TYENDINAGA NEWSLETTER ISSUE 2/99







Sunday, Feb. 14 Valentines Day!

* NOTICE *

Plebiscite to be held at Quinte Mohawk School

> SATURDAY, MARCH 27, 1999 9:00 a.m. - 7:00 p.m.

This plebiscite is being held for the community to express their preference on the size of the Tyendinaga Mohawk Council:

FOR EXAMPLE:

"ARE YOU IN FAVOUR OF INCREASING THE NUMBER OF COUNCILLORS TO SIX (6)"

YES

NO

MARK BALLOT

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Newsletter Deadline Wednesday FEB. 24 /99 12:00 noon 396-3424

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



EUCHRE NIGHT!

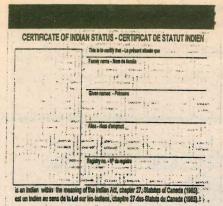
Do you have the time and like to play Euchre and have fun? Euchre Every 2nd Tuesday Evening at 7:30! We have business meetings once a month! If you are interested please call 396-6522 OR 967-4708 For more information

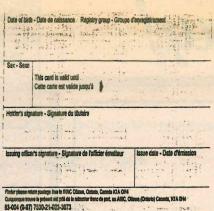
GENERAL MEETING

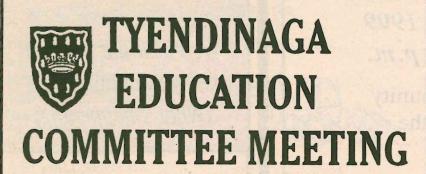
MONDAY, FEB. 22 7:00 P.M. **QUINTE MOHAWK SCHOOL**

* Notice * FROM THE MEMBERSHIP DEPT.

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







WEDNESDAY, FEB. 24 7:00 P.M. **QUINTE MOHAWK SCHOOL**



MOHAWKS OF THE BAY OF QUINTE

R.R. #1, Tyendinaga Mohawk Territory, Ontario KOK 1XO Phone: (613) 396-3424 Fax: (613) 396-3627

Se: ken Sewakweken: January 28, 1999

To The Members of the Community

I am pleased to submit a report to community members on issues affecting our community:

Meeting with Doug Forbes. Regional Director of Indian Affairs

I met with Doug Forbes to discuss a number of funding issues affecting Tyendinaga. I thank Councill Colleen Maracle and staff members, Glenda (Sam) Maracle, Chris Maracle and Tom Northardt, for attending and their assistance with these discussions. The following issues were discussed:

a) Band Support Funding

Tyendinaga and three other large bands have funding capped and are subject to the Indian Affairs E Band Funding Policy. There a number of funding inequities. As a result of these discussions a meeting will be arranged with Bill Austin, Assistant Deputy Minister of Claims and Indian Governance, to address the inequities in the departments funding formula.

b) MTA Land Site (Closure & Waste Transfer Agreement)

A report by Greer Galloway concluded the current existing landfill site has reached and exceeded proposed refuse limits. A request was made to enter into a funding agreement to transport solid waste to an off-reserve site. The department agreed to conduct a cost benefit analysis on the MTA agreement and provide the band with an answer for funding sometime in February, 1999.

c) Norways Side Road

I requested funding for the planning and design of the reconstruction of Norways Side Road. India Affairs will provide \$45,000.00 for the planning and design, this fiscal year

d) Kings Highway Transfer

Kings Highway were constructed in many locations on First Nations land on the understanding that Ontario would maintain these roads. The Federal Government gave permission to Ontario to construct these highways on Indian lands through an Order In Council. I have requested Indian Affairs to take a more active role in these discussions since Hastings county is currently in a deficit position in their roads program.

e) Mohawk Fire Department

A request was made for funds to purchase the new pumper fire truck in the amount of \$181,000.00. Indian Affairs may be able to cost share the acquisition for a new pumper truck this fiscal year, sinc it relates specifically to health and safety. We have since submitted a proposal and it is currently being reviewed against other health issues in the Ontario region.

Indian Affairs agreed to fund a water sampling testing program in the York Road/Quinte Mohawk School area to ensure well water quality meets current Canadian drinking water standards.

2. January 11, 1999

G.H. Rice Building

The Tyendinaga Mohawk Council met to review the consultants report on the well monitoring progr at the G.H. Rice site. The report concluded that the contamination in the deep well aquifer is contamination from natural occurring causes.

Presquille Park Deer Hunt

The deer hunt at Presquille Park was primarily a culling exercise. All of the members of the Tyendin Mohawk Council agreed with the hunt proceeding, as long as the police and the Minister of Natural Resources would be in attendance to ensure all public safety issues were addressed. I have asked Ch of Police, Larry Hay, to provide a report on this matter which is included in this issue of the newslets

4. January 25, 1999

Band Owned Companies

I have been able to secure funds from Industry Canada, Aboriginal Business Canada, program to provide financial assistance for our companies. Aboriginal Business Canada will provide \$75,000.00 operating expenses and \$82,711.00 for an operational review. The Kente Bay board met on January 1999 and selected the firm of Price Waterhouse Coopers to conduct the review which we anticipate begin February 1, 1999 and take five weeks to complete.

5. January 27, 1999

HNSA - Homemakers Nurses Services Act and Ontario Works

Ontario Works: A meeting was held on this important issue in the Council Chambers and was atten by Councillor Colleen Maracle and Roy Maracle, staff members and myself. There is approximately \$104,000.00 that Council can access to assist in community programming for employable people, un the Ontario Works legislation based on entering into a performance based agreement.

HNSA: The Tyendinaga Mohawk Council submitted a proposal on D Ministry of Health (Long Term Care Division) to enhance programs for Elders and disabled members the amount of \$655,493.00. Originally the ministry announced that 11 million dollars would be provided to deal with on-reserve initiatives resulting from the Ontario Health restructuring process. This funding was originally strictly a provincial initiative.

Now, Ontario is stating the funds will not be release until the Federal Government agrees to cost shar this program. There is 6 million dollars in the Ontario budget for programming to assist the Native community, seniors and disabled members. I raised this matter with Minister Elizabeth Whitmer in Ju of 1998 and received her commitment to meet with Minister Jane Stewart to resolve these Federal/Provincial cost sharing issues. I will be raising this matter with the Minister of Indian Affairs and Health Canada at the AFN Health Conference of January 29 - 31, 1999.

Thank you for reading my report and every good wish to all.

Donald maracle

R. Donald Maracle Chief, Mohawks of the Bay of Quinte



Memorandum

Chief & Council

Tyendinaga Community Members

OIC Tyendinaga Police Service From:

Info:

Ontario Provincial Police-First Nations Bureau

Subject: Presqui'ile Deer Cull-Mohawks of the Bay of Quinte

Brighton, Ontario, 99-01-16

Dear Sir or Madam:

There have been some questions raised by a few community members regarding the role of the Tyendinaga Police who were in attendance during the January 16th deer hunt at Presqui'ile Park near Brighton. I would like to take this opportunity to clarify for the community our role as peace officers during these kinds of incidents and to provide you with the reasons for deciding to involve our officers under these unusual circumstances

- (a) On January 11th, information was received by way of a public notice that a group of community hunters were preparing to enter the Presqu'ile Provincial Park for the purpose of carrying out a deer cull.
- (b) On January 13th, a conference call took place involving representatives from the Ministry of Natural Resources (who hold the primary enforcement jurisdiction within the park boundaries), park officials, legal counsel, and Chief and council. It was decided upon by all parties to the conference call that officers from the Tyendinaga Police Service were to meet with Shawn Brant, one of three hunters organizing the event, in an effort to obtain further details concerning hunt, and to try and determine the number of participants involved. This was done and a report from the Tyendinaga Police was provided the following day to the affected agencies as well as to Chief and
- (c) On January 14th, a second conference call was established by the Chief and Council involving the above-mentioned parties as well as the officer in charge of the Northumberland Detachment of the Ontario Provincial Police. Based on information contained within the Tyendinaga Police report, it was unanimously agreed upon that the hunters were determined to conduct the hunt. It became readily apparent that steps needed to be taken to ensure that the issues of public safety were properly addressed. It was then agreed upon by the Chief and council members as well as the outside agencies involved that the hunt should be allowed to proceed, provided certain conditions were satisfied.
- (d) The decision to close the Park was already in effect prior to this meeting and a public notice had gone out to the residents of the Park. At this time it was determined that the main issues were public safety and the avoidance of any unnecessary confrontation. A meeting was scheduled for the next day at noon at the Brighton OPP office between the hunters, and the law enforcement agencies involved, for the purpose of confirming the safety parameters for the weekend. Ministry of Natural Resources could not officially sanction the hunt for administrative reasons and therefore could not suspend the hunting prohibition in the Park. This meant that the hunters could be subject to charges. They did agree that to make any seizures of deer or weapons or to arrest participants for hunting would only serve to escalate an already volatile situation. Despite the MNR's difficult position, the conservation officers attended the meeting and discussions took place in good faith as to how their jobs could be carried out and how the safe practices agreed upon would be adhered to.
- (e) Prior to this meeting I contacted the senior officers within the First Nations Policing Bureau as well as the Police Portfolio holder for the Association for Allied and Iroquois Indians to further discuss the role of Tyendinaga officers during the hunt. It was discussed and agreed that the Tyendinaga officers would act in an assistance and liaison capacity to the MNR. Additional First Nations officers could be made available if the situation required it.
- (f) As expected everyone agreed upon the safety factors involved and discussions between the police and hunters were very productive. With the exception of two very minor incidents, one involving a non-native opposed to the hunt who tried to create a commotion at the entrance to the park and the other incident involving a possible breach of hunting inside the 300 meter zone of a park residence, the weekend went very smoothly. The police and the hunters worked co-operatively in order to avoid turning the situation into a major confrontation. The hunter allegedly involved in the breach, disqualified himself from the hunt. The Tyendinaga officers in attendance were called upon regularly to fulfill their liaison role which curtailed the opportunity for accusations of racism or a breakdown in communication between the hunters and the MNR.
- (g) I am aware of the varying opinions on the territory regarding the whole issue of aboriginal rights, however we as peace officers, on a professional level at least, are required to maintain a balance between opposing viewpoints on any issue. Our primary function is to ensure the safety of everyone regardless of race, political affiliation or denomination. Any law enforcement officer worth his salt must strive to act in a professional manner in order to respond fairly and favorably in any given situation that requires a police response. Our main objective at all times is to protect or in some cases to restore the public peace.

I know that most of you would agree that we cannot always predict the actions or reactions of the people involved in any given situation and therefore we as police are -2-

faced with preparing for "worst case" scenarios. An equally challenging priority for the police is the de-escalation of the opportunities for violent confrontation.

N.B.

Attn: Detachment Commanders and MNR Supervisors

Considering the potential for civil disobedience and possible acts of violence by either side of this particular issue, I am convinced that the professional conduct of every law enforcement officer present throughout the weekend was instrumental in preventing any such disaster from occurring. Please extend my appreciation to those under your command for their positive actions throughout this incident.

> Sincerely, L.W. Hay

OIC Tyendinaga Police Service



MOHAWKS OF THE BAY OF QUINTE TYENDINAGA MOHAWK TERRITORY

R.R.1, Deseronto, Ontario K0K 1X0 Tel: (613) 396-3424

	Chronological No.:	48	
-	File Reference		
-			

MOHAWK COUNCIL RESOLUTION

	The words "From our First Nations Funds," "Capital" or "Revenue", which ever is the case, must appear in all resolutions requesting expendiments from First Nations Funds.						
THE COUNCIL OF 1	THE MOHAWKS OF THE BAY OF QUINTE		SIE, ES TENDENZA				
DISTRICT	SOUTHERN DISTRICT BRANTFORD	- Current Capital Balance	\$				
		Committed	S				
PROVINCE	ONTARIO	A. HIGHIES E-THANK	国际设计的				
PLACE	TYENDINAGA MOHAWK TERRITORY #38	Current Revenue Balance	\$				
The state of the s	6thlime AD 19 _96 ATEMONTH YEAR	Committed	\$				
DO HEREBY RESOL	VE: MOVED BY: Clell R. Maracle	SECONDED: Willard H.	Brant				

Whereas, the Mohawks of the Bay of Quinte have harvested food for millennium in the area of Presqu'ile as well as being a principal pass to more northern harvesting areas; and

Therefore Be It Resolved, that the Tyendinaga Mohawk Council support our members to hunt and fish throughout the "Traditional Harvesting Area" as a right given to us by the Creator, recognized in the Canadian Constitution; and

Therefore Be It Further Resolved, since Presqu'ile Provincial Park is within our Traditional Area, our members will continue to hunt and fish for food in this area.

CARRIED.

A quorum for this First Nation consists of	mold marule
Coupeit Members	(Chief)
A finely	Horstan
(Coupciller)	(Councillor)
	William gall
(Councillor)	(Councillor)

1. First Nation Code	A. Capital	ALANCES B. Revenue	3. Expenditure	4. Authority Indian Act See	5. Source of Funds Capital Rever
6. Recommended	estati dica	grant and a second	Approved		of the land
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MOHAWKS OF THE BAY OF QUINTE

R.R. #1, Tyendinaga Mohawk Territory, Ontario KOK 1XO Phone: (613) 396-3424 Fax: (613) 396-3627

The Hon. John Snobelen Ontario Minister of Natural Resources Queen's Park Office Room 6630 Whitney Block 99 Wellesley St. W Toronto, ON M7A 1W3

January 20, 1999

RE: Deer Harvest Presqu'ile Provincial Park

Dear Mr. Snobelen,

I assume you are now aware of the deer harvest that took place this past weekend in Presqu'ile Provincial Park near Brighton, Ontario by some members of the Tyendinaga Mohawk Community. Your ministry has relayed to us prior to the hunt taking place their intentions to lay charges against our members. We anticipate these charges were to be laid on January 18, 1999 according to local press reports.

The Mohawk people are strong in the view that we have aboriginal & treaty rights to hunt & fish in Ontario. The Aboriginal right of harvest for food and ceremonial purpose has been recognized by the Supreme Court of Canada that these rights do in fact exist, and as such are entrenched under Section 35 of the Canadian Constitution.

Last year, in January 1998, the issue of hunting in Presqu'ile was raised at a meeting between the Tyendinaga Mohawk Council and some of your ministry staff including John Immerseel, Wendy McNab and Gary Brown. Prior to this meeting, in 1996, the Tyendinaga Mohawk Council supported aboriginal harvesting of deer in Presqu'ile by the passing of a resolution dated June 26.

We have been provided with a copy of the 1995 "Presqu'ile Provincial Park Management Planning Background Report" as well as the 1996 "Presqu'ile Provincial Park Background Information Issues and Alternatives" Report. In both reports commissioned on behalf of your ministry, it was identified that the deer population exceeded the natural vegetation growth within the park. According to your ministry's report "Presqu'ile Background Information/Issues and Alternatives" on page 23 under Section 6.6 it states, "At present, shooting is the only feasible and practical method of reducing deer populations." We raised the issue of a controlled hunt during the January 1998 meeting with your staff with no response other than from a hard-line enforcement position. In the past we have not been consulted in the controlled hunt process even though the Supreme Court of Canada has recognized an aboriginal priority once issues of safety and conservation are addressed.

According to the background reports provided by your ministry, there is no conservation issue regarding the deer population in Presqu'ile Provincial Park. In order to address the safety issue, officers from the Tyendinaga Mohawk Police force offered their services to ensure that public safety was a priority during this past weekend's hunt. Ministry staff, as well as assisting officers of the Ontario Provincial Police were also on-site during the hunt to ensure that all concerns regarding the safety of the public were addressed. Presqu'ile residents in the area of the Bayshore Road private residences also commented on their views toward the hunt as, due to the over population of deer, many coniferous trees were being damaged on private property.

Ministry staff closed the park at 10:00 a.m. on Friday, January 15, 1999 for the weekend, and members of the public were turned away. However, Mohawk people were allowed to enter the park, and those who engaged in the activity of hunting now face charges of trespassing and possession of a firearm in a provincial park.

Your ministry staff in a two-day conference call with the Tyendinaga Mohawk Council, followed by a meeting at Presqu'ile Provincial Park, stated that they could not consent to a controlled hunt in Presqu'ile Provincial Park as the park's Management Plan (initiated in 1995) was not completed yet. Ministry staff have stated the management plan will be completed in six months.

This past weekend could have been used as an opportunity to build on a positive working relationship between Mohawks of the Bay of Quinte and Ontario Ministry of Natural Resources staff. After all, we are in the process of joint mediation to address harvesting rights, including the commissioning of historical and biological research. The laying of charges after considerable and responsible participation by all parties only results in further animosity between our peoples.

I strongly urge you to reconsider your position and not lay charges against our members as a result of this past weekend's hunt in order to allow the cooperative efforts that have taken years to develop to continue between the Mohawks of the Bay of Quinte and your ministry.

-2-

We look forward to the completion of the Presqu'ile Provincial Park Management Plan and trust that the aboriginal harvest priority as recognized by the Supreme Court of Canada and the Constitution of Canada will be accommodated in the final report.

Sincerely,

I maly margely

Chief R. Donald Maracle Mohawks of the Bay of Quinte



MOHAWKS OF THE BAY OF QUINTE

R.R. #1, Tyendinaga Mohawk Territory, Ontario KOK 1XO Phone: (613) 396-3424 Fax: (613) 396-3627

January 12, 1999

Mr. Robert Howson Chief Negotiator Aboriginal Human Resource Development Agreements Human Resource Development Canada 4900 Yonge Street North York, ON M2N 5N4

Dear Mr. Howson:

We strongly and emphatically speak to several issues that we must address before the Aboriginal Labour Force Development Circle, our Aboriginal Humans Resource Development Agreement Holder, enters the new agreement. We can expect broad an significant negative effects in delivery of service by our Local Delivery Mechanism without change.

First Nation/Metis Budget Allocation Split

Presently the percentage (16%) being used to decide the Metis split of the Aborigina budget is critically unfair. It is not based on the Metis population and their onl requirement is to self-identify and carry a Metis Nation of Ontario card. Figures show that the Metis population is around 8% in Ontario. The Inuit population in Ontario stands at 1% and the Inuit budget is allocated, 1% of the budget. It stands to reason that the Metis in Ontario are totally unjustified in receiving 16% of the Aborigina budget. In 1996, an arbitrary decision by HRDC created this injustice in the division of the Aboriginal budget. It was to be a one time affair and the issue revisited after one year. This did not happen.

Elimination of Ontario First Nation Allocation Formula 80-10-10

When the First Nation RBA's agreed to an allocation formula of 80-10-10, it was with the understanding that the formula would be used for a transitory one year. At meeting in January, 1996, First Nation RBA's and HRDC agreed that following a year a plan would be developed showing how we meet the needs of First Nation people is urban areas. We also planned to track the number of non-status people being serve and we were going to evaluate the charge-back process. This did not happen.

The Aboriginal Labour Force Development Circle operates on the principle "inclusitivity." The Aboriginal budgets flows into Ontario Region based of geographic base and working age population and this process worked extremely we during the Pathways to Success.

We do not agree with using a formula of 80-10-10. This is a system that not on creates winners and losers but places our local delivery mechanism at an extren disadvantage since they do not disburse funds on the same principle of centralize service. What has been created is a mountainous pile of paperwork and an inability make decisions timely and effectively. It would make more sense to look at a formu consisting of residency, working age populations, education and employment levels.

It is important to note, that the future of Aboriginal Employment and Training resul from our people having adequate funding and the flexibility to provide the necessar help. We realize that administration and completing unnecessary paperwork "bog" or Local Delivery Mechanisms. We must be assured that the Aboriginal budget is beir allocated in a fair and equitable way.

Aboriginal budgets will never meet the demand when it comes to our people's need However, we can level the playing field to create some equality. We would apprecia the attention of HRDC to the matters addressed.

We would appreciate hearing from you at your earliest.

Sincerely,

I mald marche

R. Donald Maracle

Chief, Mohawks of the Bay of Quinte

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ADMINISTRATION NOTICES

January 1999

A REPORT FROM COUNCIL

Wm. J. Brant

The month of January has been a pleasant change of pace from that of December because of fewer meetings.

There was a motion made by the Mohawks of Bay of Quinte Band Council (MBQ) to bail out the "for-profit" companies in the amount of \$400,000.00. Monies to pay this sum are to be taken from an advance on next year's band funds from the Department of Indian Affairs (DIA.)

There were two negative votes registered because there was NOT a recovery plan in place at the time of the vote. The tie was broken and the motion was carried.

There was a controlled deer hunt held this month at Presquile Provincial park by some members of our territory. The hunt was not sanctioned by MBQ however, prior to this occurrence MBQ held two conference calls with the Ontario Ministry of Natural Resources (OMNR) to discuss the issues of safety, conservation and aboriginal rights.

It is my understanding that council will receive the final version of the Hamblin Report this month. This report will take into consideration job descriptions and the level of qualifications necessary for each job, as well as the recommended pay grids.

There was a motion moved and carried assenting to the transfer of \$278,000.00 from Capital Housing allocation budget to the roads program for each of the next five years (1999-2003). This will give our road program a much needed lift.

I have been informed that the mortgage program agreement between MBQ and the Bank of Montreal (B of M) is ready for signatures. MBQ will be meeting with the B of M on February 3, 1999.

There was a motion moved and given assent requesting the new fishing by-law to be put on the MBQ agenda for review and action.

Please take note of the following dates:

February 22, 1999 March 27, 1999 General Council at Quinte Mohawk School 7 p.m. Vote on Council number being increased to 6 from 4 9 a.m. to 7 p.m. Quinte Mohawk School

If I may be of service to you please give me a call at 967-9861.





t's to open a window







do t for all of us!

for more information about second-hand smoke call 966-5500







— CHIEFS OF ONTARIO —

January 19, 1999

TO ALL FIRST NATIONS CHIEFS:

RE: Status of Casino Rama Revenue Distribution

On December 15, 16 and 17th, 1998, the All Ontario Chiefs Conference took place at the Colony Inn Hotel located in Toronto. First Nations came to a unanimous decision on the distribution formula for Casino Rama revenues. Resolution 98 / 03 provides that formula #8 (50% population - 40% base 10% - remoteness) was approved by the Chiefs in Assembly, subject to adjustments for the Anishnabek and the four largest First Nations.

As an immediate follow-up to the Chiefs Conference, a meeting was held on December 22 1998, with legal and accounting advisors and provincial officials. As all issues of principle had been resolved, the legal advisors were instructed to prepare draft final agreement documents. These documents will be reviewed at a First Nations meeting on January 29th. It is hoped that actual distribution can occur by the end of March.

In the interim, there is much work left to be done. Decisions are required with respect to the location of the legal entity, the hiring and training of staff, the final agreement, setting up reporting procedures and selection of a Board of Directors. While the target date remains the stud of March, it will be necessary to ensure that all structures are in place before actual distribution.

If there are any questions, please do not hesitate to call. Meegworth!

Yours truly, Ni book

Michael Sherry Legal Counsel

Aboriginal Healing Foundation

Public Notice January 25, 1999

Who: Aboriginal Healing Foundation

What: Information Workshop

Where: Sheraton Ottawa Hotel & Towers

150 Albert Street (Ottawa, ON)

Tel: (613) 238-1500

When: Friday February 19, 1999 (9:30 p.m. to 4:00 p.m.)

Why:

The Aboriginal Healing Foundation is holding this workshop to:

- 1. provide information on proposal development and on the Foundation's Proposal Development Assistance Funding program;
- 2. help workshop participants with proposal development;
- 3. get seedback on the 1999 Program Handbook;
- 4. get feedback on our funding process thus far.

The workshop is open to all those interested. There is no registration fee and preregistration is not necessary. The provision of information, advice, assistance, or support in any form, by the Aboriginal Healing Foundation is not intended to be any indication or guarantee that the Eligible Recipient will be approved for funding. The Aboriginal Healing Foundation was established to select and fund healing initiatives for Aboriginal people who have been affected by the legacy of physical and sexual abuse in the residential schools, including intergenerational impacts.

For more information, please contact Allen Gabriel, Director of Communications, at extension #264.

GAME WARDENS

The Mohawks of the Bay of Quinte are currently seeking applications for the position of GAME WARDEN for the 1999 Pickerel Spawning Season.

Applications are being accepted by Bev Hill at the Mohawk **Administration Office**

396-3424

Aboriginal Head Start Project

She:kon, my name is Tracey Gazley, many of you already know me from my experience at QMS, the School Age Program and the Summer Camps Programs. I have my diploma in the Social Service Worker Program, as well as many other courses, certificates and workshops, which are related to the childcare field. Recently I have been hired as the Aboriginal Head Start Project Co-ordinator to develop and implement staff training, Community information, a needs assessment of the Tyendinaga Mohawk Territory (0-6 years of age specific)(possibly a telephone survey), and Proposal planning and

She:kon, my name is Tina McDonald. I am originally from the Territory and many of you may know me from the Day Care or at Quinte Mohawk School. I volunteered for many years at the school and have worked at the Day Care also. I have my diploma in Early Childhood Education field, plus 12 years Secretarial experience. Recently I have been hired as the Aboriginal Head Start Project Administrative Assistant. I hope that we will be able to assist you with anything that you will need to know about AHS. I look forward to meeting all of you.

Together, with your support, over the next nine weeks, we will endeavor to cover all the sections of the Aboriginal Head Start Package.

- * For the duration of the program we will keep the Community informed and be asking for your input throughout
- * If you have children from 0-6 years of age, you will be contacted by a telephone survey to answer a few questions. There is a chance that you may be contacted even if your child(ren) are not in this age group. We appreciate your assistance in this part of the AHS project. If for some reason you are not contacted by the end of February, please give us a call!! We really need everyone's input as this project needs the support and input from the Community!!
- *We are hoping to be able to send out a survey to the Community which we will be asking everyone to return to us, so that we may be able to get widespread ideas and views from everyone.
- * We invite Community members to give us a call, if you have any ideas, input, or questions concerning the Aboriginal Head Start program. Whether you are Parents/Guardians, Grandparents, Aunts, Uncles, Chilcare providers, coaches, or involved with children in another capacity, your ideas will be greatly appreciated!

Please do not hesitate to give us a call, we can be reached at 967-3603 (Health Centre) or possibly at 967-4401(Daycare), ask for Tracey or Tina. Please leave a message if we are unavailable. We look forward to hearing all of your suggestions and feedback!!

Tracey Gazley

Deadline date for the Newsletter Wednesday, Feb. 24

A Message from the **Mohawk Fire Department** & the Tyendinaga Mohawk Police

Please ensure that the snow and any other obstructions are kept clear of your 9-1-1 sign. Emergency personnel depend on being able to see your sign even if the emergency is not at your house. Your sign in an emergency situation indicates how close we are to the scene.

We thank you for your cooperation.

Remember if you have an EMERGENCY

NATIONAL AWARDS NOMINATION

Congratulations to everyone who contributed to the successful R-2000 Granny homes project in Shannonville. The homes had previously won provincial awards in the Healthy Housing and R-2000 Awards of Excellence competitions. This time the homes were recently nominated for a National Award in the Single Detached Home Under 1500 sq. ft.

The award is based upon:

- curb appeal
- cost effectiveness
- use of innovative materials and technology
- environmental responsibility

It is a great accomplishment for our community to be recognized for the design and construction of one of the top five homes in all of Canada.

The winner will be announced by the Canadian Home Builders Association in early February (lets keep our fingers crossed).

A special thank you to the ladies in the Finance Department.

Nia:wen.

6 Whenche

A/D of Housing, Parks, Recreation & BPM

NEW HOUSING CONSTRUCTION

The Mohawks of the Bay of Quinte Housing Department are now accepting Housing Loan/Construction Applications. You can pick one up from the Housing Department Monday to Friday 8:30 a.m. to 4:30 p.m.

The deadline for all applications to be handed back in is March 1, 1999 at 4:30 p.m.

Please note that previous applicants must reapply each year.

If you have any questions, please contact the Housing Department.

PRESS RELEASE



The Conference Board of Canada

FOR IMMEDIATE RELEASE

December 15, 1998

Employment Prospects for Aboriginal People Bleak Without Intervention

Ottawa—Over the next 10 years, Canada will witness a dramatic increase in the size of the Aboriginal working age population. Given that this group has traditionally suffered from high unemployment, improving their employment prospects will be critical to Canada's performance and potential. The Conference Board of Canada's Canadian Centre for Business in the Community's report, "Employment Prospects for Aboriginal People," found that an additional 160,000 Aboriginal people will need to find work by 2006, just to maintain current labour force participation rates and levels of employment.

"Given this situation, there is a need for a joint effort by government, corporations and representatives of Aboriginal communities, to address this issue and to minimize the social and economic costs associated with it," says Stelios Loizides, Senior Research Associate with the Conference Board and coauthor of the report.

In the six provinces with the largest percentage of the Canadian Aboriginal population-Ontario, British Columbia, Alberta, Quebec, Manitoba and Saskatchewan—the Aboriginal working age population will be growing some three to six times faster than the non-Aboriginal working age population. By 2006, Aboriginal people will constitute between 2.4% or 20% of the labour market in these provinces.

Given that secondary education will become a bare minimum for employment and the increasing emphasis on post secondary education requirements for new jobs in Canada, the fact that only slightly more than 50% of Aboriginal people have completed secondary education, brought about by low participation rates of Aboriginal youth, is distressing.

Key barriers to increased employment prospects for Aboriginal people identified in the report include:

- > a mismatch in the geographical distribution of jobs and Aboriginal people;
- > the relatively low level of educational attainment of Aboriginal people in younger age groups;
- > a mismatch between their skills and what employers are looking for;
- > the low number of Aboriginal applicants even when jobs are available, due to information gaps; and,
- the lack of role models in such high-demand careers as computer science, electronics, business, engineering and science.

"However, what is promising, is that a number of Canadian companies have recognized the gravity of the situation and are beginning to develop corporate strategies to diversify their workforces and to work with partners in the government and educational sectors to implement education, training and other programs to enhance the skills acquired by Aboriginal people," Loizides commented.

CONTINUED....

- 2 -

The Conference Board surveyed 300 Canadian companies with more than 1,000 employees in early 1998, to determine their approach to Aboriginal employment. Of the 60 companies who responded, 91% indicated that increasing the number of Aboriginal people in their workforce is an explicit objective, however, almost half currently have no strategy for achieving this objective.

"Developing these strategies is key, if a company wants to be successful in recruiting and retaining Aboriginals, building relationships with Aboriginal communities and in order to participate in multi-stakeholder training-toemployment partnerships."

These strategies may include some of the following program elements:

- providing career information and counselling through seminars and networking with local leaders within the Aboriginal communities;
- providing cross-cultural training, mentoring and support groups;
- > creating in-house Aboriginal advisory groups and liaison officers; and,
- > integrating community outreach programs with the corporate strategy for Aboriginal employment.

The Royal Commission on Aboriginal Peoples advocated, "...a national effort, well beyond conventional approaches to job creation and training" is needed to improve employment projects. Through this report, the Conference Board has been able to provide examples of innovative cross-sectoral partnership models that have been created to identify the skills gap between industry demand and Aboriginal supply as well as the provision of education and on-the-job training to fill those gaps.

"If we wish to reduce the impact of this impending crisis, what we need to do now, is to encourage the adoption of similar partnerships amongst a greater number of corporations, government and Aboriginal communities," concluded Loizides.

The following companies were covered in the report as case studies for their creative approaches to promoting greater Aboriginal Employment in Canada: Bank of Montreal, Cameco Corporation, Canadian Imperial Bank of Commerce, Falconbridge, The North West Company, SaskTel, and Syncrude Canada. A copy of these case studies is available upon request.

The Conference Board of Canada is an independent, not-for-profit applied research organization. Our mission is to help our members anticipate and respond to the increasingly changing global economy. We are committed to researching innovative practices, designing new strategies and providing our members with the most up-to-date information, analysis and expertise to help them excel in Canada and around the world.

For more information, contact: Charlene Cummings Media Relations Telephone: (613) 526-3280 E-mail: corpcomm@conferenceboard.ca Also available on our WebSite at http://www.conferenceboard.ca



FIRST NATIONS POLICE



POLICE PAGE **UNSOLVED CRIMES!**

BREAK AND ENTERS

TYENDINAGA POLICE REPORTS THAT ON THE 29 DEC. 98 A BREAK AND ENTER TO A TRAILER IN SHANNONVILLE, THAT HAPPENED SOMETIME AROUND THE 24 DEC. 98. STOLEN WERE VCR, TV, STEREO AND FISHING GEAR. INCIDENT #37301-4, S/SGT. HAY

BREAK AND ENTER TO A RESIDENCE ON OLD HIGHWAY 2, ON THE 19 JAN 99, OWNER RETURNED HOME TO FIND, THAT ENTRY HAD BEEN GAINED BY SLIDING THE EAST SIDE WINDOW OPENED, VARIOUS ITEMS TAKEN, KNIVES, LUGGAGE, AND PERSONAL ACCESSORIES. TOTAL VALUE OF **ITEMS TAKEN \$540.00 INCIDENT # 44793-5, S/CST. R. MARACLE**

THEFT OF BOTH ONTARIO LICENCE PLATES, FROM A MOTOR VEHICLE PARKED AT A RESIDENCE IN SHANNONVILLE. DURING THE EVENING OF 23 JAN 99 **INCIDENT # 45762-2, CST. T. MARACLE**

ANYONE WITH ANY INFORMATION IS ASKED TO CONTACT TYENDINAGA POLICE AT 967-3888, OR VIA O.P.P. COMMUNICATION CENTER AT 1-888-310-1122. CRIME STOPPERS QUINTE INC. 969-TIPS(8477) OR 1-800-267-HELP(4357). CRIME STOPPERS PAYS!!!

TWO MALE SUSPECTS ARE BEING SOUGHT IN CONNECTION WITH A BREAK AND ENTER TO THE FIRST NATIONS PHARMACY, ON 06 JAN 99

DAMAGE TO THE FRONT DOOR WAS ESTIMATED AT \$300.00 INVESTIGATING OFFICER S/CST. M. HILL **INCIDENT #39809-8**

Please be advised of a new form to be used for bringing your concerns forward to your police service.

> Deadline date for the Newsletter Wednesday, Feb. 24 396-3424

PROBLEMS? - DON'T KNOW WHERE TO TURN?

TELECARE



BELLEVILLE - TRENTON AREA

962-4111

Prince Edward County, Brighton, Marmora, Madoc, Tweed call Operator and ask for

ZENITH 44770 (TOLL FREE)

CONFIDENTIAL, NO CHARGE, 24-HOUR SERVICE OR WRITE BOX 503, BELLEVILLE, ONTARIO K8N 5B2

DIFFERENT. BUT EQUAL.



12 oz. (5% alc./vol.)



5 oz. (12% alc./vol.)

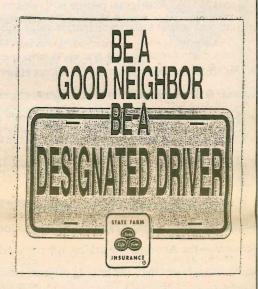


1.5 oz. (40% alc./vol.)

A DRINK IS A DRINK IS A DRINK

Until recently, most Canadians were unaware of an important fact regarding alcohol: a standard mug of regular strength beer (5% alc./vol.), a 5 oz. glass of table wine (12% alc./vol.), a 1.5 oz. drink of spirits (40% alc./vol.) are equal in alcohol content.

The distillers of Canada believe that sensible drinking begins with knowing this fact. With your health and safety in mind, the distillers sponsor advertisements like the one you are holding. Look it over. It might also be a good idea to show it to your family and friends.



Date

Community Issue/Input Form

This form is to be used to voice your concerns and/or suggestions for improving the delivery of police servic to our community. To report an allegation of misconduct against an officer, you must have been directly affected by the officers actions or inaction. Unfortunately anonymous concerns cannot be investigated. All concerns, compliments or suggestions will be processed initially by the Detachment Com-Only those issues or concerns set out in writing will be taken seriously. Use additional pages if required



Officer Conduct Relates to officers in performance of their duty. Policy or Services B Issues of policy/community programs/liaison duties/delivery of service Compliment Provides for recognition of exceptional service by an officer. Describe the facts of the report including the name of the officer, date and location of the incident and names of any witnesses if known (use additional space if required);

Sample

	DAMESTING OFFICE OF SALES
1	lame of Community Member

onse from the Officer in Charge of the Tyendinaga Police

	-
Mailing Address	

Recommendation for Action

Date Received

Signature of Detachment Comm.

RED CEDARS SHELTER



Wife Assault: Wife assault or battering is defined in many ways. It is when a woman is repeatedly subjected to ANY type on intimidation by a husband, boyfriend or ex-lover. This takes on many forms, such as threats or physical force. The purpose is to control her behaviour by putting her in a state of fear.

Canadian Statistics:

- Wife assault is not a recent phenomenon. Publicity may lead you to think it is on the rise, but in fact it's always been a hidden part of our community.
 Women are angry and tired of being victimized and are demanding that it become a public issue. A social problem that needs a remedy.
- Wife assault is rarely an isolated incident. One study shows that women are beaten 35 times before they contact the police or shelter.
- One in ten Canadian women are victims of wife abuse.
- Violence against wives will occur at least once during two-thirds of all marriages.
- 25% of all wives are severely beaten during the course of their marriage.

Facts on Wife Assault

- · Wife assault is a crime.
- Wife abuse cuts across ALL social, economic and religious lines.
- The abuser is solely responsible for his own violence and abuse. No matter how much stress there is in a relationship, the abuser is not provoked to use violence.
- Once the abuser uses violence to cope with stress, he will rarely stop using violence spontaneously.
- Most of these men view wives as their property; an extension of themselves that they can treat as they wish.
- The children DO know about abuse. Over time they begin to think it is normal behaviour. The children may become the abuser/abused.
- Most women feel guilty and ashamed, isolated and alone with this problem and will thus be unlikely to seek outside help.

DISPELLING THE MYTHS

Myth: Wife assault is a new social problem.

Fact: Wife assault is not new. It has been condoned throughout history. For example, the widely used term "rule of thumb" comes from a 1767 English common law that permitted husbands to "chastise his wife with a whip or rattan no wider than his thumb." In Canada, it wasn't until 1968, when the federal Divorce Act was passed, that physical and mental cruelty became grounds for divorce.

Myth: Wife assault is not a widespread problem.

Fact: In a recent study, one in five Canadian men living with a woman admitted to using violence against her.

Myth: Assaulted women could leave their abusive partners if they wanted to.

Fact: A woman may stay in an abusive relationship for many reasons. For example:

- she hopes the relationship will get better.
- she doesn't want to break up a family.
- her partner's abuse isolates her from friends and family.
- she fears for her own and her children's safety.
 she depends on her partner's income.
- she depends on her partner's income.
 she has lost self-esteem because of her partner's abuse.
- she has nowhere else to go.
- her partner has threatened to harm her if she leaves.
- she is worried about her or her partner's immigration status.

Myth: Women often provoke assaults and deserve what they get.

Fact: No woman ever deserves to be beaten. Assaulted women report a wide range of incidents that trigger violence. For example: "I fried his eggs the wrong way," "I didn't turn down the radio enough," or "I went out with friends without asking his permission." Abusive men often claim that their partner provoked an assault to avoid responsibility for their own behaviour. In fact, the true source of violence is the batterer's desire for power and control over his partner.

Myth: Men who assault their partners are mentally ill.

Fact: Wife assault is too widespread to be caused by mental illness. Most men who assault their partners are not violent outside the home. They don't hit their bosses or colleagues. When abusive men hit their partners, they often aim the

blows at parts of the body where bruises don't show. If abusive men were truly mentally ill, they could not limit their violence in this way.

Myth: Alcohol causes men to assault their partners.

Fact: Alcohol can make it easier for a man to be violent. But the real cause of wife assault is the batterer's desire for power and control over his partner. Batterers often use alcohol as an excuse to avoid taking responsibility for violent behaviour.

Myth: Men are abused by their partners as often as women are.

Fact: More than 92% of charges related to spousal assault in Ontario are laid against men. Most charges laid against women are counter-charges laid by assaultive partners or stem from acts of self-defence.

The characters in this continuing story are purely fictitious. Any resemblance to any one is accidental. If you are being hurt by someone, or you have a loved one being hurt, or just want some information or to talk, call Red Cedars Shelter at 967-8212.

Great, Mom and Dad are finally home. Noah woke up crusty, sometimes he just doesn't want to play with me. "Hi, Mom did you bring me anything?" "No, not this time around, can you go and play in your room?" "All I ask for is a little peace and quiet and the odd drink now and then and you have to go bad mouthing me to my friends." "Dad?" "Do you know what it's like living with you? You walk around so self righteous, like you know everything." "Dad?" I could see his face was all red and he was hollering at Mom, I thought he was mad because I asked for something. I have to try to remember not to ask next time. "Can't you shut that kid up? He's always crying, I thought your Mom told you to go to your room, don't you listen?" Dad was towering over me and by this time he had a beer in his hand and I knew he meant business. Noah continued to cry while I scurried off to my room. I knew Dad was mad, I could still hear him yelling at Mom and Noah through my door. I was scared, I knew things would get bad, I shouldn't have asked for anything, but I was too scared to go out and say sorry, now Mom is getting it. It's my fault, I wish I could stop shaking. SMASH. My heart was beating so fast, I had to hide, so I went under my bed and covered my ears, to cover up the screaming. Then everything went quiet...

Hey, to all you computer buffs, VISIT OUR WEBSITE:

www.geocities.com/HotSprings/9473/

Elder Art Soloman said:

"We need to respect and honour our women and they will in turn honour and respect as."

Whenever we put a woman down, we are putting ourselves down.

To the men share and the same of the same

EMPLOYMENT & TRAINING OPPORTUNITIES



Training Opportunity

Receptionist Training Program This initiative funded by Kagita Mikam LDM

If you possess basic office and computer skills, and wish to upgrade or improve your skill level, this course may be for you! Areas of training will include computer software, general clerical duties, office procedures, resume writing, job research and interview skills, followed by an optional 2-day work placement in the community. To best meet the needs of the learners, an individualized training plan will be identified for each participant.

Seats are limited, so call now to schedule an appointment to discuss your personal training plan. Course will be in session February 15-26.

For further information or to register, please call:

Debby Brant, Manager **FNTI Training Department** (613) 396-2122

Email: debbyb@fnti.tyendinaga.net



Fall 1999

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

PROGRAM HIGHLIGHTS:



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

~ Participants may be eligible for financial assistance ~



lations Technical Institute **Old York Road** Tyendinaga Mohawk Territory via Ontario KOK 1XO

Call Monique Manatch or Michael Asselstine 1-800-267-0637 e-mail moniquem@fnti.tyendinaga.net or mikea@fnti.tyendinaga.net

visit our website at www.tyendinaga.net/media.htm EKSA O KON:'A CHILDCARE CENTRE 967-4401

The childcare centre is currently needing supply staff to cover for regular staff while on vacation, sick or attending meetings or training workshops.

Prior to supplying interested individuals need

- → a criminal reference check
- ⇒ to volunteer for a morning session prior to supplying
- ⇒ a letter of reference
- ⇒ to be available at short notice
- ⇒ prior experience in working with large groups of children in a fast paced environment shall be a definite asset.

Volunteers are all ways welcomed!

The childcare centre is adding names to the waiting list for childcare. Residents of Tyendinaga Territory with a child(ren) aged 2 1/2 to 5 years or 5-10 years of age and, are working or attending school and have a band number and currently or in the future will require care call now!



9-1-1 is for Emergency calls Only! If you need to contact the Emergency Services for non emergency matters please call:

Police:

613-967-3888

Fire:

613-968-7985

Ambulance: 613-542-0221

PAGE 11

HEALTH CENTRE



KNOW YOUR BLOOD PRESSURE BY HEART

BLOOD PRESSURE (BP) QUIZ

TAKE THIS SHORT QUIZ BY CIRCLING EITHER "T" FOR TRUE OR "F" FALSE FOR EACH OF THE FOLLOWING STATEMENTS ABOUT BLOOD PRESSURE. CHECK YOUR ANSWERS ON THE NEXT PAGE.

1. BLOOD PRESSURE BEGINS WITH A HEART BEAT.	7	F
2. BLOOD PRESSURE STAYS THE SAME ALL DAY, EVERY DAY.	7	F
3. BLOOD PRESSURE HELPS THE BLOOD FLOW TO ALL PARTS OF		
THE BODY.	7	F
4. A BLOOD PRESSURE READING HAS TWO PARTS	7	F
5. YOU CAN TELL WHAT YOUR BLOOD PRESSURE IS BY THE WAY		
YOU FEEL.	7	F
6. A HEALTHY PERSON COULD HAVE A BLOOD PRESSURE OF 120/80.	7	F
7. BLOOD PRESSURE SHOULD BE CHECKED EVERY FIVE YEARS.	7	F
8. YOU CAN ONLY HAVE YOUR BLOOD PRESSURE CHECKED BY		
HAVING IT MEASURED.	7	F
9. BEING OVERWEIGHT CAN LOWER YOUR BLOOD PRESSURE.	7	F
10. EATING LARGE AMOUNTS OF FOOD HIGH IN SALT (SODIUM)	n sti	
CAN CAUSE BLOOD PRESSURE TO RISE.	7	F
11. REGULAR EXERCISE WILL KEEP YOUR BLOOD PRESSURE HEALTHY.	7	F
12. ONLY A RELAXED AND EASY- GOING PERSON CAN HAVE A		
A NORMAL BLOOD PRESSURE.	7	F

Smoking Cessation Program and Support Group

Find the answers to these questions on page

The CHR Program will again be holding a smoking cessation program and support group for those community members who are looking to kick the HABIT.

Where: Thayendanega Health Centre
When: Every Wednesday for 8 weeks
beginning February 3, 1999
Time: 7 pm until 8:30 pm

Hope to see you there!



Emergency First Aid

The CHRs are taking names for an evening Emergency First Aid course for those who would like certification or recertification.

Where: Mohawk Pentecostal Church When: Undetermined Times: 6 - 10 p.m. (for 2 evenings) Cost: \$31.95

If you are interested in taking this course, please call Kathy or Bev at the Health Centre at 967-3616.

Nia:wen

CPR

The CHRs are taking names for another evening course for those community members who would like certification or recertification in CPR.

Where: Mohawk Pentecostal Church When: Undetermined Times: 6 - 10 p.m. (for 2 evenings) Cost: \$10.00

If you are interested signing up for this course, please call Kathy or Bev at the Health Centre at 967-3616

Nia:wen



Tyendinaga Tobaccoless Tuesday February 9,1999

Second-hand smoke is the smoke we breathe when we are with smokers. This smoke is not only smelly and irritating, it is dangerous. This second-hand smoke contains over 4000 chemicals, and at least 50 of them can cause cancer. Most smokers think they are respecting the non-smoker by smoking outside, what they do not think about is, they are bringing a certain amount of smoke back in on their clothing.

On February 9, 1999, the staff at the Thayendanega Health Centre challenges all business' on the Territory to go one day "SMOKE FREE"

CAN YOU DO YOUR PART TO HELP TYENDINAGA BREATHE CLEAN

HEALTH CENTRE

Eating Disorders <>>>

What is an eating disorder?

If someone's life revolves around an obsession of food, weight and appearance and they constantly are limiting their food intake, then they may have an eating disorder.

What are some types of eating disorders? The most common eating disorders are anorexia, bulimia and binge eating.

What is anorexia?

Anorexia is an illness, usually occurring in teenage girls or boys, whereby they become extremely obsessed with their weight. They believe they are fat, even though they maybe dangerously thin. Anorexia is an attempt by the individual to use food and weight to mask other emotional problems. Treatment is often difficult because those inflicted with anorexia do not believe they have anything wrong with them.

What is bulimia?

Bulimia is when a person stuffs themselves with large amounts of food and then vomits to get rid of it soon after eating.

What is binge eating disorder?

Binge eating is similar to bulimia as the person will gorge with large amounts of food but they do not vomit afterwards.

<><><>

If you, or anyone you know, displays symptoms of an eating disorder, please seek medical help.

(The CHR Program)

GOOD FOOD BOX! GOOD LUNCH BOX!

Many Tyendinaga Territory Residents have taken advantage of the good deals that are offered through the community buving power of the Community Development Agency in Belleville.

The Good Lunch Box and the Good Food Box Programs are still available on the Territory for the low cost of \$15.00 each. The money is collected for these boxes at the end of each month and the Boxes are delivered to the Health Centre for pick up on the Second and Third Thursday of each month. Be a smart shopper!

If you have any questions about these programs please call the Health Centre at 967-3603.

NEEDED!

Volunteer Drivers with a truck needed to help transport the boxes from Belleville to the Health Centre twice a month. Please call 967-3603 and speak with Brenda Asselstine CHN.

We would like to thank those special gentlemen volunteers who have been helping the community with the handling of the boxes for these programs. Without your support, these programs would not exist!

NIA:WEN

THE HEALTH CENTRE STAFF



THAYENDANEGA HEALTH CENTRE **Nutrition Tips** By: Nicola Smith, R.D.

Choose F for more if you can



Canada's Food Guide to Healthy Eating recommends 5 to 10 servings each day from the vegetables and fruit group. 5-10 servings sounds like a lot, but look how easy it can be ...

Here's a menu for you and your family which includes 10 servings of vegetables and fruit:

ONE SERVING MEANS:

1 medium fruit or vegetable 1/2 cup cooked vegetables ½ cup fruit juice 1 cup salad

1 SERVING FRUIT OR VEGETABLE = THE SIZE OF A TENNIS BALL

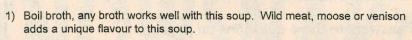


BREAKFAST	* bran cereal * 1% milk	20100222004
400	* banana * ½ cup orange juice	1 serving 1 serving
MID- MORNING	* apple * crackers and peanut butter	1 serving
LUNCH	* Three Sister Soup (see recipe)* * whole wheat roll * 1/4 cantaloupe * 1 cup milk	2 servings 1 serving
SUPPER	 * Indian Tacos with tomato, lettuce, and Beef and Vegetable Chili (see recipe)* * 1 cup milk * mixed berries and yogurt 	2 servings 1 serving
SNACK	* carrot and celery sticks with low-fat 'Ranch' dressing	1 serving
	TOTAL	10 servings

Three Sister Soup

4 cups broth

- 1 package Native Corn (dried or frozen)
- 2 19 oz cans kidney beans
- 1 squash 2 celery stalks
- I wild meat (optional)
- 2 carrots
- 1 onion
- salt and pepper



- 2) Add Native corn, (dried corn will need to be soaked over night) and return to a boil. Cover and cook slowly for one hour.
- 3) Add chopped vegetables. You can be creative and add any variety. Season to taste with salt and pepper. Cook 15 minutes. Add kidney beans, reheat

Beef and Vegetable Chili

- I 1 lb ground beef
- 2 chopped onions
- 1 chopped garlic clove 2 stalks chopped celery
- 3 chopped carrots
- 1 chopped green pepper 1 28 oz can of tomatoes
- 1/4 teaspoon chili powder
- 2 19 oz cans kidney beans
- 1 teaspoon lemon juice 1/4 teaspoon cumin
- - 1) Brown beef in a large skillet. Drain excess fat
 - 2) Add chopped onions, garlic, celery, carrots, green pepper. Cook for 5 minutes.
 - 3) Add tomatoes, kidney beans, chili powder, lemon juice, and cumin.

Recipes from Breads and Grains of the Four Colours by the Native Women's Resource Centre, Toronto, Ontario Ningwakwe Clearing House (519) 371-5594.



FEBRUIARY IS HEART MONTH

FOR A HEALTHY HEART YOU CAN MAKE SOME HEALTHY CHANGES IN YOUR LIFESTYLE.

BE ACTIVE

PHYSICALLY ACTIVE PEOPLE OF ALL AGES EXHIBIT FEWER HEALTH PROBLEMS THAN THOSE WHO ARE INACTIVE.

EAT WELL

THE FOOD WE EAT CAN AFFECT BLOOD CHOLESTEROL,
BLOOD PRESSURE AND BODY WEIGHT.

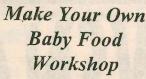
~MAKE HEALTHY CHOICES TODAY~

BE SMOKE FREE

NICOTINE INJURES THE LINING OF THE ARTERIES AND INCREASES THE BUILDING OF FAT DEPOSITS IN THAT AREA.

LETS ALL WORK TOGETHER TO MAKE TYENDINAGA A HEALTHY ENVIRONMENT

rearn about good



Monday February 15, 1999 6:30 - 9:00 pm

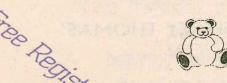
Queen Ann Parish Centre
Presented by:
Nicola Smith Reg. Dietitian

Kate Ann Follwell Home Ec.

Please register early by calling:

The Thayendanega Health Centre 967-3603

This program is open to all new parents and their families!







PROMOTING SAFE MEDICATION USE FOR SENIORS

THE CHRS WILL BE HOSTING A PRESENTATION,
IN CONJUNCTION WITH OUR OWN
FIRST NATIONS PHARMACY,
ON SAFE USE OF MEDICATIONS.

WHEN: MARCH 18, 1999
WHERE: MOHAWK ELDERS LODGE
TIME: 7:00 P.M.
GUEST SPEAKER: PHARMACIST- Asad Baag

All Community Members Welcome!

PLEASE PLAN TO ATTEND AND BRING ALL YOUR QUESTIONS.
REFRESHMENTS WILL BE SERVED.

NIA:WEN

ANSWERS TO BLOOD PRESSURE QUIZ

- TRUE. When the heart beats it pushes blood through the arteries and veins. Blood pressure
 is created by the force (pressure) of the blood pushing against the walls of the blood vessels,
 as it flows through them.
- FALSE. Blood pressure changes moment to moment and day to day. It is usually lowest
 when we sleep and gradually rises throughout the day. Changes in activity, posture and
 emotions cause changes in blood pressure.
- TRUE. Everyone has blood pressure. It is not an illness or an abnormal condition. Blood
 Pressure keeps us healthy by helping the blood flow to all parts of the body.
- 4. TRUE. Systolic pressure (the first or large number) refers to the highest pressure in the arteries. It occurs every time the heart beats. Diastolic pressure (the second or smaller number) refers to the lowest pressure in the arteries. It occurs when the heart is relaxing between beats.
- 5. FALSE. You cannot tell your blood pressure by the way you feel.
- TRUE. The normal range of blood pressure is between 100 and 140 for the systolic (the first or larger number) and between 70 and 90 for the diastolic pressure (the second or smaller number.)
- 7. FALSE. The Royal College of Physicians in Canada recommends that a healthy person should have her or his blood pressure checked every 2 years. If you are pregnant, your blood pressure should be checked more often.
- 8. TRUE. The only way to tell your blood pressure is to have it checked. Always have your blood pressure checked by someone who can refer you for medical care if needed.
- 9. FALSE. Being overweight can lead to an unhealthy blood pressure.
- 10. TRUE. Using less salt has proven to be a useful part of treatment for some individuals with high blood pressure. Most Canadians eat more salt than is necessary, so using less salt makes good sense.
- 11. TRUE. Regular exercise, three times a week for 20 or 30 minutes at a time can help to Keep your blood pressure healthy.
- 12. FALSE. Blood pressure is not necessarily higher in anxious, overactive people than it is in easy going relaxed people.

SCORE

- □ 0 –3 Poor. Lots of room for improvement
- □ 4 -7 Fair. You need to improve your score.
- □ 8-10 Good. But you can still do better.
- □ 11 –12 Excellent. But aren't you curious to know more?

Canadian Heart Foundation
Contact your provincial Heart and Stroke Foundation for more information

COMMUNITY INTEREST

PROGRAMGUIDE WINTER 99

via Deseronto, Ontario KOK 1XO Phone:/Fax: 613-967-0463 E-mail: kweradio@suckercreek.on.ca URL: www.suckercreek.on.ca/kweradio



Г	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		THE PART OF STREET	Morning Show w/Mike Hill Jr.	m ham		ONKWE-CON w/Anataras Brant	Country Gospel w/Randy D.
		MESTAD		The state of the		W FACE IN S	Comedy Hour w/Ron
	Midday Show w/Brad B.	Anataras Brant	Midday Show w/Brad B	Midday Show w/Dave W.	Midday Show w/Brad B.	KWE COUNTRY	The 7th Day w/JAY
	Afternoon		Afternoon	After	noon	w/Mike H.	E. C. I
	Delight w/Tim C.		Show w/Ky M.	Delight w/Tim C.			Ear Candy w/Annette M. And Sean S.
	Manic Monday w/Sherry M.	jet prespektov te 179	Candlelight &	Please	102,40	Golden Oldies	Gospel Music 120 w/Bill Maracle
-	Duck'n'Dauts Weekly Movie Review	radi ya sabab	New Wine w/Joy Brant	Blugrass w/Frank B & Cookie	Musical Memories w/Dave W.	w/Tim C.	NATIVE TIME Randy D.
		reasiny by haveled to	Lovin' Variety w/Sherry M. and	W/Dave W.	TUNED-IN RADIO Top Dance Countdown	TO SELECT	
-		Back In The Country w/Jim M. & Ethel		Double Trouble	Sunday Night w/Kylie Maracle		
		MARKET STREET, N.	Randy D. Double Houb	w/The Young Guns	Back In The Country		
t	For Requests of	nd Dedications call:	067-0463	Music Mix	Music Mix	THE LAST CALL Maon	w/Jill W. & Ether

ARTISTS AND FILMS WANTED FOR FIRST NATIONS FESTIVAL

January 18th 1999- LANDS In SIGHT, society for the understanding of First Nation cultures, is looking for Native Artists, dancers, singers, painters, musicians, craftsmen and film makers to participate in the First Peoples Festival 1999 edition from June 12th to June 22nd in Montreal.

For the last nine years, the First Peoples Festival has offered the opportunity for artists and craftsmen to present their work to the population at large in order to create an awareness of what is at stake artistically and culturally. Native films and videos from the Americas, live concerts, traditional dancers and drummers, visual arts exhibitions, craft workshops and other activities are presented in the most important cultural sites as well as an outside venue in the heart of Montreal

LANDS In SIGHT offers you the opportunity to participate in this major festival which is recognised as one of the 10 most important cultural and touristic events of the summer. For more information, contact us at 514-521-2714 or by e-mail at terresenvues@videotron.ca before the 15th of March 1999.

WEEKEND 199

FEBRUARY 6 & 7 (ALTERNATE DATE: FEBRUARY 13 &14)

Saturday: Mudcat Division 10 a.m. - Youth Tournament 1 p.m. - Men's Tournament Teams from New York State & Six Nations

Sunday: Longsnake Division 1 p.m. - Men's Tournament

* DEMONSTRATION TRACK - Try throwing a snows:nakel * HOT MEALS & SNACKS * VIDEO SCREENINGS * FREE

ADMISSION TO MUSEUM * MUSEUM SHOP SALES

SPECIAL EXHIBIT: JEFFREY THOMAS' inter/SECTION

Bring the whole family for free outdoor fun!

WOODLAND CULTURAL CENTRE 184 MOHAWK STREET, BRANTFORD, ON (519)759-2650

BIRTHDAYS

Happy Birthday!

Daddy (Allen Idzenga) Feb. 9



Love from your Babies Lori, Maryann & Alanna

Happy Birthday!

Aunt Sylvia Feb. 24



Love from the Bernhardt Family

Happy Valentines Day!

Happy Belated 4th Birthday!

Justice Jan. 28



Love Nanny, Aunt Sarah & Uncle Matt

Happy 22nd Birthday!

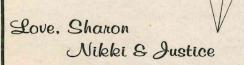
Joe Feb. 5



Love Mom, Sarah, Matt Nikki & Justice

Happy 21st Birthday!

Matt Feb. 20



Happy Birthday!

Matt Feb. 20



Lots of Love Always Sarah

Happy Birthday!

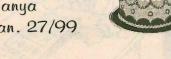
Bev. Feb. 8



Love Hanold & Shirley Paul, Sandy & Kids Rick, Diane & Kids

Happy Belated 24th Birthday!

Tanya Jan. 27/99



too loaded!

Hope you didn't get

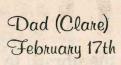
Love Mom, George & Donnie

Happy Birthday!



Love Glenna, Dean & Girls

Happy Birthday!



Love from Dawn, Crissy Candy & Carrie

Happy Birthday!

Dad Feb. 17

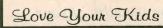


Love from all your Girls!

Happy Birthday "Poppa" Love from the Grandkids!

Happy 61st Birthday!

Mom Feb. 6



Happy 19th Birthday!

Kelly Feb. 12



Love the Family

Happy 50th Birthday!

Carl Mike Minaric Feb. 22

Love?

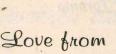
Happy Birthday!

Chissy Feb. 25

Love from the Family

Happy Belated Birthday!

Feather Jan. 21st



the Family

Happy Birthday! & Happy Valentines Day!

Mom Feb. 14/99

Love the Boy & Bobber

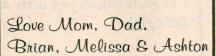
Happy Birthday!

Uncle Tom Feb. 14

love Justin, Chelsey & Moon

Happy Belated 18th Birthday!

Kev. Jan. 24



Happy Anniversary!

Glen & Donna Feb. 15

Love Mike & Kelly

Happy 2nd Anniversary!

Babe (Mike) Feb. 15

Love Kelly

Happy Belated Birthday!

Jan Hill Jan. 30

Love Your Friends!

Happy 37th Birthday!

Nita Feb. 14/99

Love Bindy, Glenn

Happy Birthday Aunt Nita Love Fishy Face

"Your my Sweetheart Aunt Nita"

XO XO XO

COMMUNITY INTEREST

It's a Girl!



Congratulations to Carrie and Trevor on the birth of your little girl.

"Shaelee Ann Jacklin"
Born: Jan. 9
Weight: 7 lbs. 3 oz.
Length: 18 inches

Love from the family

It's a Boy!



Congratulations to Lenny and Tara on the arrival of their son.

" Dawson Bruce Phillip "
Born: Jan. 19
Weight: 8 lbs. 15 oz.
Orillia Soldiers Memorial Hospital

Proud Grandparents:

Bruce & Dawn Maracle of Tyendinaga Philip & Connie Maracle of Tyendinaga

Proud Great Grandparents:

Norman & Wilma Brant of Tyendinaga William D. Maracle of Toronto

Proud Sisters: Lindsay, Clarissa & Stacy

It's a Girl!



An early arrival and first child for Feather and Terry.

"Summer Raven Lee Maracle"
Born: November 27, 1998
Weight: 5 lbs. 14 oz.

Proud Grandparents:

Dawn & Rick Brant of Tyendinaga
Debby & Harvey Maracle of Tyendinaga

Ka:nhiote

Library

Wintertime Storytime

WINTERTIME IS STORYTIME at Ka:nhiote. The Last Storytime is Thursday Feb. 8
For more information call 967-6264

LIBRARY HOURS ARE:

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

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

 THURSDAY
 12:00 - 4:30
 6:00 P.M. - 8:00 P.M.



* Attention *
SECONDARY
STUDENTS
OF TYENDINAGA
TERRITORY

Do you need some extra help in Mathematics?

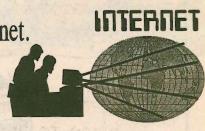
please call: 967-6264

Every Thursday
Evening from 4 p.m. - 7 p.m.
at Ka:hniote Library
extra help is available from a
retired math teacher
"No Charge!!
For more information



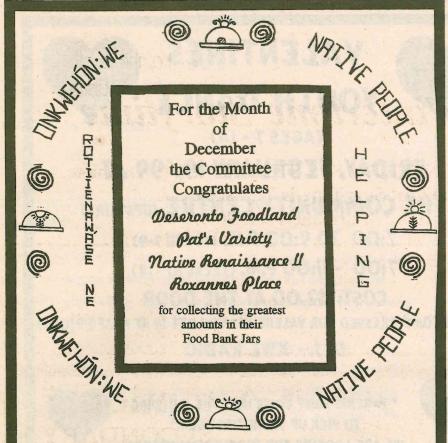
Come to the library to surf the net.

Public access to the internet
provided courtesy of F.N.T.I.



Deadline date for the Newsletter Wednesday, Feb. 24 396-3424

COMMUNITY INTEREST & UPCOMING EVENTS



MOHAWKS OF THE BRY OF GLINTE FOOD BANK

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

Aboriginal Expressions Bayview Variety Roxanne's Place TMT Sports Tyendinaga Computer Kagita Mikam Family Services York Rd. Restaurant Ward's Gas Bar T.M.T. Police Services B. & M. Variety Quinte Mohawk School Ka:hniote Library Thayendanega Health Centre Mrs. Herbs Restaurant

F.N.T.I.Administration Office Chief's Inn Restaurant Chief's Inn Store Turtle Island Crafts McMurter Home Centre Native Renaissance ll Maracle Mohawk Gift Centre Miracle Food Mart Shirley's Variety Native Expressions Pat's Variety Deseronto Foodland

Jhank You!

The Family of the late Leonard Maracle would like to thank everyone for their cards, flowers visits, phone calls and support at the time of his death. We would like to thank the McGlade Juneral home for all their kind words, help, support and guidance. The Mohawk Fire Department for their condolences and the lovely luncheon by the Native Women's Association. Reverend Webber for the nice service and to Jim McCormack and Nancy for driving the horses. Jhanks Again!

Mary E. Maracle & Family



Thank You!

The Mohawk Fire Fighters Association would like to thank Diane Maracle for her generous donation in memory of Corey. Your gift was donated to the Angel Tree program at Christmas and was greatly appreciated!

Hastings & Prince Edward Housing



has rent-geared-to-income apartments for seniors (50 years of age and older) available in the following areas:

> Frankford Stirling Deseronto Tweed & Madoc & Marmora

for applications please call Martha at 968-3465 extension 301 or Roberta at 968-3465 extension 304 or (1-800-267-2804)

drop in at our office - 139 Front Street, 2nd Floor, Belleville

Deadline date for the Newsletter is Wednesday Feb. 25 at noon 396-3424

Wilma's Woodworking & Whatever Gift Shop

Grand Opening Feb. 10/99 425 Highway 49

Come Browse!

See what's available for that next special occassion.

UPCOMING EVENTS

Herbs Mrs. Annual Sweetheart

Dinner,

Saturday Feb. 13 at 5 p.m. & 7 p.m.

Sunday Feb. 14 at 4 p.m.

Reservations Only Call - 962-0938!

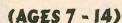
MENU

** State your choice of ** Chicken Breast Supreme with White & Wild Rice

Top Sirloin with Yorkshire Pudding Plus Banana Cream Pie Or Black Forest Cake



VALENTINES YOUTH DANCE



FRIDAY, FEBRUARY 19/99 AT THE COMMUNITY CENTRE (UPSTAIRS)

> 7:00 TO 9:00 P.M. (YOUTH 7-9) 7:00 - 11:00 P.M. (TEENS 10 - 14)

COST: \$2.00 AT THE DOOR

(IF YOU COME DRESSED FOR VALENTINES YOU GET IN AT HALF PRICE!!)

D. J. - KWE RADIO



PARENTS MUST COME INTO THE BUILDING TO PICK UP THEIR CHILDREN." WE ARE LOOKING FOR PARENT VOLUNTEERS



FOR MORE INFORMATION PLEASE CALL: CAROLINE GREEN AT THE MOHAWK FAMILY SERVICES 967-0122





KAHNAWAKE MOHAWK BINGO

Route #138 exit off Mercier Bridge For more info: (450) 638-6830



Sunday February 14,1999

Valentines Day Bingo



JACKPOT GAME..... REGULAR GAMES

AST CHANCE GAME.....



REE SWEETHEART PACKAGE DRAWING

DINNER FOR 2 AT MONTREAL CASINOS 'RESTAURANT NUANCE

\$100 IN CASINO PLAYING CHIPS DIAMOND AND GOLD HEART NECKLACE



Bingo King and Queen of Hearts

Chocolate Door Prizes

Good Neighbor Nite

'WEAR A HEART'

Package Prices: \$20 & \$30 2 for 1 Doors Open @ 12p.m. Games Start @ 1:00 p.m.

'ADVANCE SALES AVAILABLE'



D.J.! Door Prizes!

OLFPACK Lacrosse VALENTINES DANCE

Saturday, Feb. 13 8:00 P.M. - 1:00 A.M. **Mohawk Community** Centre

\$5.00 Per Person 19 and over! **Advanced Tickets Available!** Call Dawn at 396-3198 or Jackie 967-0835

Come on Out and Support Your Lacrosse Team!

Proceeds go to the Tyendinaga WOLFPACK

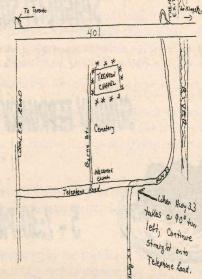
UPCOMING EVENTS



at 7:00 p.m. Trenton Chapel

Refreshments Served!

Mohawk Hymns Mohawk Singers Feast upon the Words of Christ Book of Mormon Oratorio Denise Ferguson & Peterboro Ward Choir



PUBLIC SERVICE ANNOUNCEMENT

Two outstanding choirs will perform in a unique musical evening on Saturday, February 6, 1999, beginning at 7 p.m. at the Church of Jesus Christ of Latter-day Saints on Byrne Avenue in Trenton. The Mohawk Singers from the Tyendinaga Mohawk Territory, singing Christian hymns in Mohawk and English, will be followed by the Peterborough Ward Choir, under the direction of Denise Ferguson, performing an original Book of Mormon Oratorio entitled "Feast Upon the Words of Christ." The Mohawk people and their neighbours are cordially invited to attend this moving performance. There is no charge for admission. Refreshments will be served. For more information, please call Dan or Cherie Ladoucier at 966-0212.

INDIGENOUS PEOPLES CIRCLE NATIVE BROTHERHOOD BATH INSTITUTION

MID WINTER SEASON CEREMONY - 1999

Who is invited: YOU ARE!

Why

: ON SATURDAY, FEB. 13TH, 1999 When

: 09:00 A.M. until 15:45 P.M.

: To celebrate the mid-winter season. It's because we want to have a full day of Dancing, Drumming, Singing, Give-Aways, Socializing, Various Types of Native

Foods, but most of all, we want to enjoy your company and to have fun. NOTE:

If you are cleared to come into the institution and you wish to attend this mid-winter season ceremony, would you please phone the following and confirm your attendance, and if you are going to bring any traditional foods, drums, sweet grass, sage, cedar, etc., would you please fill the accompanying form and send it back to:

Mr. Russell Brant - N.L.W. PH. (613) - 351 - 8051 or Father David Hale Ph. (613) - 351 - 8056

If you do not have clearance to come into the institution would you please phone the above people and they will help you with clearance to attend our Mid-Winter Season Ceremony.

Vice-Chairman Chairman

Spiritual Co-ordinator

Application forms available at the Administration Office



GENERAL LACROSSE MEETING

TUESDAY, FEBRUARY 16TH, 1999, 7pm at QUINTE MOHAWK SCHOOL, York Road

9 years in the Ontario Minor Lacrosse Association, (1990 - 1999) Intermediate Team, All-Ontario "C" Finalists (1993) Bantam "D" Finalists (1996) Sr. "B" Lacrosse Expansion Team in the Iroquois Lacrosse League (1998)

Don Smart

General Manager/Head Coach

Jack Green

Assistant Coaches

Harvey Maracle Patrick Maracle Reid Foster

Team Colours

Purple, Black & White

Player Profiles Ben Green, 20 yrs old

2nd round draft pick by Peterborough Javelins Jr. "A" 1995

Jr. "B" Canadian Champions (1995) and Provincial Champions (1995), Orillia

Jr. "A" with Peterborough Javelins (1996, 1997)

Silver Medal Canadian Champions Jr. "B", Orillia (1996)

Silver Medalist Canadian Jr. "B", Iroquois Natioin (1998)

Top Scorer in the Sr. "B" Iroquois Lacrosse League (70 Goals, over 100 points in 21 Games).

Brian Brant - 2nd round drafted by Peterborough (1995)

George Brant - 2nd round drafted by Peterborough (1994)

Kevin Smart - 2nd round drafted by Six Nations Arrows (1996) Craig Fuller - "Rookie of the Year", Nepean Knights Jr. "B".

Jeremy Green - Captain Sr. WolfPack, Silver Medalist Canadian Jr. "B" Championships 1998.

Tim Hill - Gold Medalist, played for Six Nations Field Lacrosse Team - North American Indigenous Games (1995)

Jamie Jones - Gold Medalist, played for Six Nations Field Lacrosse Team - North American Indigenous Games (1995) Terry Maracle - Co-founder of Sr. B WolfPack (1998)

Kevin Smart - Co-founder of Sr. B WolfPack (1998)

Since its startup with the Sr. "B" expansion with the WolfPack, we drew staff and player experience from Belleville, Kahnesatake, Napanee, Orillia, Rama, Tyendinaga and Whitby and has quickly grown into a proud organization. In the first season our record was 10 Wins 11 Losses.

To continue our Tradition and ensure the future of Lacrosse in Tyendinaga, we NEED

COACHES REFEREES PLAYERS (ALL AGES) **VOLUNTEERS**

If you would like to assist in anyway, or have any questions you would like to ask, please come out to the meeting. Coaching/Referee Clinic information will be available.

"KEEPING THE TRADITION ALIVE"



UPCOMING EVENTS



If anyone is interested in signing up for the 1999 Thursday Nite Golf League please contact the following executive members:

Sheryl Anderson, Treasurer 969-1943 or 966-4924 Lynda Thomas, Vice Pres. 396-3215 or 396-3424 Todd Kring, President 396-1100 or 396-3424

Watch for Results of nameing the Ballfield in the March Newsletter!

Upcoming Screening at the Regent Theatre in Picton

Feb 16, 8 p.m.

"Happiness"

Directed by Todd Solondz

(Mature Theme)

ALL YOU CAN EAT PANCAKE BREAKFAST With sausage or bacon Sun. February 14, 1999 8:00 A.M. - 11:00 A.M. **Downstairs Community** Coffee Coffee Centre & Juice & Juice \$5.00 Adults \$4.00 Seniors \$3.00 12 Yrs & Under Sponsored by Recreation Committee

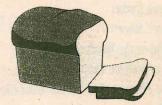
ALL YOU CAN EAT SPAGHETTI SUPPER

SE TONDE E UNDER

SUNDAY FEBRUARY 14, 1999



5 - 7:30 PM



DOWNSTAIRS OF THE COMMUNITY CENTRE

SPONSORED BY THE MOHAWK RECREATION COMMITTEE

Mixed Sno-ball Tournament Saturday, Feb. 20, 1999 (March 6, 1999 postponed date if needed) At the Tyendinaga Softball Complex \$150.00 per team Guaranteed Two games First 8 teams To register call Lynda at 396-3424 or Glenna at 968-9188 Registration fee due by Feb. 17, 1999 Prizes to be determined based on the number of teams Sponsored by the Recreation Committee

CLASSIFIED

FOR SALE

SONY CAMCORDER - 8 M.M.

- rarely used
- excellent condition
- includes all accessories

Call: Sam Maracle 962-2439

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

WORK WANTED

- Reliable & experienced housecleaner available
- References on request

Call: Judy at 968-2580 for an estimate

> Do you have something to sell? Newsletter Deadline is Wednesday, Feb. 24 at Noon 396-3424

FOR SALE

LOT FOR SALE

- 250' X 250"
- located on Milltown side road
- water found

2 SNOW TIRES

- size P215/75-14
- \$150.00

FAST TRACK WALKER

- \$80.00

AB WORKS MACHINE

- with tape
- \$80.00

Call: 396-1077 Ask for Brenda

FOR RENT

- 1 BEDROOM APARTMENT
- located in Shannonville
- cosy 1 bedroom upper apt.
- cable T.V. hookup available
- freshly painted, some new flooring
- new fridge with stove includ.
- rent includes heat & hydro
- off street parking with use of the back yard
- 1st & last months rent required with at least 2 good references
- available immediately

Call: 396-3957 for further information, if no answer leave a message.

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

For more information call: 613-396-2097

BABYSITTER WANTED

- Looking for someone dependable to babysit 2 boys in my home.
- To commense in early Summer.

Please call for more information: 967-2265

BABYSITTER AVAILABLE

- non smoking Mom will provide loving childcare in my childsafe home daycare
- lots of toys, books & learning opportunities
- friends, fun, crafts & activities
- receipts given
- healthy meals & snacks provided
- great references
- First Aid /CPR Certified

Call: Shari Maracle 396-3077

FOR SALE

- 4X4 1992 GMC JIMMY
- 6 cyl. 4.3 engine
- digital dash
- new paint last summer
- interior is in excellent condition -267,000 klm highway miles

Asking: \$8,500.00 Call: 396-1607 (Daytime)

FOR SALE

- 1997 DODGE NEON SPORT
- 150 H.P. D.O.H.C. engine
- sport tuned suspension with dual anti sway bars
- "Neon" bra with teflon paint protection
- 12 disc C.D. changer & factory fog lamps
- ordered with every factory option available including auto transmission
- far too many options to list
- paid \$18,814.00 including \$1500.00 discount
- entertaining offers around \$13,000.00
- this 2 door sport coupe is great on gas and a blast to drive but we need a bigger 4 door vehicle for our expanding family

Call: 396-2017

FOR SALE

BUILDING LOT

- 150' X (Negotiated depth)
- Located 1 km. east of
- the Community Centre
- South Side of York Rd.
- Between Larry & Junior Brants
- Across from the New Ball Field
- Property has been checked for water and has been found

CALL DON BRANT: 396-2424 FOR **MORE INFORMATION**



We currently need responsible, caring women to be volunteers

on our

24 HOUR CRISIS LINE to provide support and information to survivors of sexual violence.

If you are interested in survivor's issues and would like to volunteer, please call



Brenda at (613) 967-6300.

FOR RENT

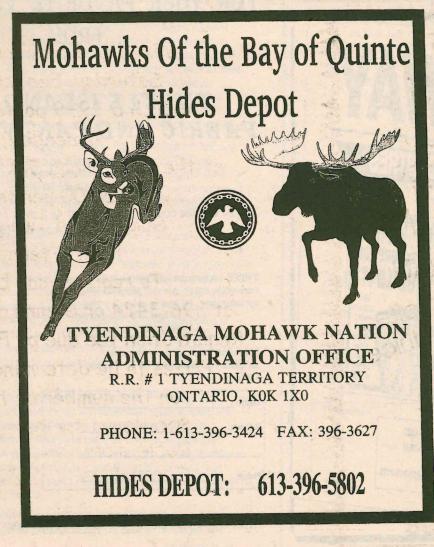
- 3 BEDROOM APARTMENT
- located in the village of Shannonvillle
- large upper 3 bedroom apt.
- large eat in kitchen with new
- large living & dining room - utility room with a nice size
- bathroom
- off street parking, back yard
- cable T.V. available

occupancy

a message.

- stove & fridge available
- 1st & last months rent required - heat & hydro included in rent
- along with at least 2 good references - ready for immediate
- Call: 396-3957 for further information, if no answer leave





COMMUNITY BUSINESSES

BRANT'S BAKE SHOP

396-2832

Fresh Homemade

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

Open Daily: 10:00 a.m. - 5:00 p.m. Sundays: 12:00 noon - 5:00 p.m. Closed Mondays

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

Just Drop In!

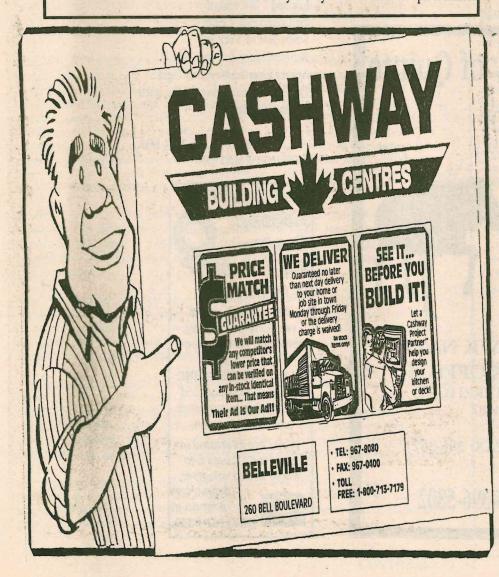


R.W. (Bob) Vrooman CFP. CLU, CH.F.C.

Certified Financial Planner 475 Palace Rd. Napanee Ontario K7R 1A5 Napanee 354-2726 Belleville 968-6449

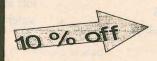
> London Life

Freedom 55 Available only from your London Life Representative.



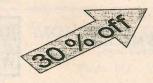
TYENDINAGA TERRITORY

CLEARANCE

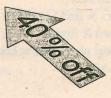


Yarns!!











A VALENTINE BALLOON BOUQUET FOR YOUR FAVORITE VALENTINE FROM

TURTLE ISLAND CRAFT, FABRIC AND PARTY SUPPLIES

TYENDINAGA TERRITORY. ONT., KOK 1XO 1-613-396-6700

Simply clip the coupon below and bring it in to Turtle Island Crafts before Friday, February 12, 1999.

THREE bouquets are available to be won. there will be one prize in each of the following age categories (i) ages up to 12 -- 1 winner (ii) ages 13 to 18 -- Iwinner (iii) adult (19+) ----lwinner

Winners will be contacted by phone on, SATURDAY, FEBRUARY 13, 1999, before

Name: Address:



ENTER NOW--> REMEMBER--> CONTEST ENDS FEBRUARY 12, 1999 at 5:00 p.m.

PAGE 23

COMMUNITY BUSINESSES



Invites YOU to ERS VISIT our new location

on

Hwy #49 and Slash Rd
Tyendinaga Mohawk Territory

New Home Construction
Additions
Interior Renovations - Hardwood Flooring
Drywall

Exterior Renovations - Roofing
Decks
Siding, Sofit, Fascia

Professional Home Designs and Plans

Form-a-Drain Products

for free estimates. Call Today!

(613) 396-1259



Honourable Lyle Vanclief P. C., M.P. Prince Edward-Hastings
Minister of Agriculture & Agri-Food Canada

55 South Front Belleville Ontario K8n 5P4 PH: 969-7466 FAX: 969-7084

RALPH'S AUTO GLASS

* Over 25 Years Local Service *

Ralph Sero Box 89-88 Seros Rd R.R. # 1 Deseronto, Ontario K0K 1X0 (613) 396-1351 Windshields
Glass & Repairs
Auto Door
Shop & Mobile



Free Estimates!

- Insurance Claims
- Domestic Auto Glass
- Foreign Auto Glass
- Construction Equipment Glass
- Truck Accessory Products



B&J

- * POLE LINE CONSTRUCTION
- * BASEMENTS, DRIVEWAYS
- * HAULAGE
- * SEPTIC SYSTEMS (M.O.E. LICENCED)
- * WATER WELLS (M.O.E. LICENCED)
- * EXCAVATIONS (LARGE OR SMALL)
- * FULL W.C.B. & LIABILITY COVERAGE
- * FULL TIME PHONE & RADIO CONTACT *

 * REASONABLE RATES *

* FREE ESTIMATES *

969-7430 FAX: 969-7405





20 Years of Reliable Service

COMMUNITY BUSINESSES



CHEVROLET® OLDSMOBILE PONTIAC . BUICK GMC & CHEVY TRUCKS

PETER BOYER CHEVROLET OLDSMOBILE PONTIAC BUICK LTD

Easy to Get To! Easy to Deal With!

HWY 41 & 401 P.O. BOX 40 NAPANEE ONT. K7R 3L4

& SURROUNDING AREA 1-800-267-8467 FAX 613-354-2229

We at Boyer's are committed to building a lifetime relationship with you Your total satisfaction measures our success.

CRAWFORD TOWING 613-966-0311 Most Tows: \$25 Hookup + \$1/km

Eric Crawford Tyendinaga Mohawk Territory P.O. Box 186 SHANNONVILLE ON KOK 3A0



Independent Beauty Consultant



1310 Ridge Rd. Tyendinaga Terr. ON K0K 1X0 (613) 967-2835

BUILD-ALL CONTRACTORS

FOR REASONABLE RATES & FREE ESTIMATES ON:

- DESIGN/ BUILD COMMERCIAL OR RESIDENTIAL
- RENOVATIONS
- LICENCED SEPTIC INSTALLER
- R2000 BUILDER
- SCREENED TOPSOIL
- DRIVEWAYS
- WELL CONTRACTORS (LICENCED)
- AAB WALL SYSTEMS
- CONTAMINATED SOIL REMOVAL * REMOVE TOPSOIL
- BASEMENTS
- EXCAVATION
- HAULAGE

CALL TOM MARACLE AT 969-1315



613-396-2782 Free Estimates! Fully insured

B.C. Roofing

All types of Roofing

Shingles Roof Repairs

General Maintenance

Bruce Maracle Tyendinaga Territory

JOHNS CONCRETE FINISHING

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 & Pager 969-3270

RED BARGAIN BARN 966 - 6306

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

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

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





Operation

For NEW or **GOOD USED** Appliances Smitty has been keeping customers

happy for 20 years in the appliance business. This proves Smitty has the BEST PRICE, SELECTION, GUARANTEE, QUALITY & SERVICE plus same day delivery, seven days a week.

Smitty plans to be around for another 20 years. Now he has in-house financing at NO INTEREST. These are just a few of the many reasons to visit SMITTY'S for your new or used appliance purchase.



SERVICE

BEST

GUARANTEE



Open Evenings & Seven Days A Week -River Road - Corbyville (Just North of Corby's)

969-0287

Remember if you have an EMERGENCY

CALL

BEST

BEST

PRICE

QUALITY

