TYENDINAGA NEWSLETTER ISSUE







Congratulations to all who are

graduating this year.

Best of Luck in your future endeavours!!!

IMPORTANT NOTICE

9 - 1 - 1

Civic Address Signs have been installed. Some signs had to be reordered therefore if you did not recieve your sign as of yet you will recieve one at a later date.

Your cooperation & patience in this matter is greatly appreciated.

911 Technical Committee

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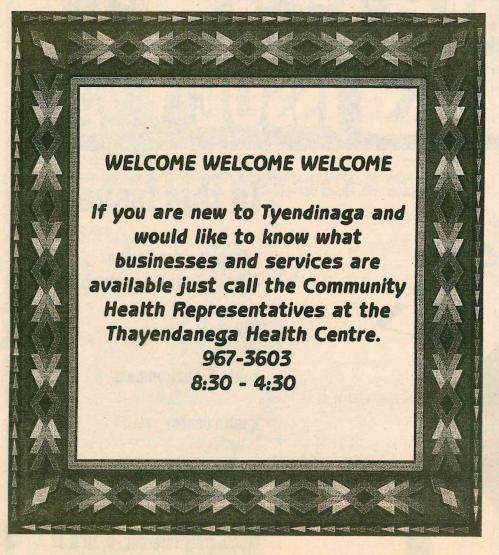
Newsletter Deadline July 24 /97 12:00 noon 396-3424



EUCHRE NIGHT!

Do you have the time and like to play Euchre and have fun? Euchres Every 2nd Tuesday Evening at 7:30! We have business meetings once a month! If you are interested please call 396-6522 OR 967-4708 For more information

ADMINISTRATION NOTICES



For your convenience post this by your phone:

ADMINISTRATION OFFICE : 396-3424 HEALTH CENTRE : 967-3603 **FAMILY SERVICES** : 967-0122 RED CEDARS SHELTER : 967-2003 QUINTE MOHAWK SCHOOL: 966-6984 CHILDCARE CENTRE : 967-4401 LIBRARY : 967-6264

NIA: WENKOWA

To Lester Brant and the Tyendinaga Native Hockey Tournament Committee who made a donation to be used at the Children's playground for chain-link fencing. The Recreation Committee is very greatful for the donation and the work the Hockey Committee does every year in putting on the Annual Tournament. The donation from the Hockey Committee has already been put to good use.

DESIGNATED DRIVERS

If you are having a function this summer where alcohol is being served make sure you take advantage of the "Designated Driver" program.

The Police/Youth Mentorship Program for the summer of 1997 will be supplying a safe ride home for people of Tyendinaga Territory and their vehicles.

All we ask in exchange for the ride home is a small donation to the Mentorship Program which will assist with outings that are planned over the summer.

If your group or organization would like to arrange for "Designated Drivers" for your event call 396-1515 for details.

This offer is good only for those living on Tyendinaga Territory.

9-1-1 is for Emergency calls Only! If you need to contact the Emergency Services for non emergency matters please call:

613-967-3880 Police: 613-968-7985 Fire: Ambulance: 613-542-0221



EVERY DREAM NEEDS A SOURCE OF INSPIRATION

We need your help in finding new role models for youth. Do you know someone whose dreams can help others build dreams of their own?

Let us know by picking up a nomination brochure and completing the ballot.

If you are 21 years of age or younger, you could win a prize. Nominations must be received by the National Native Role Model Program before September 30, 1997.

For information call toll free 1-800-363-3199.

NATIONAL NATIVE ROLE MODEL PROGRAM PROGRAMME NATIONAL DE PERSONNAGES MODÈLES AUTOCHTONES

Nomination brochures are available from

RECEPTION AREA OF THE ADMINISTRATION OFFICE

NEWS RELEASES AND ADMINISTRATION NOTICES

Column submitted for Tyendinaga Territory Newsletter for June, 1997 by Maurice Switzer

Ojibway legend says that the Creator instructed Anishinabe -- the original human being -- about four gifts of life.

Standing at the centre of a great teaching lodge, the Creator taught Anishinabe the value of kindness, symbolized by the gentle smoke of sweetgrass. A tall and straight tree represented the virtue of honesty, and the Creator used a stone to define the strength he knew Anishinabe would require to remain true to his original nature.

When Anishinabe looked to the west, a deer appeared before him, one of those animals who give of themselves so that humankind might have food to eat. By his very presence, the deer taught Anishinabe the gift of sharing.

The Creator used the deer to demonstrate that there is no greater form of sharing than when someone gives of themselves so that others might have life.

About one in four Canadians think the term "ethical hunting" is an oxymoron, as ludicrous a self-contradiction as "jumbo shrimp" or "political science". Whether opposing seal hunts, the dissection of rats in medical research, or moose-hunters using their annual kills as hood ornaments, these people find the taking of an animal life as repugnant as the public execution of a human being.

"The death of an animal will always be sacred", Newfoundland wildlife biologist Shane Mahoney told a symposium of navel-gazing hunters attending a conference in Dorset this month. "Some non-hunters may never understand how you can kill something you love.'

They also don't understand why some hunters persist in referring to their firearms as "weapons", or who would want to shoot a thousand-pound animal and only take home its horns. They wonder why anyone would even refer to hunting as a sport. These types of topics provided plenty of discussion fodder for delegates to a June conference staged in Dorset by a group calling itself Hunting Heritage/Hunting Futures, whose founding principles advocate wildlife conservation and responsible behavior by hunters.

Guest speakers spun yarns about eyebrow-raising hunting practices that fed into a common theme - the need for a code of conduct to help hunters polish their public image. Delegates learned that the State of Vermont has sanctioned an annual pike-shooting season, and that an Alabama church group stages a "Coons for Christ" family hunting

Montana conservationist Jim Posewitz condemned shooting groundhogs for target practice, but he preferred setting standards at the community level, rather than declaring universal hunting ideals.

Shane Mahoney, on the other hand, felt "there must be basic principles we can all adhere to," noting the success Newfoundland sealers experienced in defusing animal rights protests by sparing the photogenic baby white-coats. He wondered why the hunting community wasn't more pro-active, for example, in developing so-called humane traps.

Auburn University philosopher Ann Causey was appalled by the launch of a deerspearing season in Alabama, and made some of her listeners squirm at discomfort over her scathing condemnation of hunting bears or deer with dogs. She cited compassion as the true test of an ethical hunter, and proposed a four-pronged "fair chase test":

- *humanity: does the hunter show compassion for the animal?
- *proficiency: does the hunter kill efficiently? *respect: does the hunter kill gratefully?
- *restraint: does the hunter kill sparingly?

The need for a new hunting ethic was reflected in a Canada-wide survey on attitudes toward hunting, results of which were shared with conference attendees. The study was conducted in 1991 but its findings have never been made public. Only 32 per cent of respondents favored recreational hunting, but 67 per cent supported hunting for food. Four out of five women opposed so-called sport hunting.

The highest level of support - 72 per cent - was reserved for hunting by Native Canadians, an attitude in sharp contrast to that voiced by some more vocal members of the hunting fraternity. During his conference presentation, Rick Morgan, a vice-president of the Ontario Federation of Anglers and Hunters, was at a loss to explain why the only provincial poaching conviction highlighted in the May OFAH members' bulletin involved two Tyendinaga residents, who were clearly identified as Natives.

Morgan had been complaining that hunters were the victims of media reporting that showed "ignorance and bias" when one of three Aboriginal delegates to the conference asked him if the poaching story wasn't also an example of ignorance and bias.

"Your point is taken," Morgan stammered.

Although many of the participants were also OFAH members, there were few red necks in open view, reflecting a desire on the part of Hunting Heritage organizers to distance themselves from the strident anti-Native stance associated with the Peterboroughbased hunting lobby. In fact, one workshop group recommended that Native elders be involved in hunter education programs, and also urged federal and provincial governments to address Native land claims "in an equitable and expeditious manner"

The same group also recognized a link between the four guiding principles of Ann Causey's "fair chase test" and the four gifts of life as outlined by the Aboriginal medicine wheel: kindness or respect, honesty, sharing, and strength.

Anishinabe was told to keep the four directions around him in his life and to always keep the fire at the centre of his life. If he did so, he would never stray from the way that the Creator gave him in the beginning. He would always continue to have life, to share life with others, and to live in harmony and balance with the creation.

Maurice Switzer is a member of the Elders' Council of the Mississaugas of Rice Lake First Nation at Alderville. He is helping develop an Aboriginal Media program to be launched this July at First Nations Technical Institute on the Tyendinaga Mohawk

Summer Student Introductions



She:kon

My name is Tracey Gazley, once again I have the great opportunity to be working as the summer camps Co-ordinator/Supervisor. As you may already be aware I have been working with the children of Tyendinaga since 1989, at Quinte Mohawk School, the Tyendinaga School Age Program, Youth group, as well as past summer camp programs. This year I am looking forward to working with the summer students to plan a wonderful fun filled summer program to offer to your children. If you have any questions concerning the camps, please contact me at the Administration Office at 396-3424, or a message may be left with Karen Brant-Jones or Bev Hill in the Employment Office.

MOHAWK IMMERSION DAYCAMP

My name is Bill Green. I will be working with the Mohawk Immersion program. I'm looking forward to sharing our precious culture with the children. We are hoping to instill pride, respect and self awareness.

She:Kon Everybody!!!

My name is Brandi McMurter and I am going to be working this summer as a Teaching Assistant at the Mohawk Immersion Day Camp. Currently, I am in my second year of the Native Child and Family Worker course at Cambrian College in Sudbury Ontario. I have a lot of experience and enjoy working with children, as well as the Mohawk Language. I really look forward to meeting you and your children this summer!!!

Hi!! My name is Amanda Hill. I am going to be working at the Mohawk Immersion Day Camp for the summer. I am really looking forward to working with the children this summer. I will be taking the Early Childhood Education program at Loyalist in September.

CULTURAL AWARENESS DAY CAMP

Hi, My name is Sonya Maracle. I will be working as the Cultural Awareness Day Camp Supervisor. I have just completed my first year of Recreation and Leisure at Centennial College. I am looking forward to working with the children this summer.

She:Kon!!! My name is Danielle Smart and I have just recently been employed as a Counsellor for the Cultural Awareness Day Camp. I am looking forward to working and having a great summer with the children.

Hi, My name is Terry Maracle. This summer I am employed as a Cultural Awareness Day Camp Counsellor, I hope the kids will have fun and learn about their culture. I am looking forward to teaching the kids about Native Heritage.

BAYSHORE ROAD DAYCAMP

Hi, My name is Charmaine Maracle and I am the new Bayshore Road Day Camp Supervisor. In September, I will be attending the Social Service Worker program at Loyalist. I am really looking forward to working with the children.

My name is Jennifer Maracle. I am in grade 12. This summer I will be a Camp Counsellor at the Bayshore Road Day Camp. After high school, I want to become a teacher, so I am looking forward to the camp this summer.

My name is Joe Brant and I am the new Bayshore Road Day Camp Counsellor. I have recently completed my Grade 11 studies at Moira Secondary School. I am looking forward to working with the children and making their summer a most enjoyable one.

> Deadline date for the Newsletter July 24/97 at noon

NEWS RELEASES



Medical Services Branch Health Canada 1547 Merivale Road Address Locator 6103A Nepean, Ontario K1A 0L3

Our file Notre référence

May 15, 1997

Grand Chief Doug Maracle
Association of Iroquois and Allied Indians
387 Princess Ave.
London, Ontario
N6B 2A7

Dear Grand Chief Maracle:

Re: NIHB Dental Program

Thank you very much for taking the time to meet with Dr. Michael Welch, Mr. Brad Shean and me on May 5, 1997 and to join us in a conference call to Dr. Peter Cooney to clarify a number of issues related to the Non-Insured Health Benefits (NIHB) dental program.

The issues we discussed were the following:

1. Frequency Limitations for Restorative Services

Effective May 1, 1997, the frequency limitation on restorative services (silver and tooth-coloured fillings and stainless steel crowns) has been removed. The claims processing system at Liberty Health has now been modified to reflect this change. If dentists have had claims for service after May 1, 1997 rejected because of the frequency limitation, they can resubmit to Liberty Health and the claim will be processed.

Dr. Cooney confirmed that, in June, Medical Serivices Branch headquarters will be sending out a newsletter, to all dentists across Canada, notifying them of this change.

2. Amount of the Threshold for Predetermination Model

Dr. Cooney stated that at their March meeting, the Dental Care Advisory Committee agreed to start with a threshold of \$500 with the proviso that the level could change, if necessary. Since the Record of Decisions for this meeting has not yet been issued, there was some question as to how this decision had been recorded. The Record of Decisions should be disseminated soon, well before their next meeting on June 9-10, 1997. He noted that the insurance norm for such a threshold was \$500 and that Manitoba Region had also used the figure of \$500 for their predetermination initiative.

3. January 1996 Changes to the Schedule of Benefits

All the elements of the 1996 Schedule of Benefits, except the frequency limits on restorative services, still apply if the cost of the work to be done is under the threshold. Once the cost of the services exceeds the threshold and predetermination is sought, service provision is based on the needs of the client and the frequencies in the schedule of benefits are only used as guidelines.

4. Client Signature

A letter to Chief Wellington Staats, from Six Nations, is being prepared to respond to his question on this issue.

5. Balance after Third Party (eg. Employment Plan) Payments

Thank you for bringing to our attention the fact that many First Nations people don't know that they can submit a request for reimbursement after their employment plan or other third party insurer pays. As noted at the meeting, work has started on revising and reissuing client information sheets and details on how to access this will be included in the sheet on dental services.

To provide you with additional information on the predetermination model, attached is a comparison, prepared by Dr. Welch, of the 1996 dental schedule and the predetermination model.

Again, thank you for meeting with us. If you have further questions, please contact Dr. Michael Welch at (613) 952-0090.

Yours truly,

Heindson

Heather Lindsay Director

Community Program Development

c.c. M. Katt I. Campbell M. Welch B. Shean P. Cooney

ABORIGINAL JOURNALISTS MAKE TYENDINAGA THEIR BEAT

by Maurice Switzer FNTI Aboriginal Media Program

Journalists are normally strangers to First Nations communities, but the Tyendinaga Territory will be home base for a dozen of them this summer.

For six weeks beginning July 7th, participants in First Nations Technical Institute new *Aboriginal Media Program* will begin studies leading to a two-year Loyalist Colleg journalism diploma. The first crop of students for the new program hail from as far afield as Dawson City in the Yukon, Fort McMurray, Alberta, and Marius, Manitoba, and a welcoming feast is being planned for them at the council house on Sunday, July 6th.

During their initial six-week semester, learners will be immersed in training designed to equip them with skills used by print and broadcast journalists, including the production of newspaper stories for inclusion in the Tyendinaga Territory Newsletter, as on-air broadcasting stints at KWE radio.

The learners – including three members of the Bay of Quinte Mohawks – will be asked to produce assignments that require them to practice their reporting and photography techniques in the community, and program organizers hope local residents will welcome them and support their efforts.

Following the six-week summer session, the learners return to their home communities to complete distance learning assignments before their next on-site session November.

FNTI is launching *Aboriginal Media* in response to the report of the Royal Commission on Aboriginal Peoples, which was critical of mainstream media coverage of native communities, and encouraged development of Aboriginal media training initiative

Attention Seniors DON'T FORGET TO JOIN THE HOME SUPPORT PROGRAM FOR....

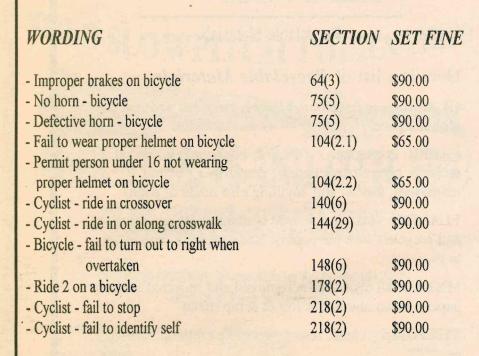
PROGRAM	WHEN	TIME
Meals on Wheels	Juesdays & Fridays	12:00pm
Walk-in Clinic	Every Juesday-Check	10am-12pm
(Hold at Health Centre)	Blood Pressure & Blood Sugar	
Nurse's Visit	Wednesday, July 9th &	10am-12pm
[Hold at Elder's Lodge]	Wednesday, July 23 rd	e fu eres conf
Coramic Classos	Every Monday	1:00pm
[Hold at Elder's Lodge)	LE LE RECEIVE LA LABOR DE LA CONTRACTION DEL CONTRACTION DE LA CON	AND THE DESIGNATION OF THE PARTY.
Bowling	Every Wednesday	1:00pm
Depart from Elder o Lodge)		
Jone Jalk and Jea	Every Juesday	10:00am
[Hold at Elder's Lodge)	ATO dale who show that	
Grocery Shopping	Thursday, July 3rd	9:30am
Depart from the Lodge)	ment burns to have me	
Moccasin Trail	Jussday, July 8th	8:30ат-6:00рт
[Hold at Health Contro]	the property of the last of the last	which was a second
Diner's Club	Every Wednesday	12:00pm
(Hold at Elder's Lodge)		Marie H

Special Outlings and Activities

Wednesday, July 23 Potenberough Boat Cruise

FIRST NATIONS POLICE

SET FINES UNDER THE HIGHWAY TRAFFIC ACT THAT APPLY TO CYCLISTS



FOR FURTHER INFORMATION CONTACT TYENDINAGA POLICE. WORKING TOGETHER TO HAVE A SAFE AND HAPPY SUMMER.



BICYCLE AWARENESS

DID YOU KNOW:

- Bikes are vehicles according to the Highway
- You must follow all the rules of the road.
- A bell or horn is required by law.
- Lights are required if you ride at night.
 Each year thousands of children and adults are injured or killed due to unsafe bicycle
- Cyclists under the age of 18 are required to

ALARMING FACTS

- The Canadian Medical Association (CMA) estimates that young people are involved in about 2,000 bike collisions a year, with 50 resulting in death.
- children wear bicycle helmets.

Only a small percentage of

- Falls from bicycles account for one of every four trauma deaths in children.
- A bicycle helmet can reduce the risk of head injury by as much as 85%.
- Accidents usually occur very close to home on a path or driveway

HOW TO MEASURE FOR A HELMET

- A helmet sizing tape is available at some stores. Wrap the sizing tape around your head just above your ears as shown below. Adjust tape until snug (not too loose or too tight), fold over end of tape to mark position, hold in place and remove. Read size guide at fold mark for indication of correct helmet size.
- A helmet comes with several foam pads which fit inside the rim so that it can be adjusted to conform to the shape of a rider's head. Adjust the fit with sizing pads. Proper placement of the pads is critical.
- The helmet should touch the head at front, back, sides and crown. It should cover the forehead to just above the eyebrow line. Gently rotate the helmet on your head. Notice the skin in the brow area. If the skin moves and the helmet is not too tight, the proper fit has been accomplished.
- Does it sit right? The helmet must sit level on your head. Adjust the chin and nape straps to ensure proper position.

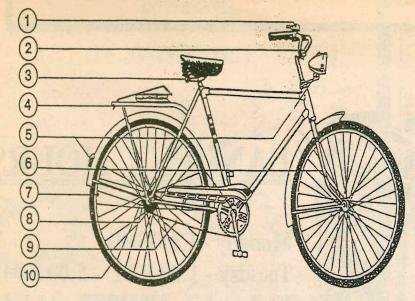






MANY OF THE THINGS THAT APPLY TO A CAR APPLY TO YOUR BICYCLE.

FOR INSTANCE — REGULAR CHECK-UPS.



- (1) Bell law requires your horn, bell or gong be loud and clear.
- (2) Steering keep handle-bars straight, tight and right height. Keep handlebar nuts tight. Make sure grips are snug.
- Seat adjustment If the seat is not properly adjusted you can't drive safely and without strain and fatigue. Too low or too high, you lose pumping power.
- (4) Parcel carrier
- (5) Lights for night driving you must have a white (10) Tires check for cuts and bruises. Keep or amber front light, a red reflector or light on rear. You must also have red reflective material at least 10" (25 cm) long, 1" (25 mm) wide on back fender. Front forks must have white reflective material at least 10" (25 cm) long, 1" (25 mm) wide.
- Lubrication Front hub, head bearing, coaster brake, and crank bearings need good multipurpose grease. Chain and pedals need good light machine oil.

- (7) Wheels check for bent or missing spokes. Vyheels won't run true if all spokes aren't tight and in position. Keep axle nuts tight.
- Brakes are just as important on your bicycle as on a car. Keep them properly adjusted.
- Chain should be cleaned and oiled regularly. Remember — it connects the source of power (you on the pedals), with the sprockets that provide the "drive". Check for weak links. Keep proper tension. About 3/4" (2 cm) up-and-down movement is correct.
- 1-1/4" (30 mm) tires, 50-65 pounds (350-450 kPa) 1-3/8" (35 mm) tires, 40-60 pounds (280-400 kPa) 1-1/2" (40 mm) tires, 35-55 pounds (250-380 kPa) 1-3/4" (45 mm) tires, 30-50 pounds (200-350 kPa) Don't drive with bald tires. You'll have poor traction, slow stopping when you hit the brake.

MOST COMMON

BICYCLE RULES AND REGULATIONS

BICYCLE LIGHTING

- Lights must be on ½ hour before sunset until ½ hour after sunrise.
- A red reflector or light or both are required
- Reflective material must be silver or white 2.5 cm. wide x 25 cm. long for the front forks and must be seen from the side

TIRES Section 70

- Must be the proper size and in good condition
- HORN OR BELL Section 75 Must be used to signal to pedestrians and vehicles

ONE PERSON PER BIKE

Section 178 (2)

- · Unless the bicycle has two seats, two handle bars etc.
- only one person is allowed on the bicycle

DEFECTIVE VEHICLE

 Bicycle must be in good working order brakes, wheels, handle bars, peddles etc must be in good working

BOTH HANDS ON HANDLE BARS

Section 73

 Both hands must be on the handle bars, therefore a basket, carrier, saddle bags or pack sack will be required to carry personal items

HELMETS Section 104(3)

- Section 5 & Reg. 610
- (2.1) No person under eighteen years of age shall ride on or operate a bicycle on a highway unless the person is wearing a bicycle helmet that complies with the regulations and the chin strap of the helmet is securely fastened under the chin.
- . (2.2) No parent or guardian of a person under 16 years of age shall authorize or knowingly permit that person to ride on or operate a bicycle on a highway unless the person is wearing a person is wearing a bicycle helmet as required by subsection (2.1)

Regulation 611

5. A person who is 18 years old or older is not required to comply with subsection 104(2.1)

HIGHWAY TRAFFIC ACT IDENTIFICATION

Section 218 (1)

A police officer who finds any person contravening any provision under the Act or any municipal by-law regulating traffic while in charge of a bicycle may require that person to provide identification of himself or herself.

Section 218 (2)

Every person who is required to stop, by a police officer acting under subsection (1), SHALL STOP AND IDENTIFY themselves to the police

Section 218 (3)

For the purpose of this section, giving one's correct name and address sufficient identification.

ction 218 (4)

A police officer MAY ARREST WITHOUT WARRANT any person who does not comply with subsection (2).

POLICE & ENVIRONMENT



POLICE PAGE UNSOLVED CRIMES!

BREAK AND ENTER

ON 2nd MAY 97, CULPRITS ENTERED A GARAGE ON BEACH ROAD IN SHANNONVILLE, FOR THE SECOND TIME, ONCE INSIDE VARIOUS TOOLS TAKEN SUCH AS SANDERS AND GRINDERS. INCIDENT #0153816-3

BREAK AND ENTER TO COTTAGE LOCATED ON HICKORY ROAD ON THE 17 MAY 1997, FISHING ROD, TACKLE, ALCOHOL, AND SMALL PORTABLE RADIO TAKEN. INCIDENT #155960-4

MISCHIEF:

MISCHIEF TO A TRAILER 12 JUNE 1997, VALUE OF DAMAGE \$500.00. LOCATED ON HICKORY ROAD. INCIDENT #160064-7

THEFT:

- THEFT OF MAILBOX 19 JUN 97, UPPER SLASH ROAD. INCIDENT # 156185-4
- THEFT OF BIKE FROM RESIDENCE ON YORK ROAD, BOYS BURGUNDY MOUNTAIN BIKE., 20 JUNE 1997, INCIDENT # 161933-2
- THEFT FROM MOTOR VEHICLE THAT WAS PARKED AT THE TRI-J'S MANUFACTURING PARKING LOT ON THE 20 JUNE 1997, TAKEN FROM M/V WAS A JEAN JACKET VALUED AT \$100.00. INCIDENT # 161441-6

FOUND:

THREE BIKES WITHIN THE LAST 2 MONTHS, ANYONE WHO IS MISSING A BIKE IS ASKED TO ATTEND THE TYENDINAGA POLICE OFFICE

ANYONE WITH INFORMATION IS ASKED TO CONTACT THE TYENDINAGA FIRST NATION POLICE AT 967-3888 or via BELLEVILLE OPP COMMUNICATIONS CENTRE 1-800-267-7444.



Recyclable Materials

Here is a list of Recyclable Materials:

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

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

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

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

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

NOTE: Please rinse all the containers!

The Recycler of the Month for May is Scott Green

TYENDINAGA FIRST NATION POLICE

Month End Stats

MAY 1997

and the same of th	ACTUAL NUMBER
PROVINCIAL OFFENCES	
Highway Traffic Act	16
Liquor Licence Act Compulsory Automobile Insurance Act	1
CRIMINAL OFFENCES	
Assault .	6
Sexual Assault	0
Break and Enter Thefts	4
Possession of Stolen Property	4
Impaired & Over 80	0
Weapons Offences	0
Fraud	0
Mischief/Vandalism	2
Narcotics	0
Other Criminal Code	8
GENERAL INCIDENTS	
Motor Vehicle Accidents	or 1 or man
90 Day Suspension	0
Other Provincial Stats	2
Other Federal Stats	0
TOTAL NUMBER OF OCCURRENCES	88



LANDFILL HOURS

Monday - CLOSED
Tuesday - 1:00 P.M. - 5:00 P.M.
Wednesday - CLOSED
Thursday - 1:00 P.M. - 5:00 P.M.
Friday - CLOSED
Saturday - 8:30 A.M. - 5:00 P.M.
Sunday - 9:00 A.M. - 4:00 P.M.

Deadline date for the Newsletter
July 24/97 at noon

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HEALTH CENTRE



MOCCASIN TRAIL NEWS



SUMMER ACTIVITIES PROGRAM & CHANGING YOUR VIEW OF EXERCISE

July 1997

The Moccasin Trail Walking Club is having a Summer Activities program for the coming warmer weather. We are challenging the community of Tyendinaga to try meeting some new, more short term goals for the summer. Here they are:

Walking (150kms) Running (100kms) Biking (300kms) Rollerblading (250kms)

The time frame is: July 3, 1997 - September 2, 1997

This challenge is to all age groups so this can be a family activity.

Are you ready for the challenge? Talk to your family! Talk to your friends!

Then come to the Health Centre on Wednesday July 3rd between 8:30 and 6 p.m. and sign up.

Incentive prizes will be awarded to all who reach the goals.

Get Inspired: Change Your View of Exercise

Jane rises at dawn to crank out 4 miles on her treadmill. Her husband, Dennis, bristles at the word "exercise", yet he stays active by walking their dog and commuting by bike. Who is more likely to keep exercise as a habit? Surprisingly, both are equally likely to stay motivated. Why? They've found what works best for them, which researchers say is the key to staying active for life.

"Motivators have to be personal," Says John Foreyt, Phd., professor for the departments of medicine and psychiatry and behaviour sciences at Baylor College of Medicine. "No one thing works for every person"

If you haven't found your style, you may need to look at things from a fresh angle. People who dislike exercise usually have specific reasons. To be successful, it's important to pinpoint what you don't like and find ways to deal with it. The following examples can get you started.

If you think exercise is: Stressful, painful, hot or involves too much sweat.

Try: Slowing down and walking farther or doing other low-impact, low-intensity activities such as water aerobics.

If you think exercise is: Not challenging

Try: Pushing yourself, Walk with a partner who's fitter than you. Enter a race-walk or a distance event. Join a sports team. Seek activities you've never tried, such as in-line skating.

If you think exercise is: Boring

Try: Adding variety. Walk a different route every day of the week. Find new settings, such as track or a trail. Choose different activities on deferent days, or mix it up in each session: Bike 10 minutes, walk 10 minutes, and row 10 minutes

If you think exercise is: Structured and time consuming.

Try: Changing your definition. Think "unstructured". Do everyday activities as vigorously as you would exercise. Mow or rake with an attitude. Turn on the "Tutti Fruiti Fifties Tunes" while you do your housework. Break up a long walk into several short walks. Walk or cycle instead of driving or ridding whenever you can. As you find new ways to get moving, be careful not to get locked into one formula, warns Bess Marcus, Phd., associate professor of psychiatry and human behaviour at the Brow University School of Medicine. You need flexibility to handle those hectic days. So if you can't walk your usual 3 miles, plan to take the stairs several ties and walk for an extra 15 minutes at lunch.

Finding the right approach takes time and patience. As you explore your options, think about Jane and Dennis, and dare to be different.

Three Keys to Finding Your Comfort Zone for Active Living

Setting. Choose an environment in which you'll at home.

Sociability. Do you want to go solo, with a group, or have the support of just a partner or two?

Dress. Choose activities that let you wear the clothing that you are comfortable in, whether that means clingy or baggy clothes.

How Sun Sensitive Are You?

This summer, the ozone layer above Canada is predicted to be even thinner than usual. This means more ultraviolet radiation will reach the earth's surface. So being careful when outdoors is going to be even more important. The sun causes skin cancer and premature aging of the skin. Skin cancer is the most common type of cancer. Spending time outdoors puts us all at risk, but some of us may have an even higher risk.

Here's a quiz to score your risk of getting burned. Check each statement that applies to you.

I have red or blond hair.

- · I have light-coloured eyes (blue, green or gray).
- · I usually burn before I tan.
- · I freckle easily.
- · I have many moles.
- · I had two or more blistering sunburns before I turned 18.
- · I lived or had long vacations in a tropical climate as a child.

There is a family history of skin cancer.

I work outdoors.

I spend a lot time in outdoor activities.

· I work outdoors but am in the sun as much as possible. Luse tanning booths, devices or sunlamps.

Score 10 points for each check mark: 80+ (High-risk); 40 - 70 (Increased risk); 10 - 30 (Still at risk).

How did you do?



Here are some tips to protect yourself and family this summer:

Limit time outdoors between 10 a.m. and 3 p.m. when the sun's rays are most intense.

Wear a hat, long sleeves and long pants when possible. Apply sunscreen with at least SPF 15, 30 minutes before going outdoors.

Use a waterproof variety if swimming.

Reapply sunscreen frequently and generously. Watch for sales and buy it in large quantities so you have some on hand. Put a bottle in several places in you house, in your car and at the cottage or by the pool so they are always available.

Put sunscreen on your children before they go off to school or any other event and send a bottle with them.

Protect you lips with zinc oxide or a special lip sunscreen.

Protect your eyes with sunglasses that have lenses that provide UV protection.

Be sure you and your children always have a hat, sunscreen and sunglasses with you.

For more information, call the Canadian Cancer Society.

FAMILY SERVICES & RED CEDARS SHELTER

Myths

Many myths surround the abused women; not only in the public form but to abused women as well. These misconceptions show that there is a lack of awareness and understanding of the plight of the abused women. Some of these myths are listed below.

- Women deserve to be beaten
- These women enjoy being beaten
- · A woman can leave the situation if she wants to.
- · Battering is the result of a faulty marital relationship.
- · Abuse does not happen in a loving relationship.
- · Wife abuse is a lower class crime.
- · The women asked for it
- The children do not know what is going on.
- · Abuse is only the women's problem.

These are only a few of the myths, unfortunately the list goes on.

Facts on Wife Assault

Wife Assault is a Crime.

- Wife abuse cuts across ALL social, economic and religious lines.
- The abuser is solely responsible for his own violence and abuse. No matter how much stress there is in a relationship, the abuser is not provoked to use violence.
- Once the abuser uses violence to cope with stress, he will rarely stop using violence spontaneously.
- Most of these men view wives as their property; an extension of themselves that they can treat as they wish.
- The children DO know about abuse. Over time they begin to think it is normal behaviour. The children may become the abuser/abused.
- Some believe that the women provokes, torments and nags to the point that the man loses control. This blames the victim, not the abuser. The offender MUST TAKE responsibility for his actions.
- Most women feel guilty and ashamed, isolated and alone with this problem and will thus be unlikely to seek outside help.

NO ONE ASKS TO BE BEATEN! NO ONE DESERVES TO BE BEATEN!



Fostering: If Not You, Then Whom??

Mohawk Family and Children's Services 967-0122

The Characters and events portrayed in this story are completely fictional. Any resemblance to actual events and people is purely coincidental.

This Story is a Continuation from Newsletter 6/97 (Red Cedars)

Automatically softened and said "I love you Sally, I know I said "like" before but what I really meant was love and not only that, I love Josh too." Sally was incredulous, while Rick hurried up and said "I know you said you didn't want to rush into a relationship but what are we waiting for? For Josh to go grow up longer without a male figure in his life?" The last statement pulled at Sally's heart, Josh was still so little and she knew in her heart that they got along so well. A tinge of guilt raced through her heart, she only wanted what was best for Josh. Rick continued to look at her beseechingly and started to smother her face and neck with loving kisses. "I won't let you say no" murmured Rick as he continued with his kisses and soft caresses. Sally got caught up in the moment and was happy no one was around at the time to see his display of affection. He continued to whisper in her ear, "if you won't marry me, will you at least live with me, that way, it'll be like a trial marriage. It will get little Josh used to the idea, but I know for sure he'll be excited, say you'll be my family, say you love me too." Sally's heart melted as she looked up at this tall, dark and handsome man pleading to love him, but her heart and mind was racing when she said...

continued next issue

Although this story is fictitious, if you or someone you know is experiencing abuse *PLEASE CALL* our Counsellors at Red Cedars at 1-800-672-9515 or locally 967-8212

Announcement

Men of Tyendinaga Territory

On July 28-31/97 the <u>first</u> ever Native Men's Wellness Conference for Ontario will be held in Toronto at the International Plaza Hotel on Dixon Road.

You could win an all expenses paid trip to this conference! The Tyendinaga Substance Abuse Program and Mohawk Family Services are sponsoring 2 men from this community to attend the conference. Package will include conference registration, 3 nights accommodation as well as food and travel allowance. Approximate value is \$700.00

To enter all you have to do is write and tell us why you would like to attend this conference in 75 words or more. Please include your full name, address and telephone number. You can mail your entry to Mohawk Family Services Box 132 Shannonville Ont. KOK 3A0: Fax 967-8990 or drop it off at the office. Please address them to the attention of Blaine Loft. Contest will close on July 16, 1997. Winners will be contacted by phone. You must be 18 years or older to enter.

Please contact Blaine Loft or Donna Loft at Mohawk Family Services 967-0122 for further details or information.

PAGE 9

COMMUNITY INTEREST



It's

a Girl!

Congratulations Linda & Ben on the birth of their baby girl.

"Sky,"
Ellen, Margaret, Loft-Campbell
Born: April 27 at 6:33 a.m.
Weight: 9 lbs. 11 3/4 oz.
Length: 21 1/4 "

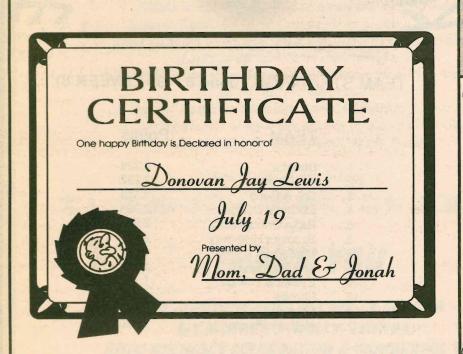
Proud Grandparent: Barb Campbell & Clifford McEwen Ken & Cindy Loft of Tyendinaga

Special thanks to Mom & Ben my coaches during the delivery

Brandy & Obby Hill are pleased to announce the safe arrival of their Second Son

Noah Ronald Dustin Hill New brother to Dakota





Happy Birthday!

Christopher Montgomery
Maracle
"8 Years Old"
June 22

Love Mom, Dad, Hunter Turquoise

Happy Birthday!

Aunt Rita July 10



Love Dean, Lynda Nathan & Mindy

Happy Birthday!

Gramma Thomas July 10



Love, Nathan & Mindy

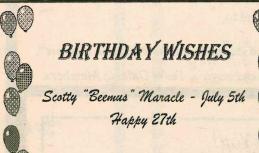
Happy Birthday!

Ang! July 26th



From Lynda

Deadline date for Newsletter July 24/97 at noon 396--3424



Dylan Hill - July 10th Happy 14th

Raven Hill - July 13th Happy 7th

Congratulations

Sanah Brown
on your recent
awand
I'm very proud of You!
Love Mom



CONGRATULATIONS!!!

Vanessa & Jennifer Maracle
on winning the Talent Contest
at Canada's Wonderland on
Sat., June 21 - Native Solidarity Day

Uncle Colin, Aunt Brenda & Boys

Congratulations!!!

Vanessa & Jennifer
Love
Dad & Mom
& Kristin

Many thanks to
KWE
&
Linda Maracle

Happy
Birthday
to All
Celebrating!





Do you have someone having a Birthday? The ads are free! Give us a call: 396-3424





COMMUNITY INTEREST

KWE KWE TYENDINAGA!!!

It's been a long hard winter and a very exciting spring for the gang at KWE Radio. A grant has been approved for Tyendinaga's radio station to upgrade it's technical equipment (ie. tower and antennae) so that a much better broadcast single can be received by you the listener! Hopefully by the time you read this, our new 96' tower and four-bay antennae will be up and running! This means our reception will be much better and farther reaching. KWE 105.9 FM should be able to be heard clearly anywhere between West end Belleville, Napanee and Picton. Which now means there's no excuse why you can't support your community radio station by tuning in! In celebration of our new found power, KWE Radio will be broadcasting seven days a week beginning June 30th, on an a average of 15 hours a day! During the week, we will play mainly country, with some light rock (ie. Bruce Springsteen) and contemporary native music mixed in as well. Also there will be contests and prize give-aways, including a weekly 18 holes of golf at the Briar Fox Golf & Country Club in Marysville! So be sure and tune in at home, work, or in the car!

As usual we would like to thank our Winter and Spring advertisers, that helped us pay the bills every month, and they include McMurter Home Centre, Turtle Island Craft and Party Supply, Eagle Hill Custom Clubs, Tyendinaga Computer Sales and Service, T M T Sports, T.A.S. Communications and Bayshore Flowers and Gifts.

If you would like to try advertising on KWE Radio, you can call the station at 967-0463. We can do anything those other stations can, for a fraction of the cost.

Oh yeah, don't be afraid to call in with your requests, dedications, birthdays, and any other announcements you would like to have aired! We like that sort of thing!

One last thing, an easy way for you to show your support is by honking your horn whenever you pass the station! We love that! -Nia:wen

KWE 105.9 FM SCHEDULE

FRIDAY	SATURDAY	SUNDAY
VERY AFFORDABLE RADIO ADVERTISING RATES!!!!!	"ON-KWE CON" WITH ANATARAS BRANT (NATIVE) 8:00 AM - 11:00 AM	"THE WAKE-UP CALL" WITH MIKE HILL JR. (MIXED) 9:00 AM - 12:00 PM
CHECK OUT OUR WEBSITE AT www.suckercreek.on.ca /kweradio/	"KWE COUNTRY" WITH KEVIN BRANT (COUNTRY) 11:00 AM - 3:00 PM	"THE 2 HR NOON HOUR WITH JASON BRANT (ROCK AND STUFF) 12:00 PM - 2:00 PM
LISTEN FOR THE NATIONAL NATIVE NEWS & THE MOHAWK WORD OF THE DAY, AS WELL AS THE POW WOW TRAIL FOR 1997!!!	"DESTINATION - 6" WITH MIKE HILL JR. (RADIO FAVOURITES) 3:00 PM - 6:00 PM	"THE S FILES" WITH SEAN STORY (REQUESTS?) 2:00 PM - 4:00 PM
"BACKROAD BLUES" WITH ANNETTE & STEVE (BLUES) 7:00 PM - 10:00 PM	THIS TIME SLOT COULD YOURS FOR THE LOW, LOW PRICE OF NOTHING!!!!!	"GOSPEL MUSIC 120" WITH BILL MARACLE (CONTEMPORARY GOSPEL) 4:00 PM - 6:00 PM
"SWING-TIME" PRE-RECORDED (BIG BAND) 10:00 PM - 2:00 AM	"THE LAST CALL" PRE-RECORDED (DANCE & ALTERNATIVE) 11:00'ish PM - 3:00'ish AM	"MIDDLE OF THE ROAL WITH MIKE HILL SR. (YOU NAME IT!) 6:00 PM - 9:00 PM
BECOME A VOLUNTEER!! IT'S FUN!!!! IT'S FREE!!!!!!!! IT'S KWE!!!!!!!!!!	FOR REQUESTS OR ANNOUNCEMENTS, CALL 967-0463. LEAVE A MESSAGE IF YOU MUST!	"INTO THE NIGHT" PRE-RECORDED (CLASSICAL) 9:00 PM - 1:00 AM
TOTAL HOURS:7	TOTAL HOURS:19'ish	TOTAL HOURS:16



NIA:WEN!!!!

to

Tom Green

Garnet Brant

and the

Mohawk Fireman

for Supporting our Car Wash/Barbecue

that was held Saturday, June 21st at the Community Center

and to,

those "Community members who stopped and showed their support". Tyendinaga's, Team Ontario Member.

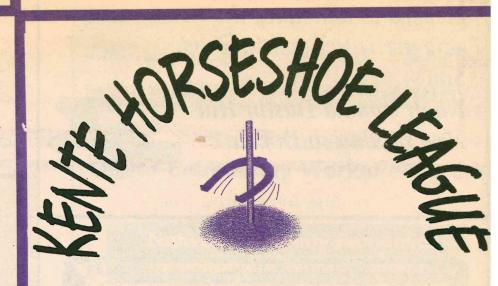
Thank You!

I wish to Thank all of the friends who sent flowers, cards and donations to the Heart & Stroke Foundation in memory of my husband the Late Franklin S. Green. Thank you to the two ministers Rev. Ken Baker and Pastor David Bowbeer who officiated at the funeral.

Thank you to the Native Women's Association who catered the lunch.

Thank You to all of those people who visited the hospital, funeral home and attended the funeral. It was very comforting in my time of sorrow. Thank You.

Avalena Green



TEAM STANDINGS - June 5, 1997 (WEEK 8)

	TEAM	Points
1.	DewMar	2,329
2.	K.C. Builders	2,232
2.	G & A Gang	2,180
4.	CD Brant Design	2,098
5.	Eagle Orthopaedics	2,097
6.	Snooky's Hideaway	2,077
7.	McMurters	1,927
8.	B&J Pole Line	1,877
9.	Everett & Friends	1,731
10.	Bitches	1,672
11.	Hector's Gang	1,659
12.	Mohawk Firemen	1,530

Winner of June 12, 1997 - 50/50 Building Fund Draw: \$548.00 Moe Maracle

Next draw July 17, 1997 - tickets can be purchased from any Kente Horseshoe League player.

COMMUNITY INTEREST

The Chief, My Grandfather

On a warm winter breeze
Carrying the sound of the seven seas
The whispering voices of the Great Chiefs of
before

Speak to me about the ritual of life on our mother earth

To obey the laws of nature
To care for the land that sustains life
To reap the land of its bountiful possessions only
when needed

To protect the land and all its creatures threatened by the evils of darkness
To stand tall and proud in the shadow of death They speak of the Great Creator
Its divine power to create all that lives
To make man
Born as equals
To come into this world with nothing
Some to live with nothing
To die with nothing

My grandfather was not one of them He has the blood of a Mohawk Amongst the Turtle Clan in birth

You could not only tell in his face But in his heart

He may not of had money

Materialistic things he did not collect His greates assets were his family, honour, stability and his love

He loved all that grew from or crawled across mother earth

He cared for those who did not know enough to care for themselves

He had respect for what was and will always be He worked the land no matter how hard and grueling

Spilling his blood, sweat and tears into the ripened soil

To provide for his tribe From him his tribe evolved

To grow, love and give him grandchildren Ensuring his ancestry

Ensuring his ancestry

To keep his name alive long after him

My grandfather was a man of few words
Only spoke what was needed to be said
What he did not speak could be told
Through the deep intriguing glare of his eyes
Serving their place as the window to the soul
They were strong enough to punish when you

done wrong

Gentle enough to entice warmth

In all my twenty years of living

Only once did I see his eyes swell with

Only once did I see his eyes swell with tears Oh of such sadness

It was not because he was a weak man It was because he so strongly loved for the welfare of his tribe

Promised to alsway be there
To provide for and protect

But the Angels of Heaven beat their drums of reverie

Singing the song of everlasting life Grandfathers ancestors came to him Summoning him to take his journey home To meet the Great Creator

To take his rightful place in heaven among the other Great Chiefs

My grandfather took his last breath of this world a few days ago

Tomorrow we shall put him in the ground from where he came

We prepared him with gifts to make his long journey home

He will be greatly mourned
The thing is I will not miss him
For if I want to see him
I can look in the faces of his children

Or his grandchildren which behold my eyes We all share his blood

We all have his ancestors blood flowing passively through our veins

Whather it carries strenth and personages

Whether it carries strenth and perseverance Or depression and alcoholism So we are only as strong as our weakest link How can we forget those in the chain that

brought us life
To breath its magnificent air

To feel warmth and tenderness

As well its cold and hatred

To taste its fruits and flesh
To become one with the time

I know that when I walk among the creatures in the forests

Or I look up towards the vast sky of Heavens floor

I shall see my grandfather

Standing stout in his ancestral decorum With his lips slightly shifted to embark a grin His eyes glare like the majestic stare of a weathered eagle

Maybe I shall also hear him speak

Through the rolling thunder of a cumulus sky
To crickets fiddles strung at the first sign of dusk
Or the boistrous chirping of the birds at dawn
If a tear shall slither down my face

It will only be because someday it will be my turn to take my

rightful place in Heaven

To watch over my children and grandchildren alike

To smile down upon them precariously

As he is doing to us
I only hope to be as strongly loved as he is
Hi is a Great "Chief"
Even if to others he was not
I love my grandfather

Not a day will go by that I do not remember who he was and will always be... to me; my grandfather

In Loving Memory of my Chief, My Grandfather

Leonard Elgin Maracle 1914 - 1996 (A Nyen Ke Ha Ga On Gwe Hon We)

By Jason Maracle Young

Thank You!

Thanks to all who came to celebrate my 80th Birthday.

Special Thanks to Joan Lennox for organizing the party.

Special Thanks to my Son, Paul who came from California and thanks to all who came from out of town.

A Special Thanks to my sister Dorothy Brant for all her hard work & all she did for me at this time.

A Special Thanks to my sister Verna Alkenbrack for her help.

A Special Thanks to my sister Mickey for doing the cooking.

Special Thanks to my friend, Dolly Brant.

Love Dolly Maracle-Lennox



THANK YOU

TO EVERYONE WHO HELPED IN MAKING
MY MOTHER'S (DOLLY LENNOX)
80TH BIRTHDAY CELEBRATION A WONDERFUL TIME,
YOUR HELP AND ATTENDANCE WAS GREATLY APPRECIATED

NIA:WEN, JOAN LENNOX

Nia:wen

The Family of the late Ann Culbertson, my niece and I would like to thank my relatives and friends for flowers, donations of food and money.

Thanks to anyone we may have missed.

Special thanks to the Native Women's Association for their help and support.

Also I would like to thank Sharon & Pedro for opening their home to our family and friends.

A Special thanks to Jessies Aunts Ruby, Dee & Bev in her time of sorrow.

Nia:wen

Donnie & Jessica Culbertson

EDUCATION

SUMMER OPENINGS



available for children ages 4 - 8 years in the Mohawk Immersion Program

weekly fee - \$25.00

Parents interested in having their children paticipate in the program please call:

Tyendinaga Mohawk Learning Centre 968-2420 contact person: Steven Green



SMALL BUSINESS ENTREPRENEUR PROGRAM

Applications now being accepted for September 1997!

The Small Business Entrepreneur Program is an exciting new program being offered jointly by FNTI and St. Lawrence College of Applied Arts & Technology. The program provides training for current and "want-to-be" entrepreneurs. Learners will receive training that will assist them with the planning, startup, and operation of their own small businesses.

Increasingly, Aboriginal people in Canada are finding entrepreneurship to be a route to empowering themselves as individuals, families, and as communities. Small business development is a way to help achieve Aboriginal self-determination in a culturally appropriate manner.

This program is a 1-year Certificate program. There are 8 courses in total, and the program is being offered on a part-time or full-time basis.

For more information, or to register, contact:

Bruce Wright

FNTI Business Programs Coordinator

Phone: 396-2122

e-mail: brucew@fnti.tyendinaga.net

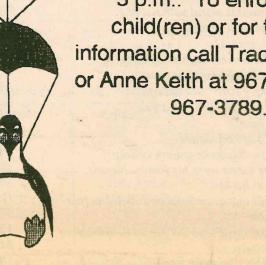
or register on-line at www.tyendinaga.net/smallbus.htm



"Open up a whole world of opportunities"

The Tyendinaga School Age
Program has spaces available
for September 1997! The
program is for children aged 5
to 10, for before and after
school care!! The cost for this
exciting program is just \$10
per week for 1 child and \$15 a
week for 2 children & \$10 for
P.D. days.

The program opens at 7 a.m. until school begins and from the end of the school day until 5 p.m.. To enrol your child(ren) or for further information call Tracey Gazley or Anne Keith at 967-4401 OR 967-3789.





Become Part of the Future of Canada's First Nations!

Sault College
Native Community Worker Program

New this fall:

Native Community Economic Development Worker option

2-year, 4-semester diploma program

Learn a variety of economic, human resource, financial, and managerial skills blended with Anishinaabe culture and language.

Graduates will have employment apportunities with private or public agencies that serve Native and non-Native people. Grads will also be prepared for private entrepreneurship.

Learn how to use community development as a means of creating healthy and economically viable communities. Benefit from a positive learning environment that features culturally relevant learning materials and staff.

Students may apply to complete their entire fourth semester via distance education!

When applying to OCAS, please note that our program code is 1026.

Register now for fall 1997!
Applications still being accepted!



For more information contact: Registrar's Office, Sault College 759-2554 or 1-800-461-2260



Financial Aid may be available to qualified applicants!

EDUCATION & UPCOMING EVENTS

COMPUTER COURSES JULY & AUGUST 97

	JULY	AUGUST
Windows 3.11	14	1
Windows 95	7-8	11 - 12
WordPerfect 6.1 - Level I *	1-2	5-6
Lotus 1-2-3 - Level I	2-3	13 - 14
Word - Level I *	8-9	12 - 13
Excel - Level I *	9-10	5-6
Access - Level I *	15 - 16	4-5
CorelDraw - Level I	23 - 24	18 - 19
HTML 3.x (webpage design)	3-4	7-8
Simply Accounting	10 - 11	7-8
	1	11

*Level II offered, Call for course dates



FIRST NATIONS TECHNICAL INSTITUTE

use of an individual work station

course reference manual certificate upon completion

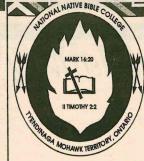
complimentary hot lunch

FREE customer support

York Rd, Tyendinaga Territory, ON KOK 1X0 www.tyendinaga.net

To Register or for More Information, Contact our Office

(613) 396-2122 or 1-800-267-0637



Bible College

For Native & Non-Natives **Interested in Ministry to Native Canadians**

- ◆ Celebrating 19 Years ◆ Interdenominational
 - ◆ Inter-Provincial ◆ International
 - ◆ Receive New Direction!
 - ◆ Gain New Stability!
 - Minister Effectively to Natives!

MEMBER OF:

Evangelical Training Association Association of Canadian Bible Colleges The Evangelical Fellowship of Canada

Courses Offered at N.N.B.C. Include . . . **Pastoral Counselling & Biblical Courses** Leading to Diploma and Degree Programs

Write or call now for Free catalogue. Dormitories and Apartments Available.



National Native Bible College

Box 478, Deseronto, ON K0K 1X0 / 613-396-2311

The Program

STARFIRE International Hockey Academy is a group of task oriented individuals dedicated to achieving results. Our instructional methods are for todays hockey players of all ages, male or female and all positions. Goaltenders are welcome. STARFIRE focuses on the fundamentals every player requires in order to help achieve their objectives and goals. We look forward to helping each and every player strive for their best and achieve "victory on and off the ice.



Camps

Rep / Travel players Pre-conditioning camp \$ 149.00 (jersey included)

Tyke to Major Atom - 7.5 hours

August 15 - 17 5:00p.m. - 6:30p.m. August 18 - 20 5:00p.m. - 6:00p.m.

PeeWee to Midget - 7.5 hours

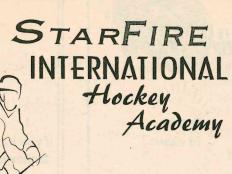
August 15 - 17 6:30p.m. - 8:00p.m. August 18 - 20 6:00p.m. - 7:00p.m.

Hockey Skills

\$ 179.00 (jersey included) All ages male or female - on ice 8 hours

August 20 - 23 9:00a.m. - 1:00p.m.

Starfire is proud to sponsor an underprivileged player from each of the Belleville, Trenton and Belleville Girls Minor Hockey Associations. Starfire will pay for these players 1997/98 registration fees for the upcoming hockey season.





25 Hutton Dr. Belleville ON CANADA K8P 1E9

Phone 1 (613) 966 5032 1 (613) 962 7224

Fax 1 (613) 968 9534 http://www.quinte.net/starfire

John Williams - General Manager

Sandy Cairns - Director / Instructor - NCCP Advanced Level IV Former coach of Albert College Panthers Tier II I.S.A.A. Hockey Club

Dr. Christopher Bardwell - Head Trainer / Instructor Quinte Chiropractic & Sports Injury Clinic

Mark Cairns - Goalie Instructor (currently playing for the O.H.L. Oshawa Generals)

John Cairns - Administration / Liaison & Media

Guest Instructors will be announced

Application

Male ☐ Female ☐ Age/ Grade at time of camp Level of Play House League □ Rep B □ Rep A □ Other_ Jersey Size (boys/girls) Sm Med Lg XL (womens/mens) Sm Med Lg XL XXL Name(s) of Parents/Guardian Province _____ Postal Code _____ Country (if applicable)_ Name of Coach ____ 30% non-refundable registration fee must accompany this application 20% discount on family applications

Please make cheques payable to "STARFIRE"

UPCOMING EVENTS



Tyendinaga Territory
10 PIN
BOWLING
TOURNAMENT

When? Aug. 16/97

Where? Loyalist Lanes, Napanee

Time? Saturday, 2 p.m.- 5 p.m.

Cost? \$15.00 per player

Needing 60 Bowlers!

FOR MORE INFORMATION CONTACT:

Lester Brant:

396-3340

Harold Maracle:

966-4116

Caroline Brant: Norma Maracle: 396-2536 396-3800

Nora Brant:

396-5047

Proceeds to the Tyendinaga Food Bank





KANYENGEH FESTIVAL DAYS

Aug. 2 & 3
1 p.m. to 5 p.m. Each Day
Mohawk Recreation Park

* Games *

* Dancing *

* Fiddleing *

* Contest *

* Food *

Family Fun for Everyone!

Free Admission



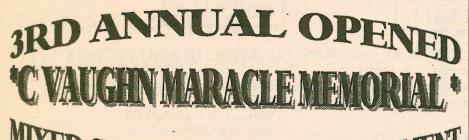
EVERYONE IS INVITED!

to attend the next meeting of the Mohawk Agricultural Society to be held on Monday, July 14th/97 at 8:00 p.m. at the Firehall

If you have a couple of spare hours and would like to help make this year's Mohawk Fair a success, please come out and join us! Any help is greatly appreciated!



at the Queen Anne Parish Centre Wednesdays 7:00 p.m.



MIXED SLOWPITCH TOURNAMENT



AUGUST 15, 16 AND 17TH, 1997 At the Mohawk Softball Complex

> Registration Deadline July 30th/97 **Entry fee \$ 250.00**

Tyendinaga Mohawk Territory

A Division 1st - \$1000.00 2nd - \$ 750.00

B Division 1st - \$ 500.00 2nd - \$ 350.00

C Division 1st - \$ 300.00 2nd - \$ 250.00

Prize monies based on 16 teams

For Additional Information Call Andrew Alkenbrack at (613) 396-3424 **Proceeds to Sports Complex**



INTRODUCES

A VERY SHOCKING EVENT:



♦FRI. NIGHT - KILLER CONCERT I CRAIG DOUGLAS BAND KICKEN WORD' - with BRIAN WARREN

*BEACH MINISTRY -SUN & FUN AT "THE SANDBANKS" Saturday Afternoon

SAT. NIGHT - KILLER CONCERT II with "BROKEN WALLS"

*SUN. THRU SAT. MORNING - IT JUST GETS BETTER! - AWESOME PRAISE & WORSHIP - DYNAMIC WORDS TO LIVE FOR

AUG. 1 - 10 BE PREPARED TO BE JOLTED INTO YOUR DESTINY !!!

WHERE? SPIRIT ALIVE CAMPGROUNDS ON THE TYENDINAGA TERRITORY (Deseronto, Hwy #49)

FOR INFORMATION: 613-396-1435

WARNING: THIS EVENT IS NOT FOR THE FAINT OF HEART!



HONOURING OUR YOUTH & ELDERS AUGUST 9 & 10, 1997

TSITKERHEDODON PARK ADMIST THE TREES

Peacemaker Territory Hwy. #401, Marysville Ext. #49 & #2

CALLING ALL DANCERS: Small Travel Honorarium
CALLING ALE DRUMS: Honorarium
HOST DRUM: Nani Gish-Kung
GUEST HOST DRUM: First Nation Drum
SIX.NATIONS CONFEDERACY DRUMS:
Akwesashe / Ecthoeing Thunder
Tyendingig Water Drum
HONOUR STAFF: Arthur Loft
MASTERS OF CEREMONY: Alon Brant
Don Waboose
LEAD DANCERS: Tanya Leary
DRUM & DANCERS:
DRUM & DANCERS

LEAD DANCERS: Tanya Leary Les Harper

DRUM & DANCERS
REGISTRATION: Sat. 10 ar

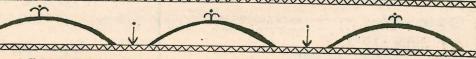
Les Harper

OBACCO CEREMONIES: Sat. & Sun. 7:00 am

ADMISSION

Adults - \$5/day Seniors | Free Children under 12 Free

Native North American Traders Only Traders Band Cards Required - Strictly Enforced



CAMPING AVAILABLE AT POW WOW GROUNDS
Regular Admission to be paid by Campers - Limited Electrical Hook-up
Washroom Facilities/No Showers for more information contact:

Sharon John (613) 396-5573

Brad Boomhour Ruby Maracle (613) 396-5364

Robert (Brant) Lambert (613) 396-5862

NO ALCOHOL OR DRUGS Bring Your Own Chair

EVERYONE WELCOME

The Tyendinaga Pow Wow Committee is not responsible for personal loss or injury

SPECIAL PRESENTATION:

Native Elder, Andrew C. Maracle Sr. DD will honour Godly Seniors whose lives have exemplified Christ in word & deed.

A Family Camp Experience UNDER THE BIG-TOP!

MUSIC:

- Sonshine City
- North Wind
- Broken Walls Debra Klassen
- **MAIN SPEAKERS:** Andrew C. Maracle Sr., DD
- Paul Ripley
- Ross Maracle
- Billy Smith
- Brian Warren

BIBLE TEACHING:

- . How to Deal With Conflicts
- Days of Whirlwind (Prophecy)
- How to Flow In The Supernatural
- Roma Fisher
- · Sovernity The Enemy & You Dale Lloyd
- · Consequences of Abuse Audrey McRonald Plus 12 Other Subjects!

A Family Vacation With Inspiration!

Something For Everyone - All Welcome!

YOUTH - LIFE CHANGING SERVICES CHILDREN'S HAPPY TIME SERVICES

Plus Beach & Horseback Riding Sporting Activities & Tournaments

MUSIC! MUSIC!

Motels

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Games & Outdoor Activities

Prizes & Surprises

NUSERY ATTENDANTS DURING ALL SERVICES

At: Spirit Alive National Offices, Deseronto, Ont.



Nearby Sponsored By: Spirit Alive TV Ministries (613) 396-1433

CLASSISFIEDS

TRUCK FOR SALE

1995 FL 150 XL 4X4

- c/w tilt, air,
- A.M. F.M cassette
- Boxliner, Chrome wheels
- Dual tanks
- Two tone blue paint with pinstriping
- Vehicle has been well maintained
- Asking \$20,000.00 or BEST OFFER

Please Call: 968-7313 after 6:00 p.m.

FOR SALE

KUBOTA

- Bush hog and grade
- Price \$13,500.00

Can be seen by appointment Only! Phone: 396-2083 or 396-2151

and a

SEARS REFRIGERATOR

- White
- Good Working Condition
- Asking \$100.00

LOT FOR SALE

300 ' X 300' LOT - on # 2 highway across from Bayview Store PHONE: 1-716-694-6158 Larry Maracle

Mill Side Ceramic & Crafts

Come See my new Ceramic Pieces! Pots for planting, Decorative Vases, Plus excellent pieces for wedding gifts including the Native Wedding Vase. And if your not the crafty type but like to give unique gifts, Come order it now and I will finish your gift for you in time for your occasion. Hope to see you soon! Marlene Murphy Milltown Side Rd. (halfway down on the east Side)

> Shop Hours: Monday - Closed Tuesdays - 9 - 9 Wednesday - 9 - 9 Thursday - 9 - 9 Friday - 9 - 9 Saturday - 9 - 9 Sunday - 9 - 9

TRUCK FOR SALE

1988 FORD RANGER TRUCK XLT (extended)

- Cruise Control, Automatic, Tilt Steering
- Dual Lumbar Seats, Air Cond.,
- Well Maintained, Asking \$4000.00

For More Information Call: 966-4116

BABYSITTER AVAILABLE

- Willing to Babysit in your home or mine.
- 16 year old (certified in First Aid & Babysitting Course)
- 1 Love Children of all Ages!

Please Call: Donna at 396-2889

Diane's Bargain Basement Located at the Sunrise Shell in Deseronto Open: Sat. & Sun. 10:00 A.M. - 2:00 P.M. 396-2018

Opening Specials:

- More Surprise Bags, Nick Nacks, Clothes - Lots of Material, Jewelry, Bedding and New Low Prices!

FOR SALE

12' SATELITE DISH

- 1 Yr. Old
- Paid \$2,700.00
- Will sell for \$2,200.00 with \$150.00 worth of channels (for 3 months)

CALL: 396-5919 after 5 p.m.

FOR SALE

SAMSUNG AIR CONDITIONER

- 3 months Used (New)
- 7500 BTU, 3 speed
- Paid \$900.00
- Asking \$500.00 or Best Offer

CALL: 396-5139 Anytime

LOT FOR SALE

WATERFRONT

- Located on Queen St. in Shannonville

Please Call: 962-5470 Glenn Hill

* FOUND *

Set of keys in the Shannonville Area 6 Keys on a silver ring found on hwy 2 between Sam Maracles & Red Cedars

If yours call: 967-2003

FOR SALE

WATERFRONT PROPERTY GORDON'S POINT

- 2 Bedroom Home
- New Addition
- New furnace
- 2 Car Garage
- Many Extras

354-3375: Hubert Hogle

FOR SALE

MOBILE HOME

- 2 bedroom
- Lot size 150 X 150
- Additional Room 20 X 16
- Heat pump for back up heating and air conditioning
- Natural Gas furnace
- Good wel and septic system
- located at the corner of Belles Rd. & Hwy. #2

PLEASE CALL: 905-839-3296 Dennis or 905-686-5818

Newsletter Deadline JULY 24 at Noon 396-3424

FOR SALE

Parcel of Land (65 acres) 2 lots on Milltown Side Rd Approx. 2 acres each Call: 337-5735 Tom Maracle

MILL TOWN MEATS

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

Make Your Own Soup! Lyed Corn, Beans Special Pork

Call: Glenn Hill 962-5470

Domestic Rabbit - Low in Colesterol

FOR HOUSE SALE





WATER FRONT 175 X 300

3 BEDROOMS (2 BATHROOMS) WITH DETACHED 2 CAR GARAGE AND SAUNA

HEAT PUMP - CENTRAL AIR AND HEAT

2 FIREPLACES & FAMILY ROOM CENTRAL VACUUM

BY APPOINTMENT ONLY \$165,000 (FIRM) 613-967-0969

Tyendinaga's Business



FIREQUELL

Group Box B-3, Bayview, Tyendinaga Mohawk Territory, Ontario K0K 3A0 Tel: (613) 969-0698 • Fax: (613) 969-0351

June 9, 1997

Shelley Brant Economic Development Officer Tyendinaga Mohawk Administration Office R.R.#1, York Rd. Deseronto, Ontario KOK 1XO

DESCRIPTION OF FIREQUELL COMPANY AND PRODUCT LINE

Firequell company was formed October 1, 1996 to market innovative products aimed at improving fire fighting, and hazard control technology. Firequell products will accomplish the fore mentioned without adverse environmental consequences.

Firequell is currently selling Fuel Buster F-500 concentrate. Fuel Buster F-500 is a liquid concentrate that when mixed proportionally with water will yield an agent with the following uses. An agent that can be used for fire suppression, hazardous material spill control, soil washing, bio-remediation enhancement, and confined space vapor mitigation.

Fuel Buster F-500 is also biodegradable, non-toxic, and noncorrosive. Moreover, Fuel Buster has lubricating qualities, and will not clog equipment.

Fuel Buster F-500 offers a new margin of safety to marinas, airports, service stations, or any user of petroleum products. Fuel Buster F-500 is also an excellent product for businesses storing new or used tires including used tire graveyards.

Firequell plans to increase the products that it will offer. in the future, providing they meet the criteria set forth in the introductory statement.

Firequell is located in the Toymar Coffee Service building on highway #2 west of Shannonville, Ontario.

President and C.E.O.

David Brant



BRANTEC ELECTRICAL INSTALLATIONS

BRANTEC - Locally owned and operated

ELECTRICAL - RESIDENTIAL - COMMERCIAL - INDUSTRIAL

INSTALLATIONS - To Ontario Hydro Code and Guaranteed

OWNER: WILL BRANT JEFF: 396-2536

BOX 86

KOK 1X0

DESERONTO PHONE: 396-2536 PAGER: 969-4822

Great products for great water

Taste & Odor Filters - Drinking Water Systems Water Softeners - Iron & Sulphur Removers Ultra-violet Lights To Remove Bacteria

NO OBLIGATION WATER ANALYSIS

BELLEVILLE

200 Adam St.,

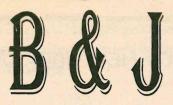
K8N 5E9

Belleville, Ontario (613)968-6735 1-800-668-2555 KINGSTON

614 Norris Court, Unit 4 Kingston, Ontario (613)384-5757

K7P 2R9

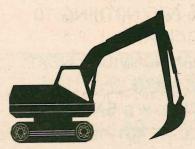
1-800-668-7807



- * POLE LINE CONSTRUCTION
- * BASEMENTS, DRIVEWAYS
- * HAULAGE
- * SEPTIC SYSTEMS (M.O.E. LICENCED)
- * WATER WELLS (M.O.E. LICENCED)
- * EXCAVATIONS (LARGE OR SMALL)
- * FULL WCB & LIABILITY COVERAGE
- * FULL TIME PHONE & RADIO CONTACT * * REASONABLE RATES *

* FREE ESTIMATES *

969-7430 FAX: 969-7405





20 Years of Reliable Service

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BRANT'S BAKE SHOP Now Open Daily



Fresh Homemade

Bread, Buns, Pies, Cookies, Tarts, Donuts, Birthday Cakes Too! Made Daily

PHONE: 396-2832

OPEN:

10:00 A.M. TO 6:00 P.M. Closed Mondays!

Brant's Bakery located on the Slash Road next door to Norman Brants or West of 49 Hwy.

Tyendinaga Mohawk Territory

Just Drop In!

Deadline date for Newsletter July 24/97 at noon 396-3424

NEED NEW WORK DUDS?

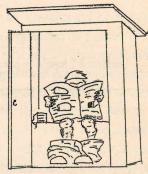


COME TO THE WORK GEAR COMPANY WE'LL HELP MAKE YOUR JOB A LOT MORE COMFORTABLE. WORK GEAR INCLUDES: WORK BOOTS BY GORILLA AND TERRA CLOTHES BY JB GOODHUE & JP HAMMILL EVEN CAMOFLAUGE SWEATSHIRTS AND JOGGING PANTS FOR THE OUTDOORS PERSON. OUR PRICES ARE NOTHING TO SHAKE A STICK AT. WE'RE LOCATED IN SHANNONVILLE NEXT

TO THE VILLAGE VARIETY. MON-THURS 10-6, FRI 10-8 & SAT 10-4 OR GIVE US A CALL AT 967-7881.

Dew Mar Toilet Rentals Inc.

R. R. #1, Slash Road Deseronto, ON K0K 1X0 613 396-1449 or Cellular # 848-3175



If I had only called Dew Mar. I wouldn't be in this position."

Dew Mar Toilet Rentals Inc. is happy to announce that effective January 1, 1997 the company was purchased from O'Neil's Toilet Rental by Dewayne Maracle (Dew Mar) who is now the proud new owner.

Dew Mar caters to "special events" because of your "special needs" and offers a discount when renting more than one unit.

If you need your septic tank pumped out or need to rent an outdoor "Johnny on the Spot" please feel free to give Dew Mar a call and Dew Mar can be on the spot and available 24 hours a day.

Remember now that's Dew Mar Toilet Rentals Inc. at 613 396-1449 or cellular # 848-3175 to fill your needs or to empty your needs, whatever the case may be!

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Friendly Expert Service

• New Homes • Additions • Renovations • Cement Work
 Drive Ways
 Trucking & Backhoe

> Lorne Loft 968-2180

Russell Loft 962-9348

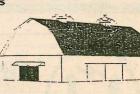


RED BARGAIN BARN 966 - 6306

OPEN: 10:00 - 5:00 Daily 7 days a week

Stoves, Fridges, all kinds of appliances Used Items, New Tools

MILL TOWN SIDE RD. I mile on Hwy # 2





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

475 William St. Napanee, Ontario K7R 1A5

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

Licenced by: London Life Insurance Company

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

BUT WE ALSO DO: Farm Equipment, Tractors, Trailers, Dump Trucks, Barn Roofs Houses and silo's.

To Make a Long Story Short we can Sandblast and Paint anything from Ships to Horse Shoes. So give us a call for your Free Estimate Today!

PHONE

396-6639

We now have a 5000 sq. ft building for in house Service!



DOREEN BRO'S



* Safety Checks

- * Tune Ups
- * New Tires
- * Electronic Wheel Balance
- * Brake Rotor & Drum Machining
- * Welding



- * Fuel Injection
- * Computer Diagnostics
- * Exaust Systems
- * Steering & Suspension
- * V.A.P./NAPA

"Friendly Country Shop"

Licensed Mechanic Reasonable Rates 396-6536

Appointments Only

Doreen Bros. Garage Slash Rd. East Tyendinaga Territory

BERNHARDT BUILDING SERVICES

20 YRS EXPERIENCE

RENOVATIONS **CUSTOM WOODWORKING**

- Masonary
- Framing & Siding
- Drywall
- Trim
- Stairs
- Ceramic Tile

Furniture Repair Also Available Call Mark 396-6005

You could Advertise in this Space Call for Details! Deadline date for the Newsletter July 24/97 at noon





JIM PORTER

Plumbing & Water Treatment Service

SALES * **SERVICE * INSTALLATIONS**

- · Plumbing Repairs & Renovations
- Full Line of Submercible & Jet Pump Systems
- · Full Line of Water Treatment

Softeners, Filters & Purification

354-6080

NAPANEE



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All Occasions

Creative Floral Designs

Fresh . Silk . Dried

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(613) 396-3260 Bayshore Road, Deseronto

Fax: 396-3665

WILL'S JET MOBILE WASH

R. R. #1 DESERONTO, ONTARIO

WE WASH:

Vinyl, Aluminum, Windows, Trucks, and Other Large Vehicles



WE ALSO:

Do Caulking and Spray Soffits for Insects.



CLARA MARACLE 396-5743

HUDGERUM CLEANIAG

396 3669

ORVAL.A. BRANT

ONCRETE FOOTINGS, FLOORS, SIDEWALKS, PATIOS WATERPROOFING, BLOCKS & BRICKS



COMPARE OUR PRICE RIGHT HERE ON THE RESERVE

19 YEARS EXPERIENCE

396-5434 and Pager 969-3270

BUILD-ALL CONTRACTORS

HWY #2 952-1315

FOR REASONABLE RATES & FREE ESTIMATES ON:

- DESIGN/ BUILD COMMERCIAL OR RESIDENTIAL
- RENOVATIONS
- LICENCED SEPTIC INSTALLER
- R2000 BUILDER
- SCREENED TOPSOIL
- DRIVEWAYS
- WELL CONTRACTORS (LICENCED)
- AAB WALL SYSTEMS
- CONTAMINATED SOIL REMOVAL * REMOVE TOPSOIL *
- EXCAVATION
- HAULAGE

CALL TOM MARACLE AT 969-1315



HILL'S REFUSE PICK UP 396-2044

GARBAGE PICK UP NOTICE

As of July 1, 1997 all Residential garbage rates will be raised to \$8.00 per month.

Anyone who has made an advance payment before July 1, 1997 can still pay at the rate of \$7.00 per month, maximum 12 months.

All Commercial and Businesses will be rated and assessed as to quantity and type of refuse.

Regulations

- 1. All garbage at curb by 9:00 a.m. Saturday's. Subject to medical condition of customer and weather conditions.
- 2. Boxes to be broken down.
- 4. Fish or other wet/heavy material to be double bagged or bagged and boxed -
- 5. All monthly accounts should be paid within the month to pick up crew or a series of cheques (this will help keep rates down).
- 6. Pick up shall be for Reserve Residents Only.
- 7. We shall reserve the right to refuse pick up for non payment or other.

Recycling Rates

Recycling rates are still \$6.00 per month for Residential.

Pick up is on Wednesdays at curb by 9:00 a.m.

- 1. Boxes broken down
- 2. Other to be sorted

FOR MORE INFORMATION, PLEASE CALL ELEANOR HILL AT 396-2044