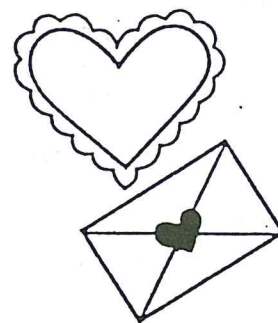
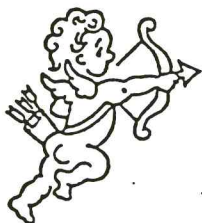


TYENDINAGA NEWSLETTER



**ENNIHKA (FEBRUARY)
ISSUE 2/95**





PAGE ADMINISTRATION NOTICES

- 1 Letter re: Aboriginal Communal Fishing Licence Regulations
- 2 Newsrelease: Bank of Montreal on Six Nations
- 3 Tyendinaga First Nations Police
- 4 Lennox & Addington Hospital Board & Housing Applications
- 5 Newsrelease: Growing Aquaculture Industry
- 6 - 8 Declaration of responsibility of Waste

EMPLOYMENT OPPORTUNITIES

- 9 Job Bank & Bulletin Board
- 10 Public Service Commission
- 11 Aboriginal Media Training Program & Anishinabek Educational Institute
- 12 - 14 Ontario Native Education Counselling Association
- 15 Native Access Program

HEALTH CENTRE

- 16 - 17 Moccasin Trail News
- 18 Heart & Stroke Month
- 19 - 20 Heart Smart Quiz
- 21 - 22 News Release: Photo Health Card

COMMUNITY INTEREST

- 23 Search for Overdue Books
- 24 - 25 1995 Volunteer Awards
- 26 Taste of our Tradition
- 27 Junior Drum & Bugle Corps
- 28 Wanted Lacrosse Players
- 29 Aboriginal Management Writing Competition
- 30 Canadian Native Arts Foundation
- 31 1995 National Aboriginal Achievement Awards
- 32 Tyendinaga School Age Program

- 33 CKWE Radio Update
- 34 - 35 The Harbour Festival & Baby Announcement
- 36 Thank You Notes & Baby Announcement

UPCOMING EVENTS

- 37 Pancake Supper & Baby Announcement
- 38 Souper Reading
- 39 12th Annual Elders and Traditional Peoples Gathering
- 40 Spaghetti Supper
- 41 Benefit Dance
- 42 Chili Contest
- 43 Spring Fling
- 44 Bowling Tournament
- 45 Hockey Tournament

46 - 47 RELIGION

48 - 49 CLASSIFIEDS

50 - 59 ADVERTISEMENTS



January 17, 1995

...1

HEAD OFFICE:
ONYOTA 'A:KA
R.R. 2,
SOUTHWOLD, ONTARIO
N0L 2G0

PHONE NUMBER:
(519) 652-3271

LONDON OFFICE:
337 PRINCESS AVE.
LONDON, ONTARIO
N6B 2A7

PHONE NO. (519) 434-2761
FAX NO. (519) 679-1653

Honourable Howard Hampton
Minister of Natural Resources
6th Floor - Whitney Block
Room 6301
99 Wellesley Street West
TORONTO, Ontario
M7A 1W3

Dear Minister Hampton:

RE: ABORIGINAL COMMUNAL FISHING LICENCE REGULATIONS

As you are aware, we have written to you on a number of occasions, with regard to the Aboriginal Communal Fishing Licence Regulations.

To date you have ignored any meaningful process to jointly resolve this matter. We must remind you that the Supreme Court of Canada has recognized that a crown fiduciary responsibility exists and that in any dealings with Aboriginal People the honour of the crown is at stake (Guerin), also that appropriate consultation must occur prior to any changes to the policies and legislation that affect Aboriginal and Treaty Rights of First Nations People.

Several requests for consultations and meetings have been met with unacceptable unilateral action by your offices.

Notwithstanding our support letter for Hiawatha of Nov. 17/94, that an agreement be worked out for them and other First Nations who are directly affected by the outcome of the court decision in the Williams Treaty, I have no choice but to ask that these regulations be withdrawn and that a new agreement be developed through meaningful consultation. Any such agreement must have no detrimental effects to the non-signatories, both now and in the future.

Sincerely,

Doug Maracle
Grand Chief
ASSOCIATION OF IROQUOIS AND
ALLIED INDIANS



c.c. Prime Minister Jean Chretien
Premier Bob Rae
Regional Chief Gord Peters
Honourable Brian Tobin
Honourable Herb Gray
Honourable Ron Irwin
Honourable Bud Wildman

Attention Business Editors:
BANK OF MONTREAL TO OPEN BRANCH ON SIX NATIONS

TORONTO, Jan. 4 /CNW/ - Bank of Montreal today announced that it will open in the spring of 1995 a full-service branch at Ohsweken, Ontario on the Six Nations of the Grand River.

Six Nations is one of the largest First Nations in Canada with a membership of more than 18,000 people. "We're delighted to be opening a branch on my home Nation," said Ron Jamieson, Vice-President of Aboriginal Banking with Bank of Montreal. "Six Nations is a growing and vibrant community. Over the last few years, many new businesses have been started and initiatives taken to further strengthen prospects for the future."

"The opening of this branch is further evidence of Bank of Montreal's commitment to expand its business relationships with Aboriginal communities across Canada," said Dave Troutman, Senior Vice-President, South Western Ontario Division.

With the appointment of Mr. Jamieson two years ago, Bank of Montreal embarked on a sweeping new program to improve financial services to Aboriginal people across Canada. In addition to opening branches in Aboriginal communities, the Bank, among other things, has significantly increased its number of Aboriginal employees and recently worked with the federal government to make loans under the Small Business Loans Act available to on-reserve Aboriginal people (see attached Backgrounder).

The Six Nations branch will be the seventh that Bank of Montreal will open in an Aboriginal community. The Bank has branches on Squamish Nation in West Vancouver, BC; on Siksika Nation, Alberta; in Fort Smith, Northwest Territories; on Akwesasne Mohawk Territory, Ontario; and in Waskaganish, Quebec. A branch will open in Iqaluit, NWT in late spring, 1995.

Aboriginal Banking Fact Sheet

In May, 1992, Bank of Montreal announced a new approach to providing Aboriginal communities across Canada with improved access to financial services. The following outlines some of the Bank's many initiatives:

- Ron Jamieson, a Mohawk from Six Nations of the Grand River was appointed Vice-President, Aboriginal Banking in October, 1992. Since then the Aboriginal Banking Unit has grown to a staff of five, including a Vice-President, Aboriginal Affairs. The Bank has also hired seven of eight regional Managers, Aboriginal Banking, all of whom are Aboriginal people.

- The Bank created a nine-member "Circle of Aboriginal Business Leaders" to guide the Bank and help it develop deeper insight and understanding of the financial services needs of Aboriginal peoples.

- By opening branches in Aboriginal communities, Bank of Montreal is making banking more accessible to Aboriginal peoples and creating employment opportunities.

- An Aboriginal Women's Advisory Network was created to bring together Aboriginal and non-Aboriginal women to develop grass-roots-based solutions to the challenges encountered by Aboriginal business women.

- Working with the federal government, Bank of Montreal helped to make on-reserve individuals and businesses eligible for loans under the Small Business Loans Act.

- At the request of many Aboriginal communities, the Bank has conducted workshops on investment options and risks, small business management and family financial management.

- The Bank and the Ontario Development Corporation created the Aboriginal Business Ventures Program to encourage and support Aboriginal small businesses. The program offers loans of up to \$15,000 to eligible businesses.

- The Bank is conducting an extensive research project to learn more about how Aboriginal customers perceive banks, bank products and banking relationships. Focus groups have been conducted in communities across the country.

For further information: Lynne Kilpatrick (Toronto), (416) 867-7662; Suzanne Michaud (Montreal) (514) 877-1101.

TYENDINAGA FIRST NATIONS POLICE

Month End Stats

JANUARY 1995

ACTUAL NUMBER

PROVINCIAL OFFENCES

Highway Traffic Act	10
Liquor Licence Act	3
Compulsory Automobile Insurance Act	2

CRIMINAL OFFENCES

Assault	1
Sexual Assault	1
Break and Enter	1
Thefts	3
Possession of Stolen Property	8
Impaired & Over 80	2
Weapons Offences	0
Fraud	2
Mischief/Vandalism	0
Narcotics	0
Other Criminal Code	12

GENERAL INCIDENTS

Intrusion Alarms	3
Motor Vehicle Accidents	2
Animal Complaints	3
12 Hour Suspensions	2
Domestics - Non Criminal Code	4
Missing/Lost or Overdue Persons	2
Assist Other Police Services	4
Other Provincial Stats	1

TOTAL NUMBER OF OCCURRENCES 65

4...

COMMUNITY MEMBERS INTERESTED IN SUBMITTING
THEIR NAME FOR POSSIBLE NOMINEES FOR APPOINTMENT
TO FILL BOARD VACANCIES FOR THE LENNOX & ADDINGTON
GENERAL HOSPITAL BOARD
SHOULD SUBMIT NAME WITH RESUME TO:
TYENDINAGA ADMINISTRATION OFFICE
R.R. # 1
TYENDINAGA TERRITORY
K0K 1X0
BY FEB. 25/95 AT 4:00 P.M.

THANK YOU
TYENDINAGA ADMINISTRATION OFFICE



MOHAWKS OF THE BAY OF QUINTE

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

1995 HOUSING APPLICATIONS

Applications are now being accepted

Applications and policies are available at the
Administration Office

For further information, call our Housing
Department at 396-3424

Ask for Lori Lewis or Chris Maracle

**Applicants who have submitted applications
in previous years must reapply for 1995
selections**

DEADLINE DATE FOR SUBMISSION:

March 1, 1995

**ONTARIO MAKES AMENDMENT TO
ENCOURAGE EXPANSION OF FISH
FARMING INDUSTRY**JAN 30
For Release: January 18, 1995

GUELPH - Agriculture, Food and Rural Affairs Minister Elmer Buchanan, joined by Guelph MPP Derek Fletcher, today announced Ontario government measures to support the province's growing aquaculture industry, by broadening the number of fish species which can be commercially produced, while tightening guidelines to protect native fish stock.

The number of allowable species will rise from four— smallmouth bass, largemouth bass, rainbow trout, and brook trout—to 30, plus crayfish and baitfish. "We have removed restrictions on the expansion of fish farming in Ontario, thus helping the industry expand jobs and infrastructure, particularly in rural and Northern Ontario," Buchanan said at a news conference this afternoon.

Buchanan stressed the economic ramifications of expanding the aquaculture species list. "The increase in allowable farm species represents a potential increase in sales to \$50 million annually by the year 2000, from the current level of \$15 million, representing at least 1,000 new jobs within the industry," he said.

"We are all familiar with the Alma Research Station and the contribution it has made to aquaculture in Ontario," added MPP Derek Fletcher. "The government will continue to support this industry and we are pleased by the opportunities created by these changes."

6... The Ministry of Agriculture, Food and Rural Affairs provides professional advice and diagnostic services to Ontario fish farms. The ministry is also involved with an aquaculture research program and in operating the Alma Aquaculture Research and Quarantine Station. In 1994-95, \$864,000 will be used to support aquaculture research in Ontario.

Ref: Debbie Lethbridge
Minister Buchanan's Office
(416) 326-3069

Ref: Martin Bohl
Policy and farm Finance Division
(416) 326-3245

Ref: Julian Hynes
Aquaculture Coordinator,
Ministry of Natural Resources
(416) 314-1165



MOHAWKS OF THE BAY OF QUINTE

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

February 1995

NOTICE TO THE COMMUNITY

The Tyendinaga Landfill Site has been receiving a great deal of complaints regarding use by non-natives disposing of waste on the site. The following two (2) pages contain the new **Declaration of Responsibility of Waste**, this is one mechanism the Tyendinaga Mohawk Council will be trying to track the "suspect" waste-streams.

REMINDER: Please ensure that all garbage bags are secure during transport to the landfill site, several bags have been picked up along the roadside. Also during your recycling trips please remember to break up your cardboard boxes and crush the plastic bottles.

If you have any questions or comments on these issues at the landfill site please call anytime (613) 396-3424.

Niawen



MOHAWKS OF THE BAY OF QUINTE

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

...7

Declaration of Responsibility for Waste

As a commercial or contracted hauler of the waste, indicated below. The Tyendinaga Mohawk Council reserves the right to investigate the source of waste. If the waste is found to have originated outside the Tyendinaga Mohawk Territory, the hauler will be notified and be responsible for removal of the waste from the Tyendinaga Landfill Site at their own expense.

State the source and owner of the waste which the above material is coming from.

SOURCE: _____ Lot _____ Conc _____

OWNER: _____

PHONE #: _____

The hauler hereby agrees that all information disclosed on page two (2) is true and accurate to the best of their knowledge and authorizes the Tyendinaga Mohawk Council to conduct reference checks to verify such information.

SIGNATURE OF HAULER

DATE

Declaration Cont'd...Please check waste stream: ☒**Appliances:**

Refridgerator ☐ Stove ☐ Washer ☐ Dryer ☐
 Furniture ☐

Construction Debris:

Asphalt Shingles ☐ Amount of Shingles in truck loads: _____
 Asbestos ☐
 Lumber ☐
 Drywall ☐
 Brush ☐
 Concrete\Brick ☐
 Plumbing Fixtures ☐

Fluids:

Waste Oil ☐
 Paint ☐
 Painter Thinner ☐
 Transmission Fluid ☐

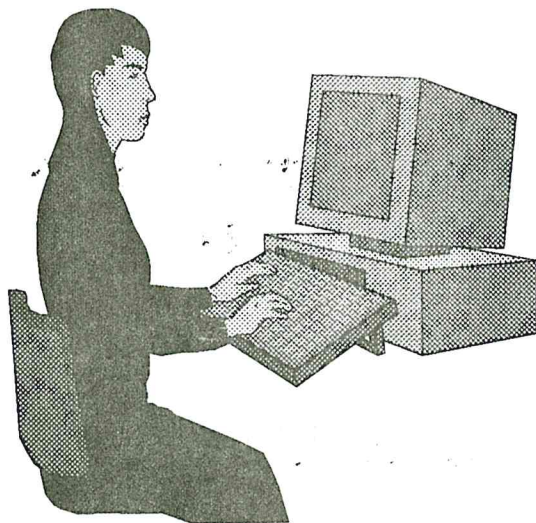
Other:

Tires ☐ Amount of Tires: _____

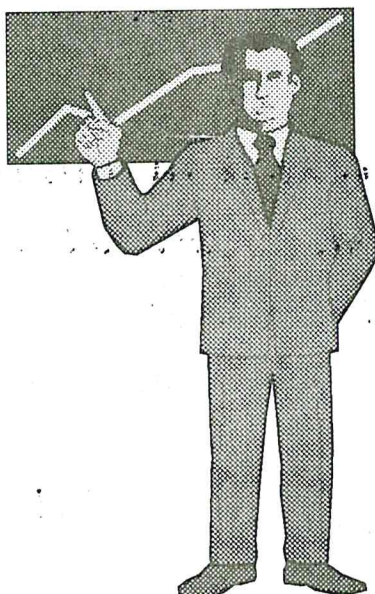
EXPLAIN [other]: _____

JOB BANK & BULLETIN BOARD

Once again I am letting you know about the Job Bank and the Bulletin Board. They are here for everyone to look at and they have the position postings on them that we do not have time to put in the Newsletter.



We also take the postings from the Job Bank and place them on a bulletin board as they are updated every night and do not show the same positions.



Canada

The Public Service Commission is available to administer pre-assessment tests to Aboriginal people in the Tyendinaga area. A minimum of 5 candidates is needed to administer these tests. They include:

ELOST - Entry Level Officer
Selection Test

OST - Office Skills Test

GSPAT - Grammar, Spelling and
Punctuation Test
(French version must also
be written)

If you are interested in sample tests or writing any of these tests, please contact Diane Gaspe at (613) 995-3526 or Bev Hill at (613) 396-3424. A test date and location will be determined at a later date when we receive a sufficient amount of candidates.



Aboriginal Media Training Program

Applications are now being accepted for this new training initiative which provides experiential learning opportunities in the following areas:

- Print Production • Video Production • Audio Production
- Journalism • Marketing • Native Cultural Studies

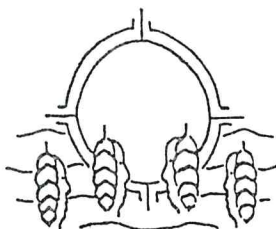
If you are a Native Canadian living in or near the Greater Kingston Area, you may apply for participation in this new program.

A training allowance will be provided for successful applicants. Please apply in writing by February 17, 1995 to:

Mark Howes, Katarokwi Native Friendship Centre
16 Bath Road, Kingston, ON K7L 1C4

Sponsored by:

Katarokwi Native Friendship Centre
ABORIGINAL VOICES INC. (MAGAZINE)
JobsOntario Community Action
Aboriginal Program



Aboriginal Media Training Program

Applications are now being accepted for the position of Program Worker. Duties will include day-to-day management of a small retail operation, supervision of part-time staff and training participants. The Program Worker will provide support to the Program Coordinator and Training Instructors to ensure the aims and objectives of the Media Training Program are met.

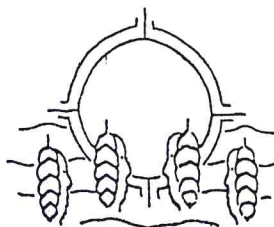
If you are a Native Canadian living in or near the Greater Kingston Area, you may apply for participation in this new program.

The contract term will be for a period of ten months at a subcontract level of \$24,600.00. Please apply in writing by February 17, 1995 to:

Mark Howes, Katarokwi Native Friendship Centre
16 Bath Road, Kingston, ON K7L 1C4

Sponsored by:

Katarokwi Native Friendship Centre
ABORIGINAL VOICES INC. (MAGAZINE)
JobsOntario Community Action
Aboriginal Program



ANISHINABEK EDUCATIONAL INSTITUTE



requires

Program Development Officer

The Anishinabek Educational Institute requires a Program Development officer to develop programs to be delivered by the Institute. The successful candidate should possess an appropriate post-secondary degree, with related experience in program development. Candidates should have excellent research, writing, editing, verbal and interpersonal skills; experience in proposal preparation, documentation and management.

The successful candidate will be required to start immediately.

Salary commensurate with education and experience.

Please send resumes to: Les Couchie
Coordinator
Anishinabek Educational Institute
Union of Ontario Indians
P. O. Box 711
North Bay, Ontario
P1B 8J8

or fax 1-705-497-9135

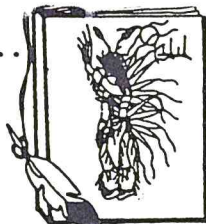
Deadline for applications February 17/95

UNION OF ONTARIO INDIANS

Head Office: Nipissing First Nation P.O. Box 711, North Bay, Ont. P1B 8J8
Phone: (705) 497-9127 Fax: (705) 497-9135

Branch Office: 1813 Danforth Ave., Toronto, Ont. M4C 1J2
Phone: (416) 520-1305 Fax: (416) 520-1620





ONTARIO NATIVE EDUCATION COUNSELLING ASSOCIATION

Box 114, Shannonville, Ontario K0K 3A0 (613) 969-6393 Fax (613) 969-0251

EMPLOYMENT OPPORTUNITY

The ONTARIO NATIVE EDUCATION COUNSELLING ASSOCIATION (ONECA) is accepting applications for the contract positions of

ABORIGINAL YOUTH CAMP COUNSELLORS for the NATIVE COUNSELLOR TRAINING PROGRAM

SUMMARY: To work under the supervision of the Youth Camp Co-ordinator to deliver the summer Youth Camp Program.

DURATION OF PROGRAM: July 1 to August 4, 1995

DUTIES:

- To work with Youth Camp Co-ordinator to implement the daily planned activities.
- To work with children ages 7 to 16 years.

QUALIFICATIONS:

- Have previous experience in working with children.
- Candidate to have completed the first year of a Human Services Program, ie., Recreation, ECE, NFCW, Law & Security, etc.
- Have knowledge and/or experience in Aboriginal cultural activities ie., arts, crafts, drumming, singing, dancing
- Must possess role-model qualities.
- Must be able to take direction.
- Possess excellent interpersonal skills.
- Must possess CPR, First Aid and/or Lifeguard Certificate.

Successful candidates from outside the Sudbury area must be willing to live in-residence with NCTP students and staff at Cambrian College for the duration of the program.

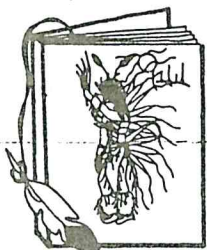
**** As this is a Native specific program, preference will ****
be given to a person of Aboriginal ancestry.

LOCATION: Sudbury, Ontario

DEADLINE DATE FOR RESUMES: Friday, February 28, 1995 at 4:00 pm
Please include three (3) references with your resume.

FORWARD RESUMES TO:

NATIVE COUNSELLOR TRAINING PROGRAM
c/o O.N.E.C.A.
BOX 114
SHANNONVILLE, ONTARIO, K0K 3A0



ONTARIO NATIVE EDUCATION COUNSELLING ASSOCIATION

Box 114, Shannonville, Ontario K0K 3A0 (613) 969-6393 Fax (613) 969-0251

EMPLOYMENT OPPORTUNITY

The ONTARIO NATIVE EDUCATION COUNSELLING ASSOCIATION (ONECA) is accepting applications for the following contract position:

ABORIGINAL YOUTH CAMP CO-CORDINATOR for the NATIVE COUNSELLOR TRAINING PROGRAM

SUMMARY: Under the direction of the Administrator of the Native Counsellor Training Program, the Co-ordinator will be responsible to the ONECA Executive Committee for the development and implementation of the NCTP Aboriginal Youth Camp Program for youth ages 7-16 yrs.

DURATION OF PROGRAM: June 20 to August 4, 1995

DUTIES:

- Plan a 5-week program of cultural and recreational activities for the NCTP Youth Camp.
- Develop appropriate activities as per the plan.
- Liaise with Sudbury recreational facilities, Cambrian facilities, Sudbury area Aboriginal agencies.
- Develop a working budget for cost of summer program.
- Develop a work schedule for all Youth Camp staff.
- Supervise all Youth Camp staff.
- Ensure rules & regulations of Cambrian College are adhered to, i.e., recreational facilities, equipment, etc.
- Final report to be prepared and submitted to Cambrian College and to the NCTP Administration.
- Plan for fundraising activities for the youth.
- Other related duties.

QUALIFICATIONS:

- a) Must possess a current CPR, First Aid and Lifeguard Certificate.
- b) Candidate to have completed the 2nd year of a Fitness/Recreational Program or possess certification in a related program.
- c) Have previous experience in working with children.
- d) Be sensitive to the needs of Native people - culture, history & tradition.
- e) Ability to handle stress & manage time effectively.
- f) Excellent interpersonal skills.
- g) Able to work flexible hours.

KNOWLEDGE OF:

- 1) Native education at the community level.
- 2) the various Native services available.
- 3) Native Counsellor's Program goals & objectives.
- 4) a Native Language will be considered an asset.

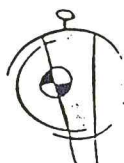
The successful candidate must be willing to live in-residence at Cambrian College with the students and staff for the duration of the program.

**** As this is a Native specific program, preference will ****
be given to a person of Aboriginal ancestry.

LOCATION: Sudbury, Ontario

DEADLINE DATE FOR RESUMES: Friday, February 28, 1995 at 4:00 pm
Please include three (3) references with your resume.

FORWARD RESUMES TO: NATIVE COUNSELLOR TRAINING PROGRAM
c/o O.N.E.C.A.
BOX 114
SHANNONVILLE, ONTARIO
K0K 3A0



"CALL FOR PROPOSALS"

THE CENTRE FOR INDIGENOUS THEATRE
NATIVE THEATRE SCHOOL 1995

The Centre for Indigenous Theatre is a non-profit Aboriginal Centre for training in the Performing Arts. We are preparing for the 8-week Core Training Program to be held in June - August 1995. This intensive training in the theatre performing arts will combine instructors, core professionals and apprentice students from the United States, Greenland and Canada.

Artistic Director Floyd Favel and Traditional Cultural Director Edna Manitowabi, continue in the elaboration of a contemporary performance culture rooted in principles of the past. A core group working with traditional performance specialists, undertake the task of researching, learning and developing Indigenous performance traditions, developing training for the performer based on these principles, and creating performance incarnating these principles.

The core group and traditional specialists will be seeking six apprentice performers for the 1995 Native Theatre School.

The Centre for Indigenous Theatre invites anyone who is of Aboriginal ancestry, above the age of nineteen and who has performing or traditional experience to apply. Proposals will consist of an application form, picture, resume, essay, video cassette of performance skills and two written references. Application forms and inquiries please contact (416) 972-0871.

DEADLINE for applications is March 10, 1995

Submit application to:

Selection Committee
Centre for Indigenous Theatre
39 Spadina Rd, 2nd floor
Toronto, Ontario M5R 2S9

LAKEHEAD  UNIVERSITY

NATIVE ACCESS PROGRAM FOR ENGINEERING AT LAKEHEAD UNIVERSITY

The Faculty of Engineering at Lakehead University is proud to be able to offer the Native People of Ontario an access program (NAPE) which prepares Native students for the study of engineering.

NAPE was designed by individuals from the Aboriginal community and the Faculty of Engineering.

The Program provides...

- pre-university academic preparation in Mathematics, Sciences, Computing and Communications.
- an academic, social, and cultural support system throughout the student's entire program of study.
- the courses in study and life skills necessary to be a successful student.
- an opportunity to become a Chemical, Civil, Electrical or Mechanical Engineering technologist and Engineer.

The Program...

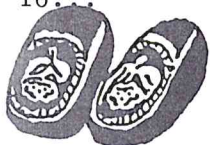
- was designed for Aboriginal students of the Province of Ontario who, for whatever reason, do not have the necessary academic background to enter an engineering program directly.
- needs mature, dedicated, hard-working students; women are encouraged to apply.
- begins in mid-July 1995.

Applications will be accepted until April 15, 1995.

For full information and application forms, contact:

Native Access Program for Engineering
Lakehead University
Thunder Bay, Ontario
P7B 5E1

By Phone: (807) 346-7712 or (807) 343-8399
Or Fax: (807) 343-8013



MOCCASIN TRAIL NEWS



Hi folks! Happy February, the month we all have to endure before the anticipation of spring in March. No offence to those who have birthdays in February of course.

Just in case you're wondering what to do to help make the time go by, you can always make the decision **to move a little more, a little more often**. Of course you know what this is all leading up to, don't you. Yes! **The Moccasin Trail Walking Program is here for you.**

Research from London Life and Sun Life of Canada insurance companies, you know those **human longevity experts**, hail the 90's as being the Walking and Fitness Revolution era. The jogger, for years watched with amusement by the driving public and chased by neighbourhood dogs, no longer gets a glance or a snarl. The roads are filled with bicycles in summer, and in winter ski tracks trace the nation's forests.

In varying degrees these activities are popular because they **provide pleasure** and exercise for a relatively **small dollar output**. Yet in the midst of this heartening trend is an exercise form so simple and basic to life that its importance has been all but forgotten.

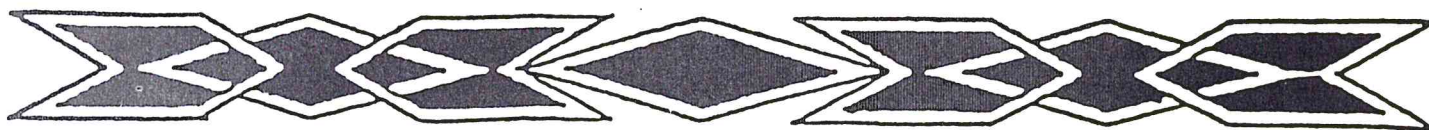
Walking-- plain, simple walking is a good exercise. If for some reason you don't want to jog, run, cycle, or ski, you can still achieve a good level of fitness by walking for exercise.

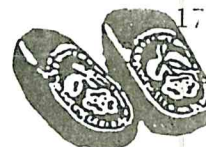
Walking is so simple a child can do it. Yet, as soon as he learns, he spends much time contriving ways to do less and less. The automobile, as a form of travel for short distances, has actually changed the anatomy of the North American foot. European ski boot manufacturers have had to build a narrower boot because **the Canadian foot is narrower than the more walked-upon European foot!**

Whether you jog or walk, you use about the same amount of calories. **The distance you go is far more important than the speed at which you travel.** Jog five miles, good for you, walk five miles, good for you. A mile is a mile is a mile.

When you walk, your pace should let you pick up the sights and smells and sounds and feeling of the countryside your travelling through. Your pace should allow you to study the local architecture, and your mood induced by the natural rhythms of walking; is receptive to the big and little things of beauty and grace. If you're not into the beauty of nature, then strap on a walkman and listen to a motivational tape or your favourite music tape. (How about Bruce Springsteen or Led Zeppelin??). OK, Garth Brooks, Dwight Yoakum or Bach would be excellent choices too.

CONT'D





The beauty of walking is that you can do it anytime, almost anywhere-- city, town or country. Remember, if you choose walking as your own personal form of exercise, your feet are all you have going for you, so they could stand a little care and consideration. If you're diabetic, you should already be paying special attention to your feet anyway. Walking is free, therefore if you're going to spend any money on this form of exercise, it should be for good footwear.

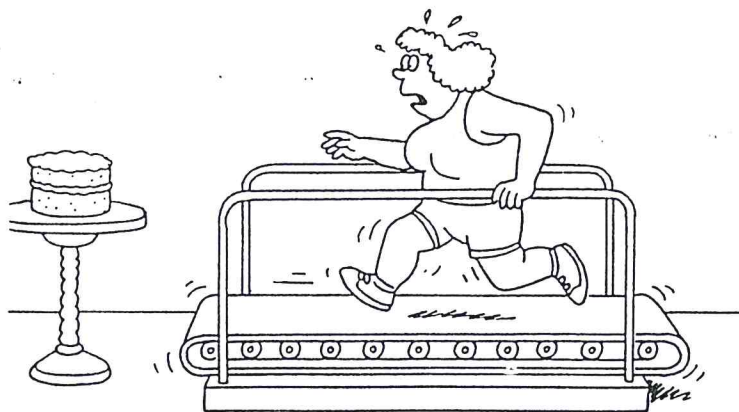
For short distances, any good pair of leather shoes will offer firm support. Make sure the sole is thicker under the heel than under the forefoot. **Those high-toed, no-heeled "health" shoes may be fine for standing around but they're murder on a one or two mile walk.** Nylon and leather combination jogging shoes with thick soles are excellent for long walks because they cushion jarring shocks which can cause soreness. They are also lighter and therefore less tiring on a long walk in the warmer weather. For the cooler weather, experts recommend a lightweight hiking boot made of leather, nylon and leather, or polyurethane. Most good boots will feature heavy lugged soles which wear well and give good grip in most conditions. The boot should fit rather snugly with two pairs (one light, one a little heavier) of socks. Wearing two pairs of socks will increase comfort and reduce the chance of blisters.

Loose-fitting clothing of a cotton blend or light wool is a necessity for the serious walker. Nothing will impede a stride or cause fatigue like tight fitting pants.

For tops, polypropylene and polyester are great for the layer next to the skin. They're comfortable, they draw perspiration away from the body, and they provide excellent insulation. For pants, cotton and polyester in a stretch blend are popular choice. Some wool content in pants will be appreciated on cooler days. Triblands, (cotton, poly and nylon) are ideal for outerwear on cool or wet days. They breathe, they're light in weight, and they provide wind and water protection.

Now.... can you remember all that?? Of course not, so tear this out of the newsletter and put it somewhere you can refer to it every now and then. Your body will thank you.

DROP IN TO THE HEALTH CENTRE FOR THE NEXT MILEAGE DAY WHICH IS TUESDAY MARCH 7, 1995



February is... Heart and Stroke Month.

It won't take a lot of change on your part to start to reduce your risk of heart disease and stroke. Five steps to a healthier future are:

1. Be Smoke-Free
2. Eat a Healthy Diet
3. Know your Blood Pressure
4. Get Physically Active
5. Take Time to Relax

It's very important to know the signals of a heart attack or stroke and know how to get help.

SIGNALS OF HEART ATTACK

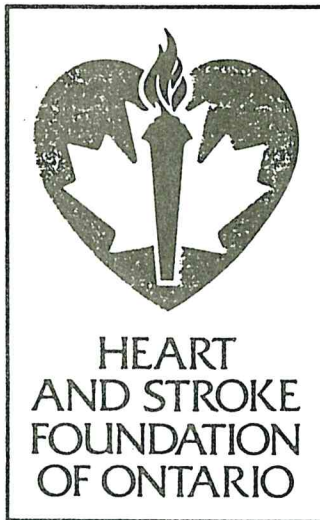
1. Heavy pressure, squeezing, fullness, burning or pain in centre of the chest which; may spread to the neck, jaw, shoulders, arms and back, may come and go, and may not be severe
2. Shortness of breath, pallor, sweating or weakness.
3. Nausea, vomiting and/or indigestion.
4. Apprehension, fear, denial.
5. Any combination of 1, 2, 3, & 4 makes heart attack more likely.

ACTIONS FOR SURVIVAL

ACT IMMEDIATELY!

1. Have victim stop activity and sit or lie down.
2. Expect denial, you take charge.
3. If victim has known heart disease, give nitroglycerine.
4. Call your emergency phone number.
5. Take actions to get to the nearest hospital with 24 hour emergency cardiac care.

How much do you know about heart attacks and strokes? Grab a pencil and take the quiz. Circle the answers you think are correct.



HEART AND STROKE
FOUNDATION OF 19
ONTARIO

314 PINNACLE ST.
BELLEVILLE, ONT.
K8N 3B3 (613) 962-2500

The Three-Minute Heart Smart Quiz...

Surprise yourself!

Take this quiz, and see how smart you are about your heart. This is a true-or-false quiz. Just circle the answers you think are correct.

1. The most effective way to lower blood cholesterol is to reduce the fat in your diet.
T F
2. The death rate from heart disease and stroke continues to climb slowly each year.
T F
3. Whether or not you smoke cigarettes will have little effect on the possibility of having a heart attack or stroke.
T F
4. The word "lite" or "light" on a food label doesn't necessarily mean less fat or calories.
T F
5. About 45,000 Canadians died of heart attacks last year, more than half before getting any medical help.
T F
6. For exercise to be effective in reducing the risk of heart disease or stroke, you must exercise intensively for 30 minutes a day.
T F
7. More men than women die of heart attack.
T F
8. Some of the possible symptoms of a heart attack are: shortness of breath, feelings of fear and anxiety, and a burning sensation, discomfort or pain in the centre of the chest.
T F
9. Only health care professionals can use CPR (cardio-pulmonary resuscitation) to save someone's life.
T F
10. The two best ways to fight heart disease and stroke are in personal lifestyle choices, and by supporting the Heart and Stroke Foundation of Ontario.
T F

Improving your odds against Canada's #1 killer

Answers

1. **TRUE** Lowering blood cholesterol is one means of reducing the risk of heart attack or stroke. For most people, the best way to lower your blood cholesterol is through a diet low in saturated fats such as whole milk and high fat cheese.
2. **FALSE** Good news! Research and public education such as that funded by the Heart and Stroke Foundation of Ontario has cut deaths from heart disease or stroke by half in the past 30 years.
3. **FALSE** If there is a history of heart disease and stroke in your family, particularly early in life, smoking may be a risk you can't afford.
4. **TRUE** The word "lite" or "light" may signal that the product is lower in fat than its counterparts, but it also may refer only to the colour, taste, texture or sugar content. Be heart smart – always read the label!
5. **TRUE** Medical technology is readily available, but many people don't recognize the signs of a heart attack, and wait too long before going to the hospital for help. Some drugs should be administered in the first 90 minutes in order to be effective, but the average heart attack victim waits at least 4 hours before going to the hospital for treatment.
In the case of stroke, 58% of victims wait more than 24 hours to get help, seriously endangering their chances of recovery.
You can save a life by knowing the symptoms of heart attack and stroke, and seeking medical attention fast!
6. **FALSE** More good news! You don't need a strenuous exercise program. In fact, just 20 to 30 minutes of sustained walking 3 times each week is enough exercise to reduce your risk of heart attack or stroke.
7. **TRUE** But the reverse is true for strokes: more women than men die of stroke.
8. **TRUE** All these and many more symptoms may indicate a heart attack.
Being heart smart also means learning to recognize stroke symptoms – sudden numbness on one side of the body, temporary loss of speech and/or vision, or severe headaches. 40% of the population don't recognize these signals, but through educational programs, the Heart and Stroke Foundation of Ontario is helping us all to become more informed.
9. **FALSE** You can learn how to save lives by taking courses and receiving information widely available through your local chapter of the Heart and Stroke Foundation of Ontario.
10. **TRUE** Most of the research into heart disease and stroke in this province is funded by the Heart and Stroke Foundation of Ontario.
Our educational programs continue to reach you with important information on prevention of, intervention in, and rehabilitation from heart disease and stroke. The more you know, the more you can help yourself and your loved ones combat heart disease and stroke.

How did you do?

We hope you're surprised by how much you already know! The better informed you are, the more likely you are to make the right choices, and the less likely you are to suffer a heart attack or stroke.

One of the choices that will reduce the risk for you and every other Canadian is financial support for the Heart and Stroke Foundation of Ontario.



Our widespread public educational programs have helped you become "heart smart". Now we need your help to inform others.

Please support more research and education – give generously to the Heart and Stroke Foundation of Ontario. Your gift will save lives – maybe even your own.

Improving your odds against Canada's #1 killer.

January 20, 1995
95/nr-003

GRIER INTRODUCES DESIGN FOR NEW PHOTO HEALTH CARD

TORONTO -- Health Minister Ruth Grier today introduced Ontario's new photo Health Card as an important step in protecting the health care system from fraud.

The card displays Ontario's provincial flower, the trillium, against a green background. It has several security features designed to reduce misuse and deter counterfeiting. The Ministry of Health will start issuing the new cards next month.

"People in Ontario know that one of the best things about living in this province is our health care system. We are proud to have health care that is the envy of our neighbors," said Mrs. Grier.

"Nothing symbolizes our pride in Ontario better than the trillium. So we've chosen the trillium for this card as a reminder of the importance Ontario places on health care."

Mrs. Grier said the people of Ontario want to preserve medicare for the future. "That's why we're introducing this new card to protect our system against fraud."

The new card's security features include:

- digitized photograph and signature for easy identification of the card holder, as well as birth date, sex and health number
- rainbow printing, hidden microprinting and a hologram of Ontario's trillium logo to prevent counterfeiting.
- issue and expiry dates -- cards will be renewed every five years
- magnetic stripe and a bar code so the card can be electronically validated by health care providers
- tamper-proof laminate.

To get the new card, Ontario residents will have to register in person with original documents to prove they are eligible for a Health Card.

- 2 -

"Our first priority as we register all 11 million Ontarians is making sure that the registration system and the card itself are as secure as possible," said Mrs. Grier. "So we're going to photograph and carefully register every eligible adult, one at a time. We're working with the Ministry of Transportation to make this as convenient as possible for people."

Over the next few years, the Ministry of Health will send out personal notices to all eligible residents 16 and over to let them know when it's their turn to come in and register. Parents will be able to register their children under 16 and the children's cards will not have a photograph or signature.

The new Health Card also offers a convenient way for Ontario residents to indicate their wishes about organ donation. If a card holder wants to donate organs after death, the word DONOR will appear on the back of his or her card. If a card holder chooses not to participate in the program, no indicator appears.

Until now, the most common way to indicate consent to donate organs was to sign the form that accompanies a driver's licence.

Information about the voluntary organ donor program will be sent to people with their Health Card registration notices.

"Putting a potential donor's wishes on the Health Card makes it easier for hospitals to get the information quickly," said Mrs. Grier. "This means that more people will be able to improve or save the lives of others through organ donation."

Mrs. Grier said she will soon announce details of how and when the card will be delivered to the public.

- 30 -

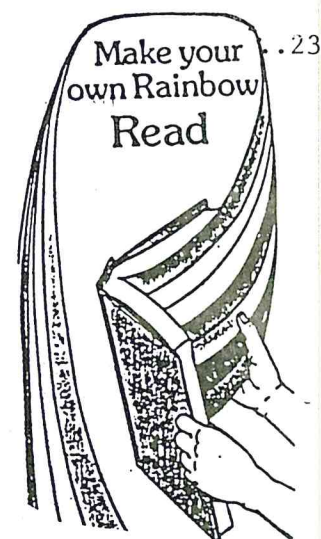
For more information, please call:

Barbara Selkirk, (416) 327-4365
Communications and Information Branch

version française disponible

KA:NHIOTE

967-6264



SEARCH FOR OVERDUE BOOKS!!

The following books are missing from our Native Collection and if not returned will have to be replaced **IN WHICH CASE THE BORROWER WILL BE SENT AN INVOICE FOR THE COST.**

- * Skyscrapers Hide the Heavens, J.R. Miller
- * Indian School Days, Basil Johnston
- * Ardous Journey, J. Rick Ponting
- * Children or Brethren: Aboriginal Rights in Colonial Iroquoia, J.D. Hurley
- * Resistance and Renewal, Celia Haig-Brown
- * Indian Herbalogy of North America, Alma Hutchins
- * Bury My Heart at Wounded Knee, Dee Brown
- * Indian Signals and Sign Language, G. Fronval
- * Traditional Teachings, North American Indian Travelling College
- * Crazywater, Brian Maracle
- * Indian Givers, Jack Weatherford
- * American Indian Sports Heritage, Joseph Oxendine
- * Tyendinaga: from Confederacy to Local Autonomy, Charles Hamori-Torok
- * Peace Trees and Wampum Belts, Gregory Schaaf
- * Tewaathon (Lacrosse), North American Indian Travelling College
- * Rolling Thunder, Doug Boyd
- * The Mohawk, Jill Duvall
- * The Mohawk, Nancy Bonvillain
- * Gospel of the Redman, Ernest Seton
- * The Sacred Tree, Judie Bopp
- * Black Elk Speaks, John C. Neihardt
- * Atlas of the North American Indian, Carl Waldman
- * Forgotten Founders, Bruce Johansen
- * Light of the Feather, Mick Fedullo
- * The Indian Way, Gary McLain
- * This Land is Our Land, Craig MacLaine
- * Iroquois Book of Rights, Horatio Hale
- * People of the Pines, Geoffrey York
- * League of the Iroquois, Henry Lewis Morgan
- * The False Faces of the Iroquois, William Fenton



• THE 1995 VOLUNTEER AWARDS •

How many awards are there?

There are two types of awards:

Volunteer Service Awards and the **Outstanding Achievement Awards**.

How do they differ?

The **Volunteer Service Awards** are presented to individuals (youths and adults) for specified periods of service. Adults are honoured for 5, 10, 15 or 25 consecutive years of service, and youth volunteers (18 years and under) for two or more years of service.

The **Outstanding Achievement Awards** are presented to **INDIVIDUALS, NON-PROFIT ORGANIZATIONS** and **BUSINESSES**. They acknowledge **MAJOR CONTRIBUTIONS TO VOLUNTARISM** ranging from developing a regional theatre to producing an historical record of a region to assuming a leadership and/or fundraising role for a number of separate organizations. They are chosen with the view that they will act as valuable examples or precedents for volunteers throughout the province.

Nomination Process

Non-profit organizations are invited to make nominations for both awards. In addition, the following guidelines apply:

Volunteer Service Awards

Seven names will be accepted from eligible non-profit organizations.

Outstanding Achievement Awards

Non-profit organizations are invited to make submissions in all three categories.

Individuals are invited to nominate non-profit organizations and businesses. Self-nominations are not eligible for consideration.

Separate nomination forms are available for each of these awards.

Additional nomination forms are available through the address shown below or the various field or regional services offices of the Ministry of Citizenship or the Ministry of Culture, Tourism and Recreation whose addresses are also shown here. Completed forms must be postmarked no later than March 1, 1995, and addressed to:

Honours and Awards
Ministry of Citizenship
15th floor, 77 Bloor Street West
Toronto, Ontario M7A 2R9
(416) 314-7526

The following do not serve as a basis for an award:

- membership rather than volunteer service in an organization
- services performed during the normal course of professional or business duties
- services for which volunteers received payment over and above reimbursement for expenses

Who is eligible for these awards?

The awards are offered annually for contributions in the field of voluntarism. They must relate to the mandate of the Ministry of Citizenship or the cultural sector of the Ministry of Culture, Tourism and Recreation. This includes voluntarism within the following areas:

- the arts
- heritage conservation
- public libraries
- community information centres
- newcomer services
- multiculturalism
- service to the aboriginal communities
- race relations
- human rights
- services to Seniors
- service with the disability community

The awards are for volunteer work performed within the Province of Ontario.



Ontario

Ministry of Citizenship
Ministry of Culture,
Tourism and Recreation

Selection Process

Nominations for the Volunteer Service Awards are routinely processed between January and the end of March and acknowledged by letter shortly thereafter.

Nominations for the Outstanding Achievement Awards are reviewed by a ten-member jury appointed by the ministers. Fifteen awards are presented solely on the basis of the jury's recommendations.

What form do the awards take?

The Volunteer Service Awards take the form of pins and personalized certificates in the various denominations.

The Outstanding Achievement Awards are handsomely crafted trophies using precious metals and supported by a maple base. They were specially designed to symbolize the multiple dimensions of voluntarism.

Award Presentations

The Volunteer Service Awards and Outstanding Achievement Awards are presented jointly at a series of ceremonies held throughout the province in the Spring.

Invitations are sent to the two representatives of each nominating organization appearing on the Volunteer Service Award nomination form, each recipient and a guest. A select number of guests are invited to accompany the Outstanding Achievement Award recipients to the presentations.

NOMINATION FORMS AVAILABLE AT THE ADMINISTRATION OFFICE
ASK FOR SANDRA GREEN

Ministry of Citizenship (MC)	Kenora (NCB)	Sault Ste. Marie	Ministry of Culture, Tourism and Recreation (MCTR)
Client Services (CS) (including Ontario Anti- Racism Secretariat (OARS) and Native Community Branch (NCB) Offices)	227 2nd Street South P9N 1G1 (807) 468-2864	390 Bay Street P6A 1X2 CS: (705) 759-8652 NCB: (705) 942-0419	Regional Services
Toronto 35 McCaul Street (CS) M7A 2R9 (416) 314-6631	Kingston (OARS) 1055 Princess Street K7L 1H3 (613) 545-4239	Sioux Lookout (NCB) 34 Front Street East P8T 1A3 (807) 737-1018	Toronto 35 McCaul Street M7A 2R9 (416) 314-6644
77 Bloor Street West (NCB/OARS) M7A 2R9 NCB: (416) 314-7420 OARS: (416) 326-9702	London (CS/OARS) 255 Dufferin Avenue N6A 5K6 (519) 679-7146	Sudbury 10 Elm Street P3C 5N3 NCB: (705) 675-4349 OARS: (705) 675-4127	Kitchener 30 Duke Street West N2H 3W5 (519) 578-8200
Fort Francis (NCB) 283 Church Street P9A 1C9 (807) 274-9732	150 Dufferin Avenue (NCB) N6A 5K6 (519) 679-7146	Thunder Bay 1825 East Arthur Street P7E 5N7 CS/NCB/OARS: (807) 475-1683	Ottawa 10 Rideau Street K1N 9J1 (613) 787-4000
Geraldton (NCB) 303 Main Street East P0T 1M0 (807) 854-0169	Orillia (NCB) 15 Matchedash Street North L3V 4T4 (705) 325-9561	Timmins (NCB) 22 Wilcox Street P4N 3K6 (705) 267-8018	Sudbury 199 Larch Street P3E 5P9 (705) 688-3035
Hamilton 119 King St. West L8N 3Z9 CS: (905) 521-7848 OARS: (905) 521-7869	Ottawa 1 Nicholas Street K1N 7B7 CS/OARS: (613) 566- 3728	Windsor (CS) 221 Mill Street N9C 2R1 (519) 256-5486	Thunder Bay 1265 East Arthur Street P7E 6E7 (807) 623-5592



SPECIAL INTRODUCTORY OFFER!!

Purchase 4 cases of Native Dry Lyed Corn and receive a 5th case **FREE**

Price per case: 64.80 Total cost: 259.20

Purchase a 4 case assortment of Native White Corn Flour, Latin American Masa Flour & Native White Corn Meal and receive an **EXTRA** case of any one of these items: **FREE**

Price per case: 32.40 Total cost: 129.60

Note: For any re-orders, this special introductory offer will not apply. Regular pricing will be in effect.

No personal cheques will be accepted.

CASH, MONEY ORDERS, MASTERCARD, C.O.D. ONLY

SUGGESTED RETAIL PRICING

Native Dry Lyed Corn	3.99	per 500 g
Latin American Masa Flour	1.99	per 500 g
Native White Corn Flour	1.99	per 500 g
Native White Corn Meal	1.99	per 500 g

DELAWARE NATION FOOD PRODUCTS INC.

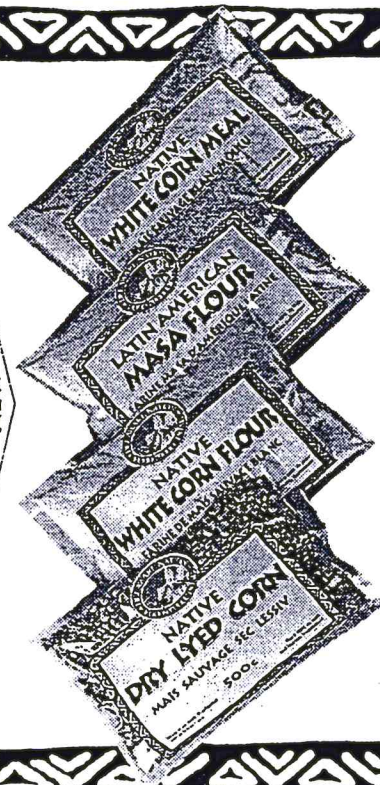
R. R. # 3 Bothwell Ontario NOP 1C0

Bus: (519) 692-9155

Fax: (519) 692-9157

THE TASTE OF OUR TRADITION

NEW



They're here! From the rich heritage of the Delaware Nation, come four new products made with the authentic, natural flavour of traditional Indian White Corn. We invite you to try the distinctive taste our Native Dry Lyed Corn, Native White Corn Flour, Native White Corn Meal and Latin American Masa Flour. The tastes of our tradition.

CONSIDERING MUSIC LESSONSBUT DON'T LIKE THE COST?

LOTS OF PARENTS WOULD LOVE TO GIVE THEIR CHILDREN MUSIC LESSONS, BUT COULD NEVER CONSIDER THE FINANCIAL BURDEN INVOLVED. COSTS CAN RUN AS HIGH AS \$25 FOR A HALF HOUR LESSON EACH WEEK AND SOME MUSICAL INSTRUMENTS CAN RUN INTO THE THOUSANDS. NOT MANY PARENTS FEEL THEY CAN "RISK" SUCH A BUDGET STRAIN...AND WE DON'T BLAME THEM.

WE HAVE THE SOLUTION FOR YOU!

THE LOYALIST CADETS (FOR AGES 7 TO 11 YEARS OLD) AND THE EMPIRE LOYALIST JR DRUM & BUGLE CORPS (FOR AGES 12 YEARS & UP) OFFERS THE CHANCE FOR YOUR CHILD TO LEARN TO PLAY A BRASS OR PERCUSSION INSTRUMENTS OR JOIN OUR DANCE ENSEMBLE FOR \$15 OR LESS PER MONTH!

NOT ONLY THAT!LOYALIST CADETS:

- *ALL INSTRUMENTS PROVIDED FREE OF CHARGE
- *YOUR CHILD CAN MEET & INTERACT WITH NEW FRIENDS HIS/HER OWN AGE 7 YEARS TO 11 YEARS OF AGE
- *NO EXPERIENCE NECESSARY-WE PROVIDE ALL INSTRUCTION
- *WE PRACTICE AT FAIRFIELD ELEMENTARY SCHOOL IN AMHERSTVIEW FROM: 6PM TO 7PM TUESDAY NIGHTS.

EMPIRE LOYALIST

- *WE PROVIDE ALL INSTRUMENTS & UNIFORMS-FREE OF CHARGE
- *YOUR CHILD CAN MEET & INTERACT WITH NEW FRIENDS HIS/HER OWN AGE 12 YEARS & UP
- *WE TRAVEL THROUGH OUT CANADA & THE U.S. PERFORMING IN PARADES, EXHIBITION AND COMPETITIONS DURING THE SUMMER MONTHS
- *NO EXPERIENCE NECESSARY-WE PROVIDE ALL INSTRUCTION
- *WE PRACTICE TUES. NIGHT 6PM TO 9PM AT FAIRFIELD ELEMENTARY SCHOOL IN AMHERSTVIEW AND SUNDAYS 12:30 PM TO 4:30 PM AT NAPANEE HIGH SCHOOL FOR WHICH TRANSPORTATION IS PROVIDED

MORE INFORMATION
AVAILABLE AT THE
ADMINISTRATION OFFICE
ASK FOR SANDRA GREEN

DON'T DELAY ANY LONGER!

IF YOU WOULD LIKE TO COME OUT AND WATCH US PRACTICE OR IF YOU WOULD LIKE FURTHER INFORMATION ON THE LOYALIST CADETS OR EMPIRE LOYALIST JR. DRUM & BUGLE CORPS PLEASE CALL: 384-1244

WE PRACTICE ON TUESDAYS FROM 6-9 PM AT
FAIRFIELD ELEMENTARY SCHOOL IN AMHERSTVIEW
AND SUNDAY FROM 12:30 TO 4:30 PM AT
NAPANEE HIGH SCHOOL AND TRANSPORTATION IS PROVIDED

EMPIRE LOYALIST JUNIOR DRUM & BUGLE CORPS
&
LOYALIST CADETS

FAX # (613) 384-4115



- WANTED -



LACROSSE PLAYERS!!!!!!!!!!

DIVISIONS

BORN

PEANUT

1989 - 1990

TYKE

1987 - 1988

NOVICE

1985 - 1986

PEEWEE

1983 - 1984

BANTAM

1981 - 1982

MIDGET

1979 - 1980

INTERMEDIATE

1975 - 1978

watch for registration dates.....



The
University of
Lethbridge

4401 University Drive
Lethbridge, Alberta, Canada
T1K 3M4
(403) 329-2768/329-2114

FACULTY OF MANAGEMENT
THE BUSINESS ENTERPRISES AND
SELF-GOVERNING SYSTEMS OF INDIAN,
INUIT AND METIS PEOPLES

THE ABORIGINAL MANAGEMENT WRITING COMPETITION

Sponsored by
The Faculty of Management
and

The Business Enterprises and Self-governing Systems of Indian, Inuit and Metis People
(BESS Program)
of the University of Lethbridge

For all students, academics and practitioners
Invitation to Participate
in The Aboriginal Management Case Writing Competition

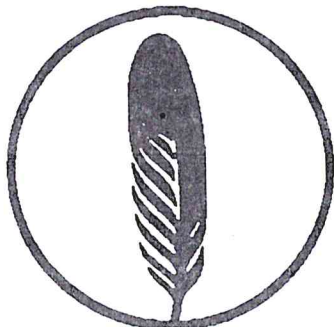
Cases must be unpublished manuscripts which incorporate aboriginal topics and related material. Topics include those that pertain to Aboriginal business, enterprise and governance. Case authors must be prepared to have their cases published by the BESS Program in a case book. Cases should be based upon real events or situations although they can be disguised. Any case based upon real events that uses proprietary information must have permission from the source of that information. Cases based upon published information only must be certified to be so by their authors. Fictional cases must be so stipulated. While there is no length restriction, most cases should not exceed 30 pages double-spaced. Short cases of only a few pages will get equal consideration along with more lengthy ones.

The intent to enter into the competition must be communicated to the Coordinator of the Aboriginal Management Writing Competition by March 31, 1995. All cases must be received by the Coordinator, The Aboriginal Management Writing Competition, Faculty of Management, The University of Lethbridge, 4401 University Drive, Lethbridge, Alberta, T1K 3M4, Canada, before June 30, 1995. All finalists will be notified of their position in writing by August 30, 1995. Prize winners will be announced no later than October 1995. Notification of acceptance for publication in the casebook will follow the normal editorial review process which takes about two to three months after receipt of the case.

First Prize will be \$3,000 Canadian. Second Prize will be \$2,000 Canadian. Third Prize will be \$1,000 Canadian. Prizes will only be awarded to cases of suitable quality for publication.

All cases submitted will be considered for publication in the case book. Authors of cases that are accepted for publication, whether finalists or not, will be notified of the reviewers' comments and provided the opportunity of amending their cases for publication. All cases published will be subject to normal copy editing by the editor of the case book. All cases published in the case book are subject to unlimited use in classes of instruction by the Faculty of Management at the University of Lethbridge without payment of royalties.

To: Tyendinaga Terr. Nslttr-Editor



**Canadian Native Arts
Foundation**

Tel: (416) 588-3328

Fax: (416) 588-9198

From: Canadian Native Arts Foundation

Date: Jan 23, 1995

Pages: 3

Public Service Announcement

January 23, 1995

The 1995 National Aboriginal Achievement Awards Secretariat is pleased to announce the creation of a new category - the Youth Award. This award will be bestowed to one young person of Inuit, Métis or First Nations ancestry (including non-status), to honour their outstanding achievements.

The recipient will be awarded a \$5000 educational scholarship by the Minister of Canadian Heritage at the National Aboriginal Achievement Awards gala ceremony on March 31, 1995 at the Queen Elizabeth Theatre in Vancouver. This event will be televised by the CBC as a national television special on April 6, 1995.

Any Aboriginal or Canadian is invited to nominate an Aboriginal Youth, between the ages of 15 and 21, for their outstanding achievements in any of the following categories: Arts and Culture, Academics/Education, Business, Community Development/Public Service, Environment/Land Management, Health/Medicine, Heritage and Spirituality, Law, Media and Communications, Science/Technology and Sports.

To nominate a youth achiever, please write a 2 to 3 page letter strongly articulating the specific achievements of the youth nominee. The letter should clearly illustrate the creativity, innovations, dedication and diligence which has enabled the nominee to successfully carry-out and attain their goals, along with the nominee's name, address, telephone number and Aboriginal affiliation (Inuit, Métis, First Nations).

Mail, FAX or courier the nomination to: National Aboriginal Achievement Awards - Youth Award - Suite 508, 77 Mowat Avenue, Toronto Ontario M6K 3E3 or FAX (416)588-9198. Nominations must be received by Wednesday February 22nd, 1995. For further information, please call Cheryl L'Hirondelle at the National Aboriginal Achievement Awards Secretariat at: 416-588-3941

-30-

Contact: Cheryl L'Hirondelle/Judy Tobe
NAAA Secretariat
416-588-3941



**1995 NATIONAL ABORIGINAL ACHIEVEMENT
AWARDS ADDS YOUTH CATEGORY
CALL FOR NOMINATIONS DEADLINE:
WEDNESDAY FEBRUARY 22, 1995**

The 1995 National Aboriginal Achievement Awards have included a new category - the Youth Award. This Youth Award will be bestowed to one individual of Inuit, Métis and First Nations ancestry (including non-status), between the ages of 15 and 21 to honour their outstanding achievements.

A Canada-wide call has been issued for nominations of this exciting new youth category for the 1995 National Aboriginal Achievement Awards.

Now in its second year, the National Aboriginal Achievement Awards are an awards system that recognizes Aboriginal individuals for their outstanding achievements.

Nominations for the Youth Award can be made in the following categories: Arts and Culture, Academics/Education, Business, Community Development/Public Service, Environment/Land Management, Health/Medicine, Heritage and Spirituality, Law, Media and Communications, Science/Technology and Sports. The recipient will be selected by a seven member jury comprised of distinguished individuals from the national Aboriginal community.

The recipient will be awarded a \$5000 educational scholarship by the Minister of Canadian Heritage at the National Aboriginal Achievement Awards gala ceremony on March 31, 1995 at the Queen Elizabeth Theatre in Vancouver. This event will be televised by the CBC as a national television special on April 6, 1995.

To nominate an Aboriginal youth achiever please write a 2 to 3 page letter strongly articulating the specific achievements of the youth nominee. The letter should clearly illustrate the creativity, innovations, dedication and commitment which have enabled the nominee to successfully carry out and attain their goals, along with the nominee's name, address, telephone number, date of birth and Aboriginal affiliation (Inuit, Métis or First Nations). Nominees must be alive and reside in Canada. Any Aboriginal or Canadian can nominate an achiever.

Nominations must be received by Wednesday February 22, 1995.

Mail, FAX or courier to:

National Aboriginal Achievement Awards Secretariat
YOUTH AWARD
Suite 508, 77 Mowat Avenue
Toronto Ontario M6K 3E3
FAX (416)588-9198.

For more information, please contact Cheryl L'Hirondelle at The National Aboriginal Achievement Awards Secretariat at (416)588-3941.

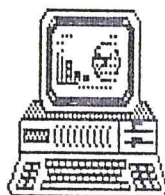
The National Aboriginal Achievement Awards are supported by the private and public sectors. CIBC and the Department of Indian Affairs and Northern Development are the lead sponsors, with generous support also coming from: Canada Post, Air Canada, CBC, Department of Canadian Heritage, Industry Canada, Health Canada, Human Resources Development Canada (The National Aboriginal Management Board and the Stay in School Initiatives), Canada Mortgage and Housing Corporation, Department of Foreign Affairs and International Development, Department of Justice Canada, Environment Canada, Fisheries and Oceans, Natural Resources Canada, Natural Sciences and Engineering Research Council of Canada, Western Economic Diversification Canada and the Province of British Columbia.

TYENDINAGA SCHOOL AGE PROGRAM

IS AVAILABLE FOR CHILDCARE

7 A.M TO 8:45 P.M

3:25 TO 5:30



LOCATED IN THE LIBRARY AT
QUINTE MOHAWK SCHOOL
SPECIAL ARRANGEMENTS CAN BE
MADE FOR CHILDCARE , IF WILLING
TO PAY FOR THE PROGRAM
CALL THE SCHOOL AFTER 3 A.M
FOR MORE INFORMATION

TYENDINAGA SCHOOL AGE PROGRAM

The Tyendinaga School Age Program provides care for Quinte Mohawk students aged 5 to 10 years old , daily at Quinte Mohawk School both the morning and after school and is also available on Professional Development.

This Program meets the developmental needs of these children through a variety of activities including child - directed, Native crafts , computer experience , cooking , science , drama , sports legends & storyarea , creative writing , games & cards , nature walks , visitors from our community , and life skills.

A nutritional snack is also provided during the morning and afternoon programs by trained personnel.

For more information on this exciting Program , please call :

Darlene Loft 962 - 9374

Barbara Maracle 396 - 2102

or Q.M.S 7 a.m - 8:30 a.m

3 p.m - 6:00 p.m

THE VOLUNTEERS AT CKWE RADIO WOULD LIKE TO EXPRESS A SINCERE THANKS TO ALL THOSE WHO HAVE CONTRIBUTED TO THE COMMUNITY RADIO EFFORT IN THE PAST AND ALSO THOSE WHO CONTINUE TO SUPPORT THE EFFORT.

A SPECIAL THANKS TO THE MOHAWK FIREMENS WIVES FOR THEIR GENEROUS DONATION, AS WELL AS THE NATIVE WOMENS ASSOCIATION WHO ALSO MADE A GENEROUS DONATION TO OUR RADIO FUND. ALSO A SPECIAL THANKS TO THE MOHAWK ADMINISTRATION OFFICE FOR THEIR DONATION

CKWE Radio Update...

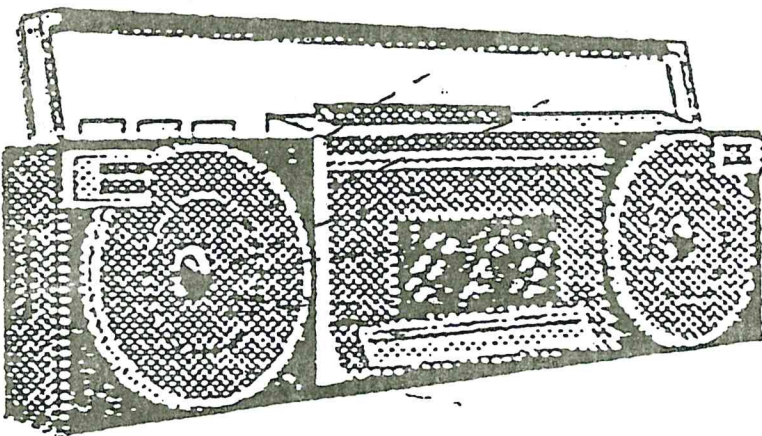
CKWE Radio is presently undergoing organizational and technical changes. We soon hope to be broadcasting full power in order that everyone on Tyendinaga will be able to tune us in. We hope everyone will bear with us in the meantime. We are negotiating with Community Radio Ontario Program (CROP) in attempts to secure a small grant for equipment, various expenses, and other necessities. Once all the formalities are completed, we will be gearing up for a Grand Opening sometime this spring. For the meantime, we are **broadcasting a two-day weekend starting at 8 o'clock each Saturday and Sunday morning**. The volunteer staff at CKWE sincerely hopes that community members enjoy listening in as much as we enjoy providing the service. Remember this is your station. If you would like to get an announcement or event on the air, please call CKWE Radio during our broadcast hours at 967-0463, or contact Brant at 396-3424 during weekdays.

Got a request or want to dedicate a song? Give us a call. If we've got it we'll play it! In the near future we will be conducting a phone survey to determine what kind of music the community wants to hear. It's your decision so give us a call during broadcast hours.

We still have CKWE Radio commemorative T-shirts & sweatshirts available for those interested. The T-shirts are \$10 and the sweatshirts are \$20. A good price for a good cause!

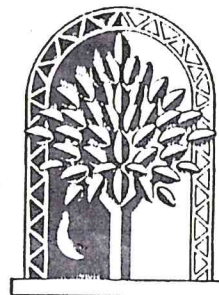
P.S. We're always looking for more volunteers.

Tune in to **105.9 FM**



Tyendinaga Radio

The **ARBOUR** *Festival*



For Immediate Release

Press release # 3-1-25-95

Contact: Rob Hood (705) 748-3022

DREW HAYDEN TAYLOR'S BRAND SPANKING NEW COMEDY

THE BABY BLUES

OPENS AT THE ARBOUR FESTIVAL ON FEBRUARY 21

THE BABY BLUES a new comedy and the second play in Drew Hayden Taylor's 4 play comedy blues quartet, will receive its world premiere at Peterborough's Arbour Festival on February 21 of this year.

Taylor, who grew up in the Peterborough area and whose family are long time residents of Curve Lake, is currently one of the leading forces in Native writing in Canada. The winner of a Chalmer's award for **TORONTO AT DREAMER'S ROCK** and a Canadian Author's Association Award for **THE BOOTLEGGER BLUES** is currently the Artistic Director of Canada's largest Native theatre company, Native Earth Performing Arts Company in Toronto. He was also recently chosen by the Globe and Mail's in its annual year end review as one of those young Canadians whom the whole country should watch.

THE BABY BLUES is a brand spanking new comedy which tells the story of an aging pow wow dancer, Noble who has begun to feel the sting of his own particular form of mid-life crisis. Within the space of one day, sudden unexpected events cause this character (who first made a cameo appearance in **THE BOOTLEGGER BLUES**) to come to several new revelations of the joys that life can hold after a career in fancy dancing.

Starring in **THE BABY BLUES** is Buffalo Child whom audiences will remember for his role as the Pawnee War Chief in **DANCES WITH WOLVES** and for his regular appearances on **NORTH OF 60**. Also starring is **MICHELLE GOODEVE** as pow wow organizer Jenny with Levi Aguoine as Skunk, Thea Gill as Summer, Lura Merritt as Pashik and Vincent Manitowabi as Amos rounding out a very experienced cast.

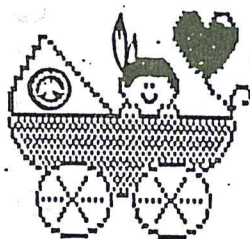
Directorial duties for the new play which first appeared at the Arbour Festival Annual Playwright's Retreat will be taken on by the company's Artistic Director **BRIAN RICHMOND**. Former Shaw Festival resident designer **YVONNE SAURIOL** will provide set and costumes with Arbour resident Lynn Hyde designing the lights.

Page 2

THE BABY BLUES begins previews on Friday, February 17 at the same time as the annual Elder's Conference held in Peterborough, opens on Tuesday February 21 and closes on Sunday March 5. Performances are at 8 p.m. Tuesday to Saturday with a matinee being offered on Sunday at 2 p.m. School matinees are also being offered. Tickets range from \$ 7 - \$ 18 and may be obtained by contacting the box office at (705) 748-3111.

This production is made possible through the generous support of The Whetung Art Gallery, The Ontario Arts Council, The Canada Council and was developed with the financial support of The Laidlaw Foundation.

For further information and/or interviews please contact Rob Hood, Marketing and Publicity Director, The Harbour Festival, (705) 748-3022



Congratulations!

"Congratulations" Nikki Brown on the arrival of your new baby girl.

*Justice Orianna arrived on Saturday January 28th at 9:58 pm.
weighing in at 8 lbs. 4 3/4 oz.*

Tickled pink are Grandma Sharon Brown, Aunt Sarah and Uncle Joe

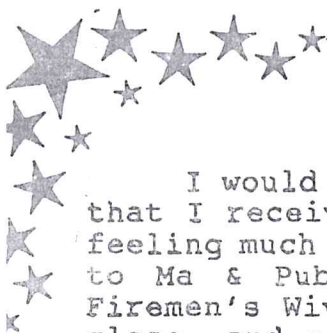


Thank You!

Vernon and I would like to take this time to thank all Our Family and friends for traveling in the inclement weather to help us celebrate our 35th Wedding Anniversary on Jan. 21. Thank You for the beautiful flowers, gifts and cards. Also thanks to Bill Brant for the Prayer before dinner, Alan Brant for the music, Suzanne Brant for being the designated driver and Mrs. Herbs for Catering the lovely dinner.

A Very Special Thanks goes out to our children for arranging this celebration.

Vernon & Elaine Brant

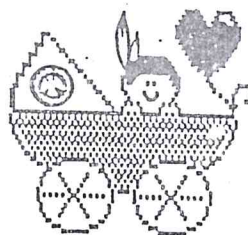


I would like to thank everyone for all the phone calls, cards and gifts that I received while I was recovering from my recent burn accident. I am feeling much better now and only missed one week from school. Special thanks to Ma & Pub, Bill & Marilyn, Aunt Bev, Mrs. Deanna Brant, the Mohawk Firemen's Wives, Amy Green and Family, Sam Hill and family, my Grade Seven class, and especially to my Mom and Dad for getting me to the hospital so quickly.

THANKS AGAIN

MATTHEW VINCENT

It's A Girl!



Congratulations!

Born to Todd and Sonya on January 16, 1995. Meagan John a precious little sister for Nathan. Meagan weighed 7 lbs. 7 1/2 oz. and was 20 1/2 inches long.

Proud Grandparents are **Ronnie & Carol John** of Shannonville. **Elizabeth Walker** of Deseronto & Great Grandfather Everette (Bub) John of Shannonville & Marion Wise of Hamilton.

Thrilled 2nd Time Aunts for **Chris & Jodi John**.

Special Hello to all my Great Aunts & Uncles



PANCAKE SUPPER

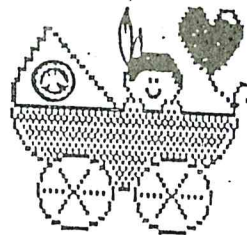
TUESDAY, FEB. 28

5 - 7 P.M.

QUEEN ANNES PARISH CENTRE

\$4.00

It's A Girl!



Congratulations!

Brant and Tanya Bardy are thrilled to announce the Birth of their 3rd Child. A Baby Sister for Natasha and Dakota.

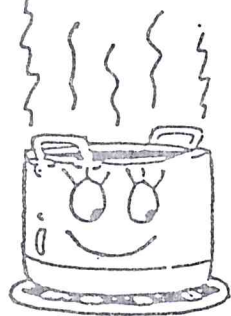
Akennhe Otsi:tsa Bardy
BORN: 8:52 P.M., Wednesday JAN 18, 1995
WEIGHING 7 lbs. 12 3/4 oz.
20 " LONG
BELLEVILLE GENERAL HOSPITAL

PROUD GRANDPARENTS:

Marve & Reta Bernhardt of Tyendinaga!
Wes & Juanita Bardy of Tyendinaga!

Special Thanks to Chief & Council and Administration Staff for the lovely gift! It was greatly appreciated!

Nia:wen from the Bardy Family!!



Souper Reading



Wednesday Feb. 15/95

9 A.M. - 7:30 P.M.

**KA:NHIOTE'S ANNUAL CORN SOUP
SUPPER & BOOK FAIR IS HERE
AGAIN!!!!**

CORN SOUP SUPPER (in the Gym) 5 p.m. - 7:30 p.m.

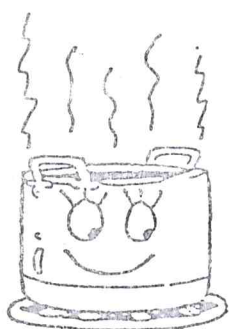
Adults: \$6.00 (2 Soup, 2 Bread, dessert & beverage)

Children (10 & Under): \$3.00 (1 Soup, 1 Bread, dessert & beverage)

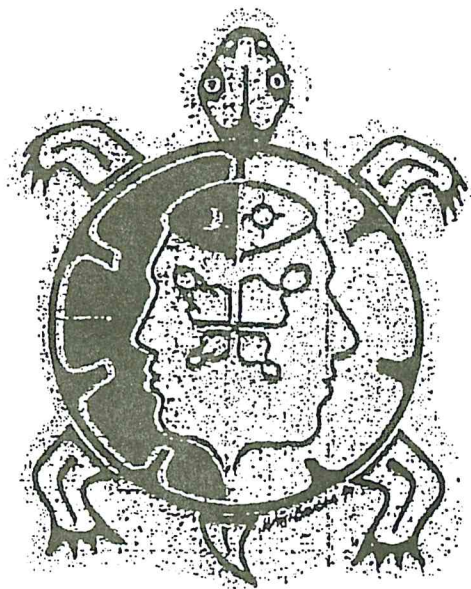
* Each classroom will have an opportunity to view and/or purchase books during the day *

Prices range from \$.99 and up. Books will be on displayed in the hallway in front of the school library (South Hall). Books provided by W. & R. Greenley Booksellers.

** Please support your Public Library at
Zuinte Mohawk School **



TWELFTH ANNUAL ELDERS AND TRADITIONAL PEOPLES' GATHERING

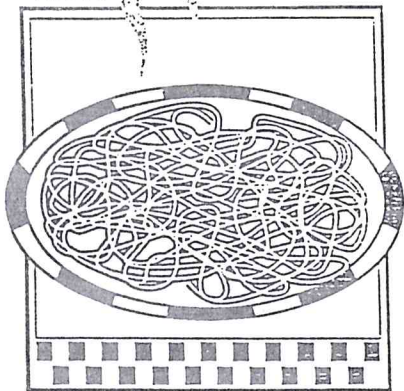


THEME: FAMILY GROWTH THROUGH OUR ELDERS

FEBRUARY 17, 18, AND 19 1995
TRENT UNIVERSITY, PETERBOROUGH ONTARIO

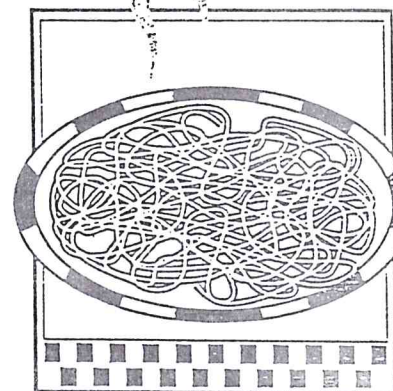
CELEBRATING TWENTY-FIVE YEARS OF NATIVE STUDIES AT
TRENT UNIVERSITY, PETERBOROUGH, ONTARIO

**** MORE INFORMATION AVAILABLE AT THE ADMINISTRATION OFFICE ****
(Agenda, Daycare Rates & Accommodations, etc.)



SPAGHETTI SUPPER

*presented
by*



"LITTLE NHL MIDGET HOCKEY TEAM"

DATE: *Thursday, Feb. 23rd*

TIME: *5:00 pm - 8:00 pm*

PLACE: *Downstairs-Community Centre
(York Rd.)*

COST: *\$ 5.00/person*

SENIORS: *\$ 4.00/person*

DINNER INCLUDES:

*Spaghetti with Meat Sauce/Dinner Roll
Dessert/Juice/Coffee or Tea.*

*Little NHL Tournament is hosted by
Nipissing First Nation (North Bay)
on March 11-15th*

-Proceeds to Tyendinagas' Midget Team-

COME OUT AND SHOW YOUR SUPPORT

BENEFIT DANCE

for

Butch Davis
Cancer Patient

Blue Grass Jam & Dance

3 pm to 1 am

Feb. 25th

Blue Grass Band & Entertainment
All Day

MC - JIM ELLIOTT

KEN PINKHAM

FINLAY RIDGE

featuring:

GRASS CREEK

MEYERS CREEK

OLE TIME FIDDLERS

Dance The Night Away to Ken's D.J. Services

**DRAW
PRIZES**

CJBQ

CFMK

SKYWAY LOUNGE, DESERONTO

\$2.00 Cover Charge

Chili

Corn Soup

Some like it mild, Some like it hot, Some like it ExtraHot, Some like it not. Which are you?

CHILI CONTEST

DESERONTO LEGION BR. 280

MARCH 4, 1995

2:00 P.M. - 4:30 P.M.

Fill your crockpots or Electric Frying Pans!

1st - 2nd - 3rd Prizes

Buy a Bowl of your Favourites \$1.00

Judges Decision at 4:00 p.m.

**** Come out for Fun - Food - and a Dance
or Two ****

??? Possible Mystery Guest ???

SUPPORT YOUR LOCAL LEGION



Spring Fling



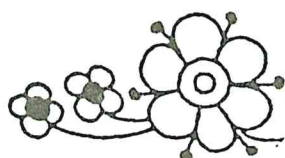
SAT. MARCH 11/95

9:00 - 1:00

Music by Decibel Dudes

MOHAWK COMMUNITY

CENTER



SPONSORED BY THE FIREMEN'S WIVES AUXILIARY



13 BOWES STREET
PARRY SOUND, ONTARIO
P2A 2K7
TELEPHONE (705) 746-5970

COURT WORKER (705) 746-2691
NATIVE EMPLOYMENT CENTRE (705) 746-2612

ANNUAL BOWLING TOURNAMENT MARCH 17th AND 18th, 1995

*YOU ARE CORDIALLY INVITED TO PARTICIPATE IN
THE PARRY SOUND INDIAN FRIENDSHIP CENTRE
ANNUAL BOWLING TOURNAMENT (5 PIN)*

MARCH 17TH AND 18TH, 1995

GEORGIAN LANES, PARRY SOUND, ONTARIO

ENTRY FEE: \$180.00

PAYABLE BY CERTIFIED CHEQUE OR MONEY ORDER

DINNER AND LICENSED DANCE TO FOLLOW

"AGE OF MAJORITY ONLY"

AT THE WASAUKSING COMMUNITY CENTRE

*MAKE CHEQUES PAYABLE TO: PARRY SOUND INDIAN FRIENDSHIP
CENTRE, 13 BOWES STREET, PARRY SOUND, ONTARIO, P2A 2K7,*

TELEPHONE: 705-746-5970

*PLEASE ENCLOSE TEAM LIST WITH CHEQUE AND FORWARD
TO THE ABOVE ADDRESS*

DEADLINE FOR ENTRIES: MARCH 10, 1995 AT 3:30 PM

TEAMS WILL BE ACCEPTED ON A FIRST COME, FIRST SERVE BASIS

THE FIRST 32 TEAMS WILL BE ACCEPTED

COME ON OUT AND JOIN THE FUN!

**ALDERVILLE'S 4TH ANNUAL
OPEN NATIVE MENS
HOCKEY TOURNAMENT**

(NON-CONTACT)

**SAT. MARCH 18TH
WARKWORTH ARENA**

SPONSORED BY THE ALDERVILLE REDMEN TEAM

ADMISSION: \$3.00 - UNDER 12 FREE

ENTREE FEE - \$250.00

PRIZES

"A" CHAMPS - \$400.00

"A" RUNNER UPS - \$300.00

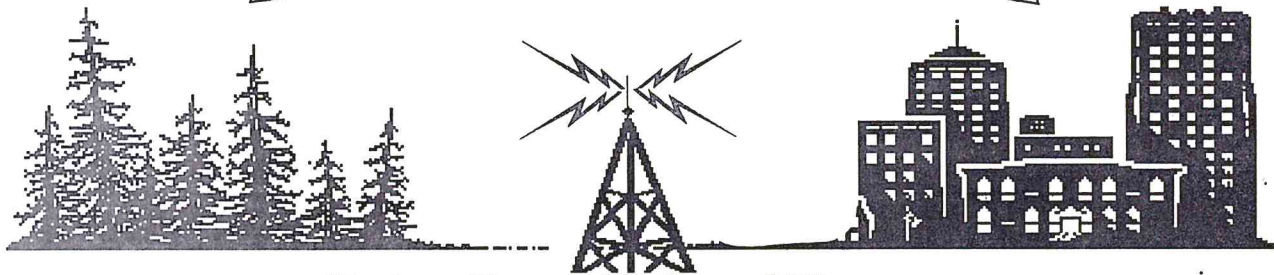
"B" CHAMPS - \$300.00

"B" RUNNER UPS - \$200.00

**FOR MORE INFORMATION, PLEASE CALL GLEN CROWE AT
(905) 352-2271 OR HOWIE CROWE AT (905) 352-3065**

**MAKE CHEQUE PAYABLE TO THE ALDERVILLE REDMEN HOCKEY
CLUB - C/O ALDERVILLE FIRST NATION - P.O. BOX 46
ROSENEATH, ON K0K 2X0**

SPIRIT ALIVE TELEVISION



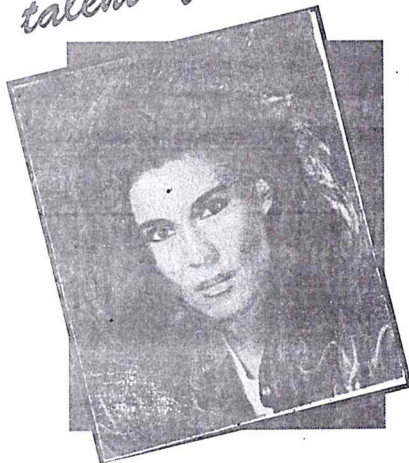
Extending a Voice of Hope...
Into the Rural and Urban Centres of Our Nation!

**NEW
TIME!**

**WEEKLY ON CKWS
SUNDAY 7 A.M.**

Watch this Sunday!

*Featuring
the musical
talent of...*



♦ **PAM THUM** ♦

CONTEMPORARY CHRISTIAN ARTIST,
Nashville Recording Artist &
Nominee for New Artist of The Year
at the '94 DOVE AWARDS

UPCOMING PROGRAMS:

The Supernatural Element
And God Sought to Kill Him!
What About Native Spirituality?
The Fruit of The Spirit

**ALSO
ON
"VISION" CABLE
NATIONALLY
IN
682
CITIES!**



♦ **ROSS W. MARACLE** ♦

HOST of SPIRIT ALIVE TELEVISION,
President of NATIONAL NATIVE
BIBLE COLLEGE & Columnist for
FAITH TODAY

*and
many other
inspirational
voices!*

♦ **Prayerlines-** call during the program, or during office hours - 396-1435

♦ **We want to pray for you! Expect a miracle!**
Spirit Alive, PO Box 280, Deseronto, ON K0K 1X0

NATIONAL NATIVE BIBLE COLLEGE

N.N.B.C. on the MOVE EDUCATIONALLY

Two New Instructors at N.N.B.C!

Rev. John E. Thohate Maracle

Rev. Maracle, Mohawk, B.A., M.A. in Cultural Studies, Ph.D. candidate at Oxford University joined us in September. He teaches "*Acts of The Apostles*", "*The Gospels - Matthew, Mark, Luke*" and "*Youth Ministry*".

His ministry to American Indians combines the establishing of churches and training Native American Pastors. He is also *Chief of the North-American Native Christian Council* which involves Native American leaders from various Native Nationalities and Evangelical Denominations across North America.

Rev. David J. R. Smith

We are pleased to welcome Adjunct Professor, Rev. Smith, A.A., B.R.E., M.Div, to the Staff this January Semester! Rev. Smith has pastored for 12 years in the United States and is currently Senior Pastor at Quinte Alliance Church in Belleville. Rev. Smith teaches "*Interpretation of The Bible*".

**N.N.B.C. STUDENTS BROADENING
THEIR PERSPECTIVE
THROUGH...**

A NOTE FROM THE ACADEMIC DEAN

Adrian Jacobs,
Cayuga from Six Nations

*We extend an invitation to all
community members to visit us and
tour the facilities of N.N.B.C.*

*"I've driven by for so many years,
and this is the first time I've ever
stopped. I'm impressed", was the
comment of a recent visitor. Come and
enjoy a cup of coffee and a tour!*
Adrian Jacobs

**...INVOLVEMENT AND PARTICIPATION in
Missions Conference Feb. 8th & 9th at Ontario Bible
College in Toronto, under the ministry of Dr. Leighton Ford,**
associate evangelist for many years with Dr. Billy Graham.

Courses Offered At N.N.B.C. Include...

- ♦ "Crisis Counselling" ♦ "Prayer"
- ♦ "Marriage and Family Life"
- ♦ Call for info on 53 additional courses and descriptions.

N.N.B.C. SPECIAL!!!

INDOOR CAMPMEETING

March 26-29 ♦ N.N.B.C. CHAPEL ♦ Nightly 7PM

CLASSIFIEDS

* REDUCED TO CLEAR *

15 K.W. ELECTRIC FURNACES
\$150.00

Call Todd Kring for further information
396-3424

FOR SALE

BUILDING LOT 150' x 150'

- Located 1 km east of Community Centre
- South Side of York road
- Between Larry & Junior Brants
- Across from the New Ball Field
- Property has been checked for water and has been found

CALL: 396-2424 DON BRANT
For more information

DEER HIDE AVAILABLE
WHILE QUANTITIES LAST!

ADMINISTRATION OFFICE
396-3424

NEWSLETTER DEADLINE DATE

The deadline date for the next
newsletter is:

MONDAY, Feb. 27/95
at 12:00 noon
396-3424

FOR SALE

KITCHEN TABLE SET WITH 4 CAPTAIN
CHAIRS

- Dark Wood colour
- Suitable for Starter Set
- asking \$150.00

PLEASE CALL: 396-2826

FOR SALE

MOBILE HOME

- 2 Bedroom, Living Room & Kitchen
- Lot size 150' X 150'
- With additional Room 20 X 16
- Heat Pump for back up heating & Air Conditioning
- Natural Gas Furnace
- Good Well & Septic System
- Located on the Corner of Belles Side Rd. and #2 Highway
- Price is Negotiable

PLEASE CALL: 1-416-925-0511
BRUCE WELLS

MILL TOWN MEATS

- Corn Fed Beef
- Quarters & Halfs of Beef
- Cut, Wrapped & Frozen
- Individual Pieces sold at Home

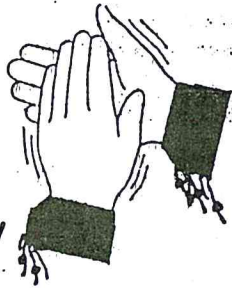
Make your Own Soup!

- Lyed Corn, Beans, Special Pork

Home Made Meat Pies!

- Approx. 6 oz.
- Turkey, Chicken, Beef Vegetable

CALL: 962-5470 GLENN HILL
R.R. # 2 SHANNONVILLE ONT.



Congratulations!!

*BEN GREEN &
BRIAN BRANT*

*FOR BEING DRAFTED INTO THE
PETERBOROUGH MAULERS
JUNIOR LACROSSE
ORGANIZATION*

*Happy Birthday to You!
Happy Birthday to You!
Happy Birthday To You!*

*Cindy
Feb. 21*

Love the Family



*Happy
Belated Birthday!*

*Henry
Feb. 3*

Love from Flo



Happy Birthday!



*MOM (Granny)
Feb. 7*

*Lots of Love
from Sherry, Trevor
& Donavan*

*Happy Birthday
Joe!
Feb. 5th*



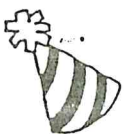
*Love from Mom, Nikki, Sarah,
Ang & Justice*



Happy Birthday!

*Natalie
Feb. 16*

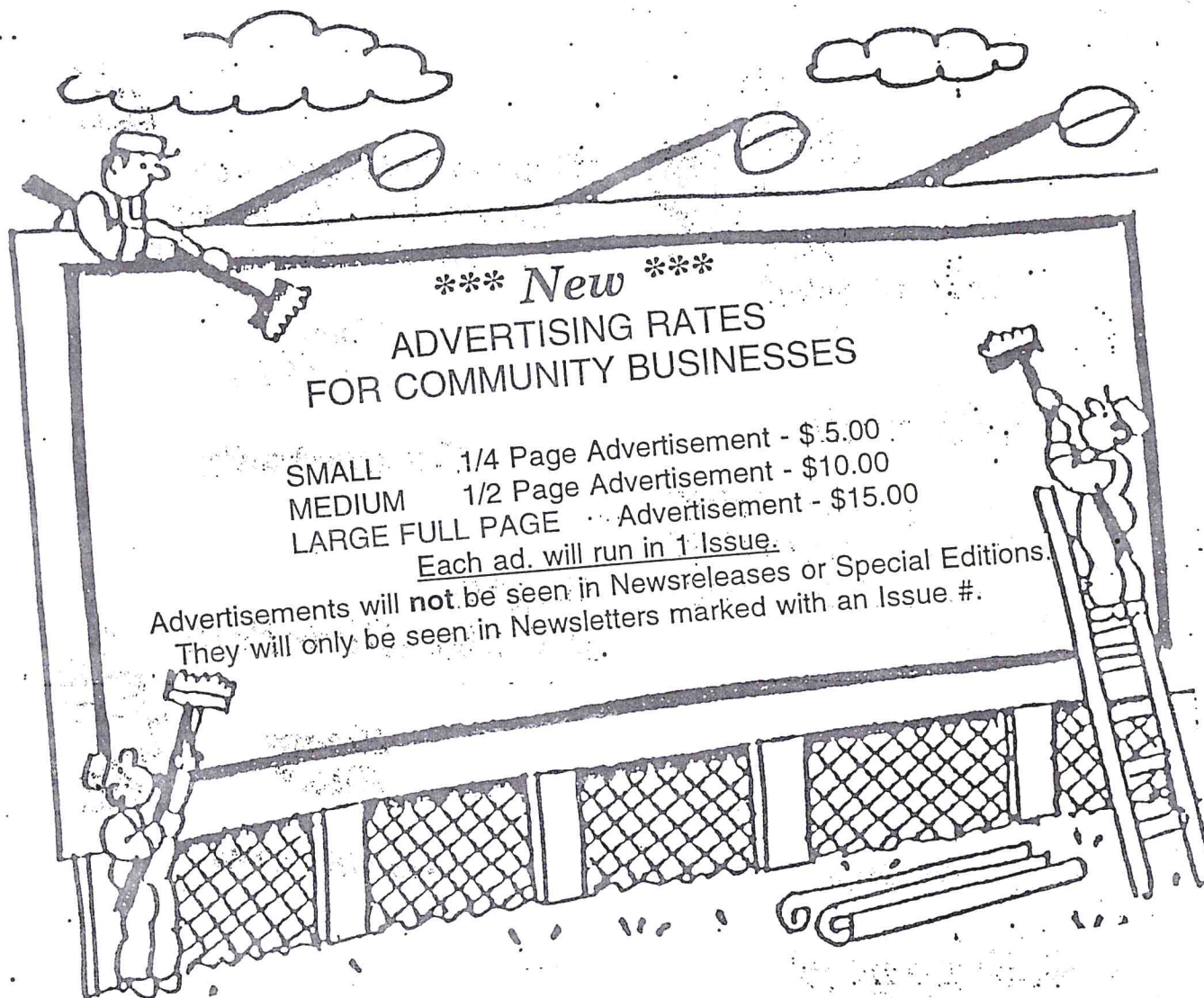
Love Mom, Dad & Jamie



*Happy Birthday
Chris!
Feb. 20*

*Love
Dad, Mom & Joyce*





***** New *****
ADVERTISING RATES
FOR COMMUNITY BUSINESSES

SMALL	1/4 Page Advertisement - \$ 5.00
MEDIUM	1/2 Page Advertisement - \$10.00
LARGE FULL PAGE	Advertisement - \$15.00

Each ad. will run in 1 Issue.
 Advertisements will **not** be seen in Newsreleases or Special Editions.
 They will only be seen in Newsletters marked with an Issue #.

Jens Naumann's PIANO SERVICE

TUNING, REPAIRS, ETC.

No job too big or too small

REASONABLE RATES:

Piano tuning start at \$30.00

354-5375



ELDER LANE

now has a showroom!

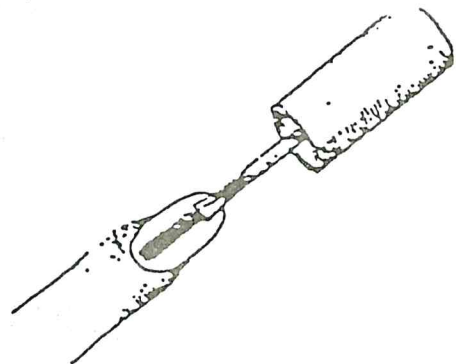


Come see our selection of clothing and specialty items for the elderly, and the not-so elderly. Our clothing is designed for active seniors and those with special needs.

Two Locations to Serve You Better!
 Bayview Mobile
 Mall 966-3818 or Service 969-7494

Maracle Nails By Sherry

Bayshore Rd.
Tyendinaga Territory
396-2041



- * Acrylic Nails (Gel, Fiberglass)
- * Repairs, Wraps,
- * Manicures & Pedicures
- * Facials & Makeup
- * Waxing (Legs & Facial)
- * Reflexology (Relax, relieve stress, feel better session)
- * Beauty Products retailed & Herbal Products Available
- * Gift Certificates Available

FREE CONSULTATIONS!
MALE CLIENTS WELCOME!

Beat the Winter Skin Blues!

By appointment only, Telephone 396-2041

B & M VARIETY CHIP and POP STOP

Milk	Juice
Bread	Mixed Candy
Eggs	Choc. Bars
Bacon	Cigarettes
Lunch Meat	Tobacco
Cheeze	Pop
Rawleigh Prod.	Chip
Ice Cream	Home Made Bread

Thursday's

Located On Norways Road
South off York Road

Hours: Mon - Sat
7:00am - 10:00pm
Sun. 1:00pm - 10:00pm

phone -- 962-7420

Protect-Water Services, Inc.

Jim Porter Plumbing - Pumps - Water Treatment

Sales • Lease to Own • Complete Service

- Metered control Water Softeners
- Chemical-free iron & sulphur Filters
- Ultra-violet Purification Systems
- High quality Drinking Water Systems
- Distillers and Reverse Osmosis
- Duro - 10 year Warranty Submersible Pumps
- Well-Mate Lifetime Warranty Fiberglass Pressure Tanks
- Plumbing Renovations and Service
- Electric Hot Water Tank Installation & Service



R.R. #6, NAPANEE

354-6080

Bel Air Refrigeration

969-7787

Air Conditioning & Heating

Sales - Service - Installation

Propane - Gas - Oil

FREE ESTIMATES

All Work Guaranteed

2 Fully Licenced Technicians

Call **John Maracle**
or Marty Barriage

Serving the Residential, Commercial
and Industrial Needs of the Quinte Region

B & J POLE LINE CONSTRUCTION VEHICLE INSPECTION STATION

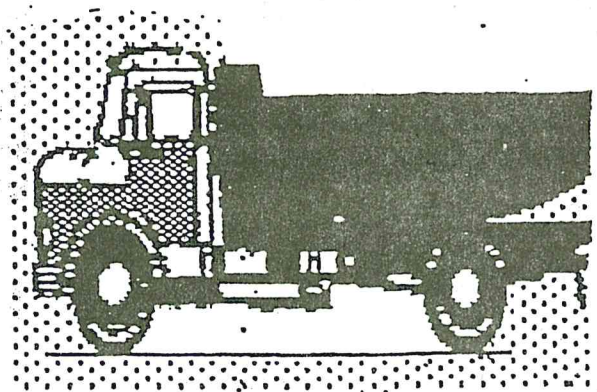
- * DRIVEWAYS
- * SEPTIC TANKS
- * WATER WELLS
- * BASEMENTS
- * SNOW PLOWING

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

* *FREE ESTIMATES* *

969-7430

BUD OR JEFF



NRH

NRH

SALE**SALE****SALE***Native Renaissance //*

Is Having a

GIANT INVENTORY BLOWOUT**Almost Everything In
The Store On SALE****SAVE****SALE****20 to 50% off****SALE starts Feb. 24/95
& won't last long!!!****SALE**

The Art Gallery will be

Featuring

Nature & Native Artists:

Debi Fitzgerald, Paul Livingston

Johannas Boots & Norman Knott

on Sunday Feb. 26/95 &

Sunday Mar. 5/95

at 11:00 - 4:00 p.m. (two per day)

*Refreshments will be served
during the Art Show***Door
Prizes****Sat & Sun
Draws!!**

NRH

NRH



Re-Kindle that Old Love **MOTORCYCLES**

**WE LOVE THEM
WE RIDE THEM**



" WE SERVICE THEM "

QUALITY SERVICE & REPAIR TO ALL MAKES & MODELS

← *DOREEN* BROS. →

MOTOR VEHICLE SERVICES

QUALIFIED LICENCED MOTORCYCLE MECHANICS
Always Free Inspections, Free Estimates, Friendly Service

Always Free Inspections, Free Estimates, Friendly Service

BUSINESS HOURS

MON - FRI - 8:30 A.M. - 5 P.M.

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

Closed Sundays

EVENING APPOINTMENTS BY REQUEST

RANDY DOREEN

396-6536

**Located on Slash Rd. East
Tyendinaga Territory**

**Free
Pick Up on
Territory**

**Safety
Checks**

← **DOREEN** *BROS.* →

MOTOR VEHICLE SERVICES

QUALIFIED LICENSED MECHANICS
Automotive, motorcycles, snowmobiles, A.T.V.'s

AUTOMOTIVE SERVICE

* TIRES
* BRAKES
* TUNE-UPS
* BATTERIES
* SAFETY CHECKS
* FUEL INJECTION
* STEERING & SUSPENSION
* WHEEL BALANCING
* ROTOR/ DRUM MACHINING



TIRES
TIRES
TIRES
TIRES
NOW IN STOCK

Quality Atlas Tires/ Built by Michilin
85,000 KM, ROAD HAZARD GUARANTEE
* CALL FOR QUOTE ON SIZE *

Always Free Inspections, Free Estimates, Friendly Service

BUSINESS HOURS

MON - FRI - 8:30 A.M. - 5 P.M.

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

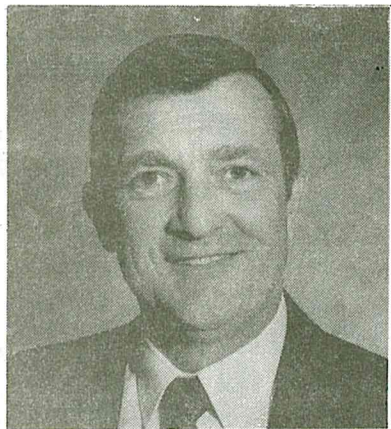
Closed Sundays

EVENING APPOINTMENTS BY REQUEST

RANDY DOREEN

396-6536

Located on Slash Rd. East
Tyendinaga Territory



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

475 William St.
Napane, Ontario
K7R 1A5

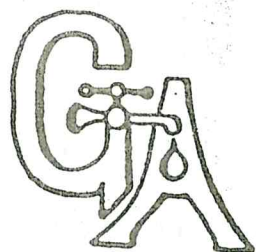
354-2726 (Napane)
968-6449 (Belleville)

Licensed by: London Life Insurance Company



Wells - Cisterns - Pools
Bulk - Potable
Deseronto

962-6378



**SNOW
PLOWING**

- DRIVEWAYS

**CALL:
962-6378**



Lyle Vanclief M.P.
Prince Edward-Hastings

59 South Front Street,
Unit 2
Belleville, Ontario
K8N 5P4

969-7466

YENDINAGA

COMPUTER SALES & SERVICE



"the satisfied customer specialists"



486DX-33MHz MultiMedia System

4MB RAM, 420MB Hard Drive
1MB Vesa Local Bus Video
.28ni SVGA Colour Monitor
101-Key Enhanced Keyboard
2-Button Serial Mouse
DOS 6.22, Windows 3.11

PLUS! Already Installed!

SoundBlaster Discovery CD 16
MultiMedia CD-ROM Kit

Kit Includes:

Panasonic Double Speed CD-ROM Player
Sound Blaster Pro 16-bit Sound Card
Plus 9 Software Titles

Total Price... \$2049.

AVAILABLE NOW! IN STOCK!

AMTEX™

GONE FISHIN'

ONLY \$59.95!!

Or choose from these other
Great titles from **AMTEX!**

Digital TRISTAN - 3.5" \$19.95

Royal Flush - CD-ROM \$49.95

Eight-Ball Deluxe - CD-ROM \$49.95

Tel (613) 966-9522 Fax (613) 966-9455