

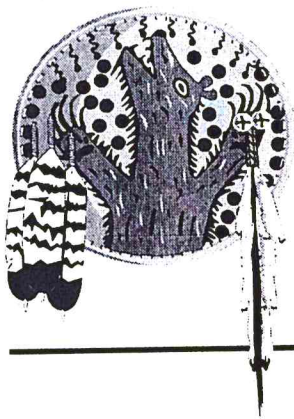
JUN - 6 1996



# TYENDINAGA NEWSLETTER



Ohiar:ha (JUNE)  
ISSUE 6/96



# Ohiar:ha (JUNE)

## ISSUE 6/96

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MAY 07 1996

Graham Dallas

Director, External Relations  
1066 West Hastings Street  
Vancouver, B.C. V6E 3X1  
(604) 665-4250

Chief Roderick Maracle  
Mohawks of the Bay of Quinte  
RR # 1  
Tyendinaga  
ON K0K 1X0

Dear Chief Maracle:

Over the past several months, Canadian National has developed new guidelines to encourage two-way communication between its employees and Aboriginal communities. It has committed to dealing fairly and equitably with communities along its rail lines. And it is working to improve rail safety awareness and provide emergency response training.

We believe these and other planned initiatives will help establish a climate of mutual trust and understanding with communities like yours.

#### **Native Educational Awards**

Part of CN's commitment to Aboriginal communities is its annual Native Educational Awards Program. Every year, CN provides five scholarships -- each worth \$1,500 -- to encourage Aboriginal students to pursue their studies at Canadian educational institutions. Final deadline for this year's applications is June 30 1996.

We encourage you to share the enclosed brochure with deserving students from your community. Contact me if you need extra copies.

We look forward to working with you and your community in the future.

Kind regards,

A handwritten signature in cursive script, appearing to read 'G.D. Dallas', is written over the typed name.

Graham Dallas

## CANADIAN NATIONAL Native Educational Awards Program Application

### Step 1: WHO ARE YOU?

Family Name	First Name
Home Address	
Postal Code	Telephone Number
Address during school year (if different from above)	
Citizenship: <input type="checkbox"/> Canadian <input type="checkbox"/> Other (specify):	

**To which of these groups do you belong?** ☐ Inuit ☐ Status Indian ☐ Non-Status Indian ☐ Metis

**How did you hear about our program?**

### Step 2: TELL US MORE ABOUT YOURSELF...

Write a short one-page essay describing:

- your career goals
- your interest in the transportation field
- your budget for living/relocation expenses, tuition, books, etc.
- your need for financial assistance

### Step 3: HAVE SOMEONE YOU KNOW TELL US ABOUT YOU...

Include with your application a letter of recommendation written by one of your educators to support your application.

### Step 4: IN WHICH EDUCATIONAL INSTITUTION ARE YOU ENROLLED?

Name: \_\_\_\_\_

Full postal address: \_\_\_\_\_

Name of your program: \_\_\_\_\_

### Step 5: ABOUT YOUR FINANCIAL SITUATION...

How much support do you receive for:	Amount	Source
▪ Books and Tuition	_____	_____
▪ Living expenses	_____	_____
▪ Other financial support:	_____	_____
Income from employment during school year:	_____	_____

I certify that the information I have provided for one of CN's Native Educational Awards is true and complete.

Signature \_\_\_\_\_ Date \_\_\_\_\_

#### Return to:

Employment Equity  
Canadian National  
935, de La Gauchetière St. W., Floor 7  
Montreal, Quebec  
H3B 2M9

#### Make sure that you have included:

- A copy of your latest transcript
- A proof of enrolment in a post-secondary educational institution
- A letter of reference from an educator
- Essay describing your career goals, your interest in the transportation field and your need for financial assistance



1996  
1995

## LICENCES AWARDED FOR EXPLORATION RIGHTS IN FORT LIARD REGION

**FORT LIARD, NWT (April 30, 1996)** Minister of Indian Affairs and Northern Development, Ronald A. Irwin, in partnership with Chief Harry Deneron of the Acho Dene Koe, announced today that new gas and oil exploration licences are being awarded in the Southern Northwest Territories.

The winning licences include six parcels of land totalling 145,257 hectares, approximately 558 square miles. A total of \$20,317,131 was bid on the parcels around the Fort Liard region. This figure represents the value of work pledged by petroleum exploration companies to be spent on the parcels over the next four years.

"My people have experienced a long period of economic downturn in our area and we look forward to the many opportunities this work will provide in helping us rebuild and shape our economic future," said Chief Deneron. "With the cooperation and support of government and industry we hope to put in place a framework for community development that will ensure a future of continuing business and employment opportunities for our people."

"Renewed interest from the petroleum industry reflects the profitable opportunities the North offers to investors. There is also a strong interest from First Nations in the employment and business opportunities associated with responsible development of the North's vast petroleum resources," said Mr. Irwin. "Work has already begun as a result of the licences awarded in 1995 with nearly \$10 million already invested by the industry in exploring this area."

The licences awarded today are building on a resurgence in gas exploration in the area, with \$22.7 million committed in work on 149,817 ha of land in 1994.

With this confirmation of sustained interest by oil companies in this area, residents may see longer term business opportunities and employment in the exploration activities themselves and in developing support services in keeping with the federal government Jobs Strategy. Growth potential is augmented by an existing gas pipeline and infrastructure, as well as the presence of the Liard Highway providing access from B.C.

Licences were awarded based on how much the companies proposed to expend in exploring for oil and gas on a particular parcel during the first four years of the term. Licences are valid for seven years.

DIAND's partnership with the Acho Dene Koe was undertaken to ensure the new exploratory work would not impact negatively on the environment and to ensure development activity matched the goals and aspirations of Fort Liard. Areas such as Fisherman Lake and Bovie Lake, at the request of the community, have been set aside as culturally and spiritually significant areas. All exploratory activity will be subject to all federal acts and regulations in order to minimize the environmental effects of exploration and drilling work in the area.

This news release is also available through the Internet at <http://www.inac.gc.ca>

For information:

Zoe Raemer  
Communications, DIAND  
(403) 669-2575

Chief Harry Deneron  
Acho Dene Koe  
Fort Liard, NWT  
(403) 770-4141

# NOTICE

*\* Please Drive Carefully \*  
on the Roads of the  
Tyendinaga Mohawk Territory*

The Grader has broke down and we are attempting to correct the situation on the roads, we are a little bit behind our schedule. Sorry for the inconvenience. Also note any insurance claims must be processed through your insurance agencies.

*\* Your Co-operation is appreciated \**



May 21, 1996  
FOR IMMEDIATE RELEASE

### The Co-operators Launches Unity Project for Youth

The Co-operators announced today that it has launched a unity project aimed at increasing the understanding of Canada as a country, as well as ongoing unity issues. The project will bring together 100 Canadian youth (ages 18-21) to promote a greater understanding and appreciation of Canada and the value of being Canadian. The conference will provide a forum for Canadian youth to explore, express and listen to diverse views on Canadian unity.

"As a co-operative organization, The Co-operators believes co-operation is fundamental on any key issue. We think progress can be made on the unity issue by having people work and learn together. We feel there is value to using some of the resources of a strong national company to try and make a difference by addressing this issue. We have chosen youth because no one has more stake in the matter. The candidates will represent a hugely diverse group from all provinces and territories in Canada," said Jim MacConnell, Chairperson of the Board of Directors.

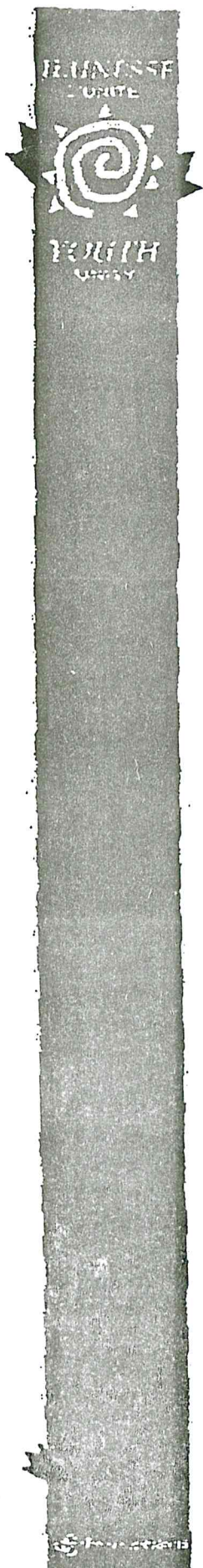
The Youth Unity Conference, being held August 17-23, 1996, is not a forum aimed at reaching consensus or solution, but rather an exploration event to make youth across Canada appreciate the diversity and complexities of the issue and our country. The conference will be held in the National Capital Region (Ottawa/Hull).

Posters with information about the conference are available in all offices of The Co-operators, as well as a variety of other locations. Application forms can be obtained at offices of The Co-operators, on our Internet home page (<http://www.cooperators.ca/cooperators>) or by calling 1-888-479-2667.

The Co-operators is a group of Canadian companies focusing on insurance which also provides financial security products, property development and management and investment counselling services. Co-operators General Insurance, the largest, wholly Canadian owned property/casualty insurer, provides insurance protection for over two million Canadians and together with its subsidiary and related companies, employs close to 4,000 people across Canada.

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For more information, contact:  
Laura Gregson or Pauline Curtis  
The Co-operators  
519-824-4400



MAY 05 1996



## WOODLAND CULTURAL CENTRE

184 MOHAWK ST., P.O. BOX 1506 BRANTFORD, ONT. N3T 5V6 (519) 759-2650

### PRESS RELEASE

#### FIRST NATIONS ART '96 OPENS AT WOODLAND

Brantford (May 5, 1996): First Nations Art '96 was officially opened on Sunday, May 5th at the Woodland Cultural Centre by the Executive Director of the Ontario Arts Council, Gwenlyn Setterfield. To mark the opening of this annual event and introduce Tourism Awareness Week, the Kanata Dance Company gave a twenty-minute performance and will over the course of the summer present programs at the Centre.

This year's exhibit and sale includes the work of prominent First Nations artists Robert Houle, Shelley Niro, Dana Williams, Rebecca Baird, Jenny Maracle, Veran Pardeahitan, Kelly Green, and Rick Hill. A total of 53 works by 33 artists of First Nations ancestry will be presented in the galleries.

Contemporary First Nations artists play a crucial role in communicating their culture to non-native audiences through a wide range of styles and elements reflecting their individual experiences and cultures. Robert Houle, for instance, chose 1940's advertising as a point of departure for issues surrounding stereotyping; while Philip Côté looked to the urban landscape to express socio-political realities in his large acrylic painting.



Many of the artists were present at the opening to explain their work and reflection on contemporary First Nations culture. "The intent of the exhibit is to allow artists and viewers to transcend cultural boundaries" stated Museum Director, Tom Hill.

In conjunction with the exhibition, the museum has planned a series of special events and programs. An Open House is scheduled for May 9th, a screening of the film, **City of Dreams** on May 15th, and a special education tour program of the exhibit can be arranged by calling the Museum Education Program.

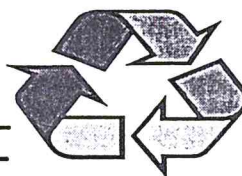
The Woodland Cultural Centre gratefully acknowledges the financial support of the Ontario Arts Council and the Ministry of Culture and Communication. The art exhibit will run through to July 7, 1996.

For more information contact:

Tom Hill or Judy Harris  
Woodland Cultural Centre  
P.O. Box 1506, 184 Mohawk Street  
Brantford, ON N3T 5V6

(519) 759-2650 ext 243 or 244

**REUSE**  
**REDUCE**  
**RECYCLE**



## RECYCLING AND COMPOSTING WORKSHOP

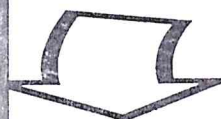
DATE: June 27, 1996. @ 7:00pm to 9:00pm

LOCATION: The Health Centre

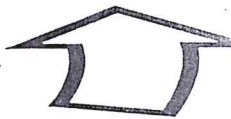
TOPICS:

- The distribution of Blue Boxes
- The distribution of Composters (\$10)
- The Do's and Don'ts of Recycling and Composting

Refreshments will be available.



## Recycler of the Month



KAREN LEWIS





## PURPLE LOOSESTRIFE

The Environment Department would like your help to inventory Purple Loosestrife on the Territory. For a few years now the Environment Department has been mapping where the Purple Loosestrife populations are, and where they are spreading. If you could inventory your own property it would be very helpful to the cause.

Here is a form (one form for each patch of Purple Loosestrife) to fill out, and a picture of the plant.

### Beautiful Killer

As summer unfolds, a silent killer lurks along roadsides, ditches, shorelines, and meadows, shrouding the landscape in a soft purple veil. This exotic beauty slowly takes its toll on the environment as it chokes the life out of wetlands and waterways, destroying precious wildlife habitat. The aggressive invader is purple loosestrife.

Originally found in Europe and Asia, purple loosestrife is a hardy flowering plant that was accidentally introduced to North America in the 1800s. Because it has no natural enemies, it is spreading at an alarming rate throughout Canada.

Purple loosestrife has no nutritive value for wildlife. And its shoreline colonies, which stand one to two metres tall, threaten young waterfowl by providing cover for predators on the prowl.



### Purple Loosestrife Report Form

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ Province \_\_\_\_\_ ( ) \_\_\_\_\_  
 Postal code \_\_\_\_\_ Telephone \_\_\_\_\_

#### Location of purple loosestrife site

Lot \_\_\_\_\_, Concession \_\_\_\_\_

Nearest road intersection: \_\_\_\_\_

#### Survey dates

Date site was surveyed: \_\_\_\_\_ day \_\_\_\_\_ month \_\_\_\_\_ year

Was the site previously surveyed by you? ☐ yes ☐ no

If yes, please specify exact date: \_\_\_\_\_ day \_\_\_\_\_ month \_\_\_\_\_ year

#### Type of area (check one)

- |   |  |
|---|--|
| <input type="checkbox"/> canal            | <input type="checkbox"/> meadow or pasture     |
| <input type="checkbox"/> marsh or wetland | <input type="checkbox"/> roadside              |
| <input type="checkbox"/> pond or lake     | <input type="checkbox"/> other (specify) _____ |
| <input type="checkbox"/> stream or river  |  |
| <input type="checkbox"/> ditch            |  |

#### Number of plants (check one)

- |  |  |
|--|--|
| <input type="checkbox"/> fewer than 20 | <input type="checkbox"/> 100-999         |
| <input type="checkbox"/> 20-99         | <input type="checkbox"/> more than 1,000 |

Provide an estimated measurement of the area you surveyed in which loosestrife was growing

\_\_\_\_\_

Please fill out one form for each patch of purple loosestrife. Mail to:

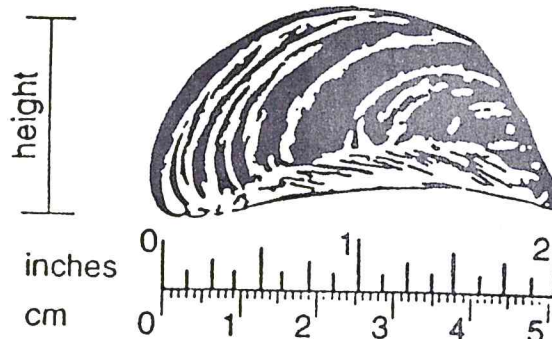
**MOHAWKS OF THE BAY  
OF QUINTE**

ADMINISTRATION OFFICE  
R.R. NO. 1, TYENDINAGA  
MOHAWK TERRITORY

# ZEBRA MUSSEL WATCH PROGRAM

## What are Zebra Mussels?

Zebra mussels are small, brown and white striped clam-like animals native to Eastern Europe. They were first discovered in the Great Lakes in 1988, probably distributed from a freighter's ballast water picked up in a European port. They grow to about 5 centimetres (2 inches) in length and breed and spread very quickly. They are causing significant damage to water intake pipes where they build up in large numbers; and they may have harmful impacts on our fish communities.



## How you can help?

Although densities are still low in some areas of Lake Ontario, including the Bay of Quinte Area, they are well established. Many southern Ontario Lakes and rivers provide suitable habitat for zebra mussels both within Lake Ontario and to inland systems. Through simple and easy modifications to the way in which you handle raw water intakes, boats, motors, baitfish, docks, etc., it may be possible to slow the spread of zebra mussels and minimize the damage they can cause to your property and equipment, and to the Lake Ontario and inland ecosystems. In May 1993, the U.S. government passed legislation that will help prevent the introduction of exotic species to the Great Lakes, by controlling the discharge of ballast water from vessels entering the Great Lakes. The Canadian government is considering similar legislation.

To help slow the dispersal of zebra mussels, every time you move your boat from one body of water to another:

- \* wash your boat, trailer and equipment, and rinse the live well, bilge and pumping system with hot (> 40 degrees C) or high pressure (> 250 psi) water
- \* scrape grainy surfaces (they could be young zebra mussels) off of your boat hull, and remove all aquatic vegetation from your boat and trailer.
- \* dry boats and equipment in the hot sun for five days, if possible (zebra mussels can live for up to two weeks out of water in damp cool conditions), then scrape off remaining zebra mussels.
- \* never use water from infested waterbodies to transport live bait, and never transfer water from one body of water to another.

Following these steps will also reduce the risk of spreading other exotic, such as the ruffe and the spiny water flea.

Please call the **MOHAWKS OF THE BAY OF QUINTE ENVIRONMENT DEPARTMENT**  
FOR MORE INFORMATION 396-3424

## PLEASE FILL IN THE FOLLOWING INFORMATION:

(please print)

Name: \_\_\_\_\_ Phone No: Home ( ) \_\_\_\_\_ - \_\_\_\_\_

Address \_\_\_\_\_ Work ( ) \_\_\_\_\_ - \_\_\_\_\_

\_\_\_\_\_ Date of Sighting \_\_\_\_\_

\_\_\_\_\_ Sighting Lot # \_\_\_\_\_

Name of Waterbody \_\_\_\_\_ Sighting Cons. \_\_\_\_\_

Distance and direction to nearest town \_\_\_\_\_

## Zebra Mussel Information

Size range \_\_\_\_\_ Approximate number <50 \_\_\_\_\_ 50-100 \_\_\_\_\_ 100-1000 \_\_\_\_\_ > 1000 \_\_\_\_\_

Depth of water \_\_\_\_\_ m/ \_\_\_\_\_ ft

Substrate \_\_\_\_\_

Use of Rope: yes \_\_\_\_\_ no \_\_\_\_\_

Number of mussels on densest \_\_\_\_\_

15 cm section of rope

boulder \_\_\_\_\_

gravel \_\_\_\_\_

sand \_\_\_\_\_

detritus \_\_\_\_\_

Additional Comments \_\_\_\_\_







## WILD RICE

The Environment Department would like to know where all the Wild Rice populations are around the Territory. If we determine where the Wild Rice grows we can plant more in those areas. Should you know of any suitable habitat for Wild Rice we would like to map those areas for future planting. Please give Troy a call at the Band Office 396-3424.

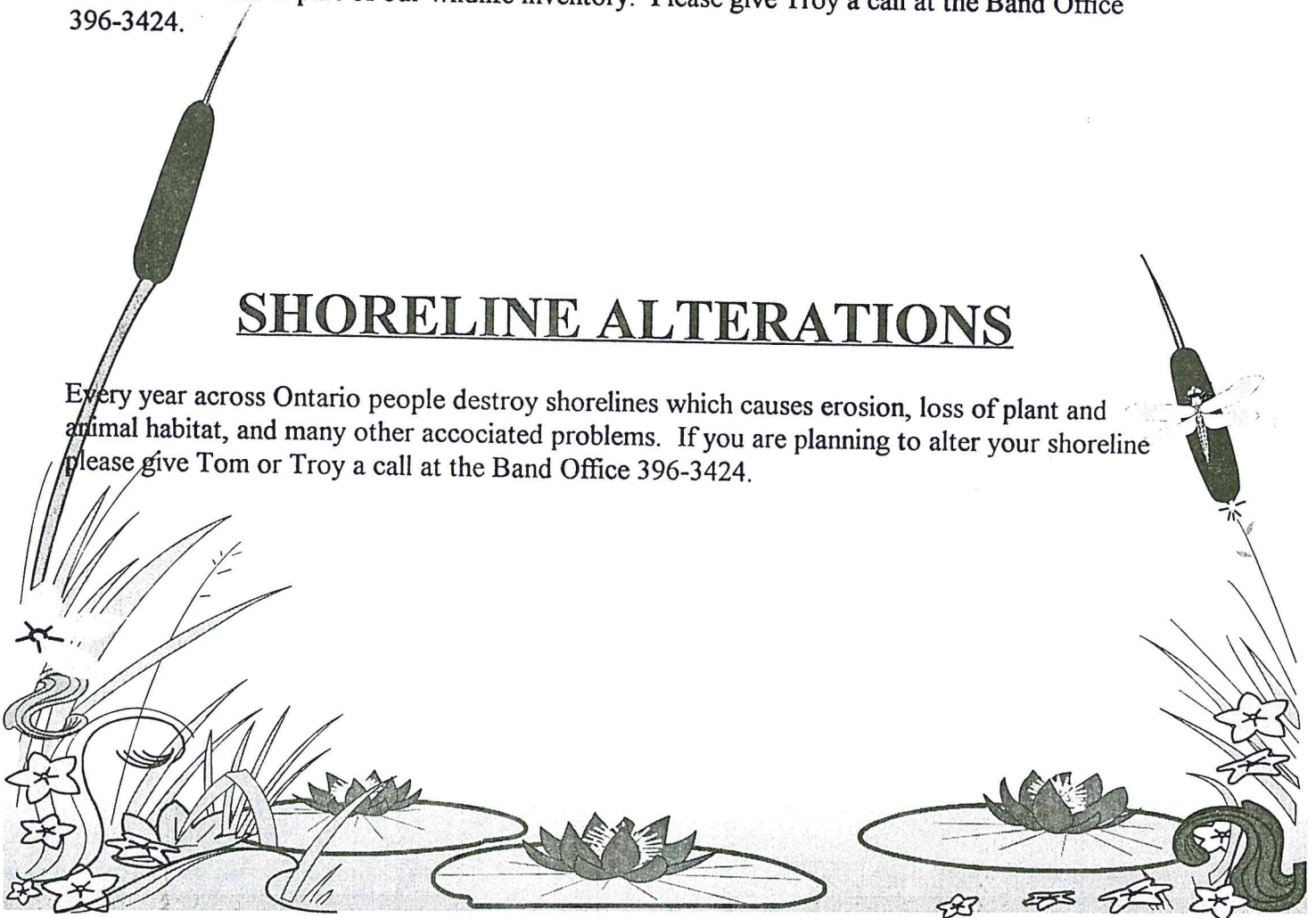


## GOOSE HABITAT

The Environment Department would like to know if there are any Geese spending time on the Territory. If you have spotted Geese on the land or in the Bay (near shore) we would like to map these areas. This is part of our wildlife inventory. Please give Troy a call at the Band Office 396-3424.

## SHORELINE ALTERATIONS

Every year across Ontario people destroy shorelines which causes erosion, loss of plant and animal habitat, and many other associated problems. If you are planning to alter your shoreline please give Tom or Troy a call at the Band Office 396-3424.



# BOATER SAFETY

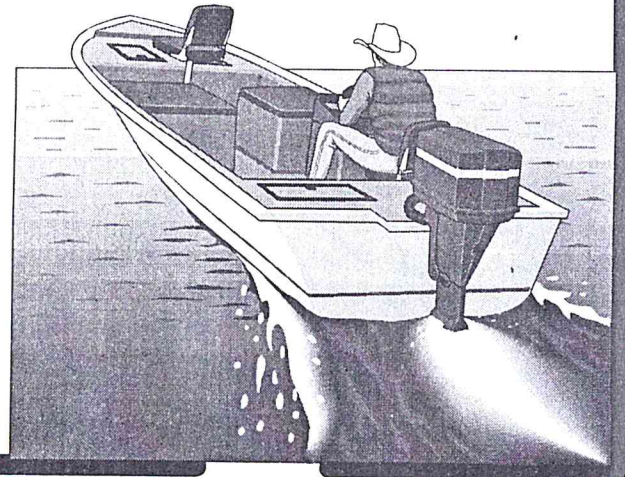
Every year across Ontario several people die from boat related accidents. Please keep the following in mind:

## BOATER SAFETY INFORMATION

1. Make sure you have proper life jackets for all occupants and ensure they fit each person properly.
2. Absolutely no alcohol on board your boat.
3. Make sure you have a proper anchor with enough line to properly anchor the boat.
4. Make sure you have paddles on board your boat.
5. Make sure you have one extra tank of gas.
6. No standing when boat is in motion unless the boat is designed to accommodate standing passengers.
7. The operator of the boat is responsible for all people aboard the boat.
8. Make sure to have a kill switch device.
9. Make sure to have a functional bailing device.
10. A functioning blower for engine compartment (larger boats only)

## HERE'S A LIST OF SOME ADDITIONAL EQUIPMENT YOU SHOULD TAKE ALONG:

1. Flashlight
2. Survival pack
3. Signalling mirror
4. Extra set of clothing and shoes in a waterproof bag
5. Floating tow-rope
6. Floating key-chain
7. Flare
8. Sounding device, ie. Whistle







# MOCCASIN TRAIL NEWS



JUNE 1996

## Take A Breath Of Life!



**A**s I have mentioned before in this column, deep breathing can be a "breath of life" to your health. People often aren't getting enough air because they aren't breathing deep, invigorating lungfuls of it. By following the deep breathing exercise given below you can revitalize every cell in your body. Because deep breathing is putting more oxygen in your cells, you may experience a tingling feeling or light-headedness. For this reason, sit or lie down comfortably to do this exercise.

- Close your eyes and become aware of how you normally breathe. Are you a deep belly breather or a shallow chest breather?
- Put your left hand on your chest and your right hand on your abdomen about three fingers below your navel and continue your normal breathing. Did you notice any difference?
- Slowly take a deep breath through your nose so that the hand resting on your abdomen rises gently. Your chest should move slightly as your abdomen rises.
- Continue taking several, slow, deep breaths through your nose and down into your abdomen. Gently breathe out through your mouth.
- Keep your breathing rhythmic. Now smile slightly and relax your face muscles. As you exhale through your mouth, make a soft "wooshing" sound like the wind in the pines.

- At first, repeat this exercise 3 times before getting up in the morning and 3 times after going to bed at night. In the days ahead, add one repetition in the morning and in the evening until you are doing 10 breaths twice a day.

"I'm not sure what has happened to me. I used to be hardly able to drag myself out of bed. Now I have so much energy that my body moves faster than my head. I never really believed that learning to breathe right could do this for me" - from a senior converted to deep breathing.

Next Mileage Day is Tuesday June 4, 1996. See you there! Yes, that means YOU!

### July is the second anniversary of the Moccasin Trail Walking Program. How do we celebrate?

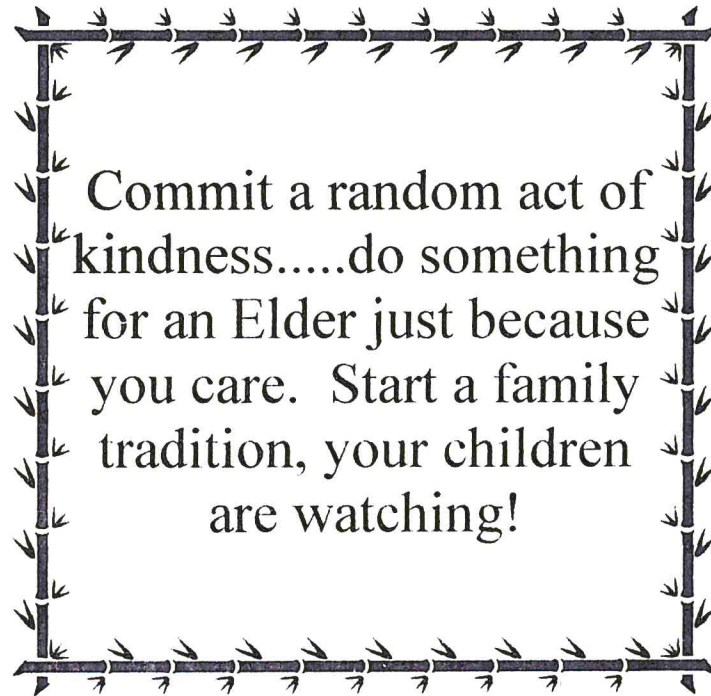
Welllll, July is also Wellness month at Tyendinaga, so combining these two great Quality of Life Improvers, we have designated each week as very special in the month of July.

- Friday July the 4th, in keeping with good health and sun safety, we designate as HAT DAY, so don't be afraid to get silly. The CHRS will be coming around to judge the hats in the morning between 9am and noon.
- Friday July 12, we designate as SNEAKER DAY. So lace up and come out and bare your soles. You could win a prize you always never wanted, haha peaked your interest yet?
- Friday July 19, we designate as WORKSHOE/BOOT DAY. Dig out your best/oldest/raggediest/most decorated workshoe/boot for that day. We will be around to judge them in the morning as mentioned above.
- Friday July 26, we designate as the GO FOR GREEN DAY, meaning we must put on our most comfortable walking shoes, a pair of gloves, grab a garbage bag and go to the nearest road or ditch and pick up the garbage. This will promote positive goodwill within our community by showing you care.

All this information is to get you thinking about your health and wellness, and how blessed we are that we have good health. More details will follow regarding the judging categories and prizes. Nia:wen for taking the time to read this.



# June is Seniors Month!



Commit a random act of  
kindness.....do something  
for an Elder just because  
you care. Start a family  
tradition, your children  
are watching!

## COMING THIS JULY

Dandelion



The CHRs are in the process of organizing  
an HERBAL WALK in Akwesasne  
with Cecilia Mitchell.



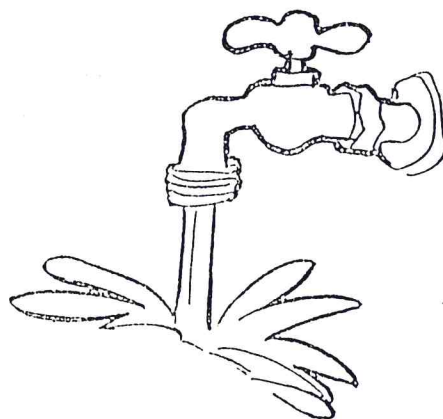
Calendula

Ms. Mitchell has given us the choice of walking either the  
wetlands, hardwoods or meadows  
for herbal plant identification.

There will be a small fee for the bus ride  
and this excursion is tentatively scheduled for  
**Saturday, July 27, 1996**  
with the bus leaving the Health Centre early that day  
and returning the same evening.

If you are interested in joining us,  
please contact the CHRs at  
the Thayendanega Health Centre 967-3603  
before June 10, 1996  
so that final arrangements can be made.  
When you phone in, please let us know your preference  
as to which site you would like to visit.  
(Final decision for site will be based on consensus.)

Watch for further details in the "Tyendinaga Newsletter"



## Water Samples

If you would like to have your drinking water tested  
(for bacteria/faecal only),  
please contact the CHRs at the Health Centre,  
to arrange a time to one of us to come  
to your home or business.

(This service is only available from Monday to Thursday.)  
The lab results will be sent to the Health Centre  
within a week to ten days and  
we will mail them directly to you

## Dining Out

Canadians love restaurant dining. Eating out provides a chance to celebrate or socialize, an opportunity to experience new cuisine, or just an excuse to avoid cooking. Whatever the reason, dining out is becoming a national pastime. In fact, studies estimate that the typical Canadian eats out about five times a week, spending one out of every three food dollars in restaurants.

### Decisions, Decisions...

When eating out you have to make a few decisions. Where do you want to eat? What style of restaurant? What type of cuisine? And how will the meal be prepared? As Canadians adopt a healthier lifestyle, the answers to these questions become more important.

Canadians want foods that are healthy as well as tasty. If you eat out only on special occasions enjoy your meal and eat what you want. But if you eat out often it is important to choose wisely. So how do we make the best choices when eating away from home?

### Delicious and Nutritious

Cutting back on fat is where it's at - whether you are at home or eating out. Order foods that are broiled or poached rather than fried or breaded. Cut back on the amount of butter or margarine used on bread. Try low fat or no fat salad dressings whenever you can. Sauces and gravies are high in fat; order them on the side and use as little as possible. Choose whole grain breads, cereals, pasta, rice, beans and lentils more often. They are low in fat and high in fibre.

It may seem a lot easier to follow these suggestions at home than when eating out. To help you along, here are some useful tips.

### Restaurant Dining...



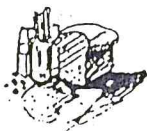
- Plan ahead. If you are planning a late dinner, have a light snack like fresh fruit, raw vegetables or a yogurt to tide you over before dinner - or else you may over order.

- Choose a restaurant. Avoid places that encourage eating to get your money's worth, such as "all-you-can eat" or "two for the price of one" restaurants.

- Think about the type of cuisine you choose. Every menu will have high and low fat food choices. Look for terms and phrases that identify low fat preparations. For example:

- steamed
- in its own juice, or au jus
- garden fresh
- broiled
- roasted
- poached
- baked
- in tomato juice
- lemon juice

- Ask questions about how the food is prepared. And don't hesitate to ask for food the way you want it...after all you are paying for it.





- Enjoy your meal but don't feel obligated to clean the plate. Restaurant portion sizes are often bigger than meals you would have at home. Leave the extra or ask to take it home.

- Request these extras "on-the-side" so you can control the amount used.

- butter or margarine
- salad dressing
- mayonnaise
- sauces, e.g., Hollandaise, Bearnaise
- sour cream
- gravies

- Watch out for "diet plates" - they're often not what they seem. A hamburger patty, side salad and cottage cheese may sound slimming, but it's not. The salad is often loaded with dressing, the cottage cheese may be creamed and the hamburger patty is high in fat. A lower fat alternative is a plain meat patty with the bun, and a salad with dressing on the side.

- Try to order pasta without the cream-based sauces. A spicy tomato sauce or pasta with fresh vegetables is a great choice.

- Can't resist desserts? You don't have to. Finish the meal with fresh fruit or sherbet instead of a rich pastry. Or order a piece of cake and share it with your friends.

### A Tale of Two Salads

Many restaurants now offer salad bars as a low calorie, healthful addition to their regular menus. Don't be deceived. This may not be what you bargained for.

'Dare to compare' the following salads.

3 cups mixed greens, 1/4 cup cucumber, 2T grated carrots, 1/4 stalk celery, 1 radish, 2 mushrooms, 3 cherry tomatoes, 1/4 cup chick peas, 1 hard boiled egg, and 2T calorie reduced salad dressing

Total Calories 227

Calories from Fat 99

Now just add...

3 T grated cheese, 2 T black olives, 1 T bacon bits, 1/4 cup potato salad, 1/4 cup marinated vegetables, 1/4 cup cole slaw, 4 T blue cheese dressing.

Total Calories 900

Calories from Fat 648

Grated cheese, nuts and seeds, bacon bits, marinated vegetables and salads with mayonnaise add fats and calories to your salad. A little is okay, a lot will just add extra fat. Next time you are at the salad bar, choose with care.

### Consumer Power

As consumers we have a lot of control over the foods available to us in restaurants. Times are changing and the restaurant industry is beginning to recognize the importance of providing foods that are low in fat. This is due in part to restaurateurs responding to customer requests for healthy dining choices. So remember, if low fat food choices are not on the menu, don't hesitate to ask! Only by our continued requests will we see more healthy food choices. Bon appetit!

Produced by Public Health Nutritionists in Metro Toronto and the Regions of Peel and York. May be reproduced without permission provided the source is acknowledged.

Distributed by: Nutrition Services,  
Hastings & Prince Edward  
Counties Health Unit.

For More Information

CALL

966-5500



## **"TONE, TALK AND TEA"** **SOCIAL EXERCISE PROGRAM**

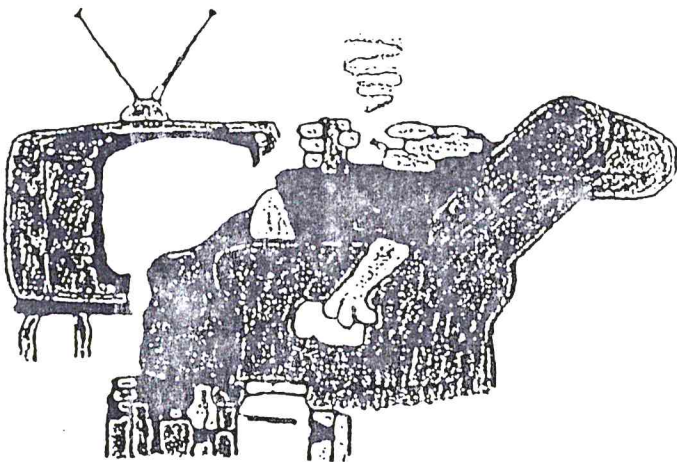
The Senior Citizens Council on Aging Studies have shown that citizens remain self sufficient in their own homes for a longer period of time, when they keep their bodies and minds active. Physical activity is one of four cornerstones of good health in the senior years. When you combine enjoyable physical activity with healthy eating, choices that promote social and mental well-being, and the wise use of medications, you have a recipe for success.

The Home Support and CHR programs are working together to address these issues by implementing the TONE, TALK and TEA Social Exercise Program for seniors.

### TONE, TALK AND TEA WHAT IT CAN DO FOR YOU!

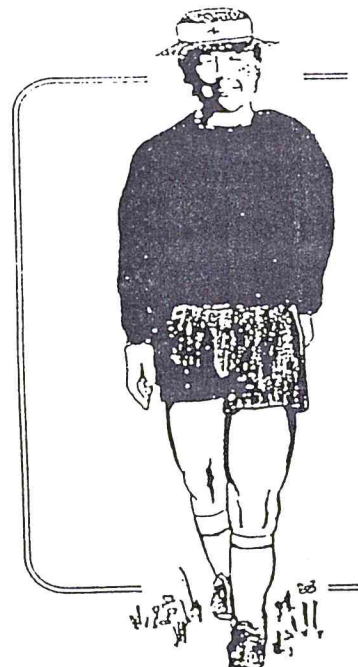
The Tone, Talk and Tea program will begin with mild chair exercises. Once the exercises are finished, we will have a group discussion on a topic of choice while having tea and a nutritious snack! This program not only exercises the four corner stones of good health but is lots of fun too!

### TAKE CHARGE OF YOUR HEALTH

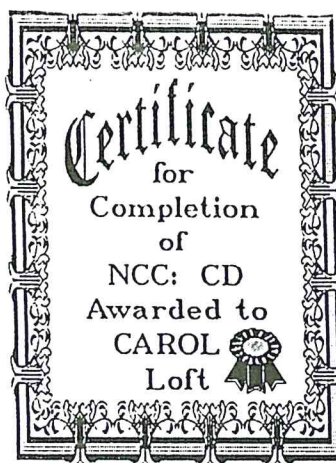


ADOPT  
NEW  
HABITS

THE WELLNESS WAY







## ***Congratulations! Congratulations!***

The staff of the Thayendanege Health Centre would also like to congratulate Carol Loft! Carol successfully completed the Native Community Care: Mental Health Stream program a few years ago. This past year Carol returned to the Mohawk College in Brantford and successfully completed the Native Community Care: Counselling and Development program.

Carol worked very hard to complete the Native Community Care: Counselling and Development program and did exceptionally well in all areas of her studies!

Tyendinaga should be proud of Carol for a job well done!



The staff at the Thayendanege Health Centre would like to extend our sincere congratulations to:

Kate Brant

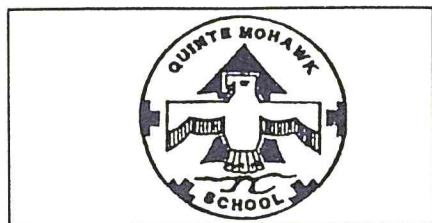
Kathy Brant

for the successful completion of the two year Native Community Care: Counselling and Development program at the Mohawk College in Brantford.

It's been a long hard two years for Kate and Kathy, but perseverance and hard work placed these girls on the Deans List.

Tyendinaga should be proud of these girls for a job well

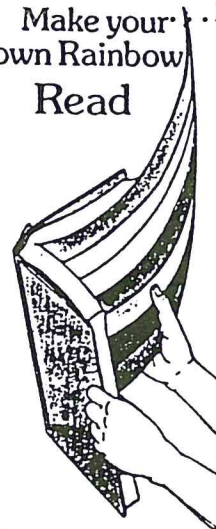




## WHAT'S HAPPENING IN JUNE AT QUINTE MOHAWK SCHOOL

- June 3** Gr. 6 VIP Graduation at 7:00  
The Grade 6 students have taken part in a positive behaviour program - (Values, Influences, Peers) supported by the Tyendinaga Mohawk Police Department and the Firemen's Association. The successful participants are now ready to graduate and friends and family of the grade 6 children are invited to attend the evening at 7:00 in the QMS gym.
- June 7** Over twenty QMS runners with their Coach Mrs. Val Maracle will take part in the Kahnawake IAKAONHHIIOSTHA NE TAIONRE:REN (Racers for Health) Race. This is an invitational race that was inspired by the Diabetes Prevention Project and its mandate of better living through healthy lifestyles.
- JUNE 13** Start up of the evening children's basketball clinic (ages 12-16) organized and coached by members of the Tyendinaga Mohawk Police Department. QMS gym 7:00-9:00 Thursday to Aug. 1 (except June 20)
- JUNE 20** Graduation ceremonies for this year's grade eight classes. Ceremonies start at 7:30 in the QMS gym and friends and families are invited to attend.
- JUNE 21** Kindergarten graduation in the QMS gym. Ceremonies start at 9:00 am with a reception for friends and families to follow. 10:30 (time approximate) QMS Athletic and Achievement Awards Assembly.  
12:00-1:00 Lunch and Treat from the Mohawk Bus Lines.  
1:00-1:30 Lost and Found Items on Display (gym) and Report Cards handed out.  
1:30 Dismissal for Summer Holidays
- JUNE 25** Opportunity to Register new students Grade 1 to 8 for the 1996-97 school year. Last registration for Kindergarten classes before September 3, 1996. Call Mrs. Angle Hill at 966-6984 for an appointment.
- JUNE 28** Last Day of the 1995-96 school year.

The staff of Quinte Mohawk School wish everyone a very safe, happy summer and thank you all for your support this past school year.



## What is New at Ka:nhote Library this month?

### NON-FICTION:

**Drawing & Cartooning 1001 Caricatures** - Dick Gautier  
You can capture the funniest features of any face with easy to follow, step-by-step instructions.

### NEW IN FICTION:

**Five Days in Paris** - Danielle Steel  
**Hunters Moon** - Karen Robards  
**Let me call you Sweetheart** - Mary Higgins Clark  
**That Camden Summer** - LaVyrle Spencer  
**Tiger Eyes** - Shirley Conran  
**Irish Gold** - Andrew M. Greeley  
**The Chamber** - John Grishman



Wampum Belts and PeaceTrees  
This Land is Our Land  
Lame Deer: Seeker of Visions  
A Haida Potlatch  
Mohawk: A Teaching Grammer  
The Ojibwe  
The Vanishing Race  
Iroquois Their Art and Craft  
Atlas of the North American Indian  
The American Heritage book of Indians  
Joseph Brant 1743-1807  
Life Among the Qallunaat  
Where Eagles Dare to Soar  
American Indian Sports Heritage  
American Indian Cooking and Herb Lore  
Indian Herbalogy of North America  
Children or Brethren: Aboriginal Rights in Colonial Iroquoia  
Falsefaces of the Iroquois  
The Eagle Dance  
Forgotton Founders

PLEASE SEARCH EVERYWHERE - FIND THESE BOOKS AND SEND THEM HOME - ALL  
WILL BE FORGIVEN.

PHOTOCOPIES ARE AVAILABLE AT KA:NHIOTE LIBRARY FOR .15 PER COPY  
GENEOLOGY RESEARCH IS ALSO OFFERED

### LIBRARY HOURS ARE:

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

967-6424

*Thanks to funding allocated by Tyendinaga Mohawk Council there will be  
new material appearing in all sections of the Library!!!*





## SUMMER POSITIONS

AS YOU ARE AWARE WE HAVE A JOB BANK  
IN THE EMPLOYMENT OFFICE

WE NOW HAVE SUMMER STUDENT POSITIONS POSTED  
THROUGH CANADA EMPLOYMENT AVAILABLE ON  
THE JOB BANK.

IF YOU ARE LOOKING FOR SUMMER EMPLOYMENT  
COME IN AND LOOK OVER THE CHOICES.

FOR MORE INFORMATION PLEASE CONTACT BEV OR  
KAREN AT THE ADMINISTRATION OFFICE  
(613) 396-3424

---

*Happy 10th Anniversary*

*Fat Man*

*May 31st*

*Love*

*Lynda*



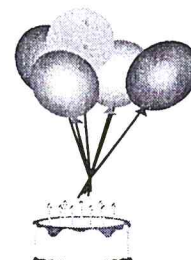
Happy Birthday Nan!  
(June 26)

Love

Angela, Jake, Shirley & Victoria



Happy Birthday!  
Mart  
Love , Linda



Happy Birthday  
Uncle Mart  
(June 28)  
Love  
Angela, Jake  
Shirley & Victoria

*Ron Lowry*  
*1932-1996*

A Memorial Service will be held on  
Saturday, July 6 1996  
at  
2 p.m.

Log House, York Road  
Reception to follow at the  
Mohawk Community Centre

**I  
N  
T  
E**   
**RESERVE  
BOWLING**

*Inter Reserve Bowling would like to announce the  
50/50 draw winner.*

*Kerry Phillips*

*Special Thank You to Kerry who donated half his  
winnings back to the Bowling League*



*Thank You!*

*Thanks for your prayers, your cards, your gifts and your thoughtfulness while  
I was in the hospital getting better.  
It was very much appreciated. Thank You again.*

*Gord Foster*



*Thank You!*

*To all who came and supported our Corn Soup Supper.  
Special Thank You to Eva Maracle, Helen Spencer, Mary Donovan & Chief R. Donald  
and the many others in the congregation and community who donated desserts, their time  
and their effort to make this a huge success.*

*The Wardens & Congregation of Christ Church*



*Thank You!*

*Grace Crawford thanks father Ken Baker for celebrating Holy Eucharist for her 90th  
Birthday. Thanks also to Charles Maracle, Dennis Lewis, Mary Lynn St. Amand,  
Helen Spencer, Dorothy Ann Brant for toteing, setting up and decorating.  
Thanks to Lorraine S. Brant for the appetising vegetable trays and Lois Brant for her  
delicious fruit trays.  
Thanks to Karen Lewis and Callie Maracle for their fast disappearing dried corn soup.  
Finally thank you to all my friends & family for their many cards, gifts and flowers  
and making my 90th birthday a memorable day.*

*Thanks Again,  
Grace Crawford*

# AN OPPORTUNITY TO EXCEL !

All Special olympians wish to  
thank the people of our  
Community for their support in  
the torch run, this past week.  
Our Athletes participate in  
speed skating and t-ball,  
5+10 pin bowling swimming  
floor hockey, track+field,  
and baseball

Very Sincerely,  
Vicki Maricle

Special Olympics



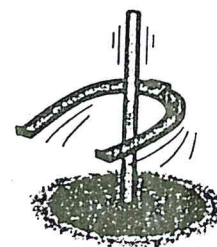
KANIEN'KEHA:KA OWENNA TSI  
 IONTEWEIENSTA'HKWA (Tyendinaga  
 Mohawk Language Learning Centre) will promote,  
 preserve and revitalize the Mohawk Language as a living  
 language within Tyendinaga Mohawk Territory.

The Learning Centre's Mohawk Immersion Program"  
 provides a learning environment for Mohawk children  
 that reflect the values of our ancestors through language  
 and culture, in the spirit of love and respect.

The Immersion Program's curriculum is culturally-  
 based on the themes of environment, plants, trees,  
 vegetables, fruit, animals, family, community, and so on.  
 The Thanksgiving Address, songs, dances, arts and  
 crafts are incorporated in the program.

*Applications are being accepted for children ages 3  
 to 8 years, to attend the Mohawk Language  
 Immersion Program. If you would like further  
 information about the program or an applicaiton  
 you can contact:*

*Cherylann Brant - 969-6393 or 396-6786 (evening)  
 Judalon Jeffries - 967-7786 (evening)*



# KENTE HORSESHOE LEAGUE

## Team Standings – Week 5

	<u>TEAM</u>	<u>POINTS</u>
1	Tyendinaga Home Improvements	1500
2	G & A Gang	1497
3	McMurters	1318
4	CD Brant Design	1312
5	Snooky's Hideaway	1307
6	Eagle Orthopaedics	1295
7	KC Builders	1262
8	Blitches	1136
9	Legion 1	1105
10	Mohawk Fireman	1026
11	B & J Pole Line	983
12	Frost the Mover	957

The Third Annual Alva Morgan Memorial Move-a-Thon

Saturday June 8, 1996 at 9:00 a.m.

in support of L & A Interval House

Registration: 8:30 a.m.

at The Napanee Fairgrounds

Interval House T-Shirts are now available

To order yours or to receive pledge sheets,

call Rosemary at 354-0808

No time to pick up a pledge sheet or collect pledges?

Come out and join us anyway -

you can make your own pledge at registration.

Help us to help abused women and their children.



## EUCHRE NIGHT !

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



## AGRICULTURE MEETING

**2ND Monday of Every Month**

**8:00 p.m**

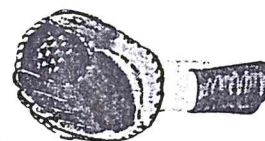
**NEXT MEETING: June 10**  
**at the Firehall**



**All Welcome!!**



### *Children's Ball Schedule*



**Starts Monday May 27, and  
runs every Monday night until July 22.  
There will be no games on July 1.**

On July 29th , there will be a party at the Ballfields starting at 6pm (food) and  
**AT THE REGULAR TIMES THE PARENTS WILL SQUARE OFF AGAINST THE  
CHILDREN.**

**ENJOY THE SEASON !**

**T- Ball 6:30pm - 7:15 pm - Field B**

**Junior 3 Pitch (Ages 6- 9) 6:30pm - 7:30pm - Field A**

**3 Pitch (Ages 9- 13) 7:30pm - 8:30 pm - Field A**

# **\*\* WANTED \*\***

## **LACROSSE PLAYERS**

**HOUSE LEAGUE  
PLAYED AT THE DESERONTO ARENA**

**NO TRAVELLING**

**REGISTER TODAY!!!!**

**967-1580**



### **ONYOTA'A:KA FAMILY HEALING LODGE**

**652-0657 or 652-0937**

The Onyota'a:ka Family Healing Lodge operates 24 hours a day, 7 days a week providing emergency shelter to women and their children who are at risk or involved in an abusive relationship with a partner.

The Lodge is located in Onyota'a:ka First Nation (Oneida) approximately 25 miles southwest of London. We are a two story, six bedroom facility that accommodates women and their children for up to six weeks. Programming is offered that includes Individual and Family Support group sessions as well as Children's Programs. We offer crisis counselling 24 hours a day, Advocacy, and referrals, we also provide financial assistance for emergency transportation. Our staff consists of counsellors, the child support worker and caring relief workers.

Perhaps one of the saddest things in the world occurs when a child is able to understand the destructiveness, the terror and the violence created by the abuse of alcohol and drugs. The poor child is all but helpless to change anything and most likely will mimic the parents inappropriate behaviour in adult life.

This is called, "Keeping the vicious cycle going."

"A number of years ago I had a talk with a five year old child. In our conversation the child asked if he could go home with me and was it all right if he brought his mommy with him. The child said, 'I hate it when my father comes home and he is drunk. He yells at mommy and me. He hits my mommy and she gets a big cut on her head. My daddy hits me too. My daddy is so mean when he is drunk. I wish my daddy would never drink beer again for the rest of my life'.

If you or someone you know is in need of help or need some one to talk to, the ONYOTA'AKA FAMILY HEALING LODGE offers a warm supportive atmosphere for women and their children who are being affected by family violence.

**Admission Criteria :** Women and their children who are at risk or involved in an abusive relationship with their partner.

Educational groups two nights a week which consists of : Cycles of violence , domestic violence, legal rights, co-dependency, A.C.O.A., problem solving, goal setting, self-esteem, self-care, anger



## Mother Earth Healing Lodge

*"He told me they would be coming  
from the Four Directions.  
They would be of every age, children, elders.*

*"They would need cleansing and healing.*

*"He told me to be ready, to build a lodge  
where they could become well again."*

*-- The Old Man In The Dream*

Three years ago, Karonhianoron (Ann Jock) received this message. She delayed acting on it until the beginning of springtime in 1996, when during the course of an illness she was asked why she had not done as she was instructed.

Ann Jock is now building the Mother Earth Healing Lodge and she invites all interested human beings to join her in covering the modest costs. The center will be located near the Onkwehonwenaha School and Longhouse at Akwesasne on a knoll in a quiet and isolated cedar grove. It will be built according to the simple given design: eight equal sides each 12 feet wide, made of white pine logs set three feet into the earth which will serve as the floor.

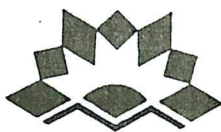
The hope is to have the Lodge ready to be dedicated and open at the Autumn Solstice on September 21. Medicine people from the Four Directions -- north, south, east and west -- will be invited to participate.

After the dedication, the Lodge will be open to anyone who asks to benefit from its tranquility and power. The presence of persons asking for healing and restoration will give Mohawk and other medicine people and the entire community to offer assistance and to have the privilege of participating in the healing process.

The white pine logs have been obtained. What is needed now for the Lodge to become a reality is help to buy windows and other construction materials to complete the Lodge. Contributions can be sent payable to

"Mother Earth Healing Lodge"  
Ganienkehaka, Akwesasne  
Box 113 A, Bombay, New York 12914  
Ann: 518-358-3694

Those who enclose their name and address will be invited to the dedication in September.



**ABORIGINAL BUSINESS CANADA**  
**ENTREPRISE AUTOCHTONE CANADA**

CANADIAN  
 EXPORTERS'  
 ASSOCIATION



# Aboriginal Export and Trade Directory Launch

Westin Harbour Castle Hotel - Toronto, June 18, 1996

## Build Your Business Links

Aboriginal companies are actively trading domestically and abroad, in economic sectors as diverse as forest products and high fashion. In order to maintain this economic momentum, the Government of Canada is helping to connect Aboriginal firms with international markets and domestic partners by publishing the first ever Aboriginal Export and Trade Directory.

In Partnership with the Canadian Exporters' Association, Aboriginal Business Canada would like to invite you to the Launch of the Aboriginal Export and Trade Directory. This event will be held at the Westin Harbour Castle Hotel in Toronto, on Tuesday June 18, 1996 at 4:30 p.m.

The Agenda will include Senior Aboriginal and Non-Aboriginal business leaders and Government Representatives.

The companies profiled in this directory, available electronically and in print:

- ≡ embody unique expertise that is valuable to non-Aboriginal companies
- ≡ produce world class niche market goods and services
- ≡ provide Aboriginal experience, knowledge and skills in community and economic development
- ≡ are contributing to their local and regional economies

This reception is a unique opportunity for you to:

- ≡ find sources of outstanding goods, services and expertise
- ≡ access markets in Canada and overseas through the contacts of the Aboriginal export community
- ≡ promote your capabilities as a prime contractor or a sub-contractor
- ≡ enhance your competitiveness in international development projects

**For additional information call tel. (613) 736-0432 fax (613) 736-9604**

Travel incentive to the event to be provided by 'Canadian ConventionAir'  
 tel. 1-800-665-5554 - please quote #M60466 when making flight arrangements



Industry Industrie  
 Canada Canada

Canada



# **White Owl Cultural Pow Wow**

## **June 14-16, 1996**

**Competition Pow Wow**  
**featuring:**

**Buffy Sainte-Marie**  
In Concert

**Whitefish Bay Singers**  
Host Drum



<b>Concert Date:</b>	<b>Fri 14th 8:00 pm (approx)</b>
<b>Concert Tickets:</b>	<b>\$15.00 advance</b> <b>\$18.00 at the door</b>
<b>Concert Location:</b>	<b>Waterloo Recreation Complex</b>
<b>Pow Wow Date:</b>	<b>Sat 15th-Sun 16th</b>
<b>Pow Wow Tickets:</b>	<b>\$6.00 general admission</b> <b>\$4.00 reduced admission</b>
<b>Pow Wow Location:</b>	<b>Waterloo Park West</b> <b>(bandshell) Waterloo, ON</b>
<b>MC:</b>	<b>Paul Bourgeois</b>
<b>Arena Director:</b>	<b>Melvin Kehewin</b>
<b>Head Male Dancer:</b>	<b>Russell Blackbird</b>
<b>Head Female Dancer:</b>	<b>Walking Partridge Woman</b>

**Tickets available at the Weejeendimin Native Resource Centre (42 College St. Kitchener, ON), Ticketmaster or call for more information 519-744-9592, 519-743-8635 or FAX 519-743-8769.**

Uniting and reawakening the creative energies

# "A WOMENS' GATHERING"



Workshops on • spirituality • social issues • alternative healing  
to be held at LOYALIST COLLEGE - in the Bay of Quinte  
**AUGUST 16 to 18 /1996**

an information package will be sent upon receipt of  
your registration fee of \$ 75.00 C D N.

- FEE INCLUDES 6 SCHEDULED MEALS AND WORKSHOPS
- ACCOMMODATION OPTIONS INCLUDED FOR DIRECT BOOKING

"Womens Gathering" P.O. BOX 22073, Belleville Ont. K8N 5Z7.

NAME \_\_\_\_\_ PHONE NO ( ) \_\_\_\_\_

ADDRESS \_\_\_\_\_ POSTAL CODE \_\_\_\_\_

PARTICIPANT ☐ AND OR FACILITATOR ☐

CUT OFF DATE FOR REGISTRATION: JULY 15, 1996

a call for facilitators to share wisdom



# MOHAWK AIRPORT

## Community Day

**Saturday**

**June 8, 1996** (raindate June 9)

**10am - 5pm**

**Pancake Breakfast**

**8 - 11:30am**

**ADMISSION 25¢**

Proceeds to a  
Community Organization

Deadline for booth displays  
May 17, 1996

**FREE AIRPLANE RIDES**

**Local Entertainment**

**Arts & Crafts • Food Booths**

**Business Display Booths**

**Door Prizes • Dunk Tank**

**For More Information Call (613) 396-3100**



**First  
Nations  
Air  
Service**



**PEACE TREE  
TECHNOLOGIES INC.**



**AIR DIRECT**



Sacred Assembly '95 • Assemblée Spirituelle '95

## VIDEO CAPTURES SPIRIT OF SACRED ASSEMBLY



Hull, Quebec - December 6-9, 1995

**\$24<sup>95</sup>**

**plus \$5.00  
handling charge**

They came from all over Canada.  
From every province and territory.  
From major cities and remote communities.  
From the Arctic to the Atlantic to the Pacific.  
Aboriginal, non-Aboriginal, English, French,  
First Nation, Métis, Inuit. Elders, Youth, traditional  
Native spiritualists, Christians of all denominations.,  
Muslims, Jews, politicians, grass-roots citizens.

They came in response to the call from Elijah Harper to lay a spiritual  
foundation for healing, reconciliation and justice between Aboriginal and  
non-Aboriginal peoples in Canada.

After four days of intense listening, learning, sharing, and celebrating, they  
emerged with a common commitment - to spread the spirit of healing, reconciliation  
and justice across this land.

*This 55-minute documentary, produced by award-  
winning Native MultiMedia Productions, captures the  
story and spirit of this historic four-day event!*

### ORDER TODAY!

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE ( ) \_\_\_\_\_

Make cheques payable to: "SACRED ASSEMBLY"

Send orders to:

Aboriginal Rights Coalition, 151 Laurier Avenue East, Ottawa, Ontario K1N 6N8

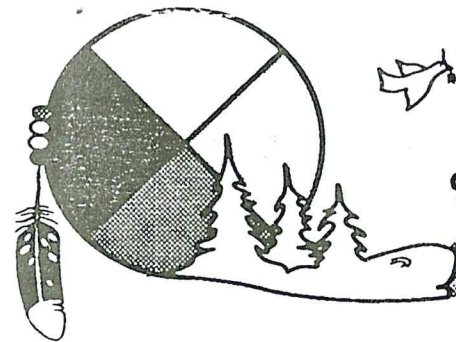
Tel: (613) 235-9956 Fax: (613) 235-1302

Video Prices:

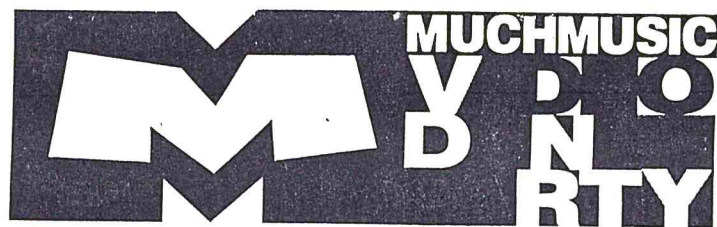
**\$ 24.95 ea.** \_\_\_\_\_  
(+ \$5.00 handling)

**3 for \$ 70.00** \_\_\_\_\_  
(+ \$5.00 handling)

**5 for \$ 115.00** \_\_\_\_\_  
(+ \$5.00 handling)







***MUCH MUSIC VIDEO DANCE PARTY***

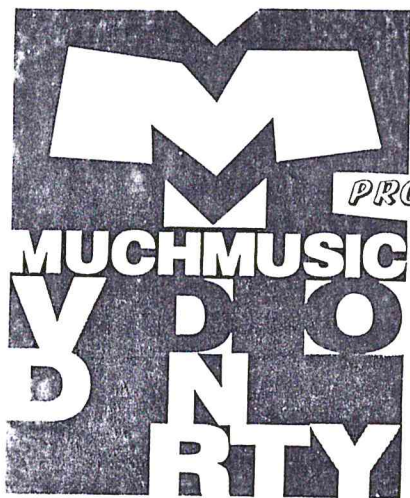
***YOUTH DANCE FRIDAY JUNE 21  
8 PM - MIDNIGHT***

***ADULT DANCE SATURDAY JUNE 22  
9 PM - 1 AM***

***DOWNSTAIRS OF DESERONTO ARENA***

***COST \$ 8 IN ADVANCE - 396-3424***

***OR \$ 10 AT THE DOOR.***



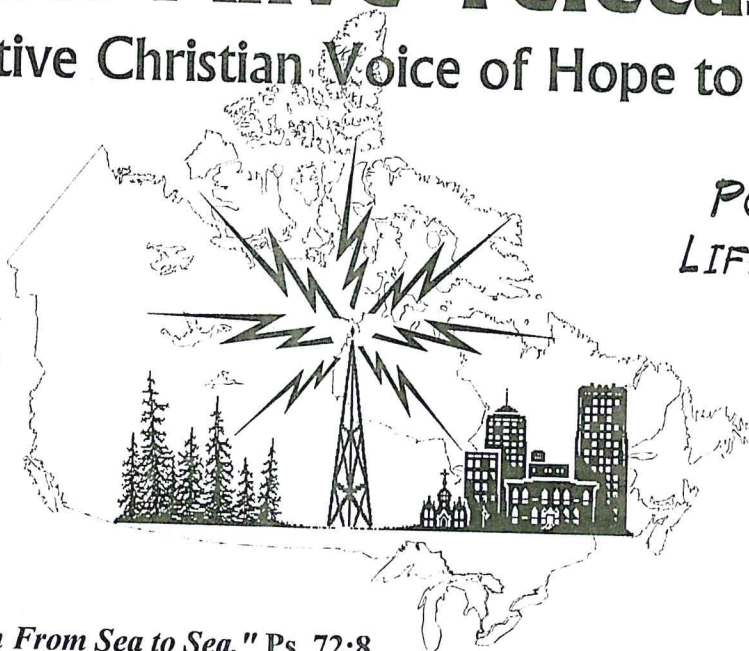
***PROCEEDS TO MOHAWK RECREATION COMPLEX.***



# Spirit Alive Telecast

Extending a Native Christian Voice of Hope to Our Nation!

INFORMATIVE . . .  
INSPIRATIONAL!



POSITIVE . . .  
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Mohawk, Director

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**Eastern: ON, PQ**  
Wed. 6 AM  
Sat. 6:30 & 8 AM

**Atlantic:**  
Wed. 7 AM  
Sat. 7:30 & 9 AM  
**Newfoundland**  
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Sat. 8 & 9:30 AM

**Kingston - CKWS - Sunday 7AM**

## Spirit Alive Victory Camp Meeting '96

August 3 - 11

National Native Bible College - Deseronto

Speakers: Rev. Ted Shuttlesworth  
Rev. Andrew Maracle & Rev. Ross W. Maracle

*Watch for more details.*

For Prayerlines - Call During Program - 613-396-1435

Spirit Alive, PO Box 280, Deseronto, ON K0K 1X0

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# CLASSIFIEDS

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### 4 PREHUNG DOORS

- used stained doors
- (3) - 30" X 80"
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**\$15.00 each**

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## FOR SALE

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### LARGE UPPER THREE BEDROOM APARTMENT

- located in the village of Shannonville approx. 10 minutes from Belleville
- large eat in Kitchen
- living room & dining room
- off street parking, new carpeting, nice size bedrooms and bath
- AVAILABLE JUNE 1ST, 1996
- First months rent plus equal damage deposit required along with references

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Ken Brant 396-3957 after 4:30 p.m. daily

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- blonde female, 6 months old
- part huskie

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- Couch, loveseat, chair
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**\$800.00**

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**NEWSLETTER DEADLINE  
DATE**

**MONDAY, JUNE 24/ 96  
AT 12:00 NOON**

**396-3424**

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1 ACRE BUILDING LOTS or  
SMALL PARCELS OF LAND  
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call: Glenn Hill 962-5470

FOR SALE

Approx. 65 acres, good drainage, well  
is already on site. Located on Milltown  
side Rd. with access on Milltown side Rd.  
& frontage on Slash Rd.  
CONTACT:

Tom Maracle 613-337-5735  
or Ken Brant 613-396-3424

FOR SALE

LOT WITH MOBILE HOME

- 2 bedroom
- Stove and Fridge included
- Central Air, New Driveway
- Located on Hwy # 2 across from Bayview  
Plaza
- Lot size 300' X 300'

FOR MORE INFORMATION CALL:  
337-5735  
Tom Maracle (Evenings Preferably)

FOR SALE

MOBILE HOME

- 2 Bedroom
- Lot size 150' X 150'
- With additional Room 20 X 16
- Heat pump for back up heating and Air  
Conditioning
- Natural Gas Furnace
- Good Well & Septic System
- Located on the Corner of Belles Side Rd. and  
# 2 Highway
- Price is Negotiable

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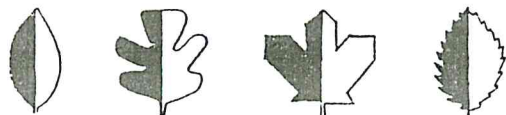
DENNIS MACINTYRE - 416-488-5006  
OR PAT'S CAFE - 396-2514 FOR VIEWING

FOR SALE

BUILDING LOT

- 150' X (a negotiated depth)
- Located 1 km. east of 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



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*Transplanting*

*Landscape design*

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*Tree planting*

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*Ask for Dave.*



# Tyendinaga's Business

## KITCHEN DESIGNS

Kitchen Designs is owned and operated by Phil Kring and provides a full range of quality custom European style kitchen cabinets, bathroom vanities and accessories at competitive prices .

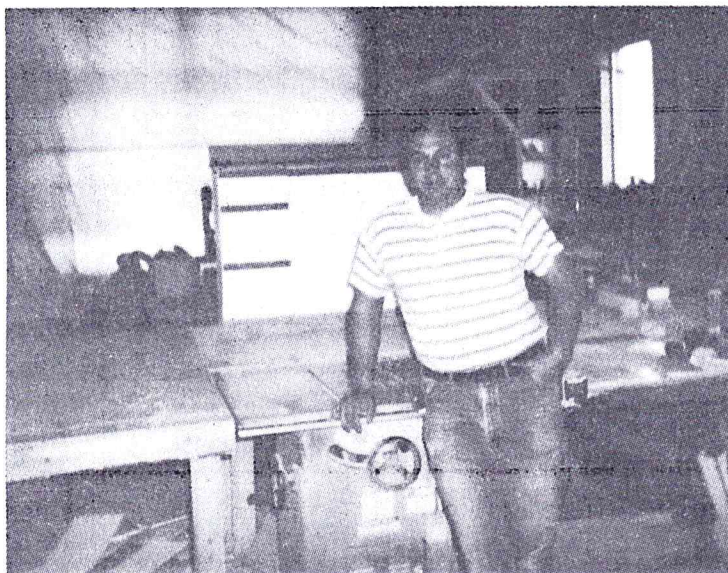
Phil has been at his present location for approximately two years and currently employs one full time and one part time employee. A large percentage of Phil's business is conducted on the territory and he would like to thank those people for all of the support since Kitchen Designs opened in 1994.

Only the highest quality materials and hardware are used in the construction of Kitchen Design cabinets. For example hinges are fully concealed with a 110 degree opening and are six way adjustable. The drawer slides are bottom mounted steel with nylon rollers and are self closing.

All kitchens are individually custom designed and built to meet the clients needs both functionally and aesthetically. Kitchen Designs offer a full selection of cabinet styles (eg: oak, cherry, maple, vinyl etc.) in a number of colours and finishes. Also available is a wide array of accessories, such as crown moulding, light valances, etc.

Phils plans for future expansion include supplying countertops, hardware and accessories to other cabinet makers and do it your-selves.

Conveniently located at the corner of Highway #49 and the York Road, stop by or give Phil a call at 396 - 6938 for all of your custom kitchen needs.





# *Maracle Herbs & Beauty*

*Bayshore Road  
Tyendinaga Mohawk Territory*

- \*Holistic Analysis & Consultations
- \*Reflexology
- \*Vitamins & Minerals
- \*Chinese Herbs (Work faster than conventional herbs)
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- \*Complete Children's Herbal Line
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- \*Ointments, Salves & Healing Lotions
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- \*Herbal Products for Athlete Performance
- \*Spirulina (Blue-green algae- A must for optimum health and Vegetarians!)
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- \*Kombuka Mushroom instructions
- \*Herbs to aid - weight loss, stress, PMS, AIDS, menopause, energy, digestion, depression, yeast, immune system, colds, flus, circulation, allergies, hayfever, asthma, cholesterol, heart ailments, blood pressure, memory, nerves, etc.

**Call : 396-2041**





## HERBAL HEALTH

### FEVERFEW - MIGRAINE BE GONE!

*by Maracle Herbs & Beauty*

Here's an herb that makes a medical claim with its name. Feverfew comes from the Latin *febrifugia*, or "driver out of fevers." The Romans believed in its powers but, by medieval times it had fallen out of favor. Feverfew was all but forgotten until 1978 when British newspapers told of a woman who had cured her migraines with feverfew leaves. In 1988 the British Medical Journal reported that a carefully designed study proved what Herbalists have known for centuries: Feverfew can help prevent migraine headaches or lessen their severity. Feverfew eliminates migraines in 85 percent of cases.

*Feverfew (Chrysanthemum parthenium)*

A member of the daisy family, feverfew grows as a vigorous hardy perennial, on a branched and tufted root. The finely furrowed stems are also many branched. The flowers are small, white, numerous and daisylike; yellow centres composed of many tubular disk florets. It grows to a height 2-3 feet and flowers from midsummer through fall.

Feverfew is a natural relief for migraine headaches. It is excellent for relieving colds and inflammation from arthritis. It is used in dizziness, tinnitus and aids in circulation to the brain and head area.

Feverfew contains high amounts of iron, niacin, manganese, phosphorus, potassium and selenium. It also contains vitamin A,C, silicon, sodium and zinc.

Herbalists use feverfew for aches, arthritis, chills, colds, headaches, migraine headaches, pain and sinus headaches.

The most efficient way to take feverfew is by leaves or capsules. They are both effective in retarding headaches and preventing migraines.

Feverfew is useful for so much more than window boxes and small flower beds. Feverfew is well studied and indeed says - migraines be gone!

For more information regarding Feverfew and other herbs, call Maracle Herbs & Beauty...396-2041.

Next article: Ginger - Why Mama gave you Ginger ale.



# TERRITORY DIVE SHOP



## & OUTDOOR CENTER

FISHING TACKLE

LIVE BAIT Canoes. Kayaks

Scuba Sales. Rentals

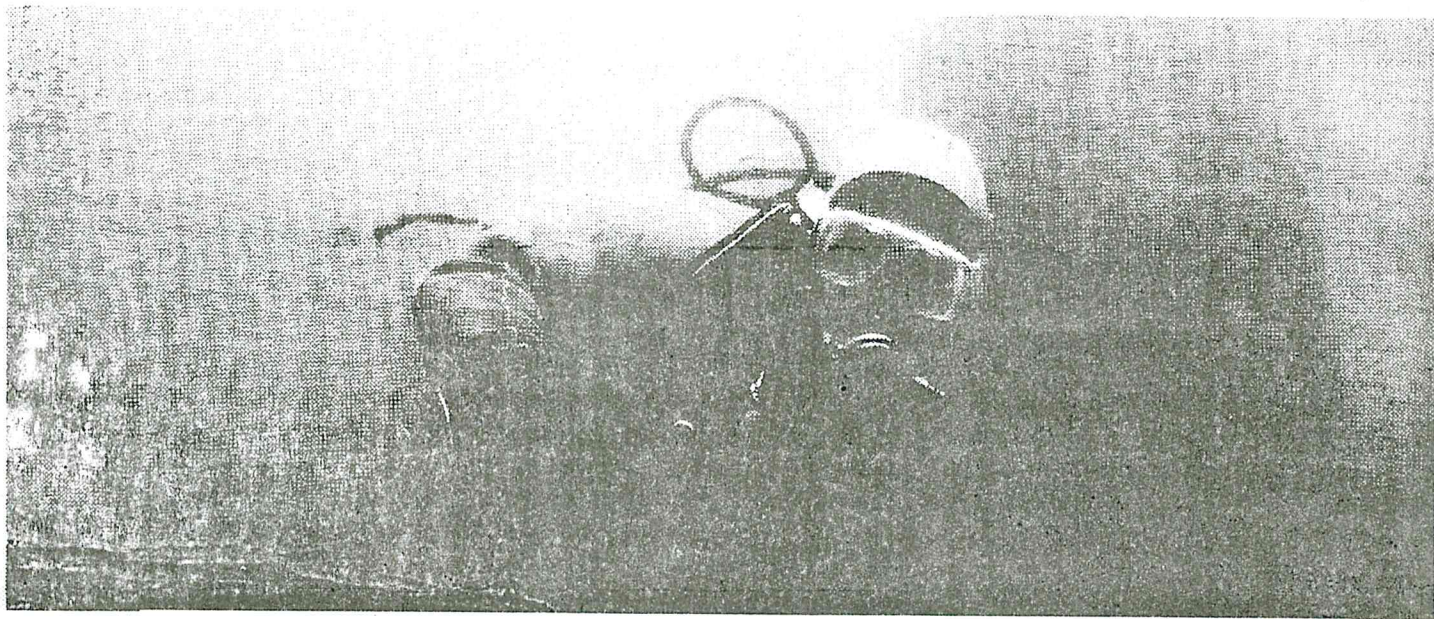
Training for all levels..

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T.D.I.

Open Water Scuba Courses  
\$250 includes all  
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BASIC NITROX COURSES  
\$150 INCLUDES 2 Nitrox  
Dives.



Hwy #49 Mohawk Territory  
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John & Delores Makson  
call (613)396-5548





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**WE WILL BE OPEN GRADUATION DAY BY  
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**BIKINI WEAR!**

**3 MONTHS UNLIMITED WAXING**

**\$119.00**

G.S.T. INCLUDED

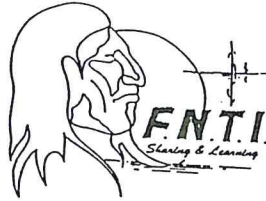
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GREAT GIFT IDEAS  
FOR THE BRIDE TO BE**

MELINDA TURRIFF, PROPRIETOR

KIRSTEN HUBNER, STYLIST

**428 DUNDAS ST., DESERONTO (HWY 2)**

# First Nations Technical Institute



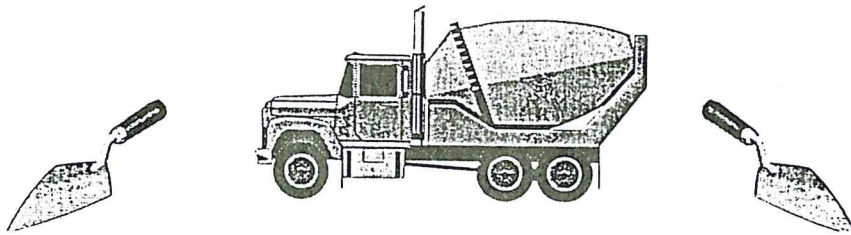
offers *quality training* in  
a variety of software applications

*Call today* for more information

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## J.A. CONCRETE

SPECIALIZING IN:  
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WATERPROOFING, BLOCKS & BRICKS

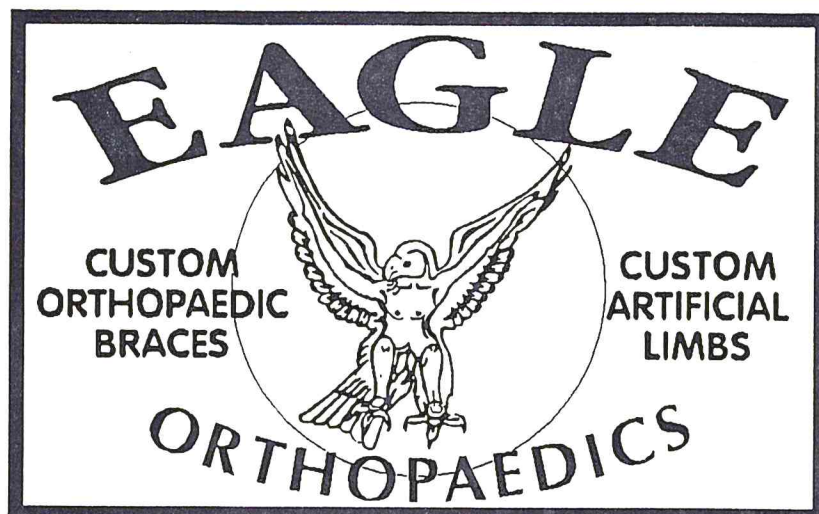


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COMPARE OUR PRICE RIGHT HERE ON THE RESERVE  
19 YEARS EXPERIENCE

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Do your feet, legs and back hurt from walking or standing too long?

We not only specialize in Artificial Limbs & Orthopaedic Braces, but are now offering

## COMPUTERIZED GAIT ANALYSIS

of the way you walk which helps to determine the need for:

## CUSTOM ARCH SUPPORTS

for sports, diabetic feet, arthritis and other foot problems.

## We also fit, KNEE BRACES

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Vendor for ADP, WCB, DVA & Medical Services

We will obtain prior approval from Medical Services and do the billing direct.

James Brant, BSc(HK), CPO(c)  
Call us at 968-3330 for an appointment  
Located 1 km east of Shannonville on  
Highway 2



**POLE LINE  
CONSTRUCTION  
VEHICLE REPAIR**

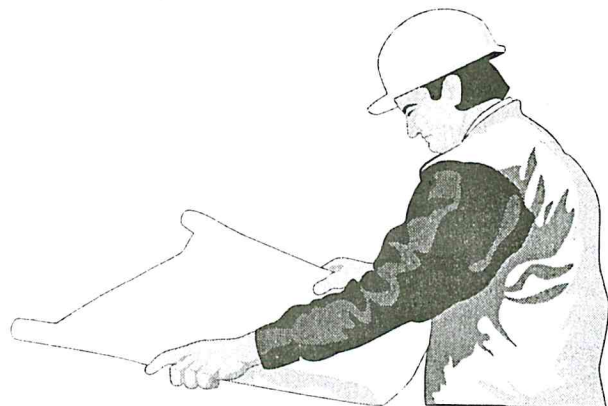
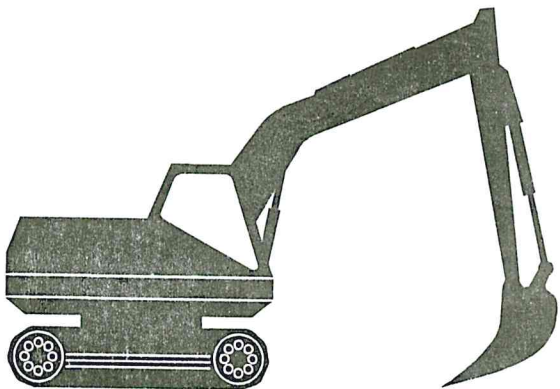
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LICENCED WATER WELL CONTRACTOR  
EXCAVATION***

**\* FULL TIME PHONE & RADIO CONTACT \***

**\* REASONABLE RATES \***

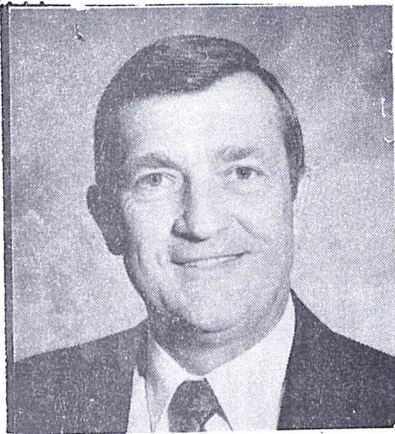
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***19 Years of Reliable Service***





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...because your appearance says so much about you.

### Aloette's Monthly Specials

JED Mens Cologne	\$19.95	Savings \$5.05
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- Sun Protector 8 or 15		
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- Bronze Wash		
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Specials available until June 15th



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Prince Edward-Hasting

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Belleville, Ontario  
K8N 5P4

Phone: 969-7466  
Fax: 969-7084

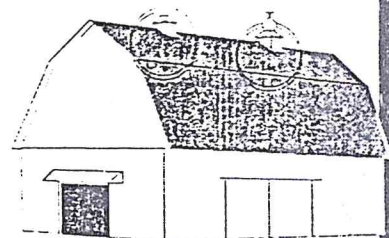
## RED BARGAIN BARN

966 - 6306

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

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

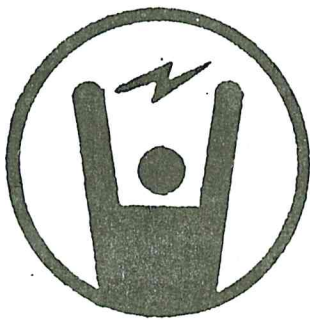
**MILL TOWN**  
**SIDE RD.**  
**1 mile on Hwy # 2**  
**East of Shannonville**



...49

**YOU COULD  
ADVERTISE IN THIS  
SPACE FOR A SMALL FEE**

**CALL: 396-3424**



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ELECTRICAL  
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**BRANTEC** - Locally owned and operated

**ELECTRICAL - RESIDENTIAL - COMMERCIAL - INDUSTRIAL**

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

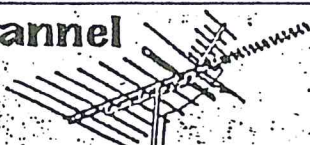
**OWNER:** WILL BRANT    **JEFF:** 396-1345  
BOX 86  
DESERONTO    **PHONE:** 396-2536  
K0K 1X0    **PAGER:** 969-4822



**T.V. Antenna 30' Tower System**  
15 channels guaranteed  
Complete & Installed \$770.



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**Tired of 4 Channel Reception?**

**RCA 18" Mini Dishes**  
40+ cable channels

We service VCR's, TV's, Audio  
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# DOREEN BRO'S

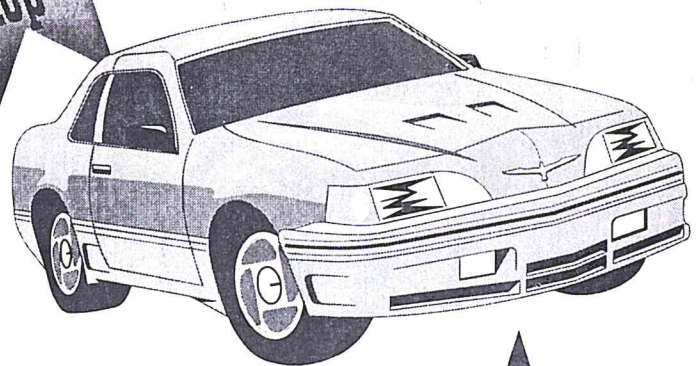
Motor Vehicle Service

## MOTOR VEHICLE SERVICES

### Automotive, A.T.V'S, Motorcycles

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#### SHOP HOURS

**MON - FRI**  
**8:30 - 5:30**

**SAT.**  
**9:00 - 12:00**

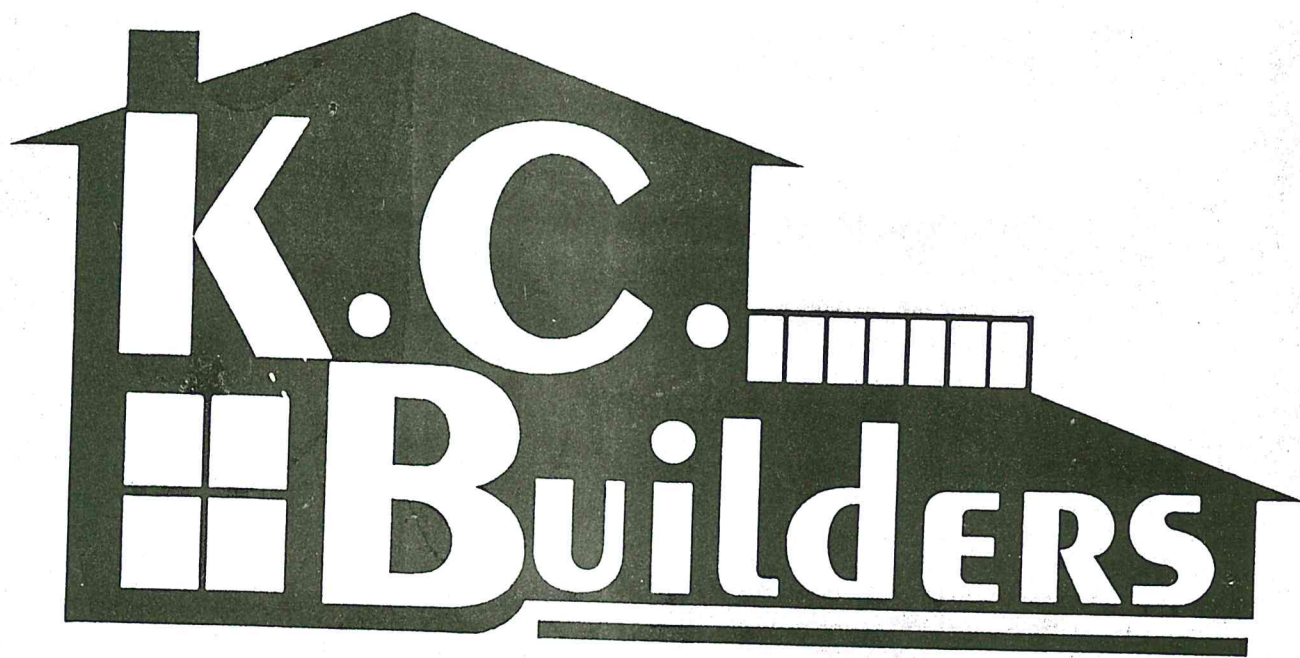
**RANDY DOREEN**

- \* *Licenced Auto Mechanic*
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**NEW HOMES \* RENOVATIONS  
ADDITIONS**

*Framing \* Hardwood Flooring \* Drywall  
Siding Soffit Fascia \* Decks  
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Interior Finishing \* Roofing*

**HOME DESIGNS AND PLANS  
LICENCED CARPENTER  
R-2000 BUILDER  
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**R.R#1 BAYSHORE RD. TYENDINAGA, ON K0K 1X0**

*FREE ESTIMATE*  
**TEL/ FAX (613) 396 -1259**



**BUILD-ALL CONTRACTORS**  
**HWY # 2**  
**R.R. # 1 TYENDINAGA**  
**TERRITORY**  
**969-1315**

**DESIGN \* BUILD**  
**COMMERCIAL / RESIDENTIAL**

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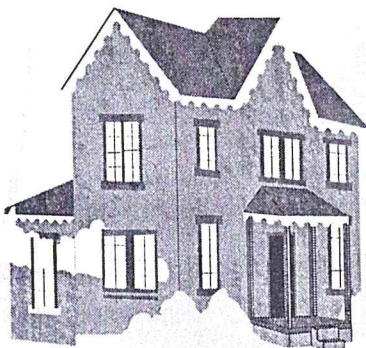
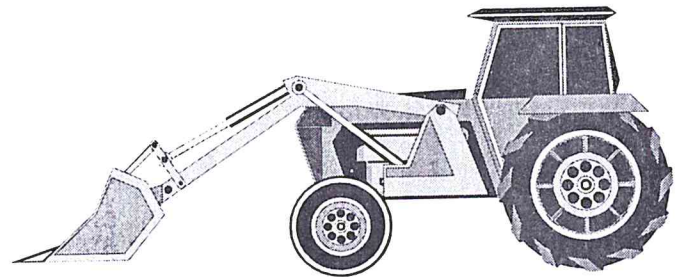
*EXCAVATION*

*SEPTIC SYSTEMS*

*BASEMENTS*

*DRIVEWAYS*

*HAULAGE*



\*\*\*\*\*

**\* REASONABLE RATES - FREE ESTIMATES \***

**CONTACT - TOM MARACLE**  
**969-1315**

## MEMORANDUM

**TO:** First Nations & Aboriginal Communities  
**FROM:** Ontario Creative Arts Show  
**DATE:** May 7, 1996  
**RE:** Home-Based Based Gift Producer Opportunity

\*\*\*\*\*

Impact Communications Ltd. together with our sponsors, Southex Exhibitions, Bank of Montreal's Institute for Small Business, BELL Canada, Centennial College's Centre of Entrepreneurship, Coopers & Lybrand, and the Toronto Business Development Centre, are once again offering a unique opportunity as part of their continued support of Home Business Initiatives.

Toronto, will be host to the *Third Ontario Creative Arts Show*, September 15 - 18, 1996. This third time celebrated creative arts event, will be held at the Coliseum at Exhibition Place as the Showcase for the Toronto Fall Gift Show.

Home-based producers are offered a 'Unique' opportunity to market their products to over 7000 retail buyers! To qualify, products must be received no later than **June 21, 1996**. Products will go before a jury of distinguished merchandise specialists who will determine eligibility based upon a combination of Design, Workmanship and Saleability elements. Interested home-based producers are asked to submit a \$35 non-refundable jury fee with their selected samples. An additional \$150 - \$200 will be required by successful applicants to secure trade show space, for space that normally costs \$750.

Enclosed are some brochures for the upcoming *Third Ontario Creative Arts Show*. Please distribute amongs any interested members of your association. If you would like additional brochures, please call us at 1-800-672-0103.

### **Key Points for Exhibiting at the *Third Ontario Creative Arts Show***

1. You DO NOT have to mass produce to participate. The home-based producer is in control of taking orders and buyers like the idea that the products are unique and hand-made [in most cases].
2. Emphasize that the space normally costs \$750.00 [which comes bare!]. However, with the subsidized fee HBBs are just paying \$200.00 if they live within Toronto, or \$150.00 if they live 100 kms. outside Toronto. This includes trade show space, carpet, signage, picture of product in the Buyer's Show Guide, assistance with their display and much more. There is NO extra charge.



3. The \$35.00 jurying fee covers their product being judged by three merchandise specialists, who provide written feedback on the saleability of the product, along with labelling, pricing, product presentation, business card, order forms, price lists, etc. The value of this feedback with all the marketing experts in the marketplace would be equivalent to \$5,000.00 plus worth of consulting fees.

**HIGHLIGHTS AND RESULTS FROM PAST ONTARIO CREATIVE ARTS SHOWS INCLUDE:**

Two shows have been launched sponsored by the Bank of Montreal's Institute for Small Business, Bell Canada, Coopers & Lybrand, Southex Exhibitions, Centre for Entrepreneurship, Centennial College, and the Toronto Business Development Centre.

***Sales Generated:***

- 126 home-based businesses were selected for the first show, and generated sales of over \$557,325.00 (wholesale) in four days, which represents over 1 million in retail sales.
- 127 home-based businesses were selected for the second show, and generated sales of over are \$732,923.00 (wholesale) in four days, which represents over 1.5 million in retail sales.

***Additional Staffing:***

- As a result of the first show, over 20 per cent of the exhibitors plan to hire staff to accommodate the increased production.
- 29.3% of exhibitors from the second show have indicated they plan to hire staff to accommodate the increased production, while another 10.7% stated possibly.

***Increased Sales Exposure:***

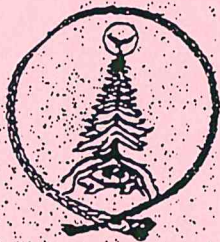
- From the first show, over 50 per cent of the exhibitors wrote sales for outside of the province, with one being a substantial sale with a European company.
- 60 percent of the exhibitors wrote sales outside the province from the second show.

***Returning Graduates:***

- Over 50 per cent of the first show exhibitors (72 total at this point) have indicated that they want to return as a graduate and pay for the full booth fee.
- Over 80% of the second show exhibitors (84 total out of 104) have indicated that they want to return as a graduate and pay or the full booth fee.

**For more information contact:  
Impact Communications Ltd.  
1-800-672-0103 or Fax: (604)854-3087**





ABORIGINAL TEACHER EDUCATION PROGRAM  
FACULTY OF EDUCATION

Queen's University  
Kingston, Canada  
K7L 3N6  
(613) 545-6215

The Aboriginal Teacher Education Program (ATEP)  
invites applications for

1. ATEP Day Camp Counsellor
2. ATEP Summer Session Program Assistant

Term of Employment: 24 June - 30 August 1996

Referrals & Resumes will be accepted until June 11, 1996

Applicants must be full time students during the preceding academic year who intend to return to school on a full time basis.

For more information call: Jan Hill, Program Liaison  
(613)545-6000, ext. 7756 or  
(613)545-6218

Send Resume with covering letter and three (3) references to:

Jan Hill  
Program Liaison  
Aboriginal Teacher Education Program  
Faculty of Education  
Queen's University  
Kingston, ON  
K7L 3N6



# CASTING CALL

## NATIVE VISION PRODUCTIONS'

### **"People of the Woods"**

A 1/2 Hour Dramatic 16mm Film Production

#### **2 LEAD ROLES AVAILABLE**

##### **GARRY (lead)**

- Male 30 - 40 years old, aboriginal ancestry
- An urban native that lives in the suburbs of a metropolitan city; has a good job
- The character of Garry is a devoted family man with one child, well dressed/groomed

##### **SUMMER (lead)**

- A seven year old girl, with long black hair, aboriginal ancestry
- She has a close relationship with her father, and often responds to her father's needs.
- Shows some insecurity when her father is annoyed or unhappy

Principal photography from July 15th to August 5th, 1996

Before June 14th, please contact:

Bridget Wabegijig  
Director  
Native Vision Productions  
2 Daly Ave. Ottawa, Ont. K1N 6E2  
Ph. (613) 834-3410 Fax (613) 834-7691

# PLEASE NOTE

NEXT REGULAR SCHEDULED  
COUNCIL MEETING WILL  
BE CHANGED FROM JUNE 19  
TO  
*JUNE 26*

---

THE ADMINISTRATION  
OFFICE  
WILL BE  
CLOSED  
ON  
FRIDAY, JUNE 21/96  
FOR  
SOLIDARITY DAY