are no miracle solutions. You don't need to wait until January 1 to start, healthy living can begin now!

Some information in this article has been adapted from: "Looneyspoons: Low-fat food made fun!", Janet and Greta Podleski, Granet Publishing Inc., 1996. Available at local bookstores for \$24.95.

November 20, 1996

Was National Child Day

Here's How to Celebrate Your Child Everyday!



## GROWING UP FEELING GREAT

**Raising children involves many responsibilities. Some responsibilities change as your child grows and becomes more independent. Helping your child develop a positive image of themselves as a unique and acceptable individual, however, is a lifelong process.**

**Self-esteem (they way in which a person views and feels about themselves) begins in infancy and continues throughout a person's life. What can parents do to encourage positive self-esteem in their children?**

**Children need to know that your love is unconditional. No matter what happens, they will be loved and accepted.**

**Children are constantly learning new things. Help them develop self confidence through meeting new challenges.**

- **Provide children with a feeling of some control over their life. Allow children to make small choices at the grocery store, in choosing clothes. This helps children seek out solutions to problems and become decision makers.**
- **Don't hide your own failures. Children need to know that their parents aren't perfect and neither do they need to be. It's important for children to recognize both their strengths and their weaknesses.**
- **Treat each child as unique. Children need to know they have certain qualities that make them an individual who holds a special place in the family.**

## FIND TIME TOGETHER

**Parents also need to provide family time with their children. Family togetherness teaches children about love, respect, teamwork and compromise. Some activity suggestions to foster togetherness include.**

- **Set aside a designated time to spend together (i.e. daily or weekly).**
- **Create a photo album with your children. Ask them to choose photos of memorable family events or activities.**
- **Ask your children to talk about what worries them in their neighborhood and discuss ways they can make a difference. Plan a volunteer activity for the whole family and discuss the rewards of sharing and caring for others. Allow children to choose the family activity for the week.**

## NATIONAL CHILD DAY

**National Child Day is a day to celebrate the importance of children as valued members of our society. It's a time for families, schools, and community members to recognize the contributions children make to our lives. Ensuring children's health and happiness means a positive and secure future for all of us.**



## FAMILY SERVICES

*To All Community Members:*

*Have a happy, safe and sober holiday this Christmas and New Year. Please Remember if you are drinking don't drive.*

*Plan to Arrive Alive!*

*Blaine Loft  
NNADAP*



Phone (613) 967-0122  
Admin Phone (613) 396-3424

*Mohawks of the Bay of Quinte  
Mohawk Family Services*

BOX 132, TYENDINAGA MOHAWK TERRITORY  
K0K 3A0



Fax (613) 967-8990  
Admin Fax (613) 396-3627

### CUSTOMARY CARE/FOSTERING

Fostering is not a lifetime commitment to a child but rather a commitment that will positively impact a child's lifetime. It is families helping families.

Sometimes natural parents run into difficulties that do not allow them to ensure safe care of their own children. During these times it may be necessary for the children to be taken care of by someone else. Often aunts, uncles, or grandparents can take on this responsibility, but sometimes this is not possible and we must look to community members to assist this family.

It is our goal to develop several homes that could accommodate different aged children and who would be available when they were needed rather than having a great scramble to find a home when an emergency arises. There is a monetary compensation to provide for the children's physical needs. We are also planning a training package to help our care-givers with various issues around customary care/fostering.

If you are interested please contact Mohawk Family Services, 967-0122, for further details.



### TIPS FOR POSITIVE PARENTING

1. Treat your children with respect. Respect your children as people and help them to feel important. Don't boss, talk down to or embarrass your children.
2. Teach your children the value of working for what they want. Instead of giving them everything they want now, teach them how to set and achieve long-term goals.
3. Master the misbehaviour of your children by setting limits and sticking to them. Children will soon understand clear guidelines and learn to exercise self-control.
4. Reward successful behaviour, rather than attention-getting misbehaviour. Know that your children work even harder to follow rules when their efforts are appreciated and noticed.
5. Allow your children to make their own decisions and learn from their mistakes. In this way children learn to exercise good judgment and make better decisions.
6. Encourage your children to participate in the rule-making process. This helps them learn the role of compromise and negotiation as well as understand the reasons behind the rules.
7. Encourage individuality. Successful parents know that it is important for children to express their needs, desires and points of view. Each child is unique with individual qualities.
8. Recognize the importance of your child's feelings. Don't ignore children's feelings in the hope that they will go away. Help your children express their emotions. Don't suppress your children's anger but teach them ways to communicate that are non-destructive to themselves and others.
9. Realize that you are a model for your children. Try to exhibit behaviours and qualities you want your children to develop. Know that what you do has a much larger influence on your children than what you say, so practice what you preach.
10. Enjoy playing with your children. Talk and laugh with them every day so that they know that adults don't have to be so serious all the time.

These tips are taken from an article on the Neuropsychology of Successful Parenting.

### 12 ALTERNATIVES TO SPANKING YOUR CHILD

When the big and little problems of your everyday life pile up to the point where you feel like lashing out -- stop. Take time out. Don't take it out on your child. Try any or all of these simple alternatives -- whatever works for you.

- |   |  |
|---|--|
| 1. Stop in your tracks. Step back. Sit down.                  | 6. Thumb through a magazine, book, newspaper, photo album. |
| 2. Take five deep breaths. Inhale. Exhale. Slowly, slowly.    | 7. Do some sit-ups.  |
| 3. Count to 10. Better yet, 20. Or say the alphabet out loud. | 8. Pick up a pencil and write down your thoughts.          |
| 4. Phone a friend. A relative. Even the weather.              | 9. Take a hot bath. Or a cold shower.                      |
| 5. Still mad? Punch a pillow. Or munch an apple.              | 10. Lie down on the floor, or just put your feet up.       |
|   | 11. Put on your favourite record.                          |
|   | 12. Water your plants.                                     |

**TAKE TIME OUT. DONT TAKE IT OUT ON YOUR CHILD**

### ALTERNATIVES TO SPANKING

Many parents spank their children as a form of punishment. It is generally not an effective long term means. This is what is known about spanking.

- |  |  |
|--|--|
| 1. Spanking is bad modeling teaches a child to hit others.                             | 4. Spanking loses it's effectiveness when used often. The child may then feel bad about and angry towards the parent.  |
| 2. Spanking can lead to poor self-image. The child may think he/she is a "bad" person. | 5. Spanking often means that the parent has lost control of the situation. This then tells the child that his/her parent cannot cope with the problem. In turn the child feels frightened or insecure. |
| 3. Frequent spankings may teach the child to learn ways of avoiding getting caught.    |  |

There are always alternate methods of dealing with situations that previously required spanking. Here are a few to think about:

- |  |   |
|--|---|
| 1. <u>Time-out</u> : Take the child away from the stimulus that is up-setting him/her. For example, have them sit in a chair for approximately 3 minutes and time the 3 minutes (never more than 5 minutes). Ignore them for their time-out. Also, the time may seem short to you but to the child it will seem much longer.   | usually get worse before it gets better.  |
| 2. <u>Natural Consequences</u> : Make rules with consequences that are logical and natural. For example, "If you draw on the wall I'll take the crayons away." Let the child participate in setting the rules. This will teach them that they have worth-while ideas and chances are, fewer rules will be broken. Keep in mind that children will test the rules. Stick to your guns, the behaviour will | 3. <u>Preventative Medicine</u> : Watch for uncoming problems. Move quickly, stay calm and prevent any further incidents. <u>Then</u> redirect the behaviour. Explain what was wrong and what could be done instead. For example, "I can't let you hit your friend. It hurts. I know how angry you're feeling. Please tell me what you're mad about." |
|  | 4. <u>Praise and Encourage</u> : Your kids want you to notice them and they seek your approval. Tell your kids what you would like from them. "You may play in the sandbox but not in the garden." Praise and encourage good behaviour to help eliminate misbehaviour.  |

### HELPFUL SUGGESTIONS

- |  |  |
|--|--|
| 1. Take a break yourself. Cool down. Take a breath or two. Go for a walk while a friend watches the kids.  | make your decision final.  |
| 2. Talk don't hit. Talk about what's happening, what went wrong. Get feelings out and find another way to solve the problem or other ways to punish than spanking. | 4. Establish routines. Schedule meals, baths, play time and bed time.  |
| 3. If a child makes a request, consider it. Don't make a hasty yes or no but when you decide,  | 5. Be consistent. Stick to your decision and make it final. If you do change your mind explain why. "You're right, It's not very cold out today. You can wear just a sweater." |
|  | 6. Make requests reasonable. A two year old cannot put his own socks on.   |



## EMPLOYMENT

### YOUTH WORKER MOHAWK FAMILY SERVICES (PART TIME ADULT EMPLOYMENT)

Mohawk Family Services requires a part time Youth Worker to work with Senior Community youth (Ages 13 - 18)

This is a contract position and will require evening work. Duties will consist of approximately 6 hours per week, starting as soon as possible, until March 31/97

The worker will be responsible for providing weekly education/positive activity alternatives to violence, including:

- » scheduling and attending group meetings
- » scheduling guest speakers
- » fund raising activities
- » fun events

Must have own transportation

Wage rate of: \$10.00 per hour

Deadline for applications: Friday December 13, 1996

NOTE: CRIMINAL REFERENCE CHECK MUST ACCOMPANY APPLICATION.

SEND APPLICATIONS TO: BEV HILL OR KAREN BRANT-JONES  
MOHAWK ADMINISTRATION OFFICE  
R.R. #1  
TYENDINAGA MOHAWK TERRITORY,  
ONTARIO K0K 1X0  
(613) 396-3424

### TRAINING & EMPLOYMENT OPPORTUNITY (SIX MONTH TRAINING PROGRAM)

The Mohawks of the Bay of Quinte's Employment and Economic Development Departments together with a Territory Business (Kitchen Designs) are offering a training opportunity.

This training program is designed and aims at Residential and Commercial Cabinet Making and related Industrial Woodworking.

We are looking for 4 persons who are considering a career in Industrial Woodworking, have good manual dexterity and enjoy working with hand and power tools.

#### **Requirements:**

The ability to concentrate and pay attention to detail, have perseverance to finish each job to perfection and take pride in workmanship are essential requirements to success in this field.

If you like making things from wood and getting satisfaction from a job well done **this is the position for you.**

#### **Program Content:**

(1) Classroom training which will consist of Safety, First Aid, WHIMS, Wood Variances, etc.

(2) Hands -On, In -Shop training.

If you are interested in pursuing a career in Cabinet Making / Industrial Woodworking, please submit a resume and a written personal statement that demonstrates how your previous experience could be an asset to this training position to:

Bev Hill or Karen Brant-Jones  
Employment Department  
Administration Office  
R.R. # 1  
Tyendinaga Mohawk Territory, Ont.  
K0K 1X0  
(613) 396-3424

**Deadline for Applications: Friday December 13, 1996 at 4:30 p.m.**



THAYENDANEGE  
HEALTH  
CENTRE

### ***VOLUNTEER DRIVER'S NEEDED!!!!***

We are currently in need of Volunteer Medical Transportation Driver's.  
If you have some spare time, have experience handling wheelchairs and are willing to volunteer your time

Please Contact:

Cindy Thompson  
Thayendenaga Health Centre  
Tyendinaga Mohawk Territory  
(613) 967-3603

## \$LOOKING FOR A LITTLE EXTRA CASH\$

### *Why Not Try The Exciting World Of Radio Sports Broadcasting?*

CKWE 105.9 FM is currently seeking two individuals to commentate at selected Quinte Hawks home games this season. The commentators must possess excellent oral communication skills. A background in radio broadcasting or radio journalism would be a definite asset. CKWE would like to have these positions filled as soon as possible, so if you are interested, please contact us at 967-0463 or [kweradio@suckercreek.on.ca](mailto:kweradio@suckercreek.on.ca)

You can also contact:

Mike Hill at 396-1628

Alan Brant at 396-1515

Brant Bardy at 396-1862

## \$LOOKING FOR A LITTLE EXTRA CASH\$

**Newsletter Deadline: Jan 6/97  
12:00 noon, 396-3424**



## FIRST NATIONS POLICE

# Road Safety Tips

## Drinking and driving: How you can help reduce the risk

ONTARIO — Every 45 minutes in Ontario, a driver is involved in an alcohol-related crash.

Drinking and driving is the largest single criminal cause of death and injury in Canada. The government and many community-based groups are doing their best to save more lives when it comes to the problem of drinking and driving.

But the real key is you, as an individual.

If you have been drinking or intend to drink, don't drive.

Don't ride with someone who has been drinking.

Don't let anyone you know drink and drive.

Let others know that drinking and driving is socially unacceptable and a crime.

Having a party? Don't forget that, as the host, you can be held responsible for the safety and behavior of your guests until they are sober, not just until they leave the party.

Don't plan physical activities like swimming, skiing, snowmobiling or skating when you serve alcohol. People are more prone to accidents when they've been drinking.

Stop serving alcohol a few hours before the party is over. Also make available alcohol-free drinks, as well as food. Find out how guests are getting home and, if needed, arrange for taxis, a designated driver or overnight stays.

A message from the  
TYENDINAGA FIRST NATIONS POLICE

Road Safety  
It starts  
with you

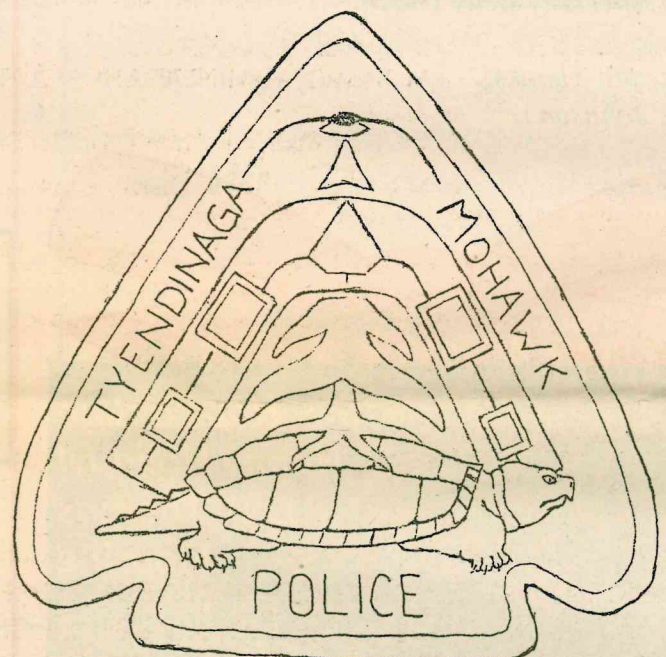


### Community Policing

On Wednesday November 18 at 7:00P.M. Tyendinaga Police invited all interested members of the community to a meeting at the fire hall to discuss policing issues. Over twenty residents attended for an information session. It was decided to have a follow-up meeting for further discussion.

The meeting is scheduled for **Wednesday December 11 at 7:30 P.M.** at the fire hall. A guest speaker is expected to give a more detailed look at community policing. All interested are invited to attend.

For more information please call the Tyendinaga Police at 967-3888.

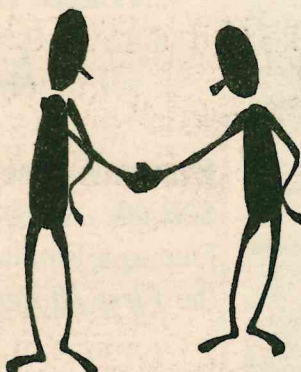


Congratulations!  
**TREVOR BRANT**

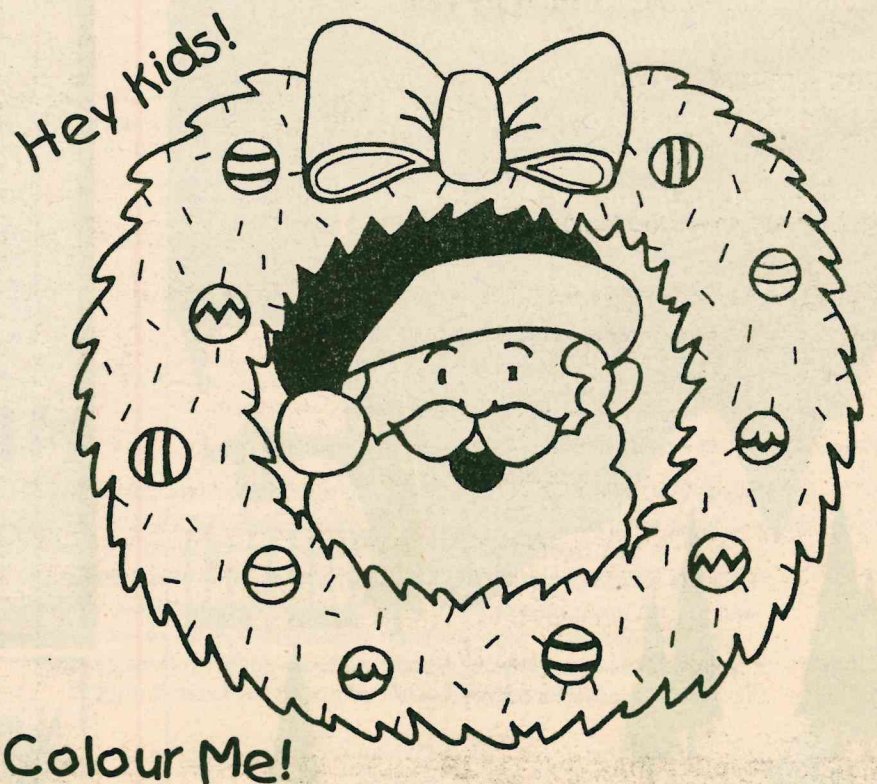
TYENDINAGA POLICE WOULD LIKE TO  
THANK THE FOLLOWING BUSINESS FOR  
THEIR DONATIONS TOWARDS  
HALLOWEEN SAFETY

B & J POLE LINE	KAGITA MIKAM
FREE FLOW	BAYVIEW VARIETY
MRS. HERBS	MCMURTERS
BUILD-ALL CONS.	K.C. CONST.
PATS VARIETY	MARACLE MUSIC
WARDS GAS BAR	NATIVE RENAISSANCE
SHIRLEYS VARIETY	MIRACLE MART
ROXANNES	HEALTH CENTRE
MBQ	MOHAWK FAMILY SER.
FNTI	LAVERNE MARACLE
DALE MARACLE	MIKE & KATHY HILL
MOHAWK AUTO	KELLY MATTHEWS
TYENDINAGA COMPUTERS	B&M VAR.
VILLAGE VAR.	MOHAWK FIRE DEPT.

THANKS FOR THE  
CANDY OR  
DONATIONS



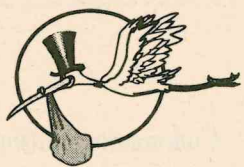
Our Winner of the  
Tyendinaga Police Shoulder Flash Draw.  
Thank You to the other Participants for  
your submissions!





## COMMUNITY INTEREST

*It's  
a Boy!*



Gordon would like to welcome his new baby brother home.

**Carlisle John Johnson**  
**Born: Oct. 20/96 1:01 a.m.**  
**Weighing in at 7 lbs. 4 1/2 oz.**

Mom would like to thank Jean, Leslie and Tammy for having a Baby Shower, as well as all the people that came to be with us.

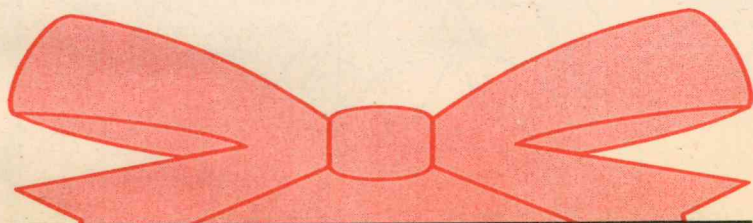
The gifts were all very nice.

A Special thanks to Sam, Chris, Lori, Guy and families for opening your homes to Gordon and I during the last weeks of my pregnancy.

Also thanks to Kate Brant and Mohawk Family Services, especially Betty Green.

With Heartfelt Thanks!

Verna M. Johnson



**Have a Safe  
& Happy Holiday!**  
**D.L. Thomas**  
**Flooring**

Willard, Eleanor Hill  
& Family  
would like to extend a  
Merry Christmas & a Happy New Year  
to all our friends, neighbours and customers.

The Tyendinaga Pow Wow Committee  
wishes to extend Christmas Greetings  
and a hope for a wonderful new year  
to all Tyendinaga Residents.

We thank everyone for your support  
and a special Thanks to all our  
volunteers.

See you all again at the Aug. 9 & 10/97  
Tyendinaga Pow Wow.

Nia:wen



### What is New at Ka:nhote Library for DECEMBER?

#### NON-FICTION:

The Jumbo book of Nature Science - Pamela Hickman - More than 100 activities and experiments for kids.

The Discovery of Insulin - Michael Bliss

How to give Children's Parties - Judy Williams - Themes games, favors.

Video - The Faithkeeper - Oren Lyons with Bill Moyers

#### NATIVE:

I have lived here since the World Began - Arthur J. Ray - An illustrated history of Canada's Native people.

Walleye Warriors - Rick Whaley - An effective alliance against racism and for the earth.

**PHOTOCOPIES ARE AVAILABLE AT KA:NHIOTE LIBRARY  
FOR .15 PER COPY GENEALOGY 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:nhote Library is easy and Free!  
Just come in and sign up!*

967-6264

**" LEARN TO STENCIL "**  
**COME TO KA:NHIOTE FOR**  
**CRAFT NIGHT**  
**WITH**  
**DEBBIE VINCENT**  
**WEDNESDAY, DEC. 11/96**  
**6:30 - 9:00 P.M.**

Everything needed will be supplied *at a cost of \$20.00*

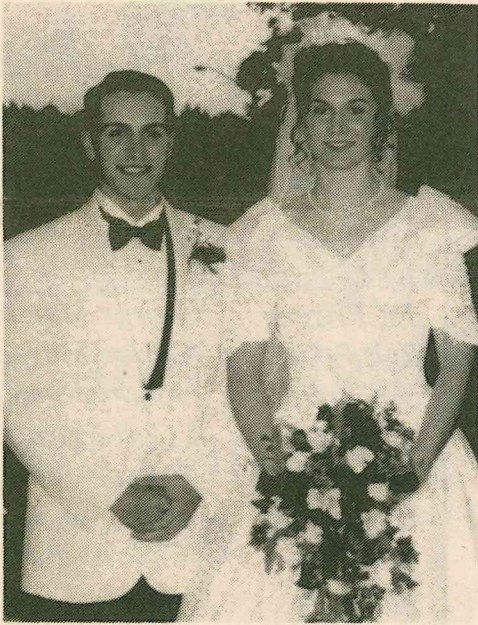
Due to a limited workspace we can only register the *First 10 People* to call and pre-pay.

967-6264

Newsletter Deadline Date: JAN. 6/97 at 12:00 Noon



## COMMUNITY INTEREST



*Sharpe/Conger Wedding  
October 11, 1996*

*April & Mike Conger, along with their parents Doug & Twila Brant and Ron & Ann Conger, wish to say a "Special Thank You" to everyone who took the time to be a part of their wedding.*

*We would like to thank the Brant Family on both sides (you know who you are - far too many to name) for the tremendous amount of work that went into the preparation of this beautiful wedding and thanks to you it was just perfect. We would also like to thank the Conger/Gartland Families for their involvement as well.*

*The amount of family support along with the support of our close friends really meant a great deal to us and it will never be forgotten.*

*Hope we didn't forget anyone!*

*Love yas all  
April & Mike*

## Congratulations!

*Jamie Hill*

*on winning the draw on the Ladies Guild Quilt. A big thank you to everyone that purchased a ticket. We also thank each and every person that helped us this past year in any way (waiting on tables, donations of food, etc.) it was greatly appreciated.*

*We also would like to use this space to wish everyone a very Merry Christmas & all the best in the New Year!*

*Mohawk Ladies Guild*

## Thank You!

*We would like at this time to extend a special thank you to the Mohawk Council, Mohawk Firefighters, Bernie & Barrie O'Sullivan, the Ladies that put out the lunch, the people who staffed the door and worked the bar, Jennifer and Vanessa Maracle for their help and sponsorship for the benefit dance for Bill (Huck) Hill and Vernon Hill. The night was an overwhelming success and we were able to make a very generous donation to the above individuals.*

*Thanks also to all the other individuals who may have contributed that we have missed naming specifically. Also, great thanks to the community who all came out to support Huck and Vernon.*

*Bud Maracle & Velma Hill-Dracup*

## Thank You!!

*I would like to take this opportunity to express sincere thanks to all family and friends for all the cards, flowers, food and contributions to the Heart and Stroke Foundation to honour the memory of the late Barry Salmond.*

*Also thanks to the Friday Night Mixed Bowling league for the lovely card and to the Mohawk Agricultural Society and Tyendinaga Police Department for the floral bouquet. Everyone's support and comfort has been deeply appreciated.*

*Judy Kunkel & Family  
Salmond Family*

## Card of Thanks!

*I wish to express my appreciation to all my family for their loving concern and devotion while I was in the Belleville Hospital last month. Also my profound thanks to friends and neighbours who visited me, sent flowers and cards to cheer me on during my unexpected illness. Special thanks to Rev. Ken Baker, Dr Kuebler, nurses and staff of the Fifth floor at B.G.H. and our own Staff at our Health Centre. I'll always remember with gratitude, your kindness and supporting care, God Bless you All!*

*Ella M. Claus*

## Thank You!

*I wish to express my sincere thanks and appreciation to the Chief & Council and the Administration Staff for the cheery and warm welcome back to work and for the delicious breakfast that was prepared and set out. Also thank you to all the staff at the Health Centre, Social Services and the Mohawk Family Services for the beautiful plant for my new desk and to all the Community members who have welcomed me back. I am very happy and content to be back at work and once again I thank everyone for the wonderful welcome back.*

*Sincerely,  
Phyllis*



## COMMUNITY INTEREST

SHE : KON

ON BEHALF OF THE MAKSON FAMILY

Mrs Delores Makson , son John . Jr , daughter Julie and John senior.

would to extend a heartfelt NIA :WEN KO: WA .

TO THE PEOPLE OF TERRITORY & BUSINESSES

WILLARD HILL  
WILLARD BRANT (BRANT ELECTRICAL )  
MCMURTER HOME CENTRE  
MOHAWK CRESTING  
K.C. BUILDERS  
SPORTSMANS RESTAURANT  
DORREEN'S BROS. MOTOR VEHICLE  
B. J. POLELINE  
MOHAWK IMPERIAL SALES  
WARD'S GAS BAR  
YORK ROAD RESTAURANT  
VERNON BRANT PLUMBING  
B & M CHIP & POP STOP  
NATIVE RENAISSANCE 11  
PAT'S VARIETY  
MOHAWK GIFT CENTRE  
BUILD - ALL CONTRACTORS  
FIRST NATION TECHNICAL INSTITUTE  
BRIAN MARACLE ( GRAIN MILLING )  
WILLIAM J. BRANT ( TYHAVEN FARMS )  
S. J. HILL ( INDIAN CORN GROWER )  
LARRY'S AUTO  
TOY MAR COFFEE SERVICES  
MRS. HERBS'S  
FREE FLOW GAS BAR  
PEACE TREE TECHNOLOGIES INC.  
TYENDINAGA SCREEN PRINTING  
FIRST NATION AIR SERVICE  
S L H TRANSPORT

KEN BARNHARDT  
DOREEN SIDING & RENOVATIONS  
EARL HILL ROOFING  
KITCHEN DESIGN  
MARACLE WELDING SERVICE  
WILL'S JET MOBILE  
EAGLE ORTHOPAEDICS  
DONALD R. BRANT ( QUORUM )  
HIS & HER'S HAIR STYLING  
BERT'S CAMPSITE  
SCERO'S GUIDE SERVICE  
MARACLE MUSIC  
RED BARGAIN BARN  
SHIRLEY'S VARIETY  
TMT SPORTS  
IVAN HILL ROOFING  
NATIVE EXPRESSIONS™  
LOFT'S CONSTRUCTION  
DARREN GREEN (SANDBLASTING)  
BILL MARACLE ( WELDING )  
LAST VENTURE MOBILE HOME PARK  
MEDIA BROKERS  
D & R THOMAS FLOORING  
TYENDINAGA COMPUTER SALES  
SUCKER CREEK DEVELOPMENT  
UNITED PUBLICATIONS  
FULLER FRIES  
ROXANNE'S RESTAURANT  
ELDER'S LODGE

TO EACH AND EVERYONE WHOM HEARD , FELT , SHARED OUR SORROW

WORDS CANNOT EXPLAIN OUR GRATITUTED , ONLY SINCERITY FROM OUR HEARTS.

re: Will Maracle  
Territory Outdoor Centre  
&  
Dive Shop

Thank You!

We the members of the Tyendinaga 59'ers Club would like to thank all merchants for the donations to our draw.

We sold tickets for a fundraiser and here is the list of Winners:

1st Prize	George Marshall
2nd Prize	Carlee Maracle
3rd Prize	Gloria Sayer
4th Prize	Carl Maracle
5th Prize	Jean John
6th Prize	Jane Ann Hart
7th Prize	Garth Post
8th Prize	Sharon John
9th Prize	Jane Ann Hart
10th Prize	Rick Brant

Congratulations!

### To the Community of Tyendinaga

From the Tyendinaga Mohawk Food Bank Committee

We would like to take this time to thank the people of the community for their generous support in making our food drive a huge success.

Your support of this worth-while cause is greatly appreciated.


Also, a big thank you to the Three Feathers Youth Group and the drivers who also donated their vehicles and time to help

Way to Go everybody.

A big pat on the back to each and everyone of you.

Nia:wen Kowa again from the

Tyendinaga Mohawk Food Bank Committee

Thank You! 

A special thanks to Chief R. Donald and Charlie Maracle and to my family for my 100th birthday party.

Thank you for the flowers, gifts, cards and phone calls.

Thank You to:

- Mohawk Womens guild
- Agricultural Society
- Festival Board
- Native Womens Association , Nora Cupid & Velma Dracup
- Mohawk Singers
- 59'ers Seniors Club
- Edith Green for the donations
- Father Glendon Brant & Father Ken Baker for the Church Service.
- Marlyn Woolven for her solo
- Alan Wyate & John Otley for playing the organ
- Ralph & Bert Thompson of Belleville for supplying the limosine
- Lyle Van Clief & Gary Fox & Chief & Council for the presentations
- Cloria Brant & the Prom Committee for the delicious pineapple and Kwi fondue cake-
- Mary Anne Sero, Brenda Asselstine , Mary Donovan, Helen Spencer for donating desserts
- Those who helped in the dining room
- Maracle Music for the P.A. system
- Buffy Hill for decorating the hall
- and to all who helped in any way and traveled across the miles to celebrate the party.

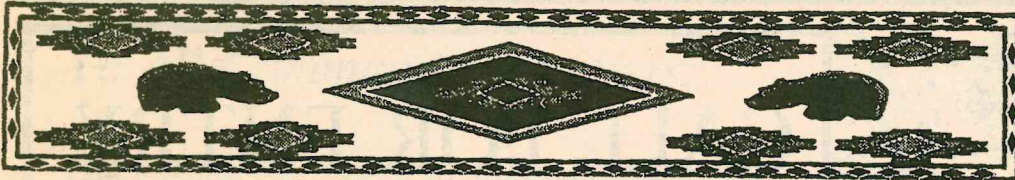
My Sincere Thanks,  
Francis Eva Maracle, God Bless

A very special thank you to all of the family and friends that visited or called me during my stay in the hospital. It meant a lot to me to hear from such caring people while in the hospital and even after my return home. An extra thank you to Gramma and Pappa for looking after the girls! The flowers and cards were all wonderful! Also, thanks to the special needs class at Quinte Mohawk for the yummy cookies and the cute card. Thanks class! Once again, I really appreciate all of the caring and concern shown to me at this time of illness. I'm feeling much better now and I'm sure that your thoughtfulness helped me along the way. Thanks Marlin for holding down the fort while I was in the hospital.

Sincerely,  
Cathy Brant



## UPCOMING EVENTS



### Nijkiwendidaa Anishnaabe-Kwewag Services Circle

We are developing an Aboriginal Women's Journal  
We want submissions for publication from Aboriginal women in the community.

The journal needs you to share your thoughts & talents:

- art work & designs
- poetry
- prayers
- articles & stories
- quotations & food for thought

To be a part of this exciting project.

DEADLINE FOR SUBMISSIONS IS DEC.31/96

Send/bring to:

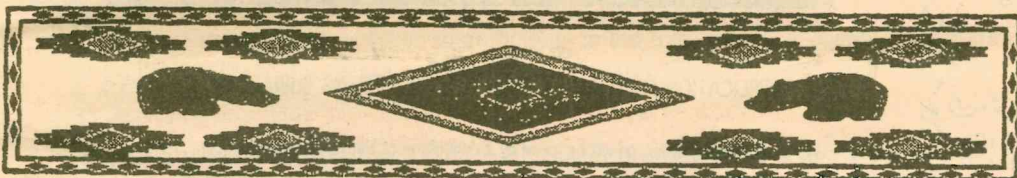
Nijkiwendidaa

308 Stewart Street

Peterborough, ONT

K9J 3N1

Attn: R. King/ J.A. David



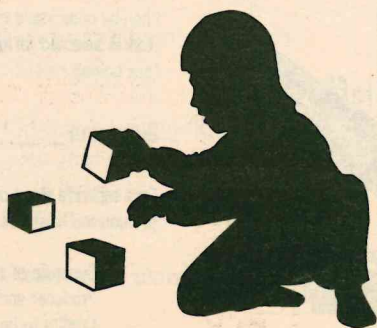
### SHE:KON

*We are Danielle Green and Joy Maracle. We have recently been hired as resource teachers to implement a play group program for preschool children not presently enrolled in the Eksa O Kon:'A at the Childcare Centre. This program will run two to three times a week depending on parent/guardian response. The program will provide an opportunity for caregivers to become involved in the play-group program or workshops that may be offered concurrently with the Health Centre.*

*If you are interested please phone the Eksa O Kon:'A Centre at 967-4401 and let us know. Our present space is limited.*

*Nia:wen for your time and consideration*

*Joy Maracle and Danielle Green*



The McGill Institute  
for the Study of Canada  
is pleased to announce a



Conference on the Report of the  
Royal Commission on Aboriginal Peoples

## Forging a New Relationship

The Commission's recommendations on  
governance, justice and Aboriginal land rights

McGill University  
Montreal, Quebec

January 31 - February 2, 1997

For more information, please contact

José Cadorette

Conference Coordinator

McGill Institute for the Study of Canada

3463 Peel Street, Montreal, Quebec H3A 1W7

Tel.: (514) 398-2658 / Fax: (514) 398-7336 / E-mail: jcadoret@heps.lan.mcgill.ca

SEE OTHER SIDE FOR MORE DETAILS

### FORGING A NEW RELATIONSHIP

Conference on the Report of  
The Royal Commission on Aboriginal Peoples

McGill Institute for the Study of Canada  
McGill University

31 January to 2 February 1997



During the last five years, the Royal Commission on Aboriginal Peoples has engaged in the most extensive inquiry ever undertaken on Aboriginal rights, policy, communities, and prospects for change. It has issued six special reports addressing such crucial issues as suicide, the justice system, and Aboriginal self-government. Its long-awaited Final Report will be presented in the late Fall of 1996.

The Report will canvass the history of Canadian Aboriginal policy in all its dimensions. It deserves intensive discussion and debate. This major Conference will provide a forum for that debate.

The Conference will focus on the structural recommendations, of the various reports - those on governance, justice, and Aboriginal land rights. It will bring together leading experts in the field, people involved in current initiatives, and representatives of many interests that have, to this point, remained outside the discussion of Aboriginal issues. There will be skeptics as well as advocates.

A large number of experts in the field will be speaking at the Conference. Those who have already confirmed their participation include the two co-chairs of the Commission, Justice René Dussault and Georges Erasmus, Richard Bird, A. Rodney Bobiwash, John Borrows, Alan Cairns, David Cameron, Marlene Castellano, Rt. Hon. Joe Clark, Bernard Cleary, Matthew Coon-Come, Thomas Courchene, Justice Jean-Charles Coutu, Brian Crowley, Kenneth Deer, Olive Dickason, Thomas Flanagan, Phil Fontaine, Allen Gabriel, Hon. A.C. Hamilton, David Hawkes, Paul Joffe, Will Kymlicka, Andrée Lajoie, Joe B. Marshall, Ovide Mercredi, Brenda G. Miller, Patricia Monture-Angus, Zebedee Nungak, James O'Reilly, Ghislain Otis, Ernest Ottawa, Ghislain Picard, Geoff Plant, Thierry Rodon, Jean-Jacques Simard, Brian Slattery, Neil J. Sterritt, Blair Stonechild, Debbie Thomas, James Tully, Mary Ellen Turpel-Lafond, and Sylvie Vincent.

Registration fees (includes taxes):

- regular registration received by December 13, 1996 (includes lunch on Sat. and Sun.): \$90
- regular registration received after December 13, 1996 (includes lunch on Sat. and Sun.): \$140
- student registration: \$25

To receive a registration form and a conference programme, please contact:

José Cadorette

Conference Coordinator

McGill Institute for the Study of Canada

3463 Peel Street

Montréal, Québec H3A 1W7

Tel.: (514) 398-2658 / Fax: (514) 398-7336 / E-mail: jcadoret@heps.lan.mcgill.ca



## UPCOMING EVENTS

### CANADIAN NATIONAL INSTITUTE FOR THE BLIND CNIB VISION SERVICE DAY

FEBRUARY 6, 1997 THURSDAY  
ELDERS LODGE FROM 3 - 9 p.m.

We invite anyone and everyone who have visual problems, such as failing vision, partially sighted, etc. to attend the CNIB Service Day. Perhaps you know someone, such as a family member, friend, or co-worker who have visual problems, if so make sure you reserve this date to learn more about what is available. Louise McGilley and Joy Miller will be our guests, sharing information regarding the CNIB and the many services they have to offer. They will be setting up a display of assistive devices and technical aids. Some of the items will include talking watches, large print calendars, books, magazines, talking books, magazines, etc.

If you require transportation, please phone 967-3603, Thayendanege Health Centre by Friday January 31, 1997. This will give us time to make the necessary arrangements.

MAKE THE MOST OF WHAT YOU HAVE!!

REFRESHMENTS

DOOR PRIZES

## Spirit Alive Telecast

Extending a Native Christian Voice  
of Hope & Encouragement to Our Nation!

Tune in this week. . .  
It could change your life!  
**VISION Sat. CKWS Sun.**  
**CABLE: 8 AM T.V: 7 AM**

### Your Special Invitation

We want to express our appreciation to our Spirit Alive Viewing Family for your support and interest over the past year.

You are invited to an Open House at our National Ministry Offices on December 23 & 24, located on the campus of National Native Bible College from 10 - 11:30 AM.

Refreshments will be served. Come and meet the Spirit Alive Staff and receive a free Native Gift as our way of saying, "Thank you."

*All welcome!*

*Spirit Alive*  
PO Box 280, Deseronto, ON K0K 1X0 613-396-1435

Mark your calendar!

## CALL FOR ENTRY

THE NATIVE INDIAN/INUIT PHOTOGRAPHERS' ASSOCIATION  
IS PROUD TO PRESENT

## VIDEOBINGE II

FIRST NATIONS VIDEO FESTIVAL  
FEB. 21-23, 1997  
HAMILTON, ONTARIO, CANADA

Two days of video screenings, discussions, and workshops with leading Native video producers. A chance to see new work, share ideas and experiences and celebrate Aboriginal video production in Canada.

### CATEGORIES

DOCUMENTARY OVER 30 MINUTES  
DOCUMENTARY UNDER 30 MINUTES  
DRAMA OVER 30 MINUTES  
DRAMA UNDER 30 MINUTES  
ANIMATION/SHORT

All Aboriginal producers and collaborative projects are eligible to submit work. (see submission guidelines on reverse)

Student submissions welcome.

There is a \$10.00 entry fee for each submission.

ENTRY DEADLINE IS FEB. 1/97

For more information contact NIIPA AT 134 James S, Hamilton, ON L8P 2Z4  
(905) 529-7477, fax (905) 529-0887, e-mail: niipa@netaccess.on.ca

### APPLICATION FORM AND REGULATIONS GOVERNING SUBMISSION OF VIDEOS

- 1) All videos submitted will be juried by a committee of Native cultural producers. Their decision is final.
- 2) There is a \$10.00 non-refundable entry fee for each submission.
- 3) Late entries will not be accepted.
- 4) All entries must have Aboriginal participation in one of two ways;  
TOTAL ABORIGINAL PRODUCTION: Producer, Director and Writer.  
COLLABORATIVE PRODUCTION: One or more of Producer, Director, Writer.
- 5) All submissions must have been produced after Jan. 1/95.
- 6) All submissions must be NTSC standard vhs or svhs only.
- 7) Please do not send master copies. NIIPA cannot be responsible for preview or screening copies of videos.
- 8) Participants are not entitled to claim any rental or other fees for screening of their videos at the festival.

Producer's Name \_\_\_\_\_ Company \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_ E-mail \_\_\_\_\_

Are you an Aboriginal Producer? Y / N

Aboriginal Participation (see regulation 4) \_\_\_\_\_

Title of Entry \_\_\_\_\_

Date Completed \_\_\_\_\_ Running Time \_\_\_\_\_ Category \_\_\_\_\_

I hereby understand the regulations governing the submission of my work to VIDEOBINGE II and if such work is selected for public viewing I give permission for the screenings and use of promotional material (see below).

Signature \_\_\_\_\_ Date \_\_\_\_\_

On a separate sheet of paper please include the following to be included in festival program book and promotional material:

- Synopsis of entry (maximum 150 words). NIIPA reserves the right to edit description.
- Producer and Director bio's.(maximum 150 words). NIIPA reserves the right to edit.
- Credits to be included.
- Other broadcasts/festivals this entry has been in.



UPCOMING EVENTS

Festival of Native Arts - Loyalist College

The Aboriginal Resource Center at Loyalist College is pleased to announce that the Festival of Native Arts will take place on Saturday, January 25 and Sunday January 26, 1997. The doors will be open to the public from 10:00 a.m. until 5:00 p.m. We anticipate a daily attendance of over 200 people.

The aim of the Festival of Native Arts is to provide an opportunity for all to experience the richness of Aboriginal culture through music, dance, storytelling, art and crafts. We also hope to provide a forum for sharing among Aboriginal communities, Loyalist College and the non-Aboriginal community members. This celebration of Native Arts will include the Young Spirit Drum from Ottawa, as well as many traditional performers, storytellers and artisans.

We invite traditional artisans and crafts persons to join us and set up a table during this two day event. The rental cost of a table will be \$ 35.00 for one day or \$50.00 for two days.

We invite people who are interested in participating in the Festival as artisans, musicians, dancers, storytellers or workshop facilitators to contact the Native Advisor at the Loyalist College Aboriginal Resource Center at (613) 969-1913 at extension 250 or by FAX at(613) 969-0175. Please apply early, limited spaces are available.

Proposed Agenda-Festival of Native Arts

25-26 January 1996

Saturday		Sunday	
9:00 am	Doors open Craft vendors set up	9:00 am	Doors open Craft vendors set up
10:00 am	Doors open to public	10:00 am	Doors open to public
10:15 am	Welcoming Ceremony Student Center	1015 am	Welcoming Ceremony Student Center
12:00 pm	Grand Opening Student Center	1030 am	Storytelling - Alan Brant Alumni Hall
1:00 pm	Dancers Student Center	12:00 pm	Grand Opening Student Center
2:00 pm	Host Drum  Dancers (Fancy, Hoop, Jingle, Grass and Freestyle) Student Center	1:00 pm	Host Drum Student Center
3:00 pm	Public participation with dancers welcome	2:00 pm	Open Dancers Public participation welcome Student Center
5:00 pm	Doors close	4:00 pm	Closing Ceremony Student Center
		5:00 pm	Doors close

Daily Admission	Children under 12	free
	Students	\$2.00
	Adults	\$5.00
	Elders / Seniors	free

We welcome the wearing of Traditional Dress

Together, the Tyendinaga Mohawk Food Bank and Tammy and Kelly Adams Would Like to Announce  
Our First Annual  
Santa's Village at Tyendinaga!  
December 14 & 15  
4pm - 7pm

All children will be receiving a small gift from Santa!  
Non-perishable food items for the Tyendinaga Mohawk Food Bank would be greatly appreciated.  
All are Welcome!  
Please feel free to come with or without donations.  
Nia:wen



WINTER CARNIVAL

FEB. 1ST, 1997  
ALL DAY AT  
THE  
TYENDINAGA  
SOFTBALL  
COMPLEX  
&  
TYENDINAGA  
COMMUNITY  
CENTRE



Any and all ideas or volunteers are welcome!  
Sponsored by the Mohawk Rec. Committee





## CLASSISFIED

### FOR SALE

1988 CHEVY BERETTA GT  
- 2.8L V6 auto, air cond., tilt, cruise,  
- delay wipers, a.m. -f.m. cassette  
- \$4650.00 as is or Best Offer

DOUBLE BED  
- 2 years old  
- mattress and box spring with frame  
-\$300.00 or Best Offer

RUNNING BOARDS FOR JIMMY\  
BLAZER  
- \$60.00 or Best Offer

CALL: Kirk Brant 396-2536

### FOR SALE

12 WEEK OLD MINIATURE SHELTY  
PUPPIES  
- Great for Christmas Gifts  
- Black & white  
- 3 males & 3 females  
- \$100.00 each

Call: 396-3708 ask for Jean

**Would You Like Some Advertising  
from Deseronto to Brighton?  
If So Give Me a Call from  
5:00 p.m.- 10:00 p.m.  
396-6976**



Happy Birthday

Isaac  
Dec. 26

Love Mom, Dad  
& Cole

Happy Belated Birthday!



Alfred Ross Maracle  
Nov. 19

Love the Family

### Congratulations!

Matthew Bernhardt & Sarah Brown  
on Your High School  
Graduation.

Love Mom, Dad & Crystal



### FOR SALE

POOL TABLE  
- 4 X 8 slate, black & forest green cloth  
- matching cue rack  
- 5 cues, Boston Balls  
\$2,500.00

Call: 396-6976

### Diane's Bargain Basement

Located at the Sunrise Shell  
in Deseronto

Open: Sat. & Sun.

10:00 A.M. - 4:00 P.M.

(Furniture, Clothing, White  
Elephant Table, Fabrics, etc.)

396-2018

### FOR SALE

DELUXE MINI STEPPER  
- Model # 06-30374  
Asking \$25.00

POWER WHEELS  
- Cycle Sound, 550 Raider  
-3 Wheeler with rechargeable 9 volt battery  
- Approx 3 years old, Hardly used  
New Cost \$300.00 asking \$125.00

Please Call: 968-2727



Happy 3rd  
Birthday!  
Keelan

Love Mommy & Dad



Happy 15th Birthday

Crystal

Love Mom, Dad and Mathew

Happy 16th Birthday!

Phillip  
Dec. 27

Love Mom, Dad  
Matt & Charles



### MILL TOWN MEATS

-Corn Fed Beef  
- Quarters & Halfs of Beef  
- Cut, Wrapped & Frozen  
- Individual pieces sold at home

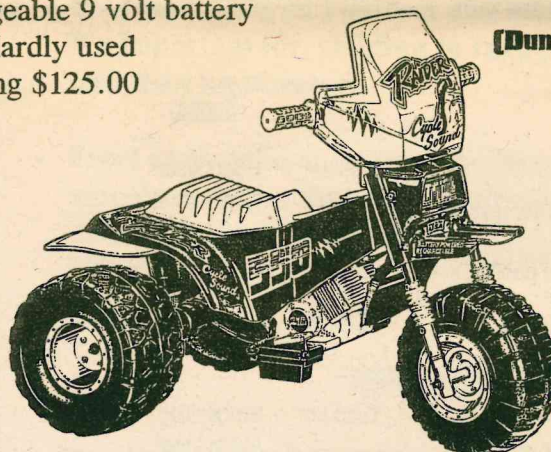
Make Your Own Soup!  
Lyed Corn, Beans Special Pork

Domestic Rabbit  
- Low in Cholesterol  
Call : Glenn Hill 962-5470

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SMALL ENGINE  
AND CHAIN SAWS

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MICK GREEN  
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H. I.  
HAUL IT  
Dump Truck Available  
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topsoil, scrap  
(Dump or Waste Removal)  
Free Estimates!  
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396-6829



## SPECIAL NOTE FROM MC MURTER HOME CENTRE NEW WINTER HOURS

MON TO FRI 8 TO 4  
SAT 8 TO 12 NOON

\*\*\*\*\*  
STOP IN TO SEE OUR MANY IN  
STORE SPECIALS !!!

WE ARE NOW SELLING OAK HILLS  
ARTESIAN BOTTLED WATER AND  
WATER COOLERS. RENTAL COOLER  
UNITS ALSO AVAILABLE.  
18 L BOTTLES ONLY 4.99

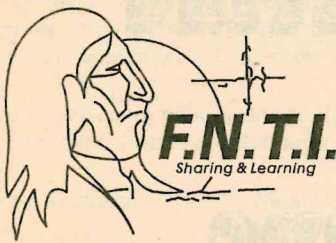
**CALL US AT 396-1607**

MCMURTER HOME CENTRE " LET US HELP  
BUILD YOUR DREAMS "



## COMMUNITY BUSINESSES

### Tyendinaga's Business



## Small Business Entrepreneur Program

### What Is It?

The Small Business Entrepreneur Program is a NEW program being offered jointly by FNTI and St. Lawrence College. The program will provide training for CURRENT and ASPIRING entrepreneurs. That is, learners will receive training that will assist them with the planning, startup, and operation of their own business. Additionally, the core components of the program will develop fundamental administrative, financial & economic development skills required in Band administrative positions.

### Delivery Information

This program will be offered on a part-time basis starting in January 1997. It will consist primarily of self-directed study. Learning will be supplemented by mentoring, fax/internet correspondence, and seminar/workshop sessions to be held at FNTI, on Tyendinaga Territory.

### P.L.A.:

For information on Prior Learning Assessment please contact FNTI directly.

### 1st Intake:

Our first intake for this new program is planned for mid-January 1997. At that time we will be offering 2 of the following 3 courses:

- Accounting 1
- Entrepreneurship (Venture Development)
- Introduction to Computers (Windows, Word Processing, Spreadsheets)

### More Information or to register

Bruce Wright  
F.N.T.I.  
Business Program  
Coordinator  
396-2122

Shelley Brant  
M.B.Q.  
Economic  
Development Officer  
396-3424



Would like to Welcome You to the

**HISTORIC TOWN OF  
DESERONTO**  
*Heart of Walleye World*

Our B & B opened in 1995  
"Overlooking the Beautiful Bay of Quinte."

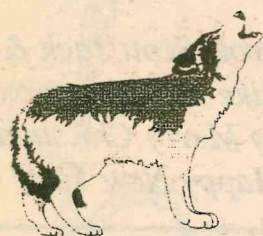
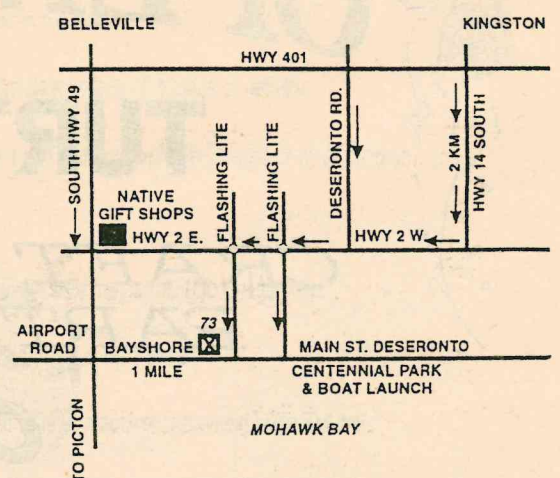
**A Good Breakfast - A Good  
Start to Your Day!**

Our Rates: \$25.00 U.S. Per Person per/night  
\$30.00 Canadian Per Person  
Year Round includes a Full Breakfast.  
Pay no taxes.

- \* A Private Bathroom off every room
- \* Central Air
- \* FISHERMEN WELCOME!
- \* 2 mins. to Napanee & Marysville  
Golf Courses. Ample Parking!
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**\*\*\*Book Early for Christmas & Ice Fishing  
at NO EXTRA CHARGE\*\*\***

For information or Reservations Call:  
1-613-396-6389 or 1-888-824-6616



## TWO CLAN'S CRAFTS



CORNER OF BAYSHORE & HIGHWAY # 49  
SUZANNE & ALAN BRANT 396-5703

## NOW OPEN

Wed. thru Sun. 10 am til 6 pm

(ONLY UNTIL DEC. 24)

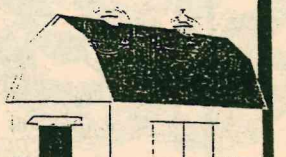
CLOSED Mondays & Tuesdays

### RED BARGAIN BARN 966 - 6306

OPEN : 10:00 - 5:00 Daily  
7 days a week

Stoves, Fridges, all kinds of appliances  
Used Items, New Tools

MILL TOWN  
SIDE RD.  
1 mile on Hwy # 2  
East of Shannonville





## COMMUNITY BUSINESSES

FACIALS • MANICURES • WAXING  
&  
**Hair Too!**  
MEN & WOMEN'S STYLING  
≡≡≡ **396-5360** ≡≡≡

COME DISCOVER WHAT PUTS THE TOO! IN **HAIR TOO!**

**HEY GUYS  
CHRISTMAS IS COMING!**

**NO MOPS! NO PAILS!**

THIS YEAR GIVE HER SOMETHING SHE WOULD  
GIVE HERSELF, WITH A GIFT OF BEAUTY FROM  
**HAIR TOO!**

WE HAVE PERSONALIZED GIFT CERTIFICATES &  
GIFT BASKETS, PLUS STOCKING STUFFERS  
SHE WILL LOVE!

AND LADIES FOR THE MEN IN YOUR LIFE CHECK OUT OUR NEW  
MEN'S LINE!

MELINDA TURRIFF KIRSTEN HUBNER  
**428 DUNDAS ST., DESERONTO (HWY 2)**

DARREN GREEN  
**SANDBLASTING**  
&  
**PAINTING**

SPECIALIZING IN: Structural Steel Ships,  
Bridges, Tanks, Towers, Dumpsters

BUT WE ALSO DO: Farm Equipment, Tractors, Trailors,  
Dump Trucks, Barn Roofs  
Houses and silo's.

*To Make a Long Story Short we can  
Sandblast and Paint anything from Ships to  
Horse Shoes,  
So give us a call for your Free Estimate Today!*

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**OPENING SOON!**

**TURTLE ISLAND**

*CRAFT, FABRIC and  
PARTY SUPPLIES*

**OPENING WEEK  
SPECIALS!**  
*on everything in  
store!*



  
**Dixie Lee**

*Christmas is Just Around the Corner  
and Dixie Lee in Deseronto would  
like to give the Cook of the Family  
a Break with this incredible Special!*

  
**10 BUCK BUCKET SPECIAL!**

*Hugh, Carol, Scott Jack & Staff  
Would like to wish everyone  
a Very Merry Christmas  
& Happy New Year!*

**JOHN'S CONCRETE**


SPECIALIZING IN:  
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*"FREE ESTIMATES"*

COMPARE OUR PRICE RIGHT HERE ON THE RESERVE  
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**Newsletter Deadline**  
**Jan 6/97**  
**12:00 noon**  
**396-3424**

**CLEAR WATER FACTORY** 

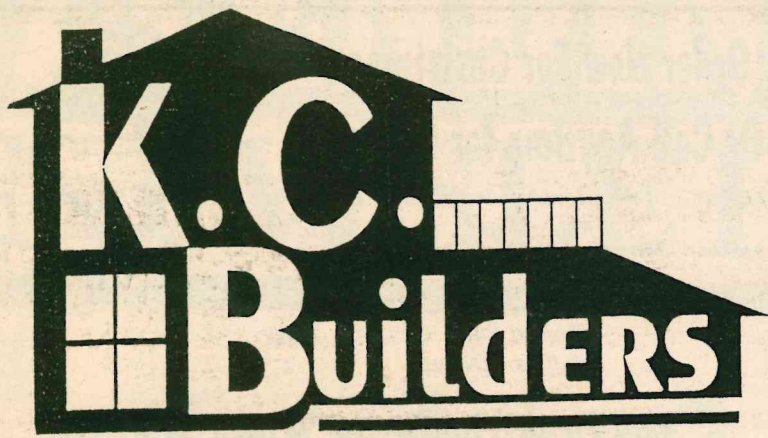
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## COMMUNITY BUSINESSES



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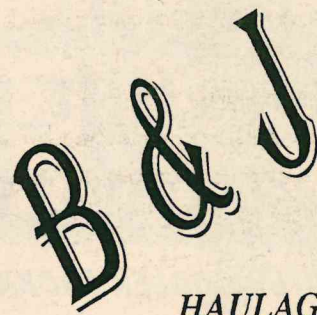
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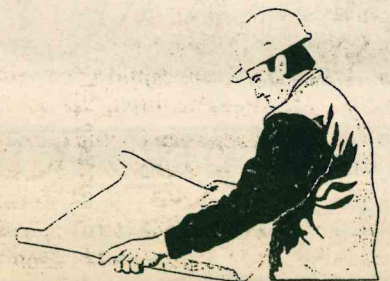
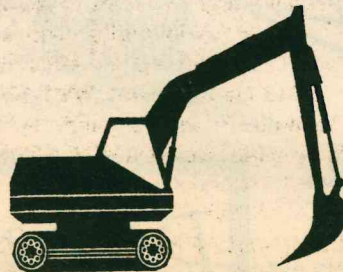
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CENTER . \ SPECIAL

FREE FREE FREE

WITH A PURCHASE ORDER OF A HORTON CROSSBOW  
ONLY

RECEIVE A NEW BOWCASE  
AND THREE BOLTS

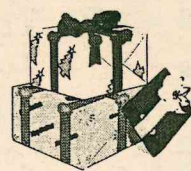
YOUR CHOICE OF EITHER FIELD POINTS  
OR

RAZOR HEADS

GET A HEADSTART !

GET A HORTON !

NIA WEN



*MillSide Ceramics & Crafts*

*It's Still not too late to come and make  
your Christmas gift for your favourite person  
or if you don't have time let me make you something!*

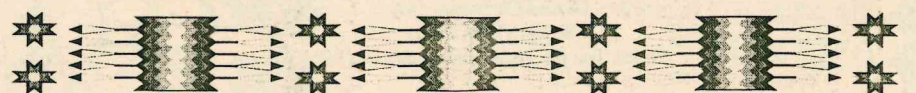
**Come in and see my new selection of Christmas pieces, Native pieces and more.**

**Plus get in on the paint Sale the week of Dec. 9 to the 14. Aleens paints not only look great for ceramics but they can be used for wood, plastic and metal. All colours are available and you need only one coat.**

*Look for my new sign at the end of my driveway on Milltown Side Rd.*

*See You Soon!*  
*Marleen Murphy Millside Ceramics & Crafts*

**Hours are:**  
**Monday 1 - 9**  
**Tuesday to Thursday 9 - 9**  
**Friday & Saturday 9 - 5**  
**Sunday - CLOSED**  
**CLOSED - All major Holidays!**





## COMMUNITY BUSINESSES



### The PERFECT Christmas Gift

### PURE DRINKING WATER

#### DISTILLER & WATER COOLER PACKAGE

INCLUDES: POLAR BEAR AUTOMATIC DISTILLER  
PUMP & DELUXE KITCHEN FAUCET  
DELUXE WATER COOLER  
TWO 18 LITRE BOTTLES  
FIVE & TEN YEAR WARRANTIES

OR: WATER COOLER PACKAGES  
That include 450 Litres Pure Drinking Water  
&  
COST SAVINGS WATER PACKAGES

*Phone for  
Complete Details*

The entire  
family will  
thank you  
for years  
to come...



### CLEAR WATER FACTORY

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*The Water Professionals you can Trust Naturally.*



### Denaga 96 SnowPlowing

24 hr. Service  
Phone: 962-8757  
Gloria Idzenga



Lyle Vancief M.P.  
Prince Edward-Hasting

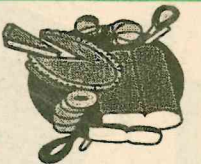
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Unit 2  
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Phone: 969-7466  
Fax: 969-7084



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### Order Now For Christmas Or Call Anytime for Order's



Fresh

Homemade Bread & Buns, Raisin Bread - Raisin Buns  
Round Buns - Round Bread, Whole Wheat Bread

Pies

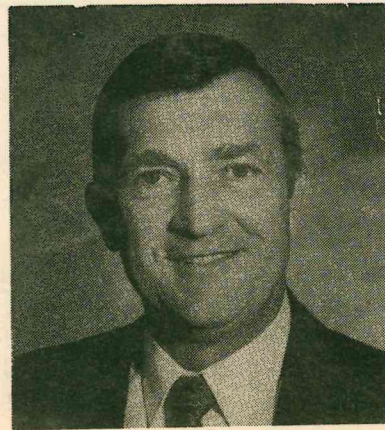
Cheesecakes, Cinnamon Buns  
Chelsea Buns, Cookies - Tarts  
Muffins - Donuts

Call Della 396-3283 or Wilma 396-2832

Opening Dec. 16th

Brant's Bakery

Slash Road R.R. # 1, Deseronto, Ontario



Bob Vrooman CLU CH.F.C.  
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475 William St.  
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K7R 1A5

354-2726 (Napanea)  
968-6449 (Belleville)



### Seasons Greetings

#### 12 DAYS OF CHRISTMAS

AT  
Pat's Variety

& Farm Produce

HWY. #49 TYENDINAGA TERRITORY

MYSTERY PRIZES  
DRAWN DAILY FROM  
DEC.13 TO DEC. 24

ENTER WITH EVERY PURCHASE  
OF \$10.00 OR MORE

(not including Postal services or  
tobacco products.)

GRAND PRIZE:  
A QUARTER OF BEEF

(\$250.00 value, no cash substitutes)

to be drawn on:

DECEMBER 31, 1996

Closed Christmas Day  
& New Year's Day  
Thank You for your Patronage in 1996

Cheese  
Baskets

Primrose  
Oil & Cap's

Other  
Health, Herb's  
& Rawleigh  
Products

Apples

Beef  
& Chicken

Native Crafts  
& Gifts

Star Jet  
Carpet  
Cleaner

Homemade Christmas  
Cakes (White or Dark)

### BUILD-ALL CONTRACTORS

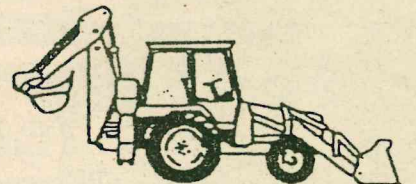
HWY #2

TYENDINAGA TERRITORY

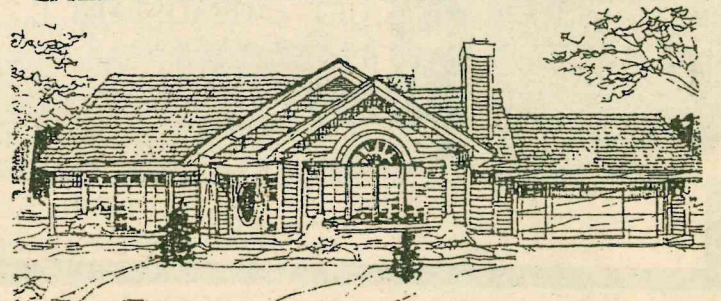
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FOR REASONABLE RATES & FREE ESTIMATES ON:

- DESIGN/ BUILD COMMERCIAL OR RESIDENTIAL
- RENOVATIONS
- SEPTIC SYSTEMS
- SCREENED TOPSOIL
- DRIVEWAYS
- WELLS
- BASEMENTS
- EXCAVATION
- HAULAGE



CALL TOM MARACLE AT 969-1315





# MOHAWK FAIR BOARD

## A message from Mohawk Agricultural Society

The members of the Mohawk Agricultural Society would like to thank all members, sponsors, directors, assistants, volunteers and patrons for making Mohawk Fair a success.

In an effort to assist with the organization of 1998 Mohawk Fair, we would be interested in getting some opinions from the community on our annual three-day event.

If you would kindly complete the following survey and drop it off at FNTI (to Caroline), it would be greatly appreciated.

We strive to provide "something for everyone" at Mohawk Fair and look forward to your comments.

Thank you in advance for taking time to reply.

## MOHAWK AGRICULTURAL SOCIETY A.K.A. MOHAWK FAIR SURVEY

1. What thing(s) DO YOU LIKE about Mohawk Fair?

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2. What thing(s) DON'T YOU LIKE about Mohawk Fair?

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3. What thing(s) WOULD YOU CHANGE about Mohawk Fair?

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4. Any other comments?

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### TO ALL MOHAWK FAIR EXHIBITORS

Please take note of the following sections for the 1998 Mohawk Fair Book. Some of the sections do have changes so please watch carefully when preparing your exhibits for next year's fair. For the photo section please **do not** mount or enlarge your photos (unless otherwise specified). All photos **must** be taken by the Exhibitor. For the other sections (except Antiques) all exhibits are to be made by the Exhibitor.

Thank you to all of our 1997 Mohawk Fair Exhibitors. Your handiwork and displays are greatly appreciated! If you have any questions regarding the following information please do not hesitate to call Deb Vincent @ 968-2727.

#### Class J ..... Domestic Science Baking

1. Best Decorated Cake, Appearance Only, not necessarily edible
2. Applesauce Cake (Iced)
3. Chocolate Cake (Iced)
4. Banana Cake (Iced)
5. Carrot Cake (Iced)
6. Fruit Cake (Loaf pan)
7. Apple Pie
8. Cherry Pie
9. Blueberry Pie
10. Raspberry Pie
11. Strawberry Pie
12. Raisin Pie
13. Pumpkin Pie
14. Lemon Meringue Pie
15. Peach Pie
16. Mincemeat Pie
17. Pecan Pie
18. White Bread, 1 loaf
19. Whole Wheat Bread, 1 loaf
20. Cinnamon Rolls (Iced, 1 dozen)
21. Chelsea Buns
22. Chelsea Buns
23. Orange Loaf
24. Banana Nut Loaf
25. Date & Nut Loaf
26. Pumpkin Loaf
27. Cherry Loaf
28. Zucchini Loaf
29. Applesauce Loaf
30. Hickory Nut Loaf
31. Sugar Cookies (6)
32. Chocolate Chip Cookies (6)
33. Oatmeal Cookies (6)
34. Soft Molasses Cookies (6)
35. Shortbread Cookies (6)
36. Tea Biscuits (6)
37. Cup Cakes, no paper cups (6)
38. Donuts (6)
39. Bran Muffins (6)
40. Oatmeal Muffins (6)
41. Butter Tarts (6)
42. Fruit Tarts, Variety (6)
43. Date Squares (6)
44. Holiday Squares (6)
45. Chocolate Brownies (6)
46. Maple Cream Fudge (6)
47. Chocolate Fudge (6)
48. Butterscotch Squares (6)
49. Pineapple Upside Down Cake
50. Lyed Corn Bread, boiled
51. Dried Corn (1 pint)
52. Lyed Corn (1 pint)
53. Eggs, White (1 dozen)
54. Eggs, Brown (1 dozen)
55. New Item for this class

#### Class L ..... Canning & Preserves

1. Applesauce, Smooth
2. Applesauce, Chunky
3. Peaches
4. Pears
5. Cherries
6. Raspberries
7. Strawberries
8. Collection of Fruits (3)
9. Wild Blueberry Jam
10. Cherry Jam
11. Strawberry Jam, cooked
12. Strawberry Jam, freezer
13. Raspberry Jam, cooked
14. Raspberry Jam, freezer
15. Peach Jam, cooked
16. Peach Jam, freezer
17. Strawberry-Rhubarb Jam, cooked
18. Collection of Jams, cooked (3)
19. Collection of Jams, freezer (3)
20. Grape Jelly
21. Mint Jelly
22. Marmalade
23. Tomatoes
24. Salsa
25. Chili Sauce
26. Brine Tomatoes
27. Corn Relish
28. Dill Pickles
29. Gherkins
30. Bread & Butter Pickles
31. Beets
32. Sweet Pickles
33. Pickled Onions
34. Mustard Pickles
35. Hamburger Relish
36. Collection of Pickles (3)
37. Canned Peas
38. Canned Kernel Corn
39. Canned Green Beans
40. Herb Vinegar
41. Herbed Oil
42. Dried Apples
43. New Item for this class

#### Class M..... Flowers

1. Pansies
2. Gladiolus (4)
3. Hydrangea
4. Cosmos
5. Dahlia (1)
6. Asters (4)
7. Zinnias
8. Snapdragons
9. Petunias
10. Marigolds, Giant (4)
11. Marigolds, French (4)
12. Rose (1)
13. Basket/Container with Fresh Cuts
14. Autumn Memories (arrangement of Nature's Gifts & Novelties) (No Rag Weed)

#### REAL BUT DON'T HAVE TO BE HOME GROWN

15. One & Only (A design using one gladioli Spike (using florets) and its foliage)
16. The Good Old Days (Arrangement for Sideboard or Buffet)
17. Green with Envy (Arrangement using fresh foliage only)
18. Kitchen Kapers (Arrangement using kitchen utensils)

#### SILK FLOWERS

19. Flower Display with Driftwood
20. Basket of Flowers for a Flower Girl
21. Dining Room Centrepiece
22. Baby Arrangement

#### POTTED PLANTS

23. Impatiens
24. Hanging Plant
25. Spider Plant
26. African Violet
27. Foliage Plant
28. Flowering Plant
29. Geranium
30. Tuberous Begonia
31. Cactus
32. Flowering Plant
33. Vine Plant
34. Baby Tears
35. Aloe Plant
36. Christmas Cactus
37. Prayer Plant
38. Outdoor Hanging Mixed Planter
39. Outdoor Mixed Planter

#### THEME ARRANGEMENTS (REAL, SILK OR DRIED)

40. Christmas Arrangement
41. Country Fair (Arrangement using two or more of the following-Flowers, Fruits or Vegetables - in an Attractive Design)
42. Thanksgiving (Use your Imagination)
43. Sunny Days (Mass Arrangement with shades of yellow)
44. Rainy Days
45. Arrangement of Your Choice

#### CHILDREN ONLY (14 AND UNDER)

46. Single Cut Flower in Tall Container (must be identified)
47. Single Gladioli in Tall Container
48. My Favourite Toy (Arrangement of Mixed Flowers in a Toy (toy not over 12"))
49. Single Plant in a Pot (must be identified and grown by child)

#### DRIED FLOWERS

50. Arrangement
51. Swag



# MOHAWK FAIR BOARD

## CLASS N..... Needlecraft

### FANCY WORK

1. Creative Stitchery (any item)
2. Cross Stitch, counted
3. Cross Stitch, freehand
4. Needlepoint
5. Crewel Embroidery
6. Bridal Shower Gift

### BATHROOM

7. Guest Towels, Counted Cross Stitch (2)
8. Guest Towels, handmade lace Trim (2)
9. Guest Towels, Manufactured Lace Trim (2)
10. Bath Towels, Handmade Lace Trim (1)
11. Bath Towels, Manufactured Lace Trim (1)
12. Toilet Paper Cover

### KITCHEN/DINING ROOM

13. Pot Holders, Novelty
14. Place Mats, Patchwork (4)
15. Place Mats, Quilted (4)
16. Place Mats, Crocheted (4)
17. Place Mats, Machine Made (4)
18. Table Runner, Machine Made
19. Table Runner, Embroidered
20. Table Centrepiece, Crocheted
21. Tablecloth, Crocheted

### LIVING ROOM/DEN

22. Afghan, Knitted (48" x 66")
23. Afghan, Crocheted (48" x 66")
24. Cushion, Crocheted
25. Cushion, Patchwork
26. Cushion, Quilted Design

### BEDROOM

27. Pillow Cases, Embroidered (2)
28. Pillow Cases, Lace Trim
29. Bedspread, Crocheted
30. Quilt Top
31. Quilt Patchwork, Hand Quilted
32. Quilt, Machine Appliqued, Hand Quilted
33. Quilt, Hand Sewn Applique, Hand Quilted
34. Quilt, Patchwork & Appliqued
35. Quilt, Machine Quilted
36. Quilt, Indian Theme
37. Quilt, Embroidered, Hand Quilted
38. Quilt, Novelty, Hand Quilted
39. Quilt, Any Type, Quilted
40. Quilt, Tied Down
41. Quilt, Original Design
42. Quillo
43. Panel Quilt

### NURSERY/INFANTS

44. Crib Quilt, Hand Quilted
45. Crib Quilt, Appliqued or Patchwork, Hand Quilted
46. Crib Quilt, Hand Quilted (kit)
47. Sweater & Hat Set, Knitted
48. Sweater & Hat Set, Crocheted
49. Afghan, Knitted (30" x 40")
50. Afghan, Crocheted (30" x 40")
51. Bunting Bag
52. Christening Outfit

### CHILDRENS' WEAR

53. Parka
54. Cardigan, Knitted
55. Cardigan, Crocheted
56. Jacket, Machine Made
57. Pullover, Knitted (heavy wool)
58. Pullover, Knitted (fine wool)
59. Pullover, Crocheted
60. Hat & Scarf, Crocheted
61. Two piece Outfit, Machine Made
62. Dress, Knitted
63. Dress, Machine Made
64. Slippers, Knitted
65. Slippers, Crocheted
66. Housecoat, Machine Made
67. Fancy Sweat Shirt
68. Denim Jumpsuit

### LADIES' WEAR

69. Sweater, Knitted (heavy wool)
70. Sweater, Knitted (fine wool)
71. Sweater, Crocheted
72. Collar, Crocheted
73. Vest, Quilted
74. Vest, Crocheted or Knit
75. Vest, Machine Made
76. Hat & Scarf, Crocheted or Knitted
77. Apron, Fancy Hostess Half Size, Machine Made
78. Apron, Practical/Kitchen Full Size, Machine Made
79. Blouse, Machine Made
80. Dress, Practical/Kitchen Print
81. Dress, Fancy/Party
82. Nightgown, Machine Made
83. Housecoat, Machine Made
84. Denim Skirt, Machine Made
85. Fancy Sweat Shirt
86. Fancy T-Shirt

### MENS' WEAR

87. Sweater, Knitted (heavy wool)
88. Sweater, Knitted (fine wool)
89. Sweater, Crocheted (heavy)
90. Sweater, Crocheted (fine)
91. Vest, Knit or Crocheted
92. Vest, Machine Made
93. Tie, Machine Made
94. Scarf, Knit or Crocheted
95. Socks, Knitted
96. Bathrobe, Machine Made
97. Shirt, Machine Made

### MISCELLANEOUS

98. Recycled Denim Item
99. Pair of Mittens, any size
100. Hooked Wall Hangings
101. Cotton Hat
102. Wool Article
103. Best Dressed Doll, Handmade Clothing (over 8")
104. Dressed Baby Doll, Knit or Crocheted
105. Handmade Porcelain/China Doll
106. Felt Work
107. Cushion, Novelty
108. Quilted Wall Hanging
109. Best Machine Made Article
110. Stuffed Animal
111. Dressed Teddy Bear, handmade Clothing (over 8")
112. Tote Bag
113. Pillow Case Doll
114. New Item for this Class

## CLASS O..... Arts & Crafts

1. An Item of Liquid Embroidery
2. A Painted Article of Clothing
3. Handmade Decorative Clown
4. Christmas Candle Centrepiece
5. Christmas Tree Decoration
6. Christmas Door Decoration
7. Christmas Tree Skirt
8. Christmas Wreath
9. Christmas Hand Made Card
10. Christmas Tablecloth
11. Christmas Ceramic
12. An Item of Stained Glass
13. Candle (s)
14. Centrepiece, Other Than Christmas
15. Tole Painting on Wood
16. A Wooden Toy
17. Birdhouse or Birdfeeder
18. Fabric Picture or Mirror Frame
19. Lamp
20. Wall Hanging
21. Draft Stopper
22. Doll Clothes (1 outfit, not on doll)
23. Stuffed Animal (not a kit)
24. Paper Tole
25. Pen & Ink Drawing
26. Painting, Any Medium
27. Portrait in Pencil
28. Caricature
29. Original Water Colour Painting
30. Plastic Canvas Item
31. An Item of Jewellery
32. An Item from Recycled Materials
33. Latch Hook Item
34. Ceramic, Native Theme
35. Hand Thrown Pottery
36. Ceramic, Practical Item
37. Ceramic, Decorative Item
38. Novelty Ceramic
39. An Item Painted by Air Brush
40. New Item for this Class

## CLASS Q ..... Native Crafts

### Leatherwork

1. Full Native Outfit
2. Leather Jacket, Plain
3. Leather Jacket, Beaded
4. Leather Vest, Plain, Hand laced
5. Splint Baskets
6. Wall Hanging, Sweet grass
7. Baby Boots/Wraps
8. Moccasins, Beaded, Handsewn & Machine Sewn
9. Moccasin Wraps
10. Drum
11. Rattle
12. "Splint" Craft
13. Leather Purse, Plain
14. Leather Purse, Beaded
15. Mittens or Gloves, Plain
16. Mittens or Gloves, Beaded
17. Tooled Purse
18. Tooled Belt
19. Tooled Wallet
20. Mukluks, Plain
21. Mukluks, Beaded
22. Knife Sheath, Beaded
23. Wall Hanging, Deer or Moose Hide

### Beadwork

24. Change Purse
25. Hair Piece
26. Loom Work
27. Freehand, Any Item
28. Headband
29. Earrings
30. Necklace
31. New Beaded Item

### Iroquoian Cloth work

32. Native Outfit
33. Ribbon Shirt
34. Handbag, Side Bag, Beaded on Cloth

### Native Hand Carvings

35. Soapstone
36. Bone
37. Wall Plaque, Any Type
38. Carving, Native Theme or History

### Native Art

39. Cradleboard
40. Watercolour Painting
41. Pencil Drawing
42. Painting, Other than Watercolour

### Miscellaneous

43. Embroidery Work, Traditional Native Design
44. Corn Husk Doll
45. Apple Face Doll
46. Pottery, Native Design
47. Best Native Dressed Native Doll, Handmade Clothing (over 8")
48. Dream Catcher (6" or over)
49. New Item for this class.

## CLASS R ..... Antiques & Collectibles

1. Music Box
2. Jews Harp
3. War Memorabilia (Up to and including WWII)
4. Carnival Glass
5. Composition Doll Under 12"
6. Cobalt Glass
7. Place Setting of Silver (5 pieces)
8. Fishing Lures
9. Smoke Stand
10. Paper Dolls
11. Doll Carriage
12. Egg Basket
13. Book Ends
14. Deck of Cards
15. Plane
16. Old Catalogue (pre-1950)
17. Old Child's Book (pre-1950)
18. Square Nail
19. Outdoor Hand Tool
20. Door Knob
21. Drawer Pull
22. Hat Pin
23. Wall Sconce
24. Candle Holder
25. Postcard
26. Product in Original packaging
27. Child's Toy Bank
28. Mustache Cup
29. "Made in Occupied Japan" Item
30. Your Choice

## CLASS S

### Teenage Competition

#### Baking

1. Best Decorated Cake
2. Chocolate Brownies (6)
3. Banana Loaf
4. Sugar Cookies (6)
5. Oatmeal Cookies (6)
6. Chocolate Chip Cookies (6)
7. Bran Muffins (6)
8. Cup Cakes, Iced (6)
9. Chelsea Buns (6)
10. White Bread, Bread Machine Baked

#### Leather Work

11. Any Item
12. Dreamcatcher

#### Beadwork

13. Any Item, Loom Work
14. Earrings
15. Necklace
16. Any Item, Freehand

#### Handicraft

17. Parka
18. Cloth Ribbon Dress or Shirt
19. Stuffed Animal, Homemade
20. Throw Cushion
21. Best Dressed Doll, Handmade Clothes
22. Any Knit or Crocheted Item
23. Paper Mache
24. Corn Husk Doll
25. Birdhouse
26. Carving, Any Medium
27. Tomahawk
28. Woodwork, Ornamental
29. Woodwork, Furniture
30. Pencil Drawing
31. Poetry
32. Portrait, Any Medium

#### Hobbies

33. Model House
34. Stamp Collection
35. Assembled Model
36. Scrapbook, Any Subject
37. Miniature Indian Village
38. Three Colour Photographs, Mounted
39. Mounted & Labelled Collection
40. Any Other Hobby Display
41. New Item for this Class.

## CLASS T

### Youth Competition

1. Leather Work
2. Rug Hooking
3. Felt Work
4. String Art
5. Woodwork, Any Item
6. Soap Carving
7. Sculpture, Play Dough
8. Pet Made of any Medium
9. Assembled Model
10. Pencil Drawing
11. Freehand Colour Drawing, Native Theme
12. Photograph, Mounted (5" x 7")
13. Freestyle Comic Strip, (minimum of three frames)
14. Freehand Caricature, Mounted & Named (8" x 10")
15. Scrapbook, Any Subject
16. Paint by Number
17. Mounted and Labelled Collection
18. Lego Assembly
19. Beadwork, Any Item
20. Loom Work, Any Item
21. Best Dressed Baby Doll
22. Home Made Jewellery
23. Best Original Poem
24. Best Dressed Native Doll
25. Decorated Christmas Card
26. Pinecone Animal
27. Paper Bag Puppet
28. Hand Made Doll
29. Doll Collection (maximum of 6)
30. Sports Card Collection
31. Dream Catcher
32. Ceramic Item
33. Science Project
34. Any Other Hobby Display
35. New Item for this Class.