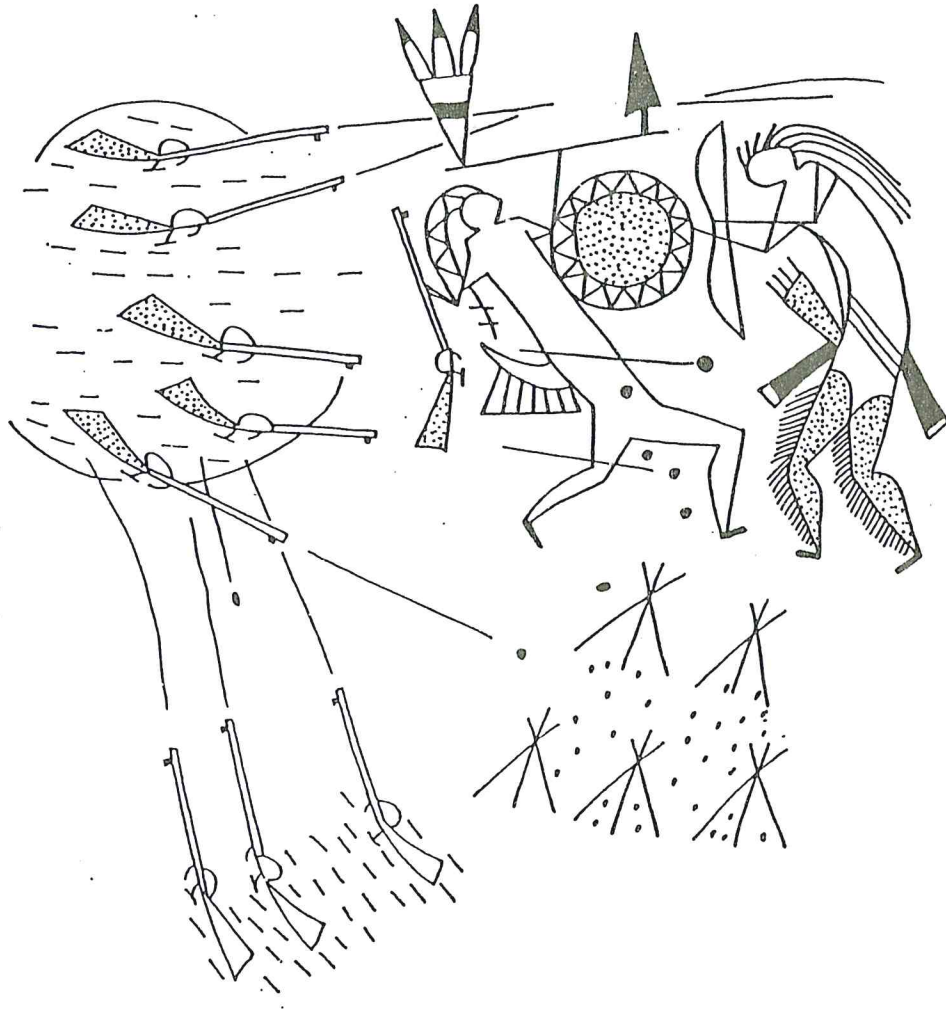


# TYENDINAGA

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PAUL E KENNEDY

## NEWSLETTER

JANUARY

ISSUE

2/91

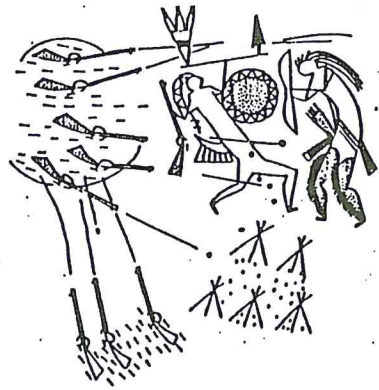
TO: All Tyendinaga Community Members  
FROM: Sandra E. Green (Newsletter Staff Person)

\*\*\*\*\*

## OUR FRONT COVER

Our front cover is a Battle scene between Sioux and Crow(?). Tipis and blood in lower right. This picture was painted on buffalo hide. Sioux (Plains). Middle 19th century. The information which is used to describe this drawing is based on material from museum collections and technical books. This is some information about its background, but you should remember that the meaning of the designs and their dates are not always certain.

This picture is taken from North American Indian Design Colouring Book, the Artist is Paul E. Kennedy and published by Dover Publications.



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Back of Cover (Editorial)

**PAGES**

**COUNCIL CORNER**

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**ADMINISTRATION OFFICE INFORMATION**

2 Information on Housing Applications

3 Notice of Health Card forms and Helpful Phone Numbers

4 Press Release (From Mohawk Council of Kahnawake)

5 Assembly of First Nations Bulletin  
(National Chief's Christmas Message)

6 Notices for the Dump

**EMPLOYMENT OPPORTUNITIES**

7 Creative Job Search Workshop

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10 Canada's Food Guide for Seniors and Sample  
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11 Question's Seniors ask about Nutrition and Poem

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                    ( All Recycled Articles are taken from the Book  
                    "Recyclers Handbook" from the The Earth Works  
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- 18                   Two Row Wampum Belt
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- 20                   Spirituality in the Native Way
- 21                   Elders and Traditional Peoples Conference  
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- 22-23               News Release (In the steps of our Ancestors  
                    Exhibition )  
                    and Tyendinaga Senior Citizens 59ers Club  
                    Corn Soup Supper

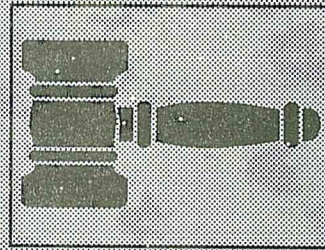
- 24                   Valentines Dinner & Dance

25-26               **CLASSIFIEDS**

26-27               **BUSINESS ADVERTISEMENTS**



# COUNCIL CORNER



## **RESIDENCY BYLAW MEETING**

to be held on:

**TUESDAY, FEBRUARY 12 at 6:30 pm.**

**AT THE COMMUNITY CENTRE**

### **ITEMS TO BE DISCUSSED:**

- Residency Law
  - Capital Plan
  - Goods & Service Tax
  - Recycling
-



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

R.R. #1 DESERONTO, ONTARIO K0K 1X0

(613) 396-3424 Fax: 1-613-396-3627

## **PLEASE NOTE**

### **Information on Housing Applications**

FROM THE OFFICE OF THE HOUSING CO-ORDINATOR

The Administration Office is now accepting Housing Applications for the fiscal year 1991/92.

The applications may be picked up at the Administration Office between the hours of 8:30 to 4:00 Monday to Friday.

The Applications must be completely filled out. Any application that is incomplete will not be accepted.

Please mark all applications Confidential and send to the attention of Chris Maracle.

**APPLICATIONS WILL BE ACCEPTED UNTIL MARCH 1, 1991. ANY  
APPLICATIONS SUBMITTED AFTER THIS DATE WILL BE REJECTED.**

## THE NEW ONTARIO HEALTH CARD

The Mohawk Administration Office have forms available for those people who have an existing O.H.I.P. number and have not yet changed over to the NEW ONTARIO HEALTH CARD. These forms can be picked up:

**MONDAY - FRIDAY from 8:30 AM. - 4 PM.**

Mohawk Administration Office

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### PLEASE NOTE

People call the Administration Office and ask for Community Interest Phone Numbers. For your convenience here is a list of the most frequently asked ones that you may want to post in your home.

MOHAWK ADMINISTRATION OFFICE	396-3424
MOHAWK COMMUNITY CENTRE	967-0841
CHILD AND FAMILY SERVICES	967-0122
TYENDINAGA DAYCARE	968-7850
QUINTE MOHAWK SCHOOL	966-6984
MOIRA SECONDARY SCHOOL	962-8668
LOYALIST COLLEGE	969-1913
AVIATION SCHOOL (AIRPORT)	396-3100
LIBRARY	396-2100
F.N.T.I.	396-2122
PEACE TREE TECHNOLOGIES	396-2157
NATIVE RENAISSANCE II	396-3520
MARACLE MOHAWK GIFT CENTRE	396-2431
WARDS GAS BAR	966-0393
VILLAGE CAFE	967-1592
MRS. HERBS COFFEE SHOP	962-0938



**TYENDINAGA**  
**NEWSLETTER JANUARY ISSUE 2**

ADMINISTRATION OFFICE INFO.

...4

**PRESS RELEASE**

January 18, 1991

12:15

THE MOHAWK OF KAHNAWAKE HAVE APPROXIMATELY TWENTY-TWO MEN PRESENTLY IN KUWAIT FIGHTING WITH THE UNITED STATES ARMED FORCES AGAINST SADAM HUSSEIN'S KUWAITI ARMY. THESE MEN WERE AMONG THE FIRST TO BE SENT TO THE AMERICAN LINES BEFORE CHRISTMAS. AS WELL, THERE ARE A NUMBER OF MOHAWK MEN IN THE PERSIAN GULF WITH THE UNITED STATES MARINES.

THE UNITED STATES ARMY INITIATED A HUGE RECRUITING DRIVE TO PERSUADE MOHAWK MEN INTO JOINING THE U.S. ARMY IN 1990. MOHAWK MEN, ACCORDING TO THE U.S. ARMY RECRUITING OFFICERS, ARE SOUGHT BY THE AMERICANS BECAUSE THEY ARE KNOWN FOR THEIR FEARLESSNESS, FIGHTING CAPABILITIES AND BRAVERY.

JOSEPH NORTH, GRAND CHIEF OF THE KAHNAWAKE MOHAWK BELIEVES THE MOHAWKS' PATRONAGE OF THE AMERICAN ARMED FORCES IS HONOURABLE, AND, HE BELIEVES, "IT SHOWS HOW IRONIC THE SITUATION IS. COUNTRIES AROUND THE WORLD CHOSE TO RESPECT MOHAWK MEN FOR HAVING CERTAIN QUALITIES, CANADIAN AUTHORITIES PREFER TO PUNISH THEM FOR."

CONTACT: THE MOHAWK COUNCIL OF KAHNAWAKE  
JOSEPH NORTON  
BILLY TWO-RIVERS  
ARNOLD GOODLEAF  
TEL: (514) 632-7500  
FAX: (514) 638-5958



## Assembly of First Nations

# BULLETIN

September - December 1990

VOLUME 7 NUMBER 6

### Better Late...

Regular subscribers of the AFN Bulletin probably have noticed that this edition has been delayed a short while. We apologize for this and hope that you realize that, following the crisis this summer at Oka, there was a lot to catch up on here at the National Office.

## National Chief Georges Erasmus Christmas Message



to rest and reflect on the past and to plan for the future.

In many ways, the year just past was one of the most turbulent in recent First Nations history. For the first time in decades Canadian military forces were encamped on Aboriginal land in an open challenge to the authority of the First Nation of Kanesatake. There were police raids on many reserves, including Barriere Lake and Lubicon Lake, and many of our people face the prospect of long battles in court in defence of the practice of their Aboriginal rights.

Yet, despite the attacks on our authority, and despite the openly cold-blooded attack on our institutions carried out by Michael

continuing cycle of the seasons has turned once again. And now, in the face of the oncoming winter months, we have an opportunity

Wilson's federal budget to start this year, 1990 has also been a year of great hope. We faced many challenges together--the Meech lake Accord, the cases of Sparrow and Sioui before the Supreme Court of Canada and the continuation of the affronts to the Innu people of Nitassinan. And in the teeth of such adversity, we have managed to eke out many victories, victories which point to the possibility that there will be a time when our rights and our authorities are no longer challengeable either politically or before the courts.

So as this season of rest begins, the staff and I would like to join together in thanking you for the support and confidence you have shown throughout the last year. We have stood firm and we have stood together. And as long as we continue to do so, we need not fear the future.

Best wishes to you and your families.

Georges Erasmus  
National Chief.



## NOTICE

To those people who have their garbage picked up by **Willard Hill**, could you **please** have it at the road by **9 am**.

For the elderly other arrangements can be made by calling:

**396-2044**

Anyone wishing to have their garbage picked up **please** phone me at the above number.

RATES FOR RESIDENTIAL ARE **\$6.00 mth.**

THANK YOU  
WILLARD HILL

### PLEASE NOTE

#### DUMP HOURS

SUNDAY: 8:30 - 4:00 PM.

MONDAY: 2:00 - 6:00 PM.

TUESDAY: CLOSED

WEDNESDAY: 2:00 - 6:00 PM.

THURSDAY: CLOSED

FRIDAY: 2:00 - 6:00 PM.

SATURDAY: 8:30 - 6:00 PM.



# Employment Opportunities

## FROM THE OFFICE OF THE EMPLOYMENT CO-ORDINATOR

Looking for a **JOB?**

You can get help in defining your job objectivity, learn to write a resume, know where to look for employment and learn how to prepare for job interviews.

There are also a number of training programs, under the Canadian Job Strategy, geared to assist: young people, workers who have been unemployed for a length of time, women returning to the work force, workers who need new skills and those with other special needs.

Are you having difficulty in choosing a suitable career or do you have a problem in keeping a job?

This may help you!

Training Needs and Creative Job Search Workshop  
Co-Chaired by Nancy MacDonald, Employment Counsellor, C.E.C.  
Velma Hill-Dracup, Employment Co-Ordinator,

Wednesday, February 13th, 1991  
10:00 a.m.

Council Chambers, Mohawk Administration Office,  
R.R. # 1, Deseronto, Ontario.

If you are interested in attending this workshop or if you are interested in knowing more details, please call Velma Hill-Dracup at 396-3424.

## *TYENDINAGA HOME SUPPORT FOR SENIORS*

### *MEALS-ON-WHEELS*

A Home Support Service which provides meals to homebound individuals in order to ensure nutritional needs are met. This program is offered in conjunction with the town of Deseronto and offers a hot lunch every **tuesday** and **friday** at the cost of **\$2.75 per meal**.

### *DINER'S CLUB*

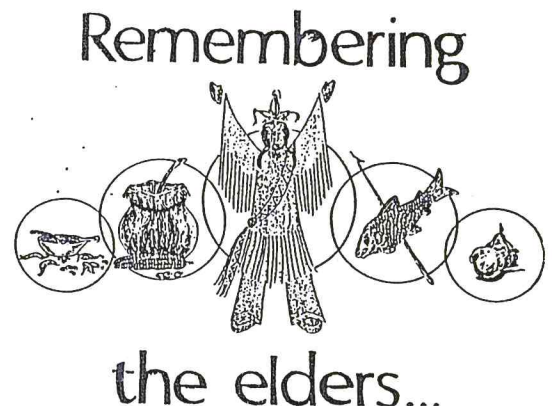
A Home Support Service which provides a nutritious meal at a central location (facility), on pre-arranged days. An attempt is made to provide social stimulation in order to integrate elderly persons with social and/or physical disabilities. The service may include social activities as well as transportation. The meals are provided at a cost of **\$3.00**, and scheduled for :

**WEDNESDAY, FEBRUARY 13**  
**WEDNESDAY, FEBRUARY 27**

### *TRANSPORTATION*

A Home Support Service which provides transportation to appointments, shopping areas or seniors centres so that clients can participate in various activities and programs. Outings are organized under the Transportation program through the use of the seated and 4 wheelchair. Advertised in our local newsletter the service works on a first come-first-served basis. This is operated on a flat rate fee schedule. Shopping outings are tentatively scheduled for:

**TUESDAY, FEBRUARY 5**  
**FRIDAY, FEBRUARY 15**  
**TUESDAY, FEBRUARY 19**





## *SENIOR DAY PROGRAMS*

A Home Support Service which provides supervised activities for elderly persons in a group setting. Program components may include supervision, activation, meals, personal care, counselling and minor health care ( for example: foot care.) The Tyendinaga Elder's Lodge is utilized to host these activities due to its central location and easy accessability. These activities are open to all seniors. A card party is scheduled for:

FRIDAY, FEBRUARY 22 at 1:30 pm.

### *HOME MAINTENANCE:*

A Home Support Service which provides assistance with light or heavy household tasks beyond the senior's capability. Examples include snow shovelling, yard maintenance or running errands. This program is intended to assist those who wish to stay in their original homestead. A small fee is charged to off-set volunteers expenses.

### *FRIENDLY VISITING*

A Home Support Service which provides "friendly visits" to the isolated elderly in their homes in order to socially integrate them into the community. Visits are usually provided by volunteers under agency supervision and are intended to be regular. (Arrangements for the provision of other community services may be made.)

FOR MORE INFORMATION  
PLEASE CALL

CINDY MARACLE  
HOME SUPPORT CO-ORDINATOR  
416-396-3424

Remembering



the elders...

## CANADA'S FOOD GUIDE FOR SENIORS

*Eat a variety of foods from each group every day*

### Milk and Milk Products

*2 servings*

Skim, 2%, whole, buttermilk, reconstituted dry or evaporated milk, yogurt, cottage cheese, cheddar and process cheese are included in the MILK and MILK PRODUCTS group

Examples of one serving –

250 mL (1 cup) milk or

175 mL (¾ cup) yogurt or

45 g (1½ oz.) cheddar cheese or

45 g (1 slice) process cheese

### Breads & Cereals

*3-5 servings*

Whole grain or enriched bread, cereal, or pasta (rice, macaroni, noodles, spaghetti) are included in the BREADS and CEREALS group

Examples of one serving –

1 slice bread or

125 mL (½ cup) cooked cereal or

175 mL (¾ cup) ready-to-eat cereal or

1 roll or muffin or

125-175 mL (½-¾ cup) cooked rice, macaroni, noodles, spaghetti or ½ hamburger or weiner bun

### Meat, Fish, Poultry and Alternates

*2 servings*

Meat, fish, poultry, dried beans, peas or lentils, nuts, seeds, cheese and eggs are included in the MEAT, FISH, POULTRY and ALTERNATES group

Examples of one serving –

60-90 g (2-3 oz.) cooked lean meat, liver, fish or poultry or

60 mL (4 tbsp.) peanut butter or

250 mL (1 cup) cooked dried beans, peas, lentils or

125 mL (½ cup) nuts or seeds or

60 g (2 oz.) cheddar, process cheese or

2 eggs

### Fruits and Vegetables

*4-5 servings*

Include at least two vegetables

All fruit and vegetables – cooked, raw and their juices, are included in the FRUITS AND VEGETABLES group

Choose a variety of both vegetables and fruits.

Include yellow or green or green leafy vegetables

Examples of one serving –

(125 mL) ½ cup of any fruit, vegetable or their juices—fresh, frozen or canned or

1 medium potato, carrot, tomato, peach, apple, orange or banana

## A SAMPLE DAY'S MEAL PLAN

### Breakfast

oatmeal with milk

apple juice

### Morning Snack

bran muffin

(you could eat this with breakfast instead, if desired)

### Dinner

individual meat loaf

baked potato

carrots

milk pudding

### Afternoon Snack

banana

(or wait and have this for supper)

### A Light Supper

vegetable soup

mushroom omelette

tossed salad

fruit nut bread

COULD LOOK SOMETHING LIKE

THIS:

## Remembering



the elders...

### Evening Snack

cocoa made with milk

(to fill in the gaps from Canada's Food Guide)

How does this menu catch up to Canada's Food Guide recommendations?

2 servings meat, fish, poultry and alternatives: meat loaf, omelette

2 servings milk and milk products: milk\* pudding, milk\* on oatmeal, cocoa

4-5 servings fruits and vegetables: apple juice, potato, carrots, vegetable\* soup, mushrooms\* in omelette, salad, banana

3-5 servings breads and cereals: oatmeal, muffin, fruit nut bread.



## QUESTIONS SENIORS ASK ABOUT NUTRITION

### What about slimming down?

That unwelcome bulge is likely due to less activity and the same old eating habits. Carrying more weight than you need is detrimental to your health and it makes getting around more difficult, too. Here are some tips for losing weight:

\* There is no quick magic way. Avoid crash diets. They may be dangerous and often have no lasting effects. Sensible eating combined with regular, enjoyable exercise is more successful in the long term.

\* Stress more foods like lean, well-trimmed meats, plain fresh, frozen or canned fruits and vegetables, enriched or whole grain cereals and breads, two per cent or skim milk, cottage cheese or yogurt.

\* Watch your method of food preparation. Broil, roast or bake. Frying adds fat and calories.

\* Cut down on the amount of butter, margarine and sugar you add to foods.

\* Use milk in your coffee or tea, instead of cream.

\* Keep in mind that balance is the important thing. Don't cut out food groups - just eat smaller portions of the nutritious foods you need every day for good health.

Just as important as what you eat is your daily activity. Avoid "energy conservation" and walk wherever possible, become involved in gardening, bowling or any other hobby that interests you and keeps you active. Join a fitness group for seniors if there is one in your area. Making these tips part of your way of life will help to keep that scale where it should be.

---

MINISTRY OF HEALTH OF ONTARIO

*It's the giving and doing for somebody else  
...On that, all life's splendor depends ...  
And the joys of this life, when you sum them  
all up... Are found in the making of friends*

*Author unknown*

## *Call for Submissions*

The Task Force on Museums and First Peoples invites your written submissions on the issues it has been given a mandate to examine, specifically:

- 1 increased involvement of Aboriginal peoples in the interpretation of their culture and history by cultural institutions

- 2 improved access to museum collections by Aboriginal peoples

- 3 the repatriation of artifacts

The Task Force, established in the winter of 1990, is working to develop a set of guidelines/ethics on the above-mentioned issues, which will serve as an example for the

development of working policies for museums, museum associations, Aboriginal cultural centres and organizations, and government-run culture and heritage programs. The Task Force came about as a result of a symposium held in November 1988 entitled "Preserving Our Heritage: a Working Conference for Museums and First People's", jointly organized by the Assembly of First Nations and the Canadian Museums Association.

The Task Force will review submissions during the spring and summer of 1991, producing its recommendations in a final report by the end of that year at a major conference to discuss and ratify recommendations. At that time the need for an on-going process to monitor implementation of the proposed guidelines/ethics will be assessed.

The deadline for the receipt of submissions, which must include an executive summary, is March 31, 1991. Submissions may be sent to:

**Co-ordinator**  
**Task Force on Museums and First Peoples**  
 c/o Canadian Museums Association  
 280 Metcalfe Street, Suite 400  
 Ottawa, Ontario, K2P 1R7  
 Telephone: (613) 233-5653  
 FAX: (613) 233-5438

## **En'owkin International School of Writing**

The En'owkin International School of Writing assists First Nations students to find their voices as writers. Through this process, we promote understanding of the complexity of First Nations Peoples.

Students work directly with a team of renowned First Nations writers. The program explores the unique cultural environment of First Nation peoples as reflected in their literature. The courses develop skills in the use of metaphor such as the coyote, the horse, and the owl. Student writers develop their skills in a stimulating atmosphere of encouragement and discovery.

**Admission Criteria:**  
 North American First Na-

tions Ancestry.

Eligible for university entrance, or have completed one or more years of an undergraduate program.

A submission of 10-15 pages of original written work at the time of application.

**Tuition:** Tuition is \$2000.00 each year. Books and supplies are estimated at \$400.00. Classes begin the first week of September.

For full calendar and registration information contact:

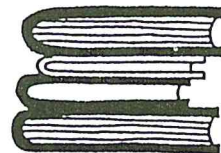
**Admissions,**  
 En'owkin Centre,  
 257 Brunswick Street  
 Penticton, B.C.,  
 V2A 5P9, Canada  
 Telephone (604) 493-7181  
 Fax (604) 493-2882



## KA:NHIOTE

396-2100

**Tyendinaga Mohawk Library**



### MEMBERSHIP IS FREE

Borrowers fill out an application card and receive a number and membership card. **PLEASE** bring your membership card with you when borrowing material. You may borrow three books at a time.

### LOAN PERIOD

Basic loan period is fourteen days.

### RENEWALS

Material may be renewed for **7 days** if not in demand. Borrower may telephone renewal request.

### FINES

Fines are charged only for the days the library is open.



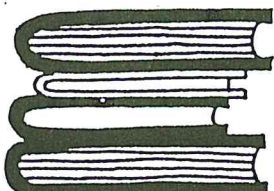
#### LIBRARY HOURS

**TUESDAY:** 9:00 - 12:00  
1:00 - 4:00

**THURSDAY:** 9:00 - 12:00  
1:00 - 4:00

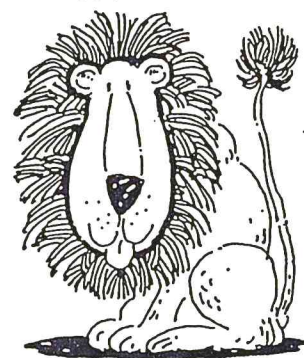
**EVENING**

6:00 - 8:00



# THE KIDS PAGE

## NATIVE WORD SCRAMBLE



Q S R L B L E X N O M I P N W I J D M  
Z N W R V Y X P R M O H A W K C C S R  
W O O V N I T W P Q C O R N P E D W V  
Y W L C X L P U T R C L U D Z F M X R  
B S F G F A L S E F A C E J T I B R I  
V H Y V O E B E A D S P D S M S L U W  
I O P C R F X J R K I D Q U P H I V G  
F E A T H E R O R O N T D P U I C X P  
B A S E I I T I O T S N O W S N A K E  
T U E D H B C E W M B C G Y R G L Y R

ANSWERS ON PAGE 19

Find the Indian words in the scrambled block. They are in there either spelled downwards or across. **GOOD LUCK!**

1. SNOWSHOE
2. FEATHER
3. BEADS
4. ARROW
5. CORN

6. MOCCASINS
7. SNAKE
8. ICE FISHING
9. MOHAWK
10. WOLF

Can you draw a picture of each one of the answers in the special boxes ? **GOOD LUCK!**

1	2	3	4	5
6	7	8	9	10



# ENVIRONMENTAL AWARENESS

## WHAT IS RECYCLING

You know the answer already, right? It's collecting your bottles, cans, and other materials and taking them to be recycled. Unless you're a manufacturer...in which case recycling is what happens after materials have been collected. Or unless you're an art teacher who recycles old egg cartons and toilet paper rolls for art projects.

## WHY RECYCLE?

Is recycling really worth the effort? Experts agree that it is for many reasons.

### NO MORE SPACE

Traditionally, we bury most of our garbage in landfills. But landfills are filling up and closing down all over the country.

### SAFETY FIRST

Even if all landfills were available, they'd be health and safety hazards. Most landfills were built before safety standards became a high priority. They're not equipped to stop toxic leachate from seeping into the groundwater.

### ITS COMMON SENSE

Unlike landfills, which simply stockpile trash: or incineration, which leaves toxic ash to be disposed of, recycling removes waste completely, then turns it back into useful products.

### ITS QUICK

It takes less time than you think. According to Recycle Now, "A study done for the EPA showed that the total time used by a householder is 73 minutes - a little more than an hour - per month. That's a little over two minutes per day."

### IT'S ECONOMICAL

Recycling saves towns and consumers money. When there's less garbage, we pay less to dump it.





### **IT CAN SAVE NATURAL RESOURCES**

Our resources are finite. If we don't recycle, we'll use them up. We can make aluminum from aluminum cans... or from an ore called bauxite. At the rate we're using up bauxite, the Earth will be completely stripped of it in 200 - 300 years. We can use old paper to make new paper...or just keep harvesting trees for virgin pulp. We can re-refine old motor oil to make new motor oil...or keep using virgin oil to produce it. The known oil reserves in the world will only last an estimated 35 years at the rate we're using them.

### **IT SAVES ENERGY**

One of the direct benefits of recycling is energy conservation for example:

Making one ton of recycled paper uses only about 60% of the energy needed to make a ton of virgin paper.

We save enough energy by recycling one aluminum can to run a T.V. set for three hours.

Recycling glass lowers the melting temperature for new glass, saving up to 32% of the energy needed for production.

There are indirect benefits to saving energy through recycling, as well. For example:

By using less energy, we protect pristine land from oil-drilling.

Conserving energy reduces pollution from oil refineries.

## **BUYING RECYCLED PRODUCTS**

### **WHY IS IT IMPORTANT TO BUY RECYCLED PRODUCTS?**

Manufacturers have always assumed that consumers prefer things made with new material. We know they're wrong, but we've got to show them. When they make money by using recycled materials, they'll support recycling.

## WHAT CAN I BUY THAT'S RECYCLED?

Plenty. For starters, paper items like tissue, paper towels, cereal boxes, napkins, bags, writing paper, greeting cards, and padded envelopes. You might be surprised to find motor oil, retreaded tires, and plastic bins on the list.

## HOW DO I KNOW WHAT'S RECYCLED?

First, look for the recycling symbol with the three arrows rotating clockwise. It tells you that the product is either made with recycled content...or that it's potentially recyclable. For example, paper companies use the three arrows on a dark background to indicate "made from recycled paper." Three arrows with no background means "recyclable." How to tell if cereal, cracker and cake mix boxes are recycled: they're gray inside. Don't be sidetracked by the term "recyclable", it just means the product can be recycled. In fact, according to THE GREEN CONSUMER, you can assume that if a package is simply called "recyclable," it contains no recycled content.

## WHERE CAN I BUY RECYCLED PRODUCTS?

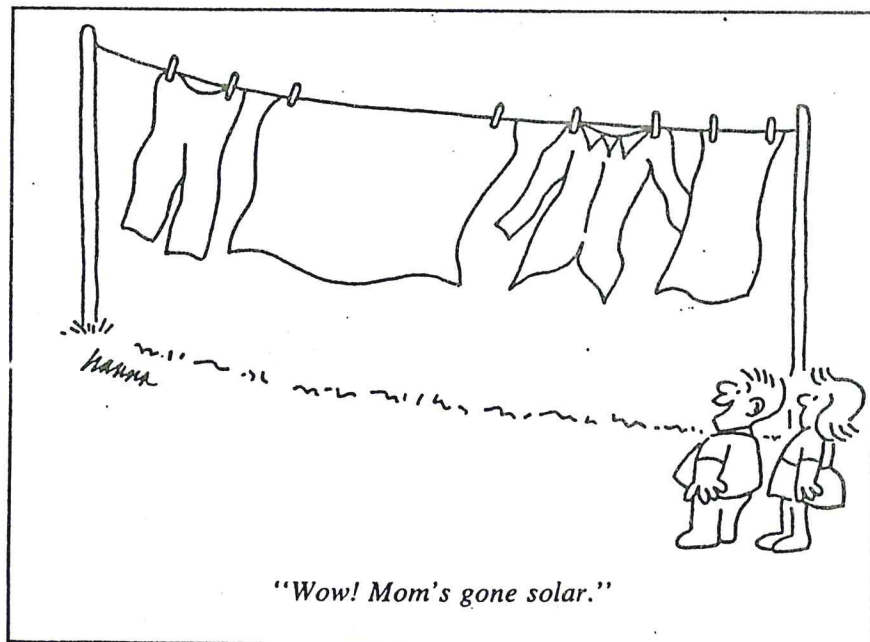
Try the same places you buy regular products. You may not find them yet, because the demand for non-recycled products is still higher than the demand for recycled ones. But keep asking; retailers will get the message.

## I'VE TRIED TO FIND RECYCLED PRODUCTS, BUT CAN'T. WHAT CAN I DO?

Let the store managers and product manufacturers know you want them. Suggest the store carry them, or start its own line of recycled products.

## IS ALL RECYCLED PAPER GRAY & DREARY-LOOKING?

Definitely not. While some types of recycled paper are brown or gray because they're unbleached, there are many types that look just as good as virgin stock.

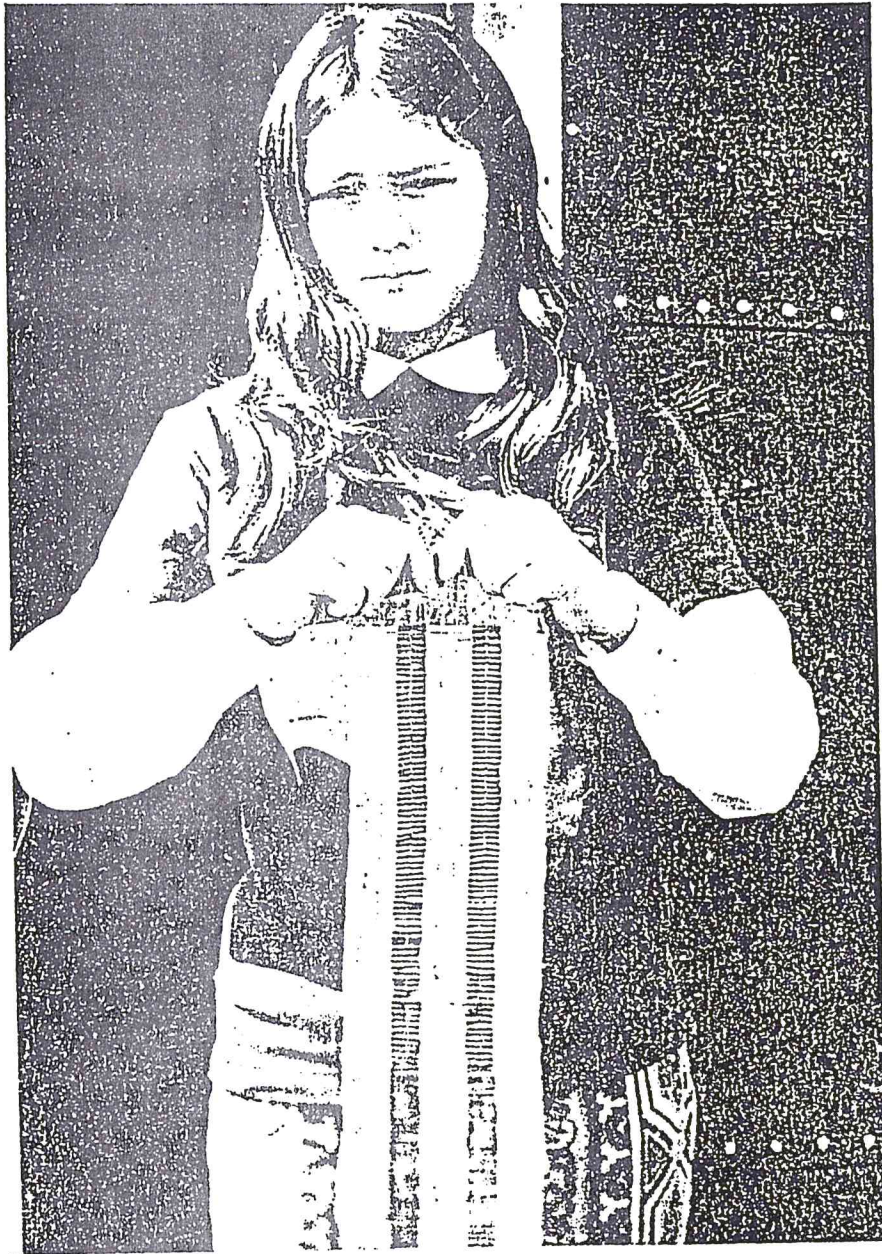


**NEVER**  
**MIX CHLORINE BLEACH**  
**WITH AMMONIA**



**Deadly fumes will result.**  
**The same applies to any**  
**acid mixed with bleach,**  
**such as vinegar.**





## Two-Row Wampum

This belt symbolizes the agreement and conditions under which the Iroquois welcomed the white peoples to this land. "You say that you are our Father and I am your son." We say, "We will not be like Father and Son, but like

Brothers." This wampum belt confirms our words. These two rows will symbolize two paths or two vessels, traveling down the same river together. One, a birch bark canoe, will be for the Indian People, their laws, their customs and their ways. The other, a ship, will be for the white people and their laws, their customs and their ways. We shall each travel the river together, side by side, but in our own boat. Neither of us will make compulsory laws or interfere in the internal affairs of the other. Neither of us will try to steer the other's vessel."

The agreement has been kept by the Iroquois to this date.



# 100 Years after Wounded Knee

By James Froh, OMI

When Big Foot learned of Sitting Bull's death he started to move his people although he was seriously ill. They moved toward Pine Ridge and Red Cloud's protection for safety from the soldiers. At the same time, the Department of War issued orders for the arrest and imprisonment of Big Foot. Enroute to Pine Ridge, Big Foot and his people met with Major S. Whitside of the Seventh U.S. Cavalry. Major Whitside had orders to take them to a cavalry tent camp at Wounded Knee Camp.

Major Whitside had further orders to disarm and dismount the people. Their arrival at Wounded Knee was late in the day on December 28, 1890. Upon arrival the Sioux were counted -- there were 120 men and 230 women and children. Because of the darkness approaching fast, Major Whitside decided to wait until daybreak to disarm his prisoners. To make certain none of the Sioux escaped during the night, he stationed 2 troops of cavalry on a rise above the camp. Major Whitside also posted 2 gattling guns overlooking the camp; they fired a bullet a second and could cover 2 miles.

That night the rest of the Seventh Cavalry arrived. Colonel James W. Forsyth took command of Custer's former regiment. Colonel Forsyth placed 2 more gattling guns on the hillsides.

When morning came, Colonel ordered his prisoners to disarm all their guns and arms. After all the guns were piled in the centre of the camp, the tepees were searched. Axes, knives and tent stakes were taken and piled beside the guns. Two rifles were also found. One Winchester belonged to a young man named Black Coyote. Some say he was deaf. The soldiers grabbed him, shoving and spinning him around. In grabbing for his rifle, a gunshot rang out.

Immediately the soldiers returned fire from all sides. The still prairie morning air was filled with sounds of violence. As few Sioux had any arms they began to fight with their fists; being defenseless they began to flee. Then the 4 gattling guns opened fire on the tepees and those fleeing, killing men, women and children.

When the madness ended, more than half of Big Foot's people were dead or dying. 153 were known dead. Some say the final dead totaled over 300 of the original 350 men, women and children. The soldiers lost 25 dead and 39 were wounded, mostly from their own gunfire.

The wounded were moved that night to Pine Ridge; many died of exposure. The dead were left lying where they had fallen. It was 100 years ago on December 29, 1890.

*(Adapted from "Bury My Heart at Wounded Knee".)*

THE ANSWERS TO THE NATIVE WORD SCRAMBLE ON PAGE 14

## NATIVE WORD SCRAMBLE

Q	S	R	L	B	L	E	X	N	O	M	I	P	N	W	I	J	D	M
Z	N	W	R	V	Y	X	P	R	M	O	H	A	W	K	C	C	S	R
W	O	O	V	N	I	T	W	P	Q	C	O	R	N	P	E	D	W	V
Y	W	L	C	X	L	P	U	T	R	C	L	U	D	Z	F	M	X	R
B	S	E	G	F	A	L	S	E	F	A	C	E	J	T	I	B	R	I
V	H	Y	V	O	E	B	E	A	D	S	P	D	S	M	S	L	U	W
I	O	P	C	R	F	X	J	R	K	I	D	Q	U	P	H	I	V	G
F	E	A	T	H	E	R	O	R	O	N	T	D	P	U	I	C	X	P
B	A	S	E	I	T	I	O	T	S	N	O	W	S	N	A	K	E	
T	U	E	D	H	B	C	E	W	M	B	C	G	Y	R	G	L	Y	R

# ***SPIRITUALITY IN THE NATIVE WAY***

**GUEST SPEAKER: Elder NOEL KNOCKWOOD (Spirit Talker)**  
- Member of Mic Mac Grand Council  
- Recognized as Spiritual Leader of Mic Mac's

**WILL DISCUSS AND LECTURE ON TOPICS:**

**SPIRITUALITY  
HISTORY  
CULTURE  
NATIVE PHILOSOPHY  
SACRED CEREMONIES AND OBJECTS**

**A PIPE CEREMONY WILL FOLLOW PRESENTATION**

**PLACE: SENIOR CITIZENS BUILDING (Highway # 2)**

**DATE: WEDNESDAY FEBRUARY 6**

**TIME: 6 PM. - 10 PM.**

**REFRESHMENTS WILL BE AVAILABLE :**  
**Corn Soup**  
**Scones**



**ELDERS, CHILDREN,  
EVERYONE WELCOME!**



# SPIRIT OF THE NEW DAWN

JAN 14 1991

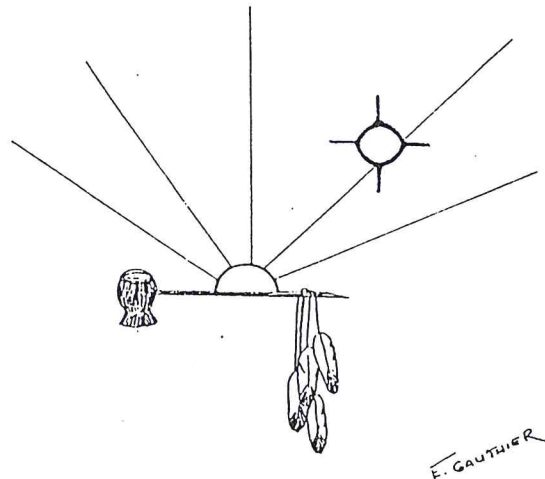
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1/14/91



N E W S   R E L E A S E

*In the Steps of Our Ancestors opens at the Woodland Cultural Centre.*

Brantford (January 10, 1991) - An important national travelling exhibition of Native North American footwear officially opens at the Woodland Cultural Centre in concert with the Centre's annual Snakesnake Tournament on January 27th.

*In the Steps of Our Ancestors* is a survey of Native construction and decorative techniques. Incorporating 77 historic and contemporary examples of footwear from six distinct cultural regions, this exhibition examines how methods have either endured or changed over time.

Different styles of footwear developed according to purpose, climate and geography, reflecting Native ways of life and beliefs. Changes were largely due to the influence of other nations, both Native and European. Change continues to affect the lives of native people. This exhibition celebrates their determination to keep some valued traditions alive.

*This exhibition is also a tribute to the many generations of Indian women who have been traditionally responsible for preparing materials as well as sewing and decorating clothing.*

*Organized by the Bata Shoe Museum Foundation and the Ontario Crafts Council, this exhibition will travel across Canada until mid 1992. The exhibition continues at the Woodland Cultural Centre until February 24th.*

-30-

*For further information, please contact:*

*Tom Hill or Judy Harris  
Woodland Cultural Centre  
184 Mohawk Street  
Brantford, Ontario  
N3T 5V6  
(519) 759-2650*

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## **TYENDINAGA SENIOR CITIZEN'S 59ERS CLUB**

**(Senior Citizen's Hall at # 2 Highway)**

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**SATURDAY, FEBRUARY 9 5PM.-7PM.**

#### **MENU**

Dried Corn Soup  
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Homemade Bread and Roles  
Pie  
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**Admission: Adults-\$5.00  
Children Under 12-\$2.00**

**2 BOWLS OF SOUP PER TICKET!**





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## SPECIAL GUEST:

**ELMER BUCHANAN**

Minister of Agriculture & Food

**PAUL JOHNSON - MPP**

Prince Edward - Lennox - South Hastings

**FRED WILSON - MPP**

Frontenac - Addington Riding

**GARY WILSON - MPP**

Kingston & The Islands



**DATE: SATURDAY, FEBURARY 9th, 1991**  
**NAPANEE LIONS CLUB HALL**  
**6:30 P.M.**

**TICKETS ON SALE AT:** Chapter One Book Store - Picton  
Napanee Lions Club Hall

**or Call:** Liz Robinson - 476-4627  
Dorris Sudds - 354-4193  
Sue McLean - 476-6273  
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(No Tickets At Door)



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If you are interested or need More information, Please call and leave a message.

**TIM BRANT 396-3185**

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## **FREE - CAT TO A GOOD HOME !**

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**PLEASE CALL : 396-3424**

**I LOOK FORWARD TO MEETING MY NEW FAMILY REAL SOON!**

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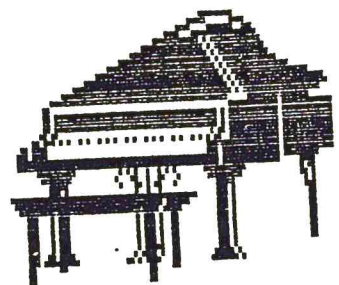
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