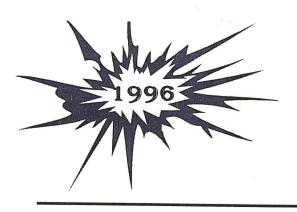


TYENDINAGA NEWSLETTER

1996

Happy New Year!

Tsi iothorha' ISSUE 1/96



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Happy New Year!

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MOHAWKS OF THE BAY OF QUINTE

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

TYENDINAGA MOHAWK COUNCIL PORTFOLIOS for 1996 - 98

Chief R. Donald Maracle -

R.R. 1, Box 98

Tyendinaga Mohawk Terr

KOK 1XO

Administration Seniors Issues
Elders Lodge
Emergency Measures
Health & Social Sen Seniors Issues

Health & Social Services

Phone: 396-3089

Douglas E. Maracle

PO Box 48

Tyendinaga Mohawk Terr -

KOK 3A0

Daycare

Elementary Education

Secondary & Post-Secondary Education

Family & Children Services

Phone: 966-5386"

Donald K. Smart

PO Box 536, RR 1

Tyendinaga Mohawk Terr

KOK 1XO

Roads

Recreation

Economic Development

Policing

Airport

Phone: 396-2637

Clell R. Maracle

Box 94, RR 1

Tyendinaga Mohawk Terr

KOK 1XO

BusingGrass Cutting

- Parks

Landfill Site

Library

Phone: 396-3111

Willard H. Brant

RR 1, Box 86

Tyendinaga Mohawk Terr

KOK 1XO

Fire Protection

Public Buildings & Maintenance

Environmental Issues

Employment

Phone: 396-2536

Council as a Whole:

Housing/Sanitation

Policing Operational Review

Land Research & Land Claims

Land & Estates

Major Capital Projects

Turton Penn File

MOHAWKS OF THE BAY OF QUINTE

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

January 5, 1996

Mr. Douglas Forbes District Director Southern District P.O. Box 1960 171 Colborne Street Brantford, Ontario N3T 5W5

Dear Mr. Forbes:

RE: OCCUPIERS RESEARCH OF DIAND FILES

This will acknowledge receipt of your letter of December 12, 1995, wherein you informed me that illegal access had been gained to some of the files of the Mohawks of the Bay of Quinte during the occupation of the Southern District Indian Officers office at the Six Nations Territory while it was held under illegal occupation from August 30, 1995, until October 13, 1995.

I note that your letter indicated that the occupiers appeared to have had a particular interest in correspondence concerning Indian Act prosecutions and the notes of the Ontario Provincial Police meeting with regard to the illegal occupation of the Turton Penn houses. In addition some of the pending land transfers may have been accessed.

I would request that you notify the members of the band whose records may have been reviewed as well as my Council.

I note that the Corporate Office of the Indian Southern District Office has been moved to 171 Colborne Street in Brantford Ontario.

It is unfortunate the occupation occurred and caused disruption of the normal operation of your office and loss of rental income for the Six Nations Council.

Sincerely,

R. Donald Maracle

Invelo marails

Chief

RDM/lt

Affairs Canada

Indian and Northern Affaires indienne's et du Nord Canada

December 12, 1995

Chief R. Donald Maracle Mohawks of the Bay of Quinte

Our tile Notre référence

Attention: Glenda Maracle, A/Band Manager

Occupiers' Research of DIAND Files

As you know, the "representatives of the Mohawk peoples" who took over our offices in the Eagles Nest August 30, 1995 and remained there until October 13, 1995, managed to illegally gain access to a majority of files and records in our offices. My staff has conducted a review of the materials that the occupiers seemed to have been most interested in. I am writing to let you know what we have found.

The occupiers appear to have reviewed the following

Letter to Audrey Doerr from Chief Maracle re Indian Act Prosecutions (Aug. 18/95)

E Mail to A. Doerr/J. Donnelly re meeting in Bellville as well as the notes on OPP meeting with regard to house occupation at Turton Penn.

Turton Penn file

All pending Land Transfer Files; as well as a Certificate of Possession for Morris Maracle.

We provide this information for the general information of Chief and Council. I would appreciate your input as to whether or not Council would wish to inform the members whose records have been reviewed or have us contact them directly.

We have provided the Six Nations Police with this overview and it is my understanding that charges have been laid against individuals alleged to have been involved in the occupation.

District Director Southern District

519-758-2243



4...



MOHAWKS OF THE BAY OF QUINTE

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

Patrick H. Martin Manager, Funding Services 401 Corridor Unit Southern District Box 1960 188 Mohawk Street Brantford, Ontario N3T 5W5

December 7, 1995

Re: Demolition of silos on former McTaggart/Latchford property

Thank you for your letter regarding the above matter dated October 30, 1995.

As you noted in your letter the Memorandum of Understanding was indeed silent on the demolition and removal of building on the former McTaggart/Latchford farm. However, as you are fully aware, the acquisition of the former McTaggart/Latchford property was part and parcel of the Turton Penn negotiations.

Furthermore, there are real and genuine health and safety concerns extending beyond the political forum of the Turton Penn Memorandum of Understanding which I feel need to be addressed regarding the subject property.

The Mohawks of the Bay of Quinte have recently constructed a "Hats for Hides" depot building on the subject property. Local hunters, (mostly non-natives from off-reserve) bring their animal hides into the depot and in return receive an orange hat. The three silos located on the former McTaggart and Latchford farm are in close proximity to the public building. In their present unstable condition, the silos pose a serious health and safety threat to the public who frequent the building. Over the years blocks have crumbled and fallen into the silos. Also, if the silos were to crumble and fall to the north, they could also endanger public safety, as the Canadian National railway tracks are located to the north. These tracks are subject to a high volume of traffic from both freight and passenger trains. If the silos were to fall in the direction of the tracks, the results could be catastrophic. I have attached a sketch showing the approximate location of the silos in relation to the building and train tracks for your consideration.

Although you state that the MOU is silent on the demolition of the silos, when the McTaggart and Latchford property was acquired in 1991, there was correspondence from Graham Swan, then Director of Lands, Revenue and Trusts, who states in a letter dated Nov. 1, 1991, "In accordance with the department's normal practice, my September 30 letter requested a BCR releasing the department from liability for any existing and future environmental claims

which may arise in connection with the environmental status of the property. I wish to confirm that this release will not be necessary."

Please be clear of our position with respect to the aforementioned risks these silos present in their current condition. The Mohawks of the Bay of Quinte will not assume any liability in the event of these silos crumbling and causing personal injury or damage.

Based on conversations with local contractors equipped to handle the demolition of the silos it is estimated it will cost approximately \$10,000.00 to do the work. We would be prepared to submit all receipts.

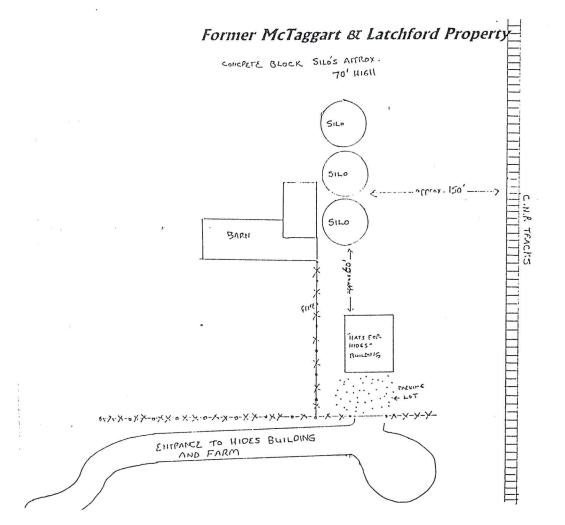
I sincerely hope you may accommodate our request for funding to have these dangerous structures removed in order to abscond the potential safety risk to the public in transit on the Canadian National railway tracks and to users of the public "Hats for Hides" building.

If you have any questions or concerns please feel free to give me a call.

Sincerely,

Donald Marale

Chief R. Donald Maracle Mohawks of the Bay of Quinte



TYENDINAGA FIRST NATIONS POLICE

Month End Stats

NOVEMBER 1995

ACTUAL NUMBER PROVINCIAL OFFENCES Compulsory Automobile Insurance Act 2 CRIMINAL OFFENCES Sexual Assault 1 Break and Enter 6 Thefts 4 Possession of Stolen Property 1 Impaired & Over 80 2 Weapons Offences 0 Fraud 1 Narcotics 0 Other Criminal Code 8 **GENERAL INCIDENTS** Intrusion Alarms4 Other Provincial Stats4

TYENDINAGA FIRST NATIONS POLICE

Month End Stats

DECEMBER 1995

ACTUAL NUMBER PROVINCIAL OFFENCES Highway Traffic Act Liquor Licence Act Compulsory Automobile Insurance Act CRIMINAL OFFENCES Assault Sexual Assault 3 Break and Enter 3 Thefts Possession of Stolen Property Impaired & Over 80 Weapons Offences Fraud Mischief/Vandalism Narcotics Other Criminal Code GENERAL INCIDENTS Intrusion Alarms Motor Vehicle Accidents Animal Complaints 12 Hour Suspensions ''Domestics - Non Criminal Code Missing/Lost or Overdue Persons Other Provincial Stats Other Federal Stats TOTAL NUMBER OF OCCURRENCES



MOHAWKS OF THE BAY OF QUINTE

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

1996 HOUSING LOAN APPLICATIONS

Please be advised that the Administration Office will be accepting Housing applications for the 1996 building season after January 2, 1996.

Applicants who have submitted applications prior to January 2, 1996 must reapply for the 1996 selections.

Further it is the responsibility of all prior and new applicants to ensure applications are submitted between January 2, 1996 and the submission deadline date of March 1, 1996.

Please call the Housing Department at 396-2434 if clarification is required and for further information regarding the application process and related policies.

Thank you,

Chris Maracle Housing Co-ordinator



QUINTE MOHAWK SCHOOL COMMITTEE MEMBER NEEDED

The Quinte Mohawk School Committee is presently accepting applications to fill a vacant position.

If you are interested PLEASE fill out the application attached and return to the Administration office to the attention of *BILL BRANT (SCHOOL COMMITTEE)* before **FEBRUARY 15, 1996.**

APPLICATION FOR MEMBERS OF THE TYENDINAGA MOHAWK COUNCIL COMMITTEES

NAME:			STATUS NU	JMBER:	
WHICH COUNCIL	COMMITTEE A				
WHICH POSITION		MITTEE ARE		FOR:	
WHAT EXPERIEN			S RELEVANT T		
LENGTH OF TIME	E DESCRIPT	TION OF POS	ITION & TITLE	ORGANIZAT	TON
25.					100
DO YOU HAVE A OF ANY KIND?	NY PAST EXPE	ERIENCE AS			
	1				
HAVE YOU DIS	CUSSED THE	POSITION	WITH OTHER	R MEMBERS	OF THE
ARE YOU AWAF	RE OF THE TE	RMS OF TH	E COMMITTEE	AND THEIR	MEETING

Ontario hydro

Trent Utility, Billing Centre

P.O. Box 1049, Peterborough, Ontario K9J 7A8

Billing Dept.: 1-800-363-5140

Fax: 705-743-1932

December 1995

Dear Trent Utility Customer:

In recent years Ontario Hydro has been changing to address what our customers tell us is their number one concern-the cost of electricity. Through these efforts, next year, for the third consecutive year, your rates will not increase. Nor will they increase for the remainder of the decade.

Our commitment to rate stability can only be achieved through a continuous review of all of our operations. Like any other company that is entering a competitive environment, Ontario Hydro must examine all aspects of its operations to seek ways of reducing costs, while retaining a level of service that will continue to meet your expectations.

In 1993, the Retail portion of Ontario Hydro established 15 Utilities to provide all direct services (line maintenance, billing, meter reading, new service connections, upgrades, trouble response etc.) to rural Ontario. As one of those 15 Utilities, Trent Utility served customers in the Fenelon Falls, Peterborough, Cobourg and Frankford areas. In 1994, Trent Utility also assumed responsibility for customers in the Tweed and Bancroft areas, thereby reducing some duplication in management overheads. In the same year we centralized a number of our work activities in Peterborough, with additional cost reductions.

The results of a recent review indicate that Trent Utility can more cost-effectively service its customers from four Centres instead of six. By reducing facility costs, and some duplicated staff positions, we are able to commit more of our annual overall expenditures to staff who are providing service directly to you the customer. Methods of maintaining a timely response to customer needs were an integral part of our review and we are confident in our ability to deliver. As in the past, Ontario Hydro remains committed to the importance of worker and public safety.

Effective January 8,1996, the Frankford and Cobourg Service Centres will be closing to customer contact. Cobourg customers will be served from Peterborough, and Frankford customers will be served from Tweed.

As of the above date, customers presently served from Cobourg should call 1-800-461-1922 for any non-billing service. The number for customers presently served from Frankford will be 1-800-267-2547. The Trent Utility Billing Inquiry number is unchanged at 1-800-363-5140.

The next few years will continue to see many changes in Ontario's electrical industry, some of which will impact on how utilities provide service to their customers. Our goal now, and throughout this period of change, will be to provide you with the products and services you require, and to do so at a competitive price.

D.J. Mills

Manager-Trent Utility



ABORIGINAL BUSINESS VENTURES PROGRAM

The Ohwistha Capital Corporation is the approved and authorized delivery agent for the Aboriginal Business Ventures Program. We process, give approval, disburse funds and administer the loan directly from our offices.

This program is designed to assist residents 18 years or older who have a valid Social Insurance Number in starting or expanding a business on their First Nation. The loan is a personal loan guaranteed by the province of Ontario of up to \$15,000 for a term of five years. In the first year repayments consist of interest only at the rate of prime plus one. In the second through to the fifth year, you begin to pay down the loan based on a negotiated repayment schedule. You must make an equity contribution equal to at least 50% of the loan amount. This may be made up of your own cash equity of at least 10% and the remaining 40% can come from other sources such as equipment, Band or Agency loans or grants. On a maximum \$15,000 loan this works out to \$1,500 of your own money as equity and \$6,000 from other sources.

For further information or applications please contact the Ohwistha Capital Corporation at 613-933-6500 or visit our offices in Akwesasne on Cornwall Island, third building east of the crossroads.



MOHAWKS OF THE BAY OF QUINTE

R.R. #1, Tyendinaga Mohawk Territory, Ontario KOK 1XO

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

ICE FISHING SAFETY

We feel that these safety precautions should be observed, they may be basic but are often overlooked or forgotten.

- 1. Wear proper clothing, floater suits recommended
- 2. If a floater suit is not available bright clothing is recommended.
- 3. Be aware of other holes on the ice that are not in use
- 4. If children are brought on the ice they should be in close distance to an adult.
- 5. Ice thickness should be checked before venturing on to the ice.
- 6. Try not to be out on the ice after dark, because it is harder to see other holes and spots where the ice is thin, or other dangers that might possibly arise.
- 7. If you are out on the ice in the evening try to have a safety glow stick or another type of illuminating device.
- 8. If using a fishing hut be sure of the ice thickness underneath the ice hut at all times.
- 9. When using a motorized vehicle on the ice, be sure of the ice you are on.

We have had few incidents this year, lets all try to keep it this way.

Standard 1st Aid Course

Saturday & Sunday Feb. 3 & 4th.

Call: Tracey Gazley at 967-4401 Joy Maracle at 966-6984

for more information or if you would like to sign up for the course.

Thank You From the Conservation Rangers

Craig Brant Craig Clare Robert Thomas

Mohawk Language Night Course

Starts - Tuesday, January 30, 1996

Teacher - Dorothy Lazore

 Where
 - Quinte Mohawk School

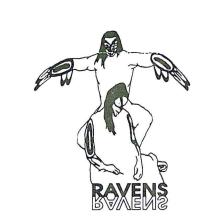
 Time
 - 7:00 - 9:00 p.m. (10wks)

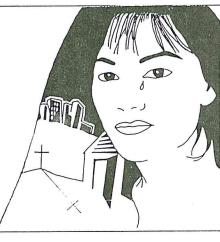
 Cost
 - \$53.00 (\$19.00 Seniors)

To register please call the Education Department at the Administation Office between January 15 - 24, 1996. Our office hours are 8:30 a.m.

NATIVE EARTH PERFORMING ARTS INC. EDUCATIONAL SCHOOL PACKAGE

(Native Earth is offering a sensational deal for Native students! For details on the offer, group size, times, dates, and other related information, see attached letter.)







FEBRUARY 01 to 25, 1996

RAVENS

by Joyce B. Joe

Sam and Maggie are brother and sister involved in an unusual relationship; they believe they are living a legend. Their lives are intact until the arrivals of Bob and Valerie, two people with their own agendas. Cracks appear as the tension starts to build, and the window of their world shatters.

APRIL 04 to 28, 1996

ONLY DRUNKS AND CHILDREN TELL THE TRUTH

by Drew Hayden Taylor

It's been six months since Janice/Grace found her birth family and left in tears. A lot has happened in between and again Janice must go home to face her heritage, her sister, and her pain. The sequel to last season's hit. SOMEDAY.

MAY 9 to 19, 1996

We have something a little different planned for our visiting show next season. We will importing a Maori troupe, HE ARA HOU, from New Zealand. This promises to an exciting season, so come out and join us!

VENUE: Native Canadian Centre of Toronto 16 Spadina Road

FOR TICKET INFORMATION CALL (416) 531-1402

O FIGHER REE



December 19, 1995

Patti General Mohawks of the Bay of Quinte First Nation Deseronto, ON K0K 1X0 720 Bathurst Street Suite 302 Toronto, Ontario M5S 2R4

Tel: (416) 531-1402 Fax: (416) 531-6377

Dear Ms. General:

I am writing to inform you of our upcoming season at Native Earth Performing Arts Inc. We are very excited about our productions for our 1995/1996 year.

Thanks to the generosity of the Canadian Native Arts Foundation, we are able to provide elementary and secondary Native students tickets free of charge and a partial subsidy for transportation.

We will be offering school matinees for both of our main stage productions, Ravens, February 1 - 25, 1996 and Only Drunks and Children Tell the Truth, April 4 -28, 1996. These productions are mature in theme and content. We suggest senior grade levels; this, of course, is at your discretion. Matinees are generally on Wednesdays at 1:30 pm., but can be changed to suit school schedules (eg. schools outside of Metro). The theatre has a capacity of 100, so groups may vary in size. Free study guides for each production will be available to school groups. They may be picked up at the door or requested in advance. Discussion periods, which include cast members, may be scheduled at the end of each matinee. If you would like to take advantage of any of these opportunities, please let us know so we can set up our schedule.

In the spring of 1996, we will be hosting the Maori theatre troupe, He Ara Hou, from New Zealand. Performances will take place in Ottawa, Wikwemikong, and Toronto. As part of their visit He Ara Hou will also conduct workshops exploring Aboriginal theatre techniques. Workshops are tentatively scheduled for Tuesday May 9th to Sunday May 14th at the Native Canadian Centre. If you are interested in the performances or workshops let us know so we can include you on our mailing list for the final schedule.

It is our hope that perhaps your school(s) might have, or will plan a trip to Toronto that would coincide with one of our productions. To make arrangements or for more information please contact me at (416) 531-1402, Monday to Friday, 10:00 a.m. to 6:00 p.m. I look forward to hearing from you soon.

Sincerely,

Florene Belmore

Administrative Assistant

lacre Lelmare.



Sweetgrass Jirst Nations Language Council Inc. presents a

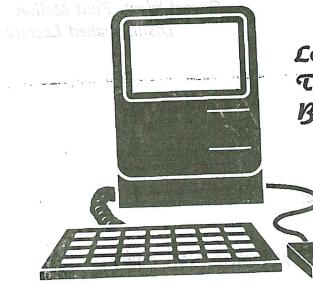
Native Languages and Computer Symposium

The control of the co

Hands on computer workshop with representatives from the following languages: Cayuga, Mohawk,Oneida and Ojibwe(tentatively).

Demonstration of "LINGUA", a CD ROM Dictionary.

Can we create a similiar one for our Languages?



Location:

The Woodland Cultural Centre Brantford,Ontario

10:00 AM to 4:00 PM

For More Information, Call Cindy at (519)759-2650 ext. 237.

*alternate date is Jebruary 10, 1995

SKOWHEGAN

A nine-week program for advanced visual artists working independently in rural Maine.

ANNOUNCING

The following fellowships cover full tuition, room and board for the nine-week session, June 15 - August 17, 1996.

The Educational Foundation of America Fellowships for

Native American Artists

Skowhegan, an internationally acclaimed residency for 65 advanced artists provides participants with a concentrated period of independent work done with the critical assistance of some of the art world's most prominent artists. The non-academic program consists of individual and group critiques, artists' lectures and the constant interaction and dialogue that takes place among participants and faculty. There are no classes. Workshops in fresco are available. Other than in the fresco technique, artists must be proficient with their materials. The average age is 27, with a span generally between 21 and the early forties.

RESIDENT ARTISTS

Tishan Hsu
Jacob Lawrence *
Joel Otterson
Joyce Scott **
Jessica Stockholder
Meg Webster

* coming for half session ** coming for quarter session

VISITING ARTISTS

Carroll Dunham
Nan Goldin
Gary Hill
Anish Kapoor
Cornel West, Paul Mellon
Distinguished Lecturer

Application Deadline: February 9, 1996 For information or applications, call or write:

SKOWHEGAN

200 PARK AVE. SOUTH, SUITE 1116, NEW YORK, NY 10003 212/529-0505; FAX: 212/473-1342

PLEASE POST AND/OR LIST IN NEWSLETTER

For Immediate Release December 14, 1995

ANNUAL AWARDS PROGRAM OFFERS NATIVES INTERNSHIPS IN BROADCASTING AND TELECOMMUNICATIONS

MISSISSAUGA, Ont. - Cancom (Canadian Satellite Communications Inc.), in partnership with the Canadian Native Arts Foundation (CNAF) and Television Northern Canada, has unveiled the new Ross Charles Awards program that will offer young aboriginal peoples in the Canadian North management and technical training in broadcasting or telecommunications.

Originally, the Ross Charles award was created in 1987 to underline the achievements of an aboriginal person in the field of communications. However, after consultation with various aboriginal organizations, it was agreed that there was a greater need for a training program. The award was transformed into a professional internship and training opportunity for First Nations people.

Cancom and the CNAF, with the support of TVNC and Northern Native Broadcasting Yukon, will select three applicants each year to receive this new award. The winners will spend 12 weeks as interns at Cancom facilities in Ottawa and the Toronto area. Candidates have until the end of February to submit applications, with internships starting shortly thereafter.

The award is named in honour of the late H. Ross Charles, Cancoms' first vice president of aboriginal relations, who was of Ojibway descent. "His imagination and determination were vital factors in Cancoms' success in serving northern communities and the support it gives to the advancement of native broadcasting," says Cancom President and CEO Alain Gourd.

The program introduces the interns to methods used in strategic planning, technological development, marketing, fund-raising, public relations, and dealing with the regulatory policies and procedures of the Canadian Radio-Television and Telecommunications Commission (CRTC).

Applicants must be of First Nation, Inuit or Métis descent, live in the North (as defined by the Native Broadcast Access Program) and work in broadcasting, cable television, telecommunications or allied fields.

The program is also open to those aboriginal graduates of a college or university who live in the North and have a particular interest in pursuing a career in the technological or managerial side of broadcasting or telecommunications.

Cancom will meet the costs directly associated with these awards, including travel and accommodation. The sponsoring organisation will pay the candidate's salary and benefits where applicable.

Cancom is the foremost provider of digital satellite services in Canada, trading on the Toronto and Montreal Stock Exchanges. Created in 1981 to bring television choices and services to the remote communities of Canada, Cancom now serves 2,600 small cable undertakings reaching 3.6 million homes across the country, in both English and French. It also provides free satellite transmission services to five native radio stations and the Whitehorse uplink for Television Northern Canada (TVNC), the world's first native satellite television network. Cancoms' Business Division is the leading provider in the country of customised integrated satellite and terrestrial networks with all necessary management and services.

The Canadian Native Arts Foundation is a national charitable organization with a mandate to provide aboriginal people with financial assistance and access to training and education in the arts. Since 1988, the CNAF has provided over \$3.5 million in financial awards to aboriginal students and apprenticeships in the performing, visual and communication arts across the country

TVNC is a dedicated, pan-northern, satellite television network which is owned, licensed and programmed by 13 aboriginal broadcasters, government and educational programmers. The network serves approximately 100,000 people, of which over half are of aboriginal ancestry, scattered across the North in 96 small communities and isolated villages. TVNC members produce more than 100 hours of original programming in English, French and aboriginal languages. TVNC has become a first level service in the North and an integral part of Canada's northern infrastructure.

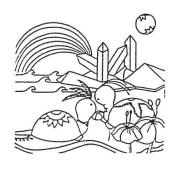
For more information, please contact:

Patricia Dumas Cancom- 905-272-4960

George Henry TVNC - 604-643-6462

Judy Tobe
Canadian Native Arts Foundation - 416-588-3328

IMMEDIATE RELEASE



For more information contact: Sharilyn Calliou or Audrey Johnson 604 822-4685 MEDIA ANNOUNCEMENT

The Native Indian Teacher Education Program (NITEP) at the University of British Columbia, is honoured to have the privilege of hosting an international conference on First Nations education. The Conference is scheduled for Feb. 14 - 17, 1996, at the Hyatt Regency Hotel in Vancouver. Program information available from Daphne Wale at 604-253-5202. Registration information from Joy Clifton at our TOLL FREE LINE 800-886-1213 or at 604-684-0937. Other questions: 604-822-4685

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 which prepares Native students for the study of engineering.

The Native Access Program for Engineering (NAPE) was designed by individuals from the Aboriginal community and the Faculty of Engineering.

The Program Provides...

- o pre-university academic preparation in Mathematics, Sciences, Computing and Communications.
- o an academic, social, and cultural support system throughout the student's entire program of study.
- o courses in study skills necessary to be a successful student.
- o 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.
- o needs mature, dedicated, hard-working students; women are encouraged to apply.
- begins in mid-July 1996.

Applications will be accepted until April 1, 1996.

For full information and application forms, contact:

Native Access Program for Engineering Lakehead University, 955 Oliver Road Thunder Bay, Ontario P7B 5E1

By Phone:

(807) 346-7712 or (807) 343-8399

Or Fax:

(807) 343-8013

Aboriginal Pre-Self Employment Workshop

Sponsored By:

Community Business Centre Mississauga's of New Credit First Nation

FEBRUARY 21, 22, 1996
for more information contact
Dan Shaule
Business Counsellor
Aboriginal Business Resource Centre

145 Front Street East, Suite IOI Toronto, Ontario tel: (416) 4!5-2370 fax: (416) 415-2371

Aboriginal Entrepreneurial Development

Sponsored By:
C'ommunity Business Centre
Mississauga's of New Credit First Nation

for more information contact

Dan Shaule

Business Counsellor

Aboriginal Business Resource Centre

145 Front Street East Suite IOI Toronto, Ontario (416) 415-2387



NUTRITION NEWS

By Nicola Smith, R.D Community Dietitian

With the holidays behind us and our New Year's Resolutions made, the time has come to make some healthy changes to our eating habits.

For people with diabetes, healthy eating is especially important. Healthy eating, balanced with regular exercise and diabetes medications, is the best way to control blood sugars.

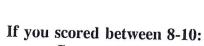
QUIZ: HEALTHY EATING FOR DIABETES- How do your eating habits rate?

Answer the following questions YES or NO. Give yourself 1 point for every YES answer.



1)	I eat at least 3 meals every day, including breakfast.	
2)	My meals and snacks are scheduled at the same time every day.	
2)	-	- Lines

- 3) I usually eat balanced meals which include a variety of foods.
- 4) I avoid high sugar foods whenever possible. (eg. sugar, jam, regular pop, candy)
- 5) I choose moderate portions of starch foods. (eg. breads, cereal, potatoes, pasta)
- 6) I choose moderate portions of fruits and sweet vegetables. (eg. fruit, fruit juice, carrots, peas)
- 7) I choose moderate portions of milk.
- 8) Every day, I enjoy high fibre foods such as whole grain breads and cereals, vegetables, fruit, beans and legumes.
- 9) I usually choose lower-fat dairy products, leaner meats and foods prepared with little or no fat.
- 10) I limit my intake of salt, alcohol and caffeine.



Congratulations! Your eating habits follow many of the guidelines for diabetes. This way of eating should help control blood sugars.

If you scored less than 8:

You have some healthy eating changes to make. Your blood sugars may not be well controlled. You may wish to consult your local dietitian/nutritionist.

Nicola Smith is a Registered Dietitian who provides nutrition counselling for residents of the Tyendinaga First Nation. She is available at the Thayendanega Health Centre 1 or 2 days a week. If you would like to set up an appointment for nutrition counselling for diabetes or any other health concern, please contact her at the Thayendanega Health Centre 967-3603.

Q Why is a measles campaign necessary?

Measles can be caught very easily. It can be serious enough to cause pneumonia, ear infections, brain damage and may even cause death. We still have large outbreaks in schools. We want to prevent outbreaks and eventually eliminate measles entirely. Outbreaks come to Ontario every few years. Ontario had large outbreaks in 1991–92 when over 8,000 cases were reported. In 1995, there were well over 2,000 cases, more than in the rest of the Americas combined and we expect a large outbreak in 1996. More than 80 per cent of cases are in school children.

Q How often do the most serious cases of measles happen?

Death comes in one of every 3,000 cases. Brain damage comes in one in 1,000.

Pneumonia happens in 10 to 50 of every 1,000 cases, and ear infections happen in 100 of every 1,000 cases.

Q Why do outbreaks happen?

Almost all children are vaccinated against measles just after their first birthday. But that one dose doesn't work for 5-10 of each 100 children. A second dose will protect all children.

Q Are there other provinces or countries where children receive 2 doses of measles vaccine?

A. Yes, many countries in Europe and the Americas including the United States have already started to give 2 doses of measles vaccine and have prevented measles outbreaks.

Q Tell me about the vaccine. Are there any reactions? A The vaccine is safe and has been added to the control of the vaccine is safe and has been added to the control of the vaccine is safe and has been added to the control of the vaccine is safe and has been added to the control of the vaccine is safe and has been added to the control of the vaccine is safe and has been added to the control of the vaccine is safe and has been added to the control of the vaccine is safe and has been added to the control of the vaccine is safe and has been added to the control of the vaccine is safe and has been added to the control of the vaccine is safe and has been added to the control of the vaccine is safe and has been added to the control of the control of

The vaccine is safe and has been used in Canada for over 25 years. It takes effect in 10 to 14 days. Most children, especially those who have been vaccinated before, will not have any reaction. A very few may have a mild rash, fever, and feel unwell 6-10 days after the needle is given. This reaction will last for 1 to 3 days. If your child has a high fever, convulsions or any other serious symptom after the vaccine, call your doctor. If your child is ill at any other time, this is not due to the vaccine, and you should manage their illness as you usually would.

- Q Who should be vaccinated in the measles campaign?
- All children attending school, from junior kindergarten to OAC should be immunized.
- Q Who will be giving the vaccinations, and why at school?
- Public health nurses will be giving the measles vaccine in all schools in Ontario between February 1 and June 15. This is the most effective way to immunize all school children in a short period of time. This also means you will not have to disrupt your work, or your child's schoolday to visit the doctor.
- Q Can I get this vaccine for my child at the doctor's office?

 No. Your doctor will not have the same vaccine. The measles vaccine has been obtained specially for the campaign. Your doctor will have received information about the campaign.
- Q Is it possible for parents to be with their young children when they have their needles?
- A Parents are welcome to be with their young children when they have their needle.
- Q What about my younger children who haven't started school yet?
- Children who are not yet in school will have their second dose of measles vaccine when they enter kindergarten. This will be given by your doctor along with the other usual immunizations.
- Q Is it mandatory that all school pupils have the second dose of measles vaccine?
- Yes. Beginning this year, pupils who do not have two doses of measles vaccine, can be suspended from school. However, if you do not wish your child to be immunized for religious reasons or reasons of conscience, you may get a special form from your health department to give to the school.





Health Canada Santé Canada

NIHB DENTAL PROGRAM CHANGES

1. WHY ARE CHANGES BEING MADE TO THE DENTAL BENEFITS PROVIDED UNDER THE NIHB PROGRAM?

As part of the ongoing NIHB program management a review of the dental care provided to First Nations and Inuit peoples was completed.

This review helped identify the types of dental services required by First Nations and Inuit peoples.

2. WILL THE CHANGES MEAN A LOWER LEVEL OF DENTAL CARE FOR FIRST NATIONS?

The changes reflect national dental practice standards. These will ensure clients have access to a range of dental benefits and allow the NIHB program to provide these benefits in an efficient and cost-effective manner.

3. WHAT ARE THE CHANGES AND HOW WILL THEY BE IMPLEMENTED?

The changes will be implemented January 1, 1996 and include:

- dentists will now have to obtain approval before starting certain procedures
- changes to the number of times a procedure can be provided

4. ARE DENTISTS AWARE OF THE CHANGES?

The results of the dental review and program changes were discussed with the Canadian Dental Association.

These changes will result in dental benefits that are based on utilization of dental benefits by First Nations and Inuit clients.

All dentists have received a newsletter and new dental schedules explaining the changes to the program which will be implemented January 1, 1996.

5. WHERE CAN I GET MORE INFORMATION ON THE CHANGES?

Your Medical Services Branch, Regional Dental Officer can provide general information on the changes.

But your dentist will be the best person to discuss how and if the benefit changes will affect you, during your regular dental visit.



MOCCASIN TRAIL NEWS

January 1996

PROMOTING A HEALTHY BODY IMAGE

FOR OUR CHILDREN'S SAKE

Body Image

elf-esteem, body image and health all have a crucial connection to overall wellness. Poor health practices and poor self-esteem often go hand in hand. Dr. Schabas. Ontario's Chief Medical Officer of Health writes. "How young people feel about themselves affects their decision making skills." Most health issues facing young people today are related to lifestyle decisions.

Physical self-worth or body image is only one aspect of

self-esteem however, it is a particularly important one. Modern culture values physical appearance highly and dictates narrow ideals for both male and female. A thin body and an attractive appearance for women and a muscular fit body for men are linked to happiness and success. Therefore, weight prejudice flourishes amid the ever present fear of fat.

Self-esteem is formed at an early age, but efforts to increase positive body image should carry through as children grow from infants to toddlers to adolescence and on to young adults.



Once, children spent their time running and playing. Today they're more likely to be found in front of the TV. Encourage children to be more active. Fighting heart disease may be as simple as child's play. To learn more, contact your nearest Heart and Stroke Foundation.

Model healthy eating, an active live style and self acceptance. Are we modeling dieting and teaching children through daily weigh-ins in conversations that we don't like our own bodies? Let's teach our children by example that healthy eating is enjoyable, that being active is fun and that all bodies are acceptable and likable.

Fight fat prejudice. Helping a child to accept their body is extremely important. But a fat child who accepts his body still has to live in a world that hates it. The fight

against fat prejudice must begin by the honest examination of our own attitudes toward weight. Do we harbour any prejudice? Are we judging people on the basis of a physical attribute? Promote the acceptance of all ranges of body shapes and sizes.

Encourage physical activity for all in your family. Becoming more physical active tends to have a positive effect on body image. In children, simple activities like jumping jacks, which can be learned easily seem to have a more positive impact on self-esteem, than complex activities. For teen age girls,

2

cooperative fitness programs led to greater improvements in self-esteem than competitive programs. Make it easy for children to be active. Are there active alternatives to computer or video games for play at home?

Adopt a non-comparative/non-competitive philosophy. Self-esteem is also shaped as children compare their own characteristics and abilities to those of others. At school and at home emphasize personal progress instead of comparisons with others. Reward participation and effort.

Challenge the ideals children, like adults, compare themselves to the TV and magazine images they are bombarded with daily. Help your children to understand how advertisers use these images to sell. How realistic are these ideals? What is really being sold? How are our insecurities being used for profit?

Shift the focus from weight loss to health living. Those who argue that weight loss is necessary to reduce one's risk for disease must consider that: dieting is not proven to be an effective method of maintaining weight loss; many of the health problems associated with obesity maybe, a result of repeated cycles of weight loss and gain; failed attempts at weight loss taken an incredible toll on self-esteem. Those of us interested in improving health and reducing risk of disease will get better results by retiring the scales and abandoning routine weigh-ins. Measure success by sustainable healthy living patterns instead.

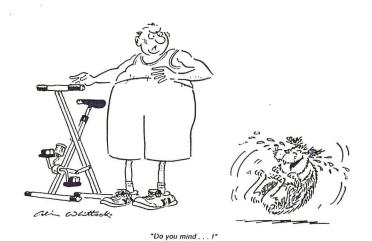
The key to a healthy living pattern is consistency, be consistent. Start your health living pattern by walking. Join our Moccasin Trail and walk your way to

MOCCASIN TRAIL NEWS

better health in 1996. Please come to our next mileage day Tuesday, February 6, 1996, at the Thayendanega Health Centre, any time between 8:30 a.m to 7:30 p.m.

Body image problems contribute to a variety of harmful behaviours in youth. Poor body image is also painful. Caring adults have a responsibility, individually and collectively, to challenge current beauty ideals and take action. We can act within our families, within our schools, within our communities, and within our own health care services. The important thing is to act; for the sake of our children.

Information and ideas from "Lifestyle Matters" Nutrition Promotion Department, Hastings and Prince Edward Counties Health Unit, Belleville, Ontario.



THE ANGEL TREE PROGRAM

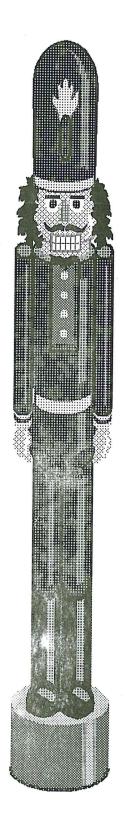
On behalf of the Caring and Sharing Committee, for the Angel Tree Program, we would like to thank all the local businesses who demonstrated the Spirit of Christmas by their acts of kindness, contributions and by allowing us to place our donation boxes in their businesses.

We would also like to extend our gratitude to the community members who felt the true Spirit of Christmas in their hearts by taking an Angel off the Tree or donating to our program.

Your generosity has once again confirmed that caring and sharing exists within our community and beyond its boundaries, through friendships developed with individuals and businesses off the Territory.

Again we thank everyone for another successful year.

THE CARING AND SHARING COMMITTEE.





ANGEL TREE CHRISTMAS DRAW

Door insert donated by McMurter Home Centre. Winner - Wayne Filazek, Deseronto

Surprise Basket with non-perishable items donated by Health Centre Staff and vouchers donated by the Village Cafe, Shirley's Variety, Sunrise Variety and Pat's Cafe.

Winner - Linda Belch, Tyendinaga Territory

- Movies, popcorn and pop voucher donated by Bayview Variety.
 Winner Laverne Maracle, Tyendinaga Territory
- Dinner for two donated by the Chief's Inn.

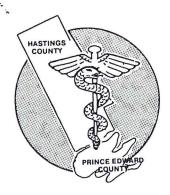
 Winner Rex Somerville, Tyendinaga Territory
- \$15.00 gift certificate donated by Village Variety.
 Winner Leaus Walker, Tyendinaga Territory
- Dinner for two donated by Roxanne's Restaurant. Winner John Akey, Tyendinaga Territory
- \$15.00 gift certificate donated by Village Variety.
 Winner Sylvie Cote '-Nace, Napanee
- Dinner for four donated by the Gallery Restaurant.
 Winner Bill Maracle, Tyendinaga Territory
- \$10.00 gift certificate donated by Mrs. Herb's Restaurant. Winner Willis Mack
- Movies, popcorn and pop donated by Bayview Variety.
 Winner Ron Spencer, Kingston
- \$20.00 voucher donated by York Road Restaurant.
 Winner Gloria Brant, Tyendinaga Territory

Our heartfelt thanks to all the merchants who donated to the Angel Tree Program 1995. It is your generosity that has made this program so successful. Together we helped make Christmas a little more cheerful for 117 individuals in our community.

Nia:wen from the Caring and Sharing Committee







HEALTH UNIT

179 NORTH PARK ST., BELLEVILLE, ONTARIO K8P 4P1 (613) 966-5500 FAX (613) 966-9418

PRESS RELEASE

FOR IMMEDIATE RELEASE

NEED HELP TO BUTT OUT FOR LIFE?

Smokers who make it their New Year's Resolution to quit smoking can receive some help from the Hastings and Prince Edward Counties Health Unit.

The Health Unit has prepared a Quit Kit full of information on preparing to quit, dealing with withdrawal symptoms, the various cessation programs available locally - plus tips for "buddies"!

Quitting smoking is <u>not</u> easy, and it can be frightening but the rewards of smoke-free living will be felt quickly.

It has been proven that once the last cigarette is put out, health improves every minute. Within 20 minutes the pulse drops to a normal rate, within 48 hours the ability to smell and taste are enhanced, within 72 hours lung capacity increases and within five years the lung cancer death rate for an average smoker decreases by almost 50 percent.

The Quit Kits will be available free of charge between January 17 (Weedless Wednesday) to January 31, 1996, by calling or dropping in to your local health Unit.

Belleville Office 179 North Park Street Belleville, Ontario, K8N 4P1 (613) 966-5500 Bancroft Branch Office Eagle's Nest Plaza P.O. Box 99 Bancroft, Ontario, K0L 1C0 (613) 332-4555 Madoc Branch Office 56 Russell Street North P.O. Box 740 Madoc, Ontario, K0K 2K0 (613) 473-4247

Picton Branch Office 74A King Street Picton, Ontario, K0K 2T0 (613) 476-7471 Trenton Branch Office Trent Square, 5 Stewart Street Trenton, Ontario, K8V 6H5 (613) 394-4831

For more information, call the Hastings and Prince Edward Counties Health Unit, Main Office at 966-5500, ask for the Tobacco Program.

Contact: Tina Prowse, Health Promoter

SUB OFFICES

Eagle's Nest Plaza P.O. Box 99 Bancroft, Ontario KOL 1C0 56 Russell St. N. P.O. Box 740 Madoc, Ontario K0K 2K0 74A King Street P.O. Box 1080 Picton, Ontario K0K 2T0 (613) 476-7471 Trent Square 5 Stewart St. Trenton, Ontario K8V 6H5 (613) 394-4831

Our children have nowhere to hide!

南方

Drugs, alcohol and second-hand smoke all affect the health of our children.

Through our actions we can make sure that doesn't happen.







Mohawks of the Bay of Quinte Mohawk Family Services 80x132, TYENDINAGAMOHAWK TERRITORY

Phone (613) 967-0122 Admin Phone (613) 396-3424

BILLY ROGERS (KIOWA)



Fax (613) 967-8990 Admin Fax (613) 396-3627

UNIVERSITY OF OKLAHOMA
IS COMING TO TYENDINAGA

JANUARY 25 & 26, 1996 9 A.M. - 5 P.M. QUEEN ANNE PARISH CENTRE

LUNCH & REFRESHMENTS SERVED

DAY ONE:

MENS ONLY WORKSHOP ON NATIVE MAN'S ROLE AND RESPONSIBILITY

DAY TWO:

MEN AND WOMEN, EXPLORING HEALTHY
RELATIONSHIPS

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

** SEE YOU THERE **

BILLY ROGERS WELLNESS WORKSHOP

AGENDA

DAY 1 - JANUARY 25, 1996 (MEN ONLY)

13:00

9:00 a.m.	Prayer, Objectives, Energizer, Welcome
9:15	Team Building
10:00	Man - What Is He?
10:30	Break
10:45	Differences Between Men and Women Physically, Mentally, Emotionally, Spiritually
Noon	Lunch
1:00 p.m.	What is a Well Man? Roles and Responsibilities
1;00 p.m. 2:15	
-	Roles and Responsibilities
2:15	Roles and Responsibilities Traditional Native of Men
2:15 3:00	Roles and Responsibilities Traditional Native of Men Break
2:15 3:00 3:15	Roles and Responsibilities Traditional Native of Men Break Getting on the "Well Man" Path

...33

BILLY ROGERS WELLNESS WORKSHOP

AGENDA

Day 2 - January 26, 1996 (OPEN TO MEN AND WOMEN)

9:00 a.m.	Welcome, Prayer, Objectives, Energizer
9:15	Team Building
10:00	Wellness 101
10:30	Break
10:45	What is a Well Relationship?
Noon	Lunch
1:00 p.m.	Barriers/Blocks to Healthy Relationships
1:00 p.m. 1:30	Barriers/Blocks to Healthy Relationships Circles of Healthy Relationships
-	•
1:30	Circles of Healthy Relationships
1:30 2:30	Circles of Healthy Relationships Break
1:30 2:30 2:45	Circles of Healthy Relationships Break Intimacy and Love - Spirituality
1:30 2:30 2:45 3:30	Circles of Healthy Relationships Break Intimacy and Love - Spirituality Action Plan for Healthy Relationships

FOURTHANNUAL MOUNTAINS ELDERS CONFERENCE

TYENDINAGA MOHAWK TERRITORY
MARCH 1 - 3 1996
INFORMATION PACKAGE TO FOLLOW

- * CULTURAL WORKSHOPS
- * GENERAL WORKSHOPS
- * TEEN DANCE WITH D.J.
- * SOCIAL WITH DRUMS
- * SUNRISE CEREMONY
- * ROOMS SUPPLIED

* MOST MEALS SUPPLIED

Blaine Loft, N.N.A.D.A.P.



Mohawks of the Bay of Quinte

Mohawk Family Services

BOX 132, TYENDINAGA MOHAWK TERRITORY



Fax (613) 967-8990 Admin Fax (613) 396-3627

Phone (613) 967-0122 Admin Phone (613) 396-3424

GRIEF AND GRIEVING WORKSHOP

- understanding grief and grieving process
 - grieving symptoms
 - grief cycle

WORKSHOP FACILITATOR: JUDALON JEFFRIES

Thursday, February 8, 1996 9 a.m. - 4 p.m. Queen Anne Parish Center

LUNCH AND REFRESHMENTS SERVED

FOR MORE INFORMATION:

Please call Mohawk Family Services

AT 967-0122

Happy 10th Birthday, Jesse!!!!! on January 17th.



Hope you had fun at your party.

Love Always

Dad, Mom and Travis

Its

a Girl



Carol & Manson Loft are proud to announce the arrival of their first grandchild:

Savanna

Born: December 27, 1995

Weight: 8 1/2lbs.

At 9:31 a.m.

Belleville General Hospital

Proud Parents are: Daniel Loft & Tina McMurter Proud Great Grandparents are: Jean & Don Carr-Braint

Auntie Kassy & Erin are proud to announce the arrival of their niece Savanna.

It's

a Boy!

Congratulations to Timmy & Bonnie on their New Arrival of a little Boy 5 lbs plus born on Jan. 6

Love the Family

A very special Congratulations



Happy Anniversary 24 Years of Marriage! Jan. 27

Mom & Dad (Carol & Manson Loft)

Love Your Daughters Erin & Kassy

 $\int t's A$

Girl!



Christa & Garnet are proud to announce the arrival of their Daughter

Amber-Lee Francine Brant Born:Dec. 23

Weight: 7 lbs.

7ime: 5:36 p.m.

Proud Grandparents:

Carmen & Sally Lloyd of Tyendinaga Wayne & Ina Brant of Tyendinaga



Thank You!!



I would like to express my heart felt thank you to everyone who took part in the funeral and reception for Joanne Maracle. Your work in preparing the beautiful table of food and the good hot soups was greatly appreciated. Also I thank everyone for taking time to come to the funeral and reception. So on behalf of Joanne's brothers and family a big "Thank You" to all.

Sincerely Shirley Brant Sitar



Thank You!

to Family, Friends and Neighbours for the gifts and cards and plants while I was in the hospital and at home. May you all have a healthy and prosperous New Year!

> Thank You Again Evelina Hill



Thank You!

We wish to extend our appreciation and Thank the Businesses / Individuals / Groups within the community and those beyond our boundaries for your generous contributions of food and financial gifts making our 1995 Christmas Sharing Program a success. To the group of volunteers and drivers for Christmas delivery a Special heartfelt Thanks.

May the Creator Bless you all in 1996.



Nia:wen
Food Bank Committee & Volunteers





Attention All Area Businesses

KWE Radio is now offering Advertising Space.

Give your business that extra kick after the Christmas rush.

Advertise your business over Tyendinaga's #1 Radio Frequency...105.9 F.M.

Call Jason at CKWE for more Information.

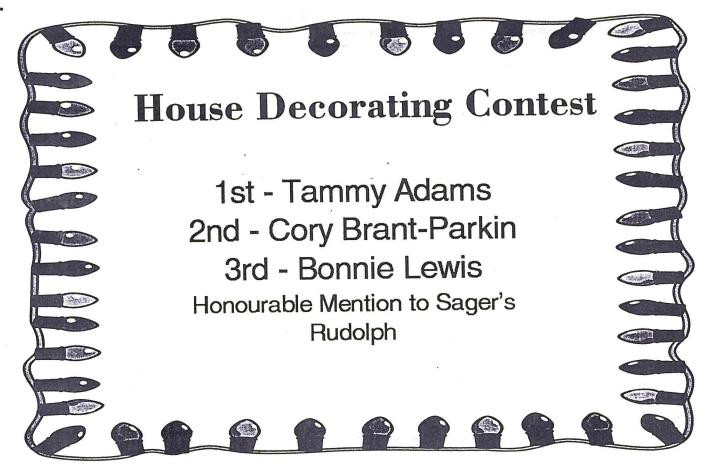
967-0463







Mon.	Tues	Wed.	Thurs	E 1.	Soil.	Sun.
Mike and Mike and Mike in the Morning A Mix of Hit Music for Everyone Country Music					Native Content	Country and Native Mixed
Native Content					New	
THE MORDAY MIX UP	Pop/Rock			Mixed Country Rock Pap	Country Music	Mystery Mix Varies
Volunteer's Needed	Native Content	Nadi.		Country Music	Bluegrass and Old Country	Old/New Country Music
Radio Committee Meeting, All Welcome Call CKWE for Location.	Rock	Native Content	Blues	Rock R&B	Country or Rock	
Volunteer's Needed.				Dance	Mix	
		ways!			/	



AEROBICS

KEEP THOSE NEW YEARS RESOLUTIONS!

REGISTER NOW FOR AEROBICS!

MONDAY NIGHTS AT THE COMMUNITY CENTRE

(bring a mat or blanket) AND WEDNESDAY

NIGHTS AT QMS.

TIME: 6:30 - 7:30PM

BEGINNING JAN. 22/96

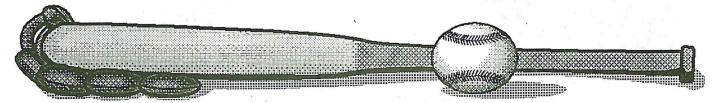
COST \$ 40 FOR 10 WEEKS

OR \$3.00 PER NIGHT

TO REGISTER CALL ANDREW ALKENBRACK AT

396-3424

SNO-BALL TOURNEY



SAT. FEB. 10TH/96

AT TYENDINAGA SOFTBALL COMPLEX 1 DAY MIXED TOURNAMENT FIRST 8 TEAMS SIGNED UP BY FEB 2.

> COST; \$10 PER PLAYER MIN 10 PLAYERS PER TEAM MAX 15 PLAYERS PER TEAM

PRIZE MONEY (DEPENDING ON NO. OF TEAMS)

A DIV. 1ST - \$300 2ND - \$200 B DIV.

1ST - \$150

2ND - ENTRY FEE

BOSSY BINGO

The Mohawk Recreation Committee is planning a bingo of a different sort, to raise funds for the Recreation Complex.

On Feb 11th, the Committee will be holding a "Bossy Bingo" at the Recreation Complex.

The Field will be marked off in squares in the same fashion as a bingo card. Players buy a particular square(s) and await the arrival of the cow. Only one number is "called" (?) in the game. Once the cow, with a little help from mother nature, picks the square, a winner is declared.

There will be a total of 225 squares and each square will sell for \$ 10.00.

The winner will receive 50% of the sales, and the remaining 50% will go to the construction of the Recreation Complex.(If all tickets are sold the winner would receive \$1,125.00)

To purchase your square contact Andrew Alkenbrack At Administration Office.





D.J.!

Light Lunch!

Door Prizes!

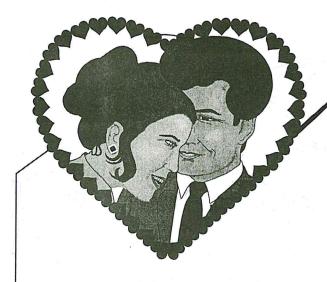
VALENTINE DANCE

Saturday, Feb. 10 9:00 P.M. - 1:00 A.M. Mohawk Community Centre

\$5.00 Per Person 19 and over!

Sponsored by the firemen's Wives Auxiliary





Mrs. Herbs Sweetheart Dinner

Feb. 10, 1996

2 Settings, 6 p.m. & 8 p.m.

ROAST BEEF OR TURKEY

\$16.00 Per Couple
Don't be disappointed ***** Reserve Early

Call Today - 962-0938 Reservations Only!!

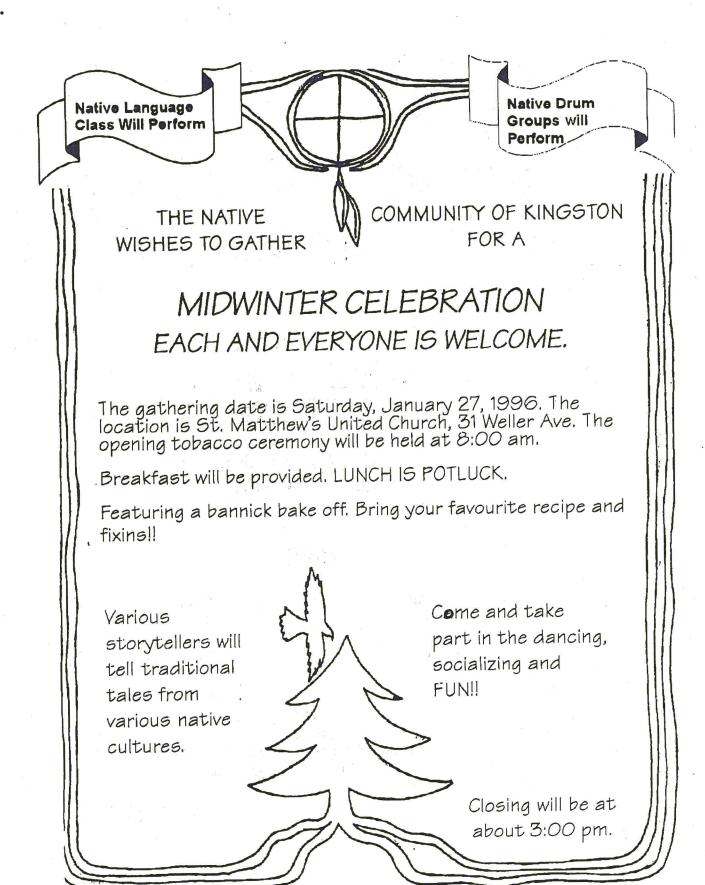
MENU

Tossed Salad or Soup Roast Beef & Gravy Mashed Potatoes California Style Veg. Horse Radish Buns

Tossed Salad or Soup
Turkey & Dressing
Mashed Potatoes and Graby
Peas & Carrots
Cranberries
Buns

Coleslaw Coffee or Tea Lemon Cheesecake/ Raspberry Sauce (Sugarfree) Black Forest Cake or Banana Cream Pie

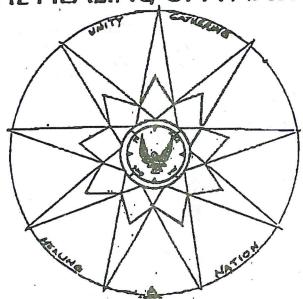




Please PhotoStat and Post. Meegwetch

UNITY GATHERING

THE HEALING OF A NATION



WHAT: Healing Circles

Workshops

Social Programme

Children's Programma

Food

WHERE: Toronto Baha'i Centre

288 Bloor Street West

Toronto, Ontario

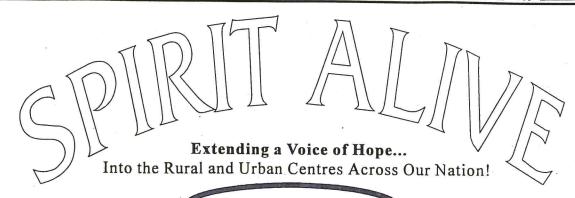
WHEN: Saturday, January 27, 1996

9:00 a.m. start, and social

time in the evening

Sponsored by the Baha'i Native Council (Ont.)

FOR MORE INFORMATION CALL: Sally Galkezheyongai 416-658-3429



The Path Not Yet Taken

My New Year's Indian Prayer For You

"In The Year Ahead...

May the rough path be made smooth; and

May each day break with the warm sun upon you.

May your trail lead to refreshing waters and to fields full of clover; and ...

In the heat of the day, may a gentle breeze be upon you.

When the rain comes, may it fall softly upon your fields and bring a good harvest.

On your journey, may you gather many good memories; and at day's end, may you lie down in rest; and . . .

Until our paths meet again, may the Father of our Great Shepherd Chief keep you, My Friend, next to His heart and under the protection of His Hand."

Until The Eternal Day Dawns, Until Shadows Flee Away... By Ross Maracle, 1996 Mohawk: La-Wa-Na-Ha-Wa

Voices of Our Viewers

"It seemed like my life was collapsing around me and I really felt like giving up. It was your show that really gave me the courage to keep going."

Regina, SK

Not a Christian

"I saw your program for the first time. I am not a Christian. I have a lot of problems. I would like you to pray for me. I know God is dealing with me "

Fairvale, NB

International Traveller

"I saw your show while on a lay-over in Toronto. It blessed me very much!"

Pittsburgh, PA

Reaching Hurting People

"Spirit Alive is still one of the most sincere TV presentations today. It reaches people where they're at. It still touches the hearts and lives of hurting people of which I am one." Toronto, ON



- ♦ It's Positive!
- ♦ Informative!
- ♦ It's Inspiring!
- ◆ Life Changing!



TUNE IN THIS WEEK

P.O. Box 280, Deseronto, ON K0K 1X0 - For info or prayer phone (613) 396-1435

Mohawk Pentecostal Church presents the music of

CIVING PRAISE

A contemporary music group of six young people from Peterborough.

With speaker Rev. Randy Holm

All are welcome to join with us for this evening of music and song.

Mohawk Pentecostal Church York Rd., Tyendinaga Reserve Jan. 28th. 1996 6:30 P.M.

So Come Cet Us Worship

GLASSIFIEDS

FOR RENT

4 PLEX APARTMENT

- Lower 2 bedroom
- 1st & last months deposit required
- \$575.00 per month

Phone: 969-1315

FOR SALE

FUR COAT WITH TAM

- Size 14
- Brown colour

Call if you wish to see the coat call Tom Powless at 396-2901

NEWSLETTER DEADLINE DATE

MONDAY, JAN. 29/96 AT 12:00 NOON 396-3424

FOR SALE

386 COMPUTER

- Includes all software
- Printer, mouse, mouse pad

FOR MORE INFORMATION PLEASE CALL: Lynda 396-3215 or 396-3424

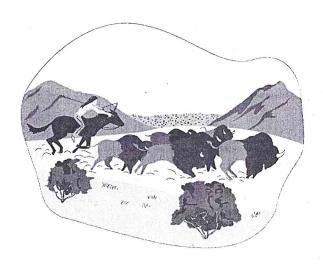
FOR SALE

TAN DEERSKIN COAT

- Size 42
- Button closure, lined
- Midlength with belt
- No fringes

Asking - \$300.00

Call Roy Shortt: 476-4901



FOR SALE

1 ACRE BUILDING LOTS or SMALL PARCELS OF LAND

For More information call: Glenn Hill 962-5470

FOR SALE

Approx. 65 acres, good drainage, well is already on site. Located on Milltown side Rd. with access on Milltown side Rd. & frontage on Slash Rd.

CONTACT:

Tom Maracle 613-337-5735 or Ken Brant 613-396-3424

FOR SALE

LOT WITH MOBILE HOME

- 2 bedroom
- Stove and Fridge included
- Central Air
- New Driveway
- Located on Hwy # 2 across from Bayview Plaza
- Lot size 300' X 300'

FOR MORE INFORMATION CALL: 337-5735

Tom Maracle (Evenings Preferably)



FOR SALE

MOBILE HOME

- 2 Bedroom
- Lot size 150' X 150'
- With additional Room 20 X 16
- Heat pump for back up heating and 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 BRUCE WELLS:1-416-925-0511

FOR SALE

BUILDING LOT

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

CALL DON BRANT: 396-2424 FOR MORE INFORMATION

MILL TOWN MEATS

- Corn Fed Beef
- Quarters & Halfs of Beef
- Cut, Wrapped & Frozen
- Individual Pieces sold at Home Make you Own Soup!
- Lyed Corn, Beans, Special Pork

Call: 962-5470 Glenn Hill

Tyendinaga's Business

B & M Chip and Pop Stop has been a small family owned convenience store since October 4, 1989.

Bruce and Mary Loft partners in the business as well as husband and wife, sell a variety of convenience items based on community need. Bruce and Mary have three grand-children who work with them to keep their business thriving. As well Bruce and Mary provide a valuable service to the breakfast club at Quinte Mohawk School by selling them the bread, margarine etc. that they require.

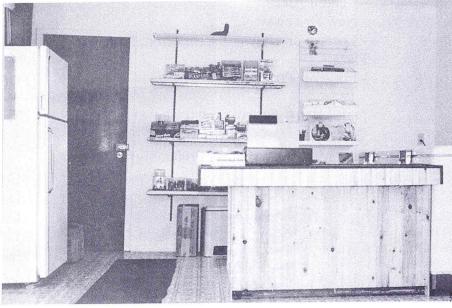
Located on Norway's Side Road Bruce states that 85% of his business patrons are residents of Tyendinaga and that he has had good community support throughout his years in business. Bruce and Mary are also members of the Tyendinaga Mohawk Chamber of Commerce.

Although the hours of operation are Mon. - Sat. 7:00 a.m. - 9:30 p.m. and Sun. 1:00 p.m. - 9:30 p.m. Bruce has only been closed 14 days in six years.

Bruce believes that " It is good to promote our own businesses on the Territory and that we should be working together. "

So for all of those last minute items shop B & M Chip and Pop Stop.

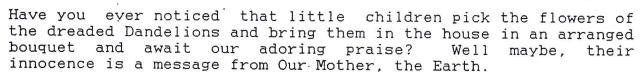




HERBAL NEWS

WHY NOT LOVE YOUR DANDELIONS?

by Maracle Herbs & Beauty



These wonderful plants are more than just a weed, they have many healing properties. Their benefits have often gone unnoticed and these medicinal plants should be cherished!

DANDELION (Taraxacum officinale)

Dandelion acts as a tonic to the system. It destroys acids in the blood. It is recognized as a great blood builder and purifier. It is beneficial for the liver and gallbladder by its cleansing actions. Dandelion is a gentle laxative and can, therefore be used in a tea for babies and children. It is also considered a valuable survival food. The juice of the broken stem can be applied to warts and allowed to dry. If used daily for two or three days, it will dry up warts. It is also useful for corns, acne and blisters. A diet of this herb (green) improves the enamel of the teeth.

Dandelion is rich in mineral content, which may help prevent iron deficiency anemia. This herb also reduces high blood pressure and lowers blood sugar levels. It is also a natural diuretic. Dandelion is rich in lecithin, a substance researchers believe may protect against cirrhosis of the liver.

Dandelion is a natural source of protein. It is rich in Vitamin A, an excellent source of Vitamins B, C and E. It is also rich in potassium, calcium and sodium. It contains phosphorus, iron, nickel, cobalt, tin, copper and zinc.

I gather the young leaves in the spring, they make a healthful and tasty addition to salads. The root dried and powdered may be added to coffee for its medicinal value or used as a suffer substitute. (Roots are best cultivated in the fall.)

To Make Dandelion Tea:

Steep 2 tas, Although root in 1 cup boiling water for 10 to 15 mins. Take 1/2 to 1 cup daily.

Can you believe such a lawn pest has such wonderful properties?

I would expect to see some people this spring, not weeding, but cultivating Dandelions. Why not?

Any questions? Maracle Herbs & Beauty, welcomes them. 396-2041

Next Newsletter: Humans Can Eat Alfalfa Too!



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- * Facials & Makeup
- * Waxing (Facial)
- * Reflexology (Relax, relieve stress, feel better session)
- * Exclusive Herbal Products Distributor
- * Herbs to aid in weight management, stress, P.M.S., energy, digestion, immune system, colds, allergies arthritis, asthma, hayfever etc.
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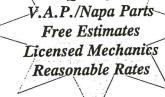




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- * Tires/ Wheel Balancing
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- * Welding

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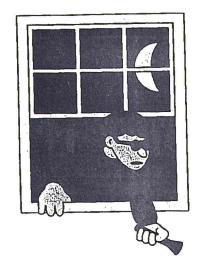
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Opportunity Knocks Since Crime Won't!

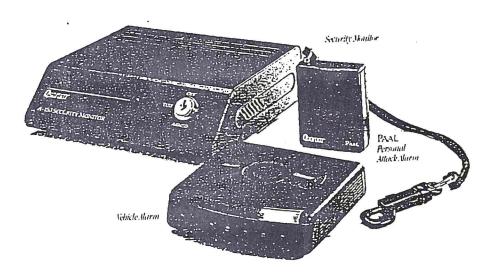
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DON OR LILLIAN BRANT (613) 396 - 2424



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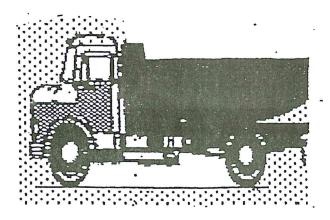
- * DRIVEWAYS
- * SEPTIC TANKS
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- * BASEMENTS
- * SNOW PLOWING

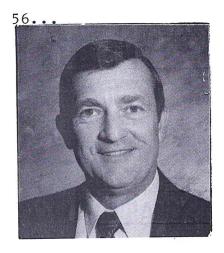
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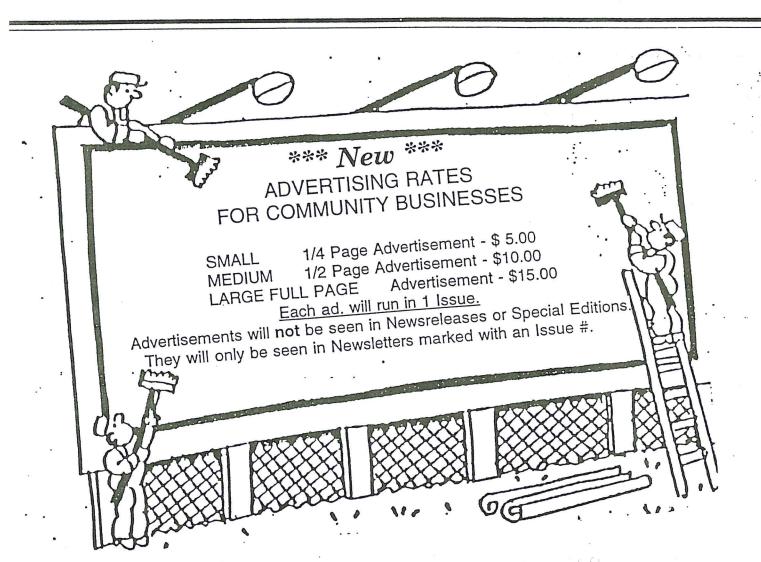
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