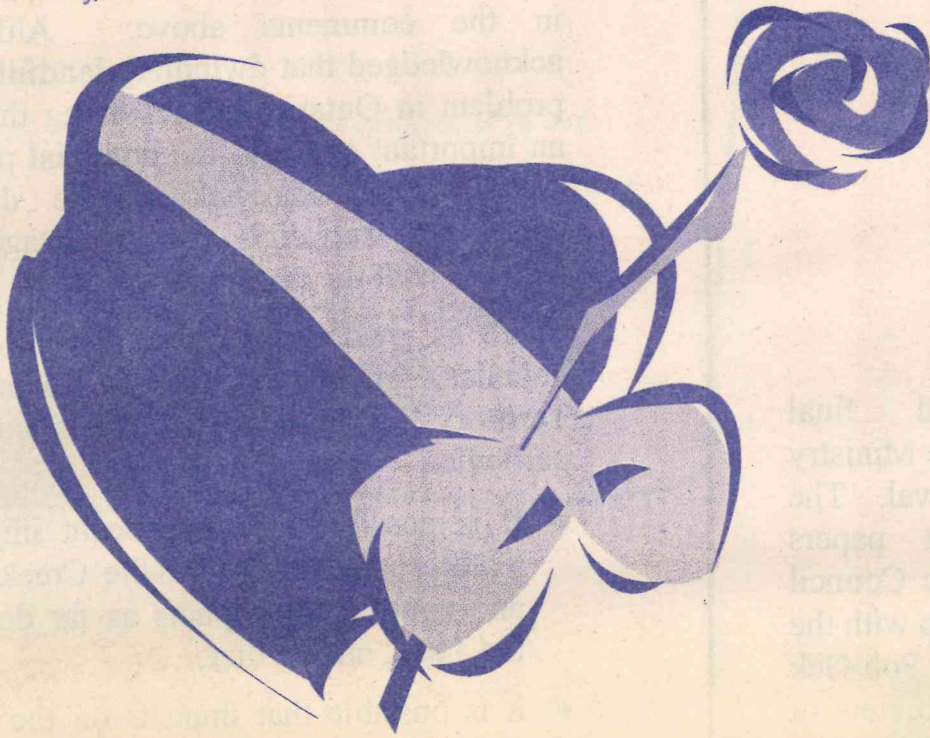


TYENDINAGA NEWSLETTER



ISSUE 2/06



*Happy Valentines's Day!
Tuesday, February 14*

PLEASE NOTE THAT T.M.C.
MEETINGS ARE SCHEDULED FOR:

Wednesday, Feb. 15 (Regular)
Tuesday, Feb. 7 (Local Business) &
Wednesday, Feb. 22

In this Issue:

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Upcoming Events - 27 & 28

Classified - 29 & 30

Business Advertisements - 31 & 32

Newsletter Deadline

Friday, Feb. 24

12:00 noon

396-3424

We're on the Internet

www.mbq-tmt.org

JOB POSTINGS

Positions that become available with the Mohawks of the Bay of Quinte can now be viewed on the Tyendinaga Mohawk Territory Web Site.

www.tyendinaga.net

ADMINISTRATION



MOHAWKS OF THE BAY OF QUINTE

R.R. #1, Tyendinaga Mohawk Territory, Ontario, K0K 1X0
Phone: (613) 396-3424 • Fax: (613) 396-3627

To The Members of
The Mohawks of the Bay of Quinte
From the Chief

February 1, 2006

Seken Sewakwekenh

I hope this reports finds you in good health.

RICHMOND LANDFILL UPDATE

Waste Management Inc. submitted final environmental assessment documents to the Ministry of the Environment for project approval. The document is comprised of discussion papers numbered 1 thru 9. Tyendinaga Mohawk Council retained XCG Consultants and in partnership with the Committee from the Township retained Poh-Gek Forkert, Phd, Toxicologist to undertake a review of the EA document and provide comments from a hydrogeological and toxicological perspective.

XCG's findings highlighted the following:

1. The EA was not completed in a manner consistent with the requirements outlined in the TOR approved by the Ministry of the Environment as the basis for conducting the EA. Extensive comments are provided above documenting inconsistencies such as the failure to examine alternative methods of carrying out the undertaking in the manner outlined in the TOR, the failure to adequately characterize the environment potentially affected (particularly the hydrogeological environment), the failure to adequately describe the effects that will be or may be caused by the undertaking, the failure to adequately document the mitigation and monitoring measures proposed, and the failure to accurately present the advantages and disadvantages of the undertaking.
1. Not all of the findings and conclusions presented in the EA Report are appropriate in the context of the information gathered during the EA. Many specific instances of inappropriate interpretations of the data are cited in the comments above. For example, XCG has many concerns about the conclusions drawn from the hydrogeological and surface water data that have been presented in the EA.

2. The EA is not consistent with the purpose of the Ontario Environmental Assessment Act, i.e. "the betterment of the people of the whole or any part of Ontario by providing for the protection conservation and wise management...of the environment". In XCG's view, this undertaking has the potential to cause significant impacts on human health and the environment, as documented in the comments above. Although it is acknowledged that dwindling landfill capacity is a problem in Ontario and resolving this problem is an important concern, the potential problems with the proposed undertaking (the disadvantages) appear to outweigh the advantages of going forward with the undertaking.
3. There is evidence of the possibility of trans-boundary effects on the Tyendinaga Mohawk Territory (TMT) as a result of this undertaking. In particular,
 - it is possible that significant impacts on the water quality in Marysville Creek could occur and could have impacts as far downstream as the TMT, and further;
 - it is possible that impacts on the groundwater (including salinization of the shallow aquifer groundwater) could extend to the TMT;
 - it is possible that odours and landfill gases released from the landfill, particularly during the reclamation stage, could impact air quality in the TMT (note that some TMT residents have reported detecting odours originating from the existing Richmond Landfill operation).

Poh-Gek Forkert, Phd summarized her findings by stating "...the EA and its supporting documents have not provided sufficient evidence to support the contention that that contaminants emanating from the existing Richmond Landfill and the proposed expansion will not pose health risks to the area residents and to the Mohawks of the Bay of Quinte." A letter outlining the above concerns was provided before the deadline of January 20, 2006. The MOE will publish a Government Review of the EA upon reviewing the EA document together with comments received from the public. The public will have five weeks to respond to the Minister's comments.

In an effort to understand the potential health effects Tyendinaga Mohawk Council submitted a proposal to Health Canada to undertake additional testing of the Richmond Landfill site. Approval of the \$119,000 proposal was approved.

ADMINISTRATION

PRESS RELEASE – RICHMOND LANDFILL

I have enclosed for your perusal a January 30, 2006 press release from Patrick Schindler and Richard Lindgren of the Canadian Environmental Law Association regarding the Mohawks of the Bay of Quinte's request for provincial officials to reject the Environmental Assessment for the Richmond Landfill Expansion.

CONGRATULATIONS !

On behalf of Tyendinaga Mohawk Council, I would like to express my congratulations to Kathy Brant as she embarks on a new career path as the Office Manager at Scugog First Nation. Kathy has been a dedicated and valued employee of MBQ for eleven years and has always strived for excellence as she carried out her duties and responsibilities in the health care field for the community. I wish Kathy every success as she meets the exciting challenges ahead.

I hope that you find this report informative.

R. Donald Maracle

Chief

Honorarium Report December-05

Chief R. Donald Maracle	\$ 3,600.00	
Councillor Velma Hill-Dracup	\$ 1,600.00	
Councillor Willard Hill	\$ 2,600.00	
Councillor Roy Maracle	\$ 2,900.00	
Councillor Blaine Loft	\$ 3,700.00	
Councillor Trevor Lewis	\$ 400.00	
Councillor Barry Brant	\$ 1,000.00	
	\$12,200.00	\$15,800.00

Honorarium Report November-05

Chief R. Donald Maracle	\$2,400.00	
Councillor Velma Hill-Dracup	\$1,800.00	
Councillor Willard Hill	\$2,200.00	
Councillor Roy Maracle	\$2,000.00	
Councillor Blaine Loft	\$2,200.00	
	\$8,200.00	\$10,600.00



CANADIAN ENVIRONMENTAL LAW ASSOCIATION
L'ASSOCIATION CANADIENNE DU DROIT DE L'ENVIRONNEMENT

FOR IMMEDIATE RELEASE

JANUARY 30, 2006

MOHAWKS AND RESIDENTS REQUEST THAT PROVINCIAL OFFICIALS REJECT ENVIRONMENTAL ASSESSMENT FOR DUMP EXPANSION

The Mohawks of the Bay of Quinte and Tyendinaga Township residents have jointly requested the Director of Ontario's Environmental Assessment & Approvals Branch to issue a "Deficiency Statement" in relation to the environmental assessment (EA) for the proposed expansion of the Richmond Landfill near Napanee, Ontario.

The EA was prepared by a private proponent (Waste Management of Canada) to describe and evaluate its controversial proposal to significantly expand the Richmond Landfill. Among other things, the EA contains alarming proposals to:

- accept up to 750,000 tonnes/year of solid non-hazardous waste from any municipality or industry in Ontario for the next 25 years;
- accept up to 250,000 tonnes/year of additional hydrocarbon-contaminated soils to be used as "cover" material at the site;
- undertake an unprecedented 10-year project to excavate, process, stockpile and re-bury the nearly 3 million tonnes of waste already buried at the existing landfill; and
- establish a plantation of poplar trees for the long-term treatment of leachate collected from the site over its centuries-long contaminating lifespan.

"In our opinion, the EA is incomplete, inadequate, and inconsistent with the requirements of Ontario's EA legislation," stated Richard Lindgren, an environmental lawyer who represents the local residents. "Accordingly, we are demanding that the EA Director exercise his statutory power to immediately issue a Deficiency Statement under the EA Act."

"It is alarming that an expansion of the existing garbage dump at the Richmond site could be contemplated, given the threat that any dump at that site, upstream from surface water and groundwater that flows through the reserve of the Mohawks of the Bay of Quinte, poses for public health and safety of the residents of the reserve," said Patrick Schindler, the lawyer representing the Mohawks of the Bay of Quinte. "The Mohawks expect the Minister of the Environment to live up to her fiduciary obligations as a Minister of the Crown to protect them and their reserve from the threat posed by the continued existence and proposed expansion of the garbage dump."

The Mohawks and residents have provided the EA Director with detailed written objections to the EA. These submissions identify a number of fundamental deficiencies in the EA, such as:

- the EA fails to comply with, and significantly departs from, the approved Terms of Reference which legally govern the conduct and content of the EA;
- the environmental data gathering, modelling and analysis in the EA is generally incomplete and inadequate;
- the EA's conclusions regarding environmental impacts are not technically sound, scientifically defensible, or properly supported;
- the EA fails to describe appropriate plans for mitigating, monitoring, or remediating impacts upon the environment or public health;
- the decision-making process reflected in the EA is not logical, traceable or replicable;
- the EA's proposals for leachate collection and treatment are problematic, ill-defined, and may cause adverse effects upon local groundwater and surface water resources; and
- the proposed undertaking is contrary to the purpose of the EA Act (i.e. ensuring the betterment of the people of Ontario through protection, conservation and wise management of the environment).

The initial public comment period on the EA has recently concluded, and in the coming weeks the EA Director must decide whether a Deficiency Statement should be issued.

If a Deficiency Statement is issued, but the proponent does not remedy all identified deficiencies within seven days, then the Minister of the Environment is empowered under the EA Act to reject the EA in its entirety.

For more information, please contact:

Richard Lindgren (613) 385-1686

Patrick Schindler (416) 410-0809

MEETING MINUTES

TYENDINAGA MOHAWK COUNCIL MINUTES DECEMBER 20, 2005

A special meeting of the Tyendinaga Mohawk Council was held on Tuesday, December 20, 2005 at 9:00 a.m. in the Council Chambers.

Present: Chief R. Donald Maracle
Councillors: Barry Brant, Blaine Loft, Trevor Lewis, Roy C. Maracle
Staff: Steve Mercer, Sue Maracle

Chief R. Donald Maracle opened the meeting with prayer in Mohawk.

The newly elected Council read and signed the Mohawks of the Bay of Quinte Band Council Pledge.

NOTED: Council has been made aware of an emergency situation on Norway's Road; no heat in the house; held as tenants in common by family members.

MOTION #1: Moved by Blaine Loft, seconded by Trevor Lewis that this Council approve to accept the Tyendinaga Mohawk Council Conflict of Interest Policy as reviewed and amended at the Council Orientation Session; Council signed the Policy Compliance Agreement.

Carried.

MOTION #2: Moved by Roy C. Maracle, seconded by Barry Brant that this Council approve the amended Consolidated Contribution Agreement ON0600154-A02 in the amount of \$23,739.00 to include a permanent growth increase of 3% for Integrated Services and \$50,733.00 one-time funding increase for Aboriginal Head Start On Reserve program.

Carried.

Council reviewed the hiring of an additional Peace Officer, Nathan Leland; Council had concerns as no information was provided.

MOTION #3: Moved by Barry Brant, seconded by Trevor Lewis, with concerns, Whereas, the Tyendinaga Mohawk Council recognizes the need for additional Peace Officers on the Tyendinaga Mohawk Territory; Whereas, Police Chief Larry Hay has secured a twelve month contract for one officer (pending allocation of permanent positions under extended OFNPA) at no cost to the Mohawks of the Bay of Quinte; Therefore Be It Resolved that the Tyendinaga Mohawk Council supports Police Chief Larry Hay in hiring Constable Nathan Leland to perform functions as a Mohawk Police Officer on the Tyendinaga Mohawk Territory. M.C.R. #2005/06-109

Carried.

MOTION #4: Moved by Trevor Lewis, seconded by Barry Brant that the special honoraria of \$1,500.00 be discontinued, but will be extended to the previous Council, Willard Hill, Velma Hill-Dracup, Roy C. Maracle and Blaine Loft; discussion of Council remuneration in general will take place in the new year in conjunction with the consultant's pay equity work.

Carried.

Roy C. Maracle and Blaine Loft declared conflict of interest and did not vote

MOTION #5: Moved by Blaine Loft, seconded by Roy C. Maracle that the Tyendinaga Mohawk Council hereby approve for R. Donald Maracle to remove the Queen Anne Silver from the Bank of Montreal vault for the Anglican Parish of Tyendinaga Christmas Eve Services at All Saints at 6:30 p.m. and Christ Church at 8:30 p.m. on December 24, 2005. M.C.R. #2005/06-110

Carried.

MOTION #6: Moved by Blaine Loft, seconded by Roy C. Maracle that this Council approve the Association of Iroquois and Allied Indians 2005-2006 Federal Disability Initiative Memorandum of Agreement in the amount of \$5,581.00.

Carried.

Steve Mercer, CAO, stated that there might be a conflict with the meeting on Wednesday for Council orientation. Trevor stated the meeting will be held on Wednesday at 9:00 a.m. to 12:00 p.m. at the 59er's Club.

Council reviewed the following issues with Program Managers:

1. RAMA Dollars
2. Bayshore Land Issue
3. Culbertson Tract Claim
4. Tobacco – Business Registration
5. Housing Points System (Mortgage & Rental)
6. Land Use Planning
7. Pay Equity
8. Johnson Brant Pump House
9. Water & Sewer
10. Richmond & Tyendinaga Landfills

MOTION #7: Moved by Roy C. Maracle, seconded by Trevor Lewis that this Council approve the Environmental Contaminants Program Relating to Potential Impacts of the Richmond Landfill Site on the Tyendinaga Mohawk Territory proposal to pay a \$5,000 share of the cost of Dr. Forkert's review work.

Carried.

MOTION #8: Moved by Trevor Lewis, seconded by Blaine Loft that this meeting be adjourned. (2:45 p.m.)

Carried.

Recorded by:
Molly Kohoko

Steve Mercer
Chief Administrative Officer

D. Maracle
Chief R. Donald Maracle

Disclaimer: Comments of individual members may not necessarily reflect the opinion of the whole Council.

TYENDINAGA MOHAWK COUNCIL MINUTES JANUARY 5, 2006

A meeting of the Tyendinaga Mohawk Council was held on Thursday, January 5, 2006 at 9:00 a.m. in the Council Chambers.

Present: Chief R. Donald Maracle
Councillors: Barry Brant, Roy C. Maracle, Blaine Loft and Trevor Lewis
Staff: Steve Mercer, CAO

MOTION #1: Moved by Roy C. Maracle, seconded by Trevor Lewis that Blaine Loft acts as Chair of the meeting until Chief R. Donald Maracle arrives.

Carried.

Chief Maracle arrived at 9:20 a.m.

MOTION #2: Moved by Barry Brant, seconded by Trevor Lewis that Chief Maracle continues as Chair of the meeting.

Carried.

MOTION #3: Moved by Trevor Lewis, seconded by Blaine Loft to acknowledge the following meeting dates:
1. January 5, 9:00 a.m. TMC Regular meeting
2. January 7, 1:00 p.m. Swearing In Ceremony - changed
3. January 11, 7:00 p.m. TMC Local Business meeting
4. January 18, 9:00 a.m. TMC Regular meeting
5. January 25, 7:00 p.m. TMC Local Business meeting

Carried.

MOTION #4: Moved by Blaine Loft, seconded by Barry Brant that this Council approve to hold the Swearing in Ceremony on January 14, 2006 at 1:00 p.m. at the Community Centre.

Carried.

MOTION #5: Moved by Barry Brant, seconded by Trevor Lewis that this Council acknowledge the following committee minutes:
Food Bank Committee: May 12, 2005, June 2, 2005, July 2005, August 13, 14, 2005, September 13, 2005, October 2005, November 2005, December 2005
Mohawk Recreation Committee: June 7, 2005, September 6, 2005, October 4, 2005, November 7, 2005
Kanihiote Tyendinaga Territory Public Library: December 6, 2005.

Carried.

MOTION #6: Moved by Barry Brant, seconded by Roy C. Maracle that this Council approve to meet on January 17, 2006 at 10:00 a.m. with D&K Manufacturing Ltd., Manufacturers of the NatureZone Systems, regarding a water treatment system that could possibly be utilized on the Airport Pumphouse Water System.

Carried.

NOTED: Meet on January 17, 2006 at 3:00 p.m. with LaShelle Brant re: Tobacco Community Development Fund.

MOTION #7: Moved by Barry Brant, seconded by Roy C. Maracle that this Council approve to have the Strategic Planning meeting on January 11 and 12, 2006 at 9:00 a.m. due to the Policing meeting in Ottawa on January 9 and 10, 2006.

Carried.

MEETING MINUTES

MOTION #8: Moved by Blaine Loft, seconded by Trevor Lewis that this Council approve to meet on January 30 and 31, 2006 at 9:00 a.m. re: Capital Planning.
Carried.

MOTION #9: Moved by Roy C. Maracle, seconded by Barry Brant that this Council defer the request for a letter to the Ontario Motor Vehicle Industry Council for Roger Tregunna, owner of Mr. Roger's Auto Ltd., saying permission has been granted to operate a business at 5499 Old Highway #2, Tyendinaga Mohawk Territory, for more information.
Carried.

MOTION #10: Moved by Roy C. Maracle, seconded by Barry Brant
Whereas, the Presqu'ile Provincial Park is overpopulated with white tailed deer;
Whereas, the Presqu'ile Provincial Park Management Plan provides for a deer herd reduction to protect the park ecosystem;
Whereas, Ontario Parks has requested the Mohawks of The Bay of Quinte to assist in a cooperative venture to implement the deer herd reduction plan safely;
Whereas, the Tyendinaga Mohawk Council has met with the Ministry of Natural Resources and Ontario Parks and come to an agreement respecting deer herd reduction plan for Presqu'ile Provincial Park;
Therefore Be It Resolved, that the Tyendinaga Mohawk Council authorizes Chief R. Donald Maracle to sign the Memorandum of Agreement between Her Majesty the Queen (the Crown) in right of Ontario as represented by Ontario Parks and the Mohawks of The Bay of Quinte respecting the deer herd reduction to take place in Presqu'ile Provincial Park on January 9 - 12, 2006. M.C.R. #2005/06-111
Carried.

MOTION #11: Moved by Roy C. Maracle, seconded by Trevor Lewis that this Council approve the following new Business Registrations:
1. Mohawk Cycle Clinic, Daniel John Doreen - owner, type of business: motorcycle - A.T.V. - repairs and sales
2. W.R.L. Enterprises, Wesley Robert Leween - owner, type of business: construction, backhoe service
3. First Nation Petroleum, Deborah A. Maracle - owner, (change of name), type of business: gas bar, store
Carried.

MOTION #12: Moved by Roy C. Maracle, seconded by Blaine Loft that this Council defer the Application for Wholesale Permit to Purchase Tax Exempt Tobacco Products requests from John Baptiste (2), Amos Maracle and Richard & Sharon Maracle, for clarification.
Carried.

MOTION #13: Moved by Barry Brant, seconded by Trevor Lewis that this Council approve to pay the following invoices from Alan Pratt:
1. #2813 in the amount of \$1,566.21 General Matters
2. #2814 in the amount of \$5,882.15 Johnson Brant Family Claim
3. #2812 in the amount of \$3,455.65 Culbertson Tract Claim
4. #2815 in the amount of \$3,638.00 Turton Penn Lease
Carried.

MOTION #14: Moved by Barry Brant, seconded by Trevor Lewis that this Council approve to pay the invoice from Blaney McMurtry dated October 31, 2005 in the amount of \$2,439.59 re: Andrew Clifford Maracle - Former Bench Tech building.
Carried.

Next trial date re: Andrew C. Maracle/former Bench Tech Building is April 3, 2006.

Council discussed ways to improve housing repairs to rentals: more regular inspections, need plan and process, more in-depth discussion.

Trevor Lewis reported that he was contacted by a community member re: basement flooding. Steve stated the problem has been resolved. Staff responded appropriately.

MOTION #15: Moved by Blaine Loft, seconded by Roy C. Maracle that this Council approve to increase HOSECT budget by \$9,074.65 re: rental housing repairs.
Carried.

Council to have further discussion on rental housing repairs at the Capital Planning meeting.

MOTION #16: Moved by Barry Brant, seconded by Blaine Loft that this Council approve payment of the Homeland Drive extras in the amount of \$34,956.50 in order to complete the road properly.
Carried.

NOTED: The one year education leave request to attend the Indigenous Community Health Approaches Program was taken care of at the staff level.

MOTION #17: Moved by Roy C. Maracle, seconded by Blaine Loft that this Council approve the Land Allotment to Thomas Joseph Maracle, the whole of Lot 2-9, Lot 2-10, Lot 3-6-1, all in Concession 1, as shown on Plan No. RSO 7002R. M.C.R. #2005/06-113
Carried.

MOTION #18: Moved by Barry Brant, seconded by Trevor Lewis that this Council approve the Land Transfer from Stanley Roy Green and Edith Marguerite Green to Orval Wayne Douglas Brant and Ina Marie Brant, the whole of Lot 30J-9-1, Concession A, as shown on Plan No. RSO 6999R.
Carried.

MOTION #19: Moved by Roy C. Maracle, seconded by Barry Brant that this Council approve to support the development of a Natural Heritage Report for the Tyendinaga Mohawk Territory with the Bay of Quinte Remedial Action Plan to help with planning/establishing areas for protection, restoration, protect water resources, etc.
Carried.

MOTION #20: Moved by Barry Brant, seconded by Blaine Loft that this Council approves to purchase a Van from Boyer Chev Olds in Napanee at a cost of \$21,967.00 for Mohawk Family Services from the Cigarette Fund.
Carried.

MOTION #21: Moved by Barry Brant, seconded by Trevor Lewis
Whereas, The Tyendinaga Mohawk Council has been requested by our legal counsel to amend Motion #10 passed on October 5, 2005 to provide greater clarity;
Therefore Be It Resolved, that the Tyendinaga Mohawk Council approves and directs that Patricia Frances Rae should be the witness at examinations for discovery on behalf of the Council in the action pending in the Superior Court of Ontario between Richard Brant and others as plaintiffs and the Council and the Attorney General of Canada as defendants (action number 1177/01 commenced in Belleville).
Therefore Be It Further Resolved that the answers given by the said Patricia Frances Rae including the answers to any undertakings made by her shall be binding on the Council for the purpose of this litigation only. M.C.R. 2005/06-112
Carried.

NOTED: 59er's Club is accountable for the deductible re: Jung case - 59er's responsible for own insurance. Building belongs to the Band. 59er's applied for Trillium Funding for renovations. Paying 59er's to have the Food Bank in the building.
Steve - MFS is looking for a used clothing depot - put in 59er's Club
Barry requested all the information regarding these situations. CAO will take care of.

MOTION #22: Moved by Roy C. Maracle, seconded by Barry Brant that this Council approve to delegate portfolios at the Strategic Planning meeting on January 11, 2006.
Carried.

MOTION #23: Moved by Blaine Loft, seconded by Roy C. Maracle to go in private. (11:25 a.m.)
Carried.

Recorded by:
Molly Kohoko

Steve Mercer
Chief Administrative Officer

Donald Maracle
Chief R. Donald Maracle

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

ADMINISTRATION, EMPLOYMENT & TRAINING

EMPLOYMENT & TRAINING DEPARTMENT MOHAWKS OF THE BAY OF QUINTE

Canada Border Services Agency will be holding an employment workshop on Tyendinaga Mohawk Territory, ON, scheduled for February 21, 2006. The workshop will be for upcoming positions in the following regions:

*Northern Ontario Region
St. Lawrence District
Ottawa District*

This workshop will consist of different training modules that will provide an understanding for persons interested in applying for a position with Canada Border Services.

The training modules will include:

- 1: *applying online*
- 2: *statement of Qualifications*
- 3: *Customs Border Services Abilities Test*
- 4: *Overview of Competencies regarding the interview and Abilities Test*
- 5: *How to conduct yourself during the interview*
- 6: *Role of a Canada Border Services Officer*
- 7: *Information about the Canada Border Services Learning Centre*
- 8: *Successful new recruits: further training requirement*

Anyone interested in the final workshop series, please reply on or before February 10, 2006.

Contact:

*Sandy Sero
Employment & Training Department
1-613-396-3424 EXT. 104*

A FRIENDLY REMINDER

The Water Sampling Program will continue throughout the year. Reminder to community members, I will be around to each of your homes as quickly and sufficiently as I can.

It's important to have your water tested at least three times per year, with one of those samples taken in the spring.

If you do not wish to have any samples taken at your house please call to have your named removed from the list. This also ensures that other homes that wish to have samples taken receive earlier service.

For more information or to arrange an appointment please call the Mohawk Administration Office, 396-3424 ext. 129. Keep in mind appointments are made at your convenience.

Nia:wen

EMPLOYMENT & TRAINING DEPARTMENT

Attention: Summer Students

Please be advised that there is a possibility that the Ontario Power Generation Lennox Generating Station, Bath, ON will be getting permission to hire summer students. I have been in contact with their Human Resources persons and this year, the hiring practice will include an aboriginal student. Any positions available would be of a clerical and of a janitorial nature.

The Human Resources department at Lennox GS will accept applications from January to March, 2006. Students must be returning to school in September.

An application is not necessary at this time. To apply, please send a resume and a covering letter to their Human Resources person. Also please indicate that you are applying for Summer Student Employment.

Send your resume and covering letter to:

**Mr. Mike Kavanagh
Human Resources
Ontario Power Generation
Lennox GS Box 1000
Bath, ON
K0H 1G0**

Also you may contact Sandy Sero in the Employment & Training Department at Mohawks of the Bay of Quinte for further information at

1-613-396-3424 Ext 104

Upcoming Event

MBQ Water Sampling Program will be hosting another Water Presentation.

The presentation is currently scheduled to take place in **March 2006**

Watch for further details in the Tyendinaga Newsletter.

For more information please contact Liz Brant or Crystal Maracle at 396-3424



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in Jan responded to 3 calls:

- 1 - House Fire
- 1 - Automatic Alarm
- 1 - Carbon Monoxide Investigation

This brings our total to 3 calls for the year 2006

EDUCATION

TRUSTEE'S REPORT January, 2006

The tuition agreement between the Hastings Prince Edward District School Board and Department of Indian Affairs has finally been approved. On January 16th the report was passed by the Operations and Finance Committee of the Board, of which I am a committee member, and on January 30th it will be officially passed in the Public Board Meeting and will be in affect for a period of three years. I am very pleased to report that the agreement contained all concerns that were developed by our Education Sub Committee when reviewing and protecting the educational interests of our students and community.

I will be attending the Public Education Symposium in Toronto February

2nd - 4th, 2006. This is an annual conference that addresses issues and concerns in Education across Ontario. The Minister of Education, Gerard Kennedy will be one of the main speakers at the conference. His participation and willingness to work with Boards has greatly improved the quality of education in Ontario over the last couple of years, The conference has always been very informative and has been helpful in providing new perspectives in dealing with all aspects of Board Operations. I will have a opportunity to meet with other Native Trustees and share information that will be helpful in providing the best possible service to our native youth.

Remember, if you have any concerns or comments please call Mike Brant at 962-3595.

Computer Software Training

First Nations Technical Institute is offering training for a variety of software programs.

The workshops are being offered on **Thursdays** from **9am-12noon** at **FNTI** and are **\$75/person/workshop** (based on a minimum enrolment of 3 people/workshop session).

The schedule for February and March is as follows:

February 9th Introduction to Computers

February 16th Introduction to Microsoft Word

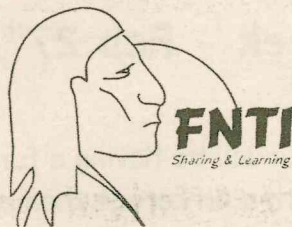
February 23rd Introduction to Microsoft Excel

March 2nd Exploring the Internet

March 9th Introduction to Microsoft PowerPoint

March 23rd Introduction to Microsoft Publisher

Please call Susan Maracle to register at 396-2122.



First Nations Technical Institute
3 Old York Road
Tyendinaga, ON
K0K 1X0



314 Airport Road
Tyendinaga Mohawk Territory, ON K0K 1X0
613-396-6742, Fax: 613-396-6777

Ohahase Education Centre

"Your Future Path to Success"

Ohahase Education Centre staff and students wish everyone a Fantastic New Year!

Grade 9 & 10 Students!

Do you want to be a part of a new and exciting opportunity for Semester 2? Enroll and attend Ohahase and you will be able to participate in our exchange trip to Yellowknife, Northwest Territories! All expenses will be paid if you are a student at Ohahase! This is a great opportunity to travel, meet new people and experience Ohahase. Our second semester timetable includes History, Science, Geography, Mohawk Language, and Healthy Active Living Education. We can accommodate other course requirements as needed. Join us for your second semester and we will help you to be successful!

Adult Students!

Make it your New Year resolution to finish your Secondary School Diploma! It is possible and we can help you complete it! We have many different courses at many different levels to suit individual needs. Come and visit us to find out how we can help you to be a graduate on our list for the 2005-2006 academic year!

Community Members!

Do you have a special gift, talent or knowledge you would like to share with our young people? We welcome and greatly appreciate volunteers at any time during the year. Your knowledge and talent are valuable and we will incorporate it into our learning process. Call and let us know when you are available!

Appel Maracle
Principal

Janet Kring
Program Assistant

Grade 8 Parents Night
Tuesday, February 21
6 p.m. - 8 p.m.
Ohahase

EDUCATION

Quinte Mohawk School News

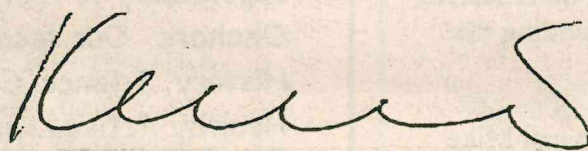
January 2006

"Children are the First Nations most precious resource. They are the link to the past generations, the enjoyment of the present generations and the hope of the future."

Hello Parents & Friends:

At QMS we started the 2006 year with some wonderful learning experiences. The Act Now Program came back and checked in and we are doing well. QMS has been setting goals in attitude, appetite, and activity. Even though they have been in over 150 schools over Ontario, they are so impressed by the respectful attitude at QMS. They found the students to be the warmest and most caring students they have worked with.

Thank you,



Kathleen Manderville, Principal

January Terrific Kids

Hunter Sero, Dakota Brown, Logan Maracle, Rachel Brant, Ben Green, Trey Maracle, Leah Sero, Carlisle Johnson, Jordan Maracle-Hughes, Shayna Maracle, Jamie Kring, Anthony Maracle, Haneh Brant, Kyle Somerville, Kiera Brant, Jeffery Hutt, Isaac Maracle, Ashton Brant.

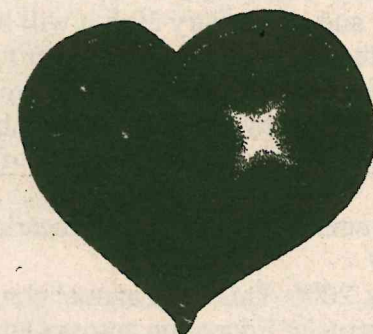
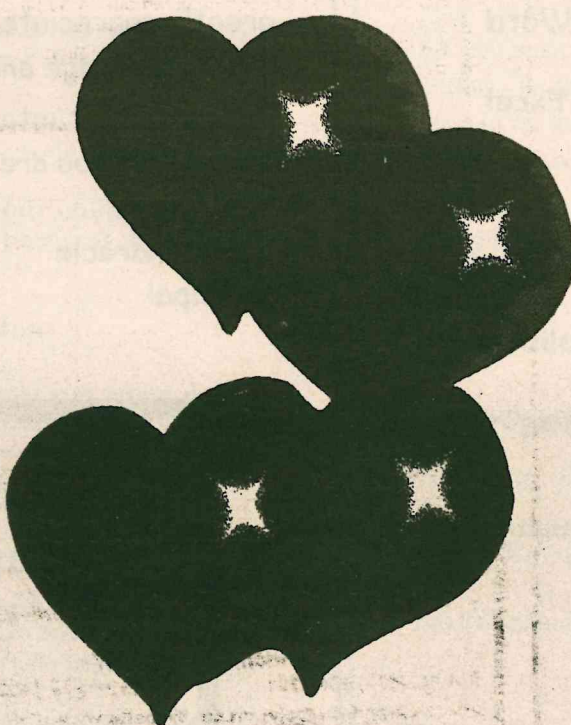
Respect Prizes

Primary - Jaylee Thompson
Junior - Madeline Hill
Intermediate - Emily Maracle

Milk For the Month

Thanks to PIE4QMS Miss Schwager's Grade 3 class will have free milk for everyday for a month.

Magic Dustpan - for showing Respect & Keeping their classroom tidy Mrs. Joy Maracle's Gr. 2 & Mr. McCourt's Gr. 5



Student Council - February

Feb.1st the OHL All-Star Game is in Belleville. Some staff members, student-athletes from Loyalist College and student council members from QMS will be running an air hockey display at the Yardment Arena to raise money for Sick Kids Hospital in Toronto. Come by and visit the booth from 4-7pm on Feb.1st.

Three lucky winners are: Ernie Maracle, Samantha Bailey and Kayla Adams.

Valentine's Day is fast approaching and QMS student council along with QMS students will be raising more money for Sick Kids Hospital in Toronto by selling and buying "Candy Grams" from Feb 8th to Feb 13th. The Candy Grams will then be delivered to the classrooms on Feb 14th. Cost to send a Candy Gram will be 50 cents. They will be on sale at lunch time from the 8th to the 13th of February.

Spirit Week - Feb 27th - March 3rd

Student Council will be having a fun spirit week with a different theme for each day fo the week. Classes with the best participation could win prizes! Information and posters will be up the middle of February.

EDUCATION

DIAN AND NORTHERN AFFAIRS



QUINTE MOHAWK SCHOOL
1624 York Rd., Tyendinaga Territory K0K 1X0
613-966-6984 Fax 613-966-6474

Parents of Grade Class

om: Mr. T. Maracle, Mr. S.Reid

High School Parent Nights

ar Parents/ Guardians,

Please find listed below a summary of the Grade Eight information night at the
al high schools most frequently attended by our students. If you are considering registering
ur child in any of these high schools, it is important that you attend. Please remember that
se dates could be changed and it is important to confirm before attending.

Moira	Thursday, 23 February @ 6:30
Quinte	Thursday, 23 February @ 6:45
St. Theresa	Thursday, 16 February @ 6:30
Nicholson	Wednesday, 15 February @ 7:00
Napanee	Thursday, 23 February @ 6:30
Ohahase	Tuesday, 21 February @ 6:00

ope you find this information helpful. It is important to attend in order to assist your child's
ooth transition into high school.

uary 23, 2006
nte Mohawk School
1
eronto ON K0K 1X0

UNICEF Canada
2200 Yonge Street, Suite 1100
Toronto, ON M4S 2C6
Canada

Tel./Tél.: +1 416 482 4444
Fax/Télé.: +1 416 482 8035
www.unicef.ca

ur Principal, Staff, Students & Parents:

nk you for providing support so urgently needed in the wake of the South Asia
hquake, which completely devastated regions of northern Pakistan and displaced
ons of people from their homes. Your school's generous contribution of \$348 is
orting relief efforts in the region. The response from Canadians – including
raising initiatives organized through schools – has been great. Thanks to these
al contributions, UNICEF's rapid humanitarian efforts in responding to this very
lenging emergency have been continuous, providing children and their families with
means to survive.

CEF has been working around the clock to move life-saving supplies into the region,
rovide clean water and sanitation to affected communities, and to support medical
rts in treating the injured and immunizing children. A central focus has been
ring children to school – a key way to provide the structure and rhythm needed to
traumatized children regain a sense of normalcy in the aftermath of disaster.
usands of school-in-a-box kits have been distributed to make this happen.

le much work remains to be done, significant results have been achieved to date:

Approximately 700,000 children have been vaccinated against measles.
200,000 children have received Vitamin A supplementation.
Registration of separated and orphaned children is ongoing.
Thousands of hygiene kits are being distributed to prevent the spread of disease.
Water treatment systems are being repaired or replaced and water purification kits
distributed.
Winter kits containing warm children's clothing are being distributed.

nk you once again for your fundraising contributions during such a crucial time. Your
erosity is truly making a difference, helping to save and rebuild the lives of thousands
hildren and their families.

earn more about UNICEF's work in emergencies, please visit our Web site at
w.unicef.ca. Should you require further information, please feel free to call us at
00-567-4483, or email Melissa Judd, Manager – School & Youth at mjudd@unicef.ca.

cerely,

Phil Fisher

el Fisher
sident and CEO, UNICEF Canada

unicef



Health Canada Santé Canada

ANNUAL FIRST NATION \$1000 HEALTH SCHOLARSHIP

Presented by the:
Association of Iroquois & Allied Indians

AIAI

The Association of Iroquois and Allied Indians (AIAI) is a Political Territorial Organization (PTO) established in 1969, to represent eight (8) First Nation communities in Central/Southern Ontario, in political forums at all levels of government. AIAI represents approximately 20,000 Status First Nation people from Batchewana First Nation, Caldwell First Nation, Mississaugas of the New Credit First Nation, Delaware Nation of the Thames, Oneida Nation of the Thames, Wahta Mohawks, Hiawatha First Nation, and Mohawks of the Bay of Quinte (Tyendinaga).

Purpose

The AIAI Health Scholarship Award was created in 1989, through contributions provided by Health Canada, to promote and recognize First Nations excellence in a Health or Traditional Healing post-secondary program. Ultimately, we strive to increase the number of First Nations people entering into a health profession as their career goal.

This prestigious Health Scholarship will be awarded to a successful candidate who is currently enrolled in a post-secondary Health or Traditional Healing/Medicine program for the current academic year 2005/2006.

The Successful applicant will receive the \$1000 Health Scholarship, an all expense paid trip to AIAI's Annual General Assembly in Batchewana First Nation, where they will receive honourable recognition by Denise Stonefish, AIAI Grand Chief.

Scholarship Criteria

- All applicants must be of First Nation heritage and a registered band member within one of the eight (8) AIAI Member Nations - Batchewana, Caldwell, Delaware (Moraviantown), Hiawatha, New Credit, Oneida, Mohawks of the Bay of Quinte (Tyendinaga), and Wahta Mohawks.
- Applicants can only accept this scholarship as a one time recipient.
- Applicants must be enrolled as a full-time student in a Health related or Traditional Healing post-secondary program for the 2005/2006 academic school year.

Applications Must Include the Following:

- A self profile as to why you are deserving of such a scholarship.
- Transcripts displaying most current academics
- One (1) letter of support from your Health or Traditional Healing/Medicine program advisor, school counselor, or professor/instructor, etc.
- One (1) letter of support from your respective Chief and Council. This letter should also confirm that you are a registered First Nation member of your community.

APPLICATION DEADLINE:

MARCH 31, 2006

NOTE: Any applications received after 4:30 pm on March 31, 2006 will not be considered.
Reminder: Include your contact information ie. Return address, email, and phone number.

All interested students please submit your application to the attention of:

Cathryn Mandoka, Health Director
Association of Iroquois & Allied Indians
387 Princess Ave.
London, ON N6B 2A7

Phone: (519) 434-2761 Fax: (519) 679-1653
email: cmandoka@aiai.on.ca Website: www.aiai.on.ca

Member Nation
Communities of
AIAI:

★ Batchewana

★ Oneida

★ New Credit

★ Delaware
(Moraviantown)

★ Hiawatha

★ Wahta
Mohawks

★ Caldwell

★ Tyendinaga

EDUCATION

Cultural Awareness Training

This 36 hour course with
**Katsitsiaseh (Betty J. Maracle) &
Anataras (Alan Brant)**
is for Tyendinaga residents and staff at Loyalist College.

Iroquois examples will be shared to show the richness
of indigenous cultures.

**Saturdays from 9:00 A.M. - 3:00 P.M.
February 18, 2006 until March 25, 2006
(6 sessions)**

**at the southeast corner of Bayshore Rd. and 49
highway**

FREE (Sponsored by the Aboriginal Resource Centre, Loyalist College)

For further information, contact Katsitsiaseh (Betty) at 396-3103
To register call 969-1913 ext. 250 or email at eyes@loyalist.on.ca

The Healthy Aboriginal Network

Non-profit promotion of Aboriginal Health, Literacy & Wellness

January 23, 2006

We're looking for First Nations, Metis and Inuit youth talent

The Healthy Aboriginal Network has two comic books coming out this March. The first is on youth suicide prevention and the second is a compilation issue on health issues. Both comic books involved youth at every stage of development - writing, focus groups and illustration. It's the only way to ensure that the storylines, characters and language is authentic.

Storytellers & Writers

The story is an important (and often the most difficult) part to starting a comic book. We've got projects in development all the time and are always looking for story ideas. We ensure that writers maintain copyright of their work. We are currently looking for stories about diabetes and the challenges / successes of learning in a classroom.

Illustrators, Graphic Artists & Cartoonists

Comic book art is more than just about being able to draw really well. It's about interpreting a story and bringing it to life. Really good comic books are like watching movies - scenes are shot from different angles, artists pay attention to lighting and quality of the characters is continuous. Comic book artists know they have to draw 6 panels per page for 24 - 48 pages in a reasonably short period of time. We are always looking for artists that have these abilities.

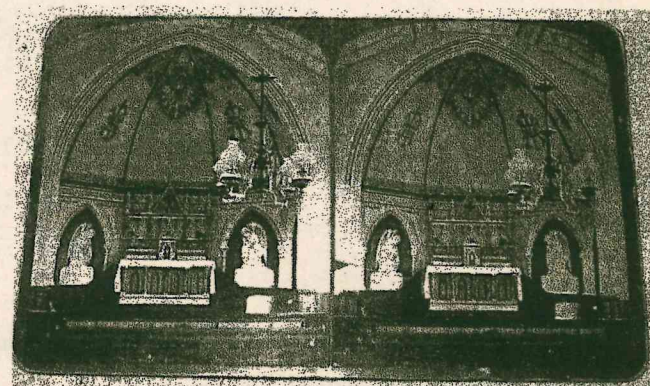
Singers, Musicians & Bands

We've got 2 animated movies coming out this year. It would be great to showcase Aboriginal youth musical talent.

Please mail, fax or email us a sample of your work. It will be returned to you upon request. If you have any questions ask for Sean Muir, Director, Healthy Aboriginal Network.

328 East Thirty Second Avenue Vancouver, BC V5V 2Y4
P 604-876-0243 F 604-876-0248 talent@thehealthyaboriginal.net
BC incorporated non-profit Society No. 5-48330

TYENDINAGA MUSEUM COMMITTEE'S ARTIFACT OF THE MONTH



Stereograph

This paper print is called a stereograph since it is to be viewed through a stereoscope. It was created by photographer John Coleman, of Deseronto. (from the collection of Melville Hill)

Each photo is taken from a slightly different viewpoint corresponding to the spacing of the eyes. When looked at through the stereo the left eye only sees the left photo and the right eye only sees the right photo. This creates a stereoscopic or three-dimensional image. (Blum and Barnett)

DO YOU HAVE ANY HISTORICAL ARTIFACTS?

The **Tyendinaga Mohawk Museum Committee** is presently working toward establishing a museum.

A small grant has been received through the Museum Assistance Program, Aboriginal Museum Development, for a Collections Research Project. The purpose of this project is to ascertain the size of current collection holdings in Tyendinaga as well as any future additions. This information will be used to determine proper space allocation for exhibits and storage in building planning. Although we are not collecting items at this point, we would like to document items with respect to condition, history, maker, dimensions, etc. This information will be stored on CDs for use at a future date. We sincerely hope you will help us in this worthwhile project.

Objects of interest to the Tyendinaga Museum Committee are items that represent the history and culture of Tyendinaga Mohawk Territory. The item(s) may have a connection to Tyendinaga through the people who made the item and/or used it or have a significant historical story surrounding it.

Examples:

- older photographs (pre-1955) of people from Tyendinaga or a event that took place on Tyendinaga
- artwork and crafts made by someone from Tyendinaga or subject matter relating to Tyendinaga or Iroquois people
- Traditional Iroquois regalia
- Objects used in Iroquois games

There are many other objects that you may have that we would consider to be significant in telling the story of our community.

Please contact **Noreen Claus** at **968-9734** if you have anything you wish to consider donating to the future museum or if you have any questions regarding the Museum Committee.

FAMILY SERVICES

Tyendinaga Healthy Babies / Healthy Children

Healthy Babies / Healthy Children is a free program to families with children (Prenatal to age 6) living on the territory. Through our friendly home visits we offer:

- to enhance parenting/caretaking awareness and healthy parenting skills
- to enhance healthy sexuality and lifestyle choices of teens
- to provide prenatal support, services and information to expecting mothers
- to provide postpartum support, services and information to mother, infants, and families
- to identify the needs and goals of children (0-6) and their families- and to help them reach these goals
- to offer the services of a friendly family home visitor
- to ensure interdepartmental coordination of services for children 0-6
- to assist children 0-6 reach their full potential
- to fulfill the above goals & objectives with the integration of traditional teachings & values

VISION: All children (0-6) in Tyendinaga and their parents will meet their full potential.

STRATEGIC GOAL(S): To provide service in a holistic approach for families with children aged 0-6 who are in need.

HOW TO CONTACT US:

Mohawk Family and Children Services Building
40 York Road, Shannonville, ON K0K 3A0
613-967-0122

ARE YOU HAVING A BABY WHY NOT CALL ON A DOULA TO HELP EASE THE PAIN

What is a Doula?

A person experienced in childbirth, which provides continuous physical, emotional, and informational support to the mother and family, before, during, and just after childbirth.

- A birth Doula recognizes childbirth, as a key experience the mother will remember all of her life.
- Understands the physiology of birth and the emotional needs of women in labor.
- Stays with the women throughout the labor.
- Provides emotional support, and is trained in physical comfort measures.
- Allows the woman's partner to participate.
- Assists in the preparing and carrying out the plans for the birth.
- Facilitates communication between the laboring women, her partner, and the clinical care providers.

Studies have shown that when Doulas attend births, labors are shorter and with fewer complications, babies are healthier and they breast feed more easily.

I am a professionally trained doula by Doulas Of North America (DONA), which is an international organization trained to provide the highest quality labor and/or postpartum support to birthing women and their families. DONA was founded in 1992. I have attended and assisted in several births on the territory.

For More Information Or If You Would Like To Have A Doula Attend Your Birth, Please Call Kim Maracle @ 962-6217 evenings OR 967-0122 Daytime

WELLNESS TIPS FOR CAREGIVERS

1. Take care of your own health, that means both your physical and emotional health.
 - Schedule recommended doctors' visits and health screenings.
 - Examine how you can fit a 30-minute exercise break into your day.
 - Do your best to eat a balanced diet.
 - Make sure you are getting adequate sleep.
 - Recognize the signs of depression and talk with your health care professional if you are experiencing them.
2. Enlist the help of others. Care giving should be a team effort.
 - Family and friends may want to help but are often uncertain what to offer. Keep a list of chores and errands handy so you will have something specific for them to help with.
 - Explore what community resources and services are available to assist you with your care giving. Don't think you have to go it alone and do it all yourself.
3. Plan for what-ifs. Take one day at a time, but prepare for the future.
 - Consider who would provide care for your loved one should you be unable to.
 - Have the alternate caregiver(s) spend time with your relative. It will give you a break and make it easier for everyone should you need his or her time on short notice.
4. Keep your expectations realistic.
 - Be realistic about your abilities and how much you can do.
 - Recognize which problems you can do something about and which are beyond anyone's control; focus on the former.
 - Be realistic about the abilities of the person you are caring for.
 - Enjoy the memories but realize their needs and relationships are changing.
 - Recognize there are many rewards or gifts to be had.
5. Take time for yourself.
 - Arrange regular time to take a break from your care giving responsibilities. Also called respite, every caregiver needs more of this than they realize or admit.
 - Talk with family, friends, creator and social service groups to set up regular respite care.
 - Consider home care services.
 - Remember it is important to keep up your own interests and activities as much as possible.
6. Seek Support.
 - It may be afternoon spent with another caregiver.
 - Having others to turn to who appreciate the challenges you face can be a great source of strength and comfort.
7. Acknowledge your feelings.
 - You may have times when you feel angry, frustrated, anxious, and even resentful. These are common feelings among caregivers. Don't try to ignore them: develop strategies to help you deal with them.
 - Talk with others (friends, counselors, a support group), write your thoughts and feelings in a journal, develop an exercise routine, and learn some relaxation techniques.
 - Look at your care giving situation closely, Do you have help and time for yourself?
8. Educate yourself.
 - Being well informed and comfortable about your loved one's illness or disability with specific tasks related to his care promotes confidence and decreases anxiety.
 - Ask questions of health care providers.
 - Participate in educational programs related to care giving issues whenever possible.
9. Give yourself some credit. You may feel you are not doing enough for your love one or not doing a good job.
 - Be forgiving of your own limitations and mistakes.
 - Remind yourself daily of all that you do and the difference you are making in your relative's life.
 - Pat yourself on the back frequently.
10. Laugh! Do this often and loudly. It is free; good for your health and and something you can share with your loved one.

FAMILY SERVICES & RED CEDARS

Physical activity and your baby

From the beginning of life, your baby wants touch and movement. Physical activities such as massage and play help your baby get to know about his or her world.

Babies need to be held and to have playtime while awake in a variety of positions. Confining babies and young children to carseats, playpens, and infant seats can slow their development. Without practice, skills like rolling over, crawling, and walking can be delayed.

Babies who lie in one position for long periods of time can develop flat areas on their heads. This flattening is called **positional plagiocephaly**.

To help prevent plagiocephaly:

Provide lots of supervised "tummy time" and "side lying" play while your baby is awake. Start early (as soon as the umbilical cord has fallen off) and your baby will get used to playing in these positions. These positions help strengthen the neck, shoulders and arm muscles.

Change positions when feeding, holding, or carrying your baby. Change toy and mobile positions so your baby will have to look in different directions. Change your baby's position in bed since babies tend to look out toward the room.

Avoid long periods of time in car seats, baby seats and swings where your baby's head could remain in the same position.

Hold and cuddle your baby to help him or her develop head control. As soon as your baby has developed good head control, provide supervised playtime in a propped sitting position or "exersaucer."

Activities for baby

baby's first six months:

1) Massage:

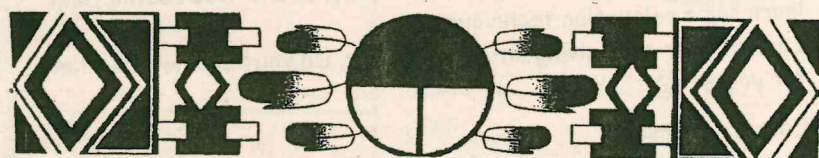
Gently stroke your baby after a bath. Move your hands over baby's back, arms, and legs. Touching your baby's skin helps stimulate his nerve development. This will soothe him and help him learn how to move his body.

2) Head turns and raises:

Lay your baby down in different positions while baby is awake. Show your baby toys (especially rattles) from all directions, one at a time. You can also lie down with your baby and encourage her to look toward you by talking to her or calling her name. This encourages head lift and turn, early rolling and reaching.

3) Sing and talk:

- ★ Talk to your baby face-to-face.
- ★ Make eye contact with your baby when saying her name or cuddling with her.
- ★ Use a lot of facial expression when playing with your baby.
- ★ Use simple phrases. Imitate his sounds. Describe how he is feeling ("You're sleepy!")
- ★ Talk about what is happening ("We're changing your diaper!")
- ★ React to your baby's non-verbal signals like reaching or widening eyes.
- ★ Make or provide a variety of sounds and music for your baby to hear.
- ★ Play rhyming or singing games. The library has several books of this available.



Grief Recovery Outreach Program
 Will provide Grief Recovery, One on One
 MJ Loft, Community Wellness Facilitator
 (Grief Recovery Certification)
 I am located at Mohawk Family Services,
 Phone # 967 -0122

BLENDED FAMILIES/STEPFAMILIES

What is a blended family/stepfamily?

To a child who does not belong to one, stepfamily may suggest Cinderella's family or the Brady Bunch. Actually, neither situation tells the whole story. In a blended or stepfamily, one or both parents have been married before. Each has lost a spouse through divorce or death. One or both of them have children from their previous marriage. They have fallen in love and decided to remarry. They form a new stepfamily that includes children from one or both of their first households.

The blended family is becoming more of a norm than an aberration. Born of conflict and loss, newfound commitment, and often heart-wrenching transition, stepfamilies face many lifestyle adjustments and changes. Fortunately, most of them are able to work out their problems and live together successfully. However, it takes careful planning, open discussions of feelings, positive attitudes, mutual respect and patience.

Parenting in stepfamilies

The stepparent has the hardest role in a stepfamily. He/She may feel they are always walking on eggshells. Relationships between stepparents and stepchildren tend to involve more conflict than those of biological families. Although a new stepparent often wants to jump right in and establish close bonds with the stepchildren, he/she would do well to consider each child's age, gender and emotional status, first.

How do the age and gender of children affect the dynamics of a blended family/stepfamily?

Age

Forming a stepfamily with young children seems to be easier than forming one with adolescents, mostly because of children's **different development stages**. Both biological and stepparents will find it helpful to read and understand basic child development so they do not mistake development and normal behaviours as inappropriate, uncooperative or hostile towards them.

- **Young children under the age of 10** may find the adjustment easier because they thrive on close, cohesive family relationships. The forces that draw a stepfamily together coincide with the need of young children for emotional involvement and structure. Youngsters are usually more accepting of a new adult in the family, especially when the adult is a positive influence. These children, however, are quick to feel a sense of abandonment or competition if they think their parent is devoting more time and energy to the new spouse than to them.
- **Adolescents aged 10 – 14** may have the most difficult time adjusting to stepfamily. They tend to be oppositional. Because of their sensitivity, stepparents need to be especially aware of having time to bond with them before stepping in as a disciplinarian or authority figure.
- **Teens aged 15 or older** need less parenting and may have less involvement in stepfamily life. Older adolescents prefer to separate from the family as they form their own identities. They are less interested in closeness and bonding. Furthermore, since they are more sensitive to expressions of affection and sexuality, they may be disturbed by an active romance in their family.

Gender

Both boys and girls in stepfamilies have reported that they prefer verbal affection such as praise or compliments, rather than physical closeness, like hugs and kisses. Girls are likely to say that they are uncomfortable with physical shows of affection from their stepfather. In general, boys seem to accept a stepfather more quickly than girls. Verbal affection can be an important first stage of all stepparent relationships. Kindness and love communicated verbally will facilitate the bonding process and allow trust between stepparent and child to grow.

Myths about blended families/stepfamilies

The following erroneous beliefs can influence the way family members react to each other. Thus, they can be major impediments to successful adjustment.

- **Love occurs instantly between a stepchild and stepparent**
 This is the expectation that because you love your new partner, you will automatically love his children, or that the children will automatically love you because you are a nice person. However, think about it. *Establishing relationships takes time.* It does not happen magically overnight.

RED CEDARS

Even when you recognize the time involved, it is hard to acknowledge that sometimes you want to have a relationship with someone who does not want to have a relationship with you. It hurts. When people hurt, they may become resentful and angry.

Stepfamily adjustment will be easier if you begin your relationships with your stepchildren with minimal, realistic expectations about how those relationships will develop. Then you will be pleased when respect and friendship blossom and less disappointed if it takes longer than you anticipated.

- o **Children of divorce and remarriage are damaged forever**

Children go through a painful period of adjustment after a divorce or remarriage. Adults often feel guilty about this. Somehow, parents feel they can make it up to their children. This makes it hard to respond appropriately to each child's hurt and to set appropriate limits an important part of parenting.

Research has demonstrated that in time, most children recover their emotional equilibrium. In 5-10 years, most young people are no different, in many important ways from kids in first marriage families.

- o **Stepmothers or stepfathers are wicked**

This myth is based on the fairy tales children hear. Because these stories tell about stepparents who are not kind, nice or fair, people who accept this position may be confused about their roles. You may be a wonderful person who wants to do a good job, but much of the world seems to have another idea about stepparents.

The negative model of the stepparent can affect you in a very personal way, making you self-conscious about your new role.

Children adjust to divorce and remarriage more easily if biological parents withdraw.

Children will always have two biological parents. They will adjust better if they have access to both. They need to be able to see their nonresidential parent and to think well of him/her. Sometimes visitation is painful for the nonresidential parent, but it is important to the child's adjustment and emotional health, except in the rare instances of parental abuse or neglect.

It helps if the residential parent and stepparent work toward a parenting partnership with all the adults involved. Sometimes this cannot happen right away, but it can be something to work toward.

Part time stepfamilies are easier

When the stepchildren visit only occasionally, perhaps only every other weekend, there is not enough one-on-one time to work on stepchild/stepparent relationships. In addition, there is less opportunity for family activities. Since stepfamilies follow an adjustment process, the part-time stepfamily may take longer to move through the process.

There is only one kind of family

This myth believes that the stepfamily will be just like a biological family. It does not have to and probably will not be. Today, there are many kinds of families: first marriage, second marriage, single parent, foster, stepfamily. Each type is different; each is valuable.

Building a life together: A review of the dos and don'ts

Do reassure children that the divorce/death was not their fault. Invite questions and discussion.

Do start talking with your children about the possibility of blending your family long before your marriage. Be tolerant of outbursts in children when you tell them about the re-marriage. Typically, they hope for reconciliation between the two biological parents. Realize children suffering a loss during divorce/death, and they may be vocal about not wanting their new family. Assure children that they will continue to have a relationship with the non-love in parent. Begin a dialogue about the future family life. Mix in lots of listening so that everyone has a chance to acknowledge and mourn his loss through an open discussion of feelings.

Don't push your children into creating relationships. Allow bonds to evolve slowly and naturally. Give your children the time, space and flexibility to adjust to the new situation.

Don't expect your stepchildren to call you mom or dad. Let them decide what they want to call you. Their comfort level is important here. If they don't settle on a name easily, meet with them to mutually select a name that you are comfortable being called.

Do expect and accept different feelings between parent, child, stepparent, and stepchild.

Do establish a unified parenting approach that is evenly applied to everyone in the family. Create a solid bond that demonstrates stability and a sense that the new couple is in charge. Reach agreement with your new partner on how to address the important, unanticipated parenting situations that arise.

Don't forget your marriage by focusing exclusively on the family. Make alone time with your spouse consistently. Nurture your marital relationship. Raising children is a challenge under any circumstances. Raising other people's children is a special challenge. Having a strong marriage will help you blend your families together.

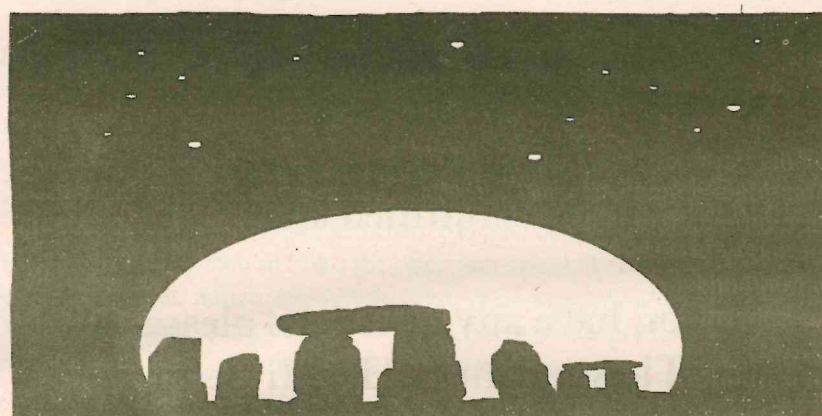
Do spend some time alone with each child and stepchild. Set aside time each day to connect one-on-one with all the children in your new family. This will help them establish a sense of belonging that enhances their connection to the family.

Do respect former spouses parenting. Make sure they have quality time with their child/children.

Do avoid conflicts between the adults involved when the children are present.

Don't hesitate to call on grandparents, family members, clergy, and support groups to help with the adjustments. Get all the assistance you can. Blending two families is both complicated and very hard.

The above information was taken from www.helpguide.org/blended_families



Moon Ceremony

Where: Red Cedars Shelter

When: February 13

Time: Dusk (7:00 approx)

ALL WOMEN WELCOME

Please wear a skirt & Bring water

Potluck feast to follow...

Call for additional info (613) 967-6544



HEALTH CENTRE

Do you have Osteoarthritis?

Would you like to learn more about how to live better with this condition?

Please call to register for a 4 week education session with a Physiotherapist

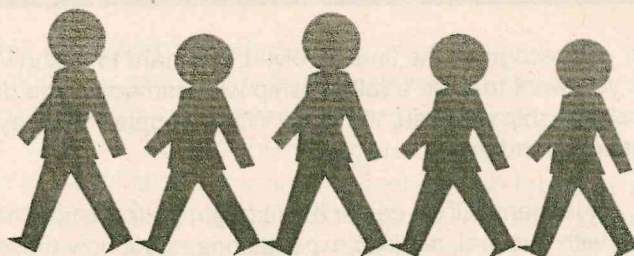
Pat D'Hondt
from
The Arthritis Society

The Group will be limited to
7-15 people

Please register early!

Dates will be confirmed after registration

If you have any questions please call
Thayendanega Health Centre
Community Health Nurses
at
967-3603



Do you know someone who has diabetes?

If you do, this will help

DIABETES SUPPORT GROUP
SECOND of TUESDAY OF EACH
MONTH

Next Meeting

February 14th, 2006

7:00- 8:30 PM

at

THAYENDANEGA HEALTH CENTRE

*Learn more about healthy living with diabetes and
have fun while you are doing it.*

Topic - Ribbon of Life

With Carol Loft SOADI worker

Please come join us and bring a friend!

Light refreshments served

Call the Health Centre if you have any questions
or need a ride
967-3603

*Want to Drink?
That's your business.*

Want to stop?

Alcoholics Anonymous

Discussion group meets
every Monday night
8 p.m.

Thayendanega Health Centre

TOPS

Tyendinaga Mohawk Territory

TOPS (take off pounds sensibly)

Meets every Thursday at the ELDERS LODGE.

Weigh in is 5:00 - 6:00 p.m. (private and confidential)

Meeting starts at 6 p.m.

All New Members Are Welcome!

We share tips on weight loss, recipes, and a lot of fun.

Please contact Donna Crouse at 396-2229.

DIABETES DAY



AT THE

THAYENDANEGA
HEALTH CENTRE

February 15th, 2006

10:00AM TO 2:00PM

RANDOM BLOOD SUGAR
TESTING,

A1C, AND BLOOD PRESSURE

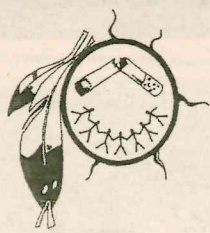
Presented by Brenda Asselstine Reg. N. CHN

Lynda Whalen Reg. N., Diabetes Nurse Educator

Thayendanega Health Centre

KNOW YOUR NUMBERS

HEALTH CENTRE



TYENDINAGA TOBACCO STRATEGY PROGRAM

3rd Annual "Weedless Wednesday" Challenge

A challenge is out to the restaurants of Tyendinaga Mohawk Territory to offer "smoke free" dining for each Wednesday, in the month of March, 2006

There will be ballots for customers, over the age of 19, that support the restaurants that sign up to have "Weedless Wednesday" in their restaurant. This will give customers the opportunity to enjoy a smoke free environment for one day in the week, for a month.

The restaurants will be announced in the next newsletter.

If you have any questions, please contact Mary Lynn at Thayendanega Health Centre @ 967-3603

TEEN POSTER CONTEST

Jessica Hill is the first place winner of a \$250.00 gift certificate from Future Shop and thank you to all the participants that entered this contest.

Let's work together to help our teen community to not start smoking.

Sponsored by the Tyendinaga Tobacco Strategy Program

If you have any questions, please call Mary Lynn Brant @ 967-3603.

TYENDINAGA TOBACCO STRATEGY PROGRAM

We are looking for adult and youth volunteers to set up an Aboriginal Youth Advocacy Group for Tyendinaga Mohawk Territory. The youth volunteers can use these hours towards their high school community hours.

Our youth are our adults of tomorrow, so let's get started today.

WE NEED YOUR INPUT!!!!

If you are interested in quitting smoking or even thinking about quitting smoking, contact the Tobacco Strategy Worker at the Thayendanega Health Centre for more information at 967-3603.

WE CAN HELP YOU ON YOUR SMOKE-FREE JOURNEY.

TYENDINAGA TOBACCOLESS TUESDAY

Thank you to the participants that quit smoking for Tuesday, January 17th, 2006 and the buddies that helped the smokers.

If you or someone you know is interested in quitting smoking, please give the Thayendanega Health Centre a call @ 967-3603.



NURSING MOTHERS' GROUP OF TYENDINAGA

INVITES

BREASTFEEDING MOTHERS' AND BABIES

To their ongoing series of meetings:

2nd & 4th Friday mornings each month
Thayendanega Health Centre

FRIDAY FEBRUARY 10
FRIDAY FEBRUARY 24

10:30 - Noon **DISCUSSION & LIBRARY TIME**
BREASTFEEDING CLINIC

For Breastfeeding Help :
Please call Health Centre 967- 3603



BREASTFEEDING CIRCLE

Mommy I love your milk so sweet and yummy,
It's the very best thing for my little tummy.

Mommy when your patience is running low at best,
Sit down, take a few deep breaths and bring me to your breast.

Mommy hold me close to your soft warm chest,
Because being in your arms is where I like being best.

Mommy do not listen to those who say I am spoiled,
It's just that you're my favourite person in the whole wide world.

Mommy when their negative comments put you to the test,
Don't worry, trust yourself because, Mommy you know me best.

Mommy ignore them when they ask, "Isn't it time to wean?"
Because when to stop is up to only you and me.

Mommy continue rocking me, sing another song.
I am still a baby, but not for very long.

HEALTH CENTRE

February 2006

Moms - In - Waiting The Canadian Prenatal Nutrition Program

The Thayendanega Health Centre is offering **MONTHLY FOOD VOUCHERS** to women during their pregnancy. Please drop by or call the Health Centre and speak with the Community Health Nurses who will outline the program. Tel: 967-3603

We want everyone to have a healthy pregnancy and healthy baby!

Mary McCauley R.N.
Brenda Asselstine R. N.
Community Health Nurses

Yoga Classes

Interested in taking Yoga Class?

An 8 Week Session

Limited spots, register early

There will be a fee for this course

If you have any questions, please call

Lesley Maracle, CHR at
Thayendaenga Health Centre
at 967-3603



The Tyendinaga Home Support program provides services that support and encourage independent living to seniors living in the community age 55 plus and adults 18+ with physical disabilities. We are located at:

Thayendanega Health Centre
R.R.1, 1658 York Road
Deseronto, Ontario, K0K 1X0
Ph: (613)967-3603 & Fax: (613)967-3618

Meals on Wheels Programs: A hot nutritious meal is delivered every Tuesday and Friday between 11:30am and 12:30pm. Meals are \$3.00 each. Frozen meals are also available monthly. They are delivered the beginning of every month. (Prices vary)

Diner's Club Program: Every second and fourth Wednesday of each month a delicious meal is prepared and served at the Elders Lodge at 12pm. Cost is \$3.50.

Transportation Program: The Mohawk Handivan is used to transport seniors living in the community to Home Support programs and community activities. Regular monthly runs to Deseronto, Belleville, Diner's Club at the Lodge as well as Deseronto and bowling.

Home Maintenance Program: Assistance is provided for household tasks beyond the individuals capability. Examples of this service would include: grass cutting, painting, window washing. Cost is \$3.00 an hour.

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

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

The Home Support Team consists of:
Tracey Bunnett, Coordinator
Jessica Brant, Resource Person
Gloria Brant, Cook
Handivan Driver
Orla Maracle, Hot Meals on Wheels Volunteer

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

Walk the Winter Blues Away

Walking Program

starting February 7/06 at the
FNAS gym every

Tuesday and Thursday

from 5:30 p.m.-7:00 p.m.

located at 314 Airport Road

For more information

please call

Thayendanega Health Centre at
967-3603



COMMUNITY INTEREST



*In Loving Memory
of a wonderful Husband, Dad, Poppa & Great Poppa*

Gerald Thomas Maracle
May 26, 1931 - January 15, 1997

*We thought of you with love today,
but that is nothing new.*

*We thought about you yesterday,
and the day before that too.*

We think of you in silence.

*We often speak your name,
now all we have is memories,
and your picture in a frame.*

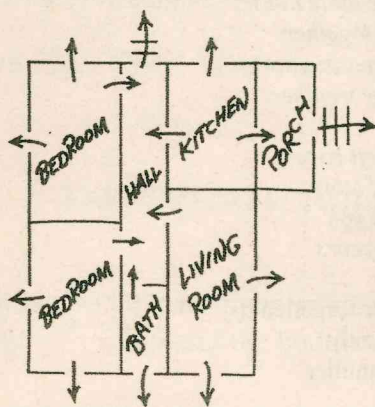
*Your memory is our keep sake,
with which we'll never part.*

*God has you in his keeping,
We have you in our hearts.*

*We love & miss you Dad!
You will always be forever in our hearts.*

*Wife, Marguerite and Children.
Dennis & Sonia, Karen, Bonnie & Bill, Janet & Todd,
Angie & David and their families.*

KNOW WHERE TO GO



**Develop and
practice a home
fire escape plan
so if a fire starts
everyone knows
two ways out
of every area.**



In Loving Memory Of Our Dear Brandon Claus

April 27th, 1986-January 17th, 2000

God takes us up one by one and breaks the family chain, until one day in Heaven, we all meet up again.

If tears could build a stairway,

and memories a lane, I'd walk

right up to Heaven and bring you

home again.

Gone but not forgotten,

although we are apart,

Your spirit lives within me,

forever in my heart.

Your memories are so precious, Your presence missed so much, you will always be remembered and loved by all of us.

Loved Always, Mom & Dad

Alfred & Cheryl Claus

In Loving Memory Of My Brother
Brandon Claus

April 27th, 1986-January 17th, 2000

The moment that you died,

My heart split in two,

The one side filled with memories,

The other died with you.

I often lay awake at night,

When the world is fast asleep,

And take a walk down memory lane,

With tears upon my cheek.

Remembering you is easy,

I do it every day,

But missing you is heartache,

That never goes away.

I hold you tightly within my heart,

And there you will remain,

Life has gone on without you,

But will never be the same.

For those who still have their brother,

Treat him with tender care,

You will never know the emptiness,

As when you turn and he's not there.

I love you & will never forget you
Sister, Shannon

COMMUNITY INTEREST

Thank You!

We would like to thank everyone for your thoughtfulness, concern and help during our time of need after losing our Father, Randy.

Dad had a lot of friends in and around the community and he will be sadly missed.

*Thank you one and all for your support and kindness,
Brad, Ruby and Family*

Thank You!

I would like to take this opportunity to thank everyone who sent food to the Elders Lodge and the Community Centre, also for the many donations and flowers.

A special thanks to Chief R. Donald, The Mohawks of the Bay of Quinte, The Pow Wow Committee, The Bus Drivers and Canon Betts for the lovely service and visits to Randy.

Thanks also for the many cards I received.

A big thanks to those wonderful Native Ladies for the delicious lunches they served.

To Edith Green who has been so good to Randy and I.

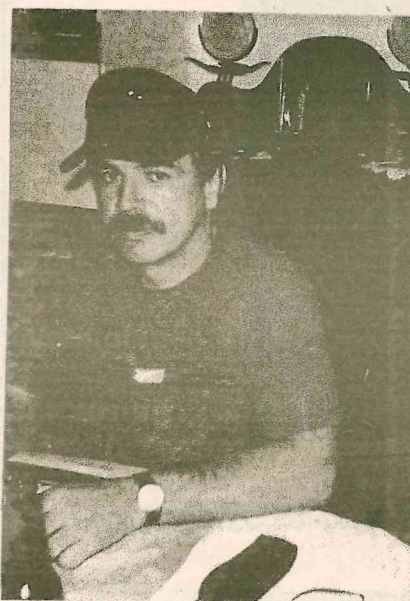
You are a wonderful lady!

I thank everyone who helped me in anyway.

Thanks also to Red Cedars. I am sorry if I missed anyone, but it is so hard when you loose someone you've loved for nearly 60 years.

God Bless everyone.

Verna Boomhour



In Loving Memory
of a dear dad & poppa
Gerald Thomas Maracle
who left us on January 15, 1997.

*You did so many things for us,
Your heart was kind and true,
And when we needed someone,
We could always count on you.
The special years will not return,
When we were all together,
But with the love within our hearts,
You will walk with us forever.*

Always missed, but never forgotten
Bonnie, Bill, Haley, Bart
Cassie, Greg, Jared



In Loving Memory
of two special friends Perry Lefort & Michelle Smith we
lost suddenly one year ago on February 14

Our Friends Farewell

*Where did you go so suddenly?
Why did you have to leave?
Questions racing through our brains
It seems like make believe.*

*We miss your voices, our daily talks
The laughs we shared together.
We thank you for your great support,
When we were under the weather.*

*We can't believe you left so fast
Many eyes so full of tears,
We will not forget you
How ever long our years.*

Always be missed and never forgotten by,
Bill, Bonnie & family
and All friends & families

COMMUNITY INTEREST



Aboriginal grad has dream job interning at Hockey Night in Canada

Tyendinaga Mohawk Territory, Jan. 15, 2006: A 2005 graduate of First Nations Technical Institute's Aboriginal Media Program, now an intern with CBC Sports, says you can't expect to get your ideal job right away, you have to work towards it.

"You can't just dream about things, you have to try," says Jeremy Brascoupe, from Kitigan Zibi First Nation, near Maniwaki, Que. "I'd like to be a producer for Hockey Night in Canada," says the show's new program assistant.

And for now his job includes watching hockey games and doing shot lists for big plays that he passes on at the end of each period. He also watches games after the fact for camera shots to be used as highlights or in player profiles. He does searches in a huge database... "They tell me what they are looking for"...and passes the research on.

Even if they didn't seem directly related to his dream job, in Brascoupe's case TV sports, he says all the skills he learned either in class or on placement "add up to the background you need."

His advice to young people who want to work in media? "Take every advantage you're given. If you perform well at any place, you get a good recommendation and that helps. Be reliable and hard working. Don't underestimate anything you are doing. Even when you're a 'gofer', you learn... Others at the top had to do what you are doing now when they started."

Aboriginal Media Program co-ordinator Brant Bardy says Brascoupe has used the program's unique delivery to do a variety of placements with increasing responsibility while he was still in school. "And Jeremy works so hard that most of his placement providers didn't want him to go back to school."

The Aboriginal Media Program at FNTI leads to a three-year Journalism-Aboriginal Profile diploma in partnership with Humber Institute of Technology and Advanced Learning in Toronto. Classes are held on Tyendinaga Mohawk Territory, east of Belleville, Ont. Learners from all over Canada do media placements between sessions. For those with extensive media experience, a fast track and some distance learning is available. See www.fnti.net/media

For more information, contact Brant, Bardy, Co-ordinator, Aboriginal Media Program at First Nations Technical Institute, 1-800-267-0637, brantb@fnti.net

POSTCARDS FROM THE VISION QUEST

by Joseph Brant

Just some random thoughts from your friendly neighborhood Joe

Well, here it is: a brand new year. I was going to write something last month but when I tallied it all up, my experience at home was – in the end – a really good time with the family, book-ended by insane amounts of time at airports and in tiny little airplanes.

It took fully two days to get back to Nashville. I settled for an airline that primarily operates commuter planes – you know, those small ones the size of buses? Yeah. Well, I had to go through Milwaukee, Wisconsin to get to Nashville and, even though there was no evidence of bad weather or fog or anything, my second plane would not leave. I had to spend the night in Milwaukee.

Not the Milwaukee that tourists get to see. I got the Milwaukee-out-by-the-airport experience. FYI: Pizza Hut tastes the same in Wisconsin but the delivery people are much nicer. I over-tipped the delivery girl/lady/woman, turned on the TV and – I'm not lying – watched a show about dining in Nashville for under \$40.

It was a rather vertiginous evening, I guess.

I work at a bookstore, as I have the past couple years, and we have this "listening station" like the ones you see at Wal-Mart or wherever they sell music these days. Our vendor supplies us with 10 CDs that we, in the end, don't have to sell because we get to return it at the end of the month when the new shipments come in.

So I go through months when I play in the store only the 2 or 3 CDs they supply that I – and, many times, it's only I – like. This month I'm going crazy over the new Mary J Blige ("The Breakthrough") and something called "The Very Best of Rosanne Cash." Last month it was the Dolly Parton album ("Those Were the Days") and the Melissa Etheridge greatest hits. The vendor primarily distributes these listening stations in "womens" bookstores, which explains the mondo-Sapphic content.

Watched a couple movies lately that I highly recommend. "King Kong" was mad-awesome. I watched the original and, strangely enough, found myself entirely taken by the technology back in 1937 or whenever it was back in the 30s that the first movie was made. This new version, though, by comparison, is just wicked. Wick. Ed.

There's this whole dinosaur sequence – again, just like the original – that is so fast-paced and literally clutching-the-armrest-worthy, that it alone is worth the price of admission. Not sure about the whole "love" between the ape and Naomi Watts, though. Notice how the camera only gets a shot of Adrien Brody from one angle.

Everyone in all of America is going crazy over "Brokeback Mountain." I'm proud to brag that I saw it before it was released. For some reason there was a special media-only screening in early December that I got a pass to. Loved it the first time. I'd read the short story that the movie is based on earlier, though, so there was NO surprises for me, and I hate that. A friend who hadn't seen it and I went just this past weekend and, this time, I didn't love it quite so much.

Of course, everyone I've talked to about it has turned it into the new "DaVinci Code," like there are supposed to be all these secret meanings to this or that. I hate to refute them, because they're filled with so much passion about what they believe...so I just wait until they leave before I laugh.

As I write this, I'm looking up the results of the Canadian election, which was just yesterday. I realize now how much I love the Toronto Star. It's just the most liberal paper in all the country. The headline reads: "Fragile minority for Tories."

I punched in the Tyendinaga postal code – how many of us will go to our graves saying "K-oh-K, 1-X-oh" instead of acknowledging those "oh"s as numbers? – and found two ridings: Prince Edward-Hastings, and Lanark-Frontenac-Lennox and Addington.

My hunch is we're the first one but what do I know? I've never voted for anything in Canada – and, of course, the debate will always rage as to whether Native people actually should. The "debate" is rather moot because, in my experience, it seems people I know just find it *easier* to not vote than to do anything like consider whether it should be done.

COMMUNITY INTEREST

I got to wondering a while back if we'd make any difference if, say, everyone on Tyendinaga voted in an outside election and I seemed, in a way, to get my answer today. First: some assumptions, on my part. We NEED the Liberal party. As crappy as it's been with regard to us, it's light-years better than the Conservatives (and the NDP ain't going anywhere beyond where it is now, so let's get over that). In the end, it's really a good thing we'll have to suffer through a – I just said "we"!! – Conservative-minority government so the Liberals can (if I can use the language of my youth) smarten-up.

But where we live, though, is – it seems – a bastion of Conservatism. My hunch is that it's not the conservatism I'm used to here in the South: where God and George Bush will strike you dead unless you go to this or that specific church. Just the same. Those ridings we neighbor voted Conservative; by, in one case, a 2:1 margin.

What does that mean, I wonder? From what I've gathered (in all my years), there aren't all that many rich or terribly proselytizing people in the area; if anything, the whole Belleville/Hastings area seems a little depressed – with the exception of the folks in those houses across the Bay Bridge and ... I dunno: do all the rich people just visit the Picton area or are they moving in now?

Anyway, I'm talking now about "where I'm from" and thinking about all the people I knew back when we were teenagers and it just isn't making much sense: more vertigo, I suppose.

I got to thinking while I was home about the differences between that area and the generally accepted ways of life in Ontario. We – "we" again – are all supposed to be so liberal and yet the votes don't reflect it. We're supposed to be so cosmopolitan, because we welcome the immigrants with open arms but when I really stopped and looked around back in December, all I saw were white people and the Indians that were with me.

It's becoming more and more obvious to me, in all these years I spend away from home, that people – young people – really have to leave the places where they grow up, where they're comfortable, in order to understand just what makes "home" so unique. Vision quests are necessary.

It's not that you come back filled with a personal understanding of your own place in the world but that you return with a personal understanding of your own place in the world.

A subtle difference – especially when you use the same words! – but a poignant one, nonetheless.

josephbrant@comcast.net

Tyendinaga 2nd Annual Business Trade Show

Saturday, March 25, 2006 marks the date for our 2nd Business Trade Show at the *Tyendinaga Community Centre*. March, 25 is the date we present our businesses to the community and surrounding communities and elaborate on our expertise in each of our fields.

Why Should My Business Attend?

A number of Businesses that attended the Trade Show last year were privileged to gain new clientele as well as new contracts and exposure to the outside communities through the radio and newspaper. As you proudly present your business, you will gain exposure to reinforce commitment to your already loyal customers. You will also get a chance to let others know about your business. This is a good way to be part of the community, relax, meet and greet and perhaps just visit and let people know how friendly our businesses are.

There will be advertising and promotion on the radio and newspapers to encompass the full area including Picton, Trenton, Napanee and other nearby communities. At last year's event, the radio personalities took time to visit each booth. This opportunity gave the businesses a chance to get on the radio and talk of their business, if you wish to be included please let us know because there is a time limit.

Looking for Ideas and Volunteers

We are seeking volunteers to help organize and the set up for the Trade Show. If you have time or know of someone interested in helping out at this event it would be greatly appreciated please let the Economic Development Office know. We are also looking into fun ideas for whole families, mainly to attract people and make this a fun and educational experience for all. We would like to have something of interest for our businesses and business people including the retail sector letting the public experience your expertise and professionalism. It was suggested we have a jail'n bail and a treasure hunt for the kids and maybe a clown and face painting and perhaps story telling. Your ideas are welcome and I look forward to hearing from you.

Cooks & Bakers

We had both upstairs and downstairs kitchens in operation with Native foods from local people for sale. We would like to offer the same amenities to our guests and business attending the trade show this year. If you are interested in using either of the kitchens we need to know a.s.a.p. We would require having a list of foods that will be available as they will be advertised to the community. If you are preparing food, we'd prefer to keep to Native Foods as much as possible.

A good variety of businesses attended last year. This year we would like to expand to introduce ALL businesses; what you have to offer, including artisans, craftspeople, and the other retail stores and services, and trades. Speak to us about setting up different incentives for your business.

What is the Cost?

Our aim is to keep fees as reasonable to the business as possible. We would like businesses to participate in ways that would promote the event and your business. We are asking for a donation for a door prize from your business, as this would let people see your product. It was suggested if we collected a fee and then bought a "Grand Prize", such as a trip to Niagara Falls which would include a room for two (or family). If you feel this is a good idea to potentially get more people to attend. Also this would be used as a promotion tool with each business attached to it.

How to Register

You may fill out the attached form to register your business and return to the Economic Development Office, or email either lashelleb@mbq-tmt.org, or lyndat@mbq-tmt.org. Or if you have questions or some ideas you wish to discuss please give us a call at the Administration office 396-3424 ext. 110, or ext. 135.

Thank you,

Lynda Thomas
Assistant Economic Development Officer

KWE RADIO



is still urgently seeking new volunteers for various positions and duties at the station.

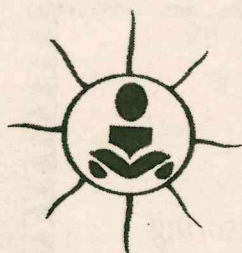
If interested call 967-0463 or 396-5364

Please leave a message or reach us at our e-mail address

kweradio@yahoo.ca

BIRTHDAYS

	<p>Happy Belated 4th Birthday!</p> <p>Ashton Dec. 10</p> <p>Tons of love from Auntie Ang</p>	<p>Happy Belated 5th Birthday!</p> <p>Makayla Jan. 12</p> <p>Love Aunt Linda, Angela Jake & Family</p>	<p>Happy Belated 9th Birthday!</p> <p>Gavin Jan. 6</p> <p>Love Aunt Linda, Angela Jake & Family</p>
<p>Jodi John - Feb. 4 Kate Brant- Feb. 10th Mary Lynn Brant - Feb. 23</p> <p>from your buddies @ T. H. C.</p>	<p>Happy Belated 4th Birthday!</p> <p>Ashton Dec. 10</p> <p>Love you, Mom, Dad, Victoria and Nan</p>	<p>Happy 10th Birthday!</p> <p>Victoria (Tori) Jan. 21</p> <p>Lots of love from Auntie Ang & loads of love from Mom, Dad Ashton & Nan</p>	<p>Happy Valentine's Day!</p> <p>Robin</p> <p>Love, always & forever Lorrie</p>
<p>Happy 9th Birthday!</p> <p>Skye Feb. 5</p> <p>Love Grandma Ruby & Grandpa Brad, Uncle Jamie & Toby too!</p>	<p>Happy 28th Birthday!</p> <p>Jason B.</p> <p>Love Uncle Brad, Ruby and Tribe!</p>	<p>Happy 26th Birthday!</p> <p>Amanda Lynn Wilson/ Boomhour)</p> <p>Love Mom & Dad, Your brother Jamie & Toby too!</p>	<p>Happy 30th Birthday!</p> <p>Robin Feb. 2</p> <p>Love, always & forever Lorrie</p>
<p>Happy Birthday!</p> <p>Bill Feb. 6</p> <p>Have a great day!</p> <p>Love always Bonnie, Cassie, Greg, Bart, Melissa & Elijah</p>	<p>Happy 19th Birthday!</p> <p>Kayne Feb. 23</p> <p>You will be legal! (Hee, Hee)</p> <p>Love Aunt Bonnie, Uncle Bill, Haley, Bart, Melissa, Elijah, Cassie, Greg & Jared XOXOXOXO</p>	<p>Happy Birthday!</p> <p>Daddy Feb. 6</p> <p>I love you very much!</p> <p>Love, Sweet Pea XOXOXOXOXO</p>	<p>Happy Birthday!</p> <p>Pete (Vern) and Koj to our brothers and brother in-law's Feb. 13</p> <p>Love Holly & Ky</p>
<p>Happy Birthday!</p> <p>Pappy Feb. 6</p> <p>Wuv you!</p> <p>Love 88 Fingers (little man) OXOXOXO</p>	<p>A Big 65th Birthday Joy!</p> <p>Feb. 24 (You don't look a day over 39!!)</p> <p>Love your co-workers, Marilyn, Angel & Warren</p>	<p>Happy Birthday!</p> <p>Alecia Feb. 28</p> <p>Love Aunt Marilyn, Uncle Rick & Sam</p>	<p>Happy Birthday!</p> <p>D. J. Feb. 26</p> <p>Love Aunt Marilyn, Uncle Rick & Sam</p>
<p>Happy Anniversary!</p> <p>Uncle Glen & Aunt Donna Feb. 15</p> <p>Love Mike & Kelly</p>	<p>Happy Birthday!</p> <p>Alecia Feb. 28</p> <p>Love Maria, Brad, Connor & Wyatt</p>	<p>Happy Birthday!</p> <p>Grandma B</p> <p>Lots of love, Connor & Wyatt</p>	<p>Happy Birthday!</p> <p>Erin Feb. 4</p> <p>Love Aunt Marilyn, Uncle Rick & Sam</p>
<p>Happy Anniversary!</p> <p>Mike Feb. 15</p> <p>Love Kelly</p>	<p>Happy Birthday!</p> <p>Erin Feb. 4</p> <p>Love Maria, Brad, Connor & Wyatt</p>	<p>Happy 9th Birthday!</p> <p>Feather Jan. 15</p> <p>All our love Aunt Irma, Uncle Larry Amy & Bubbles</p> <p>Happy 9th Birthday to my cousin Feather Lots of hugs & kisses Bailey XOXOXOXOXO</p> 	



KANHIOTE LIBRARY

TYENDINAGA TERRITORY PUBLIC LIBRARY
York Rd. Tyendinaga Mohawk Territory, K0K 1X0
967-6264

TRIVIA CHALLENGE SUNDAY, February 19 at 2:00

Call: 967-6264
to enter your team

Are you curious about scrapbooking?
Do you already scrapbook and would like an evening out to do so?
You are invited to join the
NEW Krazy Kroppers
at the Kanhiote Library on
Wed. Feb 8th, 2006 anytime from 7:30pm to 10:30pm.
For more information or to confirm your spot please call Yvonne 966-9138.

FIRST NATIONS PUBLIC LIBRARY WEEK 2006

Preserving our cultures story by story ... Building our communities book by book

WHEREAS, in a world undergoing constant change, libraries provide living memories of our past and direction for the future of our First Nations;

WHEREAS, libraries provide knowledge of important research about health, economics, housing, the environment and countless other areas to support better living conditions and to help people lead longer, more purposeful lives;

WHEREAS, libraries support a successful workforce with programs, computers and other resources to help communities learn to find, share and use information they need for their jobs, health, education and other needs;

WHEREAS, many libraries offer pre-school storytimes, reading programs and homework help to encourage children to begin a tradition of reading and learning that will serve them on their path in life;

WHEREAS, we recognize that the knowledge keepers and gatherers of the

_____ KA: NIHOE _____ Library
provide a vital service to our community;

BE IT KNOWN, I _____ Dmed m ams _____ Chief of
_____ MOHAWKS OF THE BAY OF QUINTE _____ First Nation

Proclaim

FEBRUARY 13 - 18, 2006

To Be

FIRST NATIONS PUBLIC LIBRARY WEEK

And I invite everyone in our community to join in the celebration this week
and to use our public library throughout the year.

News & Views from the 59'ers Club

Hope everyone's 2006 has started out Great.

It is with great sadness we remember the passing of our faithful and loyal Past President Mary Donovan. Mary was extremely hard working and gave the club her all. Mary was always credited with her perseverance to get the club renovated. She is responsible for the club having the beautiful landmark we use today. She is missed by all and may she Rest in Peace.

We wish to Thank everyone for their support. That made our X-mas Dinner and Children's shopping day such a tremendous success. We were able to raise \$906.47 for the Angel Tree program that will give them a nice start for next Christmas.

I would like to acknowledge a most generous donation of \$500.00 from the Tyendinaga Lions Club. This money allowed us to buy gifts for men & teens that we were lacking. Also much thanks to community members who donated so many beautiful gifts for the shopping day.

My special thanks goes out to Allan & Gloria Idzenga for their tireless efforts in transporting and collecting almost all of the gifts. To Gloria, my Vice President give my sincere thank you for her support all year and all the hours she spent sorting, cleaning and packaging the gifts.

I also wish to acknowledge the work of:
Eileen Moreau - Treasurer
Millie Maracle - Social Convenor
Mary Stout who does all of our posters and advertising
Donna Neale & Cheryl Anderson have shared the secretarial position since regretfully June Morden moved away.

To those people I say Thank You, they make the Presidents job much easier, and to all club members who give their time freely when called upon

Good Health & Much Happiness to one & all in 2006!

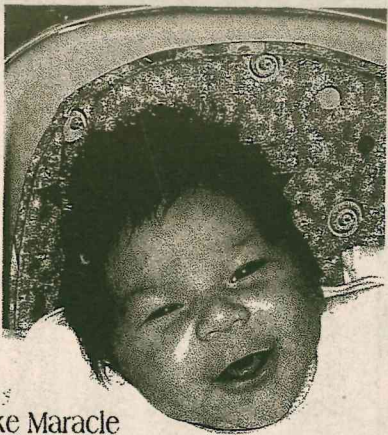
Sincerely Janet Jung, President

MOHAWK (FAIR) AGRICULTURAL SOCIETY MEETINGS

Monday March 6, 2006
7:00 p.m. at the Mohawk Firehall

All are Welcome!

It's
a Girl!



Jennifer Brant and Mike Maracle
happily announce the safe & early arrival of their daughter,

MEGAN SHELBY

at 8 o'clock on the morning of
Saturday December 17, 2005
weighing 7 lbs, 3.5 oz and 20 in. long

Grandparents are:
Sandra Brant, Tyendinaga Territory
Clayton Brant & friend Pat, Alderville First Nation
Laura Brant, Port Hope, Ontario
Everett 'Joe' Maracle & friend Annette, Trenton, Ontario
the late Joanne Maracle, Tyendinaga Territory
and
O-MA, Audrey 'Mrs Herb' Maracle

Jen & Mike wish to thank Dr. David O'Brien and nurses at Belleville General
Hospital and special thanks to Martha Rose Green for her amazing support.

It's
a Girl!



Sarah Brown and Noah Nashaooraitook are thrilled to announce
the early, and safe arrival of their baby girl. Jackson and Peyton
are ecstatic to have a baby sister.

" Karissa Salyn Umiktuaqruk Nashaooraitook "
Born: January 10, 2006
Weight: 6 lbs. 1 3/4 oz.
11:39 p.m.

Proud Nanny: Sharon Hill

It's
a Girl!



Congratulations Laura & Bub! Thanks for the beautiful gift of
another granddaughter.

" Jaida Ann Marie "
Love
Connie and Cool Poppa Phil

Congratulations Mom & Dad. Thanks for my
beautiful baby sister Jaida.
Love Jurnee

Congratulations Aunt Laura and Uncle Bub
Thanks for our new cousin Jaida.
Love Trey & Dawson

Thank You!

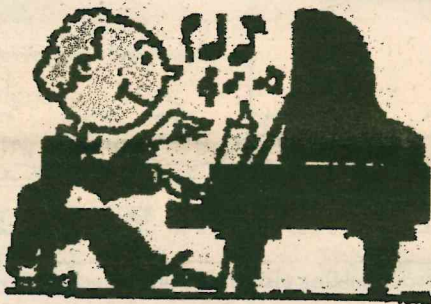
To the Dream Catcher Fund for sponsoring
Tyson and Mackenzie Periard for their sporting
endeavours.

Michelle Maracle

Bailey Maracle would like to send thanks to
Dreamcatcher Fund for their financial support
of her piano lessons.

Bailey is really enjoying learning to play the
piano, so much that she played at the
Quinte Mohawk School X-Mas Concert.

Bailey's family is very proud of her!!!!



Games Room Rental

The games room is available for rent for
Birthday parties, meetings or for family fun
Only \$30.00

Special Certificate & Prize for the Birthday Person
Sports equipment & games available to use

For more information contact (613)396-3424 ext.107
or (613)396-5339 24 hr. voice mail or email
darlenel@mbq-tmt.org or www.mbq.tmt.org/

Promoting Healthy Living & having fun doing it !

RECREATION

ADMINISTRATION
OFFICE 396-3424
EXT. 107

RECREATION NEWS

ENNIHASKHA / FEBRUARY
"NATURE IS LATE"

DREAMCATCHER FUND WORKSHOP

RESOURCES

- Dreamcatcher Fund
- 1-866-508-6795
- www.dreamcatcherfund.com
- Canadian Association for the Advancement of Women & Sport and Physical Activity (CAAWAS)
- www.caaws.ca
- Canada's Healthy Workplace Week
- www.healthyworkplaceweek.ca
- Healthy Unit's Healthy Life Line
- 1-800-267-2803 ext.610
- www.lifeworks4health.org
- www.hpechu.on.ca

The Dreamcatcher session was well attended and from the evaluations everyone's questions were answered. Nia:wen to Darryl, Yvonne and Roxanne for traveling to Tyendinaga on such a stormy winter day and sharing information, it was well presented.

Pleasure Craft Operator Card Workshop

In another term Boat License, the workshop has 16 people registered for the event on Saturday February 11.

Nia:wen to Roy Alkenbrack for the great idea of bringing the workshop to our community.

WINTER FAMILY FUN !



Tobogganing and skating is a great winter fun, and the exercising becomes a fun event.

Winter Family Walk

The Ignite the night on Friday February 10, 6:30pm at Zwick's Park Belleville.

Active Time. Lets Begin !

Free family physical activity nights is still happening at the Quinte Mohawk School gym on Wednesday nights from 6:30pm to 7:30pm, a hour of fun and exercise. The next couple of weeks its youth choice of fun. Its never to late to come out.

Lets keep the ball rolling !



Winner of the Mail-box of Giving

Congratulations to Helen Brant. Nia:wen for everyone's support ,proceeds was \$123.00



Items for sale

Large freezer
Exercise equipment
Tables & chairs
Table tennis

For more information and to view items call Recreation Depart.
(613) 396-3424 ext.107
sealed bids requested closing: March 31/06

Karon hiak ta'kie
Tyendinaga Ball
diamonds



**Diamond
Rental**

Call for Registration of the
"NEW" diamonds for the
Summer 2006/07
2 diamonds in one area
(613) 396-3424 ext# 107

Canteen / Bathrooms /playground

- Rental—\$15.00 a game (same prices since before 1999)
 - 1 day tournament \$125.00
 - 2 day tournament \$165.00
 - 3 day tournament \$205.00
 - Great for a fundraiser or Family gathering. Team work event for the Office.
- Call for more details. 24 hr. voice mail
• A Eat Smart Canteen

RECREATION & ENVIRONMENT



**HAVE FUN
&
GET HEALTHY**

HI

I'm Neil Linsdell a certified personal trainer, Fitness instructor and I hold the rank of a 2nd Dan black belt in karate. I am bringing a wide variety of fun fitness classes both you and your children can enjoy every Wednesday starting March 22/06 at Quinte Mohawk School Gym.

To register or for information call
(613)478-6339/ neillinsdell@lycos.com
Or

(613) 396-3424 ext.107 Recreation
darlenel@mbq-tmt.org

Space is limited, register by February 9

Classes run for 6 week blocks & cost is \$5 drop in or \$25 up front for the 6 weeks it's like getting one free class. Payments to the Recreation Department (Programs will start March 22/06 if 25 people have signed up)

Physical Programs Offered

- ☐ **Cardio Kick - (Parent and children age 5+)**
Cardio class a total body workout mixing martial arts & aerobic routines no martial arts experience necessary have fun.
- ☐ **Kick-box - (age 11 +)**
Kicking & punching routines done against bags & pads.
- ☐ **Body tone - (age 11+)**
A total body workout using an exercise ball & weights.
- ☐ **Bootcamp - (adult)**
A circuit based program each station a different exercise and each exercise is done for 1 minute before moving on to the next, great for strength and toning.
- ☐ **Parent & children karate (kagami-shin-kai) (age 5+)**
Why not take up something you and your child can enjoy karate training is an excellent form of physical & mental exercise.
- ☐ **Self-defense (women only) (youth & adult)**
Learn basic kicks and punches how to escape when grabbed from front or back etc and what to do and how to escape when pushed to the floor and how to make every day objects into weapons.
- ☐ **Fun time (Parents & children age 3+)**
Parent & children circuit classes, come along and be prepared to laugh & have lots of fun, 10 or more stations each with a different fun activity. Be prepared to work together to get through each activity.

Nia:wen to Neil for coming to Tyendinaga with these great programs !

Your Participation is Important!

If you smell odours from the Richmond Dump,
It is important to report the day, time, and location
to:

The Ministry of the Environment
Spills Action Center
Daytime call 1-800-267-0974, Andrew Morley ext. 2660 or
Penny Stewart ext. 2662
After Hours call 1-800-268-6060
Waste Management Call (613) 388-1057 or
after hours call
388-2798 or 1-800-465-4551

Keep track of smells and share it with the Concerned Citizens Committee,
by contacting,
Steve Geneja 969-0286, (fax) 969-9830
or by email to withonevoice@ihorizons.net

Tips on Living Green!

"When we begin to separate ourselves from that which sustains us, we immediately open up the possibility of losing understanding of our responsibility, and our kinship to the earth." Indigenous Perspective and relationship with the Environment; Report

Waste

- Buy in bulk. It's cheaper and it uses less packaging.
- Buy vegetables loose, not in plastic bags.
- Avoid plastic containers, they are made of different types of plastic which are costly and difficult to separate and recycle.
- Choose products in refillable or reusable containers.
- Compost your food scraps.
- Look for products made from recycled materials.
- Use cloth instead of paper napkins and towels.

Water

- Keep a covered container of water in the fridge for drinking - you won't have to run the tap until the water is cold every time you want a drink.
- Keep a bowl of water in the sink while preparing food for quickly rinsing your hands.
- If you must use a dishwasher, only do full loads and use the econo setting. To save energy, stop the machine after the rinse and open the door to let the dishes air dry.
- Don't let the water run while doing dishes.

More Green Tips coming Next Month...

If you require further information, or would like to discuss environmental problems or concerns, please feel free to contact me at 396-3424.

Environmentally Yours,

Kristin Maracle

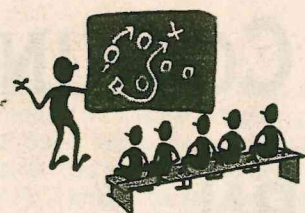
Kristin Maracle

Environmental Technical Services Officer



UPCOMING EVENTS

Tyendinaga Coaches Wanted!



A wide range of coaches is required for Tyendinaga this is an important role for the future well-being of our youth

Benefits of being a Coach at Karon hiak ta'kie Sports Complex

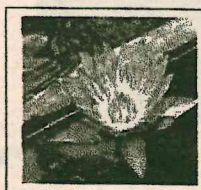
- Training for certification can be covered by the Recreation Depart.
- National Aboriginal coaching awards ,www.aboriginalsportcircle.ca
- Working together as a team to improve our future generation
- Less traveling
- Storage Space for teams sport equipment & meeting room available.
- Community recognition in the Newsletter from the Recreation Depart.
- Learning new technical skills & teaching methods
- Improvement of your personal health by being an active coach
- Volunteer appreciation award dinner
- Discount on family registration for sports
- Discount at the Karon hiak ta'kie Sports Canteen
- Assistant with funding for sports teams

For more information to sign up for training to be a coach contact Recreation Depart. (613) 396-3424 ext.107 / 24 hr. voice mail

Lets get ready for the
"New" Soccer fields & "New" Ball Diamonds
"Small community with small sport registration fees"
Ideas of future recreational project welcome any time.

Why not join us for.....

Spring Renewal Yoga



I am a graduate of Stillpoint Yoga teachers training in Northport ...and now I'm offering classes in gentle Hatha Yoga each Wednesday evening. Take a little time for you this spring..

- Explore something new...
- De-Stress
- Lighten up a little
- Stretch and Lengthen your muscles
- Regain your focus

8 week Session Beginning March 22nd

6:30 pm to 7:40 pm

- Wednesdays—at Karon hiak ta'kie Sports Complex
- Sons and daughters ,10 years old & up are welcome!
- \$7.50 a night or (\$ 60 per session)
 - Small Classes with Personal Attention – 15 max
 - Deadline to sign up – February 15
 - IF SIGNED UP FOR THE FULL 8 WEEKS ONE NIGHT FREE

No previous experience necessary-all are welcome!

Wear Loose, Comfortable clothing, and bring an exercise mat or towel to work on

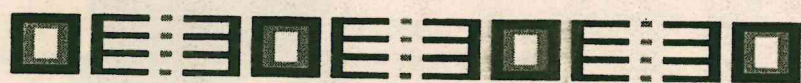
For more information contact the Recreation Department (613) 396-3424 ext.107 or Laurie Burt, Certified Yoga Instructor (613) 477-2728

Mix League Time !

Let's Play Ball in Tyendinaga
Get your team together and sign up NOW !

Sign up by March 30, 2006
&
the league will save on the Ball Diamond Rental
**The League requires 8 teams for a
successful season.**

For more information call 396-2417
Or cell # 849-3153



Back by popular demand !

Volunteer & Information Quinte is pleased to bring you the

True Colours

Personality Workshop

Presented by Ken Brown, Certified True Colours Instructor

Thursday, February 23, 2006
Lion's Club Hall
119 Station Street, Belleville
9 am to 3 pm

True Colours is a lively and interactive workshop where you will learn to discover your strengths and personality traits.

True Colours has the potential to help you improve:

- interpersonal communication
- team work
- personal and professional relationships

DON'T MISS THIS OPPORTUNITY
REGISTER BY FRIDAY, FEBRUARY 17TH AS SPACE IS LIMITED !

Registration Fee :
ViQ member agencies - \$45 per person (3 or more \$35 per person)
Non-member agencies/businesses - \$65 (3 or more \$55 per person)
Lunch provided

Call 969-8862 for more information

UPCOMING EVENTS

MRS. HERB'S ANNUAL SWEETHEART DINNER

Saturday, Feb. 11
Seating 4:00 p.m. - 7:00 p.m.



ROAST BEEF DINNER OR TURKEY/DRESSING DINNER

\$12.00 per person



To Reserve call by Feb. 9
962-0938

ART & COOKING SOJOURN

(FOR 10 - 13 YEAR OLDS)



JOIN SHEF SHER
& ARTIST MAUREEN WALTON
IN HER ART STUDIO/HOME
FEB. 4 & 5
-\$140.00

* CLAY * DRAWINGS * MURALS *

CALL 396-3262

Ignite! the Night

Family Winter Fun Night
Zwick's Park

February 10, 2006 from 6 :30 - 8 :30 p.m.



Ignite!, your local physical activity network, is hosting an Olympic torch light parade (night-time family walk) along with Bullie and Toro of the Belleville Bulls!

Olympic torches (glowsticks) are available!

Meet at 6:30 p.m. at the Tom Gavey pavilion in West Zwick's Park, Belleville. Bring your skates and join the Quinte Blades Speed Skating Club for an Olympic-inspired speed skating demonstration.

Warm up by our
toasty fire!

Stay and enjoy tobogganing and skating!
Everyone will be entered into a draw for a chance
to win a winter family fun basket or
1 of 10 Ignite! toques!

FREE
Hot Chocolate &
Snacks!

LifeVorks
it's about healthy living

Ignite!
find your spark - get active



For More information call Jennifer Ronan, Ignite! Chair at (613) 476-7471

Beat the Winter Blas!

CORN SOUP SUPPER

Sunday, Feb. 26

1:00 P.M. - 4:00 P.M.

Tyendinaga Senior Citizens Hall (Hwy #2)

Admission: Adults \$7.00 &

Children (6-12) \$3.50

Children (5 & under) * Free *

Menu: Lyed and Dried Corn Soup
Homemade Bread
Pie, Coffee Or Tea



CLASSIFIED

HOUSES FOR SALE

9 year old 1600 sq. ft. split level with 1.5 car attached garage on 1 acre lot located at 799 Norway's Road. 3 bedrooms, 2 baths, central air, drilled well, lots of water, water softener with UV light, 26' round above ground pool with surrounding deck with screened-in gazebo.
For serious inquiries only please call 968-6238 after 5pm/leave message.

8 year old 1400 sq. ft. raised bungalow on 1 acre lot located at 19 Brock Street. 4 bedrooms, 1 bath, finished rec-room in basement, lots of water, full length covered deck.
For serious inquiries only please call 968-6238 after 5pm/leave message.

FOR SALE

BUILDING LOT
- located on Stella's Lane (518 Ridge Road)
- 130' X 200' or more
- well treed and overlooking the bay.

If interested call: 969-1070

HOUSE FOR SALE

- located • 48 Toms Rd. Shannonville (off of Queen St.)
- 48' long X 38 wide
- 7 yrs old
- new septic, plumbing, hydro
- lot size 100' X 200'
- MUST SELL \$73,500.00

LAND FOR SALE

- 164' X 194'
- road frontage

CALL: 968-6855
John Eastwood (owner)

LAND FOR SALE

- estate of the late Vernon F. Hill
- 1650 ft. of waterfront property located south of the Ridge Rd
- 2 parcels of land divided by a creek
- 1 - eastern parcel of 11 acres has hydro, 2 large buildings, 2 cottages and a well
- 2 - the western parcel of 20 acres has 2 wells
- a 90 acre parcel of property located on the North side of the Ridge Rd includes a 2 bedroom house and newly constructed barn.

Serious inquiries only. Please contact S. Jay Hill - 969-5584, evenings between 6 & 8 p.m.

FOR SALE

STOVE WOOD
- ash, oak, maple mixed

Call: 968-3917

FOR SALE

BUILDING LOTS
- located on Mark's Rd
- 1 acre or larger

Call: 968-3917

CHILD CARE PROVIDER

- Mother of one
- C.P.R. & First Aid trained
- No pets, lots of T.L.C. in a clean environment
- Healthy meals & snacks
- Located in the subdivision on Huron Brant Dr.

Call Angela at 396-6564

FOR SALE

2 BEDROOM MODULAR HOME
- 100 X 200 wooded lot
- close to town
- city water and sewer
- lots of shade
- stove, washer & dryer if needed
- build in dishwasher
- all doors wheelchair accessible
- cathedral ceilings from front to kitchen
- 3 yrs old
- good starter home
- \$77,000.00
- serious inquiries only
- located 174 South Church Lane

Call: 396-2758

HOUSE FOR SALE

3 BEDROOM
- furnished
- full basement
- 2 acres
- 2 car garage

Call: 967-0167

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

LAND FOR SALE

- Waterfront lots
- Hickory nut grove
- 100' frontage X approx 466
- serviced road & hydro
- will hold mortgage

Call Glenn Hill: 962-5470

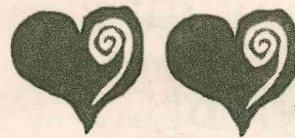
NOTICE

Olde Tyme
Country Band
playing Country, Blue Grass
& Gospel music for most
functions including
* Weddings *
* Anniversaries *
* Birthdays, Banquets *
Reasonable Rates contact
Don Brant: 396-3759

FOR SALE

T.V. ANTENNA WITH ROTOR

CALL: 962-5889



WANTED

3 PLUS BEDROOM HOUSE
with 5 or more acres of land

Call: 354-7271

FOR SALE

ELLIPTICAL & STEPPER COMBINATION
- used once
- excellent condition
- \$350.00 (paid \$800.00)

PORTABLE KENMORE DISHWASHER
- excellent condition
- used only twice
- \$250.00

Call: 968-6626

BABYSITTING AVAILABLE

- In my home located in the Sub Division
- Mondays to Fridays (weekends on request)
- nutritious lunch
- outside activities
- any age

Please call Teddy: 396-1610

LAND FOR SALE

- 1 acre lot
- located on Wymans Rd.
- lot 22 Cons. 2
- culvert included
- will hold the mortgage

Call Glenn Hill:: 962-5470

FOR SALE

MOVING MUST SELL

30" KENMORE MARK STOVE
- beige, works great
- \$50.00

INGLIS FRIDGE
- full size, 8 months old, white
- \$400.00 (mint condition)

G.E. DRYER & WASHER
- 1 year old, white, (mint condition)
- \$500.00 pair

12' x 36" INTEX POOL
- used only one summer
- comes with hoses, pump, ladder
- \$100.00 (mint condition)

BLACK ENTERTAINMENT STAND
- \$15.00 (good condition)

5 h.p. MASTERCRAFT SNOW BLOWER
- dual stage 23" cut
- \$250.00 (runs great)

BLACK & DECKER WEEDEATER
- electric with cord
- \$30.00 (mint condition)

WOODEN KITCHEN TABLE WITH 3 CHAIRS
- \$100.00 (great condition)

ROUND COFFEE TABLE
- \$15.00 (good condition)

CALL: 396-6331

FOR SALE

1997 GRAND AM SE, 103,000 KM
- excellent condition, v/6 engine, 155 horsepower (quick)
- 4 door, white with grey interior
- am/fm stereo cassette
- power steering, new brakes, power mirrors & windows, utility trailer hitch, automatic floor shift with console, air conditioner, cruise, tilt, tachometer and remote auto starter, ABS brakes and limited slip differential, fully certified and E. tested, new tires (not on), special aluminum alloy mag wheels.
- back seat fold down 40/60 for extra long items, tinted windows. etc.
- \$5,000.00

for more information call:
613-396-3957

FOR RENT

2 BEDROOM HOUSE
- 1 level, with 1 car garage
- central air, new kitchen, oil furnace, 1 bathroom
- 6062 Old Hwy #2 Shannonville

For all inquiries please call:
396-3700 ext. # 2

CLASSIFIED

HOUSE FOR SALE

Bungalow with attached and self contained Granny Flat (approximately 1500 sq.ft.)

- finished basement with 3 bedrooms approx. 1000 sq.ft)
- located at 321 Beach Rd
- 2 full bathrooms
- new roof
- insulation in walls R20 and ceiling R40, air conditioning, central vac, electric furnace, wood stove
- water softener (good water and lots of it, results of water testing)
- two railed decks (16 X 40 on the rear of house and 8 X 24 attached to the granny flat)
- new septic tank
- double driveway and many more amenities.

Call: 966-0642

FOR SALE

9 YEAR OLD HOUSE

- located on 741 Ridge Rd
- lot size approx 150' X 150'
- 1500 sq. ft. with screen sunroom
- 1 1/2 car garage with paved driveway
- oil furnace, propane fireplace, stove and hot water tank
- wired for generator
- good well, water softener & purification system
- all oak kitchen cabinets
- ADT system installed
- basement is 1/2 full and 1/2 crawl space
- asking price \$169,900.00

For more information call
Ethel Gilcrist: 962-5179

FOR RENT

2 BEDROOM TRAILER

- 234 Slash Rd.
- Available Immediately

Call: 396-3708

FOR SALE

96 FORD AREOSTAR VAN

- 4 litre
- \$800.00 or B.O.
- will be sold "as is"

For more info call: 396-3403
or 967-0793

FOR SALE

750 YAMAHA MIDNIGHT
MAXIUM MOTORCYCLE

- \$2300.00 or B.O.

REBUILT 4.3 T.B. CHEVY
MOTOR - \$800.00

TRUCK CAP

- for a Mazda 6' Box
- \$250.00

Call Russ Loft: 966-4077 after
4:30 p.m.

FOR SALE

3 BEDROOM HOUSE

- 18 Airport Rd. Deseronto
- 1 bath, finished basement
- central air, efficiency gas furnace, front & back yard
- siding with brick front

For all inquiries please call:
396-3700 ext. #2

WANTED

20 ACRES OF LAND OR MORE

- would like to purchase a parcel of land that is well treed with a variety of trees and 20 plus acres
- prefer a quiet road with adequate road frontage

If you are interested in selling a parcel of land that meets this criteria, please contact:
Ken Brant: 396-3424

FOR SALE

BUILDING LOTS FOR SALE

- Upper Slash Rd (lots posted on South side of road)
- 1 acre lots with 150' of road frontage

For more information, please call Mr. Glenn Hill at 962-5470

FOR SALE

1992 CHEV/CORSICA/4DR.

- white with blue interior
- fair condition
- 6 cyl.
- mileage: 174,000 km
- as is
- \$800.00

Phone: 613-396-1482

FOR SALE

SINK, TOILET & BATH TUB

- pink colour

Call: 396-6522

FOR SALE

WASHER & DRYER

- \$150.00 or Best Offer

Call: 396-5013

LAND FOR SALE

- approx. 80 acres
- located between York Rd and upper Slash Rd
- road frontage on both roads
- some open land and woods

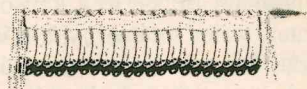
For more information call:
962-6429 Diana Maracle

HOUSE FOR SALE

4 BEDROOM HOUSE

- double car garage
- located at 640 Norway Road

If interested call: 967-0793



LAND FOR SALE

lot 25c-5, Concession 2

- shown on Plan NO.RSO 4624- 8.45 acres
- located on Lower Slash Rd.
- good farmland
- some wooded acreage on the parcel
- 77 ft. access to road

Please contact Crystal Maracle
at 396-5879

*Time For You
& Salon*
"Hairstyling and Esthetic Salon"

Now OPEN!

Hair Styling for the Whole Family

- Waxing Services
- Eyelash & Eyebrow tinting
- Ear Piercing & Facials
- Manicures & Pedicures

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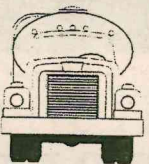
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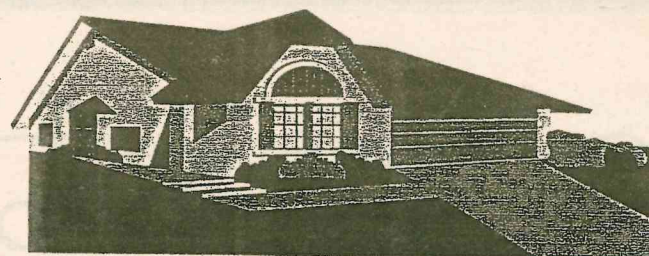
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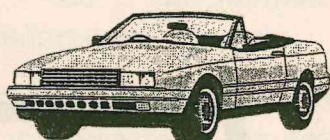
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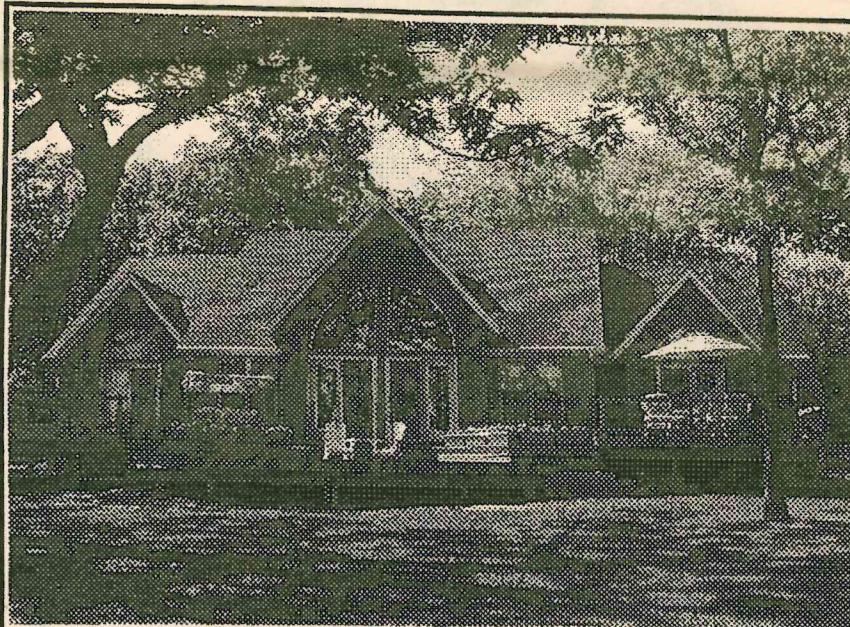
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