

# TYENDINAGA NEWSLETTER



## ISSUE 1/97



*Happy  
New Year!*

*With the New Year comes changes.  
On the Territory you will notice Blue Newsletter Boxes  
located in various locations. If you do not receive your  
newsletter in your driveway, **PLEASE FEEL FREE**  
to stop at any one of these boxes and take one!*

### **IMPORTANT NOTICE** **from the Housing Department**

JAN./97

**P**lease be advised that the Administration Office is now accepting Housing applications for the 1997 building season.

Applicants who have submitted applications prior to January 2/97 must reapply for the 1997 selections.

Please ensure all applications are submitted before the deadline date of March 1, 1997.

Please call the Housing Department at 396-3424 if clarification is required and for further information regarding the application process and related policies.

Nia'wen,  
Chris Maracle  
Housing Co-ordinator

Nia'wen,  
Lori Maracle  
Housing Secretary

Nia'wen,  
Sandra Sero  
Purchase Order Clerk

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### **Newsletter Deadline**

**Jan 24/97**

**12:00 noon**

**396-3424**



### **EUCHRE NIGHT!**

Do you have the time and like to play  
Euchre and have fun?  
Euchres Every 2nd Tuesday Evening at 7:30!  
We have business meetings once a month!  
If you are interested please call  
**966 - 1710**  
For more information



## ADMINISTRATION NOTICES

### SCHOOLAGE PROGRAM

The Tyendinaga Schoolage Program has available spaces for schoolage children between the age of 5 to 10 years old. The program provides before and after care.

If you would like more information Call:  
the Childcare Centre  
967-4401  
Please ask for Julie.

The School-age program staff encourage the children to participate in a variety of activities such as:

- \* crafts, which include cultural crafts
- \* physical & health activities
- \* social interaction
- \* cooking and food preparation
- \* creative ventures
- \* input and ideas for weekly, monthly & menu plans
- \* self-esteem related activities
- \* musical appreciation
- \* and any other projects the children may wish to undertake

The Tyendinaga School-age program is conjunction with the Eksa'okon" Child Care Centre and shall provide for the children a safe, secure, culturally and educationally appropriate environment.

A "holistic" approach shall be taken to ensure that children may live in harmony with each other and Mother Earth within program limits. All children are seen as gifts from the Creator and are seen as unique individuals and will be treated as such by the caregivers.

CANADIAN NATIONAL INSTITUTE FOR THE BLIND  
CNIB VISION SERVICE DAY

FEBRUARY 6, 1997 THURSDAY  
ELDERS LODGE  
3 - 9 p.m.

DOOR PRIZES

REFRESHMENTS

We invite anyone and everyone who have visual problems, such as failing vision, partially sighted, etc. to attend the CNIB Service Day. Perhaps you know someone, such as a family member, friend, or co-worker who have visual problems, if so make sure you reserve this date to learn more about what is available. Louise McGilley and Joy Miller will be our guests, sharing information regarding the CNIB and the many services they have to offer. They will be setting up a display of assistive devices and technical aids. Some of the items will include talking watches, large print calendars, books, magazines, talking books, magazines, etc. If you require transportation, please phone Thayendanega Health Centre at 967-3603 by Friday January 31, 1997.

MAKE THE MOST OF WHAT YOU HAVE!!

### House Decorating Contest

## Winners:

1st - Leva Grass  
2nd - Tammy Adams  
3rd - Steve Maracle

Honourable mention to Bonnie Lewis

### KAHWATSIRATA'TIE PLAY GROUP

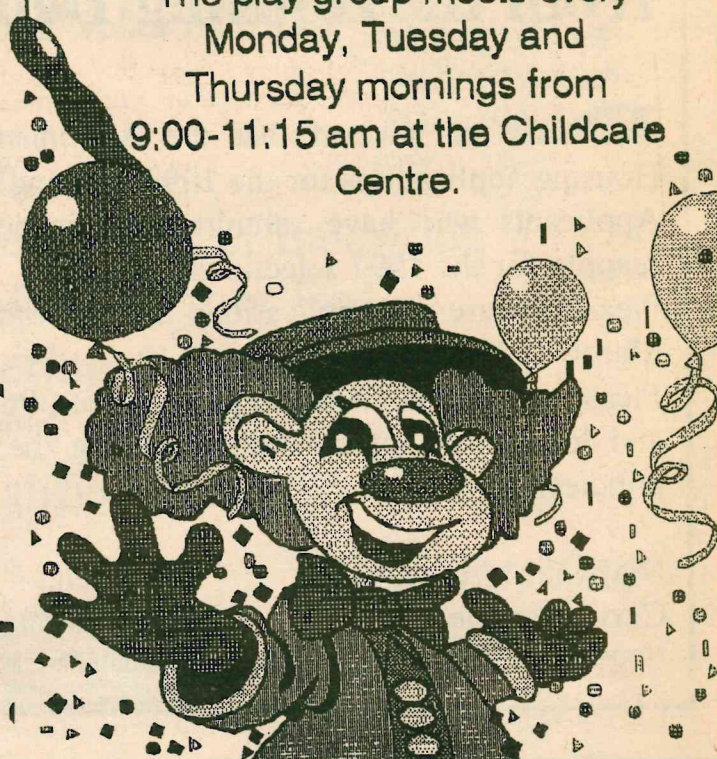
January 1997

Monday	In house Play group meets 9:00 - 11:15am
Tuesday	In house Play Group meets 9:00-11:15am
Wednesday	Arena Skating 10:00-11:00am Free bus from daycare
Thursday	In house Play Group meets 9:00-11:15am
Friday	Swimming Napanee 11-12 noon Free Bus from daycare
<p>SPECIAL GUESTS</p> <p>Jan. 9/97 Crafts for Kids Tracey Gazley</p> <p>Jan. 16/97 Snow Snake Legend Joe Brown</p> <p>Jan. 23/97 Native Craft Linda Maracle</p> <p>Jan. 30/97 Ceramic Betty Maracle</p>	
<p>Mon/Tues/Thurs planned activities for children and adults.</p> <p>Jan 6-10 Family 13-17 Snow 20-24 Culture 27-31 Fairy Tales</p>	

# NIA:WEN

To all the parents who ventured out on the icy morning to our "Play Group Open House".

The play group meets every Monday, Tuesday and Thursday mornings from 9:00-11:15 am at the Childcare Centre.





## NEWS RELEASES



IN CASE OF TRANSMISSION DIFFICULTIES, PLEASE CALL (514) 878-2520

MOHAWKS OF THE BAY OF QUINTE,  
"TYENDINAGA NEWSLETTER"  
TYENDINAGA FLYER (DESERONTO)

News release via Canada NewsWire, Montreal 514-878-2520 -ME-

Attention News/Entertainment Editors:  
CANADIAN ABORIGINAL WAR VETS RECOGNIZED IN NATIONAL FILM BOARD  
DOCUMENTARY - "FORGOTTEN WARRIORS" SCREENS AT SUNDANCE FESTIVAL

MONTREAL, Dec. 12, /CNW/ - The poignant story of Canada's Aboriginal war veterans, the NFB documentary FORGOTTEN WARRIORS has been selected for the prestigious Sundance Festival, which runs January 16 to 26. Directed by Loretta Todd, FORGOTTEN WARRIORS will be screened three times as part of the festival's Native Forum.

The Sundance screenings follow a successful premiere in November at the 21st Native American Film Festival in San Francisco, where the film picked up the Best Short Documentary Award.

When WWII was declared, Aboriginal people were not allowed to vote or own land, yet they were good enough to fight for the King. Thousands of Native men and women enlisted in the army and fought alongside their non-Native countrymen.

After the war, as a reward for fighting, the Canadian Soldier Veteran's Settlement Act allowed returning soldiers to buy land at a cheap price. However, many of the Aboriginal soldiers were never offered nor told about the land settlement. Instead, many returned home to find the government had seized much of their reserve lands to compensate non-Native war veterans.

Narrated by Gordon Tootosis, FORGOTTEN WARRIORS provides us with an historical overview and interviews with a few of the surviving Aboriginal war veterans. They share their unforgettable war memories and travel back to Europe to perform a sacred circle for friends left behind, but not forgotten, in foreign grave sites.

Director: Loretta Todd  
Producers: Carol Geddes, Michael Doxlater, Jerry Krepekevich  
Length: 48 minutes  
Available on video: February, 1997. To order, call the NFB toll-free at 1-800-267-7710 or check the NFB's website at <http://www.nfb.ca>.

For further information: Karen Marginson, NFB Publicity, (514) 283-9410.

Ministry of Citizenship,  
Culture and Recreation  
Minister  
6th Floor  
77 Bloor Street West  
Toronto ON M7A 2R9  
Tel.: (416) 325-6200  
Fax: (416) 325-6195

Ministère des Affaires civiques,  
de la Culture et des Loisirs  
Ministre  
6<sup>e</sup> étage  
77 rue Bloor ouest  
Toronto ON M7A 2R9  
Tél.: (416) 325-6200  
Téléc.: (416) 325-6195

DEC 9 1996



November 1996

APPLICATIONS AVAILABLE at  
the Administration Office

Dear Colleagues:

The Lincoln M. Alexander Awards were first presented on March 25, 1993 to commemorate the service of the Honourable Lincoln M. Alexander, former Lieutenant Governor of Ontario.

Every year the award program honours two young Ontarians who have demonstrated exemplary leadership in eliminating discrimination. One recipient of the award will be an Ontario senior secondary school student who is expected to be admitted into a post-secondary institution for full-time studies. The other recipient will be a youth, 16 to 25 years old who is nominated by his or her community organization.

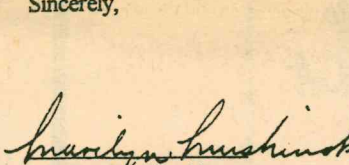
The award program is sponsored jointly by the Ministry of Citizenship, Culture and Recreation and the Ministry of Education and Training. The Honourable John Snobelen, Minister of Education and Training, is writing to school boards concerning the award to a full-time student.

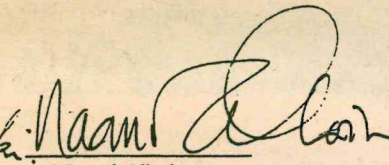
A nomination form and information outlining details of the program, including dates, the criteria applied in granting the awards and the procedures followed in the adjudication process are enclosed.

This program provides an opportunity for organizations to promote positive community relations, and for young people to gain recognition for significant contributions in this area.

We hope that you will read the information provided and take this opportunity to nominate a young person in your community. The deadline for nominations is January 31, 1997 and the awards will be presented on or about March 21, 1997, the United Nations Day for the Elimination of Racial Discrimination.

Sincerely,

  
Marilyn Mushinski  
Minister

  
Naomi Alboim  
Deputy Minister

## New Play by Mohawk Writer Premieres on CBC

What do you do when a member of your quilting group loses the first prize for a charity raffle? In the case of four Tyendinega women elders, you do everything but confront your forgetful friend - because that would be an act of disrespect and cause her embarrassment. But non-intervention means that the elderly quartet must take even more drastic action, including minor crime....

Mohawk playwright Lorre Jensen has written a moving radio comedy, *The Mercy Quilt*, about a group of reserve women who share deep bonds of love and respect. Jensen brings a whole world to life - there's a pow-wow, a dog with special powers, a turtle with even greater powers, and a whole range of wonderful characters, from Old Davey who wants the reserve to protect its old ways, to Carl the eligible undertaker, to old Grace, who only wants to marry off her single daughter.

*The Mercy Quilt* was produced in Toronto by Lynda Hill, and stars some of Canada's top First Nations actors: Columpa Bobb, Ron Cook, Gloria Eshkibok, Carol Greyeyes, Sandra LaRonde, Pamela Matthews and Gail Maurice. Dennis O'Connor and Wayne Robson also star.

Lorre Jensen was born in Toronto, spent her early childhood years at Tyendinega Mohawk Territory and her school years at The Mohawk Institute in Brantford. She began writing plays after a twenty year career in advertising and television production. Lorre has dedicated *The Mercy Quilt* to the memory of Tyendinega resident Marge Hill, "an aunt, friend, elder and role model".

For further information or review cassettes, contact Linda Gearson at (416) 205-6001.  
The play is also available in book form, in the anthology, *AirPlay* (Scirocco Publishing).



## ENVIRONMENT & FAMILY SERVICES

**REUSE  
REDUCE  
RECYCLE**



### Recyclable Materials

Here is a list of *Recyclable Materials*:

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

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

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

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

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

**NOTE:** Please rinse all the containers!

*1996 Recyclers of the Month were:*

*August - F.N, T, I.*

*September - Genie Maracle*

*October - Donny C. Maracle*

*November - Carol & Manson Loft*



## LANDFILL HOURS

**Monday - CLOSED**

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

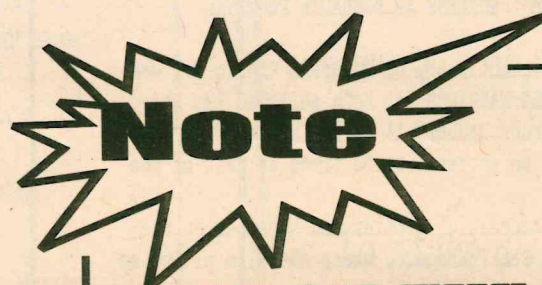
**Wednesday - CLOSED**

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

**Friday - CLOSED**

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

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



### FROM THE LANDFILL CUSTODIAN

*Please Place Woodstove  
Ashes at the Designated  
Area.*

*See Willard if you  
have any Questions*

## WANTED

Transportation of our newest additions to and around the community is imperative. To meet the safety requirements for new born infants, **CAR SEATS ARE NECESSARY.**

For this reason it is necessary to recover infant car seats now on loan. If you have a car seat that is not in use, **Please bring** the infant car seat in or contact Mohawk Family Services to arrange for a pickup.

If you have a loaned car seat still in use with missing parts, **Please call** and these parts will be ordered and replaced.

967-0122

Nia:wen



### The Impact on Health- Sexual Assault

#### Facts to consider:

Sexual assault can have profound effects on women's and men's health and well-being. It can result in physical injuries as well as psychological and emotional trauma.

- Statistics Canada indicates that women are physically injured in 11% of sexual assaults.
- The effects of sexual assault on a person's mental health and well-being can be just as serious as physical injuries. Nine out of ten incidents of violence against people have an emotional effect on the victim. The most commonly reported effects are anger, fear, and becoming more cautious and less trusting.
- The emotional and psychological effects of sexual assault can also include:
  - depression
  - confusion
  - sleep disturbances, including nightmares
  - erratic mood swings
  - eating disorders
  - anxiety
  - flashbacks
- Assaults on women or men with disabilities can trigger severe physical reactions. A woman or man with epilepsy may have a seizure, or a woman or man with cerebral palsy may develop even more unclear speech, or someone with diabetes may go into insulin shock.
- A Toronto study shows that 83% of female psychiatric in-patients reported a history of physical or sexual abuse.
- Research indicates that there is a higher rate of drug use among those who have been sexually or physically abused. Of women alone who have been sexually assaulted as adults, 20% use sleeping pills and 20% use sedatives.
- Sexual abuse by physicians is a significant problem - one study found that 8% of Ontario women aged 25-44 have been sexually harassed or abused by their physician.

(Information borrowed from the Sexual Assault Centre Of Leeds & Grenville - revised to include men)



# TYENDINAGA SAFE HOME

## Red Cedars Shelter

### WHO ARE WE?

We are a safe shelter for women and their children who are victims of violence.

Red Cedars will provide a safe and secure place to enable Native women and their children to overcome the violence in their lives.

Violence affects the entire family and comes in many forms. The abuse could be anything from emotional, physical, to sexual assault. ABUSE can be anything from threats, put-downs, being made to feel useless and stupid or not being allowed to have friends. It can include slapping, pushing, punching, or kicking. It can also be sexual abuse (forced sex).

### SOME FACTS

- The facts are 1 in 4 women living with a male partner has experienced or lived with physical or sexual abuse at some time or other.
- One girl in every 5 is abused or sees the abuse of her mother.
- Children are deeply affected by violence, and may become offenders or victims of abuse themselves.

IT IS EVERY PERSON'S BASIC RIGHT TO EXPRESS HER THOUGHTS AND TO LIVE WITHOUT THE FEAR OF VIOLENCE.

ONE OF OUR TRADITIONAL TEACHINGS IS THAT WOMEN ARE THE GIVERS AND PROTECTORS OF LIFE, THEREFORE LET US LEARN FROM OUR ANCESTORS AND RESPECT OUR WOMEN.

**WE MUST HONOUR OUR WOMEN AND CHILDREN.**

## \*ATTENTION COMMUNITY\*

*Red Cedars is in need of donations!!!!*

for example we can use:  
clothing (Adults & Children's)  
diapers, household items, toys, etc.  
anyone with items that are in good working  
condition, please drop the off or call red cedars

**AT 967-0122  
FAMILY SERVICES**

## WINNERS OF THE LOGO CONTEST FOR THE SAFE HOME!

1st Place Picture: **Ruby D. Maracle**  
2nd Place Picture: **Debbie Vincent**  
3rd Place Picture: **Andrea Lynn Gr. 6**  
Runner Up Picture: **Aaron Sykes Gr. 6**

First Place Winner for "Name" **Betty Green (RED CEDARS)**

Special thanks to Mr. Greg Brants class for their participation in our logo contest.

Thank you to all community members for their contributions and for helping to make the opening of our new facility a success

Nia:wen

Staff of Red Cedar's

### STAFF INTRODUCTIONS:

She:kon,

My name is Cindy Loft and I have been hired as a Counsellor for Red Cedars. I am looking forward to help improve awareness of family violence in the Community, by offering support, developing programs and workshops to help break the silence and cycle of violence. I am a Registered Practical Nurse and have more than eleven years experience in emergency, surgical, and medical nursing. The gift I will bring is the ability to work with emotional and mentally challenged adults and children.

Nia:wen,  
Cindy

She:kon,

My name is Sheila Stacey (Loft). I'm one of the five Counsellors hired to work at Red Cedars. I've lived in the Community all my life. I'm a graduate of the Developmental Service Worker Program through Loyalist College. I've worked with children and young adults with behavioural and emotional problems for the past five years. I also have experience working with the mentally and physically challenged. I look forward to working with the staff at Red Cedars and in the Community to stop Family violence. The gift I will bring is the ability to work with children and young adults with behavioural problems as well as special needs.

Nia:wen,  
Sheila

She:kon,

My name is Mary Ann Spencer. I am a graduate of the Native Children and Family Service Program sponsored through First Nations Technical Institute and Loyalist College. I look forward to working for Red Cedars and in the Community. I have a knowledge of medicine wheels and healing circles. The gift that I will bring will be caring and sharing.

Nia:wen,  
Mary Ann

She:kon,

My name is Tammy Brant. I also, am a graduate of the Native Children and Family Service Program sponsored through First Nations Technical Institute and Loyalist College. I look forward to working for Red Cedars and in the Community. The gift I bring will be learning and open mindedness.

Nia:wen,

Tammy

She:kon,

My name is Leslie Spencer. I have a B.A. in Psychology through Carleton University. I have experience in interviewing and analyzing people. The gift I bring will be empathy for anyone being abused.

Nia:wen,

Leslie

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



## EMPLOYMENT

### ANISHNAWBE HEALTH TORONTO

is a culture-based health and healing centre for Toronto's Native community. Traditional Native values and healing approaches are the foundation upon which we work with the community. We are committed to the belief that the full recovery of our people - physically, mentally, spiritually, emotionally, socially, economically - will occur through our traditional ways. Staff are expected to be committed to their own personal healing and to the Native way of life.

IS SEEKING APPLICATIONS FOR THE FOLLOWING

#### PROGRAM CO-ORDINATOR, HEAD START PROGRAM

The Head Start Program, funded by Health Canada, is an early childhood development and intervention program that prepares preschoolers for mainstream education and is expected to be operational by May 1997. The Co-ordinator will be responsible for all aspects of starting up and delivering the Head Start Program.

The Program Co-ordinators major responsibility is implementation of the program as designed and developed by the Parents Council and AHT. duties include staff supervision, financial planning and accountability, public relations, program evaluation, proposal development and program adherence to regulatory practices.

Qualifications: include previous management and co-ordination experience; knowledge of the education system generally, and in particular a the early childhood level; experience working with urban Native people; knowledge of the true history of Native people and how this has resulted in our current social, economic and political situation; excellent communication skills; speak a Native language. The successful candidate must be prepared to work evenings and weekends as required/requested.

Closing Date: January 22, 1997

Forward applications for either position along with three references to:

Barbra Nahwegahbow, Executive Director  
Anishnawbe Health Toronto  
225 Queen Street East  
Toronto, Ontario M5A 1S4

Meegwetch to all applicants. However, only those applicants to be interviewed will be acknowledged.



### ONTARIO FIRST NATIONS TECHNICAL SERVICES CORPORATION

The Ontario First Nations Technical Services Corporation (OFNTSC) is the founding organization in Canada, whose purpose is to provide professional technical advisory services to all First Nations in Ontario and to foster technical self-reliance of our People.

#### (1) SENIOR TRAINER

##### Summary of Duties

- 'Hands-on-training' of plant operators in the proper operation/maintenance of water/wastewater treatment plants and handling of bulk fuel systems;
- To plan, organize and deliver technical training modules specific to each plant;
- To evaluate the progress of each operator trainee by maintaining accurate records;
- To prepare monthly plant visit reports from each trainer;
- To supervise other trainers;
- To report to the Engineer, Quality Assurance in the Toronto office of the OFNTSC;

#### (1) TRAINER

##### Summary of Duties

- 'Hands-on-training' of plant operators in the proper operation/maintenance of water/wastewater treatment plants and handling of bulk fuel systems;
- To select and adapt technical material/training modules which would apply to each water/wastewater treatment plant operator's particular facility;
- Advise plant operators on how to troubleshoot mechanical-electrical equipment;
- To prepare written reports on site visits, observation and operator training;
- To submit biweekly training plan schedules;
- To report to the Senior Trainer;

##### Statement of Qualifications & Requirements

- Minimum grade 12 Education, C.E.T or equivalent is preferred;
- Good communication skills, both oral and written;
- Willing to travel in small aircraft throughout Northern Ontario;
- Willing to spend some time away from home on regular intervals of at least once per month;
- Possess some computer skills in applications such as WordPerfect, Word, Lotus, Excel;
- Must possess a valid Ontario drivers permit and reliable motor vehicle;
- Ability to work with a minimum of supervision;
- First Nations applicants are encouraged to apply;

Salary: Salary will be determined depending on qualifications and experience;  
Contract position (to be renewed yearly);

Closing Date: January 31, 1997

Submit resume with two letters of reference to:

Ontario First Nations Technical Service Corporation  
415 Yonge Street, Suite 1107  
Toronto, Ontario, M5B 2E7  
(416) 977-3488 Fax: (416) 977-3671

### Yondar International

2889 Haughton Street  
Ottawa, Ontario  
K2B 6Z4

#### Training for long distance Professional Truck Driver's

Successful candidates will be hired by a major carrier in the United States. Training will be in the U.S., therefore candidates must obtain US Social Security Number. Those wanting to accept this offer must be willing to make a commitment to remain employed with our client for an extended period of time.

The program includes life skills training and support for a predetermined period of time, to help the candidate and his/her family adjust to the demands of the industry. Candidates have the option of staying in Canada where they now reside or moving to the US.

Cost of the training program is a total of \$2,660.00 US per candidate. No requirement for payment up front on condition of agreement to a regular pay back schedule not to exceed one year.

#### Program Contents:

Two and one half weeks of training for which candidates will NOT be paid although they will be housed in a modern facility and have their meals supplied in a first class cafeteria. Candidates must be able to sustain themselves and family for this period.

Stage two consists of about four weeks and candidates will be paid \$300.00 per week (USD)

Stage three is another four weeks and candidates will be paid \$375.00 per week (USD). Throughout the training period, candidates will be given more and more responsibility through real life driving situations within the trucking industry. At the end of stage three candidates are ready to take the Commercial Drivers' Licence examination.

Following the completion of the ten and one half weeks of training candidates will have been paid for eight weeks. They will then graduate to full rate of pay within the company commensurate with their experience level. For the next four months, they will be closely observed and monitored to make sure they are driving according to the standards they have been taught and that which the company expects. After the successful completion of the four months of close, controlled observation, they will be unrestricted employees with all the pay and benefits of such status.

Those willing to participate in this exceptional offer may complete a copy of the application form and fax it directly to Dr. George K. Lewis.

Application available from Bev or Karen at the Mohawk Administration Office (613) 396-3424 or via the Internet at: <http://www.yondar.com/client/odc> and while it may be electronically forwarded, it must be also faxed to Dr. Lewis because a signature of the candidate is required.



### Request for Proposals - Aboriginal Curriculum Development

The Loyalist College *Aboriginal Circle on Education* is requesting proposals for the development of curriculum modules to be used in post-secondary programs and staff training. These modules will reflect the aboriginal experience and culture, and will be used to increase the awareness of the Loyalist community to aboriginal issues and world views.

The successful proposal will receive a contract based on a critical path negotiated with the College beginning early 1997. Proposals will be expected to demonstrate and document extensive knowledge of aboriginal culture and experience in curriculum development and documentation in a post-secondary setting.

#### PROPOSAL DEADLINE JANUARY 31, 1997.

Interested parties may request

a copy of the detailed RFP

or further information from:

Staff Development Office

Anthea Weese

c/o Loyalist College

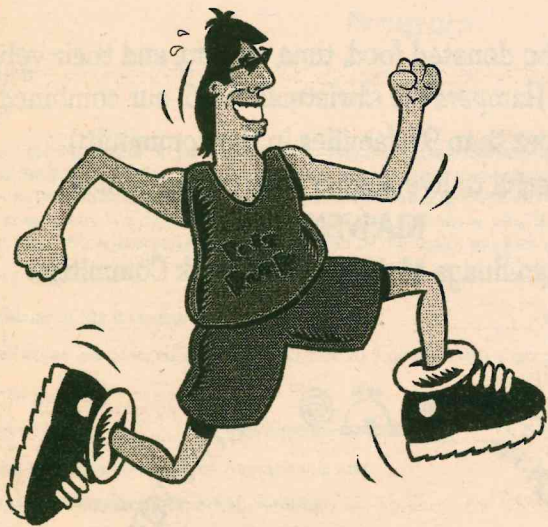
P.O. Box 4200

Belleville ON K8N 5B9



# HEALTH CENTRE

## Moccasin Trail News



**Do you feel this good after your daily workout?**



*Finding what works best for each of us individually is the key to staying fit, active, and above all healthy and uninjured. Only you can judge whether you are up for a long workout or a hot bath. Forcing another mile of walking when your calves are cramped is not being tough or aggressive. It's being dumb and careless. An extra mile logged today could be two lost tomorrow as we will inevitably become overtired or injured.*

*On the other hand, we also know when our bodies can do more. Consistently doing the same workout day after day is simply maintaining our weight and fitness level. Once a workout becomes routine, it's time to add a challenge—more time, weight or distance. We need to listen to our bodies—responding to its needs in ways that challenge us, but don't hurt us.*

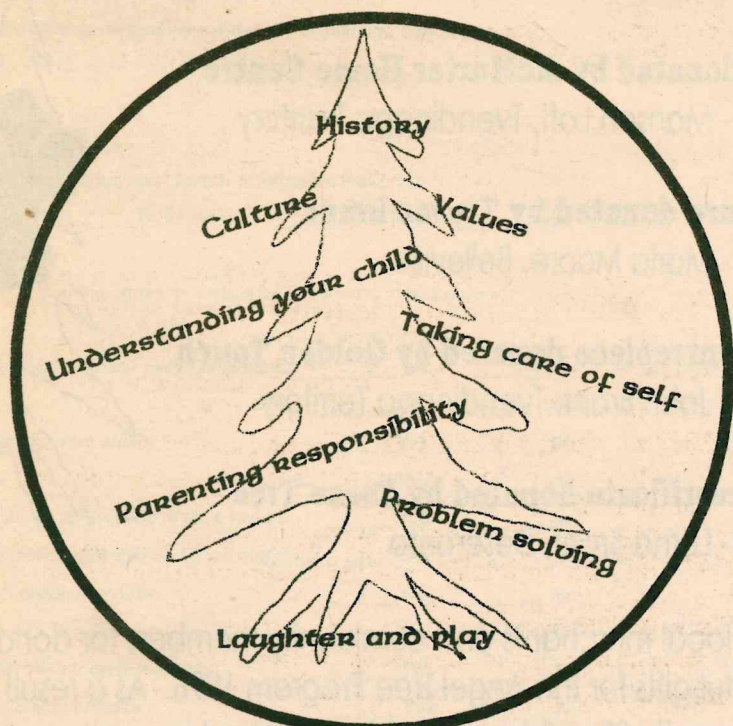
*The Moccasin Trail Walking Program can help. It's not just for walkers, it's for anyone who wants to genuinely take charge of their own health by adding an activity to their daily lives.*

*Check in with us at the Thayendanega Health Centre the first Tuesday every month.*

*8:30 - 7pm*

*Next mileage day is Tuesday February 4, 1997*

### Ronwanehihronsih Rontiksa'okon:'a "Raising the Children" Parenting Program



**Monday Nights  
6:30 - 8:30pm**

**January 20 - March 10, 1997  
Health Centre Conference Room  
Snacks provided.**

**For more information and to register,  
call Mohawk Family Services 967-0122**



Thayendanega  
Health Centre

### NUTRITION NEWS

Nicola Smith, R.D., Community Dietitian

### Interesting facts and recipes using your favourite WINTER VEGETABLES

#### DILLECTABLE SCALLOPED SPUDS



- 1 1/2 cups sliced mushrooms
- 3/4 cup sliced onion rings
- 1/4 cup all-purpose flour
- 2 cups skim milk
- 1 tablespoon minced fresh dill, or 1/2 teaspoon dried dillweed
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup shredded Swiss cheese
- 4 large potatoes, peeled and sliced into 1/4-inch thick rounds

Potatoes with a green-tinge or those with sprouts should be left behind at the grocery store. The green colour is caused by overexposure to light, resulting in a bitter taste. These blemished areas and the sprouts also contain a toxic chemical called solanine. Although the level is not enough to harm you, why eat chemicals when you don't have to.

- 1) Preheat oven to 350 C
- 2) Spray a medium saucepan with non-stick spray. Add onions and mushrooms. Cook and stir over medium-high heat until vegetables are tender, about 5 minutes.
- 3) Sprinkle flour over vegetables. Stir until vegetables are evenly coated with flour. Gradually stir in milk. Cook until mixture is thick and bubbly, about 5-6 minutes, stirring frequently.
- 4) Add dill, Worcestershire sauce, salt, pepper, and shredded cheese. Cook for 1 more minute, until cheese is melted. Remove from heat.
- 5) Spray a medium casserole dish with non-stick spray. Spread 1/3 of potatoes over bottom, followed by 1/3 cheese sauce. Repeat layering two more times. cover and bake for 1 1/2 hours. Let potatoes stand for 10 minutes before serving. Makes 6 servings

#### GLAZED CARROTS

- 1 pound carrots jullenned or sliced into coins
- 3 tablespoons peach jam
- 1 teaspoon each grated orange zest and Dijon mustard
- 1/4 teaspoon ground thyme

- 1) Steam or boil carrots until tender, about 15 minutes.
- 2) While carrots are cooking, prepare glaze. Combine jam, orange zest, mustard, and thyme in a small saucepan. Cook over medium heat until bubbly, about 2 minutes.
- 3) Toss cooked carrots with glaze and serve immediately. Makes 4 servings

Did you know that cooked carrots are actually better for you than raw carrots? The crisp texture of carrots comes from cell walls stiffened with indigestible fibre. Cooking dissolves some of the stiff cell walls, making the nutrients inside more available.

Carrots are an excellent source of the deep-yellow carotenoids, a form of vitamin A. The carotenoids in carrots are fat-soluble, so if you were to eat large amounts of carrots day after day, these carotenoids would be stored in your fatty tissues, including the fat just under your skin. Soon your skin would begin to look orange!

Education is still our greatest defence.



Talking with our children is sometimes difficult, especially about issues concerning HIV and AIDS. Statistics show that our teenagers are still taking unnecessary risks.

As parents, we need to begin to take steps to understand the pressures of being young in the 1990's. By becoming aware of these issues and of HIV/AIDS, we can become important resource people for our children.

The CHR program is offering a series of workshops beginning January 14, 1997 to help you, as a parent, address the issues of sexuality and HIV/AIDS. *Talking & sharing* needs to begin early, long before the teen years.

Please come out to the  
Thayendanega Health Centre



## COMMUNITY INTEREST

Nia:wen To The Community Businesses and Residents Of Tyendinaga Territory

From The Tyendinaga Mohawk Food Bank Committee

For your many acts of kindness and generosity shown at our annual fundraiser, "Friday Night Live"

Vanessa Maracle  
Jonathan & Linda Maracle of Maracle Music  
D.J. Jerry D.  
Veronique  
Magical Michael  
Tyendinaga Mohawk Administration Office  
B & J Poleline  
Suzanne & Al Brant of Two Clan Crafts  
Freeman Martin of Tyendinaga  
Keith Maracle Of Village Cafe & Garage  
Dick & Gail Brant of Mohawk Cresting  
First Nations Technical Institute  
First Nations Air Service  
The Chief's Inn Restaurant  
Mrs. Herb's Restaurant  
Roxanne's Kitchen  
Toymar Coffee Services  
Karen's Hairstyling  
Bayview Variety  
Tyendinaga Computer Sales & Service  
T.M.T. Sports  
B & M Chip & Pop Stop

All the community members and visitors who came out to watch.

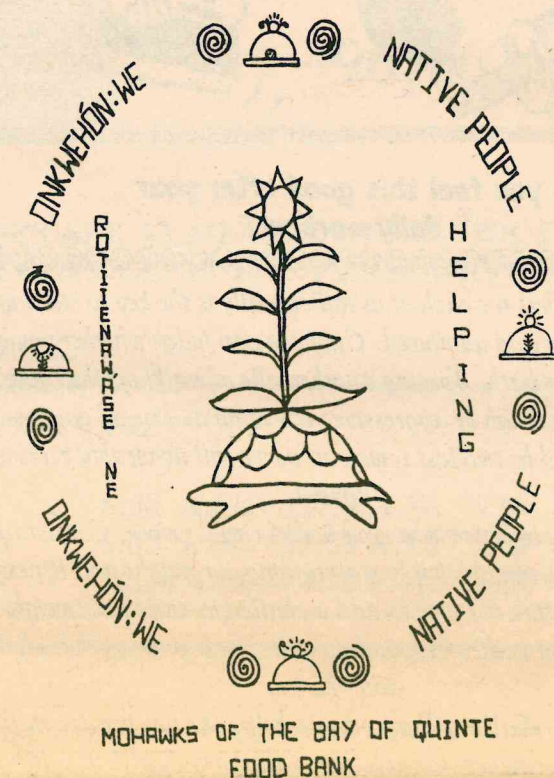
Our apologies for anyone we may have overlooked.  
Because of the kindness of all these people, we were able to raise more than \$500.00 to go towards the Christmas Baskets for 1996.  
NIA:WEN

NIA:WEN NIA:WEN NIA:WEN NIA:WEN NIA:WEN NIA:WEN NIA:WEN

To the many people who donated food, time, money, and their vehicles for deliveries of the Food Hampers for Christmas 1996, our combined efforts helped more than 93 families in the community.  
It's wonderful to live among such caring people.

NIA:WEN

From the Tyendinaga Mohawk Food Bank Committee



~ THANK-YOU ~ THANK-YOU ~

FROM THE  
ANGEL TREE COMMITTEE

1997 already! It is hard to believe that another year has gone by. Once again, the Angel Tree Program was a huge success, thanks to the generosity of many people.

The Angel Tree Committee sends out a very big thank-you to all the local businesses who allowed us to place the Christmas donation boxes in their establishments.

We are appreciative of the community members who had a giving heart and sponsored an Angel off the Tree, or for donating a monetary gift to the Angel program. By the way, because of your generosity 82 children and 24 seniors were given a merrier Christmas.

It is great to encounter caring people and businesses beyond the boundaries of the Territory who have big hearts. Thank-you for sponsoring an Angel or donating money to a very worthwhile program.

Nia:wen



### ANGEL TREE CHRISTMAS DRAW

#### DONATIONS:

**Door insert donated by McMurter Home Centre**  
Winner - Manson Loft, Tyendinaga Territory

**Framed picture donated by Trevor Brant**  
Winner - Marla Moore, Belleville

**Christmas Centrepiece donated by Golden Touch**  
Winner - John Brant, Tyendinaga Territory

**\$25.00 gift certificate donated by Peace Tree**  
Winner - Lorna Brant, Deseronto

Thank-you to local merchants and community members for donating the wonderful gifts for the Angel Tree Program 1996. As a result of your generosity 82 children and 24 seniors had a merrier Christmas in 1996.

Nia:wen,

Angel Tree Committee





# COMMUNITY INTEREST

## Aboriginal Media Program

### Questionnaire

#### INTRODUCTION:

First Nations Technical Institute, in partnership with Loyalist College in Belleville, is developing an Aboriginal Media Program. Credits from the program will lead to a two-year post-secondary journalism diploma. Please take a moment to complete this questionnaire to help us ensure the program meets community needs, or pass it on to someone you know who is interested in the media. We want input from everyone who is interested in the topic, not just prospective students.

#### PROGRAM CONTENT:

1. Are you interested in Media training? ☐ Yes ☐ No

2. Which content areas are of most interest? Feel free to indicate more than one area.

☐ Aboriginal media ☐ Mainstream media ☐ Both

☐ Analysis of media coverage of Aboriginal issues

☐ Interviewing/ Research/ Reporting/ Writing

☐ Photojournalism

☐ Media Relations/ Communications

☐ Advertising/ Marketing

☐ Newspaper/ Magazine Production

☐ Radio Production

☐ Video Production

☐ Web Page Design

☐ Other (Please be specific and list skills for this topic below.)

3. It is anticipated that the program will have a Prior Learning Assessment component. If you already have some media training and/or experience, please outline it.

4. What four areas of media-related skill and knowledge training are most important for your community?

5. What skills and knowledge are most critical for someone employed in media (radio, newspaper, Band or corporate communications, or media/public relations) at the community level?

#### DELIVERY METHODS:

1. We're exploring a variety of flexible options to make the program available to people who cannot take full-time studies. Please indicate which might be most useful:

☐ Week long workshops in a location central to students

☐ A residential module of several weeks at Tyendinaga and Loyalist College

☐ A combination of both the above

☐ Individual study through the Internet and learning contracts

☐ Other (Please write your suggestion below.)

2. What should be the maximum length of program modules?

☐ One week ☐ Three weeks ☐ Six weeks ☐ Longer

3. What types of learning activities should be included in this program?

Internships/ Apprenticeships/ Field placements ☐ Yes ☐ No

Story telling ☐ Yes ☐ No

Traditional learning from elders ☐ Yes ☐ No

Healing circles ☐ Yes ☐ No

Developing archives to preserve Native history ☐ Yes ☐ No

Producing publications/ programs for an audience ☐ Yes ☐ No

Hands-on small group activities ☐ Yes ☐ No

Field trips ☐ Yes ☐ No

Interaction with role models/ mentors ☐ Yes ☐ No

Presentations/ guest speakers ☐ Yes ☐ No

Learning contracts ☐ Yes ☐ No

Other (please specify)

Thank you for completing this questionnaire. Please return it to reception at FNTI or the Administration office or fax it to 396-2761. If you would like to participate further in planning the program, or want to keep in touch with its development, please print your name and address below:

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address/fax/ phone

Nia:wen.

from Maurice H. Switzer

(Maurice Switzer is a member of the Elders' Council of the Mississaugas of Rice Lake First nation at Alderville. Information about the Aboriginal Media program is available at First Nations Technical Institute's Internet Web site: [www.tyendinaga.net](http://www.tyendinaga.net))

"The power of the world always works in circles, and everything tries to be round. The sky is round, and I have heard that the earth is round like a ball, and so are all the stars. The wind, in its greatest power, whirls. Birds make their nests in circles, for theirs is the same religion as ours. Even the seasons form a great circle in their changing, and always come back again to where they were. The life of a man is a circle from childhood to childhood, and so it is in everything where power moves."

--- Black Elk (1863-1950), Oglala Sioux

\*\*\*\*\*

Filed away among my most prized possessions is an envelope that appeared 30 years ago on my desk in the newsroom of The Intelligencer.

Addressed in a shaky hand to "Mr. Morris Switzer. Reporter. Beleville paper. Beleville, Ont.", it contained a Christmas card from my 95-year-old grandfather, Moses Marsden. Although I was already the Intell's construction columnist, theatre critic, and chief obituary writer with barely a year's experience under my belt, I was hardly a household name, which made the delivery of such an imprecisely-directed piece of mail all the more remarkable.

That Christmas card meant a lot to me. It was my first letter from a family patriarch whose offspring included 16 children and six dozen grandchildren. At my birth, my grandfather had been asked to choose my given name, and the fact he persisted in misspelling it the rest of his days did not bother me, any more than did his wobbly handwriting; such idiosyncracies were to be expected from someone who had taught himself how to read and write.

From humble beginnings on the Alderville Indian Reserve on the south shore of Rice Lake, Moses Marsden went on to be band chief for five years, and his advice on treaty matters continued to be sought even after he moved off the reserve to seek a better life for himself, wife Nellie Franklin, and his growing family. A skilled carpenter, he earned a reputation as a master log-cabin builder, and erected a show-piece summer home on Main Duck Island near Kingston for U.S. Secretary of State John Foster Dulles.

Of particular interest to me was my grandfather's proclivity for writing, despite his lack of formal schooling. His personal papers included numerous letters written to newspaper editors defending Indian hunting and fishing rights, and recalling his experiences with

the duplicity of government agents during treaty negotiations. He once told a newspaper interviewer that he always voted Liberal because of the poor treatment Canadian Indians had received at the hands of Sir John A. Macdonald's Tories, culminating with the 1885 hanging of Metis leader Louis Riel.

If I was somehow following in my grandfather's footsteps by pursuing a newspaper career, my surroundings at Belleville's staid old Intelligencer was hardly the place for me to emulate his avoidance of Conservative party stalwarts. By the time I began serving my apprenticeship as the paper's junior reporter in October of 1965, three generations of the Morton family had been involved in publishing the local daily, in whose pages any discussion of Liberal Party principles was about as welcome as an epidemic of typographical errors.

After being rejected by the Peterborough Examiner for a lack of formal journalistic training, I was more circumspect in my application interview with Intelligencer editor Richard Payne, whom I neglected to inform until after I was hired that I had never before operated a typewriter. I told Dick that I thought reporters just collected news, and that underlings were employed to handle the clerical chores. Fortunately, I was a quick learner, and managed to learn how to type well enough to survive in the newspaper business for another 30 years, the first 14 of them in Belleville.

Some Intell memories are fonder than others, but all of them are indelible. Like the time the Mounties refused star reporter Harry Mulhall credentials to cover a Royal Visit because being born in Belfast qualified him as a security risk. And the time Dick Payne switched the captions beneath two front-page photos, putting the "Collosal Bore" that belonged under the shot of a giant post-hole digger beneath the beaming countenance of fair-haired Quinte cabinet minister Richard Potter. Once I was chased out of the Hastings County courthouse by a screaming woman after I took some photos of spectators attending an armed robbery trial. Months later I learned my assailant was a notorious Montreal bank robber nicknamed "Machine-gun Molly", who died in a shootout with police in downtown Montreal.

The memory of my first *real* Intell reporting assignment -- writing something other than obituaries -- is especially vivid. Newsroom colleague Claire Hoy rescued me from a convention of dairymen discussing acceptable fecal content levels in cheese, and rushed me to Belleville General Hospital in time for the birth of my son Adin.

After Belleville, I worked for daily newspapers in Oshawa, Timmins, Sudbury, and Winnipeg, before leaving the increasingly turbulent industry in 1994. But the printer's ink, as they say, is in my blood, and what brings me back to the Bay of Quinte is the opportunity to follow my grandfather's path by using my communications skills to help Aboriginal people tell their stories.

Working with Loyalist College journalism professor Susan White, I am helping develop an *Aboriginal Media* program for First Nations Technical Institute that will equip Native learners with skills used by journalists, researchers, and public and media relations practitioners. For the past decade, FNTI has been graduating Native computer keyboarders, social workers, and pilots. Now the school sees the opportunity to become a national training centre for Aboriginal communicators.

FNTI is situated on the Tyendinaga Mohawk Territory, which takes its name from the legendary warrior Joseph Brant, whose name "Thayendanegea" loosely translates into "two sticks bound together". I was so proud of the great chief's exploits fighting Americans during the Revolutionary War that I chose "Brant" as my Belleville-born son's middle name.

There are other area connections for me. Tyendinaga was the birthplace of my maternal great-grandmother, Esther Hill, and Grape Island -- situated in the Bay of Quinte off Belleville -- was the ancestral home of my grandfather's band of Mississaugas before they moved to Alderville in 1837.

I may not have actually come home, but I have come full circle.



## COMMUNITY INTEREST & UPCOMING EVENTS

*It's  
a Girl!*



*Congratulations Jason Doreen and Faye Peltier on the safe arrival of their Daughter*

*" Saide Ashley Cecelia Doreen "*  
*Born Nov. 9/96*  
*7 lbs. 5 oz.*

*Proud Grandparents: Ray & Vanda Doreen of Tyendinaga*  
*Dianne Peltier of Wikwemikong*

### Winners! Winners! Winners!

#### **FIREFIGHTERS CHRISTMAS DRAW:**

*Prize Winners were: 1st Prize - Evelina Ashley, Belleville*  
*2nd Prize - Mary Maracle, Tyendinaga*

*Thank You for your Support!!*

#### **THURSDAY NIGHT HOCKEY DRAW:**

*The Tyendinaga Old Timers Hockey League would like to thank all who purchased and sold tickets to support our Thursday Night Hockey.*

*Prize Winners were: 1st Prize - Karen Claus, Deseronto*  
*2nd Prize - Margret Maracle, Tyendinaga*  
*3rd Prize - Jenny Maracle, Tyendinaga*  
*4th Prize - Glen Maracle, Tyendinaga*

*Thanks to all!*

**KA:NHIOTE  
LIBRARY**

**.10 CENTS  
UP TO  
.25 CENTS  
PER BOOK!**

*Book Sale!*  
*at the Library*  
*during January*  
**967-6264**

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

#### **LIBRARY HOURS ARE:**

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

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

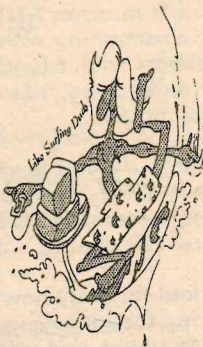
**967-6264**

## Surfing Tuesdays at FNTI

### Computer Access Nights

at  
First Nations Technical Institute

**Adults: Surf the Internet**  
**Children: Play Learning Games**



**Every Tuesday Night 6:30 p.m. - 8:30 p.m.**  
**Starting January 14th, 1997**

**"Come on out & have some fun"**



**NO CHARGE**

*however seats are limited,*

*Call to register... 396-2122*

**'Everyone Welcome'**

*Children must be accompanied by an adult*

#### BAND NEWSLETTER ITEM RE "COMPUTER ACCESS NIGHT"

by MAURICE SWITZER

Tyendinaga residents have a chance to beat the winter blahs by going surfing Tuesday night. Beginning January 14, First Nations Technical Institute's Training Department will be staging a free weekly "computer access night" to acquaint all Territory residents with the information available on the Internet.

"We're looking to meet the needs of the community," says FNTI training manager Debby Brant. "We want to be Tyendinaga's gateway to the Web."

Debby and other Training Department instructors Michael Hayward and Tina Brant will be on hand to show adult participants how to navigate -- or "surf" -- their way through the Internet's abundance of information. They may want to explore the Nativeweb and learn about cultural activities on First Nations around Turtle Island, or access information on health or nutrition issues. FNTI Human Resource Development manager Susan Maracle will also be on hand.

Participants are encouraged to bring along children, who can play computerized learning games in FNTI's community programs room under the supervision of instructors Pam and Debbie Maracle. Technicians Trevor Lewis, Kevin Maracle, and Kevin Cross will be available to ensure that surfers don't get tangled up in the "Net".

"We are particularly proud of our new Web home page just created by our staff," says FNTI president Richard Johnston. By accessing Internet address "www.tyendinaga.net", "surfers can get information about the various FNTI programs, including the new *Aboriginal Media* program currently under development.

Space for the free computer access nights is limited, and community residents are asked to register at FNTI's main number (396-2122) to reserve the Tuesday night of their choice. Participants will be booked on a first-come, first-served basis, but all children must be accompanied by adults.

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



## UPCOMING EVENTS

# AEROBICS !

**MONDAYS & WEDNESDAYS  
AT THE TYENDINAGA  
COMMUNITY CENTRE  
6:30-7:30 PM  
STARTING JAN 6TH  
THROUGH FEB. 27TH**

**COST - \$ 3.00/CLASS  
OR \$40.00 FOR 8 WEEKS  
(16 CLASSES)**

**FOR MORE INFORMATION  
CALL ANDREW  
ALKENBRACK 396-3424**

*Mrs. Herbs*

*6th Annual*

*Sweetheart Dinner*

*February 14th*

*2 Settings*



**call: 962-0938**

**HEY! CHECK IT OUT**

A YOUTH GROUP for 14 year olds & up.  
The Youth Group (formerly Three Feathers Youth Group) will  
be starting very soon.  
Tune in to KWE 105.9 FM for more info and keep your eye on  
the Tyendinaga News Letter.  
If you're interested you can call Al at 396-1515

## *Successful Living Party!*

Saturday, January 25/97

1:00 p.m. - 4:00 p.m.

Front Lobby of the National Native Bible College

*Hosted by Deanna BigCanoe*

### **KANIENTKEHA-KA OWENNA TSI IONTEWEIENSTA'HKWA**

(Mohawk Language Learning Centre)  
Box 187, Wyman's Road  
Tyendinaga Mohawk Territory, Ont., K0K 3A0

*From....*

#### **Parents of the Mohawk Immersion Program**

a special "thank-you" to all those people who hunted, cooked, and supported our  
3rd Annual Wild Game Supper and TV Draw on Sunday, December 1, 1996. We  
were overwhelmed by the 120 guests who arrived for supper. Congratulations to  
Alan Brant who held the lucky ticket for the 27" Colour TV.

We look forward to your continued participation this coming year !!!!

*Also....*

**BREAKFAST BUFFETS --** Sunday, January 19, 1997  
Sunday, February 23, 1997  
Sunday, March 23, 1997

Adults ~ \$5.00  
Seniors & Children (8-12) ~ \$3.50  
Children (7 & under) ~ \$2.00

8:30 - 11:00 a.m. each Sunday  
Downstairs, Council House

*with proceeds going to the Tyendinaga Mohawk Language Immersion Program*

#### **And a special note....**

Any parents who are interested in participating  
in the Mohawk Language Immersion Program are  
asked to contact Cherylann Brant for further details  
at 396-6786.

## WINTER CARNIVAL

FEB. 1ST, 1997

ALL DAY AT  
THE  
TYENDINAGA  
SOFTBALL  
COMPLEX  
&  
TYENDINAGA  
COMMUNITY  
CENTRE



Any and all ideas or  
volunteers are  
welcome !

Sponsored by the  
Mohawk Rec.  
Committee



## UPCOMING EVENTS

### ATTENTION GOLFERS!

*If you enjoy playing golf  
why not join a league for  
Tyendinaga golf enthusiasts.*

*For the 1997 season this league  
will be comprised of Tyendinaga  
Community Members and Friends.  
League play will be at the Briarfox  
Golf and Country Club (Marysville).  
Costs will be dependent on the number  
of League players, the more that register  
the cheaper the cost per person. ♣  
There will be a year end banquet and  
prizes for not only the winners but all  
golfers.*

*If you are interested in golfing in a league  
one night a week (nine holes) join the  
Tyendinaga "Industrial" Golf League*

*Contact  
Andrew Alkenbrack  
at 396 3424*








### LITTLE NHL 1997

March 10 -13, 1997  
Little NHL Tournament  
hosted by  
Whitefish Lake First Nation

## ARE YOU READY

For more info. call  
**1-800-661-2730**  
ask for Liz or Norma  
Watch for our flyers coming  
your way soon.











Deadline date for Newsletter Friday Jan.  
24/97 396-3424



# Valentine Dance




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

\$5.00 per person  
19 and Over

DJ!  
Light Lunch!  
Door Prizes!

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









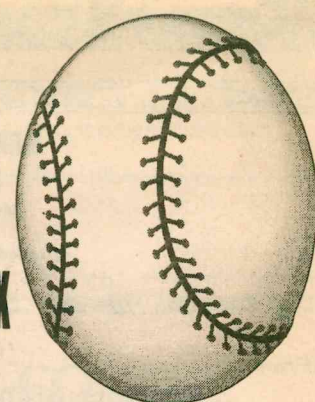
## Sno-Ball Tournament

Feb. 1st, 1997

at the Tyendinaga Softball Complex

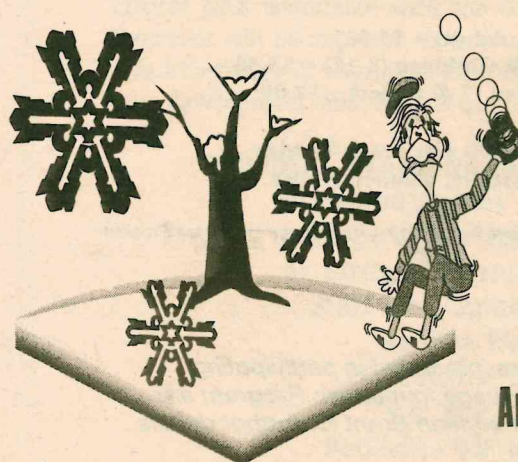
1st eight teams to register

Cost - \$ 150.00 per team  
(max. 15 players )



A Division  
1st - \$ 400  
2nd- \$ 250

B Division  
1st - \$ 200  
2nd - \$ 150



To register contact  
Andrew Alkenbrack at 396-3424



## CLASSISFIED & BIRTHDAYS

### HOUSE FOR SALE

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

Call: 962-3795

### FOR SALE

- 21' MOTORHOME 1976
- Sleeps Six
  - 56,000 Original Miles
- \$5000.00 as is

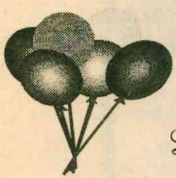
Narda Iulg 475-3366

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



Happy Birthday  
Grandma  
Love  
Isaac, Cole  
Chris & Lori

Happy 7th Birthday!  
Travis  
Jan. 26  
Love Mom & Dad



Happy 1st Birthday  
Victoria Marie Maracle  
January 21  
Lots of Love, Mom, Dad  
Lee, Aaron & Grandma

Happy 1st Birthday to a  
Beautiful Niece & Goddaughter!  
Toni  
Loads of Love, Auntie Ang

### Congratulations

to Krissy & Doug on the arrival  
of your Son

Gaven Douglas  
Jan. 6

Love Ya, Angela, Jake & Family  
& Aunt Linda



### PUPPIES FOR SALE

PUREBRED GERMAN SHEPARD  
-\$200.00

Contact: 396-5434

### FOR SALE

#### WASHING MACHINE

- 2 Yr. Old Frigidaire
- large load capacity
- white
- EXCELLENT CONDITION

Paid \$650.00 asking \$250.00  
Call: 396-5994 after 5 p.m.

### BABY SITTING AVAILABLE

Babysitting Certified  
Call Nicole or Linda  
396-2981

### Diane's Bargain Basement

Located at the Sunrise  
Shell

in Deseronto

Open: Sat. & Sun.

10:00 A.M. - 4:00 P.M.  
(Furniture, Clothing,  
White Elephant Table,  
Fabrics, etc.)  
396-2018



Happy Belated 1st  
Birthday!  
Bradie

Love Mom & Dad, Tamara, Kirby  
Jake & Kitty



Happy 16th Birthday  
Kev  
January 24  
Love Mom, Dad and Brian



Happy Birthday!  
Sherry Doreen  
Dec. 10th  
Love Mom, Dad

### MILL TOWN MEATS

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

Make Your Own Soup!  
Lyed Corn, Beans Special Pork

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

### FOR RENT

#### 1 BEDROOM UPPER APARTMENT

- Located in Shannonville
  - off street parking
  - back yard
  - nicely decorated
  - fridge & stove
  - cable T.V. available
  - first months rent plus equal damage deposit required, all inclusive
  - references
- AVAILABLE Immediately

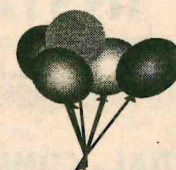
Call 396-3957 for more information after  
4:30 p.m. or leave a message.

Newsletter Deadline Date  
JAN 24/97 12:00 Noon



Happy Birthday  
Cory Doreen  
Dec. 15  
Love  
Mom & Dad

Happy Birthday!  
Mommy!  
(Sherry Doreen)  
Hugs & Kisses  
XXOO Kylea



Happy 2nd Birthday  
Kylea Smart  
Hugs & Kisses  
Granny & Poppa Doreen

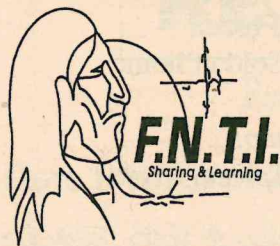
Happy Birthday 40?  
Ruby D. Maracle  
From "Deer Feathers"!





## COMMUNITY BUSINESSES

### Tyendinaga's Business



## Small Business Entrepreneur Program

### What Is It?

The Small Business Entrepreneur Program is a NEW program being offered jointly by FNTI and St. Lawrence College. The program will provide training for CURRENT and ASPIRING entrepreneurs. That is, learners will receive training that will assist them with the planning, startup, and operation of their own business. Additionally, the core components of the program will develop fundamental administrative, financial & economic development skills required in Band administrative positions.

### Delivery Information

This program will be offered on a part-time basis starting in January 1997. It will consist primarily of self-directed study. Learning will be supplemented by mentoring, fax/internet correspondence, and seminar/workshop sessions to be held at FNTI, on Tyendinaga Territory.

### P.L.A.:

For information on Prior Learning Assessment please contact FNTI directly.

### 1st Intake:

Our first intake for this new program is planned for mid-January 1997. At that time we will be offering 2 of the following 3 courses:

- Accounting 1
- Entrepreneurship (Venture Development)
- Introduction to Computers (Windows, Word Processing, Spreadsheets)

### More Information or to register

Bruce Wright  
F.N.T.I.  
Business Program  
Coordinator  
396-2122

Shelley Brant  
M.B.Q.  
Economic  
Development Officer  
396-3424



## BRANTEC ELECTRICAL INSTALLATIONS

**BRANTEC** - Locally owned and operated

**ELECTRICAL - RESIDENTIAL - COMMERCIAL - INDUSTRIAL**

**INSTALLATIONS** - To Ontario Hydro Code and Guaranteed

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

## DARREN GREEN SANDBLASTING & PAINTING

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

**BUT WE ALSO DO:** Farm Equipment, Tractors, Trailors,  
Dump Trucks, Barn Roofs  
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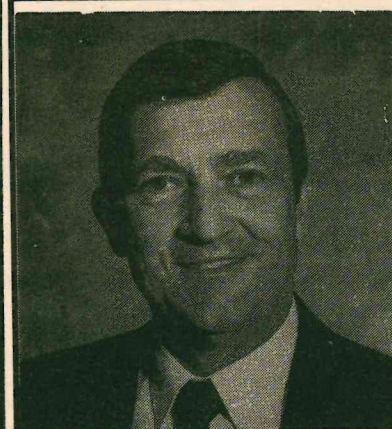
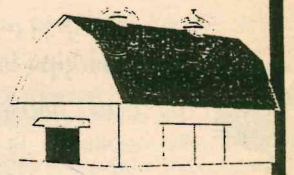
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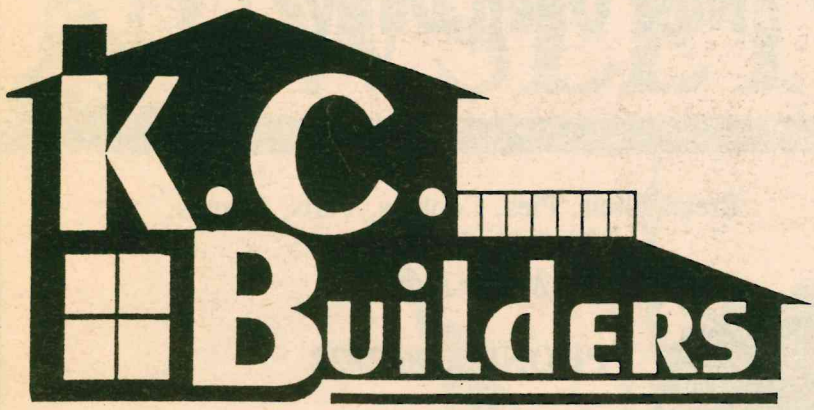
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HOME DESIGNS AND PLANS  
LICENCED CARPENTER  
R-2000 BUILDER  
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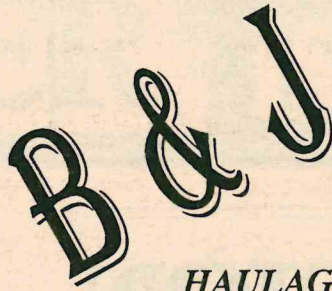


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R.R#1 BAYSHORE RD. TYENDINAGA, ON K0K 1X0

*FREE ESTIMATE*

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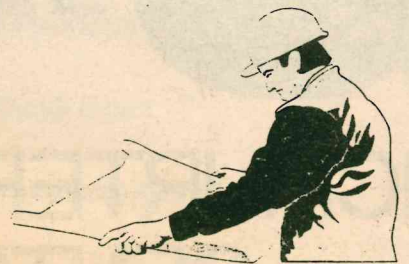
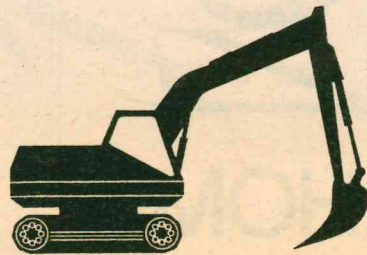
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# RENOVATION



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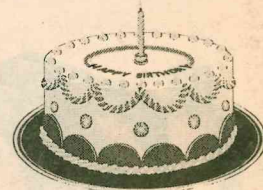
WINTER HOURS

instore stock

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

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Now Open Daily



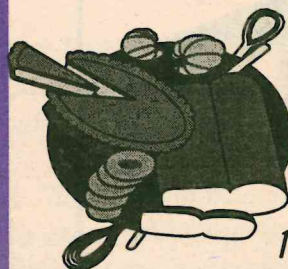
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Made Daily

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



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Just Drop In!

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24 hr. Service

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## JOHN'S CONCRETE

SPECIALIZING IN:  
CONCRETE FOOTINGS, FLOORS, SIDEWALKS, PATIOS  
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\* FREE ESTIMATES \*

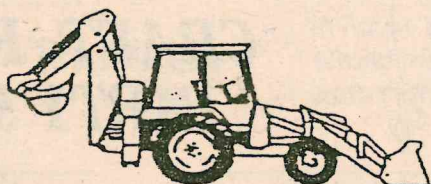
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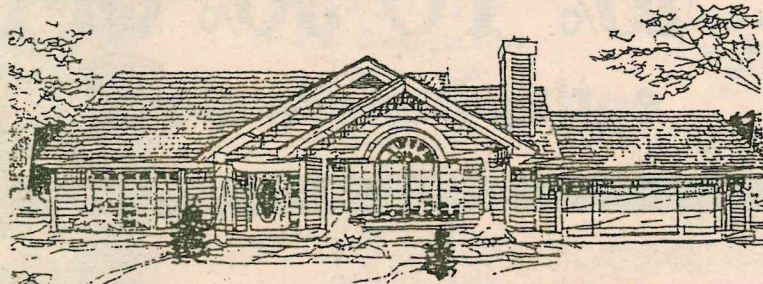
HWY #2  
TYENDINAGA TERRITORY  
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