

TYENDINAGA NEWSLETTER



ISSUE 3 /99



Spring Is Coming!



* NOTICE *

Plebiscite
to be held at Quinte Mohawk School

SATURDAY, MARCH 27, 1999
9:00 a.m. - 7:00 p.m.

This plebiscite is being held for the community
to express their preference on the size of the
Tyendinaga Mohawk Council:

FOR EXAMPLE:

"ARE YOU IN FAVOUR OF INCREASING THE NUMBER
OF COUNCILLORS TO SIX (6)"

YES

NO

MARK BALLOT X

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Newsletter Deadline

Wednesday

MARCH 24 /99

12:00 noon

396-3424

We're on the Internet

www.tyendinaga.net

(What's happening)



EUCHRE NIGHT!

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

ADMINISTRATION NOTICES

HOUSING STATS

In the last 2 years, approximately 132 renovation loan applications with a value in excess of \$944,802.00 were processed.

Since July 1997, 27 rental homes have been completed or are under construction.

Forty mortgage loans with a value of \$1,944,000.00 have also been approved in the last 3 years.

The construction of rental homes, mortgage loans for the construction of new homes, repairs or renovation loans have provided community members with significant opportunities:

- *Access to funding to improve and increase their home's life expectancy
- *Access to affordable and adequate rental accommodations
- *New home ownership
- *Increased socio-economic benefits for our local suppliers and contractors

If you have any suggestions, comments or concerns which may improve the community's housing program, please let us know.

Nia:wen

FROM THE HOUSING DEPARTMENT

TYENDINAGA ELDERS LODGE

Are you, or someone you know over 50 years old and require affordable and adequate accommodations?

Currently we have 1 bedroom apartments available for immediate occupancy.

The apartments have individual patios with a number of social and recreational events held in the Common room of the Lodge.

Please call the Housing Department at 396-3424 for further information or to set up an appointment to tour the Lodge.

LANDFILL NOTICE

The Tyendinaga Landfill Site had a fire on February 20, 1999. It was quickly extinguished by the Mohawk Fire Department. Good, quick work by the Landfill Custodian and MFD had the fire under control in under a 1/2 hour.

The minor emergency resulted from a community member disposing of the woodstove ashes in the household garbage area.

We urge the people to dispose of the ashes in the designated area to avoid the risk of fire. We look forward to your cooperation.

FISH CONTAMINATION INFORMATION BULLETIN

The following information is provided by the Assembly of First Nations' E.A.G.L.E. Project. This information demonstrates the importance of knowledge about contaminants in the fish harvested in the Spring fishery.

RENTAL HOMES

We are currently seeking responsible individuals for a number of environmentally friendly, energy efficient 3 bedroom rental homes that are currently under construction.

Please call the Housing Department for further information or to update a previous application.

Nia:wen

Contaminants in Fish in the Great Lakes Basin

Fish are excellent indicators of the health of the aquatic environment in the Great Lakes because they are sensitive to environmental conditions and are continuously exposed to the contaminants in the water. Fish can bioaccumulate many contaminants, often hundreds or thousands of times greater than the levels in the water. Concentrations of contaminants are often higher in predatory fish that are near the top of the food chain, and in older or fatter fish. The most prized species in the Great Lakes Basin, including coho salmon, lake trout and brown trout, often have the highest levels of contaminants.

WHICH FISH SPECIES ARE AFFECTED?

A wide range of fish species in the Great Lakes are known to contain contaminants from bottom-feeding ones up to top-predator species, including different species of salmon and trout, pickerel, perch, chub and smelt.

Fish species in the Great Lakes Basin contain a wide variety of persistent contaminants, including PCBs, DDT and its metabolites, aldrin/dieldrin, dioxins, chlordane, hexachlorobenzene, lead, mercury and cadmium. Levels of many contaminants in fish decreased from the early 1970s to the mid 1980s, but in many cases concentrations have stayed about the same since then. The decrease in concentrations reflected more stringent government regulations, bans and restrictions on the manufacture and use of some contaminants and better industrial and municipal practices that reduced the levels of contaminants

entering the Great Lakes ecosystem. The equilibrium reached in the 1980s probably reflects continuing inputs from point and non-point sources, the long-range atmospheric transportation of contaminants into the Basin, the cycling of persistent contaminants in the ecosystem (including re-mobilisation from contaminated sediments) and leaking hazardous waste disposal sites.

Concentrations of some contaminants, such as PCBs and mirex, are higher in Lake Ontario than in the other Great Lakes. This is because Lake Ontario is densely populated and heavily industrialised and because it is the last lake in the chain. In general, fish from Lake Superior contain the lowest levels of contaminants. However, levels of toxaphene are the highest in fish from Lake Superior. Fish from Lake Erie often contain slightly lower levels of many contaminants than those from Lake Ontario, although mercury has been a major problem in Lake St. Clair.

As well as these general trends, there are large variations in contaminant levels from year-to-year and among different species. Moreover, fish from nearshore areas, especially near cities or other industrialised areas, tend to have higher levels of contaminants than those from open lake waters.

The Ontario Ministry of Environment and Energy regularly publishes a 'Guide to Eating Ontario Sportfish'. This guide provides advice about which fish species can be eaten safely and how much. It is based on chemical analyses of fish from over 1500 locations in rivers and lakes

throughout Ontario. The EAGLE Project is collaborating with the Ministry to ensure that the sampling locations include fishing sites used by First Nations people. Over the last two years, different species of fish caught by First Nations people have been analysed for contaminants by the Ministry, and EAGLE is now using the results to develop fish consumption guidelines for each participating community. If you would like further information about the fish sampling program or the consumption guidelines, please contact your EAGLE Project regional representative or the main EAGLE office.

HOW DO CONTAMINANTS AFFECT FISH?

Contaminants in the Great Lakes Basin have affected the fish at the molecular, cellular, individual, population and community levels.

The commercial fishery has been devastated by the combined effect of over-exploitation, habitat loss, toxic chemicals and other factors. Although some stocks are now beginning to recover, others such as lake trout, have not. As well as effects on the size of fish populations and the species composition in different areas, contaminants have also been associated with reproductive effects, such as fry mortality. As well, some species, especially bottom feeders such as brown bullheads and white suckers, have developed tumours in their livers, on their skin, around their mouths and elsewhere. These tumours are found especially in fish near industrialised areas where the sediments are contaminated. Tumours have been linked with metabolic and biochemical changes in the fish.

Other effects caused by contaminants include anomalies in fins, rays and the spines, as well as overdeveloped thyroids and behavioural effects.



For more information on this subject, or to comment on this factsheet, please contact:
The EAGLE Project, Assembly of First Nations, 1 Nicholas St., 10th Fl., Ottawa, Ontario, K1N 7B7, (613) 241-6789
Great Lakes United, Buffalo State College, Cassery Hall, 1300 Elmwood Ave., Buffalo, New York, 14222, (716) 886-0142

ADMINISTRATION NOTICES

GAME WARDENS

The Mohawks of the Bay of Quinte are currently seeking applications for the position of **GAME WARDEN** for the 1999 Pickerel Spawning Season.

Applications are being accepted **UNTIL FRIDAY MARCH 12 AT 4:00 P.M.** by Bev Hill at the Mohawk Administration Office

396-3424

February 1999

REPORT FROM COUNCIL by Wm. J. Brant

As usual February has been a busy month of numerous meetings. The following report includes some of the highlights of the months' activities.

Portfolio Items:

THE DUMP: Money has been approved from Federal sources on a cost sharing basis (\$1.00 of ours to \$1.00 of theirs) to purchase a tank to collect waste oil at our dump. Plans are being formulated to close our present dumping site and to have it DECOMMISSIONED (i.e. contain the leachate and stop the polluting). Estimates to do this range in the \$400,000.00 area. As well it would cost an estimated \$100,000.00 per year to remove the Territory's garbage to another site.

MOHAWK FIRE DEPARTMENT (MFD) Funds have been approved through the cost sharing agreement previously mentioned to purchase two fuel tanks for MFD. Money added at year end to our Band's funding agreement with the Federal government will be put toward the purchase of the new MFD pumper fire truck previously mentioned.

BAND BUILDINGS I have asked for an inventory of items stored in the airport building known as the Drill Hall to help determine why we are losing money on this building in an effort to make a decision on the future of the structure.

MEETINGS

Re: "Restorative Justice" This is an alternate system of justice used on First Nations Territories in certain circumstances, whereby the community is involved in bringing the offender and the victim together when both parties are agreeable, so that retribution for the crime may be brought about. At this meeting, chaired by police Chief Larry Haye, a skit was presented by some staff of Quinte Mohawk School and other interested community members to demonstrate how "restorative justice" could work on our Territory. The purpose of this system of justice is to rehabilitate the offender back into the community rather than sending him/her to prison. Congratulations go to those who were involved in this most excellent presentation.

Re: Update on Ontario Labour Relations. This client conference held in Kingston to help us learn what changes have come about in the Labour Relations Act and how this new legislation might apply to the Mohawks of the Bay of Quinte's 180 band employees. Some topics covered of importance to us were harassment, grievances, constructive dismissal, performance appraisal and stress leave.

Re: General Council. This meeting was poorly attended. Bank of Montreal officials were present to explain the new agreement between the Mohawks of the Bay of Quinte Band Council and the bank. This agreement is to handle housing mortgages beyond those funded by Band funded loans. Other discussions included the proposed increase in MBQ Councillors from four to six, the mega dump expansion proposed for neighbouring Richmond Township and pollution caused by our landfill site being so close to Sucker Creek.

Re: Capital Planning. This was an open house also poorly attended by the community. The firm retained by MBQ, First Nations Engineering Services Limited from Six Nations Territory, made a presentation to inform us as to what Tyendinaga's needs may be based on our present rate of growth and its impact on roads, housing, education, water and sewer. They suggested in their 20 year forecast that we will need approximately 800 new homes. They also suggested the need for zoning of our Territory.

Re: Mega Dump proposed in Richmond Township. MBQ is concerned because the waterways of Mud Creek and Sucker Creek have their sources running through this expansion. This area was viewed by myself, Councillor Roy Maracle and Tom Northard. The concerned municipalities of Tyendinaga Territory, the Town of Deseronto and Tyendinaga Township had until February 18, 1999 to present their written concerns to the authorities involved in obtaining this mega dump's approval. MBQ did register its concern and opposition prior to the deadline. Community suggestions are welcome as to how we may help prevent this expansion from taking place. You will be kept informed as to future happenings in this area.

OTHER ITEMS

Medi-Trust which operated First Nations Pharmacy has been purchased by PharmaPlus. It is my understanding that our pharmacy will be closed in the near future and that it may or may not be reopened at a different location. I have not yet received written confirmation of these happenings.

Roads. MBQ made a motion to stop using DOMBIND as a dust suppressant on our Territory's roads.

Minor Capital. Extra funding of \$228,680.00 has been added from Federal sources to our minor capital budget. As mentioned in a previous newsletter part of this will assist in helping to purchase the new Mohawk Fire Department pumper truck and part will be to design an engineering plan for Norway's sideroad.

Housing. MBQ have received one time funding of \$280,000.00 to assist with 43 housing renovations. Contact the housing department to determine the criteria for accessing these funds.

I will be available on Wednesday's to address your concerns at my office. Because of MBQ meeting scheduling please call ahead at 967-9861 to book a time slot

New Employee Introductions:

Hello My name is Mary Jean (M.J.) Loft and I was hired on February 1 as the Outreach Worker for Red Cedars Shelter. I have my Native E.C.E. diploma and have just completed the Native Social Service Worker Diploma program through F.N.T.I. and Loyalist College. I have worked at the Tyendinaga Daycare for 15 years. I have enjoyed interacting with the children and their parents on a daily basis so I am well known in my Miss Mary Jean role. I continue to look forward to working within the community in this exciting and challenging new position of outreach worker.

Nia:wen, M.J. Loft

Ske:kon, I would like to introduce myself. I'm the new Recreation/Fundraising co-ordinator which is a contract position for a year and my name is Darlene J. Loft.

I have worked many years with a variety of age groups and I look forward to this active challenge of being a recreation co-ordinator.

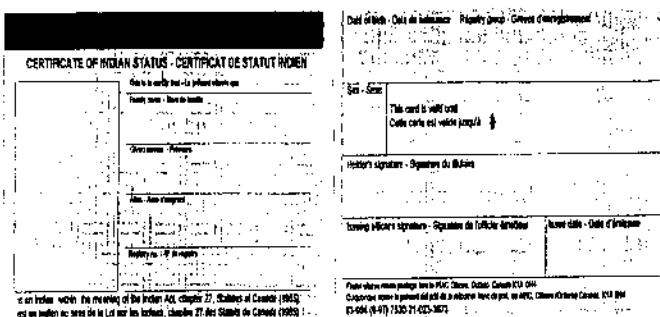
I welcome and look forward to hearing your ideas as a whole community and will promote to put these ideas into action.

Darlene

* Notice *


FROM THE MEMBERSHIP DEPT.

THE INDIAN STATUS CARDS HAVE CHANGED, PLEASE COME INTO THE BAND OFFICE AND HAVE YOUR CARD UPDATED. IF YOUR STATUS CARD DOES NOT LOOK LIKE THE ONE BELOW, THEN YOUR CARD MUST BE UPDATED.



Deadline date
for the Newsletter
Wednesday, March 24

ADMINISTRATION NOTICES

 Indian and Northern Affairs Canada / Affaires indiennes et du Nord Canada

February 5, 1999

Chief and Council
Mohawks of the Bay of Quinte
R.R. #1
Tyendinaga Mohawk Territory
Ontario K0K 1X0

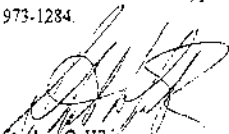
4300-5-164 (FS 20)

Re: Additional Minor Capital Funding 1998/99

As a follow-up to your meeting on January 8th with Doug Forbes, Associate Regional Director General, South and our internal review and analysis of your capital funding submissions, we are pleased to advise that we have approved two of your proposals for funding this year.

A total of \$228,680 will be transferred to your minor capital budget. These funds will support your purchase of the new fire truck at \$185,680 and the redesign of Norway's Side Road Reconstruction at \$45,000. These are one-time additions to your minor capital allocation.

For additional information, please contact Linda Chisholm, Capital Management Officer at (416) 973-1284.


Stephen C. White
Regional Manager, Capital Funding Services, South Ontario Region

25 St. Clair Avenue East, 5th Floor,
Toronto, ON M4T 1M2

UPDATE BY COUNCILLOR COLLEEN MARACLE

POLICE ISSUES

Firearms Administration:

This issue is still being addressed. We, as First Nations, are opposed to this law. In co-ordination with the Association of Iroquois and Allied Indians (Charles Cornelius and Douglas Maracle), we have been in contact with the Ontario Firearms Officer with regards to the following questions:

1. Could First Nations Constables be permitted to issue these licenses.
2. Is there going to be a cost to First Nations people.

We must push this issue.

Restorative Justice:

A Restorative Justice Demonstration held on February 2, 1999, was well received. There were 35 people in attendance and, as Supervisor Larry Hay had mentioned, the community must decide if this is the program they want in place. This decision is not Chief and Council's or the Police's, it's the Community's choice. Look for the next mock demonstration date. Thanks to those who attended. Good work.

Police Agreement:

Our Policing Agreement (extension) is coming to an end on March 31, 1999. The province wants an additional extension for 12 months signed. We need to get back to talks with the province before signing. The options we have are Stand-Alone Police Force or a Regional Police Force.

CONTINUED.....

(2)

UPDATE BY COUNCILLOR COLLEEN MARACLE

ECONOMIC DEVELOPMENT ISSUES

I have attended many Economic Conferences over the first year. I have picked up many ideas for economic and tourism for our Community.

First, I'm hoping to structure our own economic development so that it can accommodate the economic requirements of our Community, both overall and individually.

I will be attending meetings in Saskatchewan in early March in regards to the First Nations Bank, Casino Training opportunities and contacts and other economic ventures.

I will provide updates when I return.

ADMINISTRATION ISSUES

Trillium Foundation:

The Trillium Foundation hosted a workshop on Tuesday, February 9, 1999, in Kingston. The Trillium Foundation is one place that organizations can apply to assist in fundraising for activities. The criteria includes:

- Access Fund
- Get Up! Stand Up!
- Community Connections
- Community and Province-Wide Grants

Casino Rama Funding:

To ease everyone's mind or any misinformation that you may have heard. Yes, you, as the Community, will have a say on where these dollars will go. We, as Chief and Council, have not discussed at any length on where or how this money will be distributed. Suggestions and ideas through discussion have been written down in draft; but, nothing is written in stone.

Update: I attended a meeting in Toronto with the Four Large Bands to discuss the Band Council Resolution of the Wikwemikong First Nation which was e-mailed to us dated February 19, 1999. Wikwemikong is agreeing to the formula shares of net revenues from the Casino Rama as approved by the Chiefs-in-Assembly Resolution of December 1998, but the Anishnabek Nation wants the funds to go to the political body.

This issue is still under discussion.

RECREATION ISSUES

Recreation:

Congratulations to Mrs. Darlene Loft who was the successful candidate for the Recreation Fundraising Co-ordinator. This training position is a one-year contract. Her responsibilities will be to include the co-ordination and organization of recreational activities and fundraising for recreational activities for the Tyendinaga Mohawk Council.

The expansion to the canteen is near completion. We hope to have games, tables, trophy case in before ball season starts.

For the diamonds, we will continue to work at improving the conditions for the safety and enjoyment of Community members. More bleachers are planned for this year.

Your recreation members consist of 10 people:

- | | |
|------------------------|---------------------|
| Murrell Maracle, Chair | Glenna Brant |
| Nora Brant, Treasurer | Mary Ann Sero |
| Todd Kring | Mike Maracle (Mice) |
| Ron Brant | Phil Bowden |
| Lynda Thomas | Wilbert Maracle |

Gaming License:

Chief Maracle and I have been meeting with other First Nation Communities and the Ontario Lottery Corporation in respect to licensing for bingo's and break-open tickets. We have been successful in negotiating a draft agreement so that organizations may be able to apply to their First Nation for licensing.

This must first have an Order-in-Council which could take up to 10 weeks. This process will not be easy; but, it's the first step. As I receive more information, I will keep you informed.

CONTINUED.....

ADMINISTRATION NOTICES

(3)

**UPDATE BY COUNCILLOR
COLLEEN MARACLE**

HOUSING ISSUES

Last year I attended a Housing Conference in Calgary. Manufactured Housing was the area of discussion for Tyendinaga. After attending this conference, it appeared to me that we should focus our minds on creating a Residential Construction Specialist Training Program. The idea is in the works to get all the pertinent information required to offer this program.

This will not only give our own carpenters; but, those thinking of entering the field a chance to move toward a new career in instructing/teaching.

As you may or may not know, our Housing Department, lead by Chris Maracle, and the Carpenters have received rewards and have been nominated in the National Housing Awards.

The Awards include:

- ↳ Ontario Home Builders Association Technical Award of Excellence for the Best Tract Built R-2000 Home and Best Custom Built R-2000 Home
- ↳ Canada Mortgage and Housing Corporation's Ontario Healthy Home Award of Merit
- ↳ Ontario First Nations Technical Services Corporation's Special Aware for Housing Innovation and Technology

Recently nominated for:

- ↳ Canadian Home Builders Association Award for the Best Home under 1,500' square feet
- ↳ National Award through the Canadian Energy Efficiency Alliance
- ↳ Recently put forth 5 submissions for the Assembly of First Nations National Housing Awards competition

*CONGRATULATIONS TO CHRIS MARACLE,
THE HOUSING DEPARTMENT AND THE
CARPENTERS FOR THEIR EXCELLENT WORK.*

**TYENDINAGA MOHAWK COUNCIL
AGENDA AND MEETINGS**

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

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

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

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

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

Your co-operation is appreciated!!

Tyendinaga Administration Office

Indian and Northern Affairs Canada / Affaires indiennes et du Nord Canada

February 5, 1999

Chief and Council
Mohawks of the Bay of Quinte First Nation
R.R.#1
Deseronto, ON K0K 1X0

Attention: Chris Maracle

Revised Housing Proposal -

We are please to advise Ontario Region is prepared to provide additional one time funding in the amount of \$280,000 to assist with forty-three renovations (43 x \$6,512). Your revised proposal should reflect the additional funding and units and should be submitted at an early date to ensure that funding is released before March 31, 1999.


An amendment to your Comprehensive Funding Arrangement will be forwarded to your First Nation to include the specific delivery and reporting requirements for this activity.

As previously advised, this type of proposal requires annual progress reports providing basic information on policies and program changes and updates on your multi-year housing plans. These reports are provided as part of normal reporting process.

The approval of other Departmental resources to augment your housing proposal as well as the utilization of CMHC housing programs (Section 95 or 10, RRAP) is contingent upon the submission, review and approval of the appropriate application documentation and will be subject to available units and/or funding at that time.

If you require any further information, please contact Joan Parrell, Regional Office- Toronto at (416) 973-6519


Yours truly,



Kumar Dhira
Director
Funding Services-South

25 St. Clair Avenue East
Toronto, ON M4T 1M2

**Mohawks Of the Bay of Quinte
Hides Depot**



**TYENDINAGA MOHAWK NATION
ADMINISTRATION OFFICE
R.R. # 1 TYENDINAGA TERRITORY
ONTARIO, K0K 1X0**

PHONE: 1-613-396-3424 FAX: 396-3627

HIDES DEPOT: 613-396-5802

EMPLOYMENT & TRAINING

* HELP WANTED *

McMurter Home Centre is now taking applications for the following positions:

YARD PERSON: This position requires a "D" drivers licence.

- Heavy lifting
- Fork lift experience
- Basic knowledge of building materials

SALES HELP: This position requires building material product knowledge.

- Basic computer skills
- Cost estimating of building projects an asset.

Please drop off your resume to:

McMurter Home Centre
Hwy # 49
Tyendinaga Territory
396-1607

Memorandum



Date: February 10, 1999
To: First Nation Employment Counsellors/Economic Development Officers
From: Cindy St.Germaine, Career Counsellor/Job Placement Officer

In preparation for the construction of the Casino Hotel, (to begin in the fall of 1999) the Construction Data Base that was used for the construction of Casino Rama, is being updated.

If any of your members are interested in working on the Casino Hotel construction project, please ensure that they are on our Construction Data Base. Although, some people are still listed, they may need to up-date their information to ensure accuracy.

Please note that Mijikaning First Nation does not do the hiring, the contractors who are selected through a tendering process, obtain trade lists from the Data Base and hire directly from that list. There is a 50% Native Labour Content which will be monitored throughout the Casino Hotel construction project.

Resumes can be faxed to me at (705) 325-0879. Please include your First Nation, S.I.N., mailing address, phone number/s along with the areas of construction you want to be considered for and the years of experience you have acquired.

It would be greatly appreciated to have this Data Base current and up-dated by March 31, 1999. Please contact me for additional information if necessary.

Miigwech,

Cindy St.Germaine
Career Counsellor/Job Placement Officer

Assistance preparing a Resume is available
Please contact Bev Hill or Karen Brant-Jones
Employment Department
Administration Office - 613-396-3424



Correctional Service of Canada
Ontario Region

attention: Employment Coordinators

Dear Colleague:

With our compliments, find enclosed a promotional poster for careers with the Correctional Service of Canada, Ontario Region. It would be appreciated if you would take the effort to display this.

The Correctional Service of Canada is dedicated to hiring equity and particularly welcomes candidates from a variety of backgrounds and abilities. Our business is to reintegrate sentenced offenders. We cannot do this successfully without a staff complement that is sensitive to the needs of all of our clients.

Over the next three years the Correctional Service of Canada will be opening up an additional one thousand positions across the country. Real career opportunities await qualified candidates.

Please feel free to contact either of the undersigned if you have any questions.

Thanks

Sincerely,

Winston Brant
Regional Coordinator Aboriginal Programs
phone: (613) 536-4243
fax: (613) 530-3006

R.C. (Bob) Fisher
Regional Human Resource Analyst
phone: (613) 545-8776
fax: (613) 545-8176
email: bob.fisher@mnl.csc-ssc.csc-ssc.x400.gc.ca

C.S.C. Ontario Region
P.O. Box 1174
Kingston, On K7L 4Y8

Enclosure

FOR MORE INFORMATION CONTACT:
Karen or Bev
Employment Department
Mohawk Administration Office
(613) 396-3424

NETTING STARS Aboriginal Career Fair

Thursday, April 8, 1999
Metro Hall, 55 John Street, Toronto

Doors open at 9:00 am

10:00 am **Guest speaker Carla Robinson**
Host of CBC Newsworld's Cutline

Workshops 10:30 am - 12:00 pm
1:30 pm - 4:00 pm
Lunch and theatre performance 12:00 - 1:30 pm

Admission is free!
All day exhibits, employment resource area, Internet access, networking

Meet employers!
Learn to use the Internet for your job search!
Learn about job opportunities in business, science, engineering, technology, public service and more....

Attend workshops that will help you develop skills to:

- Plan your career
- Succeed in an interview
- Write a resume
- And many others!

For more information call
(416) 925-0866

Hosted by:
Canadian Council for Aboriginal Business
Miziwe Biik Employment and Training

AANI, SALUT, HELLO!

Here it is, your chance to participate in an event, that will be set for the very first time in Sudbury's northern hospitality. The 1999 Health Promotion Summer School, will be presented from May 31 to June 3 1999 in Sudbury at Laurentian University. Three streams of interest will be featured: aboriginal, anglophone and francophone. This school will bring together participants, facilitators and faculty from across the province, across the country and across cultures. Don't miss it! For information and registration contact:

Colette Fraser
1999 Health Promotion Summer School Coordinator
Sudbury & District Health Unit
Telephone: (705) 522-9200, extension 253
Fax: (705) 522-5182
E-mail: fraserco@sdbu.moh.gov.on.ca

EMPLOYMENT & TRAINING



First Nations Technical Institute

**is offering a twelve week
Administrative Assistant
Program**

April 12 - June 30

Areas of training will include:

- Development of Office & Computer Skills
- Introduction to Bookkeeping
- Health & Wellness in the Workplace
- Employability Skills
- 1-2 week Work Placement

For information please call

Deb or Tina at

396-2122

This initiative funded by Kagita Mikam LDM

First Nations Technical Institute

is starting an

After School Program



Beginning March 29, 1999
with an emphasis on

Academic Tutoring

Time: 3:30pm - 5:00pm

Where: F.N.T.I.

Cost: \$10.00 per week



Academic Tutoring

Nutritious Snack

Internet Access

Educational Computer Software
and Instruction



Bus will bring children to FNTI from Quinte Mohawk School.
Parents are responsible to pick child(ren) up by 5:00pm at FNTI.

For more information or registration
please contact -

Pam Maracle at 396-2122



**Aboriginal
Media
PROGRAM**

Fall 1999

The ABORIGINAL MEDIA PROGRAM
at the First Nations Technical Institute will
provide you with a chance to cover Native issues
from a native perspective, using photography, video,
radio and written communication skills.

PROGRAM HIGHLIGHTS:



- » ▶ Two-year college diploma in Print Journalism
- » → Aboriginal coverage of Aboriginal issues
- » → Build a portfolio of published materials
- » → Radio broadcast training
- » → Video production training
- » → Internet research and publishing
- » → Training provided in an Aboriginal community

~ Participants may be eligible for financial assistance ~



First Nations Technical Institute
Old York Road
Tyendinaga Mohawk Territory
via Ontario K0K 1X0

Call Monique Manatch or
Michael Asselstine
1-800-267-0637
e-mail
moniquem@fnti.tyendinaga.net
or mikea@fnti.tyendinaga.net
visit our website at
www.tyendinaga.net/media.htm

Need to upgrade your computer skills?

First Nations Technical Institute
is offering a

Computer Training Program

If you need to upgrade your software
skills to meet the demands of today's

Course will include: DOS, Windows
95, Internet, MS Word, Corel

2 four week sessions:

September 8 & October 14

This program is sponsored by Kagita Mikam

For Information OR to Register, Contact:

Debby Brant, Training Manager

at 396-2122



FIRST NATIONS TECHNICAL INSTITUTE
Tyendinaga Mohawk Territory

FIRST NATIONS POLICE

DRINKING & DRIVING?

Ontario is cracking down on some of the worst offenders on our roads - **drinking drivers and drivers suspended for *Criminal Code* convictions*** These drivers put others at risk and will be held more accountable and responsible for their actions.

Break the Law Pay the Price

Ontario is taking action with the introduction of **Tough** new measures:

- STIFFER FINES
- LONGER SUSPENSIONS PERIODS
- ALCOHOL EDUCATION AND TREATMENT PROGRAMS
- VEHICLE IMPOUNDMENT

* Stiffer fines

Effective November 30, 1998, drivers who are convicted of driving while their licence is suspended for a *Criminal Code* conviction will face higher fines under the *Highway Traffic Act*.

- \$5,000 - \$25,000 for the first conviction
- \$10,000 - \$50,000 for subsequent convictions

Reinstatement Fee

Suspended drivers must pay \$100 to have their licences reinstated. This fee does not apply to medical suspensions or administrative Driver's Licence Suspensions.

Zero Blood Alcohol Concentration (BAC) for New Drivers

Drivers in the Graduated Licensing System must maintain zero BAC while driving. If they breach this condition, they face a 30-day licence suspension and must pay a fine.

IMPAIRED DRIVING CONSEQUENCES

On-The-Spot Licence Suspension

Drivers who provide a sample over the legal limit (.08) or refuse a breath test will have their driver's licence suspended immediately for 90 days under the *Administrative Driver's Suspension (ADLS) Program*.

An impaired driving conviction under the *Criminal Code* results in a suspension under the *Highway Traffic Act*. The following chart shows the minimum penalties and consequences.

- Drinking and driving is a serious problem. In Ontario, impaired drivers cause thousands of traffic crashes every year. Drinking drivers are responsible for one-quarter of all people killed on Ontario roads. Drinking and driving hurts us all-through deaths, injuries and personal tragedies, in addition to costs for health care, emergency response and property damage.
- Every year, more than 35,000 drivers are under suspension for *Criminal Code* convictions in Ontario. It is estimated that 83% of those convictions are related to drinking and driving.
- In addition to drinking and driving, *Criminal Code* convictions include criminal negligence causing bodily harm or death, manslaughter, dangerous driving and failure to remain at the scene of a collision.

LOSE IT FOR LIFE

Longer Suspension Periods for Repeat Offenders

Effective September 30, 1998, drivers who offend and are convicted of *Criminal Code* driving-related offences will lose their driving privileges for:

- One year on a first conviction;
- Three years on a second conviction;
- Lifetime suspension on a third conviction which can be reduced to 10 years if certain conditions are met; and
- Lifetime suspension on a fourth conviction with no possibility of ever having an Ontario driver's licence again.

In addition, driving-related *Criminal Code* convictions remain on a driver's record for at least 10 years. Drivers must be conviction free for 10 years before they will be considered to have a clean driving record. This applies to convictions since September 30, 1993.

Effective September 30, 1998, drinking drivers will be required to take more responsibility for their actions. They will have to get their drinking problem under control if they want their licence back.

They must successfully complete Ontario's remedial measures program before their licence can be reinstated. Participants must pay a fee of \$475 (plus GST) to cover the cost of the program which consists of three phases:

1. **Assessment.** Determines the extent of the drinking and driving problem and whether an education or treatment program is most appropriate.
2. **Education or Treatment Program:** Driver must successfully complete the appropriate program aimed at preventing drinking and driving. These programs focus on how alcohol affects driving performance, the consequences of impaired and ways to avoid drinking and driving.
3. **Follow-up Interview:** Arranged by the participant six months after program completion to revisit the skills obtained and goals set during the program.

CONTINUED.....

(2)

BACK ON TRACK

Until October 1, 2000, first offenders will be referred directly to the education program. They will not have to complete the assessment or follow-up interview. Repeat offenders must complete all components of the program.

Effective November 1998, those drivers who continue to ignore the law and drive their licence is suspended for a *Criminal Code* conviction will face tougher penalties.

Vehicle Impoundment

Upon implementation of Ontario's vehicle impoundment program, drivers who are caught driving while their licence is suspended for a *Criminal Code* conviction will have the vehicle they are driving impounded for a minimum of 45 days.

BE RESPONSIBLE

Vehicle owners must be more responsible in determining whether a driver has a valid licence before they loan their vehicle. Regardless of whether the vehicle is rented, leased or loaned to a friend or family member, the vehicle will be impounded. The vehicle owner will be liable for all towing and impoundment costs.

	Consequences under the Highway Traffic Act	Minimum Penalties under the Criminal Code
First Offence	1 year licence suspension* Remedial measures requirement	3 month driving prohibition \$300 fine
Second Offence	3 year licence suspension* Remedial measures requirement	6 month driving prohibition \$300 fine 14 day jail sentence
Third Offence	Lifetime licence suspension* (reducible to 10 years if certain conditions are met)	1 year driving prohibition \$300 fine 90 day jail sentence
Fourth and Subsequent Offence	Lifetime licence suspension*	Same as third offence

DRIVERS WHO ARE CAUGHT DRIVING WHILE THEIR LICENCE IS SUSPENDED FOR A CRIMINAL CODE CONVICTION WILL HAVE THE VEHICLE THEY ARE DRIVING IMPOUNDED AND FACE FINES FROM \$5,000.00 - \$50,000.00

FOR MORE INFORMATION CONTACT 1-800-268-4686 OR (416) 235-4686 OR www.mto.gov.on.ca/english/safety



FIRST NATIONS POLICE



POLICE PAGE UNSOLVED CRIMES!

BREAK AND ENTERS

TYENDINAGA POLICE report that on the 13 and 14 February 1999 a BREAK AND ENTER to a residence on the Lower Slash road. In the first incident the family awoke to someone in their house, around five a.m., who ran out the front door. The family also reports that there have been other break and enter attempts on their residence. Incident numbers 52638-3 and 54275-1.

ANYONE WITH ANY INFORMATION IS ASKED TO CONTACT TYENDINAGA POLICE AT 967-3888, OR VIA O.P.P. COMMUNICATION CENTER AT 1-888-310-1122, CRIME STOPPERS QUINTE INC. 969-FIPS(8477) OR 1-800-267-HELP(4357). CRIME STOPPERS PAYS!!!

TWO MALE SUSPECTS ARE BEING SOUGHT IN CONNECTION WITH A BREAK AND ENTER TO THE FIRST NATIONS PHARMACY, ON 06 JAN 99
DAMAGE TO THE FRONT DOOR WAS ESTIMATED AT \$300.00
INVESTIGATING OFFICER S/CST. M. HILL
INCIDENT #39809-8

NEWS RELEASE

DATE: 1999-FEB. 24

Contact: S/Cst. Ron Maracle
613-967-3888

FOR IMMEDIATE RELEASE

MALE CONVICTED OF ARMED ROBBERY

On October 16, 1998, at the Blue Bird Lodge located on Bayshore road Tyendinaga Territory, suspects entered and robbed the lodge at knife point.

S/Cst. R. Maracle arrested and charged John Robert Sardella of Cornwall Ontario.

Sardella was charged with carrying an offensive weapon, assault with a weapon times two and robbery with violence.

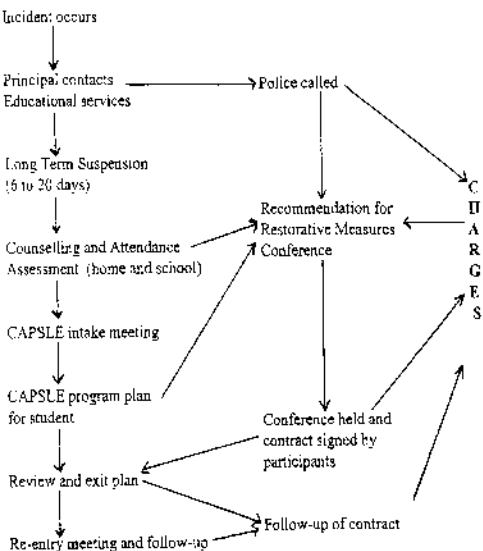
On January 7, 1999, Sardella plead guilty to the offence of robbery with violence.

On this charge Sardella received ten months in jail plus four months previously served, three years probation and ten years weapons prohibition under section 110 of the criminal code.

A condition of the Probation Order is that Sardella is not to be found on the Tyendinaga Mohawk Territory.

Restorative Justice

CAPSLE Admission Process and Restorative Measures Conference



Time Line for Individual Restorative Measures Conferences

- Stage One - 5 Days**
The case is referred to co-ordinator by police, court, principal, counselor or CAPSLE
- Stage Two - 3 weeks**
Background information is gathered. The case conference is set up by a facilitator. All parties are notified. The conference is held and a contract signed.
- Stage Three - 1 week**
Reports are sent back to schools, police and parents.
- Stage Four - 3 months**
Regular follow-up of the Restorative Measures contract occurs. Finally the case is closed.

For more information on Restorative Measures and CAPSLE, call Lynn Zammit at (416) 394-4953

About CAPSLE

The Community Alternative Program for Suspended Learners in Etobicoke (CAPSLE) is an Etobicoke Board of Education voluntary program which offers intensive support to learners age 12-18 who are under a long term school suspension (six to twenty days). It is the goal of CAPSLE that the learner will return to the school, family and community with positive alternatives to their current behaviour and new strategies for overall success. CAPSLE offers a "window of opportunity" for those learners who are ready and willing to make changes. The structured, nurturing environment encourages and supports learners in a re-evaluation of their current behaviour

- and academic style and approach. The program components include:
 - Academic Support**
 - remedial assistance
 - credit courses maintained with home school
 - numeracy/literacy upgrading
 - special education support
 - academic assessments
 - independent learning courses
 - English as a Second Language/Dialect skills
 - Life Skills**
 - anger management
 - conflict resolution
 - problem solving/creative thinking
 - study and organizational skills
 - leadership skills
 - learning styles inventory
 - mediation skills
 - co-operative small & large group learning

- Career Development**
 - career readiness inventory of skills
 - career exploration
 - job shadowing
 - service employment programs
- Individual Support**
 - short term individual counselling
 - mentoring
 - follow up
 - peer support
- After School Programs**
 - Duke of Edinburgh's Award Program
 - Camp Enterprise (Rotary Club of Etobicoke)
 - Leadership and self esteem programs including 'Classy Clowns'
- Parental Outreach**
 - family consultation
 - family referral
 - counselling and support
 - building bridges between family and school

This article is one of a series relating to Community Justice and highlights the steps in the process of a program that is currently in use in Etobicoke schools for suspended learners. The actual method of resolving the incident is identical to the model demonstrated during the presentation by Len Busch last month at Quinte Mohawk School. The survey conducted during the presentation resulted in the following responses:

Total -- 27 responses from a possible 65 in attendance.

1. Do you believe that community conferencing is a realistic approach to dealing with youth crime in our school/community?
26 Yes
1 No --(depends on the crime.)
2. Would you be interested in volunteering to participate in the process as a:
Facilitator 17 Yes
Resource Person 20 Yes
3. Did you find the session:
Useful - 25 Yes
Somewhat Useful - 2 Yes
Not at all - 0

Note: We are now in the process of setting up facilitator training sessions and will be sending out information as it becomes available. If you have any questions or concerns regarding the Community Justice Process, please call the Tyendinaga Police Office and ask for Marcel or Larry. Nia:wen

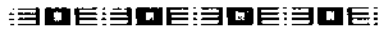
Remember if you have an EMERGENCY
CALL



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POLICE & HEALTH CENTRE

SEXUAL ASSAULT



In Mohawk culture, we learned that during a dark period in our history, the Creator sent a Peacemaker who engaged in extraordinary diplomacy to introduce our people to a new and great set of laws. It has served as the foundation of peace between nations, clans and individuals.

In our society is a woman-centered society. Emphasizing her responsibility to the family, clan, community, nation and future generations recognized the sanctity of the woman. This was done out of respect for the women. Women are seen as the centre of the family, the caregiver, the backbone of the nation.

The role of the community was to provide protection and support for all people living in the community. Balance had to be maintained to strengthen and protect the freedom of all the people.

When someone forces another to do any act against his or her wishes, this is a crime. It is a violation against the individual, their family and the community.

All forms of sexual violence are abusive whether it is physical, sexual or emotional. Any sexual misuse or exploitation is wrong. **Is this a sign that our traditions are eroding.**

RIGHTS OF THE INDIVIDUAL

Individual members of the community have the right to individual freedoms such as speech, assembly and religion, thought and political beliefs. These freedoms are respected and protected. Individual freedoms are however looked at from a different point of view. It is viewed with the welfare of the community and the future generations in mind.

WHAT IS SEXUAL ASSAULT?

Sexual assault is:

- Rape
- Forced sex
- Not letting you say no to sex
- Forcing you to do any sexual act that you don't want to

Sexual abuse of children is:

- Rape
- Sexual touching
- Sexual penetration
- Asking a child to touch an adult
- Adult exposing genitals to a child or children
- Showing pornography to a child or children
- Encouraging children to perform sexual acts

PHYSICAL AND EMOTIONAL EFFECTS OF SEXUAL ASSAULT

The trauma of a sexual assault causes many physical symptoms such as:

- Bruises, abrasions, cuts and fractures
- Dependency on drugs and/or alcohol
- Sexual transmitted diseases
- Vaginal or bowel discharge or bleeding
- Painful urination or bowel movements

The psychological or emotional impacts of sexual assault

- Depression
- Sleep disorders
- Mood swings
- Eating disorders
- Suicides and/or attempted suicides
- Fear
- Frustration
- Feelings of alienation
- Anger
- Low self-esteem
- Withdrawing from community, family and friends
- Growing up thinking this is "normal"

TRADITIONAL FORMS OF HEALING

The survivors would be coaxed to conduct his/her own ritual, such as burning tobacco to heal themselves, properties of the natural medicines, herbal medicines also curing ceremonies would be the most beneficial for acting on the spiritual or emotional causes of a ailment.

When recurring dreams seem to stand in the way of a cure, dream interpreters were sought to help in identifying the obstacles to growth and balance. Take for example, if a certain animal was always in the dreams, dream interpreters would advise which society should be called in to satisfy the spirit of the animal. This would hopefully inhibit the recurrence of the dream and the illness. The person then had a responsibility to that society for its helping in overcoming grief.

CONTINUED.....

(2)

WHAT CAN WE DO?

You can help the person who has told you of the assault by:

- Believing them
- Calling the police
- Encourage them to get in touch with a shelter
- Listening and showing that you care
- Talking to a Clanmother or Faithkeeper
- Placing responsibility of the crime on the offender and stop blaming survivors
- Educate yourself more about sexual assault and the reasons why it happens.

BREAK THE SILENCE!

By Crystal Hill

*The CHR Program is pleased to invite
community members to an information session by
Michael Hiebert
of the
Quinte Cremation and Burial Services
on alternative funeral arrangements.*

*time: 7 p.m.
place: Thayendanege Health Centre
date: March 23, 1999*

Please plan on attending.

**"SPRING"
PRENATAL CLASSES
THAYENDANECA HEALTH CENTRE**
starting
Wednesday April 7th /99
for
6 weeks

Free Prenatal Classes are being offered for interested prenatal parents. The course starts on **April 7th @ 7:00 PM** and lasts about **2 hours**. **Bring your partner or a friend with you!**

Please call the Health Centre @ 967-3603 to register or if you have any questions about the program.

The Thayendanege Health Centre is offering a free gift for all Mothers-to-be who register their pregnancy with the Health Nurses. Please drop by or call the Health Nurses. We look forward to meeting with all the new moms!

Brenda Asselstine Community Health Nurse

HEALTH CENTRE

*The CHR Program
invites all women (under the 50 years of age)
to come to the
Thayendanege Health Centre on
April 21, 1999
at 7 p.m.
for a mini-presentation on
BREAST SELF EXAMINATION.*

Early detection is crucial in fighting the battle against Breast Cancer.

BREAST SCREENING

It's that time again ladies!

The Community Health Representatives are again working with the Ontario Breast Screening Program at Belleville General Hospital. We are coordinating appointments and transportation for those ladies who are 50 + years, and wish to have a mammogram and a breast examination. The CHR's will contact the ladies who participated in this program in April 1997.

You are eligible if

- you are 50 + years of age
- have never had breast cancer
- have not had a breast reduction or implant
- have not had a mammogram in the past two years

If you would like to participate or have questions please call 967-3616, leave your name and telephone number and one of the CHR's will contact you.

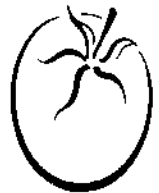
FACT SHEET: BREAST CANCER

- Breast Cancer is one of the leading causes of death in women
- The average Ontario woman has a 1 in 9 chance of developing Breast Cancer in her lifetime.
- It is estimated that in 1995, (6800) Ontario women developed breast cancer, and 2000 will die from it.
- The number of women who die from Breast Cancer will increase, due to the aging population.
- There is no way yet known to prevent Breast Cancer.
- Mammography (x ray of the breast) can detect smaller cancerous lumps before they can be felt.
- Women over 50 years should have a mamunogram every two years.
- Early detection of Breast Cancer can save lives.
- Smaller cancerous lumps have the highest chance of being cured.
- The Ontario Breast Screening Program offers to women 50 years and over:

- MAMMOGRAPHY
- PHYSICAL EXAMINATION OF THE BREAST
- INFORMATION ON BREAST SELF-EXAMINATION
- A REMINDER TO RETURN FOR SCREENING

March is Nutrition Month!

**Measure Your
Nutrition and
Vitality Score**



Healthy eating and active living are essential for maintaining a good energy level and may offer protection from disease. Your everyday choices make a difference. Are you heading for successful aging?

- 1 Read each statement carefully.
- 2 Allow yourself : • 2 points, if the statement describes what you do **everyday**;
• 1 point, if the statement describes what you do **sometimes**;
• 0 point, if the statement **never** applies to you
- 3 When you are done, total your score.

	Your points:
<input type="checkbox"/> I have a variety of foods at each meal.....	_____
<input type="checkbox"/> When I choose fruit and vegetables, I look for the most colourful ones.....	_____
<input type="checkbox"/> I eat good sources of fibre such as whole grain products.....	_____
<input type="checkbox"/> I include milk products (milk, cheese, yogurt) in my meals and snacks.....	_____
<input type="checkbox"/> I make sure I have a source of protein (i.e. meat, fish, poultry, eggs, nuts, legumes) at least twice a day.....	_____
<input type="checkbox"/> I include enjoyable physical activities in my routine.....	_____
<input type="checkbox"/> I eat at least two meals in a day.....	_____
<input type="checkbox"/> I have a moderate intake of fat.....	_____
<input type="checkbox"/> I eat my meals and snacks in good company.....	_____
<input type="checkbox"/> I make sure the food I eat is fresh and safe.....	_____
Total:	_____

If your total score is:

- 0-8 You deserve better. Your eating and lifestyle habits may put you at risk of developing health problems. See a dietitian in your region for guidance; you're worth it!
- 9-15 Your habits could be improved for more vitality and energy. Read this brochure for tips on how to use nutrition to help you live life to the fullest.
- 16 or more Very good! You know that healthy habits make a big difference in your quality of life. Share this approach with loved ones.

Would you like to know more? Contact a dietitian in your region!

See www.dietitians.ca/eatwell



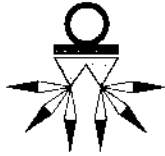
**PROMOTING SAFE
MEDICATION USE
FOR SENIORS**

**THE CHR'S WILL BE HOSTING A PRESENTATION,
IN CONJUNCTION WITH OUR OWN
FIRST NATIONS PHARMACY,
ON SAFE USE OF MEDICATIONS.**

**WHEN: MARCH 18, 1999
WHERE: MOHAWK ELDERS LODGE
TIME: 7:00 P.M.
GUEST SPEAKER: PHARMACIST- Asad Baag
All Community Members Welcome!**

**PLEASE PLAN TO ATTEND AND BRING ALL YOUR QUESTIONS.
REFRESHMENTS WILL BE SERVED.
NIA:WEN**

RED CEDARS SHELTER

**BREAK THE
SILENCE.....**
Information for Abusers**ARE YOU ABUSING YOUR WIFE OR GIRLFRIEND?**

Have you ever hit, pushed, grabbed or threatened your wife or girlfriend? Do you sometimes humiliate her or force her to do things she doesn't want to do? Is she afraid of you? Are the children afraid of you?

If the answer is yes, you have an abuse problem. This information is directed towards men because research show that most abusers are male. However, this information could also help women who are abusive

ABUSE in a relationship can take many forms:

- calling your partner names
- undermining her/his confidence
- scaring or threatening her/him
- breaking or destroying things
- forcing sexual acts
- slapping, punching, kicking, burning, breaking bones
- being overly jealous

Abuse is always used to gain power and control over someone.

ASSAULT is any use of physical force against another person without that person's consent. **SEXUAL ASSAULT** is any sexual activity and/or touch without the other person's consent.

ASSAULT is a crime, even if it doesn't cause any obvious injury. Even a threat to use force is against the law. If you assault your partner, the police can charge you. You will have to appear in court. If you are convicted, you will be fined, put on probation or sent to jail. You will have a criminal record.

Emotional and mental abuse are also acts of violence against another person.

Once abuse starts, it is hard to stop. Abuse often gets more violent and more frequent as time passes.

SOME THINGS YOU SHOULD KNOW

- **YOUR VIOLENCE ISN'T CAUSED BY WHAT YOUR PARTNER SAYS OR DOES**, and she cannot stop your abuse. Your violence is YOUR problem, a problem you can change with help.
- **YOUR VIOLENCE ISN'T CAUSED BY ALCOHOL OR DRUGS**, although using them may reduce your ability to control your behaviour.
- **YOUR VIOLENCE IS LEARNED**, often by having been a victim or witness of violence as a child. It is learned by finding out that violence works to get your own way.
- **VIOLENCE KILLS LOVE**. You are driving your partner away.
- **VIOLENCE GET WORSE WITH TIME**. It may even end in death.
- **VIOLENCE GET PASSED ON** from generation to generation. Many children grow up in violent families become abusers or victims as adults.

WHAT YOU CAN DO

The first step is to **ADMIT** you have a problem and **TAKE RESPONSIBILITY** for change. You are the one committing the assaults, making the threats, frightening or verbally abusing your partner. You are the one who has to stop. You can **CHOOSE** not to be violent, no matter how you are feeling.

Here are some things that have helped other abusers:

NO EXCUSES

The first thing you have to do to stop violence and other abuse is to stop making excuses and stop blaming your partner. No matter what you may feel your partner has done, you are the one who chooses to punch or kick her, humiliate or frighten her. Until you start taking responsibility for your actions, the violence will continue.

You may tell yourself that it's a man's traditional right to discipline or control his wife or girlfriend, or that you only hit her because you were drunk. These are just excuses. Remember – it is **NEVER** okay to abuse or assault another person.

TIME OUT

Learn to take "time out" when you feel yourself starting to get angry. This means giving yourself some time alone so that you can cool down.

- Tell your partner you are taking time out **BEFORE** you leave so she knows why you are leaving and how long you will be gone.
- Recognize your signs of anger: a knot in the stomach, tight chest, raising your voice, clenching jaws or fists, etc.
- When you feel these signs, **LEAVE THE SITUATION IMMEDIATELY**, no matter when or where it happens.
- **STAY AWAY** long enough to cool down (usually about an hour) but don't stay away to get even or to punish your partner.
- **DON'T** drink or do drugs and don't drive any kind of vehicle while you are still angry.
- **CALM DOWN** – don't rehash the situation or other resentments while you're on time out.
- When you return, talk about the situation if possible, but be prepared to leave if you start feeling angry again.

Many men feel they have to control the situation and always have the last word, without considering the rights of their partner. This leads to abuse and assault. If you take time out **every time** you need to, you can reduce the abuse and avoid assaulting your partner.

TALK YOURSELF DOWN

You may not admit it but, only you make yourself angry.

Most anger is okay if it's what you say (or think) to yourself about the situation, **NOT** when it's about blaming what happens or what other people do. Try listening to what you say when you are upset – blaming your partner, calling her names, and so on. You can make yourself so angry that it seems impossible not to be violent or abusive.

Instead, try "talking yourself down" when you get upset by saying things like "this is **NOT** worth getting angry about."

CONTINUED.....

(2)

When you take it out on others, you need to talk yourself down and consider the rights of your partner.

LISTEN

Often we are so busy defending our own point of view that we don't really listen to the other person. Listening to what the other person has to say helps you gain a new way of looking at things and helps you feel less angry.

Your relationship will get better if you listen to the thoughts and feelings of your partner and if you can repeat back what she/he has said without arguing or abusing, they will know you have heard and understood them.

SOBRIETY

Some men who are abusive also have a problem with alcohol or other drugs. Alcoholism is a disease, but violence is a learned behaviour. Both problems need to be addressed.

A man with both problems has to stop drinking **BEFORE** he can stop his violence and abuse, after he is sober, he may still have violent tendencies, but at least he will be able to work on the problem. If you try to stop the violence without getting rid of the alcohol or other drugs, it won't work.

Drinking or using drugs makes you less able to recognize and control your feelings. It makes you less able to use skills like time outs, talking yourself down and listening.

TALK TO OTHER MEN

Men, especially men who are violent, often don't talk to other men about their feelings. If you have trouble recognizing and expressing feelings other than anger, you are more likely to be violent or abusive.

You may know of men in your community who have been violent or abusive to their partner and have found a way out of their abusive pattern. Talk to them, and if possible join a men's support group.

GET HELP

There are a few programs specifically for men who want to stop abusing their partner or other family members. If there is no such program in your community, here are some people who may be able to help, or refer you to a source of help:

- Community Social Worker
- Community Drug and Alcohol Counsellor
- Regional Mental Health Specialist
- local priest or minister of the church
- elders, friends or relatives

By reading this, you may have taken a first step on the road to change. The real process of change begins with admitting you have a problem and taking responsibility for your abusive or violent behaviour and its effects on your partner.

Change will not be easy, but it is possible.

The characters in this story are purely fictitious. Any resemblance to anyone is accidental. If you are being hurt by someone or you have a love one being hurt, or you want information or you just want to talk, call RED CEDARS SHELTER at 967-8212.

Then everything went quiet. The silence was worse than the screaming. It's too quiet. I can't go out there, Dad will get mad at me. He will hurt me or he will hurt Mom and it will be my fault. I need to go out there, I need to know if Noah is okay, if my Mom is okay. Quietly I sneak to Noah's room, he's laying there quietly, his eyes wide open. He looks at me, I know he is too young to know what happened but his eyes are scared and sad. I pick him up and rock him, I need to feel him next to me. Both of our hearts are pounding. I get tired of watching Noah sometimes, but I know he needs me and loves me. Noah is asleep now so I lay him gently down in his bed. I wonder where Mom and Dad are. It is still very quiet. I sneak out into the kitchen. There is no one there. Slowly and quietly, I move into the living room. No one is there, I can see that there is broken glass, oh and the lamp to. Looks like they were smashed on the floor. I need to clean this mess up. Quietly, I clean up the glass. They must be in their bedroom. I'm not allowed to go in there.

I hear my stomach rumble, I remember that I haven't eat anything again. I wander back into the kitchen to see what there is to eat. Quietly, I don't want to wake Dad, I get the bread down to make a sandwich. I look in the fridge to see what there is to put on my bread. I see that Mom picked up milk. Good, I will have to remember to fill Noah's bottle before I go to bed. Oh good, Mom bought jam. I make a jam sandwich and pour myself a glass of milk. Sitting at the kitchen table, I quietly eat my sandwich. My heart jumps as I hear a loud smash. I jump up to go back to my room and I accidentally hit my glass. The milk spills all over the floor and the glass smashes to the floor before I can get it. What was that? I need to hide. I look up and Dad is standing there over me. I'm sorry Dad, it was an accident. Dad yells at me, I told you to stay in your room. You never listen when I tell you to do something. He swings his hand, and it come at me in slow motion, smack he hits me alongside the head. My ears are ringing and I can't hear what he's yelling at me. I lay where I land on the floor. Dad is still screaming as he grabs my arm and puts me on my feet. You clean up that mess and get to bed. With tears running down my face, I clean up the milk and broken glass. Dad walks away.

I hear Dad yelling at Mom, about her no good brat making a mess. Dad tells Mom, your brat never listens. I hear Mom trying to calm him and to say that I'm a good girl. I hear Dad yelling again, I hear a slap. I hear Mom crying, as Dad screams at her, you always stick up for her, you spoil her. I hear Mom murmur to Dad, I'm sorry Ted. Dad continues to yell at her. Quietly, I go to bed, after checking on Noah. He's still asleep. Laying there, I wonder if only I could be better. It's my fault that Mom got hit. I need to learn to be quiet and not to make a mess. If only I knew how to make Dad happy. Then he wouldn't have to

RED CEDARS & COMMUNITY INTEREST

I got flowers today.
It wasn't my birthday or any other special day.
We had our first argument last night,
And he said a lot of cruel things that really hurt me.
I know he's sorry and didn't mean the things he said
Because he sent me flowers today.

I got flowers today.
It wasn't our anniversary or any other special day.
Last night, he threw me into a wall and started to choke me.
It seemed like a nightmare.
I couldn't believe it was real.
I woke up this morning sore and bruised all over.
I know he must be sorry
Because he sent me flowers today.

I got flowers today,
And it wasn't Mother's Day or any other special day.
Last night, he beat me up again.
And it was much worse than all the other times.
If I leave him, what will I do?
How will I take care of my kids?
What about money?
I'm afraid of him and scared to leave.
But I know he must be sorry
Because he sent me flowers today.

I got flowers today.
Today was a very special day.
It was the day of my funeral.
Last night, he finally killed me.
He beat me to death.
If only I had gathered
Enough courage and strength to leave him.
I would not have gotten flowers today.

Author Unknown but apparently she
witnessed the death of her mother.
Excerpted from Ann Landers.

Ergonomics and Driving

Systems:

- After a long drive are you stiff as soon as you get out of your vehicle?
- Does your whole body feel exhausted after driving your vehicle all day?
- Do you feel you need a couple of minutes to stretch out your back, after driving a lift truck all afternoon?
- Is your neck sore after long drives? Your shoulders?

These are the systems you would feel from exposure to the ergonomic risk factors of driving. If you are working at a job where driving a vehicle is the major activity, you are encountering these risk factors. It is very important that you protect yourself.

Typical Problems:

- Neck, back and shoulder pains.
- Cramps, pressure points and poor circulation in the legs and buttocks.
- Long-term potential for degeneration of spinal discs and disc herniation.

Who Is At Risk?

- Truck drivers
- Ambulance drivers
- Heavy equipment operators
- Taxi and limousine drivers
- Bus drivers
- Fork lift operators
- Courier drivers
- Travelling sales people

Chronic back and neck injuries from driving are caused by **TWO MAIN RISK FACTORS**

1. Sitting for long periods of time
2. Whole body vibration

When acting together they create a considerable risk of chronic back injury!

Whole Body Vibrations:

Simply put, bumps in the road cause up and down vibration of your vehicle frame along the length of your spine. Whole body vibration stimulates bursts of back muscle activity, which causes neck and back muscles to tire more quickly, and decrease the support these muscles can give to the spine.

The International Organization of Standardization (ISO) has produced recommended limits for human exposure to whole body vibration. Assessments can be performed to determine if your vehicles are within the safety standards.

Safety Tips to Reduce Health Hazards of Driving:

- If possible, the back of your seat should be tilted at 110 degrees from your legs, to reduce disc pressure and relax the back.
- Keep the suspension system in good working order.
- Adjust your seat and steering wheel properly. Make sure you can press the pedals without moving your lower back forward off the back of the seat.
- Avoid slouching.
- Take a rest - stretch breaks, if you can, for five minutes every hour.
- Within reasonable limits shift positions regularly while driving.
- Being overweight increases the chances of injuring your lower back. Find active forms of recreation to keep fit in your personal time.



P.O. Box 536

Tyendinaga Mohawk Territory, ON K0K 1X0

LACROSSE, LACROSSE, LACROSSE, LACROSSE, LACROSSE.

SENIOR TEAM: The 1998 season proved to be successful with the support of the Tyendinaga community and businesses. The dedication of the players and volunteers was beyond expectation, with all participants going the extra distance to give this community a team to be proud of.

It is without a doubt that all teams within the I.L.A. senior division experienced growing pains. Teams were very competitive, and the league organizers and rules were not well established in the newly independent senior league. Tyendinaga can now move forward with the other I.L.A. associations, promoting and developing a reputable lacrosse league within the Iroquois Nations.

In 1999 the league has scheduled interlock games with teams in the CanAm league. These teams include Hagersville (Six Nations), Pinewood, Tonawanda, and Newtown. Tyendinaga fans will have the opportunity of watching the Hagersville team on our Home Opening weekend in early May. Scheduling should be complete by mid March, with the intent to post in the next Newsletter. The pre season is starting April 16-18/99, with a tournament in Oswego, at the college. This will give our players a chance to show case.

Fund raising events include trips to Rama, March 18/99, call Wanda at 967-2361 and book your seat, a Golf Tournament Mon. June 21/99, a regular season score board pick, an opening night pub night and dance, and a fish and wild game supper on Thursday April 22/99. Tyendinaga is submitting a proposal to host the All Star Game. Teams enjoy playing in Tyendinaga because the FANS here seem to pump up the energy of the players. Other events will be scheduled to help keep this team going. In recognition of our Sponsors, a sponsor appreciation day is being planned. I don't want to scare our sponsors off, but the fans may enjoy watching our sponsors show off the stick skills at intermission.

Enough on the Senior team, stay tuned for an up-date in the next newsletter.

MINOR SYSTEM: Peanut through Midget.

We know that ball, soccer, and other summer attractions are more accessible in this area. This is an IROQUOIS game. Our school is popping at the seams with children of all ages; we need them to continue the tradition. Over the past few years children have dropped lacrosse to play other sports because they could not get enough teammates to play. Player commitment of at least 15 players per team is needed, to support games.

Teams from Kempsville, Akwesasne, and Nepean are interested in playing house league with Tyendinaga this year. Let's hope we can get the coaches and players. The Iroquois Lacrosse Association is planning a promotional day here in Tyendinaga this spring. Notices of dates and times will be published, at a later date.

SENIOR "B" LACROSSE PLAYERS WANTED

Conditioning camp starts Tuesday March 2/99, and every Tuesday evening at 7:00 p.m., Quinte Mohawk School. New players are encouraged to come out and catch the fun.

MINOR LACROSSE NEEDS YOUR HELP

Coaches and managers are needed for all age groups. Last year the Tyke, Novice and Midget age groups had the largest enrollments and the feed back from those that played is there ready to go, and want to play games. Coaches certified training is required to play games against competitive and house league teams. Training dates have been set for late March and early April. Team managers are needed to assist with organizing games and working with players and parents. The commitment to help develop the young is challenging, and has its rewards.

If you are ready, we want you now, contact Don Smart at 398-2637, or Jack Green at 967-1580, arrangements can then be made for certification training. **Minor lacrosse registration dates and promotions will be announced once staffing arrangements are completed.**

We also need referees: certification sessions are coming up soon, throughout Ontario.

A SPECIAL WOLF PACK HOWL TO THE FOLLOWING FANS

Debbie Brant, Jackie Brant, Laurie Maracle, Dawn Brant

Each of the above have gone the extra distance, to help make the teams fund raising events successful. Keep up the good work.

COMMUNITY INTEREST

Thank You!

We would like to extend our thanks for all those who participated in our Fun Day at the Sky Way Lounge on Feb. 6/99. The turnout was great and it was a funday.

Congratulations to the Winners:

A Champs - Wayne & Audrey Elliot
Runners Up - Jr. & Donna Brant
B Champ - Terry & Sandra Brant
Runner's Up - Dan Johnston

Special Thanks to Stan for the use of Lounge and for his donation. We are planning on another Fund Day in the near future.

Tyendinaga Mixed 3 Pitch
Kalvin Brant
Ray Flood
Jackie Maracle

KAHWATSIRATA'TIE PLAY GROUP

She:kon



Kathy and Gabe are pleased to see many new and familiar faces attending the playgroup. Playgroup gives children a chance to meet and interact with other children, building on their social skills while enjoying educational crafts, circles, toys and games. It also provides opportunity for community members young and old to join together and socialize.

We are happy to announce that we have yet again expanded our toy lending and book lending libraries. The lending facilities are for everyone. If you would like to borrow something, just ask!

We are excited about a variety of workshops and outings we are planning for the month of March.

Parent and Tots.

Swimming every Monday for the month of March at Colins Court from 9:30 a.m. - 11:30 a.m.

If you are interested, require transportation or have any questions please call Kathy or Gabe at the Eksa O Kon:a Childcare Centre at 967-4401 Monday to Friday between the hours of 8:30 and 3:30 p.m. playgroup days are Tuesday, Wednesdays and Thursdays from 9:00 a.m. to 11:15 a.m. for the month of March. We are looking forward to hearing from you.

A big Nia:wen to all who are supporting the playgroup program by purchasing the 50/50 tickets now being sold. Draw to be held on March 18/99 and announced over KWE radio.

Nia:wen Kathy Brant & Gabriell Dorreen/Maracle

A TRIBUTE TO
ANDREW CLIFFORD MARACLE SR.
"Ka ron hiak tatic"
(Along the Heavens)

He arose in the morning a great while before day and departed to a solitary place, there to sing, read the word, and to talk with his Creator.

He asked life of the Creator and it was granted to him, even length of days. He was blessed to see his children's children.

He heard a voice, a familiar voice, the tender loving voice of the Creator calling his name "Andrew" calling him home, to his heavenly home.

He came to the grave in a full age, like as a shock of corn cometh in, in a season.

He sorrowed at his departure, yet he was exceedingly glad, for his spirit and soul now rejoiced.

Mother earth now embraces his natural body in her tender womb.

His spirit and soul are carried into the heavens on the wings of an eagle, returned unto the Creator who gave it.

He fought the good fight, He finished his course, He kept the faith. He glorified the Lord on the earth, He finished the work the Lord gave him to do.

A crown of glory that fadeth not away now adorneth his head.

Let the Elders that rule well be counted worthy of double honours, especially those who labour in the word and doctrine.

Good-Bye My Dear Friend Till We Meet Again

Sadly Missed But Never Forgotten

Your Friend

Heart and Stroke Foundation of Ontario

HEART AND STROKE FOUNDATION OF ONTARIO

BELLEVILLE AREA OFFICE

Faxed to 613.396.2761
March 1, 1999

Volunteer support and dedication is important to the success of any organization. The residents of the Tyendinaga area are certainly no exception. It is the ongoing interest and enthusiastic efforts of the local population that allow the Heart and Stroke Foundation of Ontario to continue its work of research and health education.

Volunteers brave the snow, wind and even rains of February to canvass Person to Person... Teachers, children and their families work very hard to organize successful Jump Rope For Heart and Hoops for Heart events in the local schools.

HASTINGS and
PRINCE EDWARD
COUNTIES, BRIGHTON
& BRIGHTON TOWNSHIP

LINDA J. VEENSTRA
AREA MANAGER

LINDA J. HODGESTON
AREA ADMINISTRATOR

187A North Front St.
Belleville, Ontario
K8P 3C1

PH: (613) 967-2502
F: (613) 292-5080

It is important to know that the programs in the schools are not just fund-raisers for the Foundation, but offer excellent health and lifestyle information to children and their families as well as allowing the schools to receive bonus points with which they can order equipment for various school programs (i.e. VCR's, TV's, physical education equipment).

The Heart and Stroke Foundation can also offer such things in the local community as HeartSmart Cooking Courses, Supermarket tours (learning how to read labels), Blood Pressure Clinics.

Heart disease and stroke can affect people of all ages and walks of life...it can affect individuals and their families... Learn what you can about heart disease and stroke... learn how to be pro-active by identifying risk factors and making lifestyle changes.

We welcome the support and thank the community of Tyendinaga for all their volunteer efforts... BE PROUD OF WHAT YOU ARE ACHIEVING IN THE FIGHT AGAINST HEART DISEASE AND STROKE.

For further information contact:
Linda Veenstra, Area Manager
Belleville 613.962.2502



Heart & Stroke Healthline - disease and lifestyle information service: 1-888-HSF-INFO

COMMUNITY INTEREST

Thank You!

The Family of the late Bob Brant wishes to thank all those who helped in the past. A special thank you goes to All Saints Church Ladies Guild, Glendon Brant and Steven Lindsay for their help. Thank you to all the other people for being there when we needed them the most.

Thank You! Kathy Brant
A very special thanks to my friend and buddy for being there for me over the past month.

Ann Brant

Thank You!

The Family of the late Percy Austin Maracle would like to thank all who came to help in our time of need. Thank you to all those people who donated food, flowers, and gave a donation to the heart & stroke fund.

Special thanks to Carol Brant, Janya Danny, Cristina and Lori for putting on the lunch. Thanks to the pallbearers & Larry McGlade. Special Thanks to Rev. Ross Maracle who did the funeral service.

A Big Special Thanks to Evelyn & Clarence for their songs at the funeral. A special thanks to the late Andrew Maracle Sr. who did the eulogy.

from Marjorie Brant, Bob & Jean Maracle & Family

A TRIBUTE TO THE LIFE AND TIMES
of
ANDREW CLIFFORD MARACLE, SR., DD.

Rev. Andrew Clifford Maracle, Sr., DD (Mohawk name: *Ka ron hiak tatie* "Along the Heavens" – member of the Turtle clan) was born on February 3, 1914, and went to be with the Lord in his 86th year on February 8, 1999.

On that day, in the morning, he arose as was his custom, at approximately 4:30 to 6:00 to read the Word and pray. Then as the day progressed, he went to the hospital to pray for a former Chief, then spiritually challenged the staff at Spirit Alive, proceeded to pass his driver's test and received his certificate validated for the next two years, took mom out to lunch and to the dentist, gave a donation to a man in need, and concluded the day by speaking at the Melrose Township Hall. After a rousing speech, the crowd arose with a standing ovation. And after sitting down, full of life, without pain or sickness, bowed his head with a smile on his face, and went to be with the Lord.

Andrew's life was full of action, activity and energy. He was married in Lynn, Massachusetts on August 9, 1939 to Lillian J. Ross, and was ordained with the Assemblies of God in 1944, and was an active clergyman.

Andrew was also a member of the Hotinonsionne "People of the Longhouse" – member of Six Nations Iroquois Confederacy, and a resident of Tyendinaga Territory. He travelled extensively as a teacher, evangelist and historian. In fact, just before his passing, he already had his plane ticket to leave out the next day to go to the Algonquins and the Cree in northern Quebec to minister to them.

Andrew was also a poet, philanthropist and a carrier of Iroquois history and legends. He was an ardent advocate of Native rights and culture, a visionary and stirring speaker.

He will be missed greatly by his wife Lillian, his six sons, 17 grandchildren, and 20 great grandchildren.

Andrew was predeceased by his parents, Joseph J. W. Maracle and Margaret (Lickers) Maracle as well as his seven brothers and sisters, Susan, Joseph, Helen, Rita, Wesley, Billy and infant Margaret.

Andrew was a Mohawk elder of great esteem, a friend to all. His legacy of faith, faithfulness and fortitude will live on.

Thank You!

The family of the late Cameron Brant Sr. would like to express their heartfelt thanks to family and friends for their thoughts, prayers, cards, floral tributes, food and memorial donations.

A special thank you to Father Brian Webber, R.C. Legion Br. 280, Mohawk Firefighters, Larry McGlade and McGlades Funeral Home. We would also like to express our appreciation to all caregivers. Our deepest appreciation to the pallbearers. Your acts of kindness at this difficult time will always be remembered.

Nia:wen

Helen Brant and Family





With Thanks

The family of the late Joanne Brant would like to express their deepest and most sincere appreciation to the entire community for all of your support at our time of loss. We would especially like to thank everyone for all the comforting cards, floral tributes, memorial donations, food and monetary gifts. A special thank you also to everyone at the Health Centre, Drs. Shipley and Yee, and Homecare for their care and support during her illness. Nia:wen to Rev. Brian Webber, Dorothy Lazore, McGlade Funeral Home, the Pall Bearers and the Ladies Guild for the service and reception. We will be forever grateful to our family, friends, Chief R. Donald Maracle, Carlene Smart and Cheryl Maracle. Nia:wen.

Haley and Randi Brant would like to express their appreciation to the community for your support. We would especially like to thank Bev Hill for being there when we needed her. We are grateful to the many friends who have stood by us throughout everything. Special love goes to Brandy Brant, Kristen Brant and Christopher Brinklow. And last but not least we would like to express our eternal love for the whole Brant family. We could never be strong enough without you guys.

**The Deadline date for the
Newsletter is Wednesday March 24
at noon 396-3424**

BIRTHDAYS

<p>Happy 14th Birthday!</p> <p>Matthew March 15 </p> <p>Love from Gram Martin & Jules</p>	<p>Happy Birthday!</p> <p>Harold & Chancelor March 21 </p> <p>Love Paul, Sandy & Kids Rick, Diane & Girls</p>	<p>Happy Birthday!</p> <p>Mom (Beano) March 27 </p> <p>Love Brad, Ruby and Tribe</p>	<p>Happy 53rd Anniversary! </p> <p>Mom & Dad (Beano & Randy) March 27</p> <p>love Brad, Ruby & Tribe</p>
<p>Happy Birthday!</p> <p>Aunt Sherry March 1 </p> <p>Bo (Jason) March 2 </p> <p>Uncle Berle March 2 </p> <p>Love Lee & Tom</p>	<p>Happy 23rd Birthday!</p> <p>Ang March 30 </p> <p>Love Sharon, Nikki Justice, Sarah & Matt</p>	<p>Happy 21st Birthday!</p> <p>Sara March 6 </p> <p>Love always Mom Nikki & Justice</p>	<p>Happy 21st Birthday!</p> <p>Lisa March 24 </p> <p>Love Aunt B.</p>
<p>Happy 21st Birthday!</p> <p>Lisa March 24 </p> <p>Love always & forever Mom, Dad & Jig</p> <p>Happy Birthday!</p> <p>Mommy March 24 </p> <p>Love Love always & forever from Your Little Bird Parker</p>	<p>Happy Birthday!</p> <p>Rick March 19 </p> <p>Love the Family</p>	<p>Happy Birthday!</p> <p>to all celebrating this month!</p>	<p>Happy Birthday! </p> <p>Mom (Mary Ann) March 7</p> <p>Love Dawn, Glenna Crissy, Candy & Carrie</p> <p>Happy Birthday Grandma Sero March 7 </p> <p>Love from all Your Grandkids!</p>
<p>Happy 21st Birthday!</p> <p>Sarah March 6 </p> <p>Love always, Uncle Earl, Auntie Eileen Jig, Lisa & Parker</p>	<p>Bel you thought we forgot, Never!!!!</p> <p>Happy Birthday! </p> <p>Papa Feb. 22</p> <p>Love Shandon Chas Keelan, Austin, Chavis & Trey</p>	<p>Happy 42nd Birthday!</p> <p>Jimmy March 8 </p> <p>Love Helen, Melissa Sara & Brother</p>	<p>Happy Birthday!</p> <p>Amber March 11 </p> <p>Love the Family</p>
<p>Happy 21st Birthday!</p> <p>Sarah March 6 </p> <p>Love always, Uncle Earl, Auntie Eileen Jig, Lisa & Parker</p>	<p><i>Do You Have a Birthday you wish to put in the Newsletter? Birthday Ads are Free! Deadline for Aprils Issue is Wednesday, March 24 at noon Please Call: 396-3424</i></p>		

COMMUNITY INTEREST


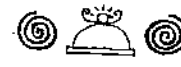
**It's
a Girl!**



D.J. Maracle & Steven Nicolas are proud to announce the arrival of their daughter. A new sister to Bailey, Marcus & Tyler.

"Kelsey Ann Maracle - Nicolas "
 Born: Feb. 1
 Weight: 6 lbs. 7 oz.
 Almont General Hospital

Proud Grandparents are:
 Don & Ivy Maracle of Tyendingaga
 Dan & Helen Nicolas of Arnprior


 NATIVE PEOPLE
 I E R T I N G
 NATIVE PEOPLE


For the Month
of
January
the Committee
Congratulates

*Deseronto Foodland
Kagita Mikam Staff
Native Renaissance II
Miracle Food Mart*

Total Amount collected for the
month of January was \$116.79

MOHAWKS OF THE BAY OF QUINTE
 FOOD BANK

The Food Bank Committee wishes to thank all businesses and offices who assist us in our Food Bank Jar Collection. Thanks to:

- | | |
|----------------------------|----------------------------|
| Aboriginal Expressions | Administration Office |
| Bayview Variety | Chief's Inn Restaurant |
| Roxanne's Place | Chief's Inn Store |
| TMT Sports | Turtle Island Crafts |
| Tyendingaga Computer | McMurter Home Centre |
| Kagita Mikam | Native Renaissance II |
| Family Services | Maracle Mohawk Gift Centre |
| York Rd. Restaurant | Miracle Food Mart |
| Ward's Gas Bar | Shirley's Variety |
| T.M.T. Police Services | Native Expressions |
| B. & M. Variety | Pat's Variety |
| Quinte Mohawk School | Deseronto Foodland |
| Ka:hniote Library | Elder's Lodge |
| Thayendanega Health Centre | Bayshore Flowers |
| Mrs. Herb's Restaurant | Hairitage Beauty Shop |
| F.N.T.I. | 1st Nations Pharmacy |



Ka:hniote
Library

Souper Reading
**Corn Soup Supper
 & Book Fair**
Friday March 26
Quinte Mohawk School



*** Attention ***
**SECONDARY
 STUDENTS
 OF TYENDINGAGA
 TERRITORY**

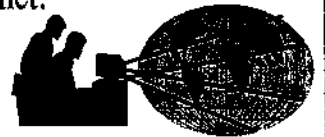
*Do you need some extra
 help in Mathematics?*

Every Thursday
 Evening from 4 p.m. - 7 p.m.
 at Ka:hniote Library
 extra help is available from a
 retired math teacher
"No Charge!!"
 For more information
 please call: 967-6264



Come to the library to surf the net.
 Public access to the internet
 provided courtesy of F.N.T.I.

INTERNET

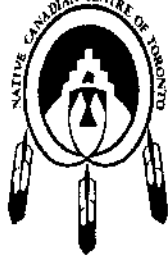


**Deadline date
 for the Newsletter
 Wednesday, March 24
 396-3424**

COMMUNITY INTEREST

1999 NCCT ELDERS GATHERING

NEWS RELEASE



FOR IMMEDIATE RELEASE

CONTACTS: Mary Fox, Conference Coordinator (416) 964-9087 ext. 333
 Jeff Schnierer, Information & Referral (416) 964-9087 ext. 314
 A. Rodney Bobiwash, NCCT Executive Director (416) 964-9087 ext. 324

February 24, 1999
 Toronto, Ontario

**NATIVE CANADIAN CENTRE OF TORONTO'S ELDERS GATHERING
 CONVENES APRIL 24-25, 1999 AT THE COLONY HOTEL.**

The 13th Annual Native Traditional Awareness Gathering hosted by the Native Canadian Centre of Toronto will be held at *The Colony Hotel* on Saturday April 24 and Sunday April 25, 1999. The gathering is a chance for aboriginal and non-aboriginal people to learn about native culture and teachings from native elders and traditional teachers.

This year's gathering brings together various elders and teachers from across Canada and features participation from all three Toronto-area drum groups. Host drum will be Eagle Heart Drummers and Singers, the invited drum will be Bim Sko Nodin Youth Drum and Derek Bressette and the Tall Pine Drum will be featured in the men's drum workshops.

Maria Hupfield, of Wasauksing First Nation near Parry Sound, Ontario, is a Sheridan College and University of Toronto student earning her Bachelor of Arts degree in Art and Art History. She designed this year's poster with the theme "The Community - Our Extended Family."

Confirmed elders for the Conference include Edna Manitowabi, Vern Harper, Janice Longboat, Ella Waukey, Pauline Shirt, Winona Arriaga and Ernie Benedict. Others will be announced as they are confirmed.

Mary Fox, the Conference Coordinator, can be reached for more information or you can contact the Anishnawbek Committee at (416) 964-9087 ext. 333 or toll free at 1-888-964-0331. Ticket prices are as per the table below. Special group rates are available to parties of 10 or more. Please call for the rate.

Vendors can contact Mary Fox or the Anishnawbek Committee. Tables are \$ 100 per day or \$ 150 for the weekend and must be paid for in advance by the April 16 deadline.

The Colony Hotel is located at 89 Chestnut Street in downtown Toronto. Chestnut Street is two blocks from both Bay Street and University Avenue. The hotel is one block south off Dundas Street West on Chestnut Street and located behind the twin towers of Toronto City Hall. Room reservations can be made by calling the hotel direct at 1-800-387-8687. Book your rooms by March 24 and mention the gathering to receive the special Elder's Conference rate of \$ 105.00 per night.

A native drum social will be at the hotel in the Grande Ballroom on Saturday night

TICKETS	ADULTS	STUDENTS (with card)
TWO DAY PASS	\$ 35.00	\$ 15.00
ONE DAY PASS	\$ 20.00	\$ 10.00

**News Release
 Communiqué**

FEB 15 1999



Financial Services Commission of Ontario / Commission des services financiers de l'Ontario

FOR IMMEDIATE RELEASE

February 12, 1999

Private passenger automobile insurance rates decline during fourth quarter 1998

TORONTO -- Ontario private passenger auto insurance rates decreased during the quarter ending December 31, 1998, according to the latest rate information published by the Financial Services Commission of Ontario (FSCO). This is the 10th successive quarterly decrease since 1986.

The decrease was 2.49 per cent for those companies with rate changes approved during the quarter when weighted by market share.

Of the 22 rate filings that were approved, 21 dealt with rate changes. The individual rate changes ranged from a decrease of 7.81 per cent to an increase of 5.12 per cent.

The average cost of auto insurance in Ontario at the end of the fourth quarter of 1998 was 11.06 per cent lower than at the end of the third quarter of 1998 (the last quarter prior to the implementation of Bill 59, the *Automobile Insurance Rate Stability Act, 1996*).

FSCO regulates insurance in Ontario. Companies selling automobile insurance are required to submit rate filings which FSCO reviews for actuarial soundness. Projected rates must be based on solid and verifiable information, and be able to sustain a company's long-term capacity to meet its claim costs.

FSCO recently published the *Shopping for Car Insurance* booklet which includes insurance rate profiles that can help consumers make better choices among insurers. Consumers who are interested in getting the best value for their money should check with an agent, broker or insurance company and/or shop around to see how their premium compares in the marketplace. Consumers should also find out about the level of claims services offered by an insurance company before they buy. The publication features the results of the Commission's first claims satisfaction survey that revealed how satisfied the customers of 51 insurance companies were with the way their claims were handled.

Booklets are available by calling 1-800-263-7965 (English); 1-800-668-5821 (French) during normal business hours. The rate information is also available at FSCO's Website at www.fSCO.gov.on.ca

News Release •

February 16, 1999

Laurentian University celebrates the International Year of Older Persons

The United Nations has designated 1999 the International Year of Older Persons. To honour this proclamation, which recognizes the contributions of older persons to society, Laurentian University will offer tuition fee savings in 1999 to Canadian citizens 50 years and over.

Laurentian University will continue to waive tuition fees for Canadians 60 years and over who enroll in undergraduate credit courses. Further, starting in the Spring 1999 Session and for the entire Year of Older Persons, Laurentian is offering Canadians between the ages of 50 and 59 who register in undergraduate credit courses a 75% reduction in tuition fees. Students are responsible for incidental fees and reading materials at the regular amounts.

This special program applies to qualifying students enrolling in on-campus and off-campus courses, as well as in courses offered by distance education no matter where they live in Canada. "Laurentian is especially proud to honour Northern Ontario's older persons as they are responsible for the vitality of Northern Ontario. If today's youth have access to an innovative university in Sudbury, it is largely due to the endless efforts of this group of valuable citizens," said Laurentian University President Dr. Jean Watters.

By designating 1999 as the International Year of Older Persons, the United Nations urges partnerships among concerned sectors of society -- including governments, non-governmental organizations, academia and the private sector -- to ensure that the needs of aging populations are adequately addressed.

Special initiatives such as this Laurentian University program help raise the awareness of people of all ages about active aging. A sensitized society can then develop appropriate care-giving strategies, address the needs of older women, prepare youth for the future, and promote healthy early childhood development.

All those 50 years of age and over interested in taking undergraduate credit courses at Laurentian University are invited to contact Lorraine Marcotte at the Centre for Continuing Education at (705) 675-1151, ext. 3935, or lmarcotte@nickel.laurentian.ca.



UPCOMING EVENTS

BEAUTIFUL you



Annual
Star Search
and
Small World Contest

Saturday April 10/99
Begins at 1:30 p.m.

STAR SEARCH:
Photogenic/Beauty/Modelling/Talent
5 Age Groups 4 - 20 years

SMALL WORLD CONTEST:
Beauty/Photogenic
Under One to Four Years

ENTER NOW!
Pick up entry brochure at:

- * Crazy Lee's Just for Girls
- * Belleville Pro Bowl
- * Dr. Patel's Office
- * Bay View Mall Administration Office



*You could
win!*

Bay View Mall
470 Dundas Street East
Belleville, Ontario K8N 1G1
Phone: 966-5333

NUTRITION/ DIABETES LECTURE

WHAT?: a discussion on Diabetes and proper nutrition. What is it, who is at risk, what can you do to protect yourself from the complications stemming from the disease and how to control it with nutrition and herbs.

WHERE?: Pat's Variety, HWY 49 Marysville turnoff at 401

WHEN?: Tuesday March 9th 7:00pm.-9:00pm.

SPEAKERS?: Vivian McCue & Penny Strutt

CONTACT: Leslie Street at 396-1307 or Lisa Brennan at the Quinte Herbal Center 961-0551 or fax at 961-0552

Refreshments will be served
Sponsored by the Quinte Herbal Center
200 Dundas St. East, Suite 307, Belleville Ontario

WORKSHOPS, WORKSHOPS, WORKSHOPS!!

The Aboriginal Head Start Developmental Project is offering the following workshops/ training sessions to our Service Providers and Community Members!!

These workshops are of no cost to the participants! We strongly urge anyone who is interested in signing up for any of the following workshops or who would like more information, to call us immediately. We can be reached at the Health Centre at 967-3603, ask for Tracey Gazley or Tina McDonald. We will take names on a first come basis, as the workshops are limited to a certain number of participants. We look forward to hearing from you and thank you for your interest!!

Planned workshops to be held in our Community are as outlined:

"HUMOUR AT WORK: THE POSITIVE POWER OF HUMOUR" will be held on **MARCH 5, 1999--Facilitator: Gerda Sumner, The Resource Centre, Hincks-Delcrest Institute, Toronto. Maximum 25 participants**

"USING THE NATURAL GIFTS OF SENSE" will be held on **MARCH 12, 1999 Facilitator: Janice Longboat, Six Nations. Maximum 25 participants**

"PICKING UP OUR BUNDLE" will be held **MARCH 15 & 16 OR 16 & 17 (two days) --Facilitator: Vera Martin & Mickey Decarlo, Nijkiwendidaa Anishnaabe-Kwewag Services, Peterborough. Not sure of maximum number as of yet, possibly less than 25**

"LEARNING THROUGH PLAY: A PARENT CONNECTION" will be held **March 23, 1999-- Facilitator: Gerda Sumner, The Resource Centre, Hincks-Delcrest Institute, Toronto, Ontario. Maximum 25 participants**

NIA:WEN

*Tina
Tracey*

immediate Release

PRESS RELEASE

ARTISTS AND FILMS WANTED FOR FIRST NATIONS FESTIVAL

January 18th 1999- LANDS IN SIGHT, society for the understanding of First Nation cultures, is looking for Native Artists, dancers, singers, painters, musicians, craftsmen and film makers to participate in the First Peoples Festival 1999 edition from June 12th to June 22nd in Montreal.

For the last nine years, the First Peoples Festival has offered the opportunity for artists and craftsmen to present their work to the population at large in order to create an awareness of what is at stake artistically and culturally. Native films and videos from the Americas, live concerts, traditional dancers and drummers, visual arts exhibitions, craft workshops and other activities are presented in the most important cultural sites as well as an outside venue in the heart of Montreal.

LANDS IN SIGHT offers you the opportunity to participate in this major festival which is recognised as one of the 10 most important cultural and touristic events of the summer. For more information, contact us at 514-521-2714 or by e-mail at terresenvelles@videotron.ca before the 15th of March 1999.

Source: Caroline Nepton-Hotte
(514) 521-2714

UPCOMING EVENTS



If anyone is interested in signing up for the 1999 Thursday Nite Golf League please contact the following executive members:

Sheryl Anderson, Treasurer 969-1943
or 966-4924
Lynda Thomas, Vice Pres. 396-3215
or 396-3424
Todd Kring, President 396-1100
or 396-3424

Watch for Results of naming the Ballfield in an upcoming Newsletter!



INTER RESERVE BOWLING

Inter Reserve Bowling are looking for bowlers! Home tournament this year!

Inter Reserve Bowling Practices start March 15 at 7:30 at the Pro Bowl Belleville Plaza

FOR MORE INFORMATION
CALL:

HAROLD 966-4116
LAVERNE 396-3800

Help support our teams and purchase RAFFLE TICKETS from the Players.

CORN SOUP SUPPER

THURSDAY, MARCH 11
5:00 P. M. - 7:00 P. M.

Tyendinaga Senior Citizens Hall
(Hwy #2)

Admission: Adults - \$6.00 & Children Under 10 - \$3.00

Proceeds going to Tyendinaga 59'ers Senior Citizens Club

Menu: Corn Soup
Homemade Bread
Dessert
Tea or Coffee



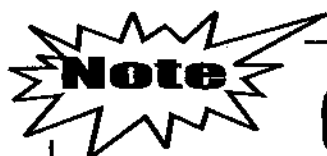
1999 TYENDINAGA ALL-NATIVE

8TH ANNUAL MEN'S HOCKEY TOURNAMENT

Saturday, April 3rd
8 a.m. - 8 p.m.

Deseronto Community Arena

Admission \$3.00/day



9-1-1

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

Police: 613-967-3888
Fire: 613-968-7985
Ambulance: 613-542-0221

Announcing

NACCA Logo Contest

First Prize \$500.00

Second Prize \$300.00

Third Prize \$200.00

Eligible Entrants - Aboriginal Youth 15-30 years of age

Mail entries to: National Aboriginal Capital Corporation Association

101, 11748 Kingsway Avenue

Edmonton, Alberta T5G 0X5

Deadline for entries to be received March 15, 1999

Considerations: The National Aboriginal Capital Corporation Association (NACCA) is a grass roots membership owned association. Its members are comprised of Aboriginal owned developmental lending companies throughout Canada. NACCA assists its members by developing products and services to meet the common needs and challenges of its members

CLASSIFIED

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BOYS CLOTHING
- excellent condition
- sizes 6 to 8

- Call Deb after 5 p.m.
968-2727

MILL TOWN MEATS

- Corn Fed Beef
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- Wrapped & Frozen
- Individual pieces sold at home
AAA Beef

*Make your own Soup!
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Call: Glenn Hill 962-5470

WORK WANTED

- Reliable & experienced
housecleaner available
- References on request

Call: Judy at 968-2580
for an estimate

FOR RENT

3 BEDROOM APARTMENT
- located in the village of
Shannonville
- large upper 3 bedroom apt.
- large eat in kitchen with new
floor
- large living & dining room
- utility room with a nice size
bathroom
- off street parking, back yard
- cable T.V. available
- stove & fridge available
- 1st & last months rent required
- heat & hydro included in rent
along with at least 2 good
references
- ready for immediate
occupancy

Call: 396-3957 for further
information, if no answer leave
a message.

FOR SALE

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

CALL DON BRANT: 396-2424 FOR
MORE INFORMATION

FOR SALE

LOT FOR SALE
- 250' X 250'
- located on Milltown side road
- water found
2 SNOW TIRES
- size P215/75-14
- \$150.00
FAST TRACK WALKER
- \$80.00
AB WORKS MACHINE
- with tape
- \$80.00

Call: 396-1077
Ask for Brenda

FOR RENT

1 BEDROOM APARTMENT
- located in Shannonville
- cosy 1 bedroom upper apt.
- cable T.V. hookup available
- freshly painted, some new
flooring
- new fridge with stove includ.
- rent includes heat & hydro
- off street parking with use
of the back yard
- 1st & last months rent
required with at least 2 good
references
- available immediately

Call: 396-3957 for further
information, if no answer leave
a message.

FOR RENT

**3 BEDROOM LOWER
APARTMENT**
- \$650.00 per month
INCLUSIVE
- located on Hwy # 2 next to
Eagle Orthopaedic

Please Call 967-1117 for more

FOR RENT

UPPER APARTMENT
- 4 plex
- 1st & last months damage
deposit required
- \$575.00

Call: 969-1315

**Do you have
something to sell?
Newsletter
Deadline is
Wednesday, March 24
at Noon
396-3424**

FOR SALE

BUILDING LOTS
- 100' X 150' lots
- located on the south side
of Hwy #2 west of Deseronto
and just east of church lane
- lots are fully serviced with
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gas

For more information
call: 613-396-2097

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Money on your
Residential Telephone
Bill?
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B. & J. Pole Line 969-7430

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opportunities
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Call: Shari Maracle 396-3077

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paved driveway
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fridge and stove, fully furnished
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shower and double vanity
- balcony overlooking the pool and
the Bay of Quinte
- apartment has its own access and
the monthly rental fee includes
all utilities, heat, hydro, air
conditioning, etc.
- this is a non smoker, non drinker
facility and very suitable for a
professional person
- 1st & last months rent with 3
good references is a must.

Please call: 613-396-3957
for more information or leave a
message



FOR RENT

- 700 FT RETAIL OR OFFICE SPACE
- located on the corner of Hwy 49 and
Slash Rd.
- front of K.C. Builders Building
- includes heat, hydro, carpet floor, bathroom
and alarm system

Call: 396-1259

BILLETS REQUIRED

On thursday April 1, 1999 an Atom Boys
Hockey team is going to be visiting our
territory from London England.

I am seeking the Communities help to house
the 15 young men (ages 10 & 11) for one
night.

If you or someone you know might be
interested in housing one or two of these
kids or require further information,
please contact Colleen Maracle at 969-1806
or leave your name and phone number at
the Radio Station at 967-0463.

Thanking you in advance for your
participation.

*Does your child like to act?
Does your child have extra energy to burn?*

Kathy, Kelly and Laura have
an idea for you!
We are three Community members who
want to see dramatic arts more prominent
in our community.
Tentative start up date would be
April 1999.

We are open to suggestions for times or
days, volunteers, audiences or ideas.
We are currently looking to recruit children
between the ages of five and grade five.

For more information or to
sign up you can call

**Kathy Maracle at 396-2867
or Kelly Maracle at 396-5994**

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MillSide Ceramics

*So do you think this long Winter is drawing
to an end? Well I feel Spring is just
around the bend. So everyone hang in.
If you need something to hurry it along
I have great news!*

*Not only do I have classes on Tuesday,
Wednesday, & Thursday nights from
7 - 9:30 p.m. I am now starting up
an afternoon class on Tuesdays from
1 - 3 p.m. So if you can't come out
at night, then come see us on Tuesday
afternoon. Learn how to make your gifts
and save \$\$\$.* Hope to see you soon

Marlene Murphy
Milltown Rd. Halfway down
966-9640

COMMUNITY BUSINESSES

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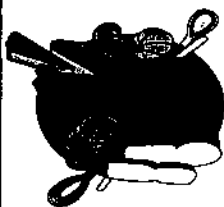
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Wednesday - CLOSED
Thursday - 1:00 P.M. - 5:00 P.M.
Friday - CLOSED
Saturday - 8:30 A.M. - 5:00 P.M.
Sunday - 9:00 A.M. - 4:00 P.M.



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