

TYENDINAGA NEWSLETTER



ISSUE 2/97

9-1-1

- AMBULANCE
- POLICE
- FIRE

EMERGENCY

**START
DATE**
FEB. 19/97

COMING SOON!

*TO TYENDINAGA MOHAWK TERRITORY!!
Enhanced 9-1-1 for Emergency calls to
Fire, Police & Ambulance*

IMPORTANT

If you need Police, Fire, Ambulance in a NON EMERGENCY situation.

Please look in your phone book for the seven-digit numbers.

This Service is available for only residents on the Tyendinaga Mohawk Territory. If you are not in this area please check with your municipal office for emergency numbers in your area.

Questions pertaining to coverage area's or for general 9-1-1 service information call:

Scott Maracle at 968-7985

or

Janet Maracle at 967-3888

Be sure that if you have a pre programed phone to change it to dial 9-1-1 in order for your civic address to appear on the screen!

In this Issue:

Administration Notices - font & 2

News Releases - 3 & 4

Police - 5

Health Centre - 6 & 7

Environment & Employment - 8

Community Interest - 9

Community Interest &
Upcoming Events - 10

Upcoming Events - 11

Classifieds - 12

Business Advertisements- 13 - 16

Newsletter Deadline

FEB. 24/97

12:00 noon

396-3424



Bell Canada

- working with
your community
to make Ontario
a safer place.

ADMINISTRATION NOTICES

HOUSING DEPARTMENT *WINS BIG* AT PROVINCIAL R-2000 DESIGN/BUILD COMPETITION

Our housing department recently received 2 awards at the "Ontario R-2000 Awards for Technical Excellence in Housing Competition."

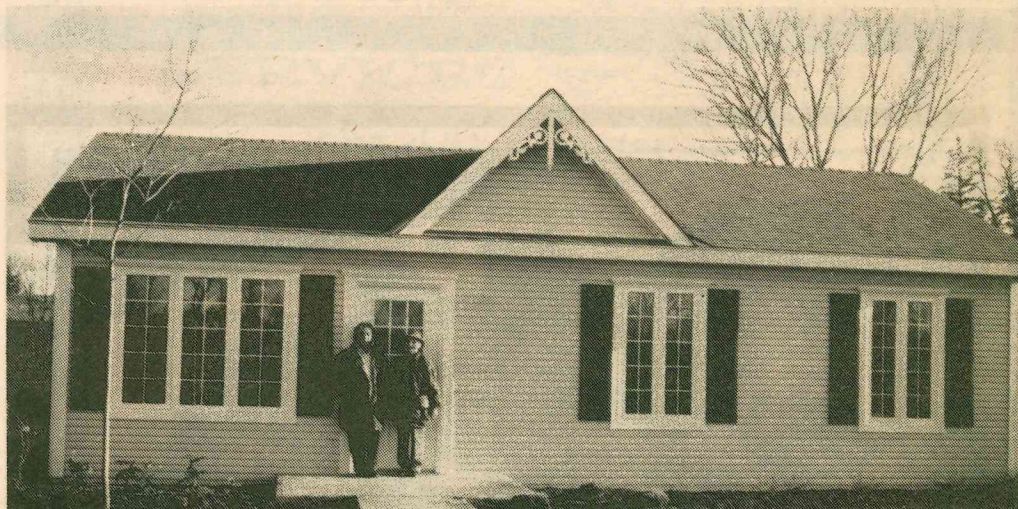
These awards recognize those builders in Ontario who exemplify the R-2000 spirit in their built projects through increased energy efficiency, improved indoor air quality and environmental responsibility.

Awards were received for our new Senior homes development in Shannonville which won in the best Production/Tract home category and another award for homes built at Huron Brant Drive (New Subdivision) which took top honours in the best "Custom under 1500 sq.ft." category.

What makes the awards especially gratifying is the fact we competed against some of the biggest and most reputable developers in the province and with limited budgets still managed to win in both categories that we entered.

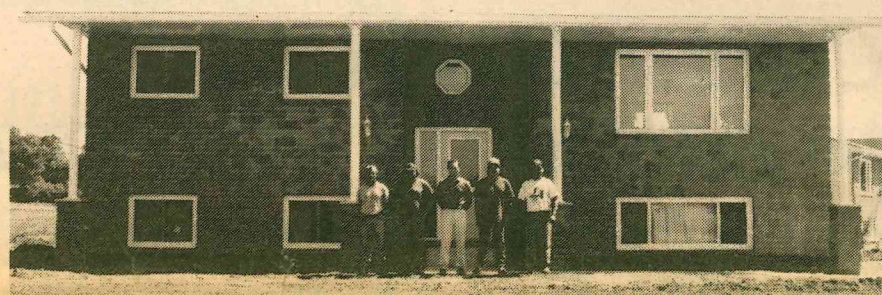
The Community should be very proud of the achievements of the following:

Dan Maracle - Carpenter Foreman
Rick Brant - Carpenter
Eric Maracle - Carpenter
Denny Brant - Carpenter
Mike Maracle - Carpenter
Chris Maracle - Project Manager
Lori Maracle - Housing Secretary
Sandra Sero - Purchase Order Clerk
Finance Dept.
The Local Sub Traders & Suppliers
The Tyendinaga Mohawk Council for their continued support.



Mark Bernhardt, Ed Barnhardt
Todd Maracle, Mike Minerac

} Carpentry Labour
for award winning
Custom under 1500 sq.ft.

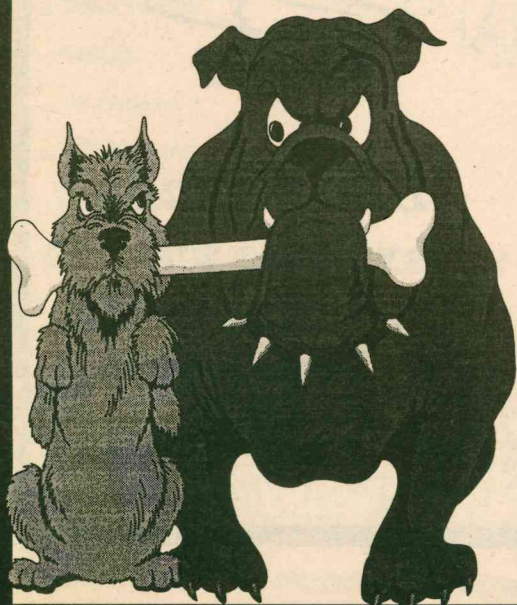


Left:
Eric Maracle, Dan Maracle, Chris Maracle, Denny Brant, Rick Brant

Having Problems With Dogs?


Please Call Yarrow Animal Control
Trenton at 613-392-7045

for dog issues on the Tyendinaga Mohawk Territory
Yarrow Animal Control will confirm their services
with the Administration Office.



Nia:wen for
your Cooperation

Administration Office

 INDIAN AND NORTHERN AFFAIRS



QUINTE MOHAWK SCHOOL
R.R. 1, Deseronto K0K 1X0
613-966-6984

....Fun Fair Update...Fun Fair Update...
....Fun Fair Update....

DEAR FAMILY & FRIENDS OF QUINTE MOHAWK SCHOOL,

We'd like to express our gratitude to all of the families and friends of Quinte Mohawk School, who came out and supported our first Fun Fair. We hope everyone had a great time.

Our Fun Fair was a resounding success. We were overwhelmed with the wonderful show of support from the community.

Niawen Kowa to all the businesses who donated prizes and money to our school. We could not have accomplished all that we did without your generosity.

Sincerely,
Staff & Students of
Quinte Mohawk School



NEWS RELEASES

(*Source- This Article appeared in January 27, 1997 of the Intelligencer)

Festival at Loyalist

Natives show their pride

Story and photo by Henry Bury

The Intelligencer

Tom Lee has always been proud of his native heritage.

That pride propelled the 22-year-old Lee to dance this past weekend at the first Festival of Native Arts held at the student activity centre at Loyalist College.

Lee, whose native ancestry is Apache, was thrilled with the opportunity of participating in the festival.

"Dancing is a celebration," he said Sunday. "It's an honor and adoration for my people and for everyone who's gone before me."

The second-year law and security administration student is one of more than 100 native students enrolled at Loyalist. When he learned about the weekend's native arts festival, he asked organizers if they needed dancers.

They did and Lee danced — two hours Saturday and another two hours Sunday.

"I haven't danced in a while, so I'm a little rusty," he said.

Native dancing is a spiritual activity for Lee.

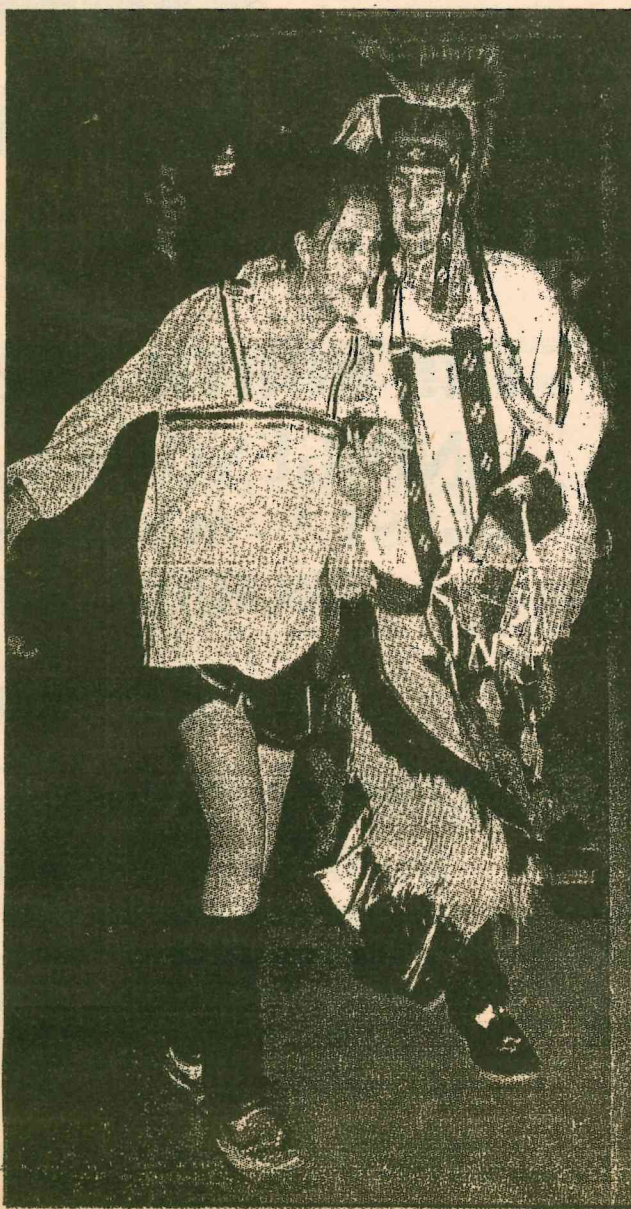
"It makes me feel like I'm one with the people and the spirits," he said.

Normally, he dances by himself. But he was joined by other native students for group dances this weekend.

"I was very proud to be able to dance this weekend," said the Sharbot Lake native.

The festival served as a celebration of the richness and the arts of native culture, said Linda Magill.

"There was a lot of joy in being able to present one's heritage for others to enjoy," said the Loyalist business teacher, who also boasts a native background. "It's been one heck of a



Celebrate native culture

Tanya Leary, left, and Seth LeFort danced up a storm over the weekend at Loyalist College. The Tyendinaga Territory students were the principal dancers in the first Festival of Native Arts held at the college's student activity centre. They were joined by other performers in celebrating their native culture. The weekend event also featured native crafts and food.

celebration."

The festival featured native singers, dancers and drummers.

They included the Tyendinaga Young Men's Singing Society (a co-ed group), Quinte Mohawk Dancers, Young Spirit Drummers of Ottawa and the Blim Skd Nodin drum group from Manitoulin Island.

The head male dancer was Seth LeFort and the head female dancer was Tanya Leary — both from the Tyendinaga Mohawk Territory.

Also on hand were native crafts people who displayed and sold everything from designer clothing, jewelry and drawings to birch bark, baskets and leather work.

"Our culture is rich in not only singing and dancing but in

the craft work as well," Magill said.

Native dishes were also sold for visitors. These included bear and moose stew, lyed corn soup, fry bread, Indian tacos and native desserts.

Magill said the festival was made possible because of the inception last fall of the native resource centre at Loyalist. The centre boasts two native counselors, educational materials, computers and couches for relaxation.

She's overwhelmed with the number of visitors to the weekend festival and said next year's event may have to change venue.

"It's my belief that the student activity centre won't be big enough to hold it next year. We'll need more room for the public."

BLUEPRINT
FOR THE
FUTURE

ABORIGINAL YOUTH
CAREER FAIR



ONE OF CANADA'S LARGEST EVER ABORIGINAL YOUTH CAREER FAIRS TO BE HELD FEBRUARY 5 AND 6

TORONTO, January 24, 1997 - The Canadian Native Arts Foundation announced today that one of Canada's largest ever Aboriginal youth career fairs, Blueprint for the Future, will be held February 5 and 6 at the Calgary Convention Centre.

"It is a distinct pleasure to announce that approximately 1,000 Aboriginal high school students, from across Alberta, will be converging on Calgary to participate in this year's Blueprint for the Future," said Mohawk composer and conductor John Kim Bell, Founder and Chair of the Canadian Native Arts Foundation, the National Aboriginal Achievement Awards and Blueprint for the Future. "Joining them will be representatives from some of Canada's leading corporations and a long list of Aboriginal achievers. Through career seminars, speeches and informal conversation with these leaders, Aboriginal youth will be introduced to some of the most exciting careers this country and world can offer."

"There is no one out there who can deny that future employment prospects for Aboriginal youth appear bleak," Bell said. "It is our job, as Aboriginal people, to do all we can to combat this. We have to ensure that students receive practical information on career options, educational requirements and employment trends as the new century approaches."

MP Elijah Harper, Grand Chief Phil Fontaine of the Manitoba Assembly of Chiefs, scientist Albert Rock, Ontario Judge Mr. Justice Harry LaForme, NWT Cabinet Minister Stephen Kakfwi, Cape Breton poet Rita Joe, former Moderator of the United Church of Canada, Reverend Stanley John McKay, Toronto Gators' pitching superstar Darren Zack, Cape Dorset artist Kiawak Ashoona, justice system reformer Chester Cunningham, youth NAAA recipient George Berthe and Northern Québec Cree Chief Billy Diamond are just a few of the Aboriginal achievers who will be leading career seminars at the fair.

These Aboriginal achievers will be joined by Blueprint for the Future's sponsors including founding sponsor CIBC, in a special partnership with the Royal Bank; Indian and Northern Affairs Canada; Canadian Heritage through the Multiculturalism Program; City of Calgary; Environment Canada; Frontec; Health Canada; Human Resources Development Canada; Husky Oil Ltd.; Industry Canada through Aboriginal Business Canada; Petro Canada; Placer Dome Canada; Poco Petroleum; Scotia McLeod Inc.; Shell Canada Limited; Solicitor General Canada; Suncor Inc.; Syncrude; Telus and Telus Mobility; and, Treaty 7.

"I see Blueprint for the Future as a way of introducing - breaking down barriers if you like - the world of Aboriginal youth and the high power world of Canadian business," Bell said. "Some of Canada's largest corporations will be represented on Blueprint for the Future's Corporate Leader's Panel. This is significant progress."

The Canadian Native Arts Foundation, a nationally registered charity established by John Kim Bell in 1985 to assist Aboriginal students by providing educational scholarships, has arranged for food, and lodging for more than half of the student participants and their chaperones. Students will have travelled to Blueprint for the Future from as far away as Fort Vermilion in isolated Northern Alberta, thanks to corporate donations the CNAF has sought out.

Operated in conjunction with each year's National Aboriginal Achievement Awards gala, Blueprint for the Future has already doubled in size since the inaugural career fair last year. After Calgary, the CNAF has arranged for an encore presentation of the Blueprint for the Future career fair to be held in Winnipeg, April 9. This will bring to 2,000 the number to students who will have taken part in this career experience in 1997.

"We're hoping to spark an interest and drive that will lead to good, solid career choices being made by Aboriginal students," Bell said. "There will be workshops on everything from becoming an airline pilot to becoming a zoologist. We're talking about providing the spark that could lead to a whole new generation of Aboriginal people taking on careers that are among the most exciting the world has to offer. If this happens - and it will - we all win."

-- 30 --

For further information and to arrange

media accreditation contact: Dr. Judy New Bell, Director, Blueprint for the Future
Toronto office: (416) 926-0775
Calgary office: (403) 221-5691 and 221-5698



EUCHRE NIGHT!

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

NEWS RELEASES




A PROJECT OF THE
CANADIAN NATIVE ARTS
FOUNDATION

Patrons
His Excellency
the Right Honourable
Romeo LeBlanc
P.C., C.C., C.M.M., C.D.
Governor General of Canada

Assembly of First Nations
Congress of Aboriginal Peoples
Inuit Tapirisat of Canada
Métis National Council

Founder and Chair
John Kim Bell

Jury
Roger J. Augustine
Tony Belcourt
John Kim Bell
Marlene Brant Castellano
Dr. Frank Calder
Maria Campbell
Edward A. Connors, Ph.D.
Strater Crowfoot
Dr. Shannon Fiddler
Grand Chief Phil Fontaine
Cpl. Hubert Gardiply
Elijah Harper
Alwyn Morris
Albert C. Rock
Mary Sillett
Mary May Simon
Marsha Smoke
James Watson Walkus
David C. Ward (Kiviat)

 Indian and Northern
Affairs Canada

 CIBC

1997 NATIONAL ABORIGINAL ACHIEVEMENT AWARDS RECIPIENTS ANNOUNCED

TORONTO, January 1997 - The Canadian Native Arts Foundation has announced the 14 winners of the 1997 National Aboriginal Achievement Awards.

"The National Aboriginal Achievement Awards (NAAA) have quickly become an empowering and positive symbol for all of Canada's Aboriginal peoples," Mohawk composer/conductor John Kim Bell, founder and chair of the NAAA and the Canadian Native Arts Foundation (CNAF) said in making the announcement. "They have helped build a bridge of understanding between Aboriginal peoples and other Canadians by showcasing the best of who we are in the Aboriginal world."

Now in their fourth year, the NAAA recognize outstanding career achievements by Aboriginal people of First Nations, Métis and Inuit ancestry. Fourteen awards will be presented -- 12 career, one lifetime achievement and a special youth award that carries a \$5,000 scholarship.

They were established by John Kim Bell to pay tribute to the United Nation's International Year of the World's Indigenous Peoples in 1993 and are a special project of the Canadian Native Arts Foundation, a nationally registered charity that has provided approximately \$5 million in scholarships to Aboriginal students. Recently, the CNAF was selected to manage the Aboriginal Veterans Scholarship Trust, a \$1.15 million trust that will assist Aboriginal students in business and science academic programs.

The first NAAA were presented in Ottawa in 1994, Vancouver in 1995 and in Winnipeg last year. This year, recipients will receive their NAAA at a gala awards ceremony to take place in Calgary, February 7 at the Jubilee Auditorium with an audience that will include His Excellency, Romeo LeBlanc, Governor General of Canada, Alberta Premier Ralph Klein, CIBC Chairman and CEO Al Flood, CNAF patrons and benefactors and Canada's Aboriginal leaders. The show will be televised nationally on CBC February 13.

The 14 Aboriginal achievers for 1997 are:

- * Cape Dorset Inuit artist, Kiawak Ashoona;
- * Northern Québec's rising political and social advocate George Berthe, the special youth award recipient;
- * Alberta based film and television director and producer, Gil Cardinal;
- * Alberta based Aboriginal justice reform worker, Chester Cunningham;
- * Northern Québec Cree business leader, Chief Billy Diamond;
- * Historian and writer, Dr. Olive Dickason, this year's lifetime achievement recipient;
- * Toronto based *Dances With Wolves* academy award nominated actor Graham Greene;
- * Nova Scotia's award winning poet Rita Joe;
- * NWT Cabinet Minister Stephen Kakfwi;
- * Ontario Court of Justice (General Division) judge, Harry S. LaForme;

- * Manitoba based Rev. Stanley John McKay, the first Aboriginal person to become Moderator of the United Church of Canada;
- * Vancouver based kidney transplant specialist Dr. Martin Gale McLoughlin;
- * Northern Québec's Aboriginal constitutional rights advocate, Senator Charlie Watt;
- * Ontario based, Pan-Am Games gold medal and world championship winning pitcher Darren Zack.

"Whether in politics, the law, medicine, academia, the arts or other fields, each member of this group has attained astounding levels of accomplishment," Bell said. "As an Aboriginal person, they make me feel proud and confident about our future. But, these winners are also a credit to the larger Canadian community. They are truly achievers of which all Canadians can feel pride."

Since 1993, 55 outstanding individuals have received a NAAA including: MP Elijah Harper, provincial court judges Murray Sinclair and Alfred Scow, NHL coach Ted Nolan, the late women's rights activist Mary Two Axe Earley, various Olympians, scientists and numerous artists.

This year's winners were chosen by an all Aboriginal jury that included: Ambassador Mary May Simon, New Brunswick Chief Roger J. Augustine, Ontario Métis leader Tony Belcourt, Mohawk conductor/composer John Kim Bell, retired Trent University professor Marlene Brant Castellano, BC Nisga'a leader Dr. Frank Calder, Saskatoon's award winning author Maria Campbell, Ontario psychologist Dr. Edward A. Connors, Alberta Aboriginal leader Strater Crowfoot, Calgary dentist Dr. Shannon Fiddler, Assembly of Manitoba Chiefs Grand Chief Phil Fontaine, BC inventor Albert Rock, Inuit leader Mary Sillett, Ottawa entrepreneur Marsha Smoke, BC fisherman James Watson Walkus, and Edmonton lawyer David C. Ward.

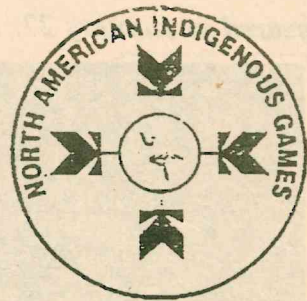
The awards are generously supported by: CIBC, Indian and Northern Affairs Canada, and the CBC; Air Canada, Amoco Canada Petroleum Company Ltd., Cancom, Placer Dome Canada and Viacom Canada. Public sector supporters include: Canadian Heritage; Health Canada; Human Resources Development Canada through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

-- 30 --

For further information: Judy Tobe, Public Affairs Director (416) 926-0775

 CBC SRC

National Aboriginal
Achievement Awards
70 Yorkville Avenue, Suite 33A
Toronto, Ontario M5R 1B9
Tel: (416) 926-1317
Fax: (416) 926-7554



Victoria, B.C. 1997

THE NORTH AMERICAN INDIGENOUS GAMES AUGUST 3 - AUGUST 10, 1997 VICTORIA, B.C.

Calling All Youth

Do you have an interest in Soccer?

We are looking for boys and girls
between ages of 13 to 18
to represent Ontario at the North
American Indigenous Games to be
held in British Columbia
on August 3-10, 1997.

This is an opportunity of a life time!
Contact:
Rachelle Philippe at (705) 674-1074 or
Fax recruiting form to (705) 671-6227

Recruiting Forms are available at your
Band Office

Please Deliver To: MOHAWKS OF THE BAY OF QUINTE,
"TYENDINAGA NEWSLETTER"
TYENDINAGA FLYER (DESERONTO)

News release via Canada NewsWire, Toronto 416-863-9350

Attention News/Sports/Photo Editors/Directors:
ONTARIO NOMINATES THREE COMMUNITIES TO HOST 2001 CANADA SUMMER GAMES

TORONTO, Dec. 18 /CNW/ - London, Niagara region, and Ottawa-Carleton are on the short-list to host the 2001 Canada Summer Games.

Ontario Minister of Citizenship, Culture and Recreation Marilyn Mushinski announced the government's three nominations today from an unprecedented nine bids for the Games. Other bidding communities included Hamilton Brantford, Kitchener-Waterloo, North Bay-Sudbury, North York, Peterborough, and Windsor.

"The interest level was so high for the 2001 Canada Summer Games from the outset, we decided to initiate a formal provincial bid process for the first time," Minister Mushinski said today. "All the bids were outstanding. The level of sports development in each of the bid communities is excellent. So it was a very difficult decision."

Ten thousand people, mostly volunteers, contributed to the bid process. The enthusiasm expressed in every bid community was exceptional.

"Everyone involved in the Games will be a winner -- Ontario's young athletes, the Games' sponsors, the people of the host community, and the province," the Minister added. "Millions of dollars in spinoff benefits will produce economic gains for the host community and surrounding region, including vastly improved sport and recreational facilities."

Ontario last hosted the Canada Summer Games in 1981 at Thunder Bay. Because of the rotation system between the provinces, 2001 will be the next opportunity, where more than 4,000 young athletes will compete in 16 sports.

Canada Games Council chair Jack Pelech acknowledged the work carried out by the 2001 Canada Games Secretariat and the Site Review Committee. "We are very pleased. The bid process was handled efficiently in a fair and open manner. The nine committees can rest assured that each bid was judged on its own merit."

The government's nominations will be submitted to the Canada Games Council, which will recommend a host site to the federal Minister for Canadian Heritage. A final decision on the host site is expected next June.

FIRST NATIONS POLICE



POLICE PAGE
UNSOLVED CRIMES!

- COTTAGE BREAK, ENTER AND THEFT IN SHANNONVILLE SOMETIME BETWEEN THE 7TH DEC. AND 15TH DEC. '96. CULPRITS ENTERED VIA FRONT DOOR , VARIOUS HOUSEHOLD ITEMS TAKEN.
- A THEFT OF MEAT - OCCURRED ON THE 20TH DEC. '96 - CULPRITS ENTERED A RESIDENCE ON BAYSHORE ROAD, MEAT TAKEN FROM FREEZER.
- REPORTED ON THE 25TH DEC. '96 - THEFT OF FRONT PLATE ONTARIO # XM8467, UNKNOWN WHEN THEFT OCCURRED.
- RESIDENTIAL BREAK AND ENTER ON OLD HIGHWAY 2, SOMETIME BETWEEN THE 8TH NOV. '96 AND 22 NOV. '96, ITEMS TAKEN V.C.R. AND PORTABLE STEREO.
- RESIDENTIAL BREAK, ENTER AND THEFT ON BAYSHORE ROAD, OCCURRED ON THE 29TH DEC. '96. CULPRITS ENTERED RESIDENCE, REMOVED PROPERTY AND CAUSED EXTENSIVE DAMAGE.
- THEFT AT CONSTRUCTION SITE IN SHANNONVILLE, OCCURRED ON THE 2ND. JAN. '97. ITEMS TAKEN 4X8 SHEETS OF GLASS CLAD.
- TWO BREAK, ENTER AND THEFTS AT THE RED BARN LOCATED ON MILLTOWN SIDE ROAD OCCURRED ON THE 4TH AND 6TH JAN. '97. BOTH TIMES LARGE QUANTITIES OF VARIOUS BRANDS OF CIGARETTES TAKEN.
- THEFT OF TWO SETS OF GOLF CLUBS TAKEN SOMETIME BETWEEN THE 12 JAN AND JAN. '97. OCCURRED AT A RESIDENCE ON YORK ROAD.
- BREAK, ENTER AND THEFT TO A RESIDENCE IN SHANNONVILLE, OCCURRED ON THE 22ND JAN. '97. VARIOUS ITEMS TAKEN.

ANYONE WITH ANY INFORMATION IS ASKED TO PLEASE
CONTACT THE TYENDINAGA FIRST NATIONS POLICE
SERVICE AT 967-3888

"CITIZENS ADVISORY COMMITTEE ON POLICE SERVICE"

NEXT MEETING

THURSDAY, FEBRUARY 13, 1997 - 7:30 p.m.

AT MOHAWK FIRE HALL

GUEST SPEAKER
OVER VIEW AND QUESTIONS
BY

MURRAY WILSON
DEVELOPMENT OF COMMUNITY POLICING
POLICIES AND PROCEDURES
PROVINCE WIDE

ALL WELCOME - BRING A FRIEND

COMMUNITY POLICING

Why Community policing?

Police services in many parts of the world have been adopting the philosophy of community policing as the means by which police services are to be delivered.
The police in Tyendinaga feel the time for change is now. Other First Nations in the province have successfully adopted community policing in their service delivery.

What is Community Policing?

- ♦ Community Policing is a change in the philosophy in how police service is delivered.
- ♦ Community Policing is the police working in partnership with the community to identify and establish priorities.
- ♦ Community Policing includes a proactive approach to preventing crime and other disorder thus reducing the fear of crime.
- ♦ Community Policing involves problem solving rather than just the police responding to calls for service.
- ♦ Community Policing builds trust and leads to better public acceptance of the police.

What Community Policing is not.

- ♦ It is not a "snitch" session, where the police seek information against specific individuals
- ♦ It is not the police telling the people how business is done.
- ♦ It is not just public relations, although good public relations is a by-product of Community Policing.
- ♦ It is not "soft" on crime or other offenders.
- ♦ It is not a place where the public can complain against individual officers.
- ♦ It is not a place where personal politics, or agenda's are discussed.

TYENDINAGA FIRST NATION POLICE

Month End Stats

December 1996	ACTUAL NUMBER
---------------	---------------

PROVINCIAL OFFENCES

Highway Traffic Act	12
Liquor Licence Act	3
Compulsory Automobile Insurance Act	2

CRIMINAL OFFENCES

Assault .	1
Sexual Assault	0
Break and Enter	4
Thefts	1
Possession of Stolen Property	1
Impaired & Over 80	3
Weapons Offences	1
Fraud	0
Mischief/Vandalism	0
Narcotics	1
Other Criminal Code	0

GENERAL INCIDENTS

Motor Vehicle Accidents	5
Other Provincial Stats	4
Other Federal Stats	1

TOTAL NUMBER OF OCCURRENCES 57

TYENDINAGA POLICE SERVICE
SURVEY

1. What do you like about your Police Department?
2. What are your dislikes about your Police Department?
3. Are there any changes you would like to see in the way the Police Service is delivered?
4. In your opinion what is the most significant problem you can identify in in our Community?
5. Do you see the Community Policing Advisory Committee being a benefit or detriment? Please explain your answer.

- Your Responses can be dropped off at the Band Office or the Police Office
- Submit your responses in a sealed envelope.
- You do not have to sign your questionnaire.

HEALTH CENTRE

MOCCASIN TRAIL NEWS



February is Heart month here in Indian country and here are some very enlightening facts on the significance of physical inactivity and risk of heart disease.

Canadians, including First Nations, are exposed to increased risk of coronary heart disease by a behaviour close to 60% of the population shares--- physical inactivity.

Physical inactivity affect a far greater number of people than the three more commonly known risk factors, namely smoking, elevated serum cholesterol and blood pressure.

Studies conducted between 1980 and 1987, indicate that ten percent of Americans are at risk through elevated serum cholesterol and blood pressure levels respectively, while 18 per cent are at risk from smoking. But, and this is a big BUT, fully 59% of the American population are at risk of heart disease because of physical inactivity.

These studies are considered relevant to the Canadian population, for which similar data is not presently available.

Forty-five studies examining the association between Coronary Heart Disease and physical activity were subjected to careful review by scientists from the Health Promotions and Education Centre of the Atlanta Centre for Disease Control. The results of this review were published in Morbidity and Mortality Weekly Report (Vol. 36, No. 26,

1987).

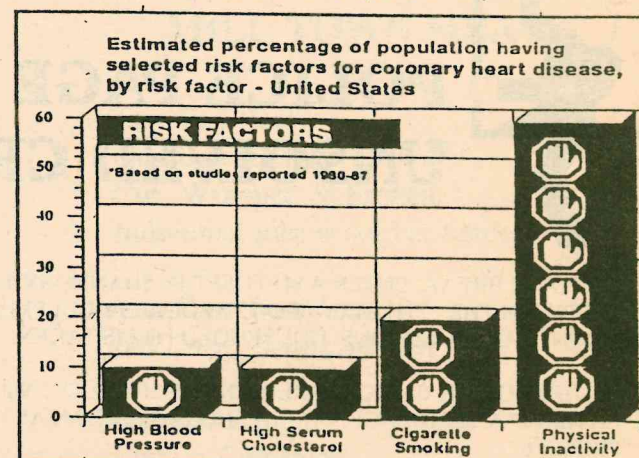
The review set out rigid criteria for the consideration of data presented in each of the 45 studies. For instance, since there are no standardized assessment procedures for measuring physical activity, only studies in which reliable information collection techniques were used, could be taken into account. From these studies, 32 of 96 comparisons between physical activity levels and Coronary Heart Disease met the review criteria.

These comparisons revealed that physical inactivity's as strong a risk factor as serum cholesterol, systolic blood pressure, and smoking. Physical inactivity, however is far more important, the review found, since a larger percentage of the American population is exposed to this risk factor.

While studies using poor measurement systems for physical activity, had not demonstrated the link between inactivity and Coronary Heart Disease. The American Public Health Service, in reprinting the results of this review, concluded that better assessment methods are needed for measuring physical activity, to accommodate health research. Lack of regular physical activity is believed to be a factor in other diseases and conditions, including diabetes, cancer and mental health.

Physical inactivity is a significant risk factor, affecting far greater numbers of Americans, even when more contemporary standards are applied. The percentage of the population affected by serum cholesterol, high blood pressure, and smoking are 25 to

40%, 36%, and 30% respectively.



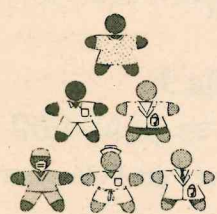
Regular vigorous physical activity, for 20 minutes, at least three times a week, is believed to be the optimum for reducing the risk of Coronary Heart Disease. When vigorous activity is incompatible with health conditions, less intensive, but regularly scheduled activities can still reduce the risk of Coronary Heart Disease. Which is where I make the pitch for the Moccasin Trail Walking Program. Yes, we can help you lower your risk of those diseases mentioned above in this column. Won't you come out and join now?

Starting this month (February) we are having something new at our Moccasin Trail check-ins. We will be introducing healthy lifestyle recipe samples and recipes for you to share with your family. Our own dietitian, Nicola Smith will be assisting with this new venture. Another good reason for you to come out and see what's going on!

Our next mileage day is :
Tuesday March 4, 1997, 8:30 am - 7pm

Some information from Heart & Stroke Foundation pamphlet

"Physical Inactivity: The Overlooked Risk Factor"



Upcoming Health Career Fair!

A Health Career Fair has been planned for Wednesday March 5, 1997, at the Mohawk Community Centre from 10 am to 2 pm. Our target group are students in grades 7 through 10. If students in grades 11 through 13 are interested, they will be included (on a sign-up basis).

Health Professionals from a variety of health and science field backgrounds have been invited to set up information booths. They will be available to answer questions regarding the job market. As well, they can talk to you about the skills that are needed to pursue a career in any one of their particular professions.

Any interested community members are invited to attend. Who knows, this might be the start of a new career for you!

ONTARIO BREAST SCREENING PROGRAM - BELLEVILLE & TRENTON CENTRES

Belleville General Hospital
P.O. Box 428
265 Dundas St. East
Belleville, Ontario
K8N 5A9



Trenton Memorial Hospital
242 King St.
Trenton, Ontario
K8V 5S6

Dear Tyendinaga Community,

It is estimated that in 1996, 7,100 Ontario women would develop breast cancer and 2,100 would die from it. There are over 15,000 women over the age of 50 years of age in the Hastings and Prince Edward Counties who are eligible for the Breast Screening Program.

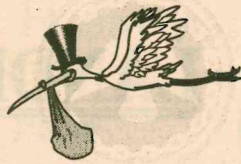
Effectively as of JANUARY 20TH, 1997 the Ontario Breast Screening Program will open its doors in the Belleville and Trenton area. A woman may be referred by her physician or call to make an appointment herself.

To book an appointment at either site she can call (613) 969-7780 or 1-888-969-7780.

Tours of the centres will be offered at Belleville General Hospital and the Trenton Memorial Hospital on MONDAY FEB.17th / 97 from 11:00 - 12:00 a.m. or 3:00 - 4:00 p.m.

COMMUNITY INTEREST & UPCOMING EVENTS

It's
a BOY!



Congratulations to Gabrielle Doreen & Con Maracle on the arrival of your son.

" Rato:rahts Jacob Maracle "
Born: Jan. 8, 1997
Weight: 7 lbs. 14 1/2 oz.

Proud Grandparents:

Amzy & Alberta Doreen of Tyendinaga
James & Marjorie Maracle of Tyendinaga

Lots of Love Auntie May



Mike & Kelly

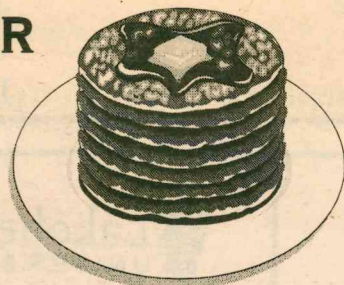
Saturday, February 15th
at the
Mohawk Community Centre

Open Dance!

Best Wishes Only Please!

PANCAKE DINNER

Tues. Feb. 11
5 p.m. - 7 p.m.
Queen Anne Parish



Breakfast Fundraiser
for the Recreation Complex
Sat. March 15th
at the Community Centre

The Mohawk Recreation Committee is
now accepting applications for new members.
There are currently two position vacant.
Anyone wishing to apply please pick up an application from the
Administration Office. Deadline for applications is Feb. 28th at
4:30 pm.

Nia:wen

BOSSY BINGO

Unfortunately, bossy had a bit of stage fright, and the Bingo was a flop. Since the cow didn't "produce", the Recreation Committee ended up drawing a name "from a hat" to determine the winner of the Bossy Bingo. The winner of \$ 300.00 was Gord Foster. Thanks to all those who helped support Recreation.



KA:NHIOTE
LIBRARY

**BOOK
FAIR!**

SOUPER READING
MARCH 21/97
QUINTE MOHAWK
SCHOOL

967-6264

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

LIBRARY HOURS ARE:

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

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

967-6264

Winter Carnival

The weather was perfect for the Winter Carnival on Feb. 1st.

Winners of the Snow Sculpture Contest were Jamie Maracle,
Kayla Hill, and Tamara Maracle.

Thanks to the Chamber of Commerce who donated the prizes.

Thanks to all the volunteers who helped make the Weekend a success:

Dinaga 96 Snowplowing
Dennis Maracle
Phil Bowden
Gladys Bowden
Gord St. Pierre
Terri-Lou Crowley
Angel Maracle
Twila Brant
Melanie Hill
James Maracle
Verna Alkenbrack
Dean Thomas
Jackie Brant
Buffy Hill
Eric Maracle
Alvin Maracle
Victor Tabobandung
Claude Lambert
Elena Iyerak
Mark Lambert
Tara Kohoko
Dewayne Maracle
Verna Hill

ENVIRONMENT & EMPLOYMENT



Recyclable Materials

Here is a list of *Recyclable Materials*:

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

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

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

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

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

NOTE: Please rinse all the containers!

1996 Recyclers for the Month:

of December - *Lester Brant*
of January - *Calvin Hill.*



LANDFILL HOURS

Monday - CLOSED

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

Wednesday - CLOSED

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

Friday - CLOSED

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

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



Mohawks of the Bay of Quinte HIDES PROGRAM 1996 Collection Year

Winner of the Bearskin Rug
Greg Barberstock

Winner of Moccasins
Bill Hutchison
Wayne Breakenridge
G. Schwager
John Martin
John Henry
Len Maracle

UNITED PUBLICATIONS

is seeking persons for full-time and part-time employment as **Telemarketers**. (No pressure sales)

The positions are to call perspective clients to sell a wide variety of MacLean/Hunter magazines.

The pay is \$7.00/hour + bonuses, experience as a telemarketer is an asset but not essential.

Positions available immediately.

To apply or for further information please contact:
Cheryle Maracle
968-7881



BECOME AN ENGINEER!

The **NATIVE ACCESS PROGRAM FOR ENGINEERING (NAPE)**, designed for Native students by representatives of the First Nations and Lakehead University, provides:

- pre-university academic preparation in Mathematics, Science, Computing and Communications to study engineering at Lakehead University
- an academic, social and cultural support system throughout the student's entire program of study

NAPE consists of a six-week Orientation Program followed by one academic year of study. Successful completion of the program qualifies you to enter the Lakehead University Engineering Program to become a Chemical, Civil, Electrical or Mechanical Engineering Technologist and Engineer.

You are eligible if you:

- are of Aboriginal, Inuit or Metis ancestry;
- are 21 years of age or older;
- have been out of school for at least two years; and
- apply by April 15, 1997.

The Faculty of Engineering is looking for mature, dedicated, hard-working students to join the present NAPE "family". Women are encouraged to apply.

If you want to know more about engineering and NAPE:
Native Access Program for Engineering
Lakehead University, 955 Oliver Rd.
Thunder Bay, ON P7B 5E1
Tel. (807) 346-7712 or (807) 343-8399 Fax. (807) 343-8013



COMMUNITY INTEREST

Happy 5th Birthday!



Papa

Love Keelan, Shandon, Chass,
Austin and Chavis

Happy 13th Birthday!

Natalie
Feb. 16th

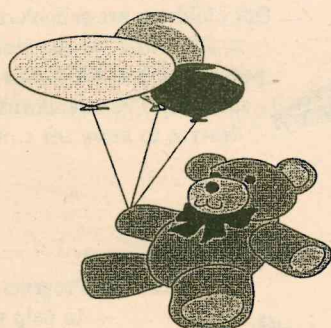
Love Mom, Dad & Jamie



Happy Belated 1st Birthday!

Amber - Lee
Dec. 23

Love Mom, Dad
Grandpa & Grandma Brant
Grandpa & Grandma Lloyd



Joseph
Feb. 5

With Love Mom

Happy Birthday Happy Birthday Happy Birthday

Happy Birthday!

Poppa J.

Feb. 9

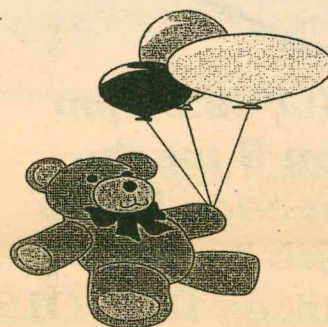
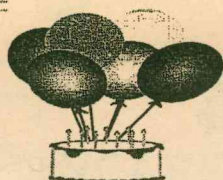
Love Cole, Isaac
Chris & Lori

Happy Birthday!

Uncle Robin

Feb. 2

Love Cole, Isaac



Happy 1st Birthday!

Jonah Lewis
Jan. 16th

Lots of love
Mom, Dad & Donovan

Happy 20th Birthday!

Joe
Feb. 5

Love Mom, Ang, Matt
Sarah, Nikki & Justice

Happy Birthday!

Mom
Feb. 27

Love
Matt, Crystal & Sarah

Happy 19th Birthday!

Matt
Feb. 20th

Love Sarah

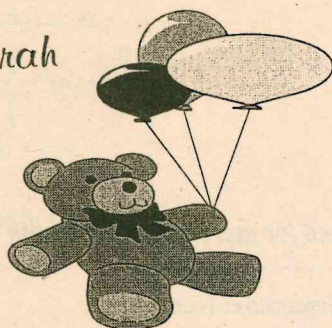
Happy 2nd
Birthday!

Justice

Jan. 28

Love

Mommy, Nanny, Aunt Sarah
Uncle Matt, Uncle Joe & Aunt Ang



Happy 21st Birthday!

Ang
March 30

Love Joe, Sharon Sarah
Matt, Nikki, & Justice

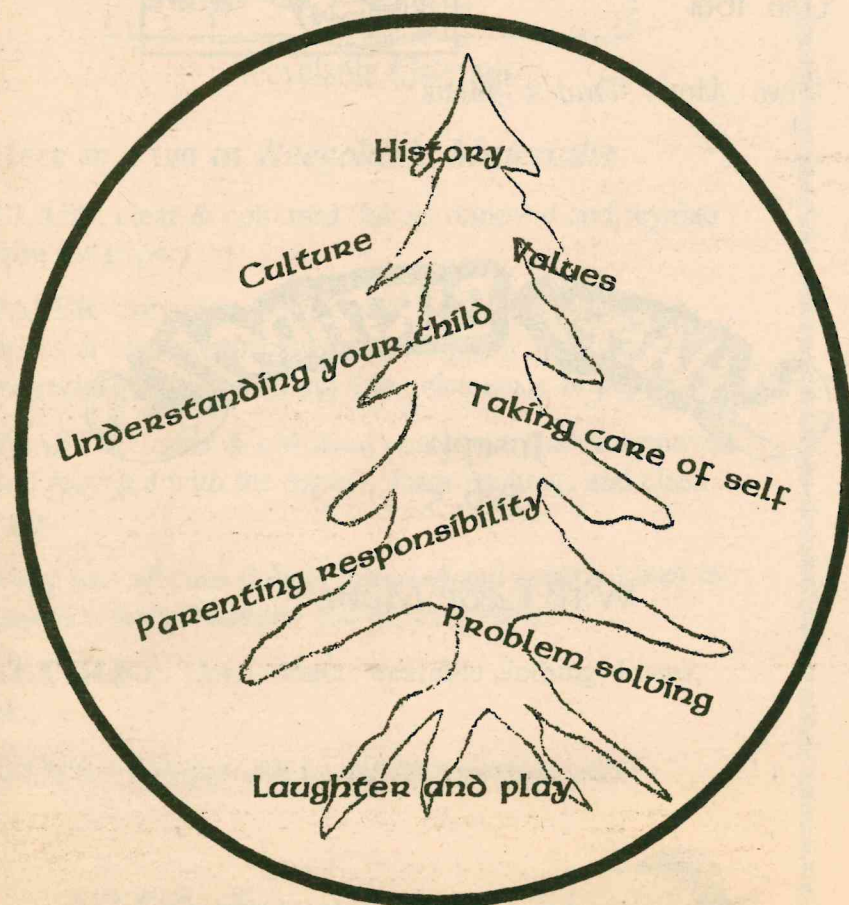


**Birthday Advertisements
are Free!**
Call: 396-3424



HEALTH CENTRE

Ronwanehihrontsieh Rontiksa'okon:'a "Raising the Children" Parenting Program



Monday Nights 6:30 - 8:30pm
March 10, 1997 for 8 weeks
Health Centre Conference Room
For more information and to register,
call Mohawk Family Services 967-0122
or the Health Centre 967-3603
Refreshments

Why Teach Your Children About HIV/AIDS?

Do children need to know about HIV/AIDS
and will discussing these issues cause them yet another worry?

HIV infection is a serious disease that continues to spread rapidly throughout our world. It has almost become a fact of modern life. Our children, pre-schoolers through teenagers, have been introduced to HIV/AIDS via the media, overhearing adult conversations and peers. Much of which has been absorbed through these means, may sometimes be misinformation or false information. Our children deserve to know the truth and be able to make healthy lifestyle choices.

The Chr Program is offering a series of workshops to help you, as a parent address the issues of sexuality and HIV/AIDS. Talking and sharing needs to begin early, long before the teens years.

Please join us at the
Thayendanega Health Centre
Tuesday Evenings at 7:00 p.m.

Remember:
EDUCATION is still our greatest defense.

NUTRITION NEWS

Nicola Smith, R.D. Community Dietitian

Nutrition Month is Just Around the Corner...MARCH!

What's Happening?

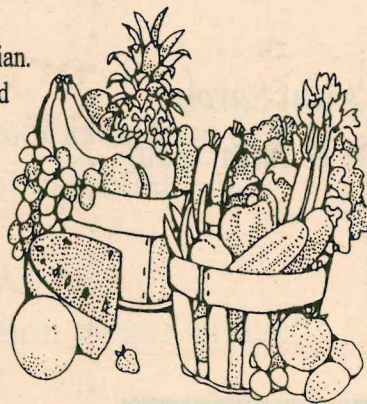
THE HEALTHY WEIGHTS PROGRAM

Healthy Weights is a four week program for men and women who are interested in making healthy lifestyle changes. This program is perfect for those who would like to lose weight sensibly without dieting or for those who would just like to live a healthier lifestyle.

Healthy Weights will be led by the Community Dietitian. The group will participate in discussions, activities and personal goal setting.

Topics include:

- * What is a healthy weight?
- * Non-dieting approach to healthy eating.
- * Fat and Fibre
- * Active living
- * Healthy shopping and dining



Healthy Weights will take place at the Thayendanega Health Centre on Tuesday nights beginning March 4, 1997 5:00 pm - 7:00 pm.

For free registration call Thayendanega Health Centre 967-3603



THAYENDANEGA
HEALTH
CENTRE

Stay tuned for more Nutrition Month Events...

- * Supermarket Tours
- * Nutrition Month Contest and Display at the Thayendanega Health Centre

Don't Forget...

The Thayendanega Health Centre has a Registered Dietitian available to see anyone in the community for nutrition counselling. You don't need a referral from your doctor and if you can't make it here, she can come to you. Just call the Health Centre for an appointment 963-3603.

Newsletter Deadline Date: FEB. 24/97 at 12:00 Noon



UPCOMING EVENTS

JUST A REMINDER TO THOSE 13 TO 19 YEARS OF AGE

The recently reformed AND re-named "Flint Nation Youth Group" (formerly "Three Feathers") is now meeting every Wednesday Night from 7 to 9 pm in Shannonville at the Mohawk Family Services Building. Tyendinaga Territory Youth 13 to 19 years old are encouraged to join in the fun (and the work) of continuing a Tyendinaga Youth Group. If you don't have a registration form call Al at 396-1515 or drop by Mohawk Family Services or see Mike Brant and Bill Maracle at Moira Secondary and bring the completed form with you to the Wednesday night meeting. Don't forget - "Flint Nation Youth Group" meeting Wednesday nights 7 to 9 pm at Mohawk Family Services building.



FAMILY SWIM

Bus will leave the Community Centre at 6pm each Thursday starting Feb. 13th - April 3rd.

Cost \$3.00 per person per night or \$65.00 per family for 8 weeks

For more information contact Andrew Alkenbrack at 396-3424

1997 Tyendinaga Mixed League 3 Pitch Teams/Players Wanted



Please contact:
Ike Brant: 396-1676 (evenings after 5:00)
Shelva Thompson: 969-0804
Twila Brant: 396-3211

DEADLINE FOR REGISTRATION: APRIL 15/97

COME OUT AND HAVE SOME FUN!



Valentine Dance

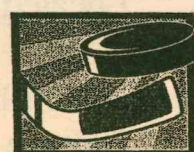
Friday, Feb. 14
9:00 p.m. - 2:00 a.m.
Mohawk Community Centre

\$5.00 per person 19 and Over

DJ!
Light Lunch!
Door Prizes!

Sponsored by the
Firefighters Auxiliary
(Formerly Firemen's Wives)

11th Annual Odawa Native Hockey Tournament



March 7-9, 1997



at the
Jim Durrell
Recreation Centre
1265 Walkly Road
Ottawa, Ontario

Additional Information and Registration
Forms Available at the Administration
Office

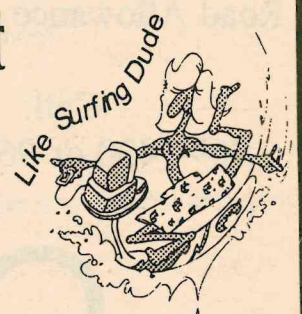
Entry Fee \$ 500 no later
than Feb. 9th, 1997

Surfing Tuesdays at FNTI

Computer Access Night

at
First Nations Technical Institute

Adults: Surf the Internet
Children: Play Learning Games



**Every Tuesday Night
6:30 p.m. - 8:30 p.m**

"Come out & have some fun"



www.tyendinaga.net

NO CHARGE
however seats are limited,
MUST REGISTER WEEKLY ~ CALL 396-2122

Everyone Welcome

Children must be accompanied by an adult

CLASSIFIEDS

HOUSE FOR SALE

HOUSE FOR SALE

- 2 Bedroom
- Sandlewood Siding
- Wrap around Deck
- Electric Heat
- 3 1/2 Acres
- Located on Wymans Side Rd.
- \$35,000.00 or Best Offer

Call: 962-3795

FOR SALE

21' MOTORHOME 1976

- Sleeps Six
- 56,000 Original Miles
- \$5000.00 as is

Narda Iulig 475-1931

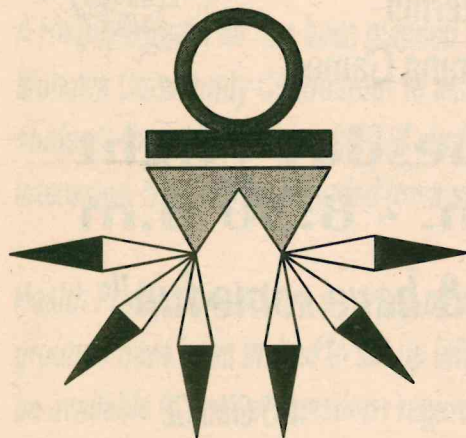
*REPAIRS TO
SMALL ENGINE
AND CHAIN SAWS
CALL:
MICK GREEN
396-3480*

FOR SALE

15 ACRES (APPROX.) YORK RD.

Road Allowance on 2 sides

Call:
969-7430 or 962-6137



PUPPIES FOR SALE

PUREBRED GERMAN SHEPARD
-\$200.00

Contact: 396-5434

FOR SALE

STEREO STAND

- Dark Brown Wood grain
- EXCELLENT CONDITION
- \$25.00

Call: 966-4116

Diane's Bargain Basement

Located at the Sunrise
Shell

in Deseronto

Open: Sat. & Sun.

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

(Furniture, Clothing,
White Elephant Table,
Fabrics, etc.)
396-2018

MILL TOWN MEATS

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

*Make Your Own Soup!
Lyed Corn, Beans Special Pork*

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

FOR RENT

1- 3 BEDROOM APARTMENT

- Located in Shannonville
- AVAILABLE Immediately
- \$600.00 includes Heat & Hydro

1 - 4 BEDROOM APARTMENT

- Available March 1/97
- \$680.00 includes Heat & Hydro

Call for an appointment: 967-1117

*Newsletter Deadline
Feb. 24 Noon*

RENOVATION JOBS WANTED!

Experience at:
plumbing
electrical
roofing
carpentry
drywall, ETC.

REASONABLE RATES!
Free Estimates with Drawings
for Renovations

CALL: 967-1117

LAND FOR SALE

Lot size is 211' x 211'

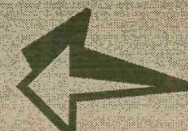
Located on
Milltown Side Road, Shannonville

If interested call 396-5216
after 4:30 p.m.

*Happy Valentines Day!
Friday, Feb. 14th*



*Do you have something for sale?
The Classifieds are free! Give us a call: 396-3424*





COMMUNITY BUSINESSES

Tyendinaga's Business

DARRAN GREEN SANDBLASTING

Darran opened his sandblasting business officially in November of 1995 and has since expanded from a one person unit and one truck to a building located on Tyendinaga with multiple sandblasting units, portable and stationary.

Darran Green Sandblasting has completed mobile blasting all over Ontario including bridges and ships and many other forms of structural steel.

The services that are now offered are in house sandblasting and painting including welding repairs and some fabrication. Also provided are a pick up and delivery service catering to the customers needs. The mobile sandblasting service is also still available and by the summer of 1997, Darran intends to have at least four fully mobile units.

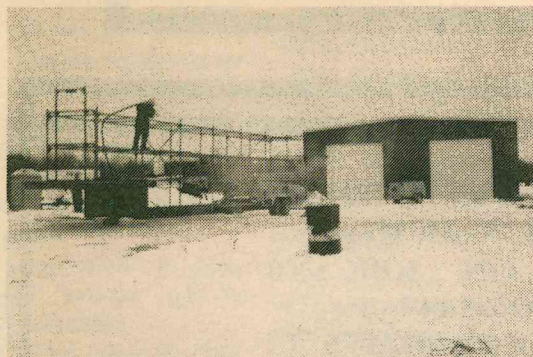
Darran has stated that there is nothing that they will not do including buildings and barns, car frames and any other forms of structural steel, also furniture restoration, doors, tables, chairs etc. and if it can be sandblasted they are willing to do the job.

Darran Green Sandblasting is located off the York Road 1/4 of a kilometre west of Highway #49 on the south side of the road. The current hours of operation are based on the supply and demand of the customer and currently 24 hrs daily, 7 days per week.

If you need a sandblasting job completed either drop in or call Darran Green at 396-6639.

Special thanks from Darran go to Barry Weaver and associates for his reliable and on going professional support during the entire duration of the project. He would also recommend Barry Weaver and associates service to other clients in the area looking at starting their own business.

Special thanks also to B & J Poleline for the use of their equipment and helpful advice and also Ross Miller for the use of his shop while the shop for Darran Green Sandblasting was under construction.



DARRAN GREEN

SANDBLASTING

&

PAINTING

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

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

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

PHONE

396-6639

*We now have a 5000 sq. ft building
for in house Service!*

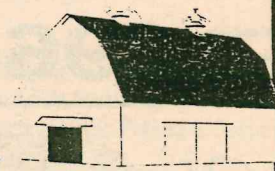
RED BARGAIN BARN

966 - 6306

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

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

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



BRANTEC ELECTRICAL INSTALLATIONS

BRANTEC - Locally owned and operated

ELECTRICAL - RESIDENTIAL - COMMERCIAL - INDUSTRIAL

INSTALLATIONS - To Ontario Hydro Code and Guaranteed

OWNER: WILL BRANT JEFF: 396-2536
BOX 86
DESERONTO PHONE: 396-2536
K0K 1X0 PAGER: 969-4822



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

475 William St.
Napanea, Ontario
K7R 1A5

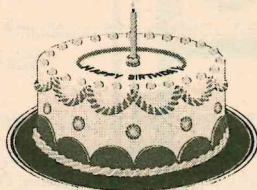
354-2726 (Napanea)
968-6449 (Belleville)

Licensed by:
London Life Insurance Company

COMMUNITY BUSINESSES

BRANT'S BAKE SHOP

Now Open Daily



Fresh Homemade

Bread, Buns, Pies, Cookies, Tarts, Donuts, Birthday Cakes Too!

Made Daily

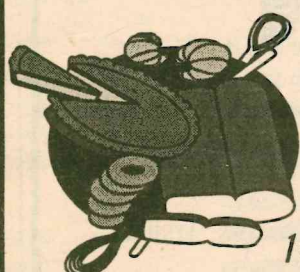
PHONE: 396-2832

OPEN:

10:00 A.M. TO 6:00 P.M.

Brant's Bakery located on the Slash Road next door to Norman Brants or West of 49 Hwy. Tyendinaga Mohawk Territory

Just Drop In!



Mrs. Herbs
Sweetheart Dinner

Feb. 14, 1997

2 Settings, 5:30 p.m. & 7:30 p.m.

1 Setting on Sat. - 6:00 p.m.

Book Early - 962-0938

York Rd Across from Mohawk Community Centre
Reservations Only!!

MENU

Chicken & Rice Soup	or	Tossed Salad
Prime Rib Roast	or	Turkey & Dressing
Mashed Potatoes		
Peas & Carrots	or	Corn
Coleslaw		
Coffee or Tea		
Black Forest Cake or Banana Cream Pie		



Deadline date for Newsletter
Feb. 24/97 396-3424

Tupperware

Susan Maracle
Consultant

R.R. #3, Napanee, ON, K7R 3K8
(613)354-0657

Please call for a catalog or to host a demonstration!

FACIALS • MANICURES • WAXING
&

Hair Too!

MEN & WOMEN'S STYLING

396-5360

Happy Valentines Day!

Customized Gift Baskets

& Gift Certificates Available!

Create Something Special
for your Valentine!

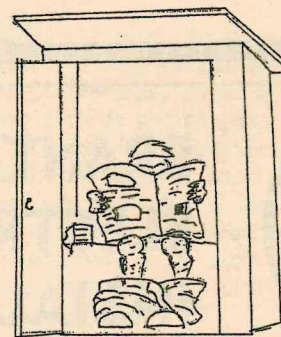
MELINDA TURRIFF
PROPRIETOR

KIRSTEN HVBNER
STYLIST

428 Dundas St., Deseronto (Hwy 2)

Dew Mar Toilet Rentals Inc.

R. R. #1, Slash Road
Deseronto, ON K0K 1X0
613 396-1449 or
Cellular # 848-3175



"If I had only called
Dew Mar. I wouldn't
be in this position."

Dew Mar Toilet Rentals Inc. is happy to announce that effective January 1, 1997 the company was purchased from O'Neil's Toilet Rental by Dewayne Maracle (Dew Mar) who is now the proud new owner.

Dew Mar caters to "special events" because of your "special needs" and offers a discount when renting more than one unit.

If you need your septic tank pumped out or need to rent an outdoor "Johnny on the Spot" please feel free to give Dew Mar a call and Dew Mar can be on the spot and available 24 hours a day.

Remember now that's Dew Mar Toilet Rentals Inc. at 613 396-1449 or cellular # 848-3175 to fill your needs or to empty your needs, whatever the case may be!



COMMUNITY BUSINESSES

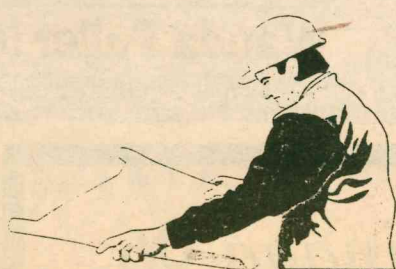
B & J**POLE LINE
CONSTRUCTION
VEHICLE REPAIR**

HAULAGE
SEPTIC SYSTEMS (M.O.E. LICENCED)
LICENCED WATER WELL CONTRACTOR
EXCAVATION

* FULL TIME PHONE & RADIO CONTACT *
* REASONABLE RATES *

* FREE ESTIMATES *

969-7430 FAX: 969-7405

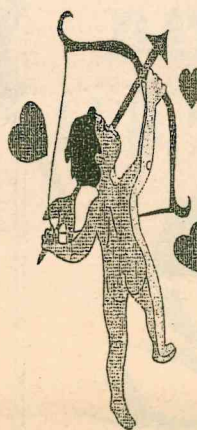


19 Years of Reliable Service

**VALENTINE'S
DAY**

is fast approaching!!!

FEBRUARY 14, 1997



SEE OUR
VALENTINE'S
DISPLAY!!



TURTLE ISLAND

CRAFT, FABRIC AND PARTY SUPPLIES

SOUTH SIDE ENTRANCE AT
MCMURTER HOME CENTRE

613-396-6700

Now Open!

BILLY BOBS

LIVE BAIT

TACKLE & ACCESSORIES

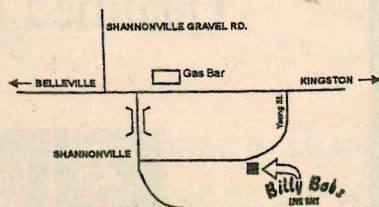
HWY # 2

TYENDINAGA MOHAWK TERRITORY

SHANNONVILLE, ONTARIO

CONTACT: SHELLY OR CHARLES

967-9644



**K.C.
Builders**

NEW HOMES * RENOVATIONS
ADDITIONS

Framing * Hardwood Flooring * Drywall
Siding Soffit Fascia * Decks
Finished Basements * Log Homes
Interior Finishing * Roofing

HOME DESIGNS AND PLANS
LICENCED CARPENTER
R-2000 BUILDER
OACETT ASS. MEMBER

KEVIN MARACLE

R.R#1 BAYSHORE RD. TYENDINAGA, ON K0K 1X0

FREE ESTIMATE
TEL/ FAX (613) 396-1259



COMMUNITY BUSINESSES



Lyle Vanclief M.P.
Prince Edward-Hastings

59 South Front St.
Unit 2, Belleville Ontario
K8N 5P4

969-7466
(Phone)
969-7084
(Fax)

RENOVATION



MCMURTER HOME CENTRE

10% TO 50% OFF

WINTER HOURS

instore stock

613-396-1607

MON - FRI 8:00AM TO 4:00PM
SAT 8:00AM TO 12:00 NOON
SUN - CLOSED

Tyenakwe Tours

CHARTER SERVICES



For Any Charter
Service Needs!!
PLEASE CALL FOR
MORE INFORMATION!!

Saturday, February 15th, 1997
♥♥ Sweetheart ♥♥
Weekend

REGULAR GAMES WILL PAY \$999⁰⁰

Saturday, February 22, 1997
Canadian Money
at Par

Wanda Fuller (613) 967-2361

Dinaga 96 SnowPlowing

24 hr. Service
Phone: 962-8757
Gloria Idzenga



JOHN'S CONCRETE

SPECIALIZING IN:
CONCRETE FOOTINGS, FLOORS, SIDEWALKS, PATIOS,
WATERPROOFING, BLOCKS & BRICKS



* FREE ESTIMATES *

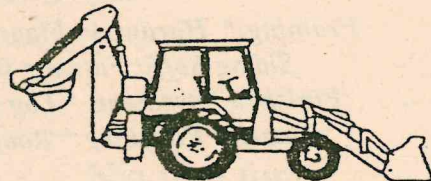
COMPARE OUR PRICE RIGHT HERE ON THE RESERVE
19 YEARS EXPERIENCE
396-5434

BUILD-ALL CONTRACTORS

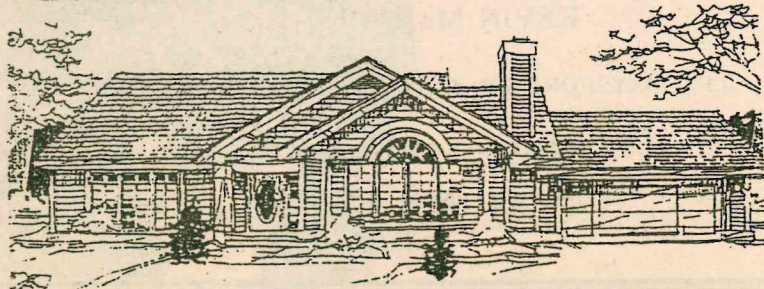
HWY #2
TYENDINAGA TERRITORY
969-1315

FOR REASONABLE RATES & FREE ESTIMATES ON:

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



CALL TOM MARACLE AT 969-1315



DOREEN BRO'S Automotive

Winter Tune-Ups

AUTO SERVICE & REPAIR

* 4 Cyl. \$39.95 + parts
* 6 Cyl. \$49.95 + parts
* 8 Cyl. \$59.95 + parts

- Tune -Ups
- Tires & Wheel Balancing
- Brakes & Front End
- Steering & Suspension
- Safety Checks
- Qualified Licensed Mechanic



Slash Rd. East
396-6536
For an
Appointment