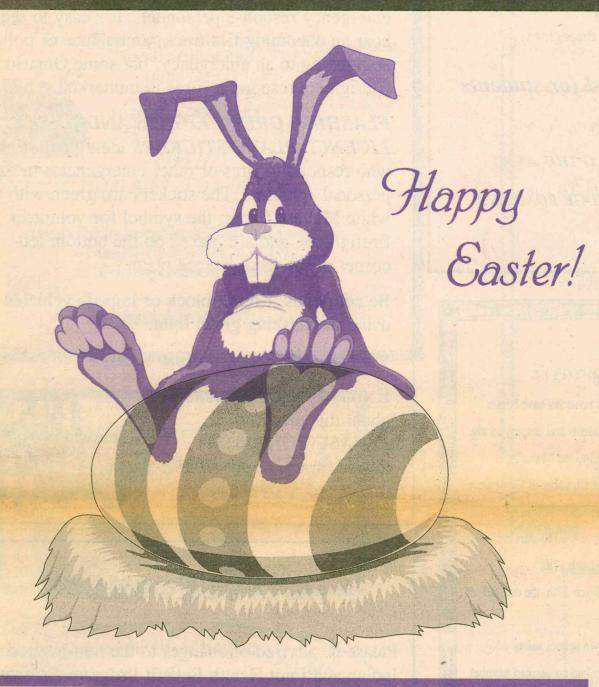
TYENDINAGA IEWSLETTER ISSUE 3







911 is <u>now</u> in service!

If your phone is preprogrammed be sure to change the programming to 911. This will ensure the dispatchers receive your civic address in the event of an emergency.

Notice to all businesses and homes that have automatic burgular or fire alarms be sure to call your alarm company and give them your civic address for 9-1-1. This will ensure that there are no mistakes in finding you if you have an emergency.

IMPORTANT:

If you need the Police, Fire, Ambulance in a NON-EMERGENCY situation. Please look in the phone book for the seven digit numbers.

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



EUCHRE NIGHT!

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

ADMINISTRATION NOTICES

* IMPORTANT NOTICE *

NEW DRIVEWAY AT QUINTE MOHAWK SCHOOL BETWEEN YORK RD AND RIDGE ROAD

There has been an increase in cars using the new bus road between the Daycare and Quinte Mohawk School as a throughway.

This creates a safety hazard for students and staff.

PLEASE REFRAIN FROM USING THIS AS A
THROUGHWAY
PLEASE USE SADIES LANE OR RIDGE ROAD AS A
SAFER ROUTE



From Quinte Mohawk School

Children in the Grade 8 Co-op work experience program have begun their second placements and from all reports, both students and employers are enjoying a rewarding experience. We are very grateful to the Mohawk Administration office and members of the Tyendinaga Chamber of Commerce for their support and sincerely thank each and every person involved.

QMS classes will close on Thursday, March 6th at 4:00 to start the March Break and will resume on Monday morning, March 17th.

Report cards will be sent home on Thursday, March 27th, the day before the long Easter weekend.

I would like to make the community aware of two school safety concerns we need your support in resolving. We have had an unusual number of stray dogs on the school playground this winter and with Spring weather rapidly approaching, we must be ever watchful for animals infected with rabies. If you believe your pet may wander onto the school grounds, please take extra precaution to keep it secured at home.

New signage will soon be erected at the York and Ridge Road entrances to Quinte Mohawk School asking for school traffic only. It is a concern that some vehicles are using the driveway as a through traffic route. During outdoor activities children are not anticipating moving vehicles as they leave or enter the school. For safety's sake we are asking that drivers exercise extreme cartion if they must use this route.

Nia:wen, Ken Claus



MOHAWK FIRE DEPARTMENT

R.R. # 1 Tyendinaga, Territory

Time is of the essence for firefighters and emergency response personnel. It's easy to see or hear an oncoming fire truck, ambulance or police responding to an emergency, but some Ontario firefighters respond to fires in unmarked vehicles.

FLASHING GREEN LIGHTS AND GREEN LICENCE PLATE STICKERS identify firefighters who respond to fires or other emergencies in their personal vehicles. The stickers are green with a white Maltese Cross, the symbol for volunteer firefighters, and are placed on the bottom left corner of the front licence plate.

Be courteous... don't block or impede vehicles using the flashing green light.

They could be going to your house!

If you have any questions about this program PLEASE CONTACT:
Scott Maracle at 968-7985.



ANNOUNCEMENT

Please be advised of changes to the non-insured Indian and Inuit Health Benefit Program <u>Effective</u> <u>March 1st 1997</u> there have been deletions to non-insured Health Benefit - Drug Benefit program lists.

A significant number of medications have been discontinued as a benefit.

Check with your pharmacy if you are wondering if your medication is still covered.



Kelly's Guardian Drugs

411 Bridge Street East, Belleville, ON K8N 1P7 Tel 613-962-5387

Fax 613-962-5605

Winner of the Doll House Raffle

Was won by Sheryl Anderson

Special Thanks to Roy Alkenbrack for donating this beautifully handcrafted Doll House Thank-You to all who supported this fundraising endeavour.

Wardens & Congregation of Christ Church Tyendinaga

WARNING Posted on U.S. Plywood

U.S.- made plywood entering Canada may not meet the high standards established by Canadian manufacturers, warns the Canadian Plywood Association (Canply). Although the imported plywood is stamped as conforming to CSA 0325, the U.S. plywood is different than Council of Forest Industries (COFI) Exterior plywood in three ways, the Association says.

- 1. The U.S. plywood may not be fully exterior that is, it may not be accepted for use in conditions fully exposed to the elements;
- 2. The U.S. plywood may have defects 50 per cent greater in size than the maximum allowed with Canadian COFI Exterior plywood;
- 3. The American plywood may contain defects in the inner plies that require the panel to be retested to ensure conformance to the standard. Canply advises builders to check the stamp on plywood to make sure it is CSA certified and carries the COFI exterior label.



HOUSING DEPARTMENT

NOTICE TO LOCAL CONTRACTORS

Due to concerns regarding safety and liability issues, only contractors with W.C.B. coverage and appropriate Liability Insurance will be considered for future projects.

All contractors who are interested in bidding on future projects who have adequate Liability Insurance and W.C.B. coverage are encouraged to submit company profiles listing their services and specialties.

Please call the Housing Department at 396-3424 if further information or clarification is required.

Thank you.



February 12, 1997

Ontario Hydro's policy for connecting new customers will be changing on March 1, 1997. I want to make you aware of some of the changes, which will apply to individual properties and to subdivision lots.

Ontario Hydro currently covers the majority of the costs to connect new customers to its distribution system. Under the new policy, we will continue to cover the cost of labour and materials to install the meter and an overhead transformer. However, customers will become responsible for the full cost of any changes we must make to the pole from which their service is supplied. In addition, customers will now be required to cover the cost of any road crossing or other work needed to connect their service, and may choose to seek competitive bids from private contractors for this portion of the work.

Customers who have obtained a layout for a new electrical service before March 1, 1997 will have the opportunity to connect their service under our existing policy. To do so, they must complete the installation of their new service and have it approved by Ontario Hydro Electrical Inspection no later than June 30, 1997. Any installations that have not been approved for connection by this date will fall under the new policy.

Ontario Hydro is continuing to review its policies and pricing to ensure they are equitable, and we remain committed to keeping our electricity rates as low as possible. Since the cost of adding new customers to our distribution system must be recovered from the rates we charge all customers, we believe it is both fair and reasonable to ask that new customers pick up an increased share of their connection costs.

If you have any questions about this policy, please call 1-800-267-2154.

Customer Operations Manager - Picton Land O'Lakes Utility

Having Problems With Dogs?

Please Call Yarrow Animal Control Trenton at 613-392-7045

for dog issues or any other animal issues on the Tyendinaga Mohawk Territory Yarrow Animal Contol will confirm their services with the Administration Office.



Nia:wen for your Cooperation

Administration Office

Newsletter Deadline Date: March 24/97 at 12:00 Noon



Moccasin Trail News



Don't Forget to Find Time to Exercise Over March Break

A busy holiday schedule can throw some unexpected U-turns and dangerous curves at your exercise routine. This year, try the approaches below, and you may discover that there's so need to slam the on the brakes. Downshift instead, and you can still find time for exercise.

Set Priorities. What do you want from the holidays? Decide what events are most important. Then let others go to free up time for exercise.

Keep your routine as routine as possible. This will be easier if you've established exercise as a regular part of life well before the holidays arrive.

Use the buddy system. Planning to meet a friend for a walk every day makes you responsible for keeping a commitment, so you'll be more likely to exercise, even on hectic days.

Combine exercise with other tasks. Need to go to the mall to shop? Lace up your walking shoes and turn shopping into a short workout; Park as far from the entrance as you can, take the stairs instead of the escalator, and take a few laps on the walkways.

Be prepared. Know your schedule, and have a backup plan in case the unexpected throws off your routine.

Be flexible. Shorten your walk on jam-packed days, but fit it in somewhere.

Shift your perception. Think of walking as your escape. Looking at it as a way to unwind and relieve stress instead of a source of worry might help vou make it a priority

HEALTH CENTRE



REGISTER for PRENATAL CLASSES beginning WED., APRIL 2, 1997

The Thayendanega Health Centre is offering a FREE PRENATAL EDUCATION PROGRAM for interested prenatal parents. The 6 week course starts WED., APRIL 2, 1997 @ 7:00 p.m. Each class will run for approximately 2 hours. Feel free to bring your partner or a friend with you!

Please call the Thayendanega Health Centre @ 967-3603 to register. The Community Health Nurses look forward to meeting all the expectant mothers who will be having babies in 1997.

The Health Centre will be offering a FREE GIFT BAG to all mothers and mothers-to-be who have babies in 1997-98. Please drop by the Health Centre and see our "1996 TREE OF NEW LIFE". We would like some health information and please bring a picture of your baby (or we can snap a photo while you are here). We would like to be able to add a picture of YOUR NEW BABY to our tree!

TO ALL WOMEN IN THE COMMUNITY **50 YEARS AND OLDER**

April is Cancer Awareness month!

In the past years, women have been transported to Kingston to have mammograms. This year we will be using the Belleville Breast Screening Clinic. Hopefully this will be easier for the women involved. If you have any questions regarding the transition, contact one of the CHR's.

The Community Health Representatives are currently making arrangements with the Belleville Breast Screening Clinic for women who wish to have mammograms done.

If you have not been screened for at least two years - have never been screened - are over 50 years old

- have never had a diagnosis of breast cancer you are eligible to participate.

Please contact Thayendanega Health Centre at 967-3603, by March 28, 1997 so that arrangements can be finalized.

The CHR's will be available to transport you to Belleville and will stay with you for support.

NUTRITION NEWS Nicola Smith, R.D. Community Dietitian

THAYENDANEGA HEALTH CENTRE

MARCH IS NUTRITION MONTH!

What's Happening?

THE HEALTHY WEIGHTS PROGRAM

Healthy Weights is a four week program for men and women who are interested in making healthy lifestyle changes. This program is perfect for those who would like to lose weight sensibly without dieting or for those who would just like to live a healthier lifestyle.

Healthy Weights will be led by the Community Dietitian. The group will participate in discussions, activities and personal goal setting.

Topics include:

* What is a healthy weight?

- * Non-dieting approach to healthy eating.
- * Fat and Fibre
- * Active living
- * Healthy shopping and dining



PRIZES! PRIZES!

Healthy Weights will take place at the Thayendanega Health Centre on Tuesday nights during March 5:00 pm - 7:00 pm. Refreshments are provided.

PRIZES!

For free registration cal' Thayendanega Health Centre 967-3603

Other Nutrition Month Events

* Supermarket Tour

Take a trip through the super with the community dietitian. March 11 at 7 pm. Call the Health Centre to Register: 967-3603

* Nutrition Month Contest and Display at the Thayendanega Health Centre during the month of March! Stop by for Nutrition pamphlets and fact sheets and to qualify for Prizes!



Don't Forget...

The Thayendanega Health Centre has a Registered Dietitian available to see anyone in the community for nutrition counselling. You don't need a referral from your doctor and if you can't make it here, she can come to you. Just call the Health Centre for an appointment 963-3603.

The "Good", The "Bad" and the Well-Balanced Diet

pasta, meat and desserts are seen as "bad." Times have changed.

Today's dietitians have an approach to healthy eating called, the total diet approach. This means that no food should be labeled as good or bad. In fact, all foods can be part of healthy eating patterns. The nutritional goodness of any one food or meal can contribute to a healthy diet if we make choices based on moderation, variety and individual needs. For those who enjoy a few treats from time to time, we have good news... All Foods Can Fit!

Pick up Canada's Food Guide to Healthy Eating, an excellent tool to help you embrace

For some time, we've thought of foods such as carrot sticks this attitude toward eating. The Food Guide tells you that all and cottage cheese as "good" for us, while others such as food groups are important and how much food you require from each group will vary within a total diet.

All Foods Can Fix One thing that is different about this Food Guide is the "Other Foods" category. Foods, which are not part of the four food groups, add taste and enjoyment to what we eat. "Other Foods" may be used to make meals and snacks, or may be used to compliment foods from the four food groups. The "Other Foods" category covers a wide range of foods and beverages, including: honey, jam, oil, salad dressings, condiments, coffee, alcohol, butter and margarine. The nutritional value of "Other Foods" varies. Some are higher in fat or calories, so use

Food Myths

The marketplace is full of confusing messages about food and nutrition. Here are some common food myths destroyed:

Myth #1 - Snacking between meals is bad for you.

Contrary to what you may have heard, eating several small meals throughout the day will boost your metabolic rate help you feel more convertible. metabolic rate, help you feel more energetic and make it easier for you to manage your weight. However, what you choose for a snack is also important. Variety and moderation also apply. Some snacking choices include: fruits or vegetables, yogurt, air-popped popcorn, a low-fat muffin or lower fat whole grain crackers. To help teach kids the benefits of healthy snacking habits, plan or schedule snack breaks so they learn that snacking does not mean continuous eating.

Myth #2 - Nutritious food is more expensive.

The good news is that some of the most economical foods are also the most nutritious foods. For example, breads, cereals, pasta, rice, baked beans, chili, fruits and vegetables are all lower in fat and higher in complex carbohydrates and fibre. There are plenty of economical food choices within each food group so load up your shopping cart the next time you go shopping. And remember, foods come in a variety and range of sizes, shapes, textures and tastes, including frozen or canned.

Myth #3 - Lower fat eating doesn't taste good.

Enjoying delicious food is one of life's pleasures and healthy eating can taste great. Be adventurous! Experiment with new foods, new recipes and the many ethnic cuisines. Dietitians have made it easy for you by publishing a Healthy Pleasures Cookbook

loaded with tasty recipes created by dietitian and chef teams. Pick

these foods in moderation.

Myth #4 - Avoiding red meat will make you healthier.

Meat is an important source of iron and zinc, two nutrients that many Canadians have difficulty obtaining in adequate amounts. Eliminating one food from your diet is not the answer...it is a question of how much and how often. Choose today's leaner cuts of meat in small amounts.

Myth #5 - Cereals are for children only.

Cereals are a great way to start anyone's morning. But don't think of cereals as just a morning food, they can be enjoyed at any time of the day. Most cereals provide a source of dietary fibre, iron, B vitamins, zinc, and energy.

Myth #6 - Sugar is a major cause of certain health problems.

With the exception of dental care (cavities), there is no evidence that moderate consumption of sugar poses health problems. There is no evidence to support the beliefs that sugar causes cancer, heart disease, diabetes, obesity or even hyperactivity in children. As far as your enjoyment of sweet foods like desserts, these foods can be a part of overall healthy eating patterns if eaten in balance and moderation over time. Many foods like cereals, fruit or yogurt, which contain sugar are good sources of many important nutrients such as vitamins and minerals.

HEALTH CENTRE



The CHRs would like to compile a booklet with the tried & true home remedies that you, your parents & grandparents used in the past or still use.

> If you would like to share your family's cure-alls, please give us a call, write us, or drop in at the Thayendanega Health Centre 967-3603

> > (Before April 1,1997)



fearn about good

Workshop

March 20,1997

Free Registration

DOOR PRIZES



Where: Queen Anne Parish Centre

When: March 20/97 (6:00 - 9:00 pm) Who: All new parents, their infants, and toddlers

Presented by:

Kate Ann Follwell Home Ec. Suzanne Smith Assistant Indian Agriculture Program of Ontario

Please register early by calling:

The Thayendanega Health Centre 967-3603

TEA, TALK & TONE

Got spring fever?

A little stiff from those long winter nights?

Been hibernating too long?

WHY NOT COME OUT & JOIN US.

Every Tuesday at 10:00 a.m. The Elder's Lodge

> A little conversation. A little snack. And some easy exercise.

SHAKE THOSE WINTER BLUES!!!

See You There.

BREAST SELF-EXAMINATION

If you examine your breasts every month, you will get to know how they look and feel. This will make it easier to notice any changes. If you notice any of the following, contact your doctor:

- changes in the size or shape of your breasts, compare one to the other
- areas of your breast that become red, feel hot or looks like an orange peel
- lumps in your breasts that were not present before
- dimples, creases or folds of your breast skin that are new
- changes to your nipples or nipple area such as an itchy red rash
- fluid leaking from your nipple

Check your breasts at the same time every month; about seven days after the first day of your period. After menopause or a hysterectomy, check your breast on the same day of the month, ie) the first of every month. If you have any doubts at all, have your doctor examine you as soon as possible.

The most important things to remember about breast self-examination are:

- > DO IT REGULARLY
- > SHOW ANY UNUSUAL CHANGES TO YOUR DOCTOR
- > DO A COMPLETE CHECK EACH TIME
- > HAVE YOUR BREASTS CHECKED BY YOUR DOCTOR ONCE A YEAR

EARLY DETECTION IS YOUR BREAST PROTECTION

OBSP - Belleville and Trenton Centres Belleville General Hospital 265 Dundas Street East Belleville, Ontario K8N 5A9 (613) 969-7780 or Toll Free: 1-888-969-7780

THAYENDANEGA HEALTH CENTRE

is offering a 4 week

INTRODUCTORY PALLIATIVE CARE COURSE

ALL COMMUNITY MEMBERS & CARE GIVERS

to be held at the

QUEEN ANNE PARISH CENTRE

STARTING ON MARCH 18th, 1997

TUESDAY EVENINGS from 7:00 p.m. - 9:30 p.m.

TOPICS TO INCLUDE: - What is Palliative Care? - Symptom control in terminally ill patients - Pain (spiritual, physical, emotional) - Personal comfort measure you can do at home or in hospital - Communications, "I don't know what to say" - The Grieving Process - The role of the Funeral Director

PLEASE CALL THE THAYENDANEGA HEALTH CENTRE @ 967-3603 TO REGISTER IN ADVANCE.

If you have any questions please call Brenda Asselstine, R.N., at the Health Centre.

FIRST NATIONS POLICE



POLICE PAGE UNSOLVED CRIMES!

BREAK AND ENTER

ON 1ST FEB 97 IN THE EARLY MORNING HOURS, CULPRITS ENTERED A GARAGE VIA SIDE WINDOW, ON QUEEN ST. IN SHANNONVILLE. ONCE INSIDE VARIOUS ITEMS TAKEN INCLUDING A THREE WHEELER ATV WHICH WAS RECOVERED, BUT OTHER ITEMS STILL OUTSTANDING.

BREAK AND ENTER TO A RESIDENCE IN SHANNONVILLE, SOMETIME BETWEEN THE HOURS OF 03:00 P.M AND 09:00 P.M., ON THE 10 FEB. 97, CULPRITS ENTERED VIA REAR DOOR. ONCE INSIDE CULPRITS DID DAMAGE TO HOUSEHOLD FURNITURE AND A 22 CAL. LONG GUN WAS

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

<u>WHEN HOSTING ANY SPECIAL EVENT ON TYENDINAGA TERRITORY</u> WHERE A SPECIAL OCCASIONS PERMIT IS REQUIRED, THE FOLLOWING **GUIDELINES WILL APPLY TO THE SPECIAL OCCASION PERMIT**

- THAT THE SPECIAL OCCASION PERMIT BE PRESENT AND DISPLAYED ON
- THAT THE INDIVIDUAL WHO THE PERMIT, WAS ISSUED TOO, BE PRESENT AT ALL TIMES, AS THEY ARE THE ONES HELD ACCOUNTABLE. IF THEY ARE NOT PRESENT THEN THE BAR SHOULD NOT BE OPENED, IF IN AN EMERGENCY THE PERMIT HOLDER IS UNABLE TO ATTEND, THEN THE PERMIT HOLDER MUST DESIGNATE A PERSON TO ATTEND (THIS SHOULD BE IN WRITING).
- THAT THE TIME INDICATED ON THE PERMIT IS THE ONLY TIME THE BAR CAN BE OPENED, THE PERMIT HOLDER HAS 45 MINUTES TO REMOVE ALL EVIDENCE OF THE SERVICE AND CONSUMPTION OF LIQUOR, AFTER THE END OF THE PERIOD DURING WHICH LIQUOR MAY BE SOLD OR SERVED UNDER THE PERMIT.
- THAT THEY SELL AND SERVE ONLY LIQUOR THAT WAS BOUGHT ON THE PERMIT THROUGH THE LCBO, OR BREWERS RETAIL OUTLETS OR WINE STORES.
- THAT SERVERS OF ALCOHOL ARE AT LEAST 18 YEARS OF AGE
- THAT THE NUMBER OF PEOPLE AT THE EVENT ARE WITHIN THE LAWFUL CAPACITY ALLOWED FOR THE PREMISES.
- THAT ALCOHOL IS NOT SERVED TO GUESTS WHO ARE INTOXICATED.
- THAT ALCOHOL IS NOT SERVED TO PEOPLE UNDER THE AGE OF 19
- THAT GUESTS DO NOT TAKE OUT OR BRING IN LIQUOR.
- DO NOT SELL SMUGGLED, WATERED-DOWN, OR HOME-MADE LIQUOR DO NOT RAFFLE LIQUOR, HOLD CONTESTS THAT INVOLVE BUYING,
- DRINKING OR WINNING LIQUOR. THAT THE PERMIT HOLDER SHALL NOT REQUIRE A PERSON TO PURCHASE A MINIMUM NUMBER OF DRINKS IN ORDER TO GAIN ENTRY TO OR REMAIN ON THE PREMISE.
- THAT THE PERMIT HOLDER SHALL PROVIDE SECURITY SUFFICIENT TO ENSURE THAT UNAUTHORIZED PERSONS DO NOT ATTEND THE EVENT AND TO ENSURE THAT THE CONDITIONS OF THE PERMIT AND REQUIREMENTS OF THE ACT ARE OBSERVED.
- THAT THE PERMIT HOLDER SHALL NOT SELL OR SERVE LIQUOR UNLESS THER IS A SUPPLY OF FOOD SUFFICIENT TO SERVE THE PERSONS ATTENDING THE EVENT TO WHICH THE PERMIT APPLIES.
- * NOTE* THIS IS SOME INFORMATION TAKEN FROM THE LIQUOR LICENCE ACT AND REGULATIONS TO HELP THE PERMIT HOLDERS. A COPY OF THE LIQUOR LICENCE ACT CAN BE OBTAINED AT THE TYENDINAGA FIRST NATIONS POLICE SERVICE.

THE PERMIT HOLDER IS LEGALLY RESPONSIBLE. KNOW YOUR RESPONSIBILITIES.

A RESPONSIBLE HOST, WOULD BE NOT LET GUESTS DRINK AND DRIVE. THEREFORE ARRANGEMENTS SHOULD BE MADE FOR ALTERNATIVE TRANSPORTATION.

A MESSAGE FROM THE TYENDINAGA FIRST NATIONS POLICE SERVICE. WORKING TOGETHER TO MAKE OUR COMMUNITY A SAFER PLACE TO LIVE.

C.P.A.C.---PARTNERS AGAINST CRIME

WHAT IS COMMUNITY POLICING?

The uniting of a community and its Police Service to systematically address, define prioritize areas of concern relating to crime and policing issues specific to the need a particular community.

WHAT IS C.P.A.C.----PARTNERS AGAINST CRIME?

C.P.A.C.----PARTNERS AGAINST CRIME (Community Policing Advisory Commit is "Bridging the communication gap between our community members and Police Serv to make "our" community a safer and healthier place to live."

WHY WAS C.P.A.C.----PARTNERS AGAINST CRIME DEVELOPED?

- 1. To increase awareness in the community regarding police services.
- 2. Assurance of accountability of the police to the community.
- 3. To provide key recommendations to the Police and other relevant agencies on territory specifically based on community input.

WHO ARE WE?

We are a volunteer committee organized according to the specific areas of the territ to ensure proper representation of the community as diversely as possible.

Executive:

Chairperson

- Shawn Sager

Co-Chair

- Joanne Tabobandung

Secretary Treasurer

- Twila Brant - Joyce Bernhardt

Public Relations

- Shelley Brant

Police Representative

- Interim - Dave Lewis

WHO WE ARE NOT:

A disciplinary committee.

A law making committee.

A law changing committee.

A law enforcement committee.

WHAT WE NEED:

LOGO CONTEST:

The C.P.A.C.----PARTNERS AGAINST CRIME committee will be accepting entry from community members of all ages to design a logo that defines who we are and what we represent.

The winner will receive:

1/2 hour Sightseeing Tour courtesy of First Nations

Service and an Embroidered Sweatshirt with our lo

and the committee name.

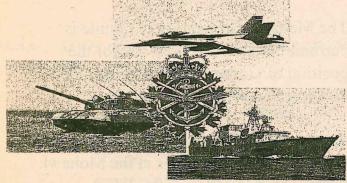
Please send or drop off all entries to:

M.B.Q. Administration c/o Shelley Brant R.R. #1

Tyendinaga Mohawk Territory KOK 3A0

The C.P.A.C.----PARTNERS AGAINST CRIME committee is actively seeking persons t want to be part of positive recommendations and solutions. As we are a newly formed commit we depend on your support and input. Remember this is your committee so please feel free contact any of the above executive or committee members with questions or concerns, or co out and be a member.

NOW HIRING



No experience required Choose a rewarding career in the

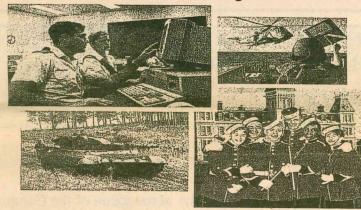
CANADIAN FORCES

Non-Commissioned Member

To be eligible you must:

- Be at least 17 years of age
- Be a Canadian citizen
- Have 15 Ontario high school credits or equivalent

Get a free university education



and guaranteed employment

through the Regular Officer Training Plan

To be eligible you must:

- Be at least 16 years of age
- 2) Be a Canadian citizen
- Have an OSSD with 6 OACs* or equivalent

* Specific OACs required depending on intended programme of study

This is a serious job offer...



AIR FORCE PILOT

through the Officer Candidate Training Plan

To be eligible you must:

- Be at least 17 years of age
- Be a Canadian citizen
- Have an OSSD with:

English 4A or French 4A Math 4A Chemistry 3A or 4A Physics 3A or 4A

This is a serious job offer...

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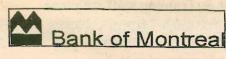
AIR FORCE PILOT

through the **Direct Entry Officer Plan**

To be eligible you must:

- Have an undergraduate degree or 3 year technologist diploma
- Be at least 17 years of age
- Be a Canadian citizen 3)

Deadline for Application - March 14, 1997 for more information call the **EMPLOYMENT OFFICE** 396-3424



ABORIGINAL STUDENTS

CAREER POSSIBILITIES PARTNERSHIP: SUMMER INTERNSHIP OPPORTUNITIES

May--August 1997

Bank of Montreal is dedicated to reflecting the diverse communities that we serve.

Position:

Financial Services Intern.

Locations:

Major Centres Across Ontario i.e., London, Toronto, Ottawa, etc.

Program:

Internship is composed of three components.

*On-the-job experience and training in front line customer service and sales, product knowledge, and project management. *Learning For Success, our award winning self-taught training modular training curriculum.

*An individual project designed to complement your educational goals and the business of the Bank.

Requirements:

Students who have a possible career interest in the financial

services industry.

fax: (416) 927-5772

*All disciplines of study considered. *High academic standing. *Customer service/sales experience. *Aptitude for team work, sales and leadership.

Contact:

Send your cover letter and resume to... Kenn Ross, Human Resources BANK OF MONTREAL 5th Floor, 55 Bloor Street West Toronto, ON M4W 3N5 tel: (416) 944-7258

EMPLOYMENT

OFFICE CLERK

Tyendinaga Wood Products / Kitchen Designs

Qualifications

- * Post Secondary education and/or two years experience in business or financial management.
- * Perform general office duties ie: filing, typing, answering telephone.
- * Accounts payable / receivable.
- * Familiar with word processing and spreadsheets.
- * Purchasing and Inventory Control.
- * Must be able to demonstrate computer skills in relation to bookkeeping.
- * Must have excellent verbal and written communication skills.
- * Must be able to deal effectively with the public.
- * Knowledge of Wood Products an asset.

Please submit a resume and cover letter to:
Bev Hill or Karen Brant-Jones
Mohawk Administration Office
R. R. # 1
Tyendinaga Mohawk Territory, Ont.
K0K 1X0

Deadline for Applications: Friday March 14, 1997 at 4:30 pm

Please Note: Applicants must currently be in receipt of EI benefits or have been in the last three (3) years.

EMPLOYMENT OPPORTUNITY

The Mohawks of the Bay of Quinte is currently seeking applications for the position of **Game Warden** for the 1997 Pickerel Spawning Season.

Applications are being accepted by Bev Hill and/or Karen Brant-Jones at the Mohawk Administration Office (396-3424).

Closing date is March 21, 1997 at 12:00 p.m.

NO LATE APPLICATIONS ACCEPTED

ATTENTION!!!!!!!

STUDENT EMPLOYMENT OPPORTUNITIES

We now have current Summer Employment Positions which are available on the Job Bank located in the Employment Department at the Administration Office.

Please feel free to come in and check the Job Bank.

Mohawks of the Bay of Quinte Employment & Training

Services and Programs

REGISTRATION

The Employment & Training staff welcome community members on a "drop-in' basis, but all visitors must keep in mind that you may have to wait for someone to be available.... especially on a busy day.

If you wish you can call ahead for an appointment. To make an appointment, call (613) 396-3424, between 8:30a.m. - 4:30p.m., Monday to Friday. The receptionist will direct you to the employment department.

Once you are in our office, we will ask you to complete an employment Intake Summary form. We require this information to assess your employment and training needs and to confirm your eligibility through various funding programs.

If you can, please remember to bring your important documentation including: your most recent resume.

EMPLOYMENT COUNSELLING

After you have completed your Intake Summary form, we can provide you with indepth employment assessment and planning. Our services include:

Resumes and Cover Letters

Whether you need assistance revising an outdated resume or designing a new one, we

will help you. We will attempt to accommodate emergency requests as they arise, but please be aware that we may not be able to due to previous arrangements.

Self-Marketing

The Employment Staff can provide personalized job search skills and tips to individuals interested in marketing themselves to prospective employers.

Employment Opportunities

We list a variety of Employment
Opportunities from private and public
Employers in the Community, Surrounding
Area and Province.

Career Training

If you are interested in an education or training program, academic upgrading or a Pre-Employment Preparation course, we will be able to refer you to an appropriate course and institution.

Program Information

The Employment & Training Department provides financial and technical assistance with employment and training programs for the Tyendinaga First Nation Community.

Computerized Job Bank

Job seekers can now get immediate and upto-date Human Resources Development (Canada Employment Centre) job postings with the introduction of the Computerized job Bank.

Job Board

The Employment Department has a job board posted in the hall at the Administration Office for all postings that become available in the area as well as out of town and in other First Nation Communities.

Temporary Employment Services

We offer community and area employers access to registered participants for temporary and part-time employment assignments. If you are interwised in either registering for temporary work on hiring temporary employees, please contact our office.

Employer Referrals

Employers are encouraged to post their Employment Opportunities with our office. We will provide prescreening and referral services for these Employers and refer qualified applicants to various employment vacancies at no cost to the Employer or Applicant.

Deadline date for Newsletter March 24/97 396-3424

ENVIRONMENT



Recyclable Materials

Here is a list of Recyclable Materials:

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

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

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

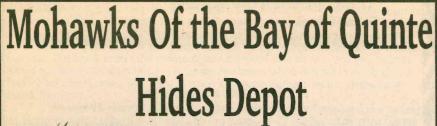
METAL: all cans (labels removed and recycled with the paper), clean aluminum foil & scrap metal.

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

NOTE: Please rinse all the containers!

The Recycler for the Month of January is

Winston Maracle





Deer-Colours

Gold, Cream, Cork, Pearl, White Black, Burgundy, Mohawk Green

All Sales Cash Only!
Call for Prices
(613) 396-5802

Open House, April 14, 1997

7:00 p.m. - 9:00 p.m. Mohawk Community Centre



SEA LAMPREY
Project

Tujeu

In

Shannonville

If You have any questions call the Environment Department at 396-3424 for further Details



LANDFILL HOURS

Monday - CLOSED

Tuesday - 1:00 P.M. - 5:00 P.M.

Wednesday - CLOSED

Thursday - 1:00 P.M. - 5:00 P.M.

Friday - CLOSED

Saturday - 8:30 A.M.- 5:00 P.M.

Sunday - 9:00 A.M. - 4:00 P.M.

Deadline date for Newsletter March 24/97 396-3424

FAMILY SERVICES & RED CEDARS SHELTER

WHAT IS THE DIFFERENCE BETWEEN A SHELTER AND A SAFE HOME?

A Shelter is a safe haven which can be accessed by anyone, (usually women and children) who are victims of abuse and are looking for options for their situation. A Shelter provides a safe and secure environment for its occupants during their stay. It can accommodate more than one family at a time and has rooms specifically for families that need extra space. Depending on the shelter. the occupancy rates vary, Red Cedars, for example can house twelve people comfortably. Some shelters only offer a safe residence while others, like Red Cedars also offer counselling, education modules and referral services. Resources are readily available from counsellors who are trained in abuse issues.

WHEREBY

A Safe home is a privately owned home in a community whose location is only known by a few people that run the network and those who need to utilize it. (Almost like an underground network.) Safe Homes do not usually have Counsellors in their homes, rather the people who take in "residents" are average citizens in the community who want to help in any way they can. Usually people who offer "safe homes" are required to take some training to be able to handle situations that may come up in their home.

A Safe Home is usually a temporary house for someone in an abusive situation that requires immediate relocation. Arrangements can be made to relocate the client, usually to a Shelter, at the most convenient time. One "safe home" can usually accommodate one family, an example of the "safe home" system is located in and around the Bancroft area.

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

Sally combed her long dark hair with swift strokes, glancing in the mirror just long enough to check her appearance. Already there were fine laugh lines beginning around her eyes. "I'm being too critical," she thought. "I'm way too young for crows' feet, I'm not even thirty yet!" She scooped up her favorite earrings and yelled for Joshua to get ready.

Six-year-old Joshua drove his toy Batmobile around the kitchen floor one more time before his Mom came downstairs.

"How come you're not getting ready?" Sally asked

"Where we going anyway?" asked Joshua

"Auntic Ruth's invited us over to her house to help celebrate Uncle Mike's birthday. Auntie's giving him a little party to celebrate."

"Is Auntie Ruth gonna have cake?" asked Joshua.

"Yes, she is! Maybe even ice-cream," Sally added.

"Are there gonna to be any kids there Mom?"

"I think Auntie Betty is going to bring Kassy and Little Al and Uncle Mike's friends from work will be there, maybe they'll have kids too."

"Oh boy! Can we go now?" Joshua said excitedly

"Clean your toys up and get your coat then we'll go," Sally said.

They drove along listening to Elvis on the radio singing "She ain't nothing but a hound dog," and Joshua saying, "that's a silly song isn't it Mom!" She just laughed and shook her head yes.

Two songs later they arrived at Auntie Ruth's huge old farm house. As they went in they were greeted by Auntie Ruth who gave Joshua a big hug, kiss and asked Sally why she was late.

"Traffic was bad," Sally said.

"In the Country!" laughed Auntie Ruth.

And they both laughed together as they walked into the dinning room. Auntie Betty was there with Kassy and little Al.

"Want to go play guys?" asked Joshua.

"You can go play downstairs until supper's ready," said Auntie Ruth.

Uncle Mike came in just then with one of his friends from work.

"Hey everybody, I'd like you to meet Rick Faith, he's my new partner at work," said Uncle Mike.

"Hi everybody!" Rick said with a huge smile on his face.

"Nice to meet you Rick," Sally said.

"Same," said Auntie Ruth and Auntie Betty.

As supper was being prepared Auntie Ruth teased Sally about Rick, saying that he's single as well as good looking. Sally pretended to ignore her but she did notice he had nice eyes and she liked how his hair curled around his cars the way it did.

"Can I help?" Rick asked as he walked into the kitchen.

"Sure can" Sally said.

As Sally handed him a plate, their fingers touched and she felt a surge of warmth spread through them...

To be continued in the next Newsletter

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



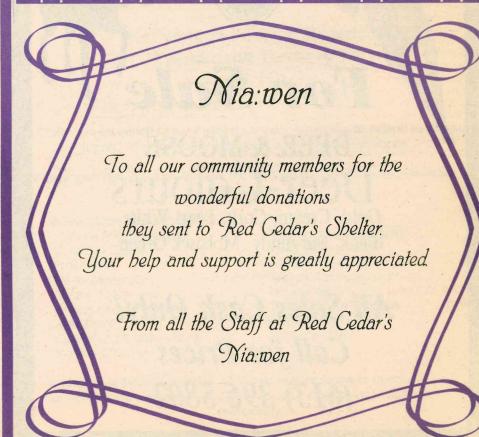
CUSTOMARY CARE/FOSTERING

Fostering is not a lifetime commitment to a child but rather a commitment that will positively impact a child's lifetime. It is families helping familles.

Sometimes natural parents run into difficulties that do not allow them to ensure safe care of their own children. During these times it may be necessary for the children to be taken care of by someone else. Often aunts, uncles, or grandparents can take on this responsibility, but sometimes this is not possible and we must look to community members to assist this family.

It is our goal to develop several homes that could accommodate different aged children and who would be available when they were needed rather than having a great scramble to find a home when an emergency arises. There is a monetary compensation to provide for the children's physical needs. We are also planning a training package to help our care-givers with various issues around customary care/fostering.

If you are interested please contact Mohawk Family Services, 967-0122, for further details.



MOHAWKS PLUGGED INTO **EDUCATION REVOLUTION**

by Maurice Switzer

"Like the Thunderbird of old, I shall grab the instruments of the white man's success -- his education, his skills -- and with these tools I shall build my race into the proudest segment of your society." -- Chief Dan George, Coast Salish

Reg Brant, a custodian at First Nations Technical Institute, is literally plugged into a resurgence in Aboriginal education.

A tape-recorded voice drones Mohawk phrases and their English translations into his Walkman earphones as he goes about his nightly duties, replenishing the ohne: kanos with water, and collecting dirty teiohsahe'tahnekonniatha cups to place in the dishwasher.

He is one of dozens of adults and children on the Tyendinaga Mohawk Territory currently involved in the most fundamental of educational experiences -- learning the language spoken by their ancestors. The preservation of language is seen by the Royal Commission on Aboriginal Peoples as a key to the survival of the rich heritage of Canada's 630 First Nations, and a vital defence against the persistent forces of assimilation that have threatened the existence of Amerindians since Christopher Columbus first set foot on the shores of Turtle Island.

Only a fraction of Native Canadians -- about one person in three over the age of five -- can speak any of the 50 dialects which comprise 11 Aboriginal language families. Given that Aboriginal culture is primarily based on an oral tradition, the death of Native languages jeopardizes the very history of Aboriginal people.

"The threat of their languages disappearing means that Aboriginal people's distinctive world view, the wisdom of their ancestors, and their ways of being human could vanish as well, "the royal commissioners noted in the report they released last November. The establishment of an Aboriginal Languages Foundation to document, study, and conserve Aboriginal languages was at the core of a wide range of education-related recommendations suggested by the commission as key components in their blueprint for a Canada in which First Nations play a meaningful and productive role.

"Aboriginal people are well aware of the power of education," the commission

noted. "Aboriginal people often say: 'Our children are our future.' By extension, then, the future depends on the effectiveness of education."

Most Canadians are unaware of how much educational progress Aboriginal communities have made in the past three decades. When Ontario founded its network of community colleges 30 years ago, there were fewer than 200 status Indians enrolled in post-secondary education in the entire country. Today the Aboriginal student population of Loyalist College approaches that figure, and over 30,000 Native Canadians attend mainstream post-secondary institutions.

While these enrolment figures are an indicator of progress, they can be misleading. Native students often flounder in unfamiliar cultural settings and experience a high dropout rate in learning environments that emphasize competition over cooperation, or where the focus is on theory instead of a more hands-on approach.

In addition, Aboriginal communities have historically valid reasons for being

skeptical about entrusting their children to mainstream educators. Canada's infamous network of residential schools tore Native youngsters away from parents and incarcerated

them in conditions of physical and sexual abuse unduplicated in the worst Turkish prisons. Against this backdrop, even small Native communities have opted to establish their own primary schools with Native teachers, and larger bands with more resources -- like the 18,000-member Mohawks of Six Nations -- are providing on-reserve secondary-school instruction. The latest step in the evolution of Aboriginal education -- and one heartily endorsed by the royal commission -- is the establishment of Aboriginal-controlled postsecondary learning centres, like First Nations Technical Institute on the Tyendinaga Mohawk Territory.

For the past 11 years FNTI programs have trained Native Canadians in a variety of skills, from computer expertise to casino management. FNTI graduated manage human services programs in remote northern communities, and are pilots in Canada's aviation industry. Later this year the first students will enroll in a new Aboriginal Media course, the initial phase of a plan to establish FNTI as the centre of communications studies for Native Canadians.

One might expect an outpouring of government support for such displays of Aboriginal initiative, but colonialist attitudes still prevail. For seven years FNTI has successfully operated the only program for Aboriginal pilots in North America, yet the school must rely on an accreditation agreement with North Bay's Canadore College to provide graduates with post-secondary diplomas -- at least until such time as provincial and federal authorities can be convinced that Native education is not second-rate. In the same way, Aboriginal Media students will depend on Loyalist College journalism diplomas to validate their efforts, despite having participated in a program conceived, developed, and administered by Native Canadians.

The federal government's response to a burgeoning Aboriginal school-age population has been to renege on treaty pledges that guaranteed education to all Indians by unilaterally capping education transfers to Indian bands. Despite grandiloquent exhortations for Native self-sufficiency, the Great White Fathers in Ottawa or Queen's Park don't seem to want any Indian successes for which they can't claim credit.

But Aboriginal people are nothing, if not patient. Seven generations ago an Anishnabek prophecy foretold a time of great re-birth for Native people. That time has come, and Aboriginal leaders are stubbornly fighting to provide the Seventh Generation with the education that holds the key to their future, a key that will unlock a great

(Maurice Switzer is a member of the Elders' Council of the Mississaugas of Rice Lake First Nation at Alderville. A former editor of The Intelligencer, he is helping develop the Aboriginal Media program for First Nations Technical Institute.)



Mohawk JireJighters Auxiliary IR.IR 1 Tyendinaga Territory Ontario, Kok 1X0

Congratulations! to Kyle & Donna Brant



At the Valentine Dance Kyle and Donna were the lucky winners of the Romantic Weekend Getaway.

A VERY SPECIAL THANK YOU to the FIRESIDE INN OF KINGSTON for their generous donation of a 2 night accommodation. We were proud to give a gift from one of our finer establishments in the Kingston area.

Thank You to Chief & Council for the donation of the Hall.

Just a reminder that the Firefighters Auxiliary is a non profit auxiliary and the fundraising we do goes back into the community for fire victims and destitute people.

We would like to thank all those who came out to support our dance!

Nia:wen Firefighter's Auxiliary

COMPUTER COURSES MARCH & APRIL

	MARCH	APRIL
Windows 3.11	25	14
Windows 95	10 - 11	1-2
WordPerfect 6.1 - Level I *	12 - 13	15 - 16
Lotus 1-2-3 - Level I	6-7	1-2
Word - Level I *	4-5	8-9
Excel - Level I *	11 - 12	10 - 11
Access - Level I *	4-5	21 - 22
CorelDraw - Level I	19 - 20	23 - 24
HTML 3.x (webpage design)		8-9
Simply Accounting	6-7	
		1
Why Go Anywhere Else?	ALL COURSES INCLUDE	
11 hy	- use of an individual work station	
here	- course reference manual	
Anywing	- certificate upon completion	
Slse.	- complimentary hot lunch	
	- FREE customer support	
	V	The same
*I goal II offered Call for course dates		

*Level II offered, Call for course dates



FIRST NATIONS TECHNICAL INSTITUTE York Rd, Tyendinaga Territory, ON KOK 1X0 www.tyendinaga.net

To Register or for More Information, Contact our Office

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

*COMMUNITY NOTICE *

To former clients of Thomas Vincent Barrister & Solicitor My practice of law closed on June 30, 1995. Please note that files have been transferred to Belleville lawyer Rick Rolston for more secure storage.

I endorse the legal services of Mr. Rolston and highly recommend him to all of my former clients:

C. Roderick Rolston

Barrister & Solicitor 175 FRONT STREET SUITE 202 BELLEVILLE, ONTARIO K8N 2Z1 (613) 962-9154 1-800-361-4437

FAX (613) 962-8109

COMMUNITY INTEREST

Thank You Everyone

Although this big thank-You has been a little time getting to the newsletter, the emotion created the Thankfulness and the gratitude felt has not diminished but grown,.

Bill and Linda Hill cannot express how they felt to see our community come together in a time when they needed help with Finances and to know they had good kind friends and relatives. That is one benefit dance that won't be forgotten.

Bill continues to improve each and every day and he says with his new leg He will be running by summer.

Thanks to a wonderful community and may God Bless each and everyone.

Bill and Linda Hill Ridge Rd.

The family of the late Gerald Maracle wish to express heartfelt thanks and gratitude to our relatives, friends and neighbours for the food, floral tributes and donations to the diabetic fund & Churches. We would also like to express our sincere thanks to the Orange Lodges for the lovely luncheon after the funeral. Words alone cannot express our appreciation enough for the love & support we received during our great loss.

Thanking you again & May God Bless you all.

Marguerite & families



Thank You!!



The Family of the Late Leva Grass wish to express our sincere thanks to Chief Donald Maracle, The Mohawk Council & Staff, The Kanyengeh Festival Board, The Mohawk Singers, The Native Women's Association, The Tyendinaga Health Centre and the Home Care Workers for your many acts of kindness.

We greatly appreciated the use of the Elders Lodge and Council House and for the gifts of food flowers, donations, phone calls, cards and hospital visits and for words fo comfort during our tremendous loss.

Our heartfelt gratitude to all!

Thank you!

Thank You Harold Grass & Family



Thank You!

We would like to thank everyone who came out and celebrated with us on our special night.

A special thanks to Chris Auten & Shannon Brant, Mom & Ken Dad & Sue, Mary & Ron, Mary Ann, Nana & Papa & Nana and Kathy for helping with preparing for the big day!

Nia:wen to everyone!

Michael, Kelly & Keelan



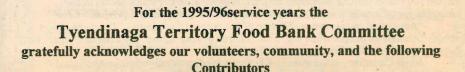
Thank You

Thank You to everyone who attended and helped in making our 25th Anniversary Celebration a very special evening.

An extra special Thank You to our children, Laura, Lenny, Kathy, Tim and Bub. We appreciate all your hard work and time put into planning such a beautiful evening.

Pauline, Adam & Carol Ann you did an excellent job! The meal was perfect. Thank You from the bottom of our hearts. All those who helped in preparing the meal, thanks for all your help.

Nia:wen Kowa Phil & Connie Maracle



Mohawks of the Bay of Quinte Council · Chief R. Donald Maracle · Mohawk Singers · White Morris Funeral Home · Joe & Lois Brant · Native Women's Association · Foodland, Shauna Sidey · Semples, Your Independent Grocer & Greg McMurter · Ron Green · Chief's Inn · Earl & Lorraine Hill • McMurter Home Centre • Quinte Secondary School • Mohawk Firemens Wives Mohawk Fire Department · Procter & Gamble Inc. · Willi & Ingeborg Muenzel · Bob Lambert Lillie Lefort · Pow Wow Committee · Kagita Mikam · Mohawk Community Bingo · Ladies Orange Benevolent Association · Bob Leween · Bob & Leulla Hill · Shirley Brant · Marianne Samann Lena Elliott · Kanyengeh Festival Board · Bruce & Mary Loft & family · Quinte Mohawk School James Kunkel & Youth Group • Gord Foster • Manley Brant • Alice McTaggart • Health Centre Family Services · Mohawk Pentecostal Church · Daycare · Lorna Moses · Christ Church · All Saints Church · Glendon Brant · Kente, Horseshoe Leage · Traveling Brant Berrys · Maracle Music · Kevin Lawlor · Central Gas Kingston · Whitley Insurance · U.M. Seven Seas Travel Ltd. Stan Fergusson Fuels Ltd. · Wilkinson & Company Chartered Accounts · Lons Memorials · Bank of Montreal • National Trust Company • Royal Bank • McDougall Insurance • Superior Propane Paul Kelly's Drug Store Ltd. · Nedco Ltd., Belleville · Canadian Imperial Bank of Commerce Don Smart, Councilor · Lobes · I.D.A. Drug Store, Deseronto · A & P Store, Belleville · Black Diamond Cheese · Bargain Bargain · Shoppers Drug Mart · Canadian Tire Store, Belleville A & P, Picton · Charles Maracle · Elmer Maracle.

And thank you to those whom gave namelessly.

May the Creator Bless you all.

Kanyengeh Festival Board Tyendinaga Territory Earl R. Hill Chairman

As Chairman, on behalf of the Festival Board, I would like to extend to you our appreciation for your continued support of our functions.

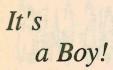
The Kanyengeh Board acknowledges the hard work of the following donators and contributors.

Native Women's Association Mohawk Fire Department Canadian Legion Fuller Fries I.D.A., Deseronto Golden Touch Smarts Florist, Napanee Jean Brant Council of the Mohawks of the Bay of Quinte F.N.T.I.

Deseronto Savings Station
Foodland, Deseronto
United Restaurant
Sportsmans Restaurant
Doug Whitley
Chief R. Donald Maracle
Brenda's Neighbour
Chief's Inn Staff

Anonymous Donators and to all of you who continue to purchase our hamburgers,we say thank you. Your support enables us to support our community.

COMMUNITY INTEREST





Todd, Janet & Kelsey Kring wish to announce the addition of Derek Gerald Todd to the Family.

Derek Gerald Todd

Born: Jan. 19/97 Weight: 8 lbs. 1 1/2 oz.

Proud Grandparents:

Marguerite Maracle of Tyendinaga Territory Dalton & Ada Kring of Shannonville

It's a Boy!



Congratulations to Christa & James W. Maracle on the arrival of your son

Brandon Tyson Levi

Born: Jan. 31/97 Weight: 6 lbs. 15 1/2 oz.

Proud Grandparents:

Helscape - The Prince And I

Document: Done

File Edit View Go Bookmarks Options Directory Mindow Help

NFBKids THE PRINCE AND I

Hey kids! Get ready for fun.

Arnold (Dimp) Green of Tyendinaga Territory James & Marjorie Maracle of Tyendinaga Territory

Check out THE PRINCE AND I,

a brand-new, fun-filled Web site!

(Hey librarians and teachers...it's educational, too!)

Reload Images Open Print Find

Take a trip with the Queen around the kingdom

Become the Prince's friend

for even more fun!!

Kingdom visis

be a friend

of the prince

SOUPER READING **MARCH 21/97 QUINTE MOHAWK SCHOOL**

967-6264

We now have the Consumer Reports Magazine and the books in Oprahs Reading Club!

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

Becoming a member of Ka:hniote Library is easy and Free! Just come in and sign up! 967-6264

ONDER 0 N

Calling all kids between the ages of 6 and 10....



The Prince and I, the first full NFB Web production, features a prince who learns how much fun reading can be!

This exciting multi-disciplinary Web site offers kids both education and entertainment through games, puzzles, stories and interactive novelties (like seeing their picture beside the Prince on their own home page)! Kids will have fun reading, and developing learning skills, while playing on the Internet.

The best technical combination for IBM-PC and compatibles is: Internet access: 14.4 kbs minimum Operating system: Windows 95 Browser version: Netscape Navigator 3.x or Microsoft Internet Explorer 3.x with Java and JavaScript enabled.

The best technical combination for Macintosh is: Internet access: 14.4 kbs minimum Operating system: system 7.5 Browser version: Netscape Navigator 3.x or Microsoft Internet Explorer 3.x with Java and JavaScript enabled.



VISIT THE PRINCE AND I **WEB SITE TODAY!**



http://www.nfb.ca/Kids

UPCOMING EVENTS

1997 Tyendinaga Mixed League 3-Pitch

> Teams/Players wanted Please Contact:

Ike Brant: 396-1676 (after 5 pm) Shelva Thompson: 969-0804 Twila Brant: 396-3211

Deadline for Registration: April 15197.

BREAKFAST - FUNDRAISER FOR THE MOHAWK RECREATION COMMITTEE AT THE COMMUNITY CENTRE



MARCH 115TH 8-111AM

Menu

Porridge, Toast, - \$ 2.00 Bacon or sausage (3), Eggs (2), homefries, toast - \$ 3.00 Pancakes, bacon or sausage (3) - \$ 3.00

* Breakfasts includes juice or coffee (tea) and donut

ALL PROCEEDS TO THE RECREATION COMPLEX



ARE BEING HELD ON SATURDAY MARCH 29 1997 - BOYS. SUNDAY MARCH 30 1997 - GIRLS ONYOTA'A:KA COMMUNITY CENTRE 9:00 AM - 4:30 PM ELIGIBILITY: BORN 1981 OR 1982 COST: \$75.00 REGISTRATION FEE

(\$40.00 MUST BE PAID WHEN FINAL DECISION IS Made)

FOR MORE INFORMATION CONTACT BELANGER BROWN 5. R.R.#2 SOUTHWOLD ONTARIO NOLZGO CALL (519) 652-3244 FAX (519) 652-9287 HOME(519) 652-5499 CAROL HILL R.R.#2 SOUTHWOLD ONTARIO NOL 2GO (519) 652-3244 FAX (519)652-9287 HOME (519)652-1545



Men's Lacrosse League Friday night (pick up games) anyone interested contact Andrew Alkenbrack at 396-3424

Youth League Registration Dates

T-Ball, Three Pitch - April 12th & 16th at the Softball Complex



Roller Blade Hockey

Saturdays, Starting early May depending on Registration and Parental Involvement Registration date April 12th at Softball Canteen

Fastball Registration

For participation in the South Lennox League April 12th & 16th at the Softball Complex



Tyendinaga Minor Lacrosse

Watch for registration dates in the next newsletter. Anyone interested in coaching or becoming involved with the Lacrosse Association please contact Jack or Dorothy Green at 967-1580

UPCOMING EVENTS

TYENDINAGA LADIES FASTBALL DANCE

APRIL 5, 1997 MOHAWK COMMUNITY CENTRE 8:30 P.M. - 2:00 A.M.

Admission: \$5.00

CORN JOUP SUPPER

Saturday, April 5 5 p.m. - 7 p.m. Senior's Hall Hwy #2 \$6.00 per Person \$3.00 (children under 10)

Menu

Corn Soup Homemade Bread Homemade Pies Tea Or Coffee



INTERESTED IN LOCAL HISTORY

AND WILLING TO SHARE YOUR MEMENTOS, ARTIFACTS, PICTURES AND STORIES OF CAMP MOHAWK THROUGH TWO WORLD WARS??

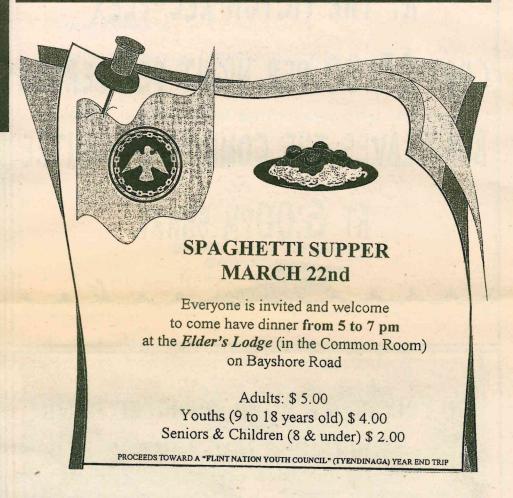
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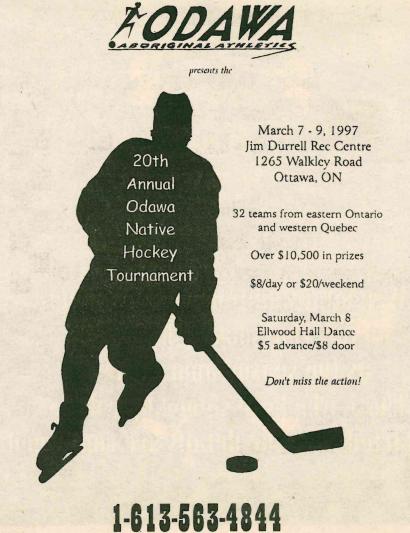
Contact Sean at Quinte Mohawk School (966-6984). The 5/6 class is doing research on the Camp Mohawk airport through World War One and Two. If you are willing to share your knowledge and mementos with the class

please contact Sean.

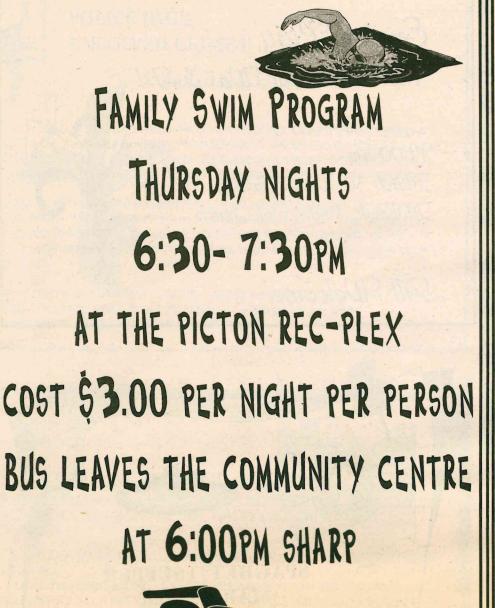


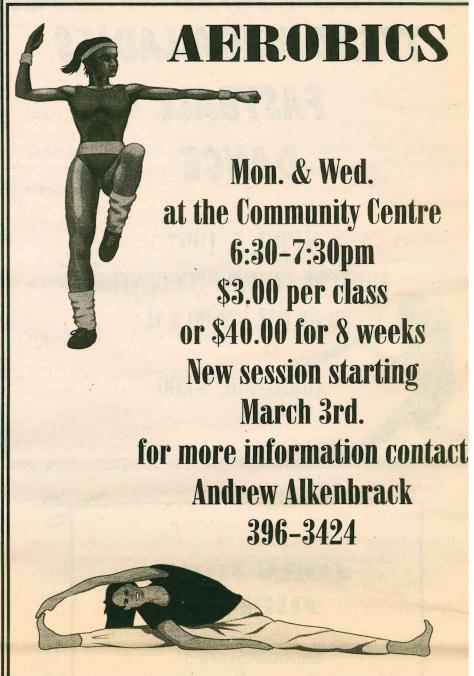


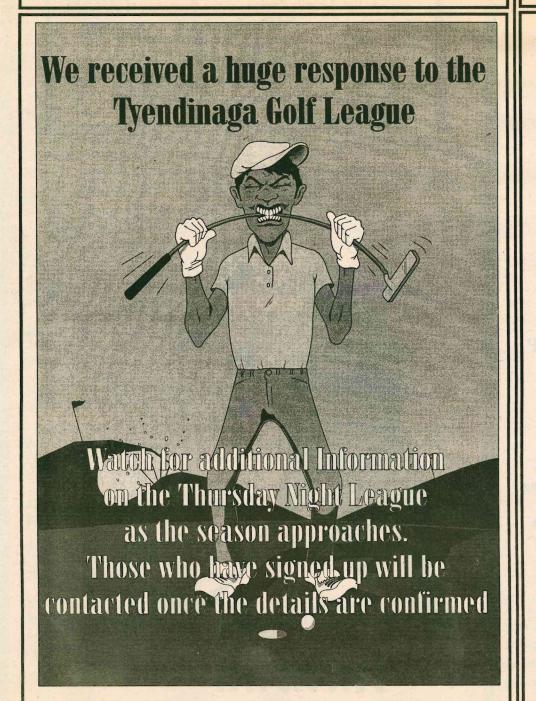




UPCOMING EVENTS







Sponsorship

The Mohawk Recreation Committee receives
a great number of requests for sponsorship from
sports teams and individuals throughout the year.

The majority of funding for recreational
activities on the Territory comes from the fundraising
efforts of the Committee. These fundraising events rely heavily
on volunteers for their success. Therefore the Recreation
Committee has decided that one of the points they will be
considering when a request for sponsorship is brought to them
is the dedication these groups or individuals have shown to recreational
activities within the community. The Mohawk Recreation Committee meets
the first Monday of each month, and any requests for sponsorship can be
made in person at that time.

Nia:wen

CLASSISFIEDS

APARTMENT FOR RENT

Brand New Huge 2 Bedroom

- 1st month & equal damage deposit
- Fridge & Stove included
- Washer & Dryer hook up
- must be seen
- Available Immediately CALL: 962-1546

LOT FOR SALE

300 ' X 300' LOT - on # 2 highway across from Bayview Store

PHONE: 1-716-694-6158

Would You Like to Own one Week a Year in the Sun for Life? Call Dan Brant 1-613-228-9130

> Babysitting Available

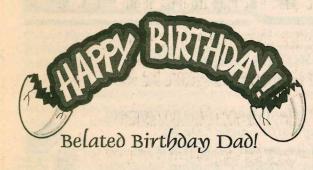
Mother of One willing to babysit in own home! Please Contact: Vicky Curtis at 967-3757

FOR SALE

Fixtures from Quinte Mohawk School

- \$15.00 for a Toilet
- \$20.00 for a Sink

for more information Call: Todd 396-3424



Feb. 26

Love Amy, Kelly & Linda Bernhardt

FOR RENT

4 PLEX, 2 Bedroom apartment

- upper level apartment
- \$575.00 per month PHONE: 969-1315

FOR SALE

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

Mill Side Ceramics & Craft

Good News for everyone I am starting up another class. If your busy tuesday or thursday night? It's O.K. because now you can come Wednesday Night Starting at 7 p.m. till 9:30 p.m. Sign up now! Space is limited! Don't forget to drop by to see whats new!

> Like Tupperware but can't get to It? This may be for You!

Marlene Murphy, Milltown Side Rd. 966-9640

Have You seen the new line of Tupperware? If not and you would like to give me a call and I will come to your home and show it to you. No obligation and a free gift to you also for your time

And for those who wish to host a party. We have very nice gifts just to host a party.

> Call 396-6356 anytime Lorraine F. Brant

Happy Belated Birthday!

Fan

Feb. 3

Love Ainsley



Happy Birthday Daddy Love Reagan & Jacob

Happy 87th Birthday!

Dad March 14

Love Molly, Jeff & Tara

Happy 5th Birthday!

Dakota

Love always, Aunt Dont, Uncle Mant, Chris Krissy, Doug & Gaven

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- Lot measures 275' frontage 251' depth
- Borders on Sucker Creek
- Has been witched for water successfully
- Hydro service available
- Equivalent of 2 lots, could be subdivided
- Asking price \$8,000.00

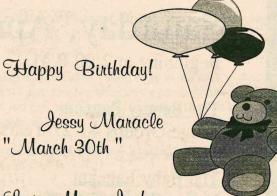
CALL SHEILA SCHAUBER FOR MORE INFO. 354-6308 OR ADMINISTRATION OFFICE 396-3424

Newsletter Deadline **MARCH 24 at Noon** 396-3424

> Vicki-Marie Whitehead (Sero)

Passed away Peacefully Feb. 15/97 at her home in Winnepeg

> Peggy Sero, Sherry Lewis & Family



"March 30th"

Love Mom, Josh & Family



COMMUNITY BUSINESSES



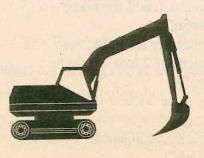
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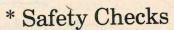
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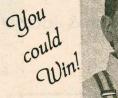
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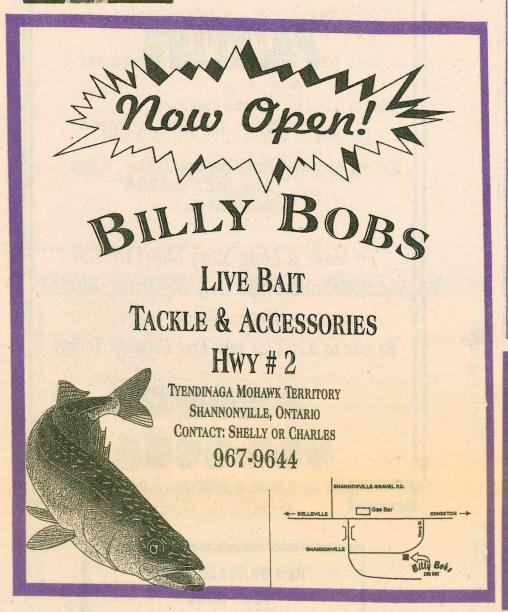
COMMUNITY BUSINESSES

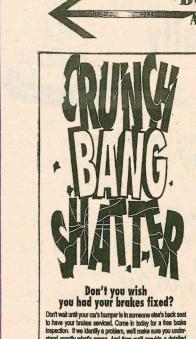


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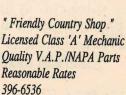
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