

# TYENDINAGA NEWSLETTER



## ISSUE 1/07



2007



*Happy  
New Year!*

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

REGULAR BUSINESS MEETING  
Tuesday, Jan. 23

LOCAL BUSINESS MEETINGS  
will be  
Wednesday, Jan. 17 and Wednesday, Jan. 31

### In this Issue:

Administration Notices  
& Meeting Minutes - front - 6  
Employment - 7  
Red Cedars - 8 - 10  
Education - 10 - 12  
Health Centre - 13 & 14  
Recreation - 15  
Community Interest - 16 - 20  
Upcoming Events - 21 - 23  
Classified - 24 & 25  
Business Advertisements - 26 - 28

Newsletter Deadline  
Wednesday, Jan. 24  
12:00 noon  
396-3424

*We're on the Internet*  
[www.tyendinaga.net](http://www.tyendinaga.net)  
(What's happening)

### JOB POSTINGS

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

[www.mbq-tmt.org](http://www.mbq-tmt.org)



## ADMINISTRATION



## MOHAWKS OF THE BAY OF QUINTE

R.R. #1, Tyendinaga Mohawk Territory, Ontario, K0K 1X0

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

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

January 5, 2007

Seken Sewakwekenh:

I trust that this report finds you in good health and that you enjoyed the festive holiday season with your family and friends.

**WESTERN HEMISPHERE TRAVEL INITIATIVE**

First Nations People have always held sacred the right to pass and re-pass the Canada-United States border freely with their personal goods. The right of free passage across the border was documented in Article III of the 1796 Jay's Treaty between Great Britain and United States. After the War of 1812, this provision in the Jay's Treaty continued in the 1814 Treaty of Ghent between Great Britain and United States.

The American Government legislated the provisions of the Treaty in Section 289 of the United States Immigration Nationality Act, which reads "Nothing in this title shall be construed to affect the right of American Indians born in Canada to pass the borders of the United States, but such right shall extend only to persons who possess at least 50 per centum of blood of the American Indian race."

Due to terrorism and the aftermath of September 11, 2001, the American Government has implemented air travel regulations which come into effect on January 23, 2007. Persons flying into United States will be required to carry a passport and in addition any other documentation deemed acceptable to the Department of Homeland Security.

On December 17, 2004, the President George Bush signed into law the Intelligence Reform and Terrorism Prevention Act of 2004. Section 7209 of this Act provides that the Secretary of Homeland Security in consultation with the Secretary of State, develop and implement a plan to require travelers entering the United States to present a passport, other document, or a combination of documents that are "deemed by the Secretary of Homeland Security to be sufficient to denote identity and citizenship."

On September 1, 2005, the United States Department of Homeland Security published in the Federal Register an advanced notice of the proposed rule making for legislative amendments for border crossings.

On August 11, 2006, the United States Department of Homeland Security and Department of State published the notice of rule making that nonimmigrant aliens from Canada, Bermuda and Mexico traveling into the United States by air and sea from western hemisphere countries be required to show a passport.

Congress has also directed a regulation be in place for land and sea border points of entry into the United States. These regulations are being developed. There is a potential that the land border regulation may be posted for public comment in the USA Federal Register as early as August of 2007. The United States Consulate will advise us when the Notice of Proposed Rule Making is posted in the USA Federal Register.

On December 17, 2006, to meet documentary requirements of the Western Hemisphere Travel Initiative and facilitate the frequent travel of persons living in border communities, the Department of State, in consultation with Homeland Security, proposed to develop a card format passport called the Passport Card for travel through land and sea ports.

During the public comment period on the Notice of Proposed Rule Making, three commenters stated that Native Americans should be able to use their tribal documents for air flights because treaty rights assure cross border travel between United States and Canada. The Governments response to the comment was that Section 289 of the Immigration Nationality Act provides that Native American born in Canada may "pass the borders of the United States" provided that they possess 50 per centum of Native American blood. Historically, the courts have addressed the right of Native Americans born in Canada to "pass the borders of the United States" in the context of land border crossings. Case law has not expressly addressed the extension of the right to "pass the borders of the United States by air." Moreover, the right to pass the border does not necessarily encompass a right to pass the border without sufficient proof of identity and citizenship. Under the final rule, Native Americans born in Canada will be required to present a valid passport when departing from or entering from the United States by air."

Regarding Native Americans born in the United States will be required to also carry a passport to leave or enter the United States.

The December 20, 2006 news release from Canada Passport Office states that starting January 23, 2007, travelers to the United States by air will be required to carry a valid passport. For the time being, persons traveling to the United States by land and sea can continue to use documents such as birth certificates and drivers licenses for a limited time period.

Keep in mind that the American Government intends to legislate a new rule for land and sea points of entry to the United States.



## ADMINISTRATION

In the United States system of Government, the Congress and Senators write the laws. The Cabinet is appointed by the President who is responsible for the implementation of the laws. Currently, it is up to the USA Secretary of Homeland Security, Mr. Michael Chirtoff, to decide what documentation is acceptable to Homeland Security for border crossing purposes.

The USA Secretary of State is Ms. Condoleza Rice is responsible for the passport card initiative for U.S. citizens.

### CULBERTSON TRACT

Information from Mr. Daryl Kramp's office, informs us that the Minister of Indian Affairs, Jim Prentice will be announcing the name of the negotiator for the Culbertson Tract shortly.

We are advised that the contract for the negotiator has not been finalized and the name cannot be released until the contract is officially finalized.

There has been a lot of media interest and speculation that the developer may begin development in the vacant land in the Culbertson Tract. Deseronto Mayor Norm Clark and I discussed the matter today and I am advised that the developer has made no application to the Municipality of Deseronto to construct anything on the Culbertson lands and that the required municipal and Hastings County bylaws are *not in place* for development to occur on this property. I am also advised that the land transfer between Mr. Nibourg and the developer has not occurred.

I am enclosing a letter dated December 22, 2006 from Michel Roy, Assistant Deputy Minister, Claims and Indian Government for your perusal.

### LOCAL HEALTH INTEGRATION NETWORKS (LHINs)

The Ontario Ministry of Health has undertaken health reform initiatives to reduce wait times, introduce health teams, create fourteen Local Health Integration Networks province wide and to restructure the bureaucracy within the Ministry of Health.

The Local Health System Integration Act was passed into law in March 2006 and is a key component for the provinces plan for the health care system. Section 14(3) of the Act requires the Minister to appoint members of representative organizations to the Aboriginal and First Nations Health Council to consider health strategies and priorities at a Provincial level. Section 16(1) and 16(4)(a) requires the LHIN's to consult with First Nations communities and their planning entities.

The Chiefs of Ontario Task Force on LHINs was mandated to assess the impact of the LHINs initiative and safeguard the funding First Nations are receiving.

There was much concern raised by the Task Force on LHINs that First Nations would lose funding once LHINs became the contracting agent for Ontario for community health funding.

I recently met with the Assistant Deputy Minister of Health, Aldestein Brown for clarification on these concerns about funding.

Health Canada and the Ontario Aboriginal Healing and Wellness funding will not be affected by the LHINs initiative. The Provincial Diabetes, HIV-Aids and Homemaking and Nursing Services will remain with the Minister of Health and Long-term Care and will *not* be part of LHINs. LHINs will be administering funding for community mental health, community support services, addiction programming, hospitals and community care access centres.

There will a review in 2009 of these arrangements by the Ontario Ministry of Health.

### NEW INDIAN STATUS CARDS

The Department of Indian Affairs is currently undertaking a pilot project for new fraud proof Indian Status Cards at a select location in Alberta. The current laminated card has no security features and many service providers are losing confidence in the current status cards due to the high number of fraudulent cards that are in circulation.

Indian Affairs have now developed a new card which is being tested at pilot locations in Treaty 7 area in Alberta. The new card will have a magnetic strip on the back of the card and will have an expiry date to ensure that the photo identity of the card holder is kept current. We will keep you posted as more information is received from Indian Affairs.

### MATRIMONIAL PROPERTY REFORM

One of Minister Jim Prentice's priorities is Matrimonial Reform for on reserve properties. The Tyendinaga Mohawk Council will be meeting with Wendy Grant-John, who is under contract with the Minister of Indian Affairs, to make recommendations regarding legislative and policy reform for matrimonial property matters on reserve. Minister Prentice wants to see policy and legislative measures developed by March, 2007.

### CANADIAN HUMAN RIGHTS ACT

In December, 2006, Minister Jim Prentice introduced Bill C-44 to amend the Canadian Human Rights Act by repealing Section 67 of the Canadian Human Rights Act.



## ADMINISTRATION

Minister Prentice wants to repeal a thirty year old section of the Canadian Human Rights Act that has barred First Nations citizens from making complaints against Band Councils under the Indian Act when there are issues of discrimination and unequal treatment.

Minister Prentice found it unacceptable that First Nations citizens did not have the same rights and remedies as other Canadians as it relates to Human Rights.

I hope you find this report informative and I wish you all a happy and prosperous New Year!

Sincerely,

*R. Donald Maracle*

R. Donald Maracle  
Chief



Affaires indiennes  
et du Nord Canada  
www.ainc.gc.ca

Indian and Northern  
Affairs Canada  
www.inac.gc.ca

DEC 22 2006

Chief R. Donald Maracle  
Mohawks of the Bay of Quinte  
R.R. #1  
TYENDINAGA MOHAWK TERRITORY ON K0K1X0

Dear Chief Maracle:

Thank you for your letter of December 8, 2006, concerning the Culbertson Tract specific claim.

Minister Prentice has returned home for the holiday season, therefore, I am taking this opportunity to provide you with an interim response to your letter.

I would like to assure you that the report completed by the Special Representative, which deals with issues of importance to all parties involved, is being given careful consideration and review. I have no doubt that Minister Prentice will respond to your letter early in the new year, proposing next steps in the negotiation of the Culbertson Tract claim.

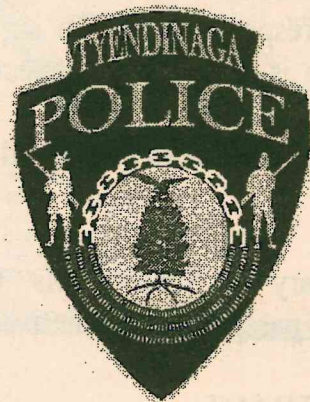
I look forward to continuing the productive dialogue which has been established regarding the Culbertson Tract claim.

Yours sincerely,

*Michel Roy*

Michel Roy  
Assistant Deputy Minister  
Claims and Indian Government

Canada



### 911 Emergency

The use of 911 is for emergency calls only involving life-threatening circumstances. At all other times our officers can be reached during our Administration office hours Monday to Friday, 8 - 4 PM. at

**967-3888.**

After hours, an officer can be reached through the OPP Telecommunications Centre, Smiths Falls by dialing **1-888-310-1122.**

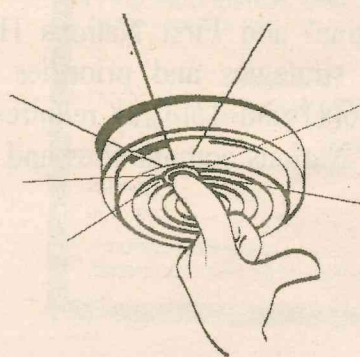
The dispatcher will contact the officer on patrol. If we do not have an available officer an OPP officer will be responding.

## Now Available!

The Administration Office is now on line to receive your payments by on line banking or telephone banking.

For more information please call Carla: 396-3424

### TEST YOUR SMOKE ALARMS



Test your smoke alarms once a month and replace the batteries every year.





# ADMINISTRATION

## Financial Allocations for Tyendinaga Community/Recreation/Sports Complex

The Tyendinaga Community Development Fund Commission was established in the spring of 2006 to set the grant criteria for the cigarette quota funding. The Commission members established the funding/grant criteria and have approved the grants for the first two application deadlines. In addition, the Commission felt that Tyendinaga Mohawk Territory was in great need of a community complex that focused on youth, recreation and sports. The Commission made a decision to allocate \$120,000.00 per year for five years towards a Tyendinaga Community Complex if Chief and Council would match the funding. Chief and Council agreed to match the funding and allocated an additional one million dollars for the complex from the Casino Rama fund.

The TCDF Commission members include Deanna Brant, Richard Maracle, Linda Lefort, Mandy Smart and Phil Maracle.

The next step in the proposed development of the Tyendinaga Community Complex will be a needs assessment survey. The survey will be carried out door to door in late January or early February. It was determined that a door to door survey would result in more completed surveys thus providing more community input into what are the recreational/sport needs of the community in relation to a facility. The survey will also include questions on user fees as a means of funding management and maintenance of the complex. Following the survey, a draft plan will be developed based on the needs of the community and funding available for construction. The community complex may be built in phases depending on overall construction costs.

In order to see the complex a reality, it will be essential to develop and implement a fundraising strategy for the construction. The strategy will be aimed at governments, foundations, businesses and local Territory residents.

For further information on the community complex contact Rod Jeffries, CAO at the MBQ Band Office.

### Tyendinaga Community Development Fund: December 2006 Approvals

The following projects were reviewed by the commission members in the month of December for funding approval:

Canadian Modeling & Talent Convention	Bailey Maracle	\$1,870.00
That's Dancin	Keelan Maracle	\$659.40
Deseronto Minor Hockey Initiation Program	Kendall Tabobandung	\$167.50
Deseronto Minor Hockey / Powerskating	Taylor-Rain Tabobandung	\$680.00
Napanee Crunch Minor Hockey / Powerskating	Raven Glen Tabobandung	\$765.00
Summer / Winter Hockey	Tristan Nugent	\$86.10
Tekontirennahkwa "They pick up the songs" Womens Water Durn CD	Tekontirennahkwa	\$5,460.00
I da wa da di Project	Carol Ann Maracle	\$1,960.00
Little NHL Hockey Tournament	Tyendinaga Minor Hockey	\$4,951.00
Maximum Development Basketball Camp	Trevor Maracle	\$1,970.00
Kanyenke'ha Curriculum Development	Tsi Tyonnheht Onkwawenna	\$15,000.00

The next funding deadline is March 1, 2007. For a TCDF funding application please call the receptionist at the MBQ Band Office.

December 14, 2006

### For Immediate Release:

**Tyendinaga Mohawk Territory** – The Mohawks of the Bay of Quinte have been awarded \$91,575 from the Ministry of Attorney General's Ontario Victim Services Secretariat for a project entitled "Eh Nonkati ne Ka'nikhri:io", when translated from Mohawk into English means "Moving Towards The Good Mind."

The funding will be used to conduct a 15-month research project to educate and explore culturally appropriate healing practices and create a model for capacity building in the Tyendinaga Mohawk community.

Since 2000, Mohawk Family and Children Services have experienced a 40 per cent increase in young and adult male clients being served on and off the Tyendinaga Mohawk Territory. "Clearly there is a gap in services/education and mentorship for the male population, says Mohawk Family and Children Services Program Manager Jeanne Hebert. "We have a good foundation of programs and services for women in our community, however, there are no programs for our men. By providing programs and services for only one gender, only half of the family is receiving the programs and services they require and the family as a unit does not benefit."

This project will assist young and adult male victims and their families who identify themselves as survivors/victims/abusers of physical, emotional, mental, spiritual or sexual abuse, and who feel they are suffering from the intergenerational impact of violence, victimization and/or hate crimes. The project will be undertaken in phases starting with a community education process which will create an environment for males in need of programs and services to self-identify.

The second phase will encompass two components, one for young males and one for adult males. The young males will be part of a project called Rekindling the Fire where they will be exposed to culturally appropriate healing that is designed to introduce them to traditional role models as young men in Mohawk society. Specific issues concerning bullying in schools, abuse, racism, victimization and lateral violence need to be addressed, identified and stopped.

Adult men will have the benefit of a component of the program entitled Tending the Fire, which will also provide culturally appropriate healing and reintroduce them to their role as protectors, providers, fathers and husbands in Mohawk society.

For more information on the Moving Towards The Good Mind program please contact Mohawk Family and Children Services at 613-967-0122.

## The Intelligencer

### Mohawks get \$90,000 for victims funding

Monday, December 11, 2006 - 10:00

Local News - Programs which assist local victims of crime are receiving over \$90,000 in funding from the provincial government.

Making the announcement on behalf of Michael Bryant, Ontario's attorney general, MPP Ernie Parsons said \$91,575 in new funding will be used to enhance such services provided by the Mohawks of the Bay of Quinte.

"Victims of crime can suffer from the effects of their ordeal for a very long time," the Prince Edward-Hastings MPP said.

"Too often, victims suffer in silence and do not access the services available that can help them heal and move on with their lives.

"This investment will help victims in the Mohawks of the Bay of Quinte community to have better access to the supports available in times of need."

The provincial government is providing approximately \$956,973 this year to community-based agencies in eastern Ontario to support new programs and services for those who have been a victim of a crime.

Funding for the Victims' Justice Fund, which is dedicated to providing services for victims of crime, is collected through a surcharge.

The extra charge is applied to provincial and federal fines.

Through the fund, the government is providing \$15.1 million over three years for community-based projects across Ontario.

"Crime can affect us all and victims have the right to receive timely and sensitive treatment in their own community," Parsons added.

"While this funding provides much needed supports for victims, we must make it our goal to collectively work together and make all our communities safer."



## ADMINISTRATION



### MOHAWK FIRE DEPARTMENT

Fire Chief: Kurtis Brant

Dear Community Member

The Mohawk Fire Department has been approached by Keith Maracle owner of Tyendinaga Propane in Shannonville. Keith is very familiar with our fire department partnering with us for propane training and has assisted us fund raising for our Ice Rescue boat and digital camera.

Keith would like to jump start a fund raiser by donating \$500 towards the purchase of a thermal imaging camera worth approximately \$9000.00 and is challenging the community to donate to this worthy cause.

A thermal imaging camera is used by Fire Fighters to find hot spots in structures and is invaluable in locating people in fire and smoke. This tool would take the guess work out of confirming that a fire is completely extinguished and more importantly can instantly locate trapped victims eliminating the need for Fire Fighter to crawl in smoke to locate by feeling their way through a structure.

If you would like to assist your fire department with this please contact:  
Kurtis Brant at 613-961-9202 or Scott Maracle at 613-961-9203

Thank you in advance for your consideration in pursuing state of the art equipment to serve our community.

Regards

Kurtis Brant  
Mohawk Fire Chief



### MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in December responded to 7 calls:

- 2 Medical Assists**
- 1 Downed Wires**
- 2 Motor Vehicle Accidents**
- 2 Carbon Monoxide Alarms**

This brings the total to 103 calls for the year 2006.

Remember if you have an EMERGENCY  
CALL 

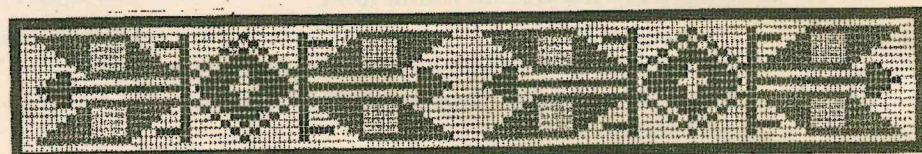


**MOHAWKS OF THE BAY OF QUINTE**  
TYENDINAGA TERRITORY

### VISION

Tyendinaga, as part of the Mohawk Nation, is a healthy, sustainable Kanienkeha community, built on and united by our language, culture, traditions, knowledge and history.

We exercise our rights and responsibilities for the protection of and respect for our people, our land, our resources and the environment.



Nia:wen Community Members

We would like to take this opportunity to say a big Nia:wen for all the vendors who came out to our First Annual One Day Christmas Baked Goods & Craft Sale on Saturday December 2, 2006. I would also like to let everyone know what a huge success it was and that all participants worked very hard and had a wonderful time. Again Nia:wen

From the Economic Development Program  
LaShelle Brant  
Gail Maracle

Have a Merry Christmas & A Happy New Year!!!  
See you all in the New Year!!!

## Annual Trade Fair

We would like to announce to the Community Businesses that anyone who would be interested in the next years Trade Fair here on the Territory, Please Contact the Economic Development Department:  
Lashelle Brant or Gail Maracle  
at the MBQ Administration @ (613) 396-3424.  
The annual Trade Fair will be at the end of March 2007.



## EMPLOYMENT

### EMPLOYMENT OPPORTUNITY RED CEDARS SHELTER COUNSELLOR

#### Job Summary:

Position is responsible for providing a safe and secure environment related to family violence, health and well being among Aboriginal women and children.

#### DUTIES AND RESPONSIBILITIES:

The Counsellor must be able to complete admissions/discharges in accordance with policies and procedures and to complete telephone screening intakes, evaluations, and "plans of intervention" with residents as well as case conference all clients.

The Counsellor must provide grammatically correct, clear, and concise reports as required, maintain up-to-date files and compile statistics.

The Counsellor must possess the ability to handle crisis calls and provide support, referrals and information and be non-judgemental when delivering counselling services to clients.

The Counsellor is required to deliver programs, either through educational sessions, circles or an informal means of teaching, and promote and support Community activities/projects concerning issues affecting women and children.

The Counsellor will maintain strict adherence to all security measures and Confidentiality of Information for the safety and security of the residents.

#### HOURS OF WORK:

The Counsellor will work a five week rotating schedule, Monday through Friday as follows:

07:00 a.m. to 3:15 p.m.  
03:00 p.m. to 11:15 p.m.  
11:00 p.m. to 07:15 a.m.

This will also include 12.25 hour shift on Saturday and Sunday as follows:

07:00 a.m. to 07:15 p.m.  
07:00 p.m. to 07:15 a.m.

Each full time staff shall work 40 hours per week, 34.5 will be "on shift" and the other 5.5 hours per week will be used for program delivery and staff meetings and will be required to be available to work "on call" or on an emergency basis on occasion.

#### QUALIFICATIONS:

- graduation from a post secondary program in social services or related field
- experience working in crisis situations
- possess a valid class "G" drivers license
- must be able to provide a clear criminal reference check
- experience in domestic abuse counseling
- must have a personal wellness plan and support system in place
- excellent written & verbal communication skills
- good analytical and problem solving skills
- organizational skills
- interpersonal skills
- ability to carry out directives
- computer literate
- Excellent working knowledge of family violence and services
- Knowledge of Native women and family issues
- Knowledge/understanding of Mohawk culture & traditional ways
- To work independently
- To work in a Team environment
- To work shift work
- To work in a high stress environment
- To relate well with children
- To take directives, be flexible and creative

**DEADLINE FOR APPLICATIONS:** Wednesday January 17<sup>th</sup>, 2007 @ 12:00 NOON

For a detailed position description or to apply contact:  
Bev Hill, HR Officer  
Mohawk Administration Office (613) 396-3424 Ext. #132  
e-mail: [bevhill@mbq-tmt.org](mailto:bevhill@mbq-tmt.org)

NOTE\* A criminal reference check must accompany ALL applications. We wish to thank all applicants, however, only those applicants selected for an interview will be contacted.

### EMPLOYMENT OPPORTUNITY INTERNAL POSTING

#### *Home & Community Care Program*

#### *Personal Support Worker -- Part-time position*

Position is responsible for providing a variety of non-medical support care services to individuals and families in their place of residence and in the community. The Personal Support Worker will be responsible to ensure maintenance of own vehicle, vehicle insurance, licenses, etc. and maintaining sufficient liability vehicle insurance for transportation purposes.

#### Essential Qualifications:

- ◆ Certification in an approved Personal Support Worker Program
- ◆ Or willing to commit to taking the PSW certification course within one year from date of hire
- ◆ Willing to participate in in-services and job-related courses and workshops.
- ◆ Experience working within a First Nations community care program
- ◆ Knowledge of health and social services within and outside the Territory.
- ◆ High level of Confidentiality
- ◆ Must provide a satisfactory Criminal Reference Check
- ◆ Preference will be given to applicants of Mohawk Ancestry

#### Demonstrated Competencies/Knowledge/Skills:

- ◆ Working knowledge of personal support worker practices
- ◆ High level of interest in Native and community issues
- ◆ Knowledge of the Homemakers Act
- ◆ First Aid and CPR certification
- ◆ Valid class "G" license and own insured transportation
- ◆ Good organizational skills
- ◆ Good oral and written communication skills
- ◆ Excellent interpersonal skills
- ◆ Shift work involved, must be able to work all shifts including weekends.
- ◆ Demonstrated leadership and organization skills.
- ◆ High degree of initiative and self direction
- ◆ Able to work within a team approach to client care
- ◆ Must be in good health and physically fit.

#### Duties & Responsibilities: Work Procedures

1. Provides in-home care to community members
2. Assist in client mobility
3. Assisting clients with other daily tasks
4. Maintenance of home care documentation provide accurate reports and maintenance of records
5. Directly responsible and accountable to the Home & Community Care Program Coordinator

**DEADLINE FOR APPLICATIONS:** January 17<sup>th</sup>, 2007 at 12:00 NOON

For a detailed position description or to apply, please contact:  
Bev Hill, HR Officer  
Mohawk Administration Office  
(613) 396-3424 fax (613) 396-3627  
e-mail: [bevhill@mbq-tmt.org](mailto:bevhill@mbq-tmt.org)

**Note:** Eligible candidates for an Internal Posting are members of the Tyendinaga Mohawk Territory. We thank all applicants for their interest in this position but only those selected for an interview will be contacted.

Remember if you have an EMERGENCY  
CALL 



# RED CEDARS

## ► Traditional Community Wellness Program

### MISSION STATEMENT

We will provide a safe and secure environment where holistic healing is maintained. We will strive to provide support in a positive, non-judgmental, and non-biased environment. We will aid in the prevention of abuse by sharing information and resources to enhance awareness and understanding of family violence.

### OUR PHILOSOPHY

The Creator placed everything on Mother Earth to show us and teach us respect toward everyone and everything within Creation. Respect for one another is very much a part of our traditions and responsibility. All being equal, fear or violence among each other has no place in our hearts or spirits.

### Services Offered:

- » One on one counseling services
- » Circle (group) sessions
- » Unburdening process (trauma)
- » Guidance, counseling & healing
- » Organize & offer ceremonies
- » Support for court appearances
- » Information on rights
- » Advocacy
- » Safe & non-judgmental environment
- » Referrals
- » Awareness of family violence issues

### Available to:

- » All Tyendinaga community members (on & off territory) without prejudice
- » Any Indigenous person who requests services
- » Any resident of Red Cedars

This program is funded through:

The Aboriginal Healing and Wellness Strategy in partnership with the Association of Iroquois and Allied Indians (AIAI) and the Mohawks of the Bay of Quinte.

RED CEDARS SHELTER

GROWTH STARTS WITH SELF  
HEALING IS A JOURNEY THAT  
BEGINS WITH THAT FIRST  
STEP: AWARENESS!

### Traditional Community Wellness Worker

Our goal is to assist the community in understanding and processing feelings, as well as taking ownership of their feelings, teachings of the unburdening process, the effects of trauma and the impacts of family violence.

Our goal is to support each individual as they journey through the healing process.

We believe in supporting the whole human being, mentally, emotionally, physically and spiritually.

### CONTACT US:

PHONE:  
(613) 967-6544

FAX:  
(613) 967-5998

CRISIS:  
(800) 672-9515

E-MAIL:  
bettycb@kos.net

WEBSITE:  
[www.tyendinaga.net/redcedars/](http://www.tyendinaga.net/redcedars/)

BUSINESS HOURS:  
8:30 am—4:30 pm

RED CEDARS SHELTER

GROWTH STARTS WITH  
SELF!  
HEALING IS A JOURNEY  
THAT BEGINS WITH THAT  
FIRST STEP: AWARENESS!

RED CEDARS SHELTER

TRADITIONAL  
COMMUNITY  
WELLNESS  
WORKER  
PROGRAM

5631 Old Hwy # 2,  
P.O. Box 290  
Tyendinaga  
Mohawk Territory,  
Ontario  
K0K 3A0

► Formerly known as the  
Traditional Practitioner  
Program & Community  
Outreach Worker

Tel: (613) 967-6544

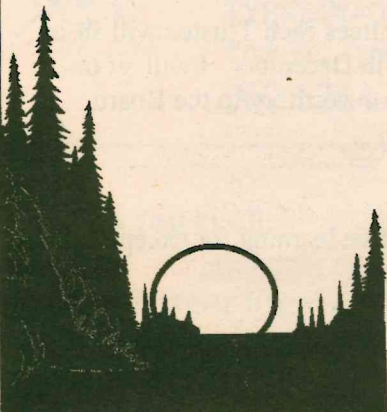


RED CEDARS

Moon Ceremony

All Women Welcome!

WHERE: RED CEDARS  
WHEN: February 2 at Dusk



Please wear a dress/skirt and bring tobacco, water & a lawn chair if possible.  
Call for more information:  
969-2215 or 967-2003  
POTLUCK MEAL SHARING

Facilitated by Red Cedars Traditional Practitioner Program

SEXUAL ASSAULT

Sexual Assault is any unwanted act of a sexual nature imposed by one person upon another. Sexual Assault can include:

- > Rape
- > Forced Sex
- > Not letting you say no to sexual activities;
- > Forcing you to perform sexual acts that you do not want to;
- > Any unwanted touching
- > Sexual harassment (name calling, sexual put downs, pressuring into sex).

Sexual Assault is a crime of violence, used to control and dominate through sex. It can occur in a marriage or relationship. In most cases women are assaulted by someone they know. It could be a husband, boyfriend, boss, neighbor, landlord, etc. Anyone can be a victim of Sexual Assault.

- > 68.5% of women are sexually assaulted by men they know.
- > At least 1 in 4 women will be sexually assaulted in their life.
- > 1/2 of those assaults happen before the woman is 17 years of age.
- > 1 in 6 women will be sexually assaulted while in university.
- > Among children, one half of girls and one third of boys are the victims of sexual assault.
- > As adults, women are the victims of 90% of sexual assaults.

Most Sexual Assaults are not reported. Only 10 - 40% of Sexual Assaults among the general public are reported, and only 1% of date rapes are reported.

Sexual Assault is always traumatic to the survivor, regardless of her outward response. Survivors may experience a wide range of feelings, including: shock, fear, anxiety, shame, guilt, depression and anger. Emotional scars may last for months, years or even lifetime.

What You Can do if You Have Been Assaulted:

- > Talk to someone that you trust
- > Call a crisis centre or a crisis line in your area
- > Consider reporting the incident to the Police, even though it may not be an easy decision
- > Seek medical attention
- > Seek Counselling
- > Do not bathe or change your clothes if you plan to report an assault.
- > Write down everything you can remember about the assailant and the incident.
- > Join a support group.

If a Family Member or Friend Has Been Assaulted:

- > Always believe her & tell her you believe her
- > Do not blame her & reassure her it was not her fault
- > Encourage her to get support
- > Validate her feelings of pain and anger
- > Allow her to talk when she wants to & not talk when she does not want to
- > Encourage her to make her own decisions.
- > Get support for yourself

Where to Turn In the Area:

Red Cedars Shelter  
Tyendinaga Mohawk Territory  
Bus: 613 - 967 - 2003  
24 Hour Crisis Line: 1-800-672-9515

Tyendinaga Mohawk Police  
Emergency Call: 9 - 1 - 1  
Bus: 613 - 967 - 3888

Sexual Assault Centre Quinte & District  
Tel: 613 - 967 - 6300  
24 Hour Crisis Line: 1-800-909-7007

Crisis Intervention Services  
24 Hr Crisis Line: 613-969-8448

<http://www.campuslife.utoronto.ca> and <http://www.isys.ca>

WHAT IS SEXUAL ASSAULT?

Sexual assault is defined as any form of sexual activity with another person, without that person's consent. It is a crime of violence affecting the lives of many individuals and families. During an assault, personal control and self-determination are usurped.

Myths and Facts Quiz

Think you know the sexual assault myths (untruths) from the facts? Try the myths and facts quiz and see! Be sure to check your answers when you're finished!

1.	Victims make up stories about being sexually assaulted.	MYTH	FACT
2.	People who are sexually assaulted were "asking for it" because of the way they dress, they act, because they were out late, they were drinking, etc.	MYTH	FACT
3.	The victim does not have to scream or fight back for the behaviour to be a sexual assault.	MYTH	FACT
4.	Sexual assaults are committed by mentally sick or sex starved men.	MYTH	FACT
5.	Sexual assaults are most often committed by an individual that is known to the victim.	MYTH	FACT
6.	Sexual assault is an act driven by sexual desire.	MYTH	FACT
7.	Sexual assault doesn't happen very often in Canada.	MYTH	FACT
8.	Boys and men can also get sexually assaulted.	MYTH	FACT
9.	Sexual assault can happen in lesbian and gay relationships.	MYTH	FACT
10.	The person who has been sexually assaulted will never get over it.	MYTH	FACT
Check Your Answers			
Sexual Assault Care Centre <a href="http://www.sacc.to">http://www.sacc.to</a>			



## RED CEDARS & EDUCATION

**Question 1 - Myth!** Victims don't usually lie about sexual assault. It is very hard for a person to tell someone that he or she has been sexually assaulted, especially if the offender is someone known and trusted. If someone tells you that he or she was sexually assaulted, you should believe them and find a way to help.

**Question 2 - Myth** The offender, not the victim, is always responsible for the sexual assault. Wearing a short skirt, acting a certain way, staying out late or drinking, is not "asking to be sexually assaulted." That would be like saying anyone who carries cash is "asking to be robbed."

**Question 3 - Fact** There are many reasons why victims do not scream or fight their attacker. Many individuals who have been sexually assaulted are threatened by the offender. Others may become paralyzed with fear and are unable to fight back. There is also the fear that the attacker will cause more harm if you don't do what they tell you to do.

**Question 4 - Myth** Sexual assaults are committed every day by healthy, ordinary looking individuals. They do not look strange. The offender may even be someone that you know: a brother, a cousin, a date, a neighbour. Most offenders look and act like ordinary people and lead fairly typical, normal lives.

**Question 5 - Fact** Studies show that about 3 out of 4 sexual assaults are committed by someone known and often this person was trusted, like a babysitter, coach or friend. More than half of the assaults are committed in the home of the victim or the offender.

**Question 6 - Myth** Almost all sexual assaults are planned in advance. Sexual assault is more about control and power than sexual pleasure. Offenders are often married or have a sexual partner with whom they are able to satisfy their sexual urges.

**Question 7 - Myth** Research tells us that by age 18, 1 in 4 girls and 1 in 6 boys will have experienced some type of sexual assault. You probably know a person who has been sexually assaulted. Most victims that have been sexually assaulted have not told anyone, so the actual assaults that the police are told about are low.

**Question 8 - Fact** Almost as many boys as girls will be sexually assaulted by the age of 18. In 1984, a study in Canada found that 1 in 6 boys under the age of 18 had been sexually assaulted compared to 1 in 4 girls at the same age.

**Question 9 - Fact** Sexual violence can happen in any relationship when one person has the potential to have power and control over another. This can include same-sex relationships as well as opposite-sex relationships.

**Question 10 - Myth** Recovering from sexual assault is very individual and happens at different rates for different people. A key element in re-adjusting is that family, friends and society believe the victim and give support.

<http://www.sacc.to>

Trustee Report for December 2006.

The business of sorting out which committees each Trustee will sit on took place following the election process in December. I will sit on the following committees and represent our Territory to the Board.

Operations and Finance committee  
Expulsion Appeals committee  
SALEP committee- supervised alternative learning for exceptional pupils  
Equity and Diversity Steering committee

The Operations and Finance committee meets once per month normally the second Monday of the month.

The Expulsion Appeals committee meets only when appeals are requested.

The SALEP committee meets only when required but puts me in a position to be involved with any native student that is putting forward such a request.

The Equity and Diversity Steering committee will meet again in 2007 to complete the policy for the Board to implement. All Trustees meet every third Monday of the month to conduct the business of the Board through Committee of the Whole meetings which are not open to the public and regular Public Board Meetings which are open to the public.

I look forward to representing Tyendinaga First Nations over the next four years of this new term.

Remember if you have any concerns or issues for education please call me at (613) 962-3595.

Respectfully submitted  
Mike Brant, HPEDSB Trustee representing Tyendinaga First Nations

### National Aboriginal COACHING AWARDS

Do you know  
a certified  
Aboriginal  
Coach who  
is making a  
difference  
in your  
community?

If so, this is your opportunity  
to recognize that coach by  
nominating him/her for the  
2006 National Aboriginal  
Coaching Awards.

Coaching is the corner-  
stone of community sport  
and recreation. Likewise,  
the success of Aboriginal  
participation in sport is  
dependent on the leader-  
ship of qualified coaches.  
In support of training  
Aboriginal coaches through  
the National Coaching  
Certification Program,  
the Aboriginal Sport Circle  
annually recognizes the  
outstanding leadership  
of certified Aboriginal  
coaches across Canada.

#### THE AWARDS

Every year, the most  
deserving male and  
female certified Aboriginal  
coaches from each province/  
territory are selected for the  
National Aboriginal Coaching  
Awards.

Regional recipients automatically advance  
as nominees for the prestigious National Award  
that is presented to the most outstanding male  
and female Aboriginal coach in Canada.

- Each regional recipient will receive a limited edition windsuit.
- Winners of the National Awards will be presented with a trophy and a \$500 cash bursary.
- Winners of the National Award will receive an all expense paid trip to attend the Aboriginal Sport Circle's Sport Excellence Awards Banquet in conjunction with the 2007 National Aboriginal Hockey Championships in Prince Albert, Saskatchewan, April 29 to May 5, 2007.

2005 National  
Recipients  
Ricky Roberts, Meliffen  
(Saskatchewan - BC &  
Stuart Roberts  
(The Kween U -  
Northwest Territories)

#### WHO IS ELIGIBLE FOR NOMINATION?

Nominations are invited from all levels of sport.  
To be eligible, a coach must meet the following  
criteria:

- Must be of Aboriginal descent
- Must be Certified through the National Coaching Certification Program (NCCP)
- Must be a non-paid coach
- Nominations must be for an individual actively coaching in the 2006 calendar year
- Must submit a completed nomination form online or to the Aboriginal Sport Circle on or before the deadline of February 16, 2007



For more information on the  
National Aboriginal Coaching Awards  
contact the Aboriginal Sport Circle at Toll Free  
1-866-938-1176  
[www.aboriginalsportcircle.ca](http://www.aboriginalsportcircle.ca)

Canada

Canadian  
Heritage  
Patrimoine  
canadien



# EDUCATION



## Ohahase Education Centre Your Future Path to Success!!

### Secondary School Programs

#### Description

Ohahase Education Centre is operated by First Nations Technical Institute to provide programs for students seeking to achieve an Ontario Secondary School Diploma (O.S.S.D.). Ohahase means "new road" in the Mohawk Language and that is why we say it is "Your Future Path to Success"! Ohahase is a Private Secondary School that is inspected and licensed by the Ontario Ministry of Education. Each year our curriculum and guidelines are inspected and the Principal is granted a license to operate and grant credits. Ohahase currently offers two programs; a full-time day program for youth and an adult program of correspondence and night school.

#### Program Mission

#### Ohahase....

Is a centre for excellence, providing holistic and respectful learning rooted in Mohawk language and cultural practices; and

Will facilitate a multigenerational community that fosters belonging through encouragement, motivation and laughter – striving for the goals of self-sufficiency and biculturalism.

### Learning Programs

#### Full-time Day Program for Youth

This program is a Private Secondary School program currently for grade nine and ten students. There is no tuition charge or fees for status Native students or community residents as the school is funded by Indian and Northern Affairs Canada. The program consists of regular semester periods in which students take a maximum of four classes per day in each semester. We offer a unique and challenging curriculum that meets Ontario guidelines and includes aspects of Mohawk language and culture. Students of all ages and levels of ability are welcomed as we are able to provide a small teacher-student ratio. We have been in operation three years and will expand to include grade eleven and twelve in the immediate future.

#### Courses/Program Requirements

Students are required to earn 30 credits to achieve an O.S.S.D. (18 compulsory and 12 optional credits). Our grade 9 and 10 programs in the past have included the following courses:

Mohawk Language	Open Level
English	Essential, Applied & Academic Levels
Mathematics	Essential, Applied & Academic Levels
Geography	Applied & Academic Levels
Native Studies	Open Level
History	Canadian History, Applied & Academic Levels
Healthy Active Living	Open Level
Science	Essential, Applied & Academic Levels
Civics/Career Studies	Open Level
Dramatic Arts	Open Level
Food and Nutrition	Open Level
Business Studies	Open Level

#### Program Schedule

This program is scheduled during two semesters, starting Semester 1 in September and Semester 2 in February. It is a requirement that students attend classes daily during regular scheduled time slots. Older students are welcome to attend on a part-time basis if they are able to attend the daily scheduled class.

#### Program Contacts:

For more information contact:

Phone: 613-396-6742

Fax: 613-396-6777

Or Email

Tracy Maracle, Principal/HOPE Coordinator  
tracym@fnti.net

Janet Kring, Program Assistant  
janetk@fnti.net

#### Ohahase Staff:

Tracy Maracle, Principal/HOPE Coordinator  
Janet Kring, Program Assistant  
Laura Maracle, Teacher

Curtis Maracle, Teacher  
Kate Brant, Teacher  
Tanya Bardy, Education Assistant  
Ed Maracle, Teacher  
Dale Hill, Educational Assistant/Student Support

### Adult Education Program

This program is designed as a self-directed learning program with a support system. Adults are offered correspondence courses from the Independent Learning Centre that are approved by the Ministry of Education. Students may work at their own pace and staff at the school, are available to provide assistance when required. The length of the program varies depending on the number of credits required for graduation.

#### Courses/Program Requirements

O.S.S.D (Ontario Secondary School Diploma) requires students to earn 30 credits. Credits may be earned from high school subjects, maturity credits or equivalency credits. At least 4 credits must be senior credits (grade 11 or 12) and a senior English credit must be included.

Maturity Credits – the Ministry of education grants up to 12 mature credits to adults returning to school. These credits apply to adult students who started high school in the Province of Ontario before September 1999.

Equivalency Credits – some non-post secondary courses that adult students have taken qualify for credits, i.e. apprenticeship training, community college upgrading, etc.

All courses are divided into 20 lessons. Each course is 1 credit unless otherwise stated. Courses are offered at various levels of learning to accommodate educational goals related to work, attending College or University. There is no fee for community members to take a course through correspondence, as the initial registration fees are subsidized by local community service organizations.

Night school is offered periodically and in the past we have offered courses in English, Presentations and Public Speaking Skills, Computers, Math and Mohawk language. Other non-credit workshop courses are available periodically such as leather crafts (moccasins).

#### Available Courses

(Course offerings may vary from year to year as new courses become available. Please consult the Program Assistant for details.)

#### English

	Adult Basic English & Literacy
Gr.9-10	Essential, Applied & Academic Levels
Gr.11-12	Workplace, College & University Levels
Gr.11	Creative Writing and Media English, General Level

#### Mathematics

Gr.9-10	Essential, Applied & Academic Levels
Gr.11-12	Workplace, College & University Levels
Gr.12	College & Apprenticeship Math
OAC	Algebra, Finite Math

#### Science

Gr.9-10	Workplace, Applied & Academic Levels
Gr.11-12	Science, Biology, Chemistry, Physics; Workplace, College & University Levels

#### Geography and History

Gr.10	Geography of Canada, Basic Level
Gr.10	Canadian History, Basic, Applied & Academic Levels
Gr.10	Civics, Open Level
Gr.11	World History, College/University Level
Gr.11	Native Studies, General Level
Gr.12	Society Challenge and Change, College/University Level
Gr.12	Philosophy, University Level

#### Business

Gr.11	Accounting, College & University Levels
Gr.11	Merchandising, Basic Level
Gr.11	Entrepreneurial Studies, College Level
Gr.11	Information Technology Applications in Business, Open Level
Gr.11	Understanding Canadian Law
Gr.12	Law, General Level
Gr.12	Accounting, General Level
OAC	Economics

#### Personal Life Skills

Gr.9	Learning Strategies
Gr.10	Career Studies
Gr.11	Health for Life
Gr.11	Parenting
Gr.12	Individuals and Families in a Diverse Society

#### Arts

Gr.9	Visual Arts, Open Level
Gr.11-12	Visual Arts, General Level

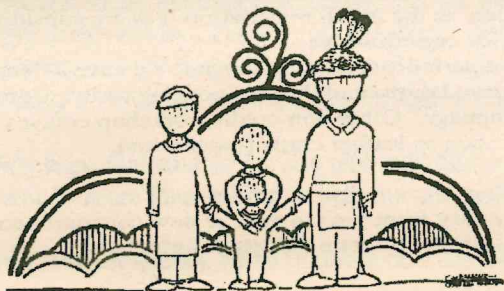
**Ohahase Education Centre**  
**Your Future Path to Success!!**



# ABORIGINAL HEAD START

## TAHATIKONHSOTONTIE (7 Generations) HEAD START

***Our Vision Statement is:  
Nurturing Generations of  
Strong Spirits by providing  
resources to children,  
families and  
community that will  
empower self-identity as  
Aboriginal  
People.***



## TAHATIKONHSOTONTIE FIRST NATIONS HEAD START TEAM

Tracey Gazley, Program Manager  
Gabe Doreen, Office Assistant/ECE Teacher  
Laura Wood, ECE Teacher  
Shari Maracle, ECE Teacher  
Betty Maracle, Cultural Teacher  
Melissa Maracle, Mohawk Language Teacher  
Mary Jean, Family Resource Co-ordinator

The Head Start Program has regular parent meetings.

Watch for information regarding programs in the Head Start newsletters or in the Community newsletter.

### Key Components of Head Start

Tahatikonhsotontie Head Start focuses on holistic child development which includes the following 6 components:

- 1) Culture and Language
- 2) Education
- 3) Health
- 4) Nutrition
- 5) Social Support
- 6) Parental Involvement

### Programs and Services

The morning drop-in program is for infants/toddlers and their Parent, Guardian, or Childcare provider.

The afternoon program is designed for children 2 1/2 to 5 years of age. This program is licensed for 22 children under the Ministry of Community and Social Services Day Nursery Act. Children must be registered for the Afternoon Program.

Parents/Guardians are encouraged to assist us by volunteering their time in some capacity.

### Other Services Include:

- Caregiver and Community Workshops
- Home Visits
- Resource lending
- Co-operatively Plan Community Events
- Hosting Cultural and Language Events
- Hosting Social Dances

### Hours of Operation

The facility is opened 8:30 to 4:30 each day. The morning program runs from 9:00 am to 11:00 am, Tuesday through Friday. The afternoon program runs from 1:00 pm to 4:00 pm, Monday through Friday. Evening programs may be available from time to time.

## GOALS

- ★ to support the spiritual, emotional, intellectual and physical growth of each child
- ★ to help each child to enjoy life-long learning
- ★ to support parents and guardians in their role as primary teachers and caregivers
- ★ to help parents play a part in planning, developing, starting up and evaluating the projects
- ★ to support the role of the extended family in teaching and caring for children
- ★ to include the Tyendinaga Mohawk Territory throughout all its stages from planning to evaluation
- ★ to ensure linkages with other programs and services to enhance the project
- ★ to ensure that the resources are used in the best possible way to produce measurable and positive outcomes for everyone involved.

## Philosophy Statements: We Believe....

- ☉ that children are valuable, irreplaceable resources who are gifts from the Creator
- ☉ that all children have the right to develop to their full potential socially, emotionally, intellectually, physically and spiritually
- ☉ in parent involvement, extended family, elders and community members in order to provide a holistic program for our children
- ☉ that we must develop self-esteem, confidence and build our identity in order to be successful in life
- ☉ that it takes a whole community to raise a child
- ☉ that meeting the needs of parents, guardians and family in their role as caregivers, supports growth and development
- ☉ that all people are unique and genius in their own right
- ☉ that respect, love, kindness, humility, honesty, strength, sharing and caring are inherent rights
- ☉ that early exposure is key to empower self-identity as Aboriginal People

## HOW CAN THE COMMUNITY SUPPORT HEAD START

- ☺ volunteer for advisory board and other committees
- ☺ share knowledge and expertise and resources ie: cooking, crafting and gardening
- ☺ participate in surveys, needs assessments and evaluation
- ☺ share legends, singing, dancing and drumming
- ☺ participate in workshops, in-services and information sharing

Please call to enroll your child(ren) or if you have any questions about the program.

#9 Deserontyon Drive  
Tyendinaga Mohawk Territory  
Ontario  
K0K 1X0  
(613) 396-6716  
(613) 396-3409 (Fax)



# HEALTH CENTRE

## January 2007 Moms - In - Waiting Canadian Prenatal Nutrition Program

The Thayendanega Health Centre is offering **MONTHLY FOOD VOUCHERS** to women during their pregnancy. For more information please drop by or call the Health Centre and speak with the Community Health Nurses who will outline the program. Tel 613-967-3603

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

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



## NURSING MOTHERS' GROUP OF TYENDINAGA INVITES\* BREASTFEEDING MOTHERS AND BABIES AND EXPECTANT MOTHERS

Meetings Scheduled for January 2007  
are January 12 & January 26  
1:30 - 12:00 Noon  
at the Thayendanega Health Centre

\*Interested women and girls also Welcome.

## FOR BREASTFEEDING HELP AND BREASTFEEDING CLINIC APPOINTMENTS

PLEASE CALL HEALTH CENTRE: 967- 3603

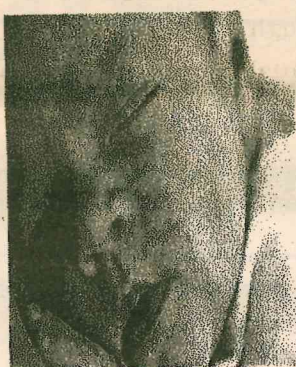


## Why should you care about FASD?

☉It hurts individuals and families.

☉It has a large impact on communities.

☉If someone knows that a child has FASD early, the child can get the support that he or she needs. Early diagnosis means fewer problems later on in life – with drugs, alcohol, unwanted pregnancy, mental health issues, and the law.



### FASD is not a label.

It helps to get supports in place to help a child make good choices, get along with others, master skills, and feel good about him or herself.

## What do I need to know about FASD?

☉Fetal Alcohol Spectrum Disorder (FASD) is a range of disabilities that can happen to a child whose mother drinks alcohol while she is pregnant.

☉FASD can affect anyone whose birth mother drank alcohol during pregnancy.

☉Not all children who are exposed to alcohol during pregnancy will be born with FASD.

☉The greatest risks are from binge drinking and heavy drinking. But even a small amount of alcohol could cause problems.

☉Right now there is no way of knowing how much alcohol is safe to drink when you are pregnant.

☉A child with FASD becomes an adult with FASD.

☉When it comes to alcohol and pregnancy...

Less Is Better, None Is Best

For more information or Resources please contact:  
Allison White ECD Coordinator  
613-396-6716

## Breastfeeding Circle

### Question:

### Should a lactating woman donate blood?

Opinions vary as to whether or not it is a good idea for a breastfeeding mother to donate blood. The American Red Cross says that nursing mothers may donate blood if they wish to do so. However, they suggest waiting at least six weeks after an uncomplicated term delivery or cesarean birth. They also caution that a pregnant woman should not give blood, and blood donation should be deferred for 12 months if a blood transfusion was necessary during delivery. For more information see their Web page at: [www.redcross.org/services/biomed/blood/learn/eligibl.html/](http://www.redcross.org/services/biomed/blood/learn/eligibl.html/)

The Canadian Blood Service, a division of the Canadian Red Cross, suggests that breastfeeding mothers wait six months before donating blood.

La Leche League sources also differ in their opinions. Dr. Gregory White longtime senior medical advisor to LLL, has always recommended caution in regard to breastfeeding mothers donating blood. On the other hand, Dr. Jack Newman, another member of the LLL Health Advisory Council, says that any otherwise eligible mother can donate blood whether or not she is breastfeeding.

A breastfeeding mother who wishes to donate blood can consider these viewpoints, discuss the situation with her own health care provider, and make an informed choice. If a breastfeeding mother does choose to donate blood, she should keep in mind that she will need to replace about 16 ounces of fluid in her body in order to stay hydrated and continue producing an adequate supply of milk. All blood donors are cautioned to eat well before donating and drink large amounts of fluid afterwards.

Donors are also advised to avoid heavy lifting with the arm used to donate, in order to avoid excessive bruising. This may also be a consideration for a mother who cannot avoid lifting her baby or older child.



## HEALTH CENTRE & FAMILY SERVICES



### DIABETES TOPIC Diabetes & Stress

Kim Burson, L & A Mental Health Unit

When: Tuesday, February 13, 2007

Where: THAYENDANEGA HEALTH CENTRE  
613-967-3603

Time: 7 p.m. to 8:30 p.m.



**FOR MORE INFORMATION CONTACT:**  
BRENDA ASSELSTINE, REG. N.  
OR  
LYNDA WHALEN, REG. N., Diabetes Educator



## ALL WELCOME

## YOGA CLASSES



**Anyone interested in taking Yoga Classes!!**

The Thayendanega Health Centre will be offering yoga classes once again. There will be a fee of \$40.00 to be paid on or before the first class.

**DATES:** February 01 - March 22, 2007  
Every Thursday evening from 5:15 - 6:30

**LOCATION:** Queen Anne Parish Center

Please call Melissa R Maracle at the Thayendanega Health at 613-967-3603 to have your name put on a list. Spots are limited.

## FAMILY SERVICES

Santa's little elves at Mohawk Family Services and Healthy Babies Healthy Children have been busy making Christmas baskets for many community families. It was an enjoyable time and truly the Christmas Spirit was evident.

We hope everyone had a wonderful Christmas and the team wishes you all the best in the coming New Year.





## RECREATION



Play Ball in Tyendinaga

Mix League 2007

\$10.00

**SPECIAL  
INVITE**

To all team  
captains to review ideas  
of playing ball  
in Tyendinaga.

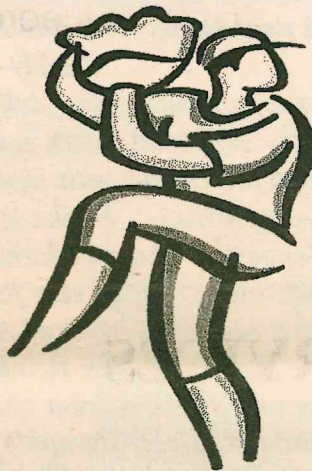
Call about a  
meeting date  
by January 31/07

We are looking for Teams to play ball on the  
Tyendinaga Territory. The Recreation Department  
will collect the registration fee of \$10.00 a person  
and work with the Team Organizers.

**So that is only \$10.00 a Player**

What will you get for \$10.00 ????

- 1) Your rental fee for the diamonds will be paid
- 2) Maintenance of the diamonds
- 3) Year end award night with Dinner & Dance
- 4) Weekly game, choice of night or day



Phone: (613)396-3424 ext.107

Fax: (613)396-3627

Canteen: (613) 396-5339

E-mail: [darlenel@mbq-tmt.org](mailto:darlenel@mbq-tmt.org)**Promoting Healthy Living**

We are looking for one or two  
volunteers to be the Team  
Organizers, call for more details.

The goal is to have more fun  
playing ball !

The more teams signed  
up, the more games  
your team will play.  
Sign-up yourself or  
your team

**Play Ball in Tyendinaga Territory**

Tyendinaga Karon hiak ta'kie  
Sports Complex  
(2) Ball diamonds, Soccer Fields  
& Lacrosse box  
(613) 396-3424 ext.107

**Canteen / Bathrooms / Playground**

- Rental per game -\$5.00 Youth, \$15.00 for Adult
- 1 day tournament \$125.00
- 2 day tournament \$165.00
- 3 day tournament \$205.00
- Call for more details. 24 hr. voice mail
- A Eat Smart Canteen 396-5339
- Lights for night games
- Proceeds from canteen assist with Youth Sports, adult teams & Community Events.
- Email - [darlenel@mbq-tmt.org](mailto:darlenel@mbq-tmt.org)

**Diamond  
Rental****Games Room Rental**

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

***Special Certificate & Prize for the Birthday Person***

Sports equipment & games available to use

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

*Promoting Healthy Living & having fun doing it !*



## HOME SUPPORT & COMMUNITY INTEREST

A friendly voice can brighten your day!!



### FRIENDLY VISITS!!

If you, or someone you know, would like a friendly visit to chat, share a cup of tea or play a game, Please give me a call.

### SECURITY/REASSURANCE CHECKS!!

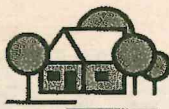
If you, or someone you know, would like an occasional call or visit to check on your well being, Please give me a call.

The Home Support Team is here to help seniors 55+, and adults with a physical challenge, stay safe and happy in their home as long as possible.

PATTY SAGER 613-962-6653

### HELP WHEN YOU NEED IT!!

Live safely and independently in your own home with an easy-to-use personal response and support service.



Life is unpredictable. An unexpected fall or medical emergency can happen at any time, but with a medical alarm you are never alone- help is available 24hrs a day with the push of a button!

Medical alarms are not just for emergencies, they can provide timely reminders for medications and appointments, and there is an optional 12 or 24hr automatic check-in that ensures you are safe.



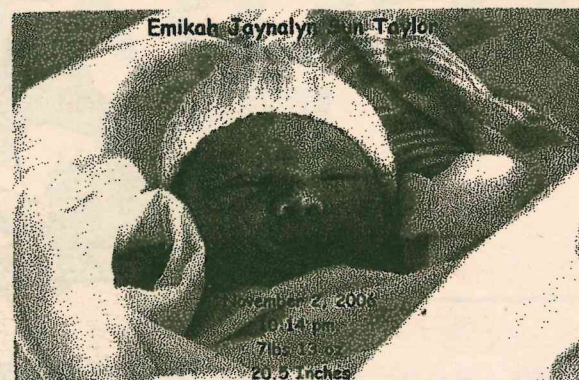
#### Is it time for a medical alarm?

If you can answer "yes" to any of the following questions it may be for you.

- 1) You are home alone on a frequent basis.
- 2) You are at risk for falls or have a history of falls.
- 3) You use a device to assist you with walking.
- 4) You are managing a medical condition.

Please call Patty at 613-962-6653 (Home Support) if you have any questions or would like a FREE demonstration.

Note: Cost of device may be covered, based on financial need.



### *It's a Girl!*

*Teia, Dria, Serena & Rivor would like everyone to know how excited they are over the arrival of their new cousin Emikah (Sunny). She was born to proud parents Corey & Lacey Taylor.*

#### **"Emikah Jaynalyn Sun"**

**Born: November 2, 2006 at 10:14**

**Weight: 7 lbs. 13 oz**

**Length: 20 1/2 inches long**

*Emikah would like to thank her Great Aunt Valerie for giving her such a neat name. Her and her Mommy want to thank Daddy*

*for all his support during the delivery and for all his loving help everyday. A special thank you to Aunt Mindy for all her help, trips to the Doctor with Mommy and the fun shower.*

*Thank Aunt Minnie! Emika is the 5th Grandchild for Murray (Topper) & Sharon Maracle and the 1st Grandchild for Jane Allin. She is very fortunate to have Great Grandparents Morley & Mildred Allin, Bernice Maracle and Della & Glenn Reinke in her life.*

*Watching over Emikah from above is her Grandpa Ross Taylor and her Great Grampa's Carl & Sonny Maracle. She is also being spoiled and loved by Uncle Aaron & Aunt Cherie,*

*Uncle Buzz (Murray), Aunt Mindy & Uncle Richard and Aunt Tammy & Uncle Darryl.*

*Love and Kisses from,  
Nanna & Poppa*

### *It's a Boy!*



*We are thrilled to announce the safe and speedy arrival of our Son.*

#### **"Cooper Wynn Maracle-Moore"**

**Born: August 17, 2006**

**Weight: 8 lbs. 2 oz**


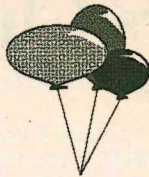
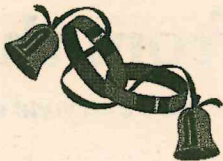
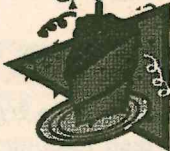




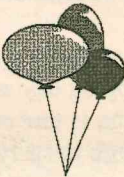

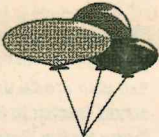

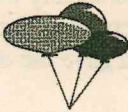






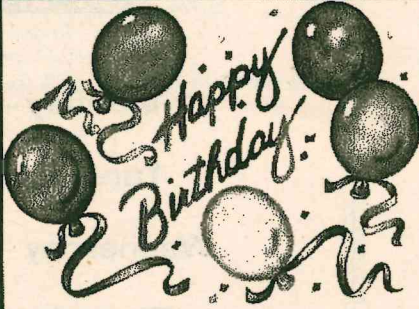

**Length: 21 1/2 " long**

**Proud Parents: Sara Maracle & Shawn Moore**

**Proud Big Sister: Ever Grace Maracle-Moore**



BIRTHDAYS

<p>Happy Birthday to you Pappa! Jan. 17</p>  <p>Love Your Sweet Pea</p>		<p>Happy Birthday! Dad Jan. 17</p>  <p>Love Sam &amp; Dyl</p>	<p>Happy 35th Anniversary! Carol &amp; Manson Jan. 27</p>  <p>Lots of Love, Marilyn, Rick &amp; Sam</p>
		<p>Happy Birthday! Wallace Jan. 10</p>  <p>Love, Sam &amp; Dyl</p>	<p>Happy Birthday! Wanda Jan. 13</p>  <p>Love Marilyn, Rick &amp; Sam</p>
<p>Happy Birthday! Uncle Jordy! Jan. 10</p>  <p>Love ya lots, Beebs</p>	<p>Happy 15th Birthday! Dio! Jan 20th</p>  <p>Love, Sam, Dyl &amp; Em</p>	<p>Happy Birthday! Rawal! Jan 16</p>  <p>Love, Sammy, Dyl &amp; Em</p>	<p>Happy Birthday! Grandma Sherry! Jan. 31st</p>  <p>Love, Emma, Sam &amp; Dyl</p>
<p>Happy Birthday! Nanny Jan. 7</p>  <p>Hugs &amp; Kisses Lots of love from, Cody &amp; Mikayla</p>	<p>Happy Birthday! Mom/ Lorrie Jan. 9</p>  <p>Love Mitchell, Madison Reegan, Katie &amp; Abbie</p>	<p>Happy Birthday! Grandma/ Teresa Jan. 14</p>  <p>Love Mitchell, Madison Reegan, Katie &amp; Abbie</p>	<p>Happy Birthday! "Aunt" Shanleigh Jan. 28th</p>  <p>Love Emma (&amp; Mom &amp; Dad too!)</p>
<p>Happy Birthday! Mommy Jan. 31</p>  <p>Love you berry much Love your Punkin Head (Jared) &amp; Bub oxoxoxo</p>	<p>Happy Birthday! Sissy Jan. 31</p>  <p>Love Mom, Bill &amp; Haley xoxoxo</p>	<p>Happy Birthday! Aunt Nan Jan. 16</p>  <p>Love Bill, Bonnie, Haley Cassie, Greg &amp; Jared xoxo</p>	<p>Happy Birthday! Derek Jan. 19</p>  <p>Love Aunt Bonnie Uncle Bill, Haley Cassie, Greg &amp; Jared xoxoxo</p>
 <p>Happy 10th Birthday! Gaven Brant-Foster Jan.6</p> <p>Love Mommy, Daddy Makayla &amp; Family</p>	 <p>Happy 6th Birthday! Makayla Brant-Foster Jan. 12</p> <p>Love Mommy, Daddy Gaven &amp; Family</p>	<p>HAPPY BIRTHDAY TO ALL CELEBRATING THIS MONTH!</p>	 <p>Happy Birthday! to our Fabulous-in-their-Forties Folks! Wendy Maracle - Jan. 6 Cindy Thompson - Jan. 9 from all your Fans &amp; Admirers @ <b>THC</b></p>
		<p>Happy Birthday! Doug Jan. 17 Have a good one!</p>  <p>Love Mommy, Makayla &amp; Gaven</p>	



## COMMUNITY INTEREST

### News & Views from the 59'ers Club

*We wish everyone a Happy New Year!*

January 25th, 2007

Give back to the Seniors Day

11:30 a.m. to 1:00 p.m.

We will provide a Free Hot Lunch and Social Afternoon of various table games or just conversation with old friends.

If it is storming on the 25th it will be held the following Thursday, Feb. 1st.

We would like to thank everyone who supported us in 2006, all the individuals and the various programs that used the club for their meetings and left it in good condition. We also say thanks to everyone who came to our breakfast & various dinners.

The 59'ers had a very good year and we are most proud do our renovations to the basement of the club. Through a grant from the Trillium Foundation. We now have a beautiful meeting room with a board table & office chairs, a kitchen facility and washroom.

It was partly due to the ongoing renovations that we were unable to do the children's shopping day at the school. For this we are sorry. However the most important reason is that our membership consists of seniors and a lot of us are not well enough to carry on with the work it takes through the year to put this together.

We sincerely hope that another service club will take over the shopping day and our members will be more than willing to help out and gather donations for them.

The children loved it and we hated to disappoint them this year.

Euchres start January 9th under the superb organizing of Millie Maracle. Come out and play.

I personally thank all the members for their hard work during 2006 that made everything happen. They really gave their all, at the Halloween Corn Soup Supper and gave the diners a real good laugh.

All the members want to give special recognition to Allan Idzenga for all the time and effort he put in to our renovation project and say many thanks Allan.

To book the club or the meeting room.

Call: Gloria Idzenga = 613- 962- 8757  
Millie Maracle = 613- 396- 6179  
or Janet Jung = 613-396-1432

#### LANDFILL HOURS

Monday – CLOSED

Tuesday – CLOSED

Wednesday – 1 pm – 5 pm

Thursday – CLOSED

Friday – CLOSED

Saturday – 8:30 am – 5 pm

Sunday - CLOSED



#### FOR IMMEDIATE RELEASE

– EXPLORE ABORIGINAL CULTURES VIA [nfb.ca/aboriginalperspectives](http://nfb.ca/aboriginalperspectives) –

The ONE DRUM, MANY HEARTS Online Contest

#### JOIN THE QUEST!

Montreal, December 7, 2006 – Have you ever watched the building of an igloo? The making of mukluks? The ritual drumming and dance of sacred ceremonies? Have you seen the arrival of Jacques Cartier through the eyes of the Cree? Or the coming of black-robed Jesuits from a Huron-Wendat perspective? If not, it's time to visit the fascinating world of ABORIGINAL PERSPECTIVES on the NFB Web site at [nfb.ca/aboriginalperspectives](http://nfb.ca/aboriginalperspectives). There, until January 31, 2007, Canadian high school students can enter the ONE DRUM, MANY HEARTS Contest and win great prizes.

Four simple questions, one mini-essay on what's special about one's own community. That may be all that stands between contestants and a new computer, an iPod, or a trip with friends and family to Edmonton for the Aboriginal Achievement Awards and Gala presentation March 16, 2007. As well, essays of the grand prize winners will be published in the March issue of *Windspeaker* magazine as well as on the NFB's ABORIGINAL PERSPECTIVES Web site.

Contest questions encourage students to explore this Web site, a treasure trove of documentaries, fiction and film clips available for online viewing. This digital compilation is comprised of gems from more than 50 years of production supported by the NFB, holder of the largest single-source collection of films on Canada's Native peoples. Visitors can screen 38 films and film strips in their entirety. They'll also find 71 film excerpts grouped under seven themes along with filmmaker interviews and commentaries by academics, artists, elders and students. Subject areas include youth, the arts, colonialism and racism, indigenous knowledge, history and origins, sovereignty and resistance, and film and representation. This last theme, for example, treats the extent to which Aboriginal Peoples have been sharing their own point of view in recent years; their works comprise over half of the ABORIGINAL PERSPECTIVES film collection.

"Renowned documentarians like Alanis Obomsawin and Gil Cardinal – as well as a new generation of Aboriginal filmmakers – have been reclaiming their own image, challenging our conceptions and turning the master narrative upside down," says Michael Gatin, collaborator on the ABORIGINAL PERSPECTIVES project and high school teacher in Saskatchewan from the Peepeekisis First Nation. Gatin, who created learning activities on each theme for the classroom, remarks, "Visitors will gain insight into the difficulties and achievements in Aboriginal communities, key moments in history, and the acts and artistry of remarkable people across the country."

The online collection is available in both official languages and includes dozens of selections that are either closed captioned or in described video for the hearing and visually impaired.

The ABORIGINAL PERSPECTIVES Web site is partly funded by Canadian Culture Online, a Heritage Canada strategy that supports the online presentation of key collections from Canada's cultural institutions. The NFB would like to thank Telus, VIA Rail Canada, the National Aboriginal Achievement Foundation, the Delta Edmonton South Hotel & Conference Centre and *Windspeakers* magazine for their valuable contributions to the contest.

For more details on the contest and prizes, visit ABORIGINAL PERSPECTIVES at [nfb.ca/aboriginalperspectives](http://nfb.ca/aboriginalperspectives).

The National Film Board of Canada supports distinctive audiovisual projects that provide the world with daring and relevant media content. Since its founding in 1939, the NFB has created an impressive catalogue of over 12,000 films and won over 4,500 awards - including 11 Oscars®. The NFB is world renowned for its technological innovations in animated and documentary filmmaking, and is a leader in content for new platforms.

– 30 –

Contact:  
Pat Dillon-Moore  
Nguyen  
NFB Publicist  
Tel.: 514.283.9411 Cell: 514.993.3112  
[p.dillon@nfb.ca](mailto:p.dillon@nfb.ca)

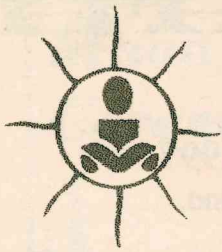
Xuân-Huy

Communications Officer  
Tel.: 514.283.3838  
[x.nguyen@nfb.ca](mailto:x.nguyen@nfb.ca)





## COMMUNITY INTEREST



# Kanhote

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

## Happy New Year to All

Thanks so much for your support of our annual Cookie Sale on December 9th - we raised \$268.50 - I hope the cookies purchased helped with your Christmas celebrations - thanks to everyone at Mohawk Family Services for the use of their space and their donations to our cause - it is much appreciated.

## Volunteer Opportunities @ the library

There are many tasks at the library from cataloguing, processing and shelving library material to filing, weeding and cleaning - if you have time to volunteer or need volunteer hours for graduation please come in - we would be grateful for your help.

## Community Kitchen

January 19<sup>th</sup>

February 16<sup>th</sup>

This program is free and open to all - join us at 59ers building from 9a.m. to 1 p.m. to try some easy recipes.

Let us know if you are coming by calling

Karen @ the library - 613-967-6264

M.J. @ Headstart - 613-396-3616

Carol @ SOADI - 613-396-3900

## Literacy

Canadian Pediatric Society has produced a very interesting brochure called "Read, speak, sing to your baby: How parents can promote literacy from birth", which is available on the web by going to

<http://www.caringforkids.cps.ca/behaviour/index.htm> from where you can get it (by clicking on "A parent's guide to promoting reading from birth") or you can obtain a pdf copy.

The links between health and well-being and early literacy are becoming increasingly clear. Low literacy skills and lack of education are major contributors to poverty. Children who develop a love for books and reading have a better chance at success in school and in later life. Early literacy can help prevent problems and promote health.

If you haven't already done so please call the library to register for our Literacy Kit - available to all resident families with children under 6 yrs. old.

Remember if you have an EMERGENCY

CALL



Hi my name is Malory Maracle. I am the new CAP Youth Worker at the Kanhote Library. I am 20 years old and I'm very friendly and outgoing. I have a 16 month old daughter who I love spending my time with.

My main goal as the CAP Youth Worker is to educate all of you to be able to search the internet and to use basic word processing tools.

I'm going to set up some Great little programs in order to assist everybody with all of your day to day needs.

Some of the things that my program offers are:

- Internet Navigation
- Email Creation
- Website creation and development
- Scanner
- Digital Camera
- Printers
- Fax Machine

I'm also going to make myself available to help children and youth with basic research and help with homework.

For more information about this program log onto our website:

<http://community-access.tripod.com/>

Hopefully this will benefit everybody a great deal. I hope everyone comes out to learn a little about me and my work.

## Craft Night For Kids at Kanhote Public Library

Thursday January 11<sup>th</sup> 2007  
6-8pm

Craft: Thank You Cards

Thursday January 25<sup>th</sup> 2007  
6-8pm

Craft: ABC and Shape Paper Crafts

Thursday February 8<sup>th</sup> 2007  
6-8

Craft: Valentines Day





## COMMUNITY INTEREST

**Bruce W. Brant**

**May 31, 1925 - November 26, 2006**

*The family of Bruce would like to take this opportunity to thank everyone for all they did for us during the time of our loss.*

*To everyone who sent food to the house, Elders Lodge and Orange Lodge. And also, to the people who helped with the meals.*

*To the McGlade Funeral Home for your caring and professional service.*

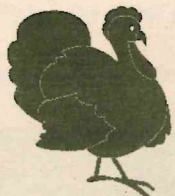
*To Rev. Brad Smith for the service at the funeral home.*

*To the Tyendinaga Mohawk Singers for their beautiful songs they sang.*

*To the people who donated to the Niagara Hospice.*

*A special thanks goes to Jim for his time and effort in helping to make sure "Pops" wish for his final resting place was fulfilled.*

*Thank you  
Lois & Family*



### Inter Reserve Turkey Draw Winners!

*The organizing committee for Tyendinaga Inter-Reserve 5-Pin Bowling League would like to take this opportunity to thank everyone for their support for our recent Turkey Draw. Special thanks to all the bowlers who sold lots of tickets.*

**The winners of the 12 turkeys were:**

*Helen Clare, Monica Maracle,*

*Laura Maloughney, Bea Brant*

*Donald Carr, Bob Jamieson, Andy Hill,*

*Norma Maracle, Kristen Fitzgerald*

*& Caroline Brant*

**Many thanks to everybody.**



Charitable  
Loving  
Enthusiastic  
Religious  
Gentle  
Yardstick to strive for  
Let us pray for all clergy this month

**Gerald Thomas Maracle**

**May 26, 1931 - January 15, 1997**

**10 years ago we lost a wonderful Husband,  
Father & Poppa**



*Dad*

*We thought of you with love today.*

*But that is nothing new.*

*We thought about you yesterday.*

*And days before that too.*

*We think of you in silence.*

*We often speak your name.*

*Now all we have is memories.*

*And your picture in a frame.*

*Your memory is our keepsake.*

*With which we'll never part.*

*God has you in his keeping.*

*We have you in our heart....*

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

*Love always,*

*Wife: Marguerite*

*Children: Dennis & Sonia, Karen, Bonnie & Bill,*

*Janet & Todd, Angie & Dave*

*Grandchildren: Cassie, Bart, Haley, Kelsey, Derek*

*Kayne, Hannah, Maddie*

*Great Grandchild: Jared and we know you are taking  
care of your precious grandbaby Brady.*



**Great Job Ladies !**

**Scouts Popcorn Fundraiser**

**Kristin Maracle & Corinna Francis  
Team worked with the Recreation Department  
In this great and tasty fundraiser**

**The total of group sales was \$1,078.00**

**The group profit was \$593.45**

*The proceeds will go towards next year's scouts program*

*In order for this program to be successful*

*We need volunteers, sign up now to be a leader  
of Beavers or Wolf cubs or Scouts (613) 396-3424 ext.107  
Nia:wen for your support*



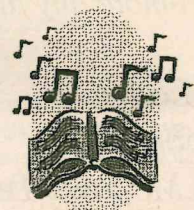
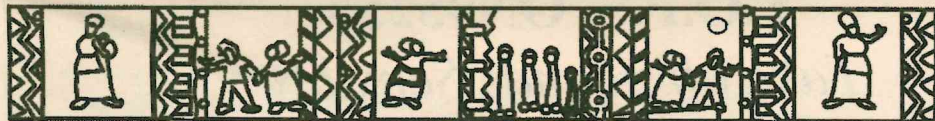
## UPCOMING EVENTS

# Healing Our Spirit World Wide



Come out on January 28 2007, from 2-5pm to the Community Center for a Presentation and information sharing presented by our Community participants who attended the "Healing our Spirits" conference in Edmonton.

Come out and learn all kinds of amazing information while enjoying a relaxing free corn soup supper.



The Mohawk Pentecostal Church and Deseronto Pentecostal Church will host the "Watoto Children's Choir" -- Tuesday - March 6<sup>th</sup>, 2007. Held at the Mohawk Community Centre - 7 P.M.

From the small country of Uganda, we are pleased to host the African Children's Choir as 18 young people express their music, singing and dancing.

Come and experience their joy, participate in their lives and discover their dreams & aspirations... No tickets to purchase, a free-will offering will be taken to help with parentless children and those affected by HIV infection.

It's an evening for all ages, everyone welcome

For further information, please contact one of the following numbers:  
Mohawk Pent. Church 396-5329 or Deseronto Church 396-3841



Never too late to join !

## LET'S MOVE IT!

### Here's The Deal

This is a new program that is more than just another exercise class. It will be a place for you to try your personal best without comparing yourself to anyone. Not only will you be getting physically fit, but you will be learning something new. Always be proud of yourself for learning something new. Any individual who is willing to put forth time, effort and energy to improve themselves... Deserves Respect!

- KARATE
- JIU JITSU
- SELF DEFENSE
- BODY CONDITIONING
- STRETCHING & CARDIO
- RELAXATION & MEDITATION
- DISCIPLINE & LIFE SKILLS
- HEALTHY SNACKS

For more information  
Recreation Department (613) 396-3424 ext.107  
Paul Cassidy (613) 478-5084

"He who controls others may be powerful,  
but he who has mastered himself - is mightier still."  
Lao Tzu

WHEN?

Every Tuesday 11:30am to 12:45

START DATE?

Programs runs from Tuesday October 10<sup>th</sup> to the end of May 2007

WHO?

Everyone is welcome, including Hope, Ohahase & Aviation students

WHERE?

FNTI Gymnasium

WEAR?

Comfy clothes

INSTRUCTOR?

Sensei Paul Cassidy. 3<sup>rd</sup> Degree Black Belt in Chito Ryu Karate & 3<sup>rd</sup> Degree Black Belt in Jiu Jitsu. He has been teaching Martial Arts and fitness to adults and children for over 19 years.

REWARDS?

Earn your belt levels, learn to protect yourself, get fit and have a little fun trvin'.

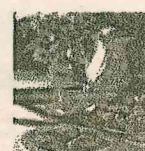
## DINER

### Seniors Breakfast Club

Seniors 55 and older

Monday's and Thursday's  
8:30 am

in the Common Room of the  
Elders Lodge  
we will be offering a  
well balanced and  
nutritious breakfast  
the cost is donation only!!!





## UPCOMING EVENTS

### AL-ANON IS IT FOR YOU?

Millions of people are affected by the excessive drinking of someone close. The following twenty questions are designed to help you decide whether or not you need Al-Anon:

1. Do you worry about how much someone else drinks?
2. Do you have money problems because of someone else's drinking?
3. Do you tell lies to cover up for someone else's drinking?
4. Do you feel that if the drinker loved you, he or she would stop drinking to please you?
5. Do you think that the drinker's behavior is caused by his or her companions?
6. Are routines frequently upset or meals delayed because of the drinker?
7. Do you make threats, such as, "If you don't stop drinking, I'll leave you"?
8. When you kiss the drinker hello, do you secretly try to smell his or her breath?
9. Are you afraid to upset someone for fear it will set off a drinking bout?
10. Have you been hurt or embarrassed by a drinker's behavior?
11. Does it seem as if every holiday is spoiled because of drinking?
12. Have you considered calling the police for help in fear of abuse?
13. Do you find yourself searching for hidden liquor?
14. Do you often ride in a car with a driver who has been drinking?
15. Have you refused social invitations out of fear or anxiety?
16. Do you sometimes feel like a failure when you think of the lengths you have gone to control the drinker?
17. Do you think that if the drinker stopped drinking, your other problems would be solved?
18. Do you ever threaten to hurt yourself to scare the drinker?
19. Do you feel angry, confused and depressed most of the time?
20. Do you feel there is no one who understands your problems?

If you have answered yes to three or more of these questions, Al-Anon or Alateen may help. You can contact Al-Anon or Alateen by looking in your local telephone directory or by writing to:

### "AA OPEN MEETINGS"

8:30 every Monday  
Queen Ann Parish Centre

For more information call:  
Bev 962-5183 or Lorna 396-5013

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

*Want to stop?*

### Alcoholics Anonymous

Discussion group meets  
every Monday night

8 p.m.

Thayendanega Health Centre

### T.O.P.S. ON#5258

*Take off pounds Sensibly*

*We "DO NOT" promote any diets.*

**WHERE:** *The Elders Lodge  
Common Room  
Tyendinaga Mohawk Territory  
Bayshore Road.*

**WHEN:** *Thursday Evenings.*

**TIME:** *5 p.m. – 7 p.m.  
Weigh In 5 – 6 p.m.  
Meeting & Discussion 6 – 7 p.m.*

**CONTACT:** *Brenda Doreen (leader)  
@ 613 396-1482*

***T.ake that 1<sup>st</sup> step.  
O.vercome a weight problem.  
P.ut yourself in a happy place.  
S.upport one another.***



## UPCOMING EVENTS



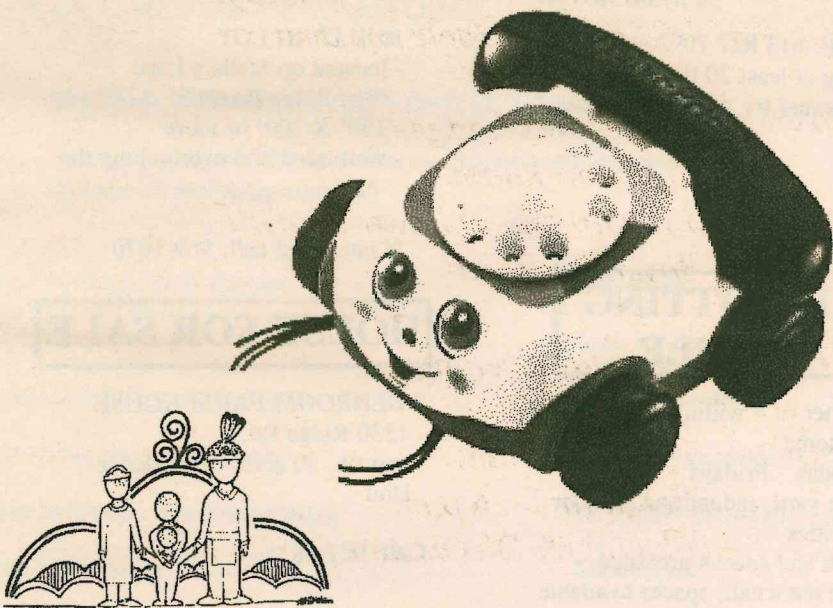
### New Years Resolution: Ten SIMPLE Things You Can Do to Go Green

Some scientists and climate models are predicting that unchecked human-caused global warming over the next century is expected to raise sea levels and cause extremes in temperatures.

- Use compact fluorescent bulbs. Replace three frequently used light bulbs with compact fluorescent bulbs and save 300 pounds of carbon dioxide and about \$60 a year. Replace conventional bulbs with compact fluorescent bulbs, which last four times longer but use 25 percent of the energy.
- Save the water bottle. Sick of watching your recycle bin fill up with water bottles? Time to buy a reusable water bottle. REI, the outdoor equipment store, carries a 16-ounce Nalgene bottle, \$7.95, in five colors, made from polycarbonate plastic; it has a wide mouth and is easily washed.
- Pull the plug on electronics and chargers. Mobile phones, BlackBerry devices, iPods, digital cameras and other electronics use energy, even if they are turned off, if the charger is still going.
- Take shorter showers. Water for bathing accounts for two-thirds of all water-heating costs.
- Buy a hybrid car.
- Create idle-free zones. Schools, churches, libraries, shopping malls "Turn off your vehicle."
- Buy local food products. You may pay a bit more in the grocery store, but buying locally grown products helps the earth because less fuel is required to transport your products to market. Additionally, buying goods that require less packaging may help reduce your garbage.
- Bring cloth bags to the market. Tote your own cloth bags to the store instead of plastic and paper bags, reducing waste and requiring no additional energy. Carry your own garment bag to the drycleaners to avoid bringing home plastic bags and wire hangers.
- Put on a sweater instead of turning up the heat in your home.
- Use recycled paper. Switch your home and business paper products to 100 percent post-consumer recycled paper, saving countless trees and five pounds of carbon dioxide per ream of paper.

[www.stopglobalwarming.org](http://www.stopglobalwarming.org)

## Tahatikonhsotontie Head Start



HEY KIDS BRING YOUR  
PARENTS OR CAREGIVER TO  
PLAY WITH OUR TOYS AND  
MAKE NEW FRIENDS

The Head Start morning program is a drop in program for children and their parent or caregiver. The program runs from 9—11 a.m. Tuesday to Friday. It is a great opportunity for your child to learn social skills, improve motor skills, and for the adult to meet new people, attend workshops, and get friendly parenting

TAHATIKONHSOTONTIE HEAD START  
#9 DESERONTYON DRIVE  
613-396-6716

- Parent Workshops
- Free Snacks for kids and coffee/tea for adults
- Transportation available

## 8th Annual Indigenous Women's Symposium

### Indigenous Women: Celebrating Our Diversity

March 16-18, 2007

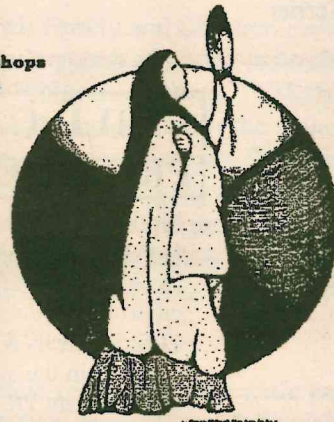
**Keynote Dinner Speakers:** Andrea Smith & Patience Elabor-Idemudia

**Keynote Brunch Speakers:** Leanne Simpson & Njoki Wane

**Presentations and Workshops**  
on Colonization and  
Resistance

**Indigenous Film:**  
Nadia McLaren's  
*Muffins for Granny*

**Sunrise Ceremony**



**Panel Discussion with**  
Indigenous youth, adult,  
grandmother, and elder  
women

**Art Exhibit by**  
Indigenous Women

**Vendors**

**Trent University**  
**Peterborough, Ontario**

For Registration and General Information, Please Visit Our Website:  
[www.trentu.ca/academic/nativestudies/womenasymposium.htm](http://www.trentu.ca/academic/nativestudies/womenasymposium.htm)



**Free Child Care Available**

Please contact [womenssymposium@trentu.ca](mailto:womenssymposium@trentu.ca) for information

Please contact [womenssymposium@trentu.ca](mailto:womenssymposium@trentu.ca) for Vendor information



Sponsored by Trent University Indigenous Studies Program & Elementary Teachers Federation of Ontario

## 8th Annual Indigenous Women's Symposium

### Indigenous Women: Celebrating our Diversity

March 16-18, 2007

**Trent University**  
**Peterborough, Ontario**



**CALL FOR PRESENTERS**

Indigenous women come from various backgrounds and experiences that inform strategies that are unique to particular social, historical, and cultural contexts. While Indigenous women share a global history of colonialism, the strategies and initiatives being utilized by Indigenous women around the world to resist the processes and practices of colonization differ greatly.

This year's symposium will explore the diversity of Indigenous women through keynote dinner and brunch addresses, Indigenous film, a variety of workshops and presentations, and a panel discussion at the conclusion of the symposium. We invite submissions for presentations and workshops that celebrate the diversity and experiences of Indigenous women from around the world with respect to colonization and resistance. Presentations and workshops can be historical or contemporary, and can focus on any topic or issue that reflects the experiences of Indigenous women.

Presenters are responsible for their own travel and accommodation, but will receive a package upon registration that includes tickets to the keynote dinner and brunch, admission to the Indigenous performance on Saturday evening, as well as the panel discussion and all presentations and workshops. Submissions will be accepted until December 31, 2006. Submissions can be e-mailed to [womenssymposium@trentu.ca](mailto:womenssymposium@trentu.ca) or faxed to Indigenous Women's Symposium at 705-748-1416. Attention: Paula Sherman or Karyn Drane.



# CLASSIFIED

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66" AIR HOCKEY TABLE  
- Brand new  
- extra paddles and pucks  
- \$65.00

Call after 5:30 p.m. or leave a message at 613-396-5216

## \* FREE \*

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- 1 full grown Stafford Shire Terrier  
- brindle colour, indoor dog  
- been around children

Call: 613-396-5052 for a view

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10.5 H.P. SNOWTHROWER  
- 4 cycle tecumseh engine  
- pushbutton start  
- paid \$1300.00, 3 years old  
- want \$900.00 or best offer

BRAND NEW  
- Bushwacker Fender Flares  
- fits 1994 -2002 Dodge truck  
- asking \$500.00 or best offer

2002 16 ft. CRESTLINER  
SIDE CONSOLE BOAT  
- aluminum  
2003 TRAILER  
2003 - 75 Mercury Motor - 2  
stroke  
\* Extras- 2 batteries, trolling motor  
and fish finder  
- \$17,000 or Best Offer

Call: 613-771-0427

## FOR SALE

MANUAL TREADMILL  
- Body Break Model  
- brand new  
- paid \$225.00 asking \$125.00

Call: 613-396-3312

## FOR SALE

STOVE WOOD  
- ash, oak, maple mixed

Call: 968-3917

## FOR SALE

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

Call: 968-3917

## FOR SALE

3 BEDROOM HOUSE  
- 9 years old, 1 bath  
- 2 car attached garage, cement driveway  
- new central air,  
- full basement, partly finished  
- 2 acres  
- lots of good water, with purification  
water system

Call: 967-0167

## CHILD CARE PROVIDER

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

Call Angela at 396-6564

## HOUSE FOR SALE

- 3 years old  
- one level, 3 bedroom  
- 2 bathroom  
- 16 X 20 finished garage  
- 30 X 50 deck off of the kitchen  
- 27' above ground pool  
- portable hot tub  
- complete water purification system  
with reverse osmosis  
- central air & HRV ready  
- Serious Inquiries Only

Call: 613-966-9399

## BABYSITTING AVAILABLE

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

Please call Teddy: 396-1610

## FOR SALE

1993 Chevrolet Beretta GTZ  
- 240,000 km  
- asking \$1500.00 or Best Offer

Call: 613-396-1650 or  
613-813-0900

## \*LOST AND FOUND\*

During Family Festival Day  
on Saturday November 18<sup>th</sup>, 2006,  
we found a camera.

To claim this item call  
Tahatikohsotontie Head Start at  
613-396-6716

## FOR SALE

MOBILE HOME  
- 12 X 60 (all weather)  
- 2 bedroom with full bath  
between them  
- large open airy living room and  
kitchen with eating bar  
separating them  
- tons of cupboards, large closets  
and built in drawers  
- peaked roof, new carpet in the  
living room, new paint, newer  
stove, refrigerator, washer &  
dryer.  
- 6 X 12 deck with steps and a  
ramp, small deck at back door  
- installed security system is  
available  
- reduced to \$23,000.00 in  
Deseronto

**MUST BE MOVED**

Call: 613-827-7992 and let it  
ring at least 20 times. If no one  
answers try again in 5 minutes.

## HOUSE FOR SALE

8 year old 1400 sq. ft. raised  
bungalow on 1 acre lot located at  
19 Brock Street. 4 bedrooms, 1  
bath, finished rec-room in  
basement, lots of water, full length  
covered deck.

For serious inquiries only please  
call 968-6238 after 5pm/leave  
message.

## FOR SALE

1997 GRAND AM SE  
- 120,000 orig km  
- excellent condition in and out  
- V/6 engine, 155 horsepower  
- four door, white with grey  
interior, am/fm stereo cassette  
- power steering, mirrors, door  
locks, windows  
- auto floor shift with console  
- utility trailer hitch, air conditioner  
cruise, tilt, tachometer and remote  
auto starter, abs brakes, and limit  
slip differential  
- fully certified, and e-tested  
- low profile tires BF Goodrich on  
special aluminum allow mag  
wheels  
- back seat fold down 40/60  
- tinted windows, rear window  
defroster and other options  
- asking \$3,500.00

Call: 613-396-3957 for more  
information

## FOR SALE

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

If interested call: 969-1070

## BABY SITTING AVAILABLE

- Mother of 4 willing to babysit in  
my home  
- Monday - Fridays  
- large yard, indoor and outdoor  
activities  
- lunch and snacks provided  
- Give me a call, spaces available

Susan: 613-396-1077

## HOUSE FOR SALE

3 BEDROOM FARM HOUSE  
- 1230 Ridge Rd.  
- approx. 30 acres of workable  
land

Call: 962-6811



# CLASSIFIED

## FOR SALE

### 1991 PONTIAC SUNBIRD CONVERTIBLE

- white with white top and grey interior
- 3.1 V6
- 147,000 km.
- 5 star chrome rims nice shape
- as is \$2800.00
- or \$3600.00 certified and e-tested

Call: 965-6271 or cell 921-2671

## HOUSE FOR SALE

### 3 BEDROOM

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

Call: 967-0167

## FOR SALE

- Approx. 1 acre lot
- 75' X 391'
- water front on the Bay of Quinte
- located on Cedar Glen Lane

For more info call: 613-476-4795

## CHILD CARE AVAILABLE

- Mom of 4
- any age welcome
- in my home, located off of Bayshore Road, meals provided
- large outdoor play area
- first aid & c.p.r.

Call Melissa: 613-242-6487

## FOR SALE

### BUILDING LOTS FOR SALE

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

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

## LAND FOR SALE

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

Call Glenn Hill: 962-5470

## FOR SALE

### 2 CEDAR LOUVERED PRIVACY SECTIONS

- 1) = 5 1/2' (h) X 6' (w)
- 2) = 5 1/2' (h) X 8' (w)
- 1 year old
- \$200.00 each or Best Offer

Call: 613-962-5183

## LOST

- Missing from the lower Slash Rd.
- 1 grey & white long haired cat.
- 4 white paws
- 1 year old
- Goes by the name "Oshee"

Please call: 613-396-5216

## MISSING

- white female Shih Tzu Puppy (has light tan hair on her back)
- goes by the name of "Lady"
- Lady belongs to a 9 year old girl who misses her dearly
- lost on lower Slash Road on October 19, 2006

If found please call:  
613-396-1025 or  
cell 613-921-0234

## MILL TOWN MEATS

- Corn Fed Beef
- Quarters & Half Cuts of Beef
- Wrapped & Frozen
- Individual pieces sold at home
- AAA Beef

Make your own Soup!  
Lyd Corn, Beans, Special Pork!

Call: Glenn Hill 962-5470

## LAND FOR SALE

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

Call Glenn Hill: 962-5470

## FOR SALE

### WHEEL CHAIR PORCH LIFT

- 500 lb lifting capacity
- works well

Call: 613-396-2824

## FOR SALE

### 92 GMC 1/2 TON TRUCK

- as is

### 1991 5TH WHEEL HOLIDAY TRAILER WITH HITCH

- excellent shape

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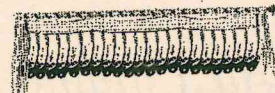
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### MOBILE HOT & COLD PRESSURE WASHER

- all accessories included

Please call for more information:  
613-396-5879

Do you have  
something to sell?  
Call: 613-396-3424



## LAND FOR SALE

- lot 25c-5, Concession 2
- shown on Plan NO.RSO
- 4624- 8.45 acres
- located on Lower Slash Rd.
- good farmland
- some wooded acreage on the parcel
- 77 ft. access to road

Please contact Crystal Maracle  
at 396-5879

## FOR SALE

- 12 X 12 Quartz (ceramic) tiles
- 41 boxes (1,025 sq. ft)
- \$400.00

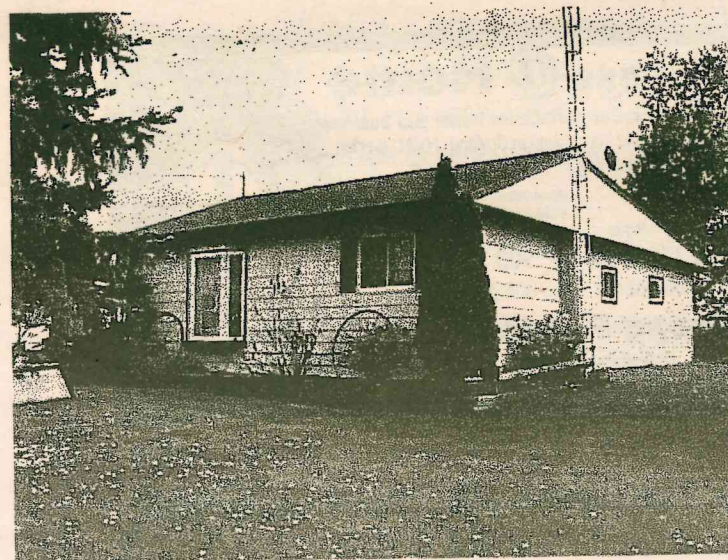
Call: 969-4427

## FOR SALE

### 95 GMC ASTRO VAN

- 4.3L V6
- 249K, good tires,
- body in fair condition
- Cargo van
- \$1500.00 or Best Offer

Please call the  
Housing Department:  
613-396-3424

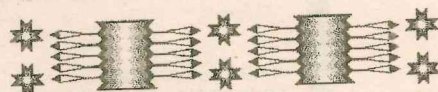


## HOUSE FOR SALE

### 2 BEDROOM, 2 CAR GARAGE

- new roof, furnace,
- renovated country kitchen
- approx. 3/4 acres, beautiful treed yard
- water treatment system
- completed well upgrade

For more information call:  
613-396-5879





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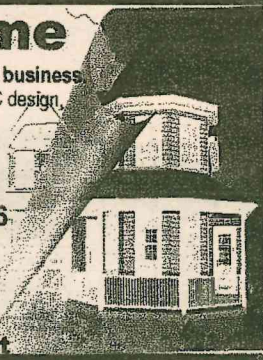
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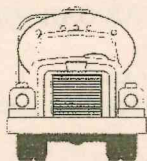
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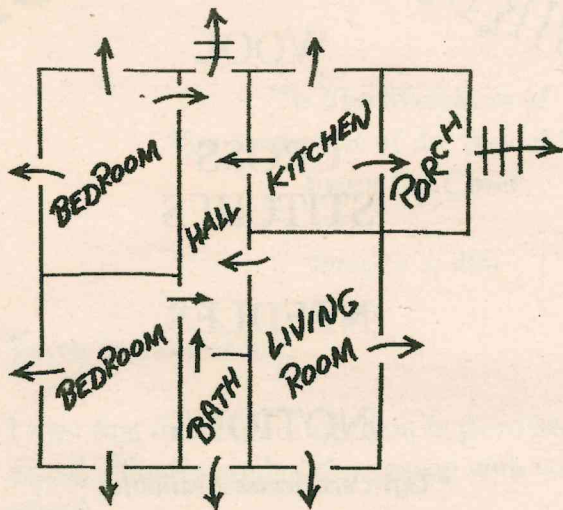
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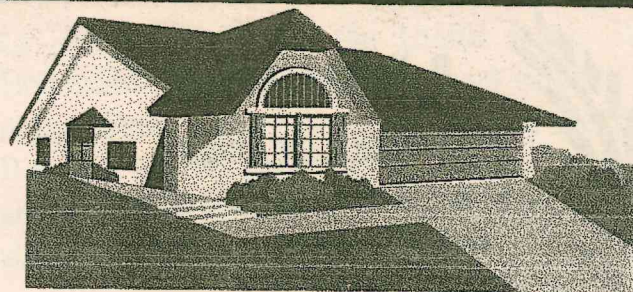


## COMMUNITY BUSINESSES

### KNOW WHERE TO GO



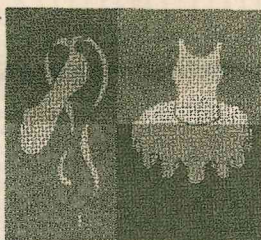
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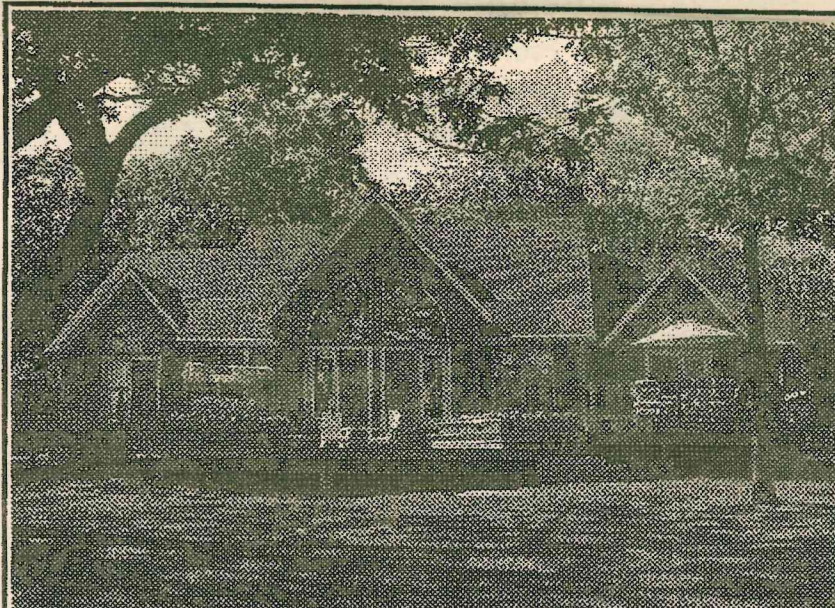
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