July 3/18.

# TYENDINAGA NEWSLETTER ISSUE 7/98







# Congratulations Graduates of 1998

TYENDINAGA MOHAWK COUNCIL

invites all interested members to a GENERAL MEETING at QUINTE MOHAWK SCHOOL on SUNDAY, JULY 5, 1998 at

2:00 p.m. to discuss your concerns, including:

- Implementation of Ontario Works, Social Reform, National Child Benefit
- Firearms Regulations
- Bill C-36
- Charitable Casino
- Casino Rama Revenue Sharing
- Corporations
- Dies Purchase
- Fishing Mediation

EVERYONE WELCOME!

# In this Issue:

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Due to Holidays the Newsletter Deadline date is Monday July 20 /98 12:00 noon 396-3424

We're on the Internet www.tyendinaga.net (What's happening)



# **EUCHRE NIGHT!**

Do you have the time and like to play Euchre and have fun? Euchre Every 2nd Tuesday Evening at 7:30! Hwy # 2, Seniors 59'ers Club (White School House) We have business meetings once a month! If you are interested please call 396-6522 OR 967-4708 For more information

# **ADMINISTRATION NOTICES**

#### REPORT FROM COUNCIL from Wm. J. Brant

Enclosed with this report is a copy of the budget highlights for the Mohawks of the Bay of Quinte Band for 1998-99.

I would like to take this opportunity to congratulate all of the 1998 graduates from our community as well as to complement the parents and others who have encouraged and helped those graduates to achieve their goals. It is the graduates of today who will be our leaders in days to come thereby guaranteeing a secure future for our Mohawk Nation.

There has been a motion passed in Council to address the housing arrears. The motion states that those clients with housing mortgage arrears must be brought current or financial solution presented that is satisfactory to Council. If this is not done foreclosure will take place.

I have been informed that our Band employs approximately 150 people.

The problem of waste management is a growing concern for our community. I will be seeking ways to address this concern and keep you informed of the progress and possible solutions.

If you have any questions, concerns or suggestions that will help our community, I would like to hear from you.

Contact me at 967-9861.

# TYENDINAGA MOHAWK COUNCIL AGENDA AND MEETINGS

Please note the Tyendinaga Mohawk Council meets on the first and third Wednesday every month. Special meetings may arise that necessitates the altering of the Tyendin Mohawk Council Agenda, so, please contact the Administration Office to en Tyendinaga Mohawk Council is meeting.

Community members with agenda items are requested to have their names, items briefing package to the Administration Office by the Friday before the Wedner meeting of the Tyendinaga Mohawk Council. If you are unable to have the issue(s) the Administration Office by Friday, please contact the Council Portfolio Holder of particular portfolio.

Only these persons whose names appear on the agenda can address Tyendinaga Moh Council all others are welcome to attend to observe.

This will assist to inform the Tyendinaga Mohawk Council on the issue prior to meeting or to extend the issue to staff thereby saving you some time. Please note that not meant to prevent you from attending the Tyendinaga Mohawk Council, we are trying to expedite and streamline your concerns.

Everyone is welcome to attend just to sit, listen and observe if they wish.

Your co-operation is appreciated!!

Tyendinaga Administration Office

	RECAP OF PROPOSED BUDGE		0 1	
te: Not	all individual budgets have been approved by Ty			
	PROGRAM	REVENUE	EXPENSES	BALANCE
1	GENERAL GOVERNMENT	1,233,501.01	1,250,645.52	(17,144.5
	BAND PROPERTY MAINTENANCE	178,034.50	178,034.50	
The state of the s	POLICE	35,905.20	32,090.52	
	FIRE	112,200.00	112,200.00	0.0
	ROADS	573,918.00	573,918.00	0.0
	RECREATION	31,800.00	31,800.00	0.0
	ECONOMIC & EMPLOYMENT	279,407.00	279,.407.00	0.0
	LANDS/RESEARCH	103,224.48	133,796.97	
	CHILD WELFARE	349,439.00	349, 439.00	0.0
	CHILD WELFARE SPECIAL	0	0	0.0
	HOME SUPPORT	113,480	120,992.98	
	MEDICAL SERVICES	355,599.00	355,599.00	0.0
	SERVICE DELIVERY - GW ADMINISTRATION	139,066.00	136,653.34	
	GENERAL WELFARE	620,554.48	620,554.48	0.0
	DAYCARE	249,591.98	249,591.49	0.4
	HOMEMAKERS	224,784.24	224,784.24	
	ELEMENTARY, SECONDARY INS. & LIAISON	657,868.00	657,868.00	
	Q.M.S. MAITENANCE	274,000.00	274,000.00	
	SCHOOL BUSING	385,700.00	378,910.00	
	POST-SECONDARY EDUCATION	1,303,090.00	1,303,090.00	0.0
	WATER OPERATION & MAINTENANCE	200,583.80	168,731.80	31,852.0
	CAPITAL PROGRAMS	125,584.00	125,584.00	0.0
	LANDFILL SITE	13,900.00	31,970.00	
	UNALLOCATED (RESTRICTED)	31,829.54	738	
	ELDERS LODGE	196,891.24	196,891.24	31,070.0
	LIBRARY	22,394.00	22,394.00	0.0
	MED. CENTRE JANITORIAL & BUILDING	46,907.00	46,907.00	0.0
	NNADAP	36,550.00	36,550.00	0.0
	NNADAP - SPECIAL	580	580	0.0
	BIG MARSH	6,456.20	6,456.20	0.0
THE RESERVE OF THE PARTY OF THE	AQUACULTURE PROJECT	50,342.00	50,342.00	
	HIDES PROGRAM	25,100.00	36,270.00	
	BUILDING H.C. & BRIGHTER FUTURES	253,658.00	253,658.00	0.0
	ABORIGINAL WELLNESS	78,499.00	78,499.00	0.0
	SAFEHOME	314,000.00	314,000.00	0.0
	CHILD NUTRITION PROGRAM	8,900.00	8,900.00	0.0
	TECH UNIT	59,118.00	59,118.00	0.0
	DIABETES THOUGH MEAL MGMT.	09,110.00	0 0	0.0
NAME OF TAXABLE PARTY OF TAXABLE PARTY.	PRENATAL & NUTRITIONAL PROGRAMMING	6,750.00		
	SUMMER PROGRAMS	0,730.00	6,750.00	0.0
	TRADITIONAL HEALING & WELLNESS	20,000.00	20,000.00	
	YOUTH SERVICES	68,173.59		0.0
43	TOOTH SERVICES	00,173.59	68,173.59	0.0
	TOTAL			(8,508.6
	PROPOSED ACCUMULATIVE TOTALS	As of Mar 31/98	As of Mar 31/99	Acc To
7	GENERAL OPERATIONS	162,021.87	-39,600.15	
	RESTRICTED	303,590.05	31,091.54	
	TOTALS	465,611.92	-8,508.61	
	TURTON PENN	110,230.95	65,489.12	44,741.8
45	HOUSING	2,689,041.84	2,501,545.92	187,495.9

# **ADMINISTRATION NOTICES**

# Summer Employment Introductions



She:kon

My name is Tracey Gazley, and I have the great fortune to once again hold the position of Summer Camps Co-ordinator. I have been working for the Mohawks of the Bay of Quinte for nearly nine years, mostly with our children in the community. This will be my third year as Summer Camps Co-ordinator, I am anticipating a challenging and busy summer!!

Once again I will be working with nine Summer Students to help co-ordinate three summer camps, including two Community center camps and the Mohawk Language Camp. If you have any questions concerning these three summer camps, please call me at the Administration office at 396-3424, between the hours of 8:30 and 4:30. I look forward to seeing many parents and children throughout the next couple of months!!

Nia:wen

Iracey Gasley

Tracey Gazley
Summer Camps Co-ordinator

My name is Gwen Boldrick and I was hired for the Summer Projects Manager by the Mohawks of the Bay of Quinte. I will be working in the Employment Department of the Administration Office. My job there will be to over see all the summer students. I will be helping to interview the students as well as their job evaluation. I will also assist the students to maintain a good working relationship with co workers and supervisors. I look forward to this job opportunity and the experience will help me to complete the second year of college as an Office Administrator.

# \* Please Note \*

For Safety reasons
Tyendinaga Mohawk Council
has implemented a
"No Glass"
policy for the Recreation Complex
Grounds

### Congratulations!!!!!

Three of our students have had the opportunity to apply for the Royal Bank Aboriginal Stay-In School Summer Student program and were successful in obtaining employment in three branches of the Royal Bank.

Congratulations to:

Matthew Brant Danielle Smart Julie Green

This is a great opportunity for these young people and I would like to wish them all the best in this opportunity and in future endeavors.

Karen Brant-Jones Employment

# Committee Member Needed!

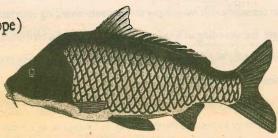
The Tyendinaga Education Committee has an opening for a new member. If you have a child in the education system and are a status member, please submit the application form in this newsletter to Lynda Thomas at the Administration office. Your application must be received by July 10, 1998.

# **ANNOUNCEMENT**

The Tyendinaga Mohawk Council has agreed to a request by Alan Dextrase, Ontario Ministry of Natural Resources to conduct sampling for *River Redhorse Sucker*.

#### RIVER REDHORSE

Moxostoma carinatum (Cope)



WHEN:

July 10, 1998 only

WHERE:

Salmon River

WHY:

The River Redhorse Sucker is currently listed as a vulnerable species by the

Committee on the Status of Endangered Wildlife in Canada.

For further information please contact Tom Northardt at 396-3424, or Alan Dextrase (705) 755-1950.

# Hay Tendering Process for 1998

Sealed tenders marked "HAY TENDERS" must be submitted to the TYENDINAGA MOHAWK ADMINISTRATION office, no later than 4.00 P.M on JULY 10TH, 1998.

For further information please call Tom Vincent at the Administration office at 396-3424.

The property, located east of Shannonville, at the fairgrounds west of the buildings containing approximately 6 acres.

The property on the Beach road containing approximately 20 acres.

The property known as the Lagoon area on the Ridge road west of Tom and Debbie Vincent's home containing approximately 21 acres.

### PRESS RELEASE



#### Greater Belleville Joining Safe Community Network Greater Belleville Safe Community Committee Getting \$16,000

June 24, 1998 - Greater Belleville's strategy to become the safest city in Canada in which to live, work and play will be implemented when the Greater Belleville Safe Community Committee is launched with a grant of \$16,000 on Wednesday June 24, 1998.

The greater Belleville area became the eleventh community in Canada to receive funds from the Safe Communities Foundation in order to launch programs which will target injuries occurring in small businesses, youth between the ages of 14-18 and seniors 65 years of age and older.

The official launch of the Greater Belleville program will take place on June 24 at the Market Square behind City Hall beginning at 10:00 a.m.. Mayor Ross McDougall and the Greater Belleville Safe Community Committee Chair Cindy Bender will receive the \$16,000 cheque from the Safe Communities Foundation President, Pat Coursey and representatives of the sponsoring banks. In attendance will be Tony Dean, Acting Deputy Minister of Ontario Ministry of Labour; Ron Lovelock, Director of Prevention Services at the Workplace Safety and Insurance Board (WSIB); and Paul Kells, Vice Chair and Founder of the Safe Communities Foundation.

The launch ceremony will have many components including entertainment by local talent Andy Forgie, the unveiling of a safe community flag and a certificate presentation to each of the 61 businesses who completed the workplace safety training component of the safe communities incentive program.

Belleville's strategy to become the safest city in Canada to live, work and play has three components that target different age groups. This umbrella program will target local injuries occurring in small businesses, youth between the ages of 14-18 and falls among seniors aged 65 and over and children under 10 years of age.

The coalition plans to reduce workers' compensation costs associated with workplace injuries by 20% for 61 small businesses who participate in a small business incentive program. The WSIB has developed this program specifically for Ontario's safe communities. To date this program has successfully reduced claims costs by over 50% in three Ontario safe communities who have completed their first year within the program.

The youth component of the program was developed as a result of alarming national and provincial statistics that show 18,000 young workers in Ontario between the ages of 18-24 sustained job-related injuries serious enough to merit WSIB claims. Nationally, injuries are the leading cause of death among children. The safe community coalition will provide annual community programming directed at increasing awareness of injury prevention within youths between the ages of 14-18. Working with the Canadian Red Cross Society and the local health unit, the coalition has already hosted the HEROES program, a multi-media presentation that raises awareness of high-risk behavior. Over 3000 local youth attended the program in April of this year.

Belleville's falls program has been developed as a five year strategy to focus on reducing falls among seniors and young children, the two highest categories of falls-related injuries. The coalition will provide community programming directed at increasing awareness of falls-related injury prevention and reducing the incidence of falls by 20% in five years.

The Safe Communities Foundation is a charitable foundation completely funded by the private sector. Canada's five largest banks, Bank of Montreal, Canadian Imperial Bank of Commerce. Royal Bank. Scotiabank and Toronto Dominion Bank and most recently the Imperial Oil Charitable Foundation provide 95% of the Foundation's funding. DuPont Canada Inc. and Noranda Inc. provide additional funds and expertise. The provinces of Ontario and Alberta hrough the respective Ministries of Labour and the Industrial Accident Prevention Association Ilso provide support.

The Safe Communities Foundation works in partnership with the private and public sectors to improve the health and safety of workers and people throughout the community. Safer workplaces mean fewer injuries and deaths. This, in turn, leads to improved productivity and profitability. The goal of the Foundation and all participating communities is to eliminate injuries, while promoting a culture of safety across the country. The Foundation, along with safety experts across Canada, believes that all injuries are preventable. It aggressively promotes a goal of zero tolerance for injuries at work, home and play.

For more information, please contact: Sian Gibson: Safe Communities Foundation Tel:(416)964-8296; Fax: (416) 964-0089

BANK OF MONTREAL CANADIAN IMPERIAL ANK OF COMMERCE SCOTIABANK TORONTO DOMINION BANK

DUPONT CANADA INC.

# LOYALIST COLLEGE NEWS RELEASE



FOR IMMEDIATE RELEASE April 9, 1998

#### The Pioneer Wins Again

The Pioneer, Loyalist's award-winning community newspaper, has won two awards from the Ontario Community Newspapers Association (OCNA). The first-place award for Best Photo Layout and the second-place award in the Student Writing category we presented at the OCNA awards ceremony on Saturday, April 4 in Toronto.

The photographers for the best photo layout were Julie Langeeter and Sheryl Nadler, both 1997 graduates of the photojournalism program. The subject was Living with AIDS and the photo story profiled an HIV-positive Belleville resident. Langueter's work was complemented by a front page photo by Nadler, showing the subject of Langpeter's story lighting a candle at an AIDS vigil. Sheryl Nadler is now a photographer at the Hamilton Spectator.

Incredibly, Langpeter was competing with herself in this category. Working for the Thunder Bay Post last year as a reporter/photographer there, her photo page on the Wild World of the WWF was also entered in this category. The AIDS page finished first and the WWF page finished third in the category.

"I'm especially proud of this because it's the first time I've really done a project that had deep significance, other than just feature photographs. It was a little more in-depth," said Langpeter, who is now a reporter-photographer at the Age Dispatch newspaper in western Ontario. "I'd like to thank Loyalist for allowing me the freedom to do it."

Second-year photojournalism student Jan Murphy won second-place honors in the student writing category. His story, published the front page of The Pioneer, used computer-assisted reporting techniques to analyze job placement statistics for college graduate

"I'm happy I did as well as I did," Jan said. "It means a lot to a photojournalist to be recognized for his or her writing abilities."

Pioneer managing editor Robert Washburn and photojournalism program co-ordinator Steve Simon attended the awards dinner or the winning students to accept their awards. "I am just thrilled with the results," Washburn said, "The newspaper has undergone a massive transformation this year which has involved going off campus to cover more community events. But we have continued to maintain our commitment to excellence."

Simon was also pleased. "We're very proud of the students and their work that was recognized by the ÖCNA," he said. "We emphasize journalism skills in the photojournalism program and it's exciting to see the students honored for their journalistic achievements as well as their photography."

Bruce Parker, Dean of the School of Media Studies & Tourism, and publisher of The Pioneer said, "This recognition by the OCN! a tribute to the achievement of Loyalist's journalism students and the dedication and professionalism of our faculty."

Media Contact: Dianne Spencer, External Relations, (613) 969-1913, ext. 2235; FAX: (613) 962-0937; E-mail: dspencer@loyalistc.on.ca or Bruce Parker, Dean, School of Media Studies & Tourism, (613) 969-1913, ext. 2447

# **FIRST NATIONS POLICE**



### POLICE PAGE **UNSOLVED CRIMES!**

On the 12th of June 98, attempt break and enter to a home located on Huron Brant driver No entry gained, resident at home. A screen was found that was partially taken off a rear basement window. Incident # 211763-9, investigating officer Cst. S. Maracle

17 June 98, Break and Enter to a residence located on the Ridge road. Point of entry was a rear back door. Various items of Jewellry taken in the amount of \$2,855.00. Incident #212646-0, investigating officer Cst. R. Maracle.

Anyone with any information is asked to contact the Tyendinaga Police Service at 967-3888 or via O.P.P. Communication Center 1-888-310-1122.

#### SET FINES UNDER THE HIGHWAY TRAFFIC ACT THAT APPLY TO CYCLISTS

WORDING	SECTION	SET FINE
- Improper brakes on bicycle	64(3)	\$90.00
- No horn - bicycle	75(5)	\$90.00
- Defective horn - bicycle	75(5)	\$90.00
- Fail to wear proper helmet on bicycle	104(2.1)	\$65.00
- Permit person under 16 not wearing		
proper helmet on bicycle	104(2.2)	\$65.00
- Cyclist - ride in crossover	140(6)	\$90.00
- Cyclist - ride in or along crosswalk	144(29)	\$90.00
- Bicycle - fail to turn out to right when		
overtaken	148(6)	\$90.00
- Ride 2 on a bicycle	178(2)	\$90.00
- Cyclist - fail to stop	218(2)	\$90.00
- Cyclist - fail to identify self	218(2)	\$90.00

#### FOR FURTHER INFORMATION CONTACT TYENDINAGA POLICE.

**Who's wearing their** helmet right?



Mom & Dad...

8 tips on how to get your kids to wear their helmets:

- Establish the helmet habit early by getting your children helmets when they begin riding either as a passenger or a rider themselves. Make sure their helmets are properly sized and adjusted to fit their heads.
- 2 Wear one yourself.
- 3 Whenever you first get helmets for your kids, talk to them about why you want them to protect their heads. Involve your child in the purchase of the helmet.
- 4 Reward your kids for wearing their helmets.
- 5 Don't let them ride their bikes ess they wear their he
- f Plan bicycle outings together during which all family members wear their helmets.
- Encourage their friends to wear helmets.
- Remember: Mishaps causing head injuries can occur on sidewalks, driveways, bike paths and parks as well as on streets. You and your children cannot predict when a situation will occur which will end in a fall from a bike. Therefore, it is important to wear a helmet whenever riding even if it's "just down the street.

Source: Children's Bicycle Helmet Campaign, Harbourview Injury Prevention and Research Centre, Seattle, Washington.

The answer...

## Having a Helmet FIT

- 1. Most helmets have front and rear straps on each side. They need to be tight and meet just below each ear. The buckle under the chin must also be adjusted so that the chin strap is snug but doesn't pinch. You should be able to fit two fingers in between the strap ad the area under your chin. When you shake your head, the helmet shouldn't move.
- 2. 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. 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.
- 3. Helmets for very young children (aged five and under) completely cover the head, like motorcycle helmets. Children this young are usually passengers on an adult bike or are riding around on a trike. Once the child is riding on the road, however, a total coverage helmet is inappropriate since it may impair hearing and create hazards. Currently no Canadian standards exist for helmet designed for children under the age of 5 years.

#### PARENTS BEWARE !!

How Do Injuries Happen?

Most children under the age of 9 have difficulty understanding the rules of the road. As such, it isn't surprising to learn how most bicycle collisions occur:

- ... A child rides out of a driveway and is struck by a car.
- ... A cyclist rides through a stop sign and collides with a car.
- ... A cyclist makes a left turn without signaling and collides with a car.
- ...Children follow each other on their bikes. One may run a stop sign safely, while others following may not be so lucky and are hit by a car.
- ...Most mishaps causing injuries to children occur less then five blocks from home.

Bad News: it doesn't take much to shatter the human skull. Even if an impact leaves the skull intact, the brain can be injured when it strikes the inside of the skull. Damaged brain tissue doesn't heal, which can often mean permanent impairment requiring long-term care.

Head injuries from bicycles mishaps generally occur because of the distance your head travels to hit the pavement, not because of the speed of your bicycle. The average height of a person sitting on a bike is 5.3 feet. At that distance, your head hits the ground at 12.6 miles per hour. That speed is the threshold of irreversible injury to the brain, injured by simply falling off a bicycle while trying to mount it.

A head injury can result in anything from death to a learning disability which may not show up until years after the mishap. Head injuries can result in any of the following symptoms: impaired judgment, confusion, poor concentration, chronic headaches, speech impairment, memory loss, poor balance, poor co-ordination or sleep disorders.

Good News: The use of an approved bicycle helmet can prevent serious head injuries by up to 85%.

Taken from the Cycle Safe pamphlet by Canadian Tire - Child Protection Foundation



# FIRST NATIONS POLICE & RED CEDARS

#### TYENDINAGA FIRST NATION POLICE

**Month End Stats** 

May 1998

world Mantal and the east extending of constitutions with the	ACTUAL NU
PROVINCIAL OFFENCES	
Highway Traffic Act	27
Liquor Licence Act	2
Compulsory Automobile Insurance Act	o at above on a rec
CRIMINAL OFFENCES	
Assault	2
Sexual Assault	.0
Break and Enter	2
Thefts	6
Possession of Stolen Property	0
Impaired & Over 80	5
Weapons Offences	0
Fraud	0
Mischief/Vandalism	0
Narcotics	0
Other Criminal Code	1
GENERAL INCIDENTS	
Motor Vehicle Accidents	2
90 Day Suspension	5
Other Provincial Stats	4
Other Federal Stats	1
TOTAL NUMBER OF OCCURRENCES	78

# The Sexual Assault Centre for Quinte & District



We currently need Responsible, Caring Women to be Volunteers on our 24 hour Crisis Line to provide support and information to Survivors of Sexual Violence.



If you are interested in Survivor's Issues and would like to volunteer, Please Call Brenda at (613) 967-6300.

#### CYCLE OF DOMESTIC VIOLENCE

The Cycle of Domestic violence shows how domestic violence often becomes a pattern made up of three stages.



Tension-building
criticism velling swearing using anary destures coercion.

Violence
physical and sexual attacks and threats

Seduction apologies, blaming, promises to change, gifts

It also explains how three dynamics, love, hope, and fear, keep the cycle in motion and make it hard to end a violent relationship.

Love for your partner, the relationship has its good points, it's not all bad

Hope that it will change, the relationship didn't begin like this

Fear that the threats to kill you or your family will become reality

Adapted from Dr. Lenore Walker's "Cycle of Violence" - Denver, CO

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 6/98 (Red Cedars)

Just then, Sally said, "Wait, please. I don't want you to think that he's always like this. He isn't. Sometimes, he's the best person that I've ever known, kind and loving. It's just. . ." The other woman nodded. "It's just that sometimes he turns into another person, right? Someone you don't recognize, someone who is jealous and angry, someone who frightens you?" Sally nodded, her voice very quiet. "Yes, exactly." The other woman chose her next words carefully. "And then he will apologize, and be loving and tell you he's sorry, and that it will never happen again?" "Yes," Sally said, "how did you know?" "It's a pattern," the woman said. "It's what abusers do." She could sense Sally about to protest, and quickly added, "Even if he doesn't hit you, you are being abused, and so is your son. You're afraid to speak out of turn, afraid to do the wrong thing, because you're afraid it will 'set him off'. And it's been happening more and more often, hasn't it?" Sally nodded. "I don't know what to do anymore." may be nothing that you can do for him," the woman said, "but there are a lot of things that you can do for yourself, and for your son. As hard as it may be to hear, no-one can change someone else. The only way someone changes is if they want to. What you need to do is make sure that you - and your son - are safe. That has to be number one. It's not what you are doing or not doing that makes him angry and frightening - he is an angry man, and he doesn't know how to control his anger, so he takes it out on you. And as long as you let him - by staying, by pretending everything is okay and not forcing him to take a look at his behavior and its consequences - it's just going to continue this way, and it's probably going to get worse." She took another look at Josh, still hiding behind his mother. "Please, get yourself somewhere safe. If you can't do it for yourself right now, think about your son. Do you want him to grow up as a loving, caring man, or do you want him to grow up like his current role model for what a man should be?" "No!" Sally said, aghast, and then she. . .

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

# **EMPLOYMENT & HEALTH CENTRE**



# CASINO DEALER TRAINING

## BLACKJACK POKER ROULETTE BACCARAT

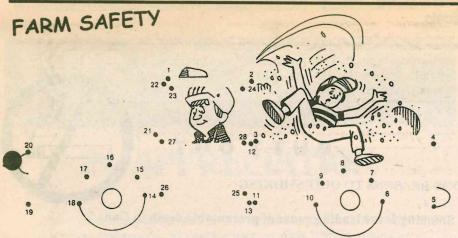
Prepare yourself for the arrival of 44 permanent charity casinos throughout Ontario - Receive training now to develop employability skills within the exciting casino industry!

Call (613) 396-3100 or 1-800-267-0637 NOW to reserve your seat in these programs!



First Nations Technical Institute
York Rd., Tyendinaga Mohawk Territory
Email: scottm@fnas.tyendinaga.net





An unsafe place to ride!



HAY WAGONS ARE FOR HAY, NOT PEOPLE. DON'T TAKE A RIDE TO THE HOSPITAL!

FARM SAFETY ASSOCIATION INC. CLIEBH, ONTARIO

If it's your farm, it's your responsibility, to teach your hired help and family how to farm safely!



# CASUAL EMPLOYMENT TRAINING OPPORTUNITY with PEACE TREE PRINTING

Peace Tree Printing is currently accepting applications in order to establish a "Casual Employment List". This will involve working on a temporary call-in basis to assist Print Shop employees with various duties when needed. Several candidates will be selected.

#### TRAINING:

Training will be provided relating to the area of printing including:

- binding
- camera and film work
- collating
- cutting and stapling
- cleaning up work areas

#### QUALIFICATIONS:

- reliable transportation
- availability to be on-call
- experience not necessary, only willingness to learn

#### APPLICATION:

Please send resume with references to First Nations Technical Institute, Tyendinaga Mohawk Territory, K0K 1X0, Attention: Diane Maracle.

Resumes will be accepted until 4:00, Friday, July 17, 1998

#### WATER SAFETY TIPS

From Health Canada

#### Think:

Children are naturally attracted to water. A child can drown quietly in seconds, and in only an inch of water.

Do:

Give your children your full attention. Always wear a PFD (Personal Flotation Device).

#### Show:

Teach young children how to swim or play within arm's reach.

#### Other Important Points to Consider:

Choose a safe place to swim. Check for hazards on the beach and in the water, including water pollution levels.

Swim at supervised waterfronts or beaches.

Learn basic first aid, so that if something does happen, you will know what to do.

Parents can enroll their child in a water safety and swimming program.

Teach your child(ren) to be "kidsmart". Even very young children can learn basic safety rules, which will hopefully become a lifelong habit!

Apply sun screen (SPF 15) or greater, before and after swimming.

Children drown in almost every imaginable setting including: swimming pools, lakes, rivers, streams, bathtubs, oceans, hot tubs, drainage, ditches, buckets and puddles.

# HEALTH CENTRE



# MOCCASIN TRAIL NEWS



Mind-Body Communication or Mental Conditioning

By Kate Brant CHR

As my last Moccasin Trail News insert for our newsletter, I thought I would leave with some information on a self-care technique that you can do to improve your health and mental well-being. I will be leaving my position here at the Health Centre on July 10, 1998. Nia:wen Tyendinaga for all of your support for the past 5 years, I know it has been my pleasure to serve you.

**Mind-Body Communication** 

Today people often accept common ailments such as backache, headaches, arthritis, depression and nervous disorders as being normal. We may readily believe the discomfort we suffer is a natural consequence of "wear and tear", and not realize that we can do something positive about it. In fact many common ailments stem from stress and a range of muscular tensions caused by poor posture or lack of co-ordination - which can increase when we grow older. Rather than being a natural part of the aging process, these tensions, if unchecked, can accelerate it and can develop into illness and even deformity. Not to mention, keep you from being active on a daily basis.

There is a mind-body connection that you can do to stimulate positive

messages that will solve these body ailments. Of course this is also just another way in which you can take charge of your own health. This mind-body connection can help you to learn to strip away harmful habits, heighten your self-awareness, and use your thought process to restore your original natural poise. You can tap more of your internal resources, and begin a path to enhancing your comfort and pleasure in all in your activities.

There are many names for this technique, the most common being mental conditioning.

Olympic athletes have been doing it for years, and it can be easily applied to everyday life and to our personal health potential. Many studies have found the mind-body connection to be a genuine one: our attitudes and beliefs can change the very cells of the brain and affect the neurotransmitters that play such a central role in our health.

Much of the available evidence indicates that a person's attitude is one of the most important determining factors in both health and performance levels. Research has shown clearly that just as brain chemicals can alter thoughts, so can thoughts alter those chemicals.

Thoughts and perceptions affect receptors that release various neurochemicals that act as chemical messengers, and this process has a direct effect on the physical body. What does that mean in everyday language? It means, the words you speak to yourself and to others can cause a positive or a negative effect to your body. It stands to reason that if negative thoughts and emotions can cause negative reactions in the body, then positive thoughts can bring about positive bodily responses. Therefore, the most important ingredients you can use to improve your well-being are positive expectations and self-image.

Talk Yourself Into Good Health

Expect only the best in your life and use your self-talk in a positive way. Develop affirmations to repeat daily, such as "I am a healthy, vital, active, happy, and successful human being", or "I affirm this day that all tissues and organs in my body are functioning perfectly". This can be done while meditating, or just take some quiet time for your self especially if it is a stressful day, or you can do it while you are walking. Pay close attention to your self-talk. It truly can mean the difference between health and disease.



# CHR PROGRAM

BE SUN SMART

Skin cancer is a killer and it's on the increase. You need to protect your skin from the every day, all year around. Here are some facts to keep in mind:

Babies under one year should be kept out of direct sunlight to protect them from sun damage and also to prevent dehydration and sunstroke. Keep them protected in a covered stroker, under an umbrella or in the shade. DO NOT USE A SUNSCREEN ON BABIES UNDER SIX MONTHS OF AGE.

Even on cloudy days, you still need protection. Up to 80% of the sun's rays can penetrate light clouds, mist and fog.

Eyes need protection - wear sunglasses that filtre out UV rays. It's important that both children and adults wear sunglasses, which should block out 99 to 100% of UVA, and UVB rays.

Sun hats with a wide brim (3" wide on all sides), long-sleeved shirts and pants offer excellent protection.

UVA rays-ultraviolet rays that contribute to skin aging, wrinkling and probably development of skin cancer. UVB rays-ultraviolet rays that give you a sunburn. CHOOSE A SUNSCREEN THAT STATES IT SCREENS OUT BOTH.

Never use baby oil as a sunscreen. The oil will intensify the effect of the sun and cause you to burn faster.

Sunscreen with an SPF of 15 or higher is recommended. Apply it to all areas exposed to the sun, paying particular attention to ears, nose and upper foot area Re-apply often especially after swimming or perspiring heavily. If possible apply sunscreen 30-45 minutes before going out in the sun.

Medications can cause an adverse reaction to sunlight. Be sure to check with your doctor about any side-effects which may occur when exposed to the sun.

Avoid the sun between the hours of 11 am and 4 pm, as this is the time when the sun's rays are most intense.

Reflected light off water, concrete, snow and sand can cause serious sunburns.

Teach your children sun safe habits and set a good example yourself. If we encourage sun safety in our children, it will be easily accepted as part of their lifestyle.

Distributed by Health.Unit. For more information on SUN SAFETY, contact: Belleville 966-5500, Trenton 394-4831, Picton 476-7471

#### BUTTOUT



GOOD REASONS TO QUIT SMOKING:

- · Smoking is the leading cause of preventable death in Canada
- Smoking robs your bones of calcium making them brittle and more liable to break
- Smoking is the most common cause of male impotence
- Smoking is the single greatest cause of heart disease
- Smoking doubles your risk for stroke
- Smoking is the major factor known to increase your likelihood of developing cervical dysplasia --abnormal cells of the cervix that can be pre-cancerous
- Children exposed to second-hand smoke are more likely to develop ear infections, asthma, colds and allergies

- THE LUNG ASSOCIATION

Remember if you have an EMERGENCY

# HEALTH CENTRE

From the Team of: Patricia Brant & Donna Loft Regarding Ontario Works

#### To Whom It May Concern

- 1. People under 18 years old will not get any assistance in their own right; only under stringent conditions will they be eligible for any assistance, which will have to be paid to a guardian or an agency on their behalf.
- 2. Under the new rules, a person over eighteen who lives with his/her parents is not eligible at all unless he/she is considered "financially independent". You are only considered if you live or have lived with a spouse; you get OSAP as a self-supporting student or have in the past; your income is greater than maximum welfare income for a single person; you've had income greater than welfare for two years, or been supported by someone other than your parents for two years.
- 3. If you are *not* financially independent, you *can't* get any assistance in your own name (if your parents are on assistance you can be included in the benefit unit, but the cheque goes to the head of the household). But even if you are financially independent, if you live with your parents (or in a place they own or control) the maximum you can get under the regulations is the basic allowance amount (eg. \$195.00 for a single person) plus \$50.00. Even to get that much you have to prove how much you pay to your parents. According to the regulations, this doesn't just apply to single people-even if you are married with children, you will loose all right to shelter allowance if you live with parents.
- 4. An application is not considered complete until all required verification of information has been given.
- 5. An applicant is not entitled to a full month's assistance if the application is completed after the first of the month.

If you have any questions, please do not hesitate to contact our office 967-3616

#### **BOATING SAFETY**

Answer true or false (T & F) for the following questions & learn all about boating safety.

- 1) \_\_\_Always check the weather forecast.
- 2) \_\_\_Always wear a life jacket.
- 3) Make sure your life jacket fits & is done up properly.
- 4) \_\_\_\_When you get into a boat, always walk down the centre of the boat & sit down.
- 5) \_\_\_\_Do not stand up in a boat.
- 6) \_\_\_\_\_ If your boat should tip, hold onto the boat & yell for help while you kick or float.
- 7) \_\_\_Never take a boat out on the water without an adult.
- 8) \_\_\_\_Behave yourself, sit quietly & enjoy the chance to be outdoors.

# See answers on Page 9

# Be a Safe Boater

#### It's safer to:

- Monitor local weather before leaving, because bad weather contributes to drownings every year.
- Know your boat, because breakdowns are a major cause of boating emergencies.
- Leave alcohol at home,
   because alcohol contributes to
   40% of fatal boating accidents
   every year.
- Inform a responsible person where you are going.



### FOR YOUR INFORMATION!!

#### From the THAYENDANEGA HEALTH CENTRE

#### Non-Emergency Transfer Service:

This service is a provided by a privately owned ambulance-like vehicle for non-emergency transfer and is not funded or subsidized by OHIP or a Band Card. Coverage of cost may be considered if a treatment, of a non-emergency nature, is justified, in writing, by a physician; otherwise, it shall be the responsibility of the client or authorized person.

#### Dental Coverage:

Non-Insured Health Benefits, historically, have only paid 90% of eligible dental treatment, with Dentists absorbing the 10% remaining. Since the inception of the revised dental schedule of treatment, in Oct./97, Dentists are now billing their clients for the 10%. If you have not experienced this, to date, you may wish to discuss the issue with your Dentist, to prevent any unexpected expenditures.

Any questions, or concerns, regarding the above issues, may be directed to Mary Rowbotham, Health Services Clerk, at (613)967-3603.



# **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.

# FACT SHEET: EYE EXAMINATIONS

Ontario Health Insurance Plan

#### What does OHIP cover?

Beginning on April 1, 1998, OHIP will pay for one periodic eye examination per patient, once every two years for people aged 20 to 64, and annually for those under age 20 and age 65 and older. This applies whether an optometrist or physician performs the periodic eye examination.

For adults between the age of 20 and 64, an additional periodic eye examination is covered after one year if disease or transma has caused significant change in vision.

All medically necessary eye examinations continue to be insured regardless of age or frequency. For example, treatments for infection, disease and injury are not affected by this change

#### What is changing?

Beginning April 1, 1998, your optometrist or physician will be able to obtain information from the Ministry of Health on the date of your last

periodic eye examination. This will estimat him or her in determining if your current service will be paid for by OHIP.

#### What is not covered?

Patients who wish periodic eye examinations which are not eligible for OHIP coverage will be billed directly by the optometrist or physician.

Additional fees may apply for other uninsured services, such as contact lens assessments.

In some cases, third party coverage from private insurance companies may repay the patient or pay for the services directly. Health care providers can identify the services that will not be paid by OHIP.

#### Why?

Medical experts advise that the recommended frequency of eye examinations depends upon the patient's risk for vision and eye health problems.

GOOD FOOD BOX

# **HEALTH CENTRE**

#### 

#### THE SMART SHOPPER PROGRAM IT'S NEW!!

Thayendanega Health Centre is now a participant in the Good Lunch Box and Good Food Programs sponsored by the Community Development Council of Belleville which is a non profit agency. You can get a box of food valued at approximately \$35.00 for the low cost of \$15.00. Food is bought in bulk from local businesses, farmers and wholesalers and this is how they are able to offer so much for so little cost. Everyone is eligible to access this program if interested. Below is a sample of what you can find in each box.

\* Note: Items in the box change depending on the time of year, availability, price of goods, however the \$15.00 remains the same.

#### GOOD LUNCH BOX:

#### 3 boxes dry cereal 1 pkg of pasta 5 lbs. potatoes 1 broccoli 2 tubs of Becel margarine 1 1/2lbs onions 6 tangerines 2 loaves of bread 1 can of tomatoes 2 lbs. carrots 1 celery 2 cans of apple juice 1 cabbage 1 cucumber milk /or juice depending on time of year 5 lbs. apples 1 turnip 1 can spagetti sauce 1 lb. brussel sprouts 2 squash 1 bag of spinach 2 lemons 1 pkg rice cakes 3 sleeves of tetra juice boxes

Each program box is \$15.00. The cash (no checks) for each box is due by the first day of each month. When ordering, please pay at that time. Orders and cash must be received no later than 12:00 Noon.

The Good Lunch Box can be picked up at the Health Centre between 2:00 and 4:00 P.M. on the second Thursday of the month. I.E. August 13th.

The Good Food Box can be picked up at the Health Centre between 12:00 and 4:00 P.M. on the third Thursday of the month. I.E. August 20th.

There is no limit to the number of boxes that you can purchase. If you would like to get in on this program, please come to the Thayendanega Health Centre and sign up, or if you have questions, please call 967 - 3603.

NOTE: YOU MUST PICK UP YOUR BOXES ON THE DAY OF DELIVERY. IF YOU ARE UNABLE TO, BE SURE TO ARRANGE FOR SOMEONE ELSE TO PICK IT UP. There is no place for storage of items that have to be refrigerated. THE HEALTH CENTRE CLOSES AT 4:30 P.M.

BRING YOUR OWN GROCERY BAGS!!

#### 

Answers to Be A Safe Boater All True!

# Diabetes and metabolism

Diabetes is a disruption in metabolism, the way your body uses food. It is a disease in which the body does not produce or respond to insulin, a hormone that is essential for energy production and growth.

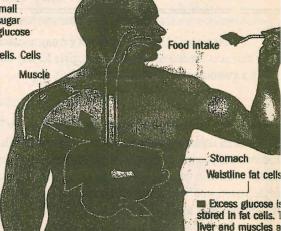
#### Normal metabolism:

Food passes through esophagus to stomach and small intestine where digestion converts some of it into sugar (glucose), which enters the bloodstream. Sensing glucose increase, beta cells in pancreas secrete insulin, a hormone that enables glucose to enter body use glucose for energy or store as fat for later. s cells. Cells

#### Major forms of diabetes

■ Type 1: One in about 20 people with diabetes is afflicted with this type. The pancreas produces no insulin or insufficient amounts and a person must receive insulin daily. This type usually strikes before age 30.

Type 2: The most common form usually occurs after age 40 in overweight people. The insulin made by the pancreas is inadequate to prevent glucose from building up in the blood. Obesity increases resistance to insulin and is a major risk factor for developing Type 2



Excess glucose is stored in fat cells. 1 liver and muscles a store glucose as fal

# Arming diabetics

#### Association says access to expertise and knowledge a crucial factor

OTTAWA (CP) - Wally Lazaruk didn't know much about diabetes when his 13-year-old son Anthony was diagnosed with the disease two years ago.

But the Lazaruks received ample support from the centre

for children with diabetes at the University of Alberta Hospital.

Armed with the right infor-mation, the family was able to make the lifestyle changes nec-

essary to manage the disease. While Anthony and his family still have to work to keep his health in check, he is an active teenager who runs and plays basketball, his father says

"We were very fortunate when our son was diagnosed to have access to the best exper-tise," he says.

"Hopefully, everybody who is somehow affected by diabetes would have access to that. I understand that's not always the case.

The Lazaruks were, indeed, lucky because not all Canadians have access to support or the financial resources to pay for treatments not covered by

medicare.
Diabetes is a condition

marked by the body's inability to properly store and use sugar from food as fuel for energy.
There are two types. Early-

onset diabetics require regular insulin injections. For those with the more common form of after age 40, treatment mainly involves a careful diet...
According to the Canadian Diabetes Association, about half of the people with diabetes

never receive any diabetes education whatsoever.

#### It's 'well known, but not known well . . . So much of the toll is preventable'

are even about Canadians walking about 750,000 around who have diabetes and

don't know it.
"Diabetes is well known, but it's not known well," says association president Doug Philp, himself a diabetic who requires daily insulin injections.
"They don't know how much

it costs us in human and in financial terms.
"That roughly 15 per cent of

our health-care budget is spent because of diabetes and its complications.
"That it's one of the leading

killers by disease, the leading cause of blindness, a leading

diac surgery, stroke, amp tion. So much of that to preventable."

The number of Canad suffering from diabetes is s ing as the population ages is expected to double to abo million by the year 2010. Lazaruk was one of m

volunteers who orchestrate three-day national conferent that came up with strategie boosting public interest awareness of the disease.
They recommend nati

campaigns on preventing

betes using changes in diet activity.

And delegates want fed and provincial governmen help ensure "the right kind education, resources, prod and pharmaceuticals are a able to, and affordable by Canadians," Philp says. They also want data on

incidence of diabetes to be lected on a national scale made available to research Indian communities will

receive special attention in association campaign, promises.

They are especially vuli ble to the disease, having to 10 times the incidence of d tes as the rest of the popula

Diabetes also tends to more prevalent among Carans of African, Hispani Southeast Asian des Those populations need targeted, he says. Toronto Star

5-2

THE TORONTO STAR Monday, June 15, 1998 E3

# Parents shouldn't tolerate any rude 'backta

"So what?" "Shut up." "I "This sucks." hate you." Whatever."

Most children will try hurling one of these insults at a parent at some point during childhood, either as a grab for power in the family or to mimic the wise-cracking stars on TV.

How parents react will determine whether or not kids try such rudeness again.

In fact, we owe it to our kids to shut down such rudeness rather than shrug it off, say the authors of a smart new book called Backtalk: 4 Steps To Ending Rude Behavior In Your Kids (Simon & Shuster, \$13.50).

"Backtalk" is a word that has slipped out of fashion, partly because parents no longer rec-ognize verbal rudeness for what it is, say the book's Arizona-based authors, teacher Audrey Ricker and psychologist

### **Growing Pains**

LOUISE BROWN



Carolyn Crowder. In a bid to stay "friends" with our children, too many parents tolerate rudeness as simply "the way kids talk these days," and "a phase kids all go through."

Nonsense, say the authors. Rudeness is wrong because it hurts other people's feelings and shows no respect or consideration. Parents of any era owe it to their kids to teach them proper courtesy.

"When children are allowed to get away with backtalk, they

don't learn to have respect for others," says this breezy, practical guide to curbing mouthi-ness. "The fact is, being allowed to get away backtalk is bad for your child. A child who gets away with backtalk at home fails to learn social strategies that will lead to a happy, productive life.

In short, you owe it to your children to break the backtalk habit. Here's what they suggest.

Recognize the backtalk. "If it hurts you, embarrasses you, annoys you or leaves you feel-

ing helpless, it's backtalk?

When preschoolers say, "I don't like you!" "No!" You're a bad, poopy Mommy," some child development experts will expert but is control their growth. say this is part of their growth process. But the authors argue that children of this age are capable of learning and should be taught what speech they

should and should not use.

Backtalk also is conveyed through body language such as rolled eyes and heavy sighs, a hostile tone of voice or conversational ambush that catches someone off guard and leaves no chance to respond.

With tweens, it can manifest itself as orders barked at par-ents, such as: "You have to drive me to practice or I'll be late. Hurry up!

It can hurt you, embarrass you or leave you feeling helpless

Choose an immediate consequence for the backtalk, which usually means not allowing the child to do what he or she was about to do.

Explain it in terms of how the

backtalk made you feel, as in: "I feel insulted when you tell me I'm an idiot. That kind of talk is unacceptable in our family, and because you have insulted me, I no longer feel inclined to let you go to your friend's for that sleepover." Or: 'Because you answered so rudely when I told you what's for supper, I'd prefer you not to eat with the rest of us. You can make yourself something later.

Enact the consequence. Don't get into name-calling or issue threats that are open to negotiation, such as: "If you mouth off again, I'll cancel that sleepover." Just do it.

Under no circumstance should you give in to the child's predictable pleas for one more chance, because this allows the child to decide whether or not she will backtalk again. "We know it's hard not to give in,

but by giving the child a second chance, you teach him that he teachers, expect friends, future employers or spouses to give him a second, third and fourth chance on demand.

Disengage yourself from further debate. Either send the hysterical child to his or her room or remove yourself. Take a book and read during the inevitable tantrum. "By showing a lack of interest in the protest behaviour, the parent shows the child that his behaviour will not get him his way.'

Don't accept the excuse: "I didn't mean it." A child must learn to take responsibility for his own words.

Readers can contact Louise Brown by -mail at jjlb@ican.net or write to her c/o Life Section, Toronto Star, One Yonge St., Toronto, Ont. M5E 1E6.

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### **BIRTHDAYS**

Happy Belated Birthday!

Kathy & Brant June 2

Love Kevin & Kids, Mom & Dad

Happy Belated 17th Birthday!

Laura

June 18th

Love Uncle Bub, Aunt Ainsley & Reagan

Happy Birthday!

Auntie Ang

July 26



Tons of Love

Toni

Happy Birthday! Papa Love Toni (Hugs & Kisses)

Dad July 12



Love You, Angela Jake & Family

Happy 1st Birthday!
Punkin "Taylor"

You're so sweet and special! Love always

Mommy & Daddy XX 00

Hello my name is Taylor Thomas. My 1st birthday is July 11. I can climb, crawl & cruise. I love to dance to Shania Twain and Barney. 9 have 10 teeth and brush twice a day. My favourite words are Bob, Dad, Mom, Whats that! and A. My hair is long and I have to wear pig tails. I would like to wish my Great Grandpa Sheridan Maracle a very happy 87th Birthday because I was born on his birthday.

Happy Birthday Great Grandpa Love Taylor Thomas

Happy Birthday Grandpal Love Bob & Jamar

Happy Birthday Grandma P.

Love always Taylor Thomas

Happy Belated Birthday!

Mike B.

June 20

From the In-Laws

Happy Birthday!

Zena



Love Far, Ainsley & Reagan

Happy Belated Birthday!

Dana

June 24

To a great Dad A Wonderful Husband & My Best Friend

Hope you had a great Day!

Love Linda, Matthew & Crystal

Happy Birthday! Nan, Love You, Tori

Mom July 29



Loads of Love Angela, Jake & Family

Happy Birthday Mom Love Always Bob & Tamar

Happy Birthday Taylor Love Papa, Grandma P. & Family

Happy 87th Birthday Dad! Love Dave, Marion & Family!



Happy Belated 2nd Birthday!

Reagan June 21



Love Mommy & Daddy

Happy Birthday!

Laura Maracle (Mona) July 18

Love all the In-Laws

Happy Birthday!

Cody (Toad) July 10

Love Nana & Papa

Happy Birthday!

Isacc Maracle July 8

Love Nana & Papa

Happy Birthday!

Kevin M. Brant

July 3

Love Kathy, Kids & the In-Laws

Happy Birthday!

Kim Maracle July 2

Love Mom, Dad Bub, Laura, Bubbles Adam, Baby Sugar Nana & Gramps

Happy Belated Birthday

Pauline Maracle (Bubbles) June 28



Love Mom, Dad, Kim Bub, Laura, Nana & Gramps Happy Anniversary!

Mom & Dad

Love

Missy, Shala & Kalynne

Happy 12 Anniversary!

Kevin & Kathy Brant

July 26th

Love Mom & Dad Maracle

Happy 24th

Anniversary!

Patrick & Carol-Anne

June 24

Love from the Family

Happy Birthday Girls!

Karen - July 20 Sharon - July 23

From the other Birthday Girl! Angela

Happy Belated Birthday!

Kahendiyo Dyneecha (Baby Sugar)

June 22nd

Lots of Love Mom, Dad, Duda Ma Duda Pa, Nana, Papa All Aunts, Uncles

& Cousins





# **COMMUNITY INTEREST**

It's a Boy!



Rato:rahts Maracle would like to announce the birth of his baby brother.

" Iorahkote Ryan Maracle "
Born: May 24, 1998
Weight: 8 lbs. 2 oz.
Length: 21 1/4 inches

Proud Parents: Gabrielle Doreen and Con Maracle

Proud Grandparents: Amzy & Birdy Doreen of Tyendinaga James & Marjorie Maracle of Tyendinaga

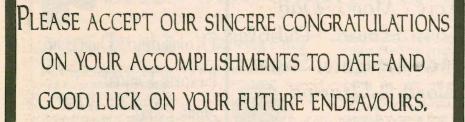
Proud Great Grandparents: Ada Doreen of Tyendinaga
Anne Myers of Tyendinaga
Ross Maracle of Tyendinaga

Congratulations!
to Amanda Boomhour
and Joe Keller on the
Arrival of their Son



"Dylan Joseph James"
(Bradley)
7 lbs. 8 1/2 oz.
A new brother for "Skye"
From
Dad (Brad) & Mom (Ruby)

# Congratulations! (\*\*) to all G raduates!!!



TYENDINAGA EDUCATION COMMITTEE

Remember if you have an EMERGENCY





Ka:nhiote Library

Sommer Steelent Workers of the Library This summeer Kanhiote Library have two student workers.

One student will run a summer storytime for two age groups 3-6 year olds and 7-10 year olds and will be available to tutor one-on-one if desired by parents. *Please call the library* if you are interested in your children attending.

The other person will collect information on a variety of possible subjects (like veterans, the airport, church buildings, school buildings, everyday life at different times, the railroad through Tyendinaga, etc.) to enlarge Kanhiote's local history files. If you have any memories to share with us *Please call to arrange a meeting*.

967. 6264 Kanhiote is always fundraising and we thank all who stopped and contributed at our road toll- We collected \$1220.13 Thanks too for Council support for this

venture.

Our Basket raffles have been popular so look for a Summer Fun Bucket!

Tickets will be available from Kanhiote board members and at F.N.T.I & the Administration Office.

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

LIBRARY HOURS ARE:

TUESDAY WEDNESDAY THURSDAY

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

967-6264

# "Congratulations"



Geraldine (Chic) Brant

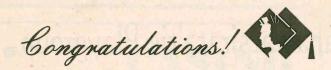
The Staff of the Thayendanega Health Centre wish to extend with pride, congratulations and best wishes to Geraldine for successfully graduating from the Loyalist College Personal Support Worker Program.

June 11, 1998

Many months of hard work and dedication shown by Geraldine has made the Thayendanega Health Centre Staff very proud of her.

A special," way da go Chic ", from Cindy T.

## **COMMUNITY INTEREST**



Vanessa Maracle on your recent graduation from Moira as an Ontario Scholar. Vanessa was the third native student to graduate O.A.C.'s as an Ontario Scholar in the past 25 years. (O.A.C.'s obtain 80% or better on 6 subjects) Good Luck at Queens University in September!

Love You!

Mom, Dad, Jennifer and Kristin



on being an Ontario Scholar.

We are very proud of you

Love Colin, Brenda & Boys

# Thank You!

to all the students of the Grade 8 co-op group and Mrs. Kate Anne Follwell who were involved in the pre-planting preparation of the flower beds at All Saints Church. Your excellent effort is most appreciated!

The Congregation of All Saints Church

# In Appreciation

To the Community Health Representatives for their expert skills in teaching CPR/First Aid response

I would like to testify to the crucial need for all, young and old, to be certified in CPR/First Aid response.

Upon my certification through the Thayendanega Health Centre, I, like everyone esle, felt why do I have to waste my time taking this, I'll probably never use it.

Until, I had to use the skills taught to me to save the life of one of the most important men in my life, my dad.

It was a simple evening of tea and pastry with my dad, 15 yr old son and myself before settling in for the night. Dad had taken a bite of the pastry and then a swallow of tea, like he always did, only this time the pastry became lodged in his throat.

I followed dad out to the kitchen, where I was sure he could cough it up himself. I put my hand on his back and asked him, "dad, can you breathe?", (I was sure I heard him wheezing, I was hoping.) He turned to me with a look I'll never forget, it was shear terror. He couldn't talk nor breathe. I turned to my son, who had the same look on his face. I sent my son outside to get his father.

Now bent over the sink, dad was becoming more panicked, grabbing at his mouth and false teeth, I calmly, in a firm voice, said, "dad calm down and straighten up so I can help you." With that dad stood up and I performed the Heimlich maneuver, and with two thrusts the pastry was out and my dad was breathing again.

If my dad had been alone or only with my son, he would have died. Moral of this true story, is how important it is to have everyone trained in first response, CPR/FA. And the importance of civic addresses and directions posted near the phone.

I can't express enough, my gratitude to Bev Hill and Kathy Brant, CHR's at the Health Centre for their expertise in teaching these courses. Please don't wait until you are challenged to save a life and fail, without the skills, before you say, "Maybe I should have the skills".

And perhaps the seniors need to be trained to help themselves, if this happens when they are alone. Please, Please, call the Health Centre, and register for classes in CPR/First Aid. It will probably mean the difference between life and death to someone special in your life.

Nia:wen Anonymous

# IN APPRECIATION

The PowWow fundraiser committee would like to Thank the Elders and the Diners club for taking part on June 10th in helping us pick the winners for

the Mother Earth Poster contest.
The Winners GR.3 -Hannah Hill

GR.5-Danielle Cook
GR.7-Katie Maracle

Nia:wen Kowa-Our winners

-Diners club

-Diners club

-Clell Maracle-for handing out the certificates.

Also Nia:wen for the teachers and the children who took time to do the contest -they are very talented which made this very hard to choose.

Thank-you from Eundraiser committee: Ruby O. Maracle Delorus Makson Thresa Ward Joy Brant

# Thank You!

An enjoyable 80th Birthday Party was held in my honour on May 16th, 1998 at our Community Centre. I would like to send out my deep regards and thank those wonderful people who made this possible. A special thank you to my family and Tyendinaga Mohawk Native Women's Association. Special thanks to Barbara Brant who made certain that the hall was beautifully decorated. Terri Ward, for the tasty and beautifully decorated "Turtle" Birthday cake. It was great to visit for a while with friends who dropped in to say Happy Birthday and the lifts were appreciated also. Thanks everyone.

Stan Hill

Tyendinaga Mohawk Powwow Poster Art Contest

THANK YOU TO STUDENTS

The Tyendinaga Mohawk Powwow Committee would like to take this opportunity to thank the students of Quinte Mohawk School for their submitted posters to the ART POSTER CONTEST. The theme of the 1998 Powwow is "Honouring Mother Earth". Each and everyone is a winner for contributing your abilities. The colourful and well thought out posters submitted made it quite difficult for the Elder's to choose.

**Grade Three** 

Hannah Hill

**Grade Five** 

Danielle Cook

Grade Seven

Katie Maracle

The Tyendinaga Mohawk Powwow Committe would also take this time to thank those Elders at the Elders Lodge, who took time to be our judges for this contest.

# **COMMUNITY INTEREST**



Buriel Services

for

William (Billy) Douglas Martin

Son of Myrtle Claus-Martin
Grandchild of Bertha Brant-Hart
will be held August 8
at Christ Church

at 1:00 p.m.





# Kahawatsirata'tie Playgroup



This season's playgroup was a big hit! We are pleased that so many community members are so interested, and attendance is growing constantly. It was a sad time for us to say "ona" until Monday, September, 14, 1998, which is our reopening date! We have some thanks to go out to playgroup parents and community members. We would like to thank Paula McDonald and Carlene Smart for sewing and donating our magic bags for our year end craft. Thanks to Sherri Maracle for donating our clock and for sharing her very interesting story that she wrote herself!!! Thanks to Mandy Smart and Jenny Barberstock for demonstrating native dancing, parents, children and staff all joined in and all really enjoyed this. As well, we would like to thank Murrell Maracle, Mohawk Recreation for the use of their B.B.Q and the donation of drinks. Big thanks to all parents and caregivers for their food donations. Thanks once again to Marilyn Brant (Curley) for her support and dedication that went beyond the call of her bus driving duties. If you have any questions or require further information regarding playgroup, please call the Daycare at 9 67-4401. We would like to wish everyone a safe and happy summer and look forward to seeing all again in September!

Nia:wen
Kathy Brant
Carlene Smart

# First Nations Pharmacy

A Pharmacy for All Peoples

# LOGO DESIGN CONTEST!

First Prize: \$500

Second Prize: \$300

Third Prize: \$100

#### Design a Logo for First Nations Pharmacy and WIN!!!

First Nations Pharmacy will provide pharmacy and related healthcare services to First Nation and Indigenous communities throughout Canada. The logo should reflect this diversity and symbolize our values of health, healing and well-being.

- All entries must be received by the Centre for Indigenous Sovereignty no later than 5:00 p.m., July 31, 1998.
- Winning logos will be announced at the Tyendinaga Pow Wow, Tyendinaga Mohawk Territory, August 8, 1998.

#### All entries must include:

- ♦ A hard copy of the logo design
- ♦ A brief description/explanation of the logo
- ◆ A post-paid, self-addressed envelope (for return of non-winning entries)
- ◆ Contestant's Name, address and telephone number

#### Send entries to:

First Nations Pharmacy Contest Centre for Indigenous Sovereignty 22 College Street; Suite 305 Toronto, Ontario M5G 1K2 Tel: (416) 972-0077

#### Transfer of Rights:

As a condition of receiving the first or second prize in the Contest, Contestants must transfer all rights to the logo, and the description/explanation for the logo, to MEDITrust Pharmacy Inc. By entering the Contest, each Contestant acknowledges and agrees to such a transfer in the event that he or she is awarded the first or second prize.



# Lose Weight While you Sleep!

The Revolutionary Wellness Formula

Calorad® is a nutritional supplement often used as a fat and inch loss product. It is a collagen protein formula that supports the body's lean muscle tissue and fuels the body's natural mechanisms. For those who carry around excess fat, the support of lean muscle assists the body in burning sugars and fats more efficiently. For those who are underweight or in good physical condition, Calorad® encourages stamina and vitality.

#### THE FUTURISTIC FORMULA TODAY!

Calorad® is a natural product that does not stimulate, starve, or trick the body into weight loss. This breakthrough formula feeds the body with a collagen protein supplement, resulting in the body shedding excess fat and toxins naturally!

A 20-year-old has firmer skin and tighter muscles than a 60-year-old because the body's collagen production slows with age. **Calorad®** supplies the body with a very important amino acid that plays a major role in collagen production...L-hydroxyproline. Unlike any collagen product on the market today, **Calorad®** is the result of a very specific extraction process, by Canadian formulator Michel Grise', which is the key to Calorad's tremendous success rate.

Most dramatic caloric reduction diets today trick the body into weight loss and in the process sacrifice a high percentage of lean muscle mass (calorie burning area). Calorad® supports lean muscle mass and facilitates "fat" loss; consequently people lose inches. In fact, many lose a dress or pant size before noticing any difference on the bathroom scale. Some will experience results the first week, some not until the end of the third month.

The use of Calorad® does not require calorie counting, restricted diet, or exercise. It produces beneficial results for 86% of those who use it for 90 days or longer!

Calorad® is a safe and effective product with a proven record of success. The uses of this product are wide in spectrum. It provides a special fuel that each body can utilize for its own highest good. Today, it is being used as a nutritional supplement for many health profiles by practitioners and consumers.

Call: Linda Bernhardt 962-1134

#### Ingredients:

Demineralized Water, Collagen Hydrolysat, Aloe Vera, Vegetal Glycerin, Potassium Sorbate and Methyl Paraben (from blueberries), Natural peach flavor



the other was bounded in with a

# PAGE 15

# **UPCOMING EVENTS**

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

# Mohawk Fair Meetings are scheduled for the first Monday of each month. 7.00 p.m. Firehall

The Monawk Agricultural Society has traditionally offered a Full Course Hot Meal to the General Public on the Saturday of the Mohawk Fair. The meal is served in the downstairs of the Community Centre and is scheduled this year for September 12th, 1998.

The Society is, at this time, inviting interested groups or businesses to submit their proposals in writing for the CATERING for meal(s) for Saturday and/or Sunday, September 12 and 13th, 1998.

We would ask that interest be shown before July 24, 1998 by submitting information to Norma Maracle at R. R. # 1, Descronto. If you have any questions, you may call Norma at 396-3800.



"TRADITIONAL" 11th Amiversary

"ADMIST THE TREES"

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

CALLING ALL DANCERS: Small Travel Honorarium SPECIAL FEATURE: Si CALLING ALL DRUMS: Honorarium DRUM: Echoing Thunder Akwesashe
FF: Arthur Loft
CEREMONY: Don Waboose &

HONOUR STAFF: Aribur Loft
MASTERS OF CEREMONY: Don Waboose &
Steve Pierro
LEAD BANCERS: Anne Marie Tessier
Jim McCue
TOBACCO CEREMONIES: Sat. & Sun. 7:00 am

All Notive North American Omg GRAND ENTRY: Saturday, 12 noon and 6 pm Sunday 12 noon

SOCIAL DANCE: Saturday Night:
TRADER FEES: Craft \$35/day
Food \$45/day

DRUM & DANCERS (Full Native Dress) REGISTRATION: Sat. 10 am - 12 noon Sun. 10 am - 12 noon Adults - \$5/day Seniors - Free with ID 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 . 'imited Electrical Hook-up / Very Limited R.V. Space
Washroom Facilities/No Showers

For more information contact:

Pow Wow Co-Ordinator (613) 396-2553

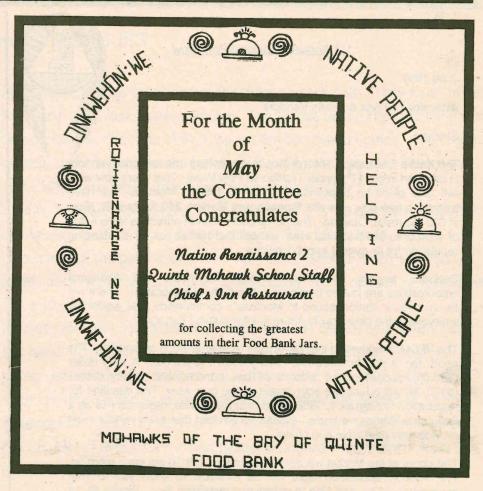
(613) 396-2553

**Ruby Maracle** Brad Boomhour (613) 396-5364 All Youth Campers Must Be Properly Supervised NO ALCOHOL OR DRUGS

EVERYONE WELCOME

The Tyendinaga Pow Wow Committee is not responsible for personal loss or injury No Pets Allowed On Pow Wow Grounds.

Bring Your Own Lawn Chair





# **UPCOMING EVENTS**

17th Annual Traditional Pow Wow

June 1998

Attention: All Arts & Crafts Vendors

She:kon

The Native Friendship Center of Montreal is inviting arts and craft vendors to take part in our 17th annual Traditional Pow Wow. This years pow wow will take place on September 12 & 13, 1998 in Montreal. We have selected a new pow wow site, Bonsecours Market, 350 St. Paul St. East in Old Montreal, Quebec. The Bonsecours Market attracts a large influx of visitors to this historical area, as well the market has an outstanding reputation for its events and exhibitions.

Dancers, singers, drummers, artists, storytellers and Aboriginal organizations are invited to join us in this cultural celebration. There will be an open invitation issued to Montreal's communities, that welcomes everyone to the pow wow to share in inter-cultural harmony.

The NFCM is requesting that all vendors register as soon as possible. The booth fee is one hundred and twenty dollars (\$120.00). A sixty dollar (\$60.00) deposit or full amount of one hundred and twenty dollars (\$120.00) will guarantee your space at the pow wow. The deadline for registration is August 1, 1998. Due to limited space, registration is on a first come, first serve basis. Please be advised that each vendor must provide their own table and chairs.

The doors at the Market will open for vendors at 9:30 am each morning. The vendor registration table will be available to show you to your designated space, and also to collect any remaining fees. Please fill out the form included and return with your deposit. Included are the vendors rules and regulations, and a map to the Bonsecour Market.

The NFCM looks forward to seeing you amongst our participants at this years pow wow. Should you need any additional information, please do not hesitate to call us. We wish you good fortune this summer on the Pow Wow trail!

Audra Simpson and Tanja Steinbach **Pow Wow Organizers** 

2001, boul. St-Laurent Montréal, Québec H2X 2T3

Téléphone: (514) 499-1854 Fax: (514) 499-9436

# KIDS!! Reel in FUN, FAITH and FRIENDS in Vacation Bible Club

QUEEN ANNE PARISH

AUGUST 10 - 13 DATE:

TIME: 10 AM - 17 -11 yrs. old? Come Catch the Bible Truth in Stories, Music, Games & Crafts. Earn Awards & Eat Snacks

MARILIN BRANT



Presented by Church Army Maritime Children's Ministry CAPTAIN LISA A. BRANTFRANCIS



#### MOHAWKS OF THE BAY OF QUINTE

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

BRIAR FOX GOLF & COUNTRY CLUB Hwy #2, 15 min. East, of Belleville W. of Napanee & NW, of Picton



Scramble for Diabetes The Inauguraf Arnold J. Brant Memorial Golf Tournament

> Friday, July 17, 1998 Briar Fox Golf and Country Club Marysville, Ontario 18 Hole, 4 Person Best Ball Scramble \$60.00 per person

Green Fees, Steak Dinner and Prize Table

Putting, Chipping, Longest Drive and Closest to the Pin Contests

\$15,000-Hole In One - sponsored by Doug Whitney Insurance 1998 Dodge Neon-Hole In One - sponsored by Belleville

Chrysler Dodge Jeep 50% of Proceeds to Diabetes Research and 50% to the Fall '98 Diabetes Awareness Conference in Tyendinaga Territory.

Sponsored by: Belleville Chrysler Dodge Jeep, Doug Whitney Insurance, Briar Fox Golf and Country Club, Mohawks of the Bay of Quinte, Ohwistha Capital Corporation and CKWE Radio 105.9 FM.

Tax receipts will be issued.

Book Power Carts well in advance by phoning the Pro Shop at 613-396-2433. First 144 entries accepted — Enter Early — DEADLINE JULY 13th For more information please call:

Dick Brant Mike Hill, Jr Richard Burgis Mohawk Cresting **CKWE** Radio Briar Fox G&CC

613-396-3339 613-967-0463 613-396-2433

Name: Address \$60.00 cheque enclosed Cheques Payable and Mail to: M.B.Q - Diabetes Golf Tourney R.R. #1 Deseronto, K0K 1X0

4TH ANNUAL OPENED

\*C VAUGHN MARACLE MEMORIAL\* MIXED SLOWPITCH TOURNAMENT



AUGUST 21ST, 22ND AND 23RD, 1998

At the Mohawk Softball Complex Tyendinaga Mohawk Territory

Anyone interested in volunteering, please leave your name with Linda at Admin. Office

Entry fee: \$ 250.00

A Division **B** Division 1st-\$1000 1st-\$500

**C** Division 1st-\$300

2nd-\$750 2nd-\$350 2nd-\$250

Prize money based on 16 teams

For Additional Information Call Wilbert Maracle at (613)396-2843 **Proceeds to Sports Complex** 

# PAGE 17

# **CLASSIFIEDS**

#### CAR FOR SALE

- 84 Pontiac Firebird S.E.
- Power Windows - Power Trunk
- Excellent Condition

for more details call: 968-8589

### FOR RENT

- TRAILER
- 2 Big Bedrooms
- Located on the lower slash rd.
- Available Immediately
- Newly Renovated!

CALL: 396-3708

### **BABY SITTER** AVAILABLE

- Non-Smoking Mom will babysit in my child-safe home daycare
- Healthy meals & snacks provided - Lots of toys, books, activities &
- All ages welcome
- Receipts given
- Great references
- First Aid/ C.P.R. certified
- Terrific rates

Please Call: Shari Maracle 396-3077

### **BABY SITTER** AVAILABLE

**Babysitter Available for the Summer** 

I am a mature, responsible 14 year old and love children. I will graduate from Quinte Mohawk School this year and plan to attend Moira Secondary. My goal is to become a Teacher. I have babysitting experience and will gladly provide references. I also have taken a First Aid and CPR course.

Please call Natalie at: 396-3383

### HOUSE FOR SALE

- Approx. 2200 sq. ft. of living quarters
- 3 bedroom
- inground pool
- paved driveway
- 2 car attached garage
- fully landscaped

962-1992 after 5 p.m. & weekends Price is Negotiable Good Neighbours!

### **HOUSE FOR SALE**

- Located on upper slash
- Lot size 100' X 100'
- 4 Bedroom bungalow
- Large Kitchen and living room
- -1-4 piece bath
- Large walk in closets and linen closets
- All new windows in each bedroom
- Drapes and curtains included
- Good water
- Oil fired hot water tank
- 2 Mini barns

ASKING PRICE: \$50.000.00 (Cash) For more information please call: 967-9947 (after 4:00 p.m.)

#### LOOKING TO RENT

- 2 OR 3 Bedroom House on the Territory
- A.S.A.P.

Please Call: 968-8589

### FOR SALE

- Need a Shower Gift?
- Hand knitted Baby Afghans
- Hand quilted Baby Quilts

CALL: Ardeth 962-8983

Doreen will be once again coming to the Territory! She is a seer from up by Six Nations. Doreen has done work in many other territories. The name given to Doreen

If you are interested in setting up an appointment to see Doreen Please call Betty at 969-9608 and leave a message or e-mail to

is "Women who floats on water"

EARTH MOTHER@GOPLAY.COM Doreen will be available for

appointments on July 18, 19 & 20

Cost is \$30.00 per half hour

\$50.00 per hour session

Gift certificates are available!

# FOR SALE

#### **BUILDING LOT**

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

CALL DON BRANT: 396-2424 FOR MORE INFORMATION

# LOT FOR SALE

#### WATERFRONT

- Located on Queen St. in Shannonville

CALL: Glenn Hill 962-5470

#### MILL TOWN MEATS

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

Muke Your Own Soup! Lyed Corn, Beans Special Pork

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

### FOR SALE OR TRADE

- 1986 FIREBIRD
- 2.8 Litre V.6
- 4 speed Auto Trans
- T Bar roof

\$3,500.00 or B.O. Call: 396-5364

#### **FOUND**

- 1 MANS GOLD RING
- found at the ball field

Please call 396-3424 and ask for Sandy Green to identify

### FOR SALE

- MICRO WAVE OVEN
- Brand new (still in the box)
- Touch tone pad
- 10 functions
- Paid \$145.00 asking \$115.00 or B.O. Call: 962-1134

#### FOR RENT

THREE BEDROOM 1 1/2 STOREY BUNGALOW -large eat in kitchen, new tile flooring, newly styled kitchen cabinets, new counter top, completely

painted throughout

- large living room with new carpet and dining room with new tile flooring
- large master bedroom upstairs with 12 foot his and her closets, refinished hardwood floors, with 2 other bedrooms upstairs
- nice size room that could be used as a den or office
- very large modern bathroom with large space for
- washer and dryer, hookups are already installed - totally renovated enclosed porch on the east side of
- home would make a lovely florida room - newly renovated back entranceway with closets
- new drywall installed on most of the interior walls and ceilings
- exterior entirely repainted with new soffits, facia, & eavestroughs and downspouts
- new double hung windows and side sliders installed throughout the home including upper storey,
- basement and porch - References needed
- First months rent and equal damage deposit
- Abosolutely no indoor pets allowed
- Located on the York Rd. Opposite the Health C. Tyendinaga Mohawk Territory
- Available Aug. 1

For more information call Ken Brant 396-3957 or leave a message



Due to Holidays the Newsletter Deadline is Monday July 20 at Noon 396-3424

### \* ATTENTION \* **Local Growers**

If you have seasonal

fruits and vegetables available for sale in bulk please contact the Community Development Council of Quinte Suzanne Quinlan 968-2466 This non profit charitable group purchases local produce to sell in our good food

### **Tired Of Cutting Your Own Grass?**

box program.

My name is Jason Maracle and I am 13 years old. I am looking to make some extra money during the summer by mowing your lawn. If you have a lawn mower, I am willing to ride my bike to your home and mow your lawn. If you are interested in my services, please call 962-8344. My prices are very reasonable. Nia:wen.

### **CAMP FOR RENT**

RENT BY THE SEASON

- Private shady lot 100' X 600' on big bay
- 28' trailer Sleeps 8
- Full bath - 10' X 10' Screen Dining Room
- 10' X 10' Storage Shed
- Dock w/ boat lift.
- Gas B.B.Q. - Swing set and sand box

For further information please call: 354-5198

# Mill Side Ceramics & Crafts

### Great Summer Deals!

You may think it's too soon to get started on your special homemade Christmas gift for that special person, but actually it's the perfect time. Come see whats new in stock and sign up for classes. Also come see the new techniques. I've taken more Seminars, so I can teach you new ideas. Join the Fun! You won't be disappointed! See you Soon at Millside Ceramic

Marlene Murphy Milltown Road (Halfway down) 966-9640

Watch for my new sign at the York Rd on Hwy # 2

# **COMMUNITY BUSINESSES**

# BRANT'S BAKE SHOT

396-2832

Fresh Homemade

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



Open Daily: 10:00 a.m. - 6:00 p.m. Sundays: 12:00 noon - 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!



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**BOX 86** 

DESERONTO PHONE: 396-2536 KOK 1X0 PAGER: 969-4822

# D&N CHIP WAGON

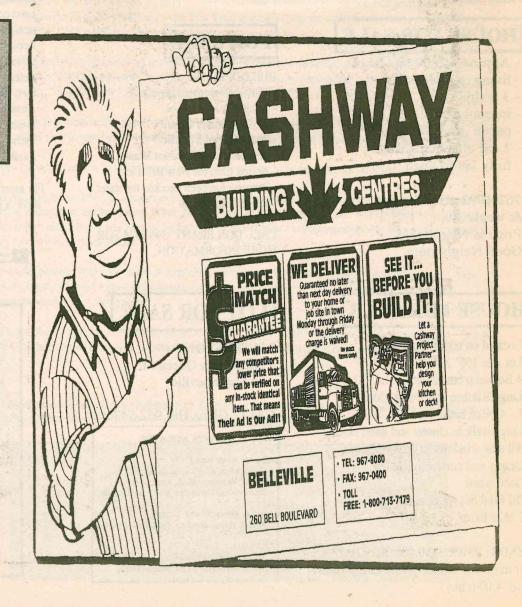
Homemade Burgers & Fries Poutine & Onion Rings Chickenburgers & Fishburgers, etc.

Located on Norway's Road beside B&M variety

#### **B&M VARIETY**

Chips, Pop, Juice, Bread, Buns, Tarts, Cigarettes, Cigars, Tobacco, Choc. Bars, Candy, Icecream, & All your Grocery Needs. Located Off York Road, Just go South on Norway's Road.





# PAGE 19

# **COMMUNITY BUSINESSES**

They're Here!

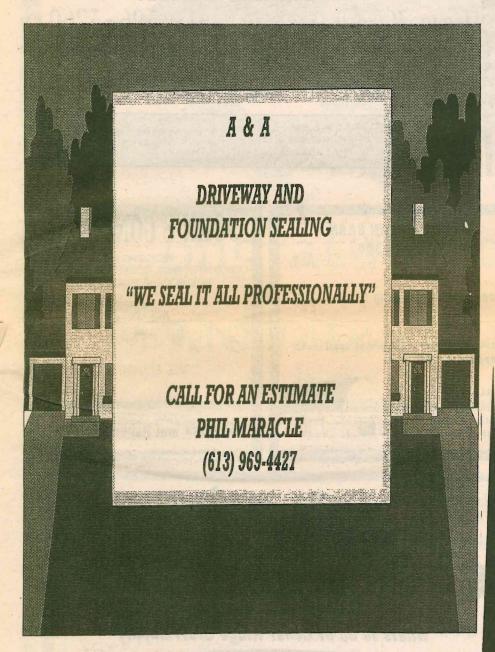
Our very first FULL



Stop by and pick up yours TODAY!

MCMURTER HOME CENTRE

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Willow/Grapevine WREATHS

LARGE SELECTION TOLE WOOD PIECES

CERAMIC/AMERICANA

BERNAT/SPINRITE RIBBONS DECORATIONS!

NATIVE CRAFT

LARGE SELECTION OF BEADS!!

HI-FLOAT HELIUM BALLOONS!



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"southside" of
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Invites YOU to ilders VISIT our new location

Hwy #49 and Slash Rd Tyendinaga Mohawk Territory

New Home Construction

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\* FREE ESTIMATES \*

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Quinte

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Fax (416) 325-8212

Constituency Offices: 43 South Pinnade St. 5 Stewart St. Belleville, Ontario **K8N 3A1** 

Trenton, Ontario

Tel. (613) 962-1144 Tel. (613) 392-3038 Fax (613) 969-6381 Fax (613) 392-2241

CRAWFORD TOWING 613-966-0311

Eric Crawford Tyendinaga Mohawk Territory P.O. Box 186 SHANNONVILLE ON KOK 3AO

Due to Holidays the Newsletter Deadline Date is Monday, July 20

12:00 noon 396-3424

# BayShore Flowers & Gifts All Coasions (613) 396-3260 Jeona Maracle Rayshore Road, Deseronto Designer Fax: 396-3665 For Your Special Occassion, Place your orders for the treshest Annangements & Roses ahead of time!

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 Hwg # 2 East of Shannonville



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

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COMPARE OUR PRICE RIGHT HERE ON THE RESERVE 19 YEARS EXPERIENCE 396-5434 and Pager 969-3270

# BUILD-ALL CONTRACTORS

#### 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 \*
- BASEMENTS
- EXCAVATION
- HAULAGE

#### **CALL TOM MARACLE AT 969-1315**



CEDAR

RIDGE

Why not stop in and See whats to do at Cedar Ridge Craft Supply

> Open Daily 9:00 - 9:00 Sat. 9 - 6 and Sun. 10 - 5

Many things to choose from Beads. Flowers Rings, Ribbon, Feathers, Leaves and much more!

Don't forget about our Wedding Bookings and rentals! Book ahead to save!



Located at Pats Variety Plaza OR PHONE: 396-9960

# Hey Kids! Looking for something to do this summer?

These are all the things that you can enter in this years Mohawk Fair and you have all summer to be creative! And guess what else?

The Mohawk Agriculture Society is giving away \$10.00 to each youth, teen & adult that has the most number of items entered.

So Get Busy & have fun!!

#### **CLASS T**

NOTE: Competitors must be 12 years of age or under on the dates of the Fair.

#### Prizes:

Sections: 1-33 & 35

1st: \$2.20 2nd: \$1.65 3rd: \$1.40 Section 34: \$3.00 to each entry

- 1. Leather Work Rug Hooking
- Felt Work
- String Art
- Woodwork, Any Item
- Soap Carving
- Sculpture, Play Dough
- Pet Made of any Medium
- Assembled Model
- 10. Pencil Drawing
- 11. Freehand Colour Drawing, Native Theme
- 12. Photograph, Mounted (5" x 7")
- 13. Freestyle Comic Strip, (minimum of three frames)
- 14. Freehand Caricature, Mounted & Named (8" x 10")

- 15. Scrapbook, Any Subject
- 16. Paint by Number17. Mounted and Labelled Collection18. Lego Assembly
- 19. Beadwork, Any Item
- 20. Loom Work, Any Item
- 21. Best Dressed Baby Doll
- 22. Home Made Jewellery
- 23. Best Original Poem
- 24. Best Dressed Native Doll
- 25. Decorated Christmas Card
- 26. Pinecone Animal
- 27. Paper Bag Puppet
- 28. Hand Made Doll
- 29. Doll Collection (maximum of 6)
- 30. Sports Card Collection
- 31. Dream Catcher
- 32. Ceramic Item
- 33. Science Project
- 34. Any Other Hobby Display
- 35. New Item for this Class.



#### CLASS I

#### (school age to 16 years)

#### (i) Garden Required

Garden Record Book This book should include the date the garden was planted, the number and variety of plants, pictures, etc. Prizes will be awarded for the content and effort put into the book. Be CREATIVE!

#### (ii) No Garden Required

- Big Pumpkin (by weight) MUST be grown by competitor
- Scarecrow
- **Vegetable Creation** Youth may purchase vegetables and create any unique item for competition. A minimum of 4 vegetables will be required to qualify for a prize. Vegetables only. No props.
- Vegetable creation with props.
- Best Carved Jack-O-Lantern Pumpkin may be purchased and prizes will be awarded for creativity.
- Smallest Pumpkin

Prizes #1 - 7 1st: \$10.00 2nd: \$8.00 3rd: \$5.00

# ELEMENTARY SCHOOL

(no cake mixes)

#### Section

Kindergarten & Grades 1 & 2, Girls Kindergarten & Grades 1 & 2, Boys 1. Chocolate Cake (Iced)

- Cupcakes (white)
- 3. Peanut Butter Cookies (6)
- Chocolate Chip Cookies (6) Sugar Cookies (6) 4.
- School Lunch

# Grades 3, 4 & 5 - Girls Grades 3, 4 & 5 - Boys 7. Chocolate Cake (Iced)

- 9. Peanut Butter Cookies (6)
  10. Chocolate Chip Cookies (6)
  11. Sugar Cookies (6)
  12. School Lunch

# Grades 6, 7 & 8 - Girls Grades 6, 7 & 8 - Boys 13. Chocolate Cake (Iced) 14. Cupcakes (white)

- 15. Peanut Butter Cookies (6)16. Chocolate Chip Cookies (6)
- 17. Sugar Cookies (6) 18. School Lunch
- 19. Rice Krispies Shapes

NOTE: Specials for this class will be awarded randomly: (3) girls (3) boys

Prizes #1 - 19 1st: \$2.20 2nd: \$1.65 3rd: \$1.40

#### CLASS S

# EENAGE COMPE

#### **Rules and Regulations**

- This is a competition apart and separate from regular competitions (Class A to R) and from the elementary section.
- To be eligible you must be between the ages of 13 to 18 inclusive on or before the date of the Fair.
- There will be no entry fee for those who qualify to exhibit in this special "Teenage Competition.
- All exhibitors must complete an entry form which shows a description of the item to be exhibited, and which may be obtained from the secretary and attached
- to items exhibited.
  ENTRIES IN ALL CLASSES MUST BE
  MADE BEFORE 1:00 P.M. ON FRIDAY,
  SEPTEMBER 11TH, 1998. THEY MAY BE
  BROUGHT IN ON THURSDAY,
  SEPTEMBER 10TH BETWEEN THE
  HOURS OF 7:00 AND 9:00 P.M.

#### Prizes:

2nd: \$1.65 3rd: \$1.40 1st: \$2.20

#### Baking

- **Best Decorated Cake**
- Chocolate Brownies (6) 2.
- 3. Banana Loaf
- Sugar Cookies (6) 4.
- 5.
- Oatmeal Cookies (6) Chocolate Chip Cookies (6) 6.
- Bran Muffins (6)
- 8. Cupcakes (6)
- 9. Chelsea Buns (6) 10. White Bread, Bread Machine Baked

#### **Leather Work**

- 11. Any Item
- 12. Dreamcatcher

#### Beadwork '

- 13. Any Item, Loom Work
- 14. Earrings
- 15. Necklace
- 16. Any Item, Freehand

#### Handicraft

- 17. Parka18. Cloth Ribbon Dress or Shirt
- 19. Stuffed Animal, Homemade
- 20. Throw Cushion
  21. Best Dressed Doll, Handmade Clothes
- 22. Any Knit or Crocheted Item
- 23. Paper Mache
- 24. Corn Husk Doll
- 25. Birdhouse
- 26. Carving, Any Medium 27. Tomahawk
- 28. Woodwork, Ornamental
- 29. Woodwork, Furniture
- 30. Pencil Drawing
- 31. Poetry
- 32. Portrait, Any Medium

#### Hobbies

- 33. Model House
- 34. Stamp Collection
- 35. Assembled Model
- 36. Scrapbook, Any Subject 37. Miniature Indian Village
- 38. Three Colour Photographs, Mounted
- 39. Mounted & Labelled Collection
- 40. Any Other Hobby Display 41. New Item for this Class.

NOTE: Specials (8) will be awarded randomly in this section.

### APPLICATION FOR MEMBERS OF THE TYENDINAGA MOHAWK COUNCIL COMMITTEES

DATE:	
NAME:	STATUS NUMBER:
	EE ARE YOU APPLYING FOR:
WHICH POSITION ON THE	COMMITTEE ARE YOU APPLYING FOR:,
WHAT EXPERIENCE DO Y COMMITTEE?	OU HAVE THAT IS RELEVANT TO THE WORK OF THE
	CRIPTION OF POSITION & TITLE ORGANIZATION
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DO YOU HAVE ANY PAST OF ANY KIND? PLEASE	EXPERIENCE AS A VOLUNTEER COMMITTEE MEMBER DESCRIBE.
HAVE YOU DISCUSSES	D THE POSITION WITH OTHER MEMBERS OF THE YESNO
ARE YOU AWARE OF T	THE TERMS OF THE COMMITTEE AND THEIR MEETING YESNO