

TYENDINAGA

NEWSLETTER



ISSUE 12/01



*Merry Christmas
& Happy New Year to all!
from
Chief & Council
and the Administration Office Staff*

The Administration Office will be closed on
Friday December 21 at 4:30 p.m.
and resume business hours on
Wednesday January 2 at 8:30 a.m.

ELECTION RESULTS

Posted inside.

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Newsletter Deadline

Friday, Jan. 4 at
12:00 noon
396-3424

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



EUCHRE NIGHT!

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

ADMINISTRATION



MOHAWKS OF THE BAY OF QUINTE

R.R. #1, Tyendinaga Mohawk Territory, Ontario K0K 1X0

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

November 30, 2001

TO THE MEMBERS OF THE MOHAWKS OF THE BAY OF QUINTE FROM THE CHIEF

Se:ken Sewakwekenh

As we approach the election, I want to thank everyone for the opportunity and honor of serving you as Chief during the past 8 years. It has been a rewarding experience with many challenges as we deal with many complex issues affecting our community and aboriginal people nationally. I am pleased to give you a report on the following issues.

First Nations Governance Act

The Minister of Indian Affairs Robert Nault will be appointing three persons to draft the First Nations Governance Act in December 2001. The Bill is expected to be tabled in the House of Commons in the Spring of 2002 after which time it will go to the Standing Committee of Aboriginal Affairs. Afterwards, there will be consultation with Aboriginal Leaders. The Government wants this new legislation to be in effect by 2004.

The new legislation will require improved systems of community consultation, accountability, policy development, reporting, and an appeal mechanism and redress for community members who believe they were not treated fairly by staff or Council. Programs must be managed in a fiscally responsible manner to ensure the services offered provide maximum benefits to our members. We need to develop a collective vision supported by our membership.

Aboriginal leaders object to the lack consultation in drafting the bill. Native leaders take the view that it will be difficult to change the essence of the bill after the first reading in the House of Commons.

Chief's Committee on Health – Report

In July 2001, I was appointed the AIAI Representative to the Ontario Chief's Committee on Health. The Chief's Committee met on October 22, 2001 in Ottawa, to discuss a National Template for the Pro Forma Agreement. Mike Sherry, lawyer, provided legal comments on the September 14, 2001 draft Pro Forma Agreement. There is a need to finalize clauses in the agreement relating to unforeseen circumstances, accountability, confidentiality, Crown liability, disasters, delegation, conflict of interest, and treaty rights and obligations.

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Minister Alan Rock of Health Canada extended the current Pro Forma Agreements to March 31, 2002 to allow time to formulate one national model agreement.

The AFN coordinated a national working group, which met on meet on November 7, & 8, 2001 and two weeks afterward. The working group will consider comments in the Auditor General's Report. The goal is have a National Template Agreement ready for discussion with Chiefs in January 2002.

I attended the Ontario Chief's Committee on Health in Toronto on November 21 & 22, 2001. Jerome Berthelette attended from the Auditor General of Canada's Office to discuss various auditing and special projects that their office will be conducting over the next ten years regarding the Health Canada Aboriginal File. The Chief's Committee on Health will develop four or five funding models to accommodate the regional diversity in the country. It also may be necessary to request the Minister of Health, Alan Rock provide an additional extension of time to implement to allow for review time within Health Canada.

A meeting has been scheduled on December 5, 2001 with Minister Alan Rock and the Assembly of First Nations Chief's Committee on Health. The focus of the meeting will be to resolve the conflicting statements made by Minister Alan Rock and his Senior Officials regarding the proposed language of the Pro Forma Agreement. I will be attending these meetings.

Non Insured Health Services

Since September 11, 2001, there have been changes in attitude and policy as the government deals with expensive measures to fight terrorism in the world.

The Branch Executive Committee of Health Canada recently informed the AFN that there is a projected year-end deficit of 61 million dollars for Aboriginal Health Services. The cost of Non-Insured Health Benefits for the fiscal year ended March 31, 2001 is 576 million dollars. The previous years cost was 524 million dollars. The budget has been increasing at 3% per year while the aboriginal population is increasing between 5 to 8% annually. Compounding the problem is the universal increasing cost of drugs and the health care systems. The federally funded social services envelope could take the hardest hit if funding cuts occur.

The Branch Executive will review variance reports on deficits in December 2001. Managers have been told to bring their budgets in line.

Health Canada's Branch Executive Committee advised the AFN that there could be a freezing of funds and a recall of commitments. Reports indicate that the government may have to come up with 3 billion dollars within the year to finance the war and anti-terrorism measures. Other reports indicate that the

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government is not about to renege on implementing tax cuts, nor is the government prepared to deficit finance programs.

The AFN Committee on health was informed that there has been no Cabinet Submission for Mental Health Services, which has been outstanding for the past three years.

The AFN will have input to the Romanoff Commission on Health. The Romanoff Committee will not have a special section dealing with health issues of First Nations. The Chief's Committee on Health will examine the strength of our strategy and what practical solutions that can be implemented in face of the new reality.

Non insured health benefits are important since 84% of our membership use prescription drugs.

Ontario Indian Affairs Regional Capital Budget

On November 29, 2001, I followed up with Glen Gilbert regarding the Capital Budget for the Department of Indian Affairs. The Ontario Regional Capital Budget for year 2001-2002 is \$140 million. Glen Gilbert advises that the water and sewer commitments are committed 4-5 years in advance in the Ontario Capital Plan.

The Ontario Indian Affairs administration transfers approximately 100 million dollars to First Nations Communities through contribution agreements. A sum of 40 million dollars is held back by Indian Affairs Ontario Region to address water and sewer, cost sharing of subdivisions, and electrification of remote northern communities. An intensive lobby usually occurs for these funds.

In addition to this budget, Indian Affairs also has for an Educational Capital Budget of \$12-14 million, for the construction of educational facilities.

Both of these budgets address, to a small extent, the needs of the educational capital infrastructure needs of 133 First Nations Communities in Ontario. Obviously there are not enough funds and the Assembly of First Nations must engage in serious discussions with the Minister of Indian Affairs to increase the education capital budget for schools.

Well Water Testing Study

Last year 263 wells were tested in the community. XCG Environmental Consultants inspected 255 of these wells and completed interviews and on-site inspections. The data collected has been placed in a GIS Mapping and Data Base System to assist the Council in a remedial action plan to correct problems. Deficiencies include well construction, and sealing problems as well as poor layout and lack of proper distance separating wells and septic systems. The project identifies the associated costs.

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This project is ongoing since there are 312 wells to be tested. The information once organized into a community database will assist Council with vital information to carry out an effective lobby for funds.

On November 29, 2001, Council agreed to share test results and inspection findings on the wells with Indian Affairs. Nationally Indian Affairs will be allocating \$780,000.00 for a national study well water quality statistics for First Nations Communities in Canada.

Waste Management Practices & Existing MBQ Landfill Study

On November 29, 2001, the Council met with XCG to discuss reducing costs, improved efficiency and protection of the environment. The 1993 Capital Planning Study estimated the on-reserve population to be 1082 people in the year 1993. In 1998, the on-reserve population was estimated to be 1802 people. In the year 2001, the on-reserve population is estimated to be 2200. The projection for the year 2013 estimates that there will be 4036 residents based on a 4% growth rate per year.

XCG informed Council that the current landfill site has no impact on the creek, however, that may change if the landfill site gets bigger. XCG also informed Council that the community needed to be environmentally responsible and the existing landfill should be properly capped, by adding a clay cover over the landfill area, at an estimated cost of \$380,000.00. After this is completed, there should be regular fall and spring testing of the landfill test wells and the mud creek surface water.

The current landfill does not conform to current standards because the landfill site is too close to bedrock. The procedures of the burial of waste are not up to current standards including many things that make the landfill site unsuitable. It was recommended that Council should close the existing waste cell in the spring of 2002.

The report examined collection; diversion; processing and handling of waste; and ultimate disposal options. One option was to truck waste to the Tomlinson Landfill in Gloucester. The capital and operating costs for this measure over a 25-year life cycle was \$879,000.00. Another option was to build an incinerator at a cost of 2.1 million over a 25-year life cycle.

The information provided indicates that recycling can divert 17% of the waste and that curbside pick contributes to better recycling practices. In most landfill sites, 83% of the waste is buried.

Employee Benefits for MBQ

On November 30, 2001, Council met with Bob Vrooman, our insurance broker for the employee benefit plan. In an organization of our size, the insurance company will allow 2 claims per year for short term/long term disability without

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penalty. Once there are 3 claims, the organization is rated by the insurance company. If there are 5 claims or more you are asked to take your insurance business requirements elsewhere. Between August 2000 and May 2001 there were 13 short term/long term claims filed by employees. As a result, only Canada Life was the only company who would quote on the MBQ insurance plan. The Council approved to reduce the benefits of employees from 75% coverage to 70% at a premium increase of 52%. If there are no further claims within the next 15 months, the MBQ should be in a position to access more favorable insurance rates.

The decision was made without staff consultation in order to ensure continuity in coverage due to a deadline.

AIAI Police Working Group

On October 23, 2001, I attended the AIAI Police Working Group meeting at Wahta. There are 84 officers who are covered by the Ontario First Nations Policing Agreement, which includes Tyendinaga.

Canada owes Ontario 3.1 million dollars for policing services for the current fiscal year. Canada pays 52% of the policing costs and the remaining 48% is Ontario's responsibility.

The AIAI Police Working Group reviewed and amended a template for a Policing Needs Assessment. The Needs Assessment will look at community demographics, geographic characteristics, roadways, housing, police governance, community businesses and buildings, police service, civilian staff, education and training needs, equipment, infrastructure, enforcement, back-up assistance, protocols, accountability, finances, officer turnover, civilian complaints and concerns of the community and officers.

On November 1, 2001, Police Chief Larry Hay and I attended a meeting in Toronto with the Senior Officials of the Solicitor General of Canada and the Ontario Government to obtain a commitment for good faith discussions to resolve outstanding police issues.

Firearms

Council met with the Mohawk Roundtable Communities on November 9, 2001 to discuss a Mohawk Nation approach to the registration of firearms.

At the meeting, all the communities agreed to negotiate with the Federal Government for a Mohawk Nation Firearm Registration arrangement. Greg Brant will be attending meetings in this regard.

Fishing

At the September 12, 2001 meeting, Council passed a motion stating that the Mohawks and the Iroquois Confederacy have

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exercised hunting and fishing rights since time immemorial and will continue to do so.

In a letter dated September 14, 2001, the Ministry of Natural Resources (MNR) informed the Council that the MNR would like to discuss the possibility of temporarily closing the walleye fishery to all resource users including the Mohawks of the Bay of Quinte.

The MNR states that recent information confirms the decline in walleye and that the population is lower than originally predicted, and that an over harvest is occurring.

The meeting tentatively scheduled for October 11, 2001 was cancelled because the MNR delayed forwarding their report on the status of the walleye fishery to the Mohawks of the Bay of Quinte. The report was received on October 17, 2001.

On October 25, 2001, the MNR had a meeting with some of the stakeholders at the Ramada Inn in Belleville. On October 26, 2001, Council approved to contract an independent biologist to conduct a peer review of the report. Henry Lickers has been contracted to conduct the review.

The Council has invited the MNR to attend the community to discuss the report.

Water Purification Policy Amendment

At the meeting of October 3, 2001, Council amended the Water Purification Policy. The amendment is "Any applicant found in arrears of mortgages, loans or other accounts to the Mohawks of the Bay of Quinte is ineligible for funding under this policy."

QMS Air Quality

At the meeting of October 3, 2001, Council approved the QMS Mechanical Design contract with First Peoples Consultant in the amount of \$27,400.00 to address air quality problems at the school.

When all information is assembled, the Council will request funding from Indian Affairs to take corrective measures. Some of the earlier estimates indicate that corrective measures could cost approximately one million dollars.

Rent Geared to Income Housing

On October 3, 2001, Council deferred the CMHC Rent-Geared to Income Housing Construction Project for further research. The CMHC proposal is for a loan of 1.2 million dollars over 25 years to build 12 rental units, 4 of which would be Rent-Geared to Income.

Currently there are approximately 50 applicants on the waiting list for rental housing.

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Credit Counseling Services

On October 3, 2001, Council approved to provide Credit Counseling Services to community members who need the service. For further information, contact Janice Maracle at Mohawk Family Services.

Seniors Renovation and Repair Loan Program

Council approved in principle a policy to provide interest free loans to seniors for renovations and repairs. After October 3, 2001 no further grants will be provided to seniors, only interest free loans.

At the October 3, 2001 meeting, Council approved three grants totaling \$5,650.00 previously requested.

Other Health Related Policy

On October 3, 2001, Council approved the following increments for the "Other Health Related Services" policy. The increments for reimbursement are as follows:

\$0	- \$20,100.00	100%
20,101.00	- 24,567.00	75%
24,568.00	- 29,034.00	50%
29,035.00	- 33,500.00	25%
33,501.00 plus		0%

This program is financed from General Government of the Mohawks of the Bay of Quinte with a budget of \$15,000.00. No new federal or provincial funds have been provided to implement this policy.

Senior's 59ner's Club Addition

On October 17, 2001, Council approved to investigate funds for the construction of an addition to the 59ner's club and to investigate other options. The quote for the addition was approximately \$147,000.00.

The Council has agreed to allocate the fire insurance proceeds from the Shannonville fire of \$66,000.00 for the renovation costs and the extent of the repairs will be reduced.

Policing

I have been requested to file an affidavit with the Federal Court concerning the Employer Status of the Tyendinaga Police Services. The Canadian Industrial Standards Board rendered a decision stating that the Mohawks of the Bay of Quinte are not the employers of the Tyendinaga Police Service. The Solicitor General of Ontario is appealing this decision. I am currently reviewing my affidavit, which will be forwarded to Keith Gordon, our solicitor.

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Casino Rama Funds

On Monday September 17, 2001, Council had a General Meeting to discuss potential projects under the Casino Rama Funds.

Approved Projects include the following:

1. Roads Shed and Salt Dome	\$905,000.00
2. Land Purchases for Capital Plan	105,000.00
3. Land Purchases for Capital Plan	92,500.00
4. Roads Program 2001-02 (dustlayer / tar & chip, Tom's, Belle's and lower Slash)	179,500.00

Projects under Consideration:

1. Fire Hall	\$1,500,000.00
2. Day Care (INAC shares \$963,000.00)	237,000.00
3. Water Delivery Truck	125,000.00
4. Land Purchases Capital Plan	71,750.00
5. Land Purchases Capital Plan	60,937.50
6. Senior Citizen's 59ner's Addition	60,000.00
7. Landfill Closure	380,000.00
8. Museum / Cultural Centre	2,500,000.00

Total \$6,216,687.50

In addition, Council has agreed to pledge \$1 million dollars as security for the on reserve Business Loan Guarantee Program. There have been three loans guaranteed under this program totaling \$318,500.00.

Sale of First Nations Air Service to FNTI

On November 7, 2001, the Council approved to accept the proposed acquisition agreement between First Nation Air Service (FNAS) and First Nations Technical Institute (FNTI). FNTI negotiated a deferred payment plan to MBQ in the amount of \$200,000.00 and a cash settlement of \$120,000.00. The assets are valued at \$999,950.00 and all FNAS liability will be transferred to FNTI.

Chief and Council Salaries

On November 29, 2001, the Council approved to pay the Chief and Council a salary with benefits. The Chief would make \$850.00 per week and the Councillors would be paid \$500.00 per week. The Council wanted this in place before the election of the new Council. The changes would set the rates for incoming Council and be in effect after the election.

Election December 1, 2001

I wish to acknowledge all the candidates in the election and extend to all of them my best regards.

ADMINISTRATION

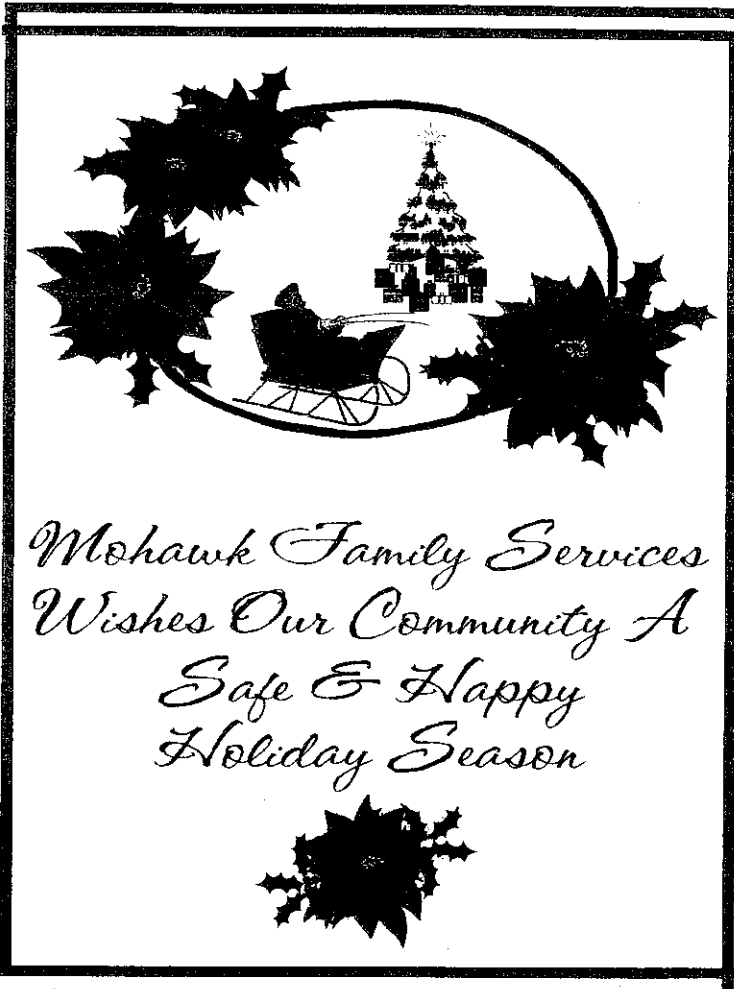
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I hope that you are looking forward to the celebrating the festive Christmas season with family, friends and neighbors. I extend my warmest and best wishes to everyone for a Merry Christmas and a Happy New Year blessed with health, success and prosperity.

Nia:wen

Donald Maracle

R. Donald Maracle
Chief
Atorosritio,
Wolf Clan



**FOR MORE INFORMATION
ON MORTGAGES THROUGH
THE BANK OF MONTREAL
PLEASE CONTACT:
CAROL REYNOLDS AT 967-4307**

FISHING COMMITTEE

On November 19, 2001, the Tyendinaga Mohawk Council approved to establish a Fishing Committee to address the fishing issue and focus on the Native fishery.

This Committee would review, assess and provide recommendations to the Tyendinaga Mohawk Council regarding issues related to fishing.

We are looking for eight (8) members. We would like these members to reflect a cross-section of our community and include fishermen, recreational fishermen, and interested community members.

Please fill out the Committee Application and return it to the Administration Office by Friday, January 11, 2002.

If you have any questions please contact Lisa Maracle at 396-3424.

ELECTION RESULTS

CHIEF

Loft, Blaine 357
Maracle, R. Donald 803

COUNCILLORS

Boomhour, Brad 217
Brant, Gregory P. 467
Brant, William J. 446
Brant, Winston 350
Claus-Montgomery, Christine 452
Hill, Nancy 284
Hill-Dracup, Velma 471
Maracle, D. Wayne 409
Maracle, Douglas 475
Maracle, Roy C. 449
Smart, Donald K. 390

ADMINISTRATION

A MESSAGE FROM A MEMBER OF THE MOHAWKS OF THE BAY OF QUINTE BAND COUNCIL (MBQBC) FOR November 2001 Submitted by William J. Brant

Dear Friends,

The Christmas season is my favourite season of the year. Christmas for me is a time for family and reflections. I remember the many friends and acquaintances that have enriched my life, give thanks for the many blessings of the Great Spirit, and remember the less fortunate.

I take this opportunity to personally thank each staff member of the Mohawks of the Bay of Quinte Band and the First Nations Technical Institute (FNTI), as well as my colleagues on Band Council for support given me and for your personal contributions in making Tyendinaga a better place.

I would like to offer my congratulations to the newly elected Council and wish them well.

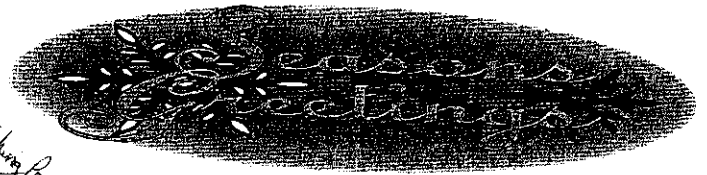
I know my wife, Marilyn, will join me in wishing everyone a very Merry Christmas and a blessed and happy New Year.

Sincerely,

LOOKING FOR WORK, A CAREER OR TRAINING

One-to-one assistance is available for resume, cover letter and all your job search and training needs! Also come in to access the Internet, Word-processing and explore some Community College Online Distance Education courses.

Call Karen Brant-Jones, Employment Department for information or to book an appointment
at
(613) 396-3424



*Wishing peace and joy to all!
Cecilia*

Wishing you a Safe and Happy Holiday.

*Have a great Holiday Season!
Mary Ann*

*Merry Merry
Sherry
Brant*

*From the Staff of
Red Cedar's Shelter.*

*Making you well in the spirit of peace,
Diane*



*Merry Xmas
Betty*



*Brant
Barakonda*

Julie



9-1-1 CIVIC ADDRESS

SIGN NOTICE

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

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

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

ADMINISTRATION

Report to the Community
From the Desk of the CAO

She:kon,

The following is a brief summary of projects and current issues:

1. Proposed Policies:

- i. Council Operations and Procedures Policy comprised of the following:
 1. Revised Pledge
 2. Conflict of Interest
 3. Roles and Responsibilities for Chief and Council
 4. Remuneration Policy for Chief and Council
 5. Council Procedural Regulations

2. New Positions:

- i. Cheryl Levigne, Enhanced worker for Daycare (term)

3. New Services:

- i. Debt Counselling Service, Mohawk Family Services, every Tuesday.

4. Projects Update:

- i. Quinte Mohawk School:
 1. Indoor Air Quality Study completed at the school has confirmed that the air quality is deficient. A proposal is in progress to forward to Indian Affairs for funding consideration. Please see Peter Brant, Technical Services Officer for further information.
- ii. Waste Management Study:
 1. We have now received the completed Waste Management Study which was completed by XCG Environmental from Kingston. A meeting will be arranged with the Environmental Committee for discussion and to obtain direction. The study will serve as a basis for a proposal for funding.

5. Other Projects:

- i. Proposed New Fishing Committee:
To handle the fishing issue, Council has agreed to establish a technical working committee comprised of community members to discuss the issue and set strategizes and goals. The committee would provide advice to Council on fishing matters. A notice requesting applications for members will be sent out in the near future.
- ii. Organization Restructuring:
Currently, I am working on establishing a new organizational system for implementation. The Flight of the Buffalo training which was completed November 1 and 2 was successful. There were some great ideas, which came out in the discussions in regards, to improving the ways in which services are delivered to the community. The main principle, which was expressed at the seminar, was the decentralization of authority from the top and the empowerment of staff. We are in the midst of changing and it is a process that will take a bit of time. In addition, BDO Dunwoody facilitated discussions on issues facing Administration and has now drafted an action plan for Council to implement. The plan outlines the following:
 1. Establish strategic planning
 2. Governance
 3. Administrative Structure
 4. Social Policy and Economic Development
 5. Long Term Capital Budgeting and Reporting
 The plan will be gradually implemented.

Please be advised, a copy of any of the existing policies can be completed for you upon request. Please contact me if you have any questions in regards to the above or if you wish to discuss any other issue at (613)3963424, ext:134 between 8:30 and 4:30 Mon-Fri.

Nia:wen
Todd Kring
Todd Kring
CAO



HOUSE HOUSE HOUSE

The Housing Department would like to wish everyone a safe and Merry Christmas and a Happy New Year.

A letter of emergency numbers will be delivered to all rental homes, prior to closing for the Christmas Holidays, in the event you need assistance.
Nia:wen

INCOME TAX PREPARATION

Please be advised that the Mohawks of the Bay of Quinte will NO longer be offering the Volunteer Income Tax Preparation Service.



* Please Note *

The finance department located at the Administration office is now able to accept interac for all payments.
Niawen



*Wishing You and Your Family
A Merry Christmas
And A
Happy New Year*

*From The CHR Department
Crystal, Lesley & Missy*

EMPLOYMENT DEPARTMENT

MOHAWKS OF THE BAY OF QUINTE EMPLOYMENT DEPARTMENT PROGRAMS AND SERVICES

The Mohawks of the Bay of Quinte Employment Department provides various programs and services to assist Community Members in finding full time employment or training. Some of these services are as follows:

INTERNET JOB SEARCH

The employment department is equipped with a computer that is linked to the internet and community members can access various job search websites. Some of these sites include; HRDC Job Bank, Monsterjobs, Workinfontet, to name a few.

RESUME AND COVER LETTERS

The employment department staff is available to assist community members with writing a resume and cover letter. Your resume will be saved on a database and anytime you need additional copies these can be printed for you. If you already have an existing resume and would like to update it, the employment department staff can assist you.

CAREER COUNSELLING

Sometimes we all find ourselves pondering different career opportunities and are undecided. The employment department staff can assist you in determining your career path by exploring your options, determining your interests, career matchmaking and career assessment exercises.

TRAINING INTAKE AND ASSESSMENT

When a client wishes to enroll in a training program, the employment counsellor will meet with the client and prepare an intake and assessment. This will then be forwarded to the Employment Planner at Kagita Mikam LDM for presentation for approval. Once the approval has been granted, the employment counsellor will contact the client and inform him/her. The client will then begin the training program. Upon completion of the program, the client will be required to provide a copy of their certificate/diploma and report their employment status.

EMPLOYER MATCH

Community members may be eligible for the Targeted Wage Subsidy program which is negotiated through Kagita Mikam LDM. This program can provide a wage subsidy to an employer who is interested in training an individual. The subsidy can be negotiated up to 75% of the wage. After the training period, the intent of this program is for the employer to hire the employee full time.

INTERVIEW PREPARATION

Assist clients with preparing for interviews, conduct mock interviews with them and give feedback. Provide information for studying for an interview. Offer encouragement to clients looking for employment, provide information on researching positions and companies. Assist clients in their search for employment.

LIAISE WITH VARIOUS ORGANIZATIONS AND AGENCIES

Ministry of Education & Training/Apprenticeship Board
MBQ Education Department
Department of Indian Affairs
Colleges & other Education Centers
Guidance Counsellors
Human Resources Development Canada
Kagita Mikam LDM
META Vocational Services
Ministry of Community & Social Services

SUMMER STUDENT EMPLOYMENT

The Employment Department Staff provide assistance to students with employment for the summer. These positions allow the students to learn valuable skills and knowledge which can be transferred to future employment.

TRUE COLORS WORKSHOP

True Colors uses "colors" to identify four distinct perspectives and personalities. Each color represents an individual's character. Most of us have a dominant color, influenced or shaded by other colors.

True Colors is simply a tool for understanding our own strengths and weaknesses, recognizing and understanding the strengths and preferences of others, improving communications and interpersonal relationships and realizing that differences are "Gifts" not faults.

Greetings from the Employment & Training Department

As the year 2001 is coming to an end, I would like to take this opportunity to congratulate the following community members for their successful completion of education and training programs.

Julie Green
Executive Office Assistant Course - Max College, Belleville Ontario

Wendy Joy Rogalsky
Web Content Editor and Microsoft Office User Specialist - Loyalist College, Belleville

Adam Brant
Web Content Editor and Microsoft Office User Specialist - Loyalist College

Karen Lewis
Kanatsiohareke Mohawk Immersion Program - Canajoharie- Fonda New York

Curtis Maracle
Kanatsiohareke Mohawk Immersion Program - Canajoharie- Fonda New York

Lynn Brant
Kanatsiohareke Mohawk Immersion Program - Canajoharie- Fonda New York

Sean Story
Kanatsiohareke Mohawk Immersion Program - Canajoharie- Fonda New York

Carol Lewis
Executive Office Assistant Program - Toronto School of Business

Sarah Brown
Personal Support Worker Program - New Skills Vocational School - BGH

Glenda Brant
Web Content Editor and Microsoft Office User Specialist - Loyalist College, Belleville

Andrew Maracle
Casino Dealer Program - Casino Careers, Tyendinaga Territory

Christina Gardiner
Casino Dealer Program - Casino Careers, Tyendinaga Territory

Danielle Smart
Casino Dealer Program - Casino Careers, Tyendinaga Territory

Nick Brant
AZ Truck Driving Course - Transport Safety & Compliance

Herbert Green
Mig Welding - Loyalist College

Thomas Green
Electrician Apprenticeship- (8 week in class portion) - St. Lawrence College - Kingston Ont.

I wish you all every success in your future endeavors and it has been my pleasure to assist you in furthering your education and training in order for you to reach your goals.

These training programs were made possible with assistance from Kagita Mikam LDM, Mohawks of the Bay of Quinte Education Department and the Employment Department.

I have enclosed some information on the programs and services that we provide. If you have any questions or would like to discuss your education or training options, please feel free to contact me at the Administration Office (613) 396-3424 ext. 104.

*Wishing You Every Happiness This
Holiday Season and Through the Coming Year!*

*Karen Brant-Jones
Employment & Training Counsellor*

EMPLOYMENT DEPARTMENT

Apprenticeship

What is apprenticeship?

Apprenticeship is a hands-on training program for people who want to work in a skilled trade and who enjoy learning by doing. About 90 per cent of apprenticeship training is provided in the workplace by employers. The remainder involves classroom instruction on theory, which is usually given at a local community college, or provided through another approved training organization. A person taking apprenticeship training is called an apprentice.

Both employers and apprentices benefit from apprenticeship training. Employers help create a pool of skilled workers who can help keep businesses competitive. Apprentices receive training that will start their careers as skilled workers.

Apprentices are workers, so they earn as they learn.

Why should I become an apprentice?

Apprenticeship training provides access to well-paying jobs that demand a high level of skills, judgement, and creativity. The demand for skilled workers continues to increase, with top performers in some skilled trades earning more than \$40,000 a year. Many skilled workers use their skills and experience as stepping stones toward careers in management, while others go into business for themselves.

Can anyone become an apprentice?

A high school education with a strong foundation in math, sciences, and communications is important to success as an apprentice.

How can I become an apprentice?

A person who wants to become an apprentice must first find an employer who wants to hire an apprentice. Then either the trainee or the employer must contact a training consultant at the closest Ministry of Training, Colleges and Universities apprenticeship office. The training

consultant will meet the trainee and the employer at the workplace to assess the employer's ability to train.

Once the consultant determines that a high standard of training can be provided, the trainee and the employer sign an apprenticeship contract, which registers the trainee as an apprentice, and training begins.

How long does it take to train as an apprentice?

The length of time an apprenticeship takes varies, depending on the trade.

What does it cost to become an apprentice?

Apprentices and skilled workers pay fees for certain services. For details, talk to a training consultant at a Ministry of Training, Colleges and Universities apprenticeship office.

Can a high school student become an apprentice?

Yes. The Ontario Youth Apprenticeship Program gives students who are at least 16 years old and who have completed Grade 10 the opportunity to complete high school while working part-time as a registered apprentice. Students who are interested in the program should contact their guidance counsellor, technical director, or the nearest ministry apprenticeship office.

What happens when an apprentice has completed training?

Apprentices must prove to their employer that they are competent in the skills described in the industry-set standards established for the skilled trade. Once an apprentice has demonstrated these skills and completed the required on-the-job and classroom training, he or she can write an exam for certification. A candidate must obtain a minimum score of 60% in order to pass.

Apprentices who pass receive both a Certificate of Apprenticeship and a Certificate of Qualification issued by the Ministry of Training,

Colleges and Universities. These certificates state that the apprentice's skills and knowledge meet the standards set by industry for skilled workers in that trade.

Can a skilled worker find work anywhere in Canada?

Skilled workers who have received their training in Ontario can work anywhere in the province. Agreements among the provinces and territories allow skilled workers in certain trades to work anywhere in Canada. Training consultants at ministry apprenticeship offices can provide more information.

Trade certification

To be employed in certain skilled trades, workers must have a Certificate of Qualification. This certificate states that they have passed the provincial qualification exam that assesses their knowledge of their skilled trade.

To write the provincial qualification exam, applicants must prove they have experience in the trade. Examples of proof include completion of an apprenticeship contract, documentation showing that training time meets at least minimum industry standards, or proof of sufficient relevant experience as a skilled worker.

Training consultants at ministry apprenticeship offices can guide applicants on how to gather the documents they need to prove they have the skills to write the exam. Consultants also evaluate the evidence in these documents to determine whether applicants are eligible to write the exam.

Many employers also want skilled workers to have a Certificate of Apprenticeship. This certificate is awarded as proof that the worker has completed apprenticeship training, including the provincial exam where required, and meets the standards of competency set by industry.

Fees are charged for certain services. Training consultants at ministry apprenticeship offices can provide more information.

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What Is the Loans for Tools program?

The Loans for Tools program offers new apprentices a loan to help them buy the tools and equipment they need to perform the trade in which they are registered. It is available to apprentices who register with the Ministry of Training, Colleges and Universities.

The loan, which is interest-free for the duration of an apprentice's training, allows participants to invest in their own skills training – giving them a stake in making it work.

How does the program work?

- The loan offers new apprentices an opportunity to access funds that will help them offset the initial cost of the tools and equipment they need during the early years of their training.

- The program recognizes that the cost of tools and equipment varies with the trade sector in which an apprentice is registered. The following maximum loans are available in each sector:

Service sector

(includes jobs such as arborist, cook, hairstylist, horticulturist)

Construction sector

(includes jobs such as brick and stone mason, electrician, carpenter, hoisting engineer, ironworker, lather, plumber, refrigeration and air-conditioning mechanic, sheet metal worker)

Industrial manufacturing sector

(includes jobs such as pattern maker, fitter, industrial electrician, general machinist)

Motive power sector

(includes jobs such as motorcycle mechanic, marine mechanic, automotive service technician, farm equipment mechanic, fuel and electrical systems technician, truck and coach technician)

- The loan is interest-free during the term of an apprentice's program and for up to one year following completion of training.
- After the one-year period, interest is charged at the rate of prime plus 1.5 per cent.
- If an apprentice quits the program or if an apprentice's registration is cancelled, the loan is repayable to the Ontario government within 60 days of the date of cancellation. After 60 days, interest is charged at the rate of prime plus 1.5 per cent.

What tools and equipment are eligible?

Tools and equipment that an apprentice buys to use throughout his or her apprenticeship and as a skilled worker are eligible. Manuals or code books that will remain the property of the apprentice are also eligible.

Materials (such as wood, metal, nuts, bolts, wiring, etc.) are not eligible.

EDUCATION & RED CEDARS



TRUSTEE'S REPORT NOVEMBER, 2001

'Tis the Season...

...to be jolly, to get together with family, to give thanks for the blessings we enjoy and to share with those who are in need.

I have been spending a lot of time with my grandchildren this fall. Being close to their daily routines has given me some great ideas for Christmas gifts and the Internet brings a wide, wide shoppers' world right into our home.

Every year I hear people say that Christmas is so commercialized that the true meaning has gone out of it. Then we bow our heads over Christmas dinner to give thanks for God's generous provision and the hands that have prepared it. Months after Christmas my granddaughter makes a point when I visit of wearing the clothing I gave her, showing that she too knows how to give thanks. The spiritual gift of love is expressed in the work of our hands and the material things we share. The festivals that we celebrate in our annual calendar remind us to take time, take stock, remember that material things have spiritual value and spirituality takes material form.

As the long nights and cold days of midwinter overtake us Christians celebrate the birth of a Child who brings light and hope to the world. At Midwinter Haudenosaunee, People of the Longhouse, also celebrate the promise of renewal of all life in the cycle of nature.

This week on television I saw a dramatization of the life of St. Francis of Assisi. He lived around 1200 A.D. in northern Italy. He turned away from wealth and formal ceremony to live in poverty on the land, talking to the birds and listening to God's voice in the wind. He got into big trouble with the church (which had a lot of power at that time) because people joined him in his life of simplicity. He was later taken back into the fold by the Pope and his words have come down to us in the famous prayer: "Lord, make me an instrument of your peace. Where there is hatred, let me sow love; where there is injury, pardon;...where there is sadness, joy..."

It occurred to me that St. Francis and the Peacemaker of the Haudenosaunee would have had a lot to say to each other, and to young people in these troubled times. Terrorist acts in New York and Washington and in the skies have provoked a violent response in Afghanistan and unleashed suspicion and fears in the U.S. and Canada. We want to defend ourselves, but against what? What is it that we want to preserve? These are big questions that deserve consideration in relation to our traditions and our deepest beliefs.

I agree with the position that public schools should not enforce instruction in religion on all students, regardless of their beliefs or traditions. But does this mean school curriculum cannot include spirituality at all? If that is the case, then what is actually taught is that Christmas is only tinsel and holly. And Midwinter ceremonies remain strange and even threatening. And Peace is seen as something secured by bombers and armies.

We at Tyendinaga are People of the Longhouse. Many of us are Christian. We are also citizens of the world. As we take part in our various festivals, let us consider how we can pass on to our children and grandchildren the great lessons that are part of our heritage, while respecting the different ways in which the Great Spirit speaks.

Skennen kowa. Great Peace to you.

Marlene Brant Castellano
HPEDSB Trustee for Mohawks of the Bay of Quinte



Do you have clothes that you don't wear and that you would like to get rid of? If you would like to donate them please call Red Cedars Shelter at 967-2003 for drop off or pick up. Donations are greatly appreciated.

Needed: Children's Winter Clothing of All Ages

MOON CEREMONY

Facilitated by Red Cedars
Traditional Practitioner Program

All Women Welcome!

WHERE: RED CEDARS SHELTER

WHEN: JANUARY 1

TIME: 7:00 P.M.

Please wear a skirt and

bring water and tobacco if you can.

Call for more information: 967-2003

POTLUCK after the Ceremony

RED CEDAR'S TRADITIONAL PRACTITIONER PROGRAM

Services:

One on one and/or group counselling & healing session(s) with a Traditional Practitioner

Referrals

Guidance, counselling & healing to community members & MBQ staff

Organize & offer ceremonies, cultural events, & workshops to the community.

FOR APPOINTMENT PLEASE CALL

Traditional Practitioner Program @

(613) 969-2215 or

Red Cedars @ (613) 967-2003

S.O.A.D.I. & ABORIGINAL HEAD START

RED CEDARS SHELTER'S OUTREACH PROGRAM

What's happening?

Look forward to the Seniors Calendar coming out before the New Year.

Spend a day with us on January 19th for "A Day of family". Learn new ways to play and communicate with your children. Important information on managing stress and getting energized. Learn to have fun and enjoy being a family. Nutrition update and interactive workshops for all ages. Open to community members.

The 3rd Annual Women's Day will take place on March 9th and will be all about how to pamper and take care of yourself. Open to the women of Tyendingaga 19 years and older.

Look forward to the Dedication Lights to help revive those good thoughts and let that special someone know you care about them, coming mid November.

Nia:wen
Mary Ann Spencer
Outreach Worker, Red Cedars Shelter
967-6544 or 967-2003



SOUTHERN ONTARIO ABORIGINAL DIABETES INITIATIVE
Carol Loft Regional Diabetes Worker

THE ROLE OF HEALTHY WEIGHT IN THE MANAGEMENT OF DIABETES

- A healthy weight is the main way to control diabetes
- Excess weight means that insulin is less effective
- Insulin is made and used best, when at a healthy weight
- A healthy weight allows the body to maintain balance and well-being
- A healthy weight reduces the risk of developing related complications of heart disease, high blood pressure and high cholesterol

Adapted from the "Guidelines for the Nutritional Management of Diabetes, CDA"

2nd National Conference On Diabetes and Aboriginal Peoples

This Conference will be held in Quebec City at the Quebec City Convention Centre January 24th to 27th, 2002. It's being co-hosted by the National Aboriginal Diabetes Association (NADA) and First Nations of Quebec and Labrador Health and Social Services Commission (FNQLHSSC). For more information contact NADA at 204-927-1220 or check out their Web Site, www.nada.ca

HOLIDAY DINNER

Large Portions		Small Portions
305 cal. - 5 oz. with skin	Turkey	3 oz. without skin - 135 calories
200 cal. - 1/2 cup	Stuffing	1/4 cup - 100 calories
15 cal. - 1/4 cup	Green Beans	1/2 cup - 30 calories
110 cal. - 1/2 cup	Mashed Potatoes	1/4 cup - 55 calories
160 cal. - 1/4 cup	Gravy	2 tablespoons - 80 calories
10 cal. - 1/4 cup	Tossed Salad	1/2 cup - 20 calories
200 cal. - 2-1/2 tbsp.	Salad Dressing	1 tablespoon - 80 calories
100 cal. - 1/4 cup	Cranberry Sauce	2 tablespoons - 50 calories

1100 CALORIES TOTAL 550 CALORIES

DIFFERENCE > 550 CALORIES

You can eat half the calories when you control portion size!!

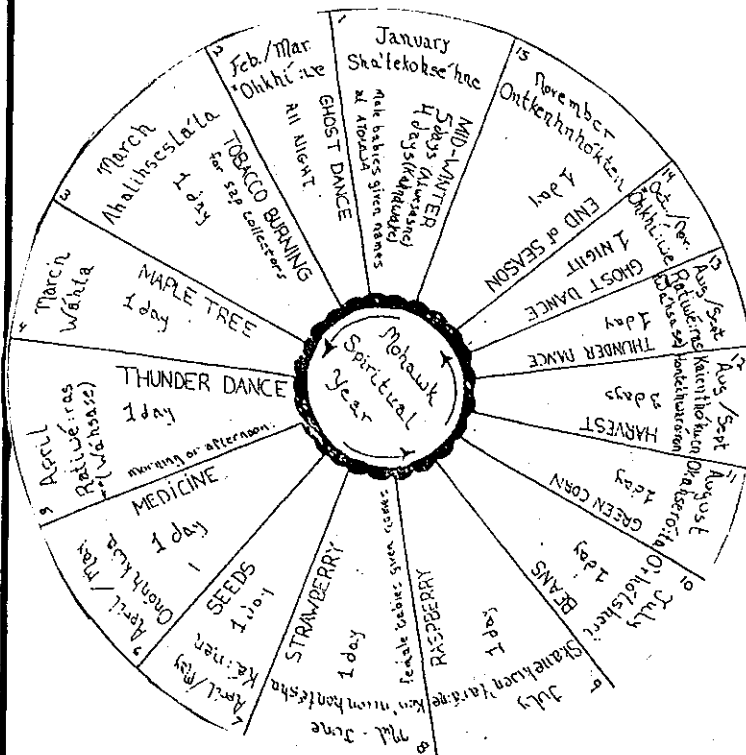
Tahatikonhsotontie
Head Start



We are currently distributing evaluation surveys to the community. If you have received one please fill it out and return it by December 14. If you have not received a survey but would like to complete one please call Head Start at 396-6716 and ask for Gabrielle. To show our appreciation we will be having a free draw so doesn't forget to fill out the ballot! The surveys will help us to determine our strengths and areas to improve. As a result, we may provide a service that reflects the needs of the children and their families in the community.

One area that we focus on is for children to learn their Culture and Language. To teach children this, we bring in Community members, Label and speak to children in the Mohawk Language whenever possible, Tell children about the creation story and legends in creative and interesting ways.

The team attends ceremonies and participates in Cultural and Language events, so that we can bring back our experiences and knowledge to the children and families we are working with. The following wheel is a guideline for ceremonies for the Mohawk Spiritual Year.



WORD SEARCH

The words used in this puzzle are reflective of our philosophy statements, goals and key components at Tahatikonhsotontie Head Start. Words can be found horizontally, vertically, and diagonally. Satennikonhroni! Have a good time!

L	S	C	O	M	M	U	N	I	T	Y	O	V	M	A	W	M	L
P	G	F	Z	W	E	C	U	L	T	U	R	E	W	L	M	N	S
C	A	H	O	N	E	S	T	Y	O	D	M	Y	O	D	E	S	I
A	L	R	H	S	H	A	R	I	N	G	M	A	R	E	S	P	N
R	G	M	E	A	C	H	I	L	D	R	E	N	K	R	I	I	T
I	E	P	A	N	U	R	T	U	R	E	L	H	S	S	H	R	E
N	N	C	L	H	T	I	I	L	O	V	E	A	H	L	O	I	L
G	E	G	T	A	S	I	O	X	O	M	Y	D	O	P	L	T	L
Y	R	R	H	E	K	I	N	D	N	E	S	S	P	H	I	U	E
F	A	M	I	L	I	E	S	V	E	N	U	U	S	Y	S	A	C
S	T	R	E	N	G	T	H	I	O	H	S	O	A	S	T	L	T
T	I	E	M	O	T	I	O	N	A	L	U	B	E	I	I	F	U
P	O	S	I	T	I	V	E	P	A	A	V	M	P	C	C	L	A
O	N	E	D	U	C	A	T	I	O	N	U	E	I	A	V	A	L
O	S	E	F	U	N	I	C	P	E	A	M	E	M	L	I	L	W
E	M	L	I	A	B	O	R	I	G	I	N	A	L	E	I	S	R
B	P	L	M	T	S	V	N	U	T	R	I	T	I	O	N	T	E
L	A	N	G	U	A	G	E	M	E	R	E	S	P	E	C	T	Y

- | | |
|-------------|--------------------|
| ABORIGINAL | INTELLECTUAL |
| CARING | KINDNESS |
| CHILDREN | LANGUAGE |
| COMMUNITY | LOVE |
| CULTURE | NURTURE |
| EDUCATION | NUTRITION |
| ELDERS | PARENT INVOLVEMENT |
| EMOTIONAL | POSITIVE |
| FAMILIES | PHYSICAL |
| FUN | RESPECT |
| GENERATIONS | SHARING |
| HEALTH | SOCIAL SUPPORT |
| HOLISTIC | SPRITUAL |
| HONESTY | STRENGTH |
| HUMILITY | WORKSHOPS |

POLICE & HEALTH CENTRE



POLICE PAGE UNSOLVED CRIMES!



Sometime between 9 p.m. and 1 a.m. on the evening of Saturday November 24th, unknown person(s) entered a house on Lower Slash road. Once inside, the culprit(s) removed a small safe, a bottle of liquor, a JVC portable stereo with detachable speakers and approximately thirty dollars in rolled change.

While the safe has been located intact and returned, the other items have not been located

Sometime overnight on the 18th of November, unknown person(s) broke into a locked garage on Upper Slash road. The lock/latch assembly was pulled from the door.

Taken from the garage was a portable mig welder, a portable stick welder, 2 welding eye shields, two boxes of welding rods and a Black & Decker 3/8" drill. The value of the items taken is approximately one thousand dollars.

Sometime between November 5th and 8th, unknown persons attended a residence on Church Lane north and removed a red Honda three wheeler from the property. The ATV had been stored next to the house. It had a flat tire at the time it was stolen and the keys were in it, as it would not start.

Sometime between the 24th and the 29th of October, unknown person(s) took a riding lawn mower from the Native New Life Bible College. The mower is described as a green Murray 18 horse, with a 46 inch cutting deck. The mower is valued at approximately \$1,300.

ANYONE WITH INFORMATION ABOUT THESE OCCURRENCES, OR ANY OTHER CRIME, IS ASKED TO CONTACT THE TYENDINAGA POLICE AT 967-3888, OR TO ANONYMOUSLY CALL CRIME STOPPERS AT 969-8477. IF YOUR CALL TO CRIME STOPPERS RESULTS IN AN ARREST, YOU MAY BE ELIGIBLE FOR A CASH REWARD.

TYENDINAGA POLICE WOULD LIKE TO REMIND EVERYONE WITH ALARM SYSTEMS (BOTH BUSINESS AND RESIDENTIAL) TO MAKE SURE YOUR ALARM COMPANY HAS UP-TO DATE INFORMATION. WHEN POLICE ARE DISPATCHED TO AN ALARM, THERE SHOULD ALWAYS BE A KEYHOLDER ATTENDING. THIS IS SO THAT EVEN IN THE EVENT THAT THE BUILDING APPEARS SECURE THAT THE INTERIOR CAN BE CHECKED TO ENSURE THERE HAS BEEN NO ENTRY.

YOUR ALARM COMPANY HAS TO HAVE NOT ONLY THE CORRECT CIVIC ADDRESSING NUMBER AND ROAD, BUT ALSO A LIST OF KEYHOLDERS THEY CAN CONTACT TO ENSURE SOMEONE ATTENDS. IF THERE IS NO KEYHOLDER ATTENDING, POLICE WILL ONLY BE ABLE TO CHECK THE SECURITY OF THE EXTERIOR OF THE BUILDING AND THEN WILL LEAVE.

THE COMMUNITY IS REMINDED THAT THE 967-3888 TELEPHONE NUMBER IS FOR ADMINISTRATIVE PURPOSES.

IF YOU NEED TO SPEAK TO AN OFFICER, CALL THE DISPATCH NUMBER OF 1-888-310-1122 AND AN OFFICER WILL BE DISPATCHED TO SEE YOU OR GIVE YOU A CALL. ANSWER ALL QUESTIONS THE DISPATCHER ASKS OF YOU.

IF YOU NEED POLICE IMMEDIATELY YOU SHOULD CALL 911.

Remember if you have an **EMERGENCY**
CALL



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in November responded to 5 calls:

- 1 - Motor Vehicle Accident
- 1 - Medical Assist
- 1 - Propane Investigation
- 1 - Auto Alarm
- 1 - Rubbish Fire

This brings our total to 64 calls for 2001.

Congratulations to the winner of the Firefighters Association Draw.

Our winner was *Sonny Green* of Tyendinaga Territory! He won tickets to a Toronto Maple Leafs Game, One nights accommodation in Toronto and \$100.00 spending money. Ticket was drawn on November 16.

Thanks to all who purchased tickets.



Angel Tree Program

Purpose: To assist families who are less fortunate, during the Christmas season. Services will be provided to community members residing on the Tyendinaga Territory.

**The CHR's will be taking referrals as of
November 1, 2001**

**Previous month income statement and/or current
proof of income must be submitted
with application form.**

Deadline for application is December 6, 2001

If you plan on using the Angel Tree Program, please contact the CHR's as soon as possible at **Thayendanega Health Centre
at 967-3603**

HEALTH CENTRE



Thayendanege
Health Centre

NUTRITION NEWS

HOLIDAY NUTRITION TID-BITS

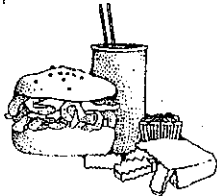
Go Easy on the Christmas Bevvies!

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.



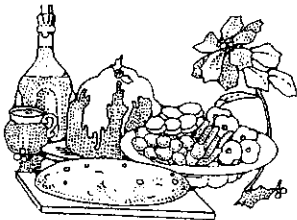
Exercise During the Holidays? Are you Crazy?

No it's 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?



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!



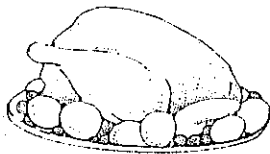
TRIVIA: In the 1840's, mandarin oranges were shipped to Britain from the port of Tangier, Morocco, which is believed to be the origin of the name "tangerine".

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.



NURSING MOTHERS' GROUP
of
Tyendinaga
invites



BREASTFEEDING MOTHERS & BABIES

to their ongoing series of meetings
on the 2nd Friday morning for December

From 10:00 am to 1 pm
Thayendanege Health Centre

Small Children Welcome

Interested Women or young girls welcome

Friendly mother - to - mother support . Lending library

Nutritional Assistance for Moms.

Baby's weight check & Help with breastfeeding problems available
Information & discussions on breastfeeding related topics such as:
avoiding problems, nursing discreetly, nighttime needs, expressing
or pumping milk, introducing solid foods, understanding your baby,
fertility awareness . . .

Dec. 14, 10:00 am to 11:00 am..... Weighing babies and
individual problem solving

11:00 am to 1:00pm Pot-luck and socializing

For more info, or if you would like to attend but have an obstacle
we could help with (i.e. transportation, child care etc.)
please call 967-3603

THE BREASTFEEDING CIRCLE

CAN I GET PREGNANT WHILE BREASTFEEDING?

There is a period of natural infertility for all mothers after giving birth. Fertility returns at varying times, but is directly related to whether the mother bottle feeds her baby, partially breastfeeds, or fully, exclusively breastfeeds without supplements. With formula feeding, the period of infertility lasts only 3 weeks. One of the benefits of full, exclusive breastfeeding is that the return of ovulation is delayed so the period of natural infertility following birth is extended.

When babies nurse and stimulate the breasts, mothers produce prolactin. After 3-4 hours prolactin levels begin to drop again, but if the baby nurses often enough, prolactin levels remain high and ovulation is prevented. This is a temporary effect. In time, the mother's hormones will reestablish their own balance and ovulation returns even as breastfeeding continues. Some mothers cannot conceive while breastfeeding even if ovulating. Research has found that during the first 6 months you have greater than *98% PROTECTION* from pregnancy naturally (using no alternate contraception & no abstinence) AS LONG AS YOU CAN ANSWER "NO" to the following 3 QUESTIONS:

- *1) Have your periods returned? (Bleeding within the first 56 days -8 weeks- is not counted as menstrual).
- *2) Are you supplementing regularly? (more than 1 or 2 mouthfuls per day) OR Are you going long periods without breastfeeding?
(more than 4 hours during the day or more than 6 hours at night?)
- *3) Has your baby turned 6 months old?

Using these guidelines alone as a temporary family planning method is greater than *98% effective* and is recognized and promoted by the World Health Organization and many health services. It is called LAM (Lactational Amenorrhea Method).

****AS SOON AS THE ANSWER IS "YES" TO ANY ONE OR MORE OF THESE 3 QUESTIONS, LAM NO LONGER APPLIES, and another form of protection needs to be chosen to avoid an unplanned pregnancy.**

A woman who wants to reduce her chances of becoming pregnant during any stage of breastfeeding, with LAM or after, without using artificial means of contraception can learn to recognize her body's own signs of ovulation. (See resources below.)

Resources: SERENA Ontario -151 Holland Ave. Ottawa, Ont. K1Y 0Y2.
Ph. 888-373-7362. (Symptothermal Method; counselors)
Couple-to-Couple League -P.O. Box 111184 Cincinnati, Ohio. 45211
Ph. 1-513-471-2000. (Home Study Course)
Books: The Manual of Natural Family Planning -Dr. Anna M. Flynn &
Melissa Brooks
The Art of Natural Family Planning -John & Sheila Kippley
No-Pill, No-Risk Birth Control -Nona Aguilar

Jytte Cooper and Gale Hayward for the Breastfeeding Support Group

Brenda Asselstine Community Health Nurse

HEALTH CENTRE



ANGELS ANGELS

CHRISTMAS IS FAST APPROACHING

AND THERE ARE MANY ANGELS

ON OUR ANGEL TREE WAITING TO

BE CHOSEN !!!!

PLEASE CALL THE HEALTH CENTRE

967-3603

AND CHOOSE YOUR "SPECIAL ANGEL"

ANGELS ANGELS

Breast Screening...

IT MAY SAVE YOUR LIFE.

If you are a woman age
50 or over, make your
appointment today!



To book an appointment at the Ontario Breast
Screening Program - Belleville, Picton and Trenton call:
(613) 969-7780 or
Toll free 1-888-969-7780

Ontario Breast Screening Program
is a program of Cancer Care Ontario

The Tyendinaga Home Support program provides services that support and encourage independent living to seniors living in the community age 55 plus. We are located at:

Thayendanega Health Centre
R.R. 1, 1658 York Road
Deseronto, Ontario
K0K 1X0
Phone: 613-967-3603

Home Support programs include:

Meals on Wheels Program - A hot nutritious meal is delivered every Tuesday and Friday between 11:30am and 12:30pm. Meals also available for anyone who is a diabetic.

Diner's Club Program - Every second and fourth Wednesday of each month a nutritious meal is prepared and served at the Elders Lodge at 12:00pm.

Transportation Program - The Home Support Mohawk Handi-van is used to transport seniors living in the community to all Home Support and community activities. Every Monday and Friday between the hours of 9:30am and 12:30pm, the handi-van transports seniors living in the community to Deseronto to do banking, shopping, etc.

Home Maintenance Program - Assistance is provided for household tasks beyond the individuals capability. Examples of this service would include; grass cutting, painting, window washing.

Social and Recreational Programs - Provides supervised activities for seniors in a group setting. Examples of this service include ceramic classes, bowling, monthly grocery shopping trip and special pre-arranged outings.

Friendly Visits - Provides "friendly visits" to seniors in their homes. Visits are made by staff and volunteers, under agency supervision.

The Home Support Team consists of:

Tracey Bennett, Coordinator
Jessica Brant, Resource Person
Gloria Brant, Cook
Georgena Hill, Handi-van Driver
Orla Maracle, Meals on Wheels Volunteer
Donald Loft, Home Maintenance Volunteer

For more information regarding the Home Support program, please contact Tracey or Jessica at 967-3603.

A Friendly Reminder

We would like to remind parents to check their children's hair throughout the holidays for those pesky little critters, (headlice).

The CHR's/CHN's/Parent Volunteers will be going into the School/Daycare to perform headchecks

Thanks for helping our children's arrival back into school a pleasant one.

The CHR Department

Rental of 59'ers Hall

The 59'ers Hall is under renovations but still available for small functions and is located at Hwy's 2 & # 49.

For more rental information please call:

Gloria Idzenga at 962-8757

LIBRARY

Come over to the Kanhiote Public Library when they and the Community Access Program Present...

The Grinch in Person

Date: Weds. Dec 12th

Pictures are available

Cost is \$2.00/picture

Pictures are available immediately

(Taken with the libraries own digital camera)

The Grinch will be available 1:00pm- 4:00pm



If you would like to come as a group,
Please call Wendy or Karen @ 967-6264.
See you here!!!



Kanhiote Public Library and the Community Access Program Present...

Wednesday, December 12th, 2001

As



GET YOUR PICTURE WITH THE GRINCH DAY

★

The Grinch will be visiting the Library and you will be able to have your picture taken with him. Pictures will be available immediately, due to our having a digital camera!

★

Event will run from 1:00-4:00.
Cost will be a \$2.00 per picture.
Just visiting is always free!!!

Wednesday, January 2nd, 2002

As



THANK-YOU CARD DAY

★

Write a thank-you to all those people, who gave you unexpected joy over the season, a gift you didn't ask for, a wonderful meal, a hand or a hug when you needed it. Make the season something more by continuing the spirit of happiness, thankfulness, and good cheer into the New Year.

★

Event will run 8:30 - 4:30
Families can make their own creations on one of the computers here in the library
Or you can cut and paste your cards the old fashioned way.
The point is to have fun and continue the feeling of the season into the New Year.
Cost will be a donation of \$2.00.

For more information call Wendy or Karen @ 967-6264.



KANHIOTE

Congratulations to *Tanon Brant-Barry* who was the winner of our Harvest Basket Draw.
Thanks to all who supported the Library by buying tickets

Recently the research Department found the following document:

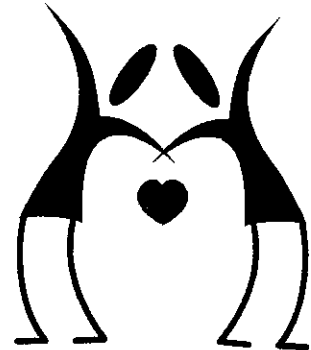
"David Barnhart, a native of Cornwall, now residing at the Mohawk Village, bachelor, and Hannah, daughter of Joseph Hill, a Mohawk Indian, spinster, were married by publication of banns on Sunday the 24th day of December 1826, by me (signed) Thomas Campbell rector. I hereby certify that the above is a true copy from the register of St. Thomas' church, Belleville diocese of Toronto, Canada."

If you are a Barnhart, Barnhardt, or Bernhart you probably are descended from Hannah and David. Visit Kanhiote Library to see a copy of this document.



Skennen'kowa tsi nihatonni

Healthy me!





A support group for permanent weight loss! Weekly weigh-in, recipes, work-outs, inspiration to help you reach your personal goals for a healthier lifestyle. Join us at Kanhiote Library every Wednesday evening from 7 to 8:30 p.m. \$5 to join and \$1 weekly

KANHIOTE LIBRARY

1644 York Road
RR#1
Tyendinaga Mohawk Territory
Phone: 613-967-6264
Fax: 613-396-3627
Email: karen@library.tyendinaga.net

BIRTHDAYS

<p>Happy Birthday!</p> <p>Aunt Kathy </p> <p>Love Keelan & Kennedy</p>	<p>Happy Birthday! </p> <p>Sissy Dec. 10</p> <p>Love Kennedy</p>	<p>Happy Birthday!</p> <p>Keelan </p> <p>Dec. 10</p> <p>Love Mom & Dad</p>	<p>Happy Birthday!</p> <p>to all </p> <p>celebrating this month!!</p>
<p>Happy Birthday Grandmal </p> <p>I love you more than you know! Have a super day!</p> <p>Love Angie</p>	<p>Happy Birthday!</p> <p>Dad </p> <p>Dec. 28</p> <p>Love Jason & Jeffrey (Wendy)</p>	<p>Happy Birthday!</p> <p>Jason </p> <p>Dec. 27</p> <p>Love Mom, Dad & Jeffrey</p>	<p>Happy Birthday!</p> <p>Elijah </p> <p>Dec. 23</p> <p>Love from Cass & Bub OXOX</p>
<p>Happy Birthday!</p> <p>Sis </p> <p>Dec. 6</p> <p>Love always, Gregg & Cassie OXOX</p>	<p>Happy Birthday!</p> <p>Melissa M. (Finally legal at 19) Dec. 14</p> <p>Love from Cass & Bub </p> <p>OXOX</p>	<p>Happy Birthday!</p> <p>Melissa C. </p> <p>Dec. 18</p> <p>Love from Cass & Bub OXOX</p>	<p>Happy Birthday!</p> <p>Bert </p> <p>Dec. 15</p> <p>Love always, Gregg & Cassie OXOX</p>
<p> Happy Birthday to our little "Ridge Road Boyz"</p> <p>Happy 1st Birthday! Braiden  Dec. 12</p> <p>Happy 3rd Birthday! Ashton  Dec. 27</p> <p>Hugs & Kisses Grandma, Grandpa Brant & Uncle Kev</p>	<p>Happy Birthday!</p> <p>Gregg </p> <p>Dec. 30th</p> <p>Love always, Cassie XOXO</p>	<p>Happy Birthday!</p> <p>Daddy </p> <p>Dec. 1</p> <p>Love Courtney & Kyle</p>	<p>Happy Birthday!</p> <p>Brad </p> <p>Dec. 1</p> <p>love from your Wife</p>
	<p>Happy 4th Birthday!</p> <p>Riley </p> <p>Dec. 9</p> <p>Love Mom, Dad & Cole</p>	<p>Happy Birthday! to my favorite Grandson</p> <p>Jacob </p> <p>Dec. 17</p> <p>♥ Grandma loves you so much!</p>	<p>Happy Belated Birthday! to my other favorite Grandson</p> <p>Austin </p> <p>Sept. 17</p> <p>♥ Grandma loves you so much!</p>

Would you like to wish someone a Happy Birthday?

Please call 396-3424

There is no charge for Birthday announcements!

COMMUNITY INTEREST

Congratulations!

Congratulations to two of our Native Students who were honoured with the Moira Secondary School "Citizenship Award". The Citizenship Award recognizes a student who has shown a marked improvement, or a "personal best". The improvement is a significant change from their past performance, and has required effort and determination on their part (change in attitude, helping another student....) Something they have done has made a positive contribution to the climate of the school.

Ogwari Brant: For taking the time to help teach and assist with a class making dream catchers and explaining to them the legend of the dream catcher. He also assisted and explained to a tech class and demonstrated the dismantling of computer components.

Melissa Whitney Hill: For her poetry, which has been published in, "A Celebration of Young Poets, Canada 2001". A poem written as a tribute to her mother and titled, "My Mother".

These students have made our Community proud.

Congratulations!

Judy Maracle, Samantha & Mackenzie Brant are pleased to announce the fourth coming marriage of Angela Litchfield to Benji Brant.

Wedding to take place Dec. 31/01.

Open Dance at 8:00 pm at the Mohawk Community Centre.

All are welcome!



Congratulations!



Dad on your big wins at the music awards.
"Best Instrumental"
"Best Contemporary Traditional"

We couldn't be more proud.
 Lots of Love
 Dan, Gudgie, Otsi:tsia, Ahtonwa
 & Tekenikhon

Congrats Tom!
 We are all so proud of you.

Ellie and all your staff
 at Native Renaissance

Mohawk Agriculture Society Draw Winners!

1st Prize: Satellite Dish donated by Tyendinaga Computer
 Won by **Stephanie Hill**

2nd Prize: Rocking Chair donated by Dick & Gail Brant
 Won by **Lynda Thomas**

3rd Prize: \$50.00 Gift Basket donated by Bonnie Watson
 Won by **Leo Whalen**

4th Prize: \$25.00 Gift Certificate, T-Shirt & Coffee donated by True Value
 Won by **Norm Clark**

Thanks to all who bought tickets and supported the Mohawk Agriculture Society.

Congratulations!



Uncle Dave

Way to go.
 on your award for "Best New Age or Alternative Album"
 You looked great up on stage.

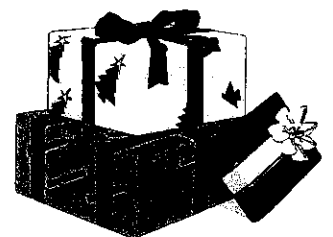
Love Gudgie, Dan & the gang.



The crew of the Hill's Refuse would like to extend to our customers and friends of Tyendinaga Mohawk Territory

a
 Merry Christmas and
 A Happy Prosperous New Year!

Willard Hill and Family



COMMUNITY INTEREST

Thank You!

The Marion family would like to thank everyone for their generosity during our time of bereavement. Special thanks to

Karen Mae Lewis

Janice Hill

Brenda Doherty

Eveline (Bubbles) Sparks

Esther & Vincent Brant

and Rev. John Jeffries

It made us feel very good when so many friends and

relatives were there for Tom's burial.

Thank you again to everyone.

The Marion Family

Niawen!

Niawen to the following people for the wonderful fun day on Nov. 20 (National Child Day)

Jodi John

Carol Green

Crystal Sommerville (Maracle)

Missy Maracle

Bev Maracle

Lesley Maracle (CHR)

Also thanks to the volunteers and anyone we may have not mentioned but were helpful.

from Eksa O' Kon: 'A
Childcare Centre Staff

Thank You

I would like to take this opportunity to pay tribute to our Tyendinaga Mohawk Firefighters on Nov. 21. I had placed a 911 call for an ambulance as my Dad had taken several bad spells. Within minutes the first firefighter (of many yet to come) arrived.

They were all so very supportive and concerned. On behalf of my family and myself I want to thank each and everyone for the encouragement, concern, hug & kindness that was given.

You are all so wonderful and do your job perfectly.

Keep up the tremendous work!

Thanks also to Bill and Bev for their quick response and their love and kindness.

May God Bless each and everyone of you.

Lorna Vos (Whalen)

Thank You

I'd like to thank everyone who came out to help celebrate National Child Day on November 20th. It was a pleasure for me to be apart of the team and the events for the day. We had a great day full of fun and laughter. Also thank you to all who volunteered for our Much Music Video Dance that was hosted in honor of National Addictions Awareness Week. We had a great turn out and I hope to be apart of both next year.

Nia: wen

Bev Maracle
NNADAP

Thank You!

I would like to thank all who participated in our Haunted Hay Ride. A special thanks goes out to Randy Brant who donated his hay, to John, Murrell, Clyde and Tom for loading and unloading it for us. Thanks to Leslie, Missy, Crystal, Dean, Matti, David, Deb and Tom for helping to create our spooky sceneries. Thanks to all our volunteers who helped scare our spectators. (Laura Sommerville, Erin Spencer, Chris Maracle, Chelsea Maracle, Brittney Maracle, Ruby Maracle, Jenni Wannamaker, Matti Fairman, David Hill, Evan Maracle, Marie, Karonhitio and Kahionhano:ron Loft, Charles Vincent, Matt and Andrew Weldon). A big thanks to our drivers Clara Maracle, Mike Minerich and Eric Maracle. I hope I haven't forgot anyone, if so please except my apology. Last but not least Thanks to all community members who came out for some fun, we raised \$ 270.00 for our Angel Tree Program.

Nia: wen

Bev Maracle
NNADAP

* Please Note *

Now open Sundays till 5 p.m.

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. - 5:00 P.M.



UPCOMING EVENTS



Tyotyerenton Enyonkwahwatsiro:ten (Our Families First)



What: drug/alcohol free family event

**When: New Years Eve 2001
2 pm – 8 ish (until the fun stops)**

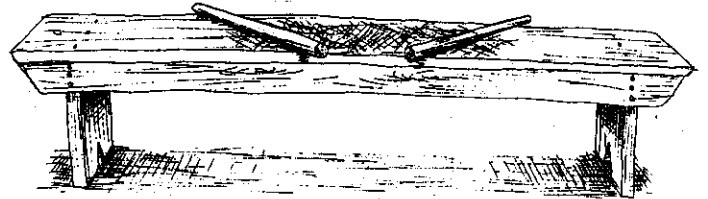
Where: Quinte Mohawk School Gymnasium

Admission: Free

- 2:00 – 5:00** **Activities: sleigh rides, crafts for kids, donut making, story telling (volunteers needed)**
- 5:00 – 6:00** **Potluck: please bring a food dish and plates and utensils
Corn soup, strawberry juice, hot drinks will be provided**
- 6:00 - ???** **Social**

If you need a ride or more information please call Jodi John at 396-3424 (968-9066 Home) or Tracey Gazley at 396-6716 (967-1314 home)

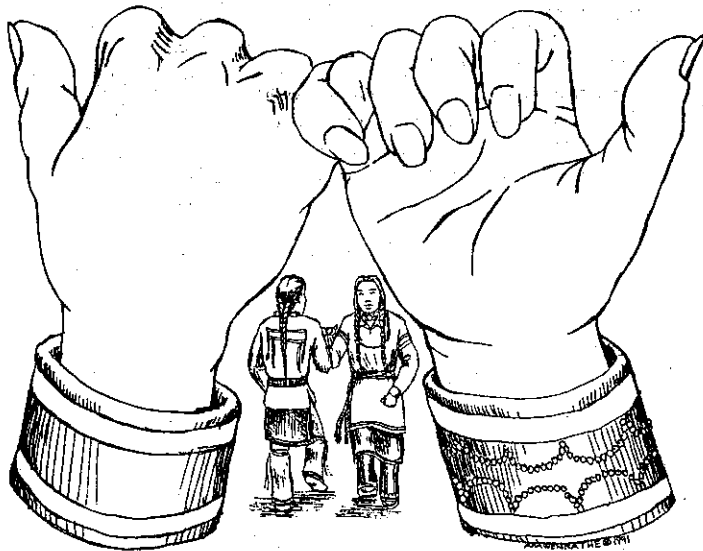
Watatshero:ton	Standing quiver or stomp dance		
Ahtakwa:yon	Old moccasin dance	Ononsta'keha	Shake the bush
Tyohthwase:tha	Round dance	Othore'keha'	Cold/north dance
Tyonahthonwisahnaha	New Women's dance	Karenneka:yon Kentsyonneha	Old time fish dance
Tsiskoko'neha	Robin dance	Orite'neha	Passenger pidgeon dance
Kentsyonneha	Partner fish dance	Ahonte'nyo'thi:yate	Sharpening the Stick dance
Sorahne:ha	Duck dance	Atero'serabneha'	Cousins or Friendship dance
Tekanyonton'neha	Alligator dance	Kanehwayen	Delaware skin or Stick dance
Atironneha	Raccoon dance	Atshihna'neha	Garter dance
Tehahontanenkenneha	Rabbit dance	Kiktineha'	Chicken dance
Yontahrio:tha	Fishing or Canoe	Kariahta'neha	Mosquito dance



**Delaware Skin or Stick Dance
Kanehwaian**

The Delaware Skin or Stick Dance is a very popular song and dance among the young people. This dance is a mixture of slow and fast songs. The singers, which can number two or four, begin by singing in a slow beat. There are several chants that are slow, but then the singers change to the faster beat. The song and dance continue this way until the dance is over.

Originally, one singer held a leather strap, one end in each hand, and the other one hit the strap with two sticks. Today, each singer would use a wooden stick and hit the side of a bench for the beat and sound.



**Mosquito Dance
Kariahta'neha**

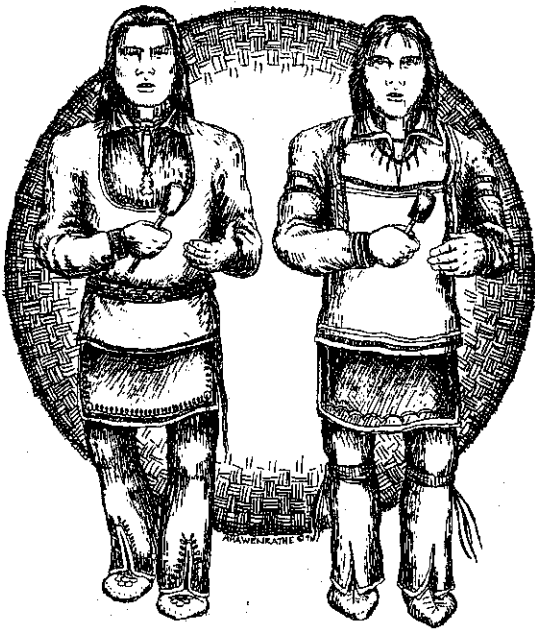
The mosquito dance is a new dance borrowed from the Choctaw Indians in the State of Mississippi. It came to Ahkwesahsne when a Mohawk man married a Choctaw woman. The dance was accepted by the Mohawks and other Iroquois communities and has become part of our social dances. This dance is a kicking dance. Two couples, male and female, hold each other's little fingers then each kicks in the opposite direction. As the couples are dancing, the lead singer and his assistants will give a signal to make a complete turn. Before turning the couple will give out a yell. Once that is completed the dancers keep going with the dance. In Mississippi the musical instruments used are sticks. The sound comes from hitting the sticks together, but in Ahkwesahsne we use a water drum and horn rattles.



**Naked Dance or Shake the Bush
Ononsta'keha**

Shaking the bush dance or the naked dance is a hard dance to do if there are not a lot of people. It starts with four women as partners, two facing the other two. The singers start with five introductory songs which the women help sing. The men sing half of the song and then at the change of the tone the women take over and sing until near the end when the men help them to the end of the song. After the men and women have completed singing the first five introductory verses then the dancing starts.

UPCOMING EVENTS



Standing Quiver or Stomp Dance

Watahtshero:ton

The standing quiver or stomp dance is usually the first of any social dance in most Indian communities throughout the Six Nations. It is a dance that gets everybody in a good mood for dancing and singing. The musical instruments used are your feet, stomping and shuffling, helping to maintain the beat of the song. The dancers follow the leader or singer in single file in a counter-clockwise direction. The singer starts by singing the first part of the song and then his helper sings the rest. At one point in the song the lead singer will sing a high note and then all the followers will dance sideways for a few seconds and then face frontwards again. These songs are said to be very old.

Interested in Meeting New Friends?



All mothers and mothers-to-be are welcome to join the Women's Circle. The Women's Circle is a newly formed group which has been put into existence in order to promote networking, information sharing on community events and issues, as well as support for all issues related and non-related to our children and/or pregnancy.

We are looking to recruit interested mothers and mothers-to-be to meet regularly and/or to telephone or email network.

We are also interested in creating relationships with various service providers, agencies, childcare providers and any other interested associations to include in our information database.

So...if you are interested in creating relationships or are a childcare provider, agency which provides services and/or programs for families, or an individual who knows of an upcoming workshop, seminar or any community event (including socials, sales, etc.), please contact one of the members listed below.

Thank you for your interest in assisting and/or joining us.

Laura 396-6019

Sarah 396-1575



The Chippewas of Nawash First Nation
Sport, Recreation, Culture, Tourism & Facilities Department

Honouring Our Veterans & Bringing Friends Together
All Native Hockey Tournament

DATE: March 15-16-17, 2002

PLACE: Wiarton, Ontario

Entry Fee: \$650.00 per team - Men's Division
\$500.00 per team - Old Timer's Division (35+)
\$500.00 per team - Women's Division

10 Men's teams wanted - 2 divisions. 3 games guaranteed.

1st Prize \$ 4,000.00
2nd Prize \$ 2,000.00

6 Old timer's teams wanted. 3 games guaranteed.

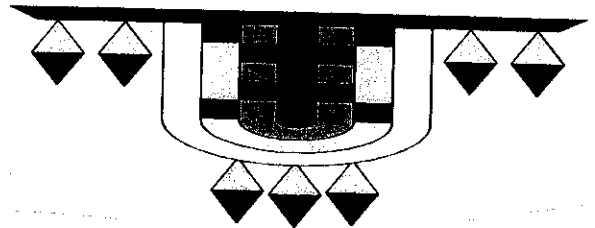
1st Prize \$ 1,500.00
2nd Prize \$ 800.00

6 Women's teams wanted. 3 games guaranteed.

1st Prize \$ 1,500.00
2nd Prize \$ 800.00

Dance on Saturday Night - \$ 10.00/person.

If you are interested in putting a team in for this tournament, call 519.534.3266 or 519.534.1689 for further information (rules, accommodations, directions etc...).



*** FREE ***

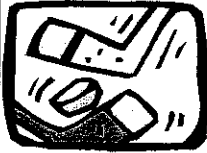
CREDIT COUNSELING
BY QUINTE REGION CREDIT COUNSELING SERVICE

*** Please Note* Tuesday, Dec 11 has been canceled**

This service will be available for consultation
at the Family & Children's Services
(Board Room) in Shannonville
on Tuesdays from 10:00 a.m. - 12 noon
starting again on Tuesday, January 9.

No appointment necessary
Drop In's are Welcome!!

UPCOMING EVENTS



TYENDINAGA YOUTH TABLE HOCKEY TOURNAMENT

Yes, the weather is nice now, but, it will soon be time again for the Norm Maracle / Tyendinaga Police Youth Table Hockey Tournament.

During the last year's school Christmas break a table hockey tournament was held for local grade school age youths. The Tyendinaga Police put on this tournament, with personal sponsorship from local hockey celebrity Norm Maracle and a number of local businesses. There were approximately 30 participants in two groups. One group was for youths in grades 3, 4 & 5. The other group was for youths in grades 6, 7, & 8. The winner in the grade three to five category was Kyle Baptiste. The winner in the grade six to eight category was Logan Wagar.

The "A" Champions, and the "B" Champions, in both categories received trophies and prizes. The "A" Champs received portable CD players with their trophies, and the "B" Champs received "Poochi" electronic toy pets with their trophies.

There were a number of door prize draws throughout the day, with most of the prizes being electronic games and toys. All participants received a "goody bag" upon registration. A lunch, consisting of hamburgs, hot dogs, chips and a drink, was provided to all that registered. Even with all of this, the cost of registration was simply two dollars.

The meat was from M&M Meats of Napanee, and BunsMaster in Belleville donated the buns.

The Mohawks of the Bay of Quinte donated the of the community centre for the day.

Planning for this year's edition of the tournament is now underway, and it is anticipated that it will again be a success.

If you can assist in our fundraising effort, your donation will gladly be accepted and acknowledged. If you have any questions you can contact Mike Hill at the Tyendinaga Police station, or call him at 967-3888, ext #105



Turkey Supper

(with all the trimmings)

Thursday December 6

5 - 7 p.m.

59'ers Seniors Building, Hwy #2

\$10.00 per person

\$5.00 children 12 & under

Please come out & support your seniors!

Bingo Nights at the Orange Lodge Friday nights at 7 p.m.



The money made at this bingo goes back into the community. We need you to come out and support your community.

Hymn Sing

There will be one Hymn Sing each month rotating around the three churches on the Tyendinaga Mohawk Territory. Come enjoy an hour of fellowship and singing your favourite hymn or gospel song.

Everyone is very welcome!

December 16, 2001

Holy Trinity Church - Shannonville, Ont.,
6:30 p.m.

January 20, 2002

All Saints Church - Ridge Road
6:30 p.m.

February 17, 2002

Christ Church - Church Lane South
6:30p.m.

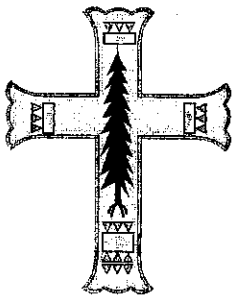
March 18, 2002

Holy Trinity Church - Shannonville, Ont.,
6:30 p.m.

What are you doing Sunday morning?

We have friendly people, interesting sermons and happy music.

Everyone is welcome!



Anglican Parish of Tyendinaga

Reverend Cheryl Watson, home 967-5695, 396-3304 office 962-2787
Christ Church- Shirley Maracle 396-2498,
All Saints- Anne Brant 966-1000, Holy Trinity- Robin Green 962-8453

REGULAR SUNDAY WORSHIP

All Saints 8:45 Holy Trinity 10:00 Christ Church 11:15

PIONEER CLUB

A Club for children 7-11 years old. Wednesday evenings 6:30-8:00 pm.
Badges, awards, fellowship and fun

SAGO COVENANT GROUP

A Discipleship group for adults serious about growing spiritually and developing a safe worship community. An evening sharing in worship, bible study and prayer. For those, who are willing to covenant 1 1/2 hours a week for at least six months.
Tuesday evenings from 7:00-8:30 pm.

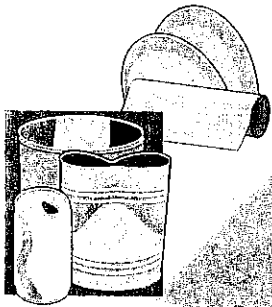
RECYCLING



A Recycling Reminder

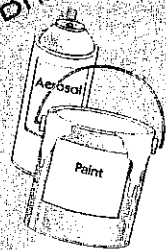
Hang this on your wall!

Bring these items to your depot



Metal Cans & Foil

Rinse cans. Place lids in a can, pinch closed and put loose in blue bin. **Do not put aluminum cans inside tin ones.** Include clean aluminum foil and pie plates. **Flattened cans save space!** **No** pots, cigarette or butter wrappers or scrap metal. Avoid putting pop cans inside other cans.



Empty Aerosol and Paint Cans

Make sure metal containers are empty. Take lids off the paint cans to let them dry, and place in the blue bin — **don't bag them.** **No** containers with product, paint cans larger than 4 litres (1 gallon), plastic paint cans, propane cylinders or other hazardous waste.



Plastic Containers

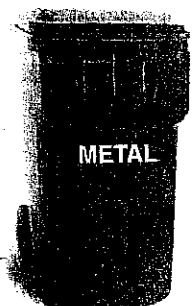
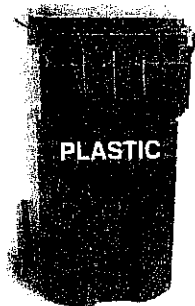
Discard tops and rinse containers for soft drinks, detergents, juice, bleach, shampoo, dairy products as well as clear and foam plastic cups, trays and packaging. Flatten soft drink containers and replace lids. All plastics with the numbers 1 to 6 on the bottom are OK. **No** blister or bubblepacks, prescription bottles or toys.



Bottles & Jars

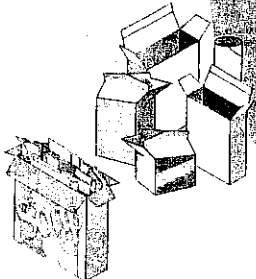
Remove and rinse caps and lids. Metal lids can be recycled with cans. Leave loose in the blue bin. **Don't bag them.** **No** other types of glass such as kitchenware, ceramics, dishes, drinking glasses, window glass, light bulbs or mirrors.

Place in appropriately labelled bins.



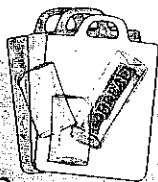
Boxboard and Mixed Paper

Bundle junk mail and office paper separately from Boxboard. Flatten and stuff boxboard into a large box. **Boxboard** includes cereal shoe and detergent boxes as well as rinsed milk and juice cartons, paper bags, sugar & flour bags, cardboard tubes, books (hardcover & paperback), egg cartons and other clean paper packaging. **No** drink boxes, tissue paper towel or laminated paper. Do not put paper loose in blue bin.



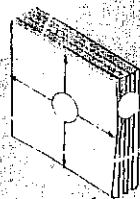
Plastic Bags

Stuff clean, dry plastic bags into a plastic bag and tie handles. Include rinsed milk pouches, grocery, bread, dry cleaning, frozen vegetable and blue newspaper bags as well as outer wrapper from toilet and hand tissues. Remove food residue, stickers and receipts. **No** meat, cheese or stretch wrap, cereal box liners or chip bags.



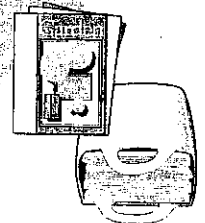
Corrugated Cardboard

Flatten and bundle corrugated cardboard boxes into a maximum size of 30" x 30" x 8" bundles. Only broken down and bundled boxes will be collected. **No** waxed boxes, soiled pizza boxes.



Newspapers & Magazines

Place newspapers, inserts, phone books, magazines and catalogues in a plastic bag next to your blue bin. **No** soiled newspapers. Keep boxboard and mixed paper separate, not mixed with newspaper and magazines.



Bring these items to your depot



UNITE WASTE SOLUTIONS

COLOUR ME

MERRY



CHRISTMAS

CLASSIFIED

LOTS FOR SALE

- approx. 7 1/2 acres per lot
 - located just east of the Police Station on the York Rd.
 - \$15,000.00 per lot
- Call for more information: 968-8397

FOR RENT

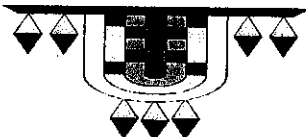
- 4 PLEX APARTMENT
- lower apartment
- located on the Airport Rd
- 1st & last months rent & damage deposit required
- \$575.00 all inclusive

Call: 969-1315

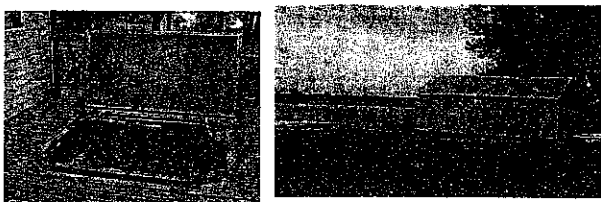
CHILDCARE AVAILABLE

- Located on the York Rd.
- Meals provided
- Large yard for playing with lots of toys and activities

Call Sue Brant: 967-1513



COTTAGE FOR SALE



Hot Tub

Boat House

217 Gordons Lane
 100' of Frontage on Bay Side
 3 Bedroom Cottage 28' X 32'
 Electric Heat
 Plumbing
 12' X 28' Deck with Built in Hot Tub
 Boat House
 Marine Railway
 Dock
 Clean Frontage with Break Wall
 Asking \$89,000

Phone Gord at 905 725-7078

FOR SALE

- PEAVEY FOUNDATION BASS
- hard shell case
- tuner
- new peavy TKO 1155 bass amp
- \$800.00

Please call: 396-2603

MILL TOWN MEATS

- Corn Fed Beef
- Quarters & Half Cuts of Beef
- Wrapped & Frozen
- Individual pieces sold at home
- AAA Beef

*Make your own Soup!
 Lyed Corn, Beans, Special Pork!*

Call: Glenn Hill 962-5470

FOR SALE

1992 SHADOW CRUISER TRAILER

- 26 FT.
- air conditioning, stereo
- 3 piece bath
- asking \$11,500
- can be seen at 163 York Rd.

Phone: 968-2580

FOR SALE

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

For more information call: 613-396-2097

CARE GIVER AVAILABLE

- Summer or all year round care
- big yard for playing
- lots of arts and crafts
- healthy snacks & meals provided
- excellent references

For more information call Tara at 396-2220

FOR RENT

UPPER 3 BEDROOM APARTMENT

- Located in Shannonville
- Completely renovated, new flooring all hardwood & linoleum. New paint throughout and some new windows.
- Large cat in Kitchen, large living room and dining room.
- Off street parking, back yard,
- Cable hook up available
- \$700.00 includes heat & hydro
- 1st and last months rent required with 3 good reliable references
- No pets
- Non Smokers preferred
- Available Dec. 1

Call: 613-396-3957 for more information or to view

FOR SALE

COMPUTER

- 486 -DX2 -50 -8 mg ram
- 14" monitor
- 3 1/4 floppy, CD Rom
- 540 mg. hard drive
- keyboard
- mouse & mouse pad
- sound card with speakers
- dos, windows 95
- lots of games
- Corel suite with graphics C.D.
- Canon 250 inkjet printer
- asking \$450.00

Call Lori at 968-7400 after 5 p.m.

CHILD CARE AVAILABLE

- in my child safe daycare area
- fenced in outdoor play area (swings, slides, etc.)
- C.P.R./ First Aid Certified
- excellent references
- healthy meals and snacks provided
- lots of crafts, activities, themes, toys and friends!

Call: Shari Maracle: 396-3077

LAND FOR SALE

- 47.5 acres
- located on the Upper Slash rd. across from B. & J. Pole Line

Call Everette Maracle at 396-3121

TALENT WANTED

People with talent and skills are needed for the production of the upcoming T.V. special: "Dr. Oronhyatekha: Mohawk Visionary"

- Initial personnel required:
- Researchers, Caterers, Makeup Artists
- Costume Designers, Seamstresses, Hairdressers, Still photographers, Set decorators, Set construction workers, Electricians, Security guards, Set designers, Dancers, Musicians, Secretarial, On screen acting talent: Male/ Female/ Adult/ Child, Walk on talent, Production assistants, Graphic designers, Web master.

Submit Resume to : "Talent Wanted"
 Box 40134,
 1905 Dundas St. E.,
 London On.
 N5W 5Z5

or in person to James B. Maracle
 16 Church Lane South, R.R. # 1 Deseronto

LAND FOR SALE

- TWO LOTS
- located on Norways side road, east side
- each lot has a road frontage of 20 ft. and a depth of 200 ft. approx. 1 acre
- located on a newly hard top road
- each lot will have a good dug well with plenty of water
- lots have plenty of soil to support a basement
- the price for each lot is \$7,500.00 which includes a well
- NOTE: if both lots are bought price may be negotiable

For more information call:
 Lorne Loft at 968-2180 or leave a message if there is no answer.

Do you have something you would like to sell? The classifieds are "Free"
 Call: 396-3424