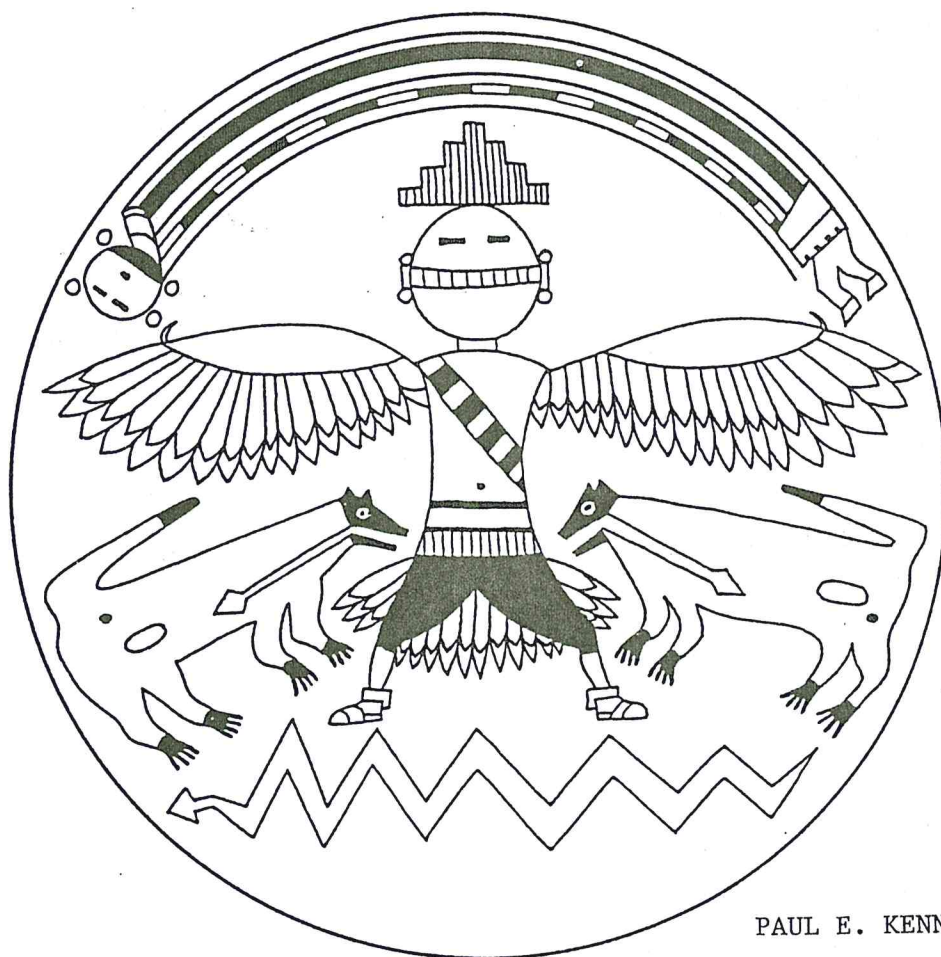


TYENDINAGA NEWSLETTER



PAUL E. KENNEDY

ENNIHSCO:WA (March)

Issue 3/95

Our front Page is from the North American Indian Design Colouring Book
Published by Dover Publications

Paul E. Kennedy



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February 17, 1995

Your file Votre référence

Our file Notre référence

4203-164 (FS1)

Chief and Council
Mohawks of the Bay of Quinte
First Nation

ATTENTION: Chief R. Donald Maracle

RE: 1993/94 District Audit Committee Report

In follow-up to your letters dated January 24, 1995 and January 25, 1995 pertaining to the above noted topic, please be advised of the following information.

We have revisited your 93/94 Audit as well as the Audit Committee report and have discussed same with your Financial Officer. This is to advise you that we concur that the Long Term Debt had inadvertently been calculated into the debt ratio calculations. Attached is the revised Audit Committee Report which restates the Working Capital as a surplus situation of 8.8%, the Current Year Deficit at -4.8% and the Cumulative Deficit at -0.62%, which are all well within the debt ratio policy.

Therefore, based on these findings there is no requirement for the completion of a Remedial Action Plan.

Should you have any further questions, please contact me at 519-758-2424.

Patrick H. Martin
Manager, Funding Services
401 Corridor
Southern District

cc: S. Maracle, Finance Officer, Mohawks of the Bay of Quinte
G. Maracle, Assistant Office Manager, Mohawks of the Bay of Quinte
D. Forbes, Director, Southern District

Canada



2. **Paul Johnson, MPP**
P.E.-Lennox-South Hastings
Parliamentary Assistant to the
Minister of Economic
Development and Trade
900 Bay Street
Hearst Block, 8th Floor
Queen's Park
Toronto, Ontario M7A 2E1



LEGISLATIVE ASSEMBLY
ASSEMBLÉE LÉGISLATIVE

PAUL R. JOHNSON, MPP
Prince Edward-Lennox-South Hastings

☐ **Constituency Office Addresses**
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Phone: (613) 476-6732
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K7A 1R2
Phone: (613) 354-4368
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FOR IMMEDIATE RELEASE

February 10, 1995

JOHNSON ANNOUNCES IMPROVEMENTS FOR LOYALIST PARKWAY

PICTON – Paul R. Johnson, MPP (Prince Edward-Lennox-South Hastings) today announced three new Ministry of Transportation projects which will improve facilities along the Loyalist Parkway, Highway #33, and provide local employment.

The three projects are:

- o Reconstruction of Highway #33 from Picton to Glenora.
- o Rehabilitation of the ferry docks in Adolphustown.
- o Replacement of the Ferry staff facility at Glenora.

"This means work for local people and economic spinoffs to businesses in our region," said Johnson. "It also means that the Parkway is being maintained so tourism and other business dollars continue to come our way."

"These projects will inject several million dollars into the local economy," added Johnson. "I am confident that the integrity and historic character of the Parkway will be maintained."

Johnson made the announcement at the Loyalist Parkway Group of Advisors meeting in Picton, on behalf of the Minister, Mike Farnan.

-30-

For more information contact:
David C. Cox, Queen's Park Office
Paul R. Johnson, MPP
416-325-6706





MEMO

DATE: 6 FEBRUARY 1995

TO: ADMINISTRATOR

FROM: ERIC JOHNSTON (PHONE: 519-534-5133; FAX: 519- 534-2130)

RE: 1995 NAWASH FISHERIES CONFERENCE

In 1993 the Chippewas of Nawash won a major court victory that recognized their rights to fish, not only for food, but also for trade and commerce. The Band will soon enter into negotiations with the Ministry of Natural Resources on issues such as managing the fisheries around the Bruce Peninsula (the traditional territory of the Saugeen and Nawash Ojibway Bands who have reserves here).

As you can glean from the materials I have included, the Conference we are hosting this year will present a landmark opportunity to exchange information on a number of issues affecting fisheries management today. We seem to have sparked a great deal of interest among both biologists and First Nations resource stewards. The conference and workshops should be extremely interesting. Information on registration and accommodation are on the flyers.

I would be grateful if you could distribute the enclosed flyers and put up the posters in appropriate spots. If you need more information, please give me or David McLaren a call.

Miigwetch

Eric Johnston
Fisheries Conference Coordinator
519-534-5133

**** PLEASE NOTE ****

**HALF LOADS IN EFFECT
(5 TON PER AXLE)**

**FROM THE ROADS DEPARTMENT
THANK YOU FOR YOUR COOPERATION**



MOHAWKS OF THE BAY OF QUINTE

R.R. #1, Tyendinaga Mohawk Territory, Ontario K0K 1X0
 (613) 396-3424 Fax: 1-613-396-3627

From the Employment Office

We have recently been in contact with IBEW. We have been told that Apprentice Applications for the trade of Electricians will be available in the Union Office during March and April. Applicants must go to the union office for the applications located in Bowmanville, Ont. All applicants must have grade 12 diploma or equivalent.

If interested please call Bev or Karen at the Administration Office.

We also have CN Applications. If interested come to the Employment Office and Bev or myself will assist you in filling one out.

The Royal Canadian Mounted Police are looking to recruit Native Individuals

**If you are interested please reply
 directly to Cst. Bunny Empey**

"Onkwehonwe tanon Ratirithon Tehatienas."
 Kanenbrakie: ron Belleville

"First Nations People and Police Working Together"

Belleville Detachment



Royal Canadian
 Mounted Police

Gendarmerie royale
 du Canada

Cst. B. D. L. (Bunny) Empey

First Nations
 Services Officer

Services aux
 premières nations

Community Policing
 Belleville Detachment

Police Sociopréventive
 Poste de Belleville

10 South Front St.
 Belleville, Ontario
 K8N 2Y3

10 rue Front sud
 Belleville (Ontario)
 K8N 2Y3

Canada

(613) 969-3660
 FAX 969-3919

The Mohawks of the Bay of Quinte is seeking applications for the position of

FENCEVIEWER (2)

Duties & Responsibilities:

- Should a situation arise regarding an installation or repair of a fence, the Fenceviewer would be required to check the condition of the fence and assess what has to be done to bring the fence up to standards, and which party is responsible to do so.
- Determine which parties are responsible for certain sections of the fence when a new fence is being erected.
- Written reports to be submitted to all parties concerned as well as a written report to Council.

This is an On Call Basis Position.

DEADLINE FOR APPLICATIONS : March 31, 1995 at 4:00 p.m.

CIBC Aboriginal Internship Program ... The Spirit of Achievement

As one of Canada's leading financial institutions, CIBC is committed to developing employment opportunities for Aboriginal people.

Each summer CIBC operates an Aboriginal Internship Program for students currently enrolled in a post-secondary institution with the intention to return the following September. A number of CIBC branches and offices across Ontario are involved in the program.

Selected students will be placed in branches to understand the basics of the financial industry. The work placement lasts throughout the summer, starting in May through to August. Students who complete the summer term will also be eligible for a scholarship based on their overall performance.

The following locations have been confirmed. Please specify location preference on your covering letter and we will try to accomodate you.

Sioux Lookout	Thunder Bay	Cornwall
Peterborough	Sarnia	Windsor
Toronto	North Bay	Chatham
York	Bracebridge	Bradford
Brampton	North York	Deseronto
Sault Ste. Marie	Ottawa	

Please send resume and covering letter to the attention of: Aboriginal Internship Program, CIBC Resourcing, by March 17, 1995. 750 Lawrence Avenue West, E-1, Toronto, M6A 1B8. Fax: 416-784-6799.

**BUSINESS
DEVELOPMENT ADVISOR**

This position entails assisting business development in the eastern area of Nishnawbe-Aski Nation (sixteen First Nation communities in Northern Eastern Ontario).

The successful applicant will assume responsibility in:

- The delivery of the Aboriginal Business Canada Program
- Providing business advice and support
- Financial analysis and indepth business plans assessment
- Liaison with the public and private sector

Required Attributes:

- Significant Business experience
- Business or accounting degree or Designation
- Good Financial analysis, writing and computer skills
- Excellent communication skills
- Knowledge of NAN First Nation Aspirations
- NAN First Nation language an asset
- Willing to travel extensively

Salary: Negotiable (Good benefits package)
Term: One year (possibility for extension)
Location: Timmins, Ontario
Date: March 31, 1995

Apply in writing to:

President/CEO
 Nishnawbe-Aski Development Fund
 P.O. Box 252
 Postal Station F
 Thunder Bay, Ontario P7C 4V8

Fax: 807-622-8271



FAMILY SECTION

STEPS TO SELF-ESTEEM

How is self-esteem built?

Some of the basic building blocks of self-esteem are...

Individuality. Appreciation of the special combination of traits, talents and foibles that makes you unique is essential to good self-esteem. Without a clear sense of individuality, you become chameleon, taking on the identity of those around you.

Integrity. Self-esteem comes part from living according to your values. People who compromise their values in order to gain wealth, status or power inevitably do so at the cost of their self-esteem.

Connection. We like ourselves more when we feel a part of a group of people whom we love and admire. Their support and acceptance bolsters self-esteem when disappointment, failure or rejection pull it down.

Personal Power. Too often, power is defined as having authority over others, but it can also mean ability to make things happen and confidence in the ability to create your destiny.

Risk-taking. People with high self-esteem have the self-confidence to take risks, despite the possibility of failure. Since their self-esteem does not depend on success or failure of any one venture, they expect to learn from risk-taking, regardless of the outcome.

Achievement. Accomplishing your goals, no matter how small, makes you a winner, bringing pride of achievement that increases self-esteem.

Self-respect. Belief in your right to be treated fairly and courteously is the cornerstone of self-esteem. Without it, you'll treat yourself badly and let others do the same.

Self-talk. An interior monologue that is encouraging, supportive and praising builds self-esteem; self-criticism, discounting accomplishments, and gloomy predictions for the future tear it down.

Some people confuse self-esteem with arrogance, and become self-effacing to avoid appearing conceited. But arrogance is not a reflection of self-esteem; in fact, it generally indicates just the opposite. Arrogant people inflate their egos by exaggerating their accomplishments while belittling the talents of others; people with good self-esteem acknowledge others' talents and accomplishments as well as their own.

WHERE SELF-ESTEEM BEGINS

The basis of how we feel about ourselves as adults is found in childhood experiences. As children, most of our ideas about who we are (our self-concept), as well as how we feel about it (self-esteem), comes from the adults around us. Until adolescence, our parents'; our ideas about who we are come from who they are. We like and respect ourselves only as much as our parents do.

When parents treat us with love and affection, we see ourselves as lovable; when they're cold and uncaring, we believe we're unlovable and worthless. If told early enough and often enough that we're stupid, worthless or unlovable, we come to believe it; we develop low self-esteem and have few expectations for happiness and fulfilment in life.

School also plays an important role in shaping children's self-esteem. When teachers are impatient or critical, children may come to think of themselves as stupid and stop studying because "it doesn't do any good anyway." On the other hand, when children are told they are smart and competent, their self-esteem increases and their performance improves.

Over time, we internalize these opinions of ourselves and begin to treat them as facts. Even when our parents and teachers are no longer with us everyday, their voices live on in our heads, sounding like our own as we repeat to ourselves what we heard so often from them. As adults, we treat our feelings the same way that others treated us as children and think as much - or as little - of ourselves as they thought of us.

BUILD KIDS' SELF-ESTEEM

A sense of competence and belonging instilled early in childhood can make for almost indestructible self-esteem. Give your children experiences that build a sense of personal competence, value and effectiveness by...

- treating them as courteously as you do your friends. Don't use language or a tone of voice you wouldn't use with an acquaintance.
- Letting them teach you new skills or facts they've learned.
- Focusing on helping your children develop their abilities rather than on competing with their peers.
- Involving them in the decision-making at home that affects them.

Discipline with love. Children need discipline to build self-esteem, but discipline includes much more than just punishment. Discipline is the consistent enforcement of fair and reasonable rules. To discipline effectively...

- Permit appeals and pardons occasionally.
- Be realistic about expectations. Too often, we expect our children to be as responsible, reliable, or quick to learn as we are - even though we've had years more practice.
- Be precise in your directions; children behave better if they know exactly what's expected of them.
- Reward good behaviour. It's as important to praise a child for the things he does right as it is to point out mistakes.
- Possessions can also contribute to children's self-esteem by boosting their sense of identity and importance. Teaching children to share their possessions gives them self-esteem from another source--pleasure in contributing to the happiness of others.

ATTENTION ALL WOMEN OF TYENDINAGA

There will be an information gathering session held March 13, 1995 at the Dies North office of Family Services.

This session will be conducted as a drop-in time for all interested women to come and participate. We would like to explain what a women's circle is and gather information from the women in the Community to see what they would like offered.

The drop-in time will be 9:30a.m.-11:30a.m. and again in the evening 7:00p.m.-9:00p.m.

A BRIEF REVIEW OF MALIGNANT HYPERTHERMIA

Malignant hyperthermia is an autosomal dominant hereditary trait due to a defect in the ryanodine gene on chromosome 19 or to a defect in the sodium channel gene on chromosome 17 or to some other as yet undetected genetic defect. So far 8 different single point mutations have been discovered in the ryanodine gene in human patients. This number, however, encompasses only 20% of human patients. In the remaining human MHS families the genetic mutations have yet to be discovered.

Patients who possess the malignant hyperthermic genotypic trait additionally need an environmental trigger before the condition is phenotypically expressed. These triggers include: anaesthetic drugs such as succinylcholine, halothane, isoflurane, sevoflurane; halogenated organic chemicals present in the air in the work place; certain street drugs, such as large doses of cocaine and methadone; muscle injury, unusual, extreme and prolonged exercise, particularly in hot weather; fever; infection, especially viral infections; a rising carbon dioxide tension; extreme emotional stress; and probably other triggers of which we are not yet aware. Reactions fall into two categories: life-threatening hypercatabolic reactions induced by anaesthetic drugs or by violent and prolonged exercise in hot weather (see below); and chronic - virtually permanent - reactions characterized by muscle pain, fatigue, headaches, and insomnia (see below).

During anaesthesia these reactions are characterized by:

1. tachycardia
2. arrhythmias
3. unstable blood pressure
4. skeletal muscle stiffness
5. hyperventilation
6. cyanosis
7. hypoxia
8. early elevations and late reductions in serum calcium and potassium
9. elevations of serum phosphorus, magnesium, blood glucose and lactate
10. elevation, after several hours, in the serum of muscle enzymes and myoglobin.

Patients may die because of: conversion of an ectopic ventricular arrhythmia into ventricular fibrillation; acute pulmonary oedema arising out of rigor of the left ventricle; acute disseminated intravascular coagulopathy secondary to platelet and red blood cell abnormalities; obstruction of the renal tubules by myoglobin; or brain death induced by cerebral oedema.

Malignant hyperthermic reactions appear to be due to a sudden rise in the concentration of calcium in the muscle cytoplasm in the presence of triggering drugs or stresses. The source of this excess calcium is not well defined but may derive from: the sarcolemma, the transverse tubules, the E-C coupling step, a calcium-related defect in the SR, the adenyl cyclase part of the catecholamine receptor or even the mitochondria.

The elevated myoplasmic calcium activates phosphorylase A and myosin ATPase, inhibits

troponin and uncouples oxidative phosphorylation from electron transport. There is, therefore, an acceleration of heat, water, carbon dioxide and lactic acid production and of oxygen consumption. ATP production falls while ATP hydrolysis rises. First creatine phosphate and then ATP levels in the muscle decline so that insufficient substrate remains for membrane ATPase. Therefore, potassium, magnesium and phosphorus tend to flow out of muscle cells, while sodium and calcium, because their natural concentration gradients are in the opposite direction, leak into the muscle cells.

Outside of anaesthesia several different types of reactions occur.

1. The patient may suffer from continuous chronic fatigue, migratory muscle aches, pains, spasm and/or cramps which are worse after exercise and when fatigued and which are associated with a subjective sense of muscle weakness, severe headaches (probably pain in the frontalis muscle), insomnia, night sweats and excessive skin flushing. Cognitive powers may be significantly reduced. Rarely chronic low grade fevers may occur. These symptoms are usually, but not always, worse in cold weather and are often relieved by going to a warm climate. Some relief may be, but is not always, obtained by dantrolene medication. Between 100 and 600 mg per day is usually required. These reactions may begin spontaneously or they may be triggered by infections, strenuous exercise, muscle trauma or severe emotional stress.
2. The patient may experience episodic bouts similar, but more intense, than those described above. Myoglobin may appear in the urine. Between bouts the individual feels well. Recovery is nearly always hastened by large doses of dantrolene and complete bedrest. Failure to adhere to these remedies may result in the condition becoming chronic.
3. In winter, after a bout of shivering, a previously well person may suddenly develop acute generalized muscle pain with objective muscle weakness, myoglobinuria, scant urine and rapidly rising BUNs and serum creatinines. Renal dialysis for about six weeks is usually necessary.
4. In very hot summer weather a sudden heat stroke-like reaction may occur in a previously well person. The individual's behaviour rapidly becomes disorientated. After a few minutes staggering and then a complete collapse into coma, profound muscle rigidity and convulsions occurs. On arrival in the hospital, a high fever is present and the laboratory abnormalities are similar to those described for an anaesthetic induced reaction. Total organ failure and death often occurs.

Known or suspected MHS patients can be safely anaesthetized with a desired combination of nitrous oxide, barbiturates, narcotics, tranquillizers or local anaesthetics (without epinephrine).

Prior to a reaction, a susceptible individual may exhibit a number of minor skeletal and cardiac muscle anomalies, for example, excessive muscularity, joint hypermobility, skeletal mitral valve prolapse, cardiomyopathy and conduction abnormalities. Platelet aggregation may be moderately impaired and red cell membranes may be slightly more vulnerable to haemolysis than normal. In lymphocytes calcium release from storage sites into the cytoplasm is greater than normal in the presence of halothane. In NMR of an arm during exercise reveals in the skeletal muscle a greater than normal fall in the phosphocreatine and the pH.

Certain diagnosis of the trait can be made by detection, in isolated, skeletal muscle fascicles, isometrically mounted in Krebs Ringer solution at pH 7.4 and 37°C and electrically stimulated once every 5 seconds, for 2 milliseconds at supramaximal twitch tension and approximately 2 grams resting tension, of greater than normal contractures in the presence of 1 or 3% halothane (normal ≤ 0.3 grams for 1% halothane and ≤ 0.7 grams for 3% halothane), of lower than normal doses of caffeine required to raise the resting tension of the muscle by 1.0 gram either in the absence of halothane (normal ≥ 4.0 mM) or in the presence of 1.0% halothane (normal ≥ 4.0 mM). Alternatively the amplitude of contracture may be measured at a dose of 2.0 mM of caffeine (normal ≤ 0.2 grams).

A complementary test to the above is the skinned fibre test. In this test the sarcolemma, transverse tubules and mitochondria (leaving only sarcoplasmic reticulum and contractile elements) are chemically skinned away by soaking muscle fascicles in glycerol and EGTA. Then single fibres are isometrically mounted and maximal dose of caffeine is given to drain all the calcium out of the sarcoplasmic reticulum. Then a fixed amount of calcium is readded to the sarcoplasmic reticulum. Then incremental doses of caffeine are readded and the resulting contractures measured after each dose. The dose required to produce a threshold contracture is calculated (normal ≥ 3.0 mM).

Finally microscopy should be performed to rule out any myopathy which may be associated with malignant hyperthermia (central core disease, muscular dystrophy, myotonic dystrophy and myotonia congenita) and any myopathy not associated with malignant hyperthermia (but causing muscle pain), for example polymyositis, McArdle's disease phosphofructokinase deficiency and carnitine transferase deficiency.

Treatment of acute anaesthetic or heat stroke-like reactions consists of discontinuation of triggering agents; hyperventilation with oxygen; external and, if necessary, internal cooling, and administration of dantrolene sodium, and as indicated, verapamil, procainamide, propranolol, sodium bicarbonate, chlorpromazine, furosemide, mannitol, insulin and/or potassium chloride. If acute renal failure develops renal dialysis may be necessary.

Treatment of chronic nonanaesthetic muscle pain and chronic fatigue states consists of liberal use of dantrolene. Sometimes Sibelium and/or Imitrex may be additionally necessary for the headaches and sertraline for the chronic fatigue. The patients are advised not to engage in prolonged and strenuous physical exercise, particularly not in hot weather. They should avoid shivering in the winter. During severe and acute episodes they should stay in bed. As much as possible they ought to try to avoid infections, and severe emotional stress.



THE GOLDEN YEARS

Many of us are either approaching the "Golden Years" or are already enjoying this segment of the circle of life. Remember the good old days when our energies were spent on taking care of our children, or not so long ago, picking up our grandchildren and placing a kiss upon their cheek. We all have fond memories that are so precious to us and are shared with others as we "sit around in our rocking chairs". But not so! We do share these memories, but DO NOT sit around in rocking chairs.

As we continue on our journey through life, our strengths do change and many of us face difficulties maintaining the activities of daily living. As we look around, we can always see someone who has a greater challenge than ourselves. Like the three year old who is confined to a wheelchair or the ten year old who can neither hear nor speak.

*March has been designated as
DISABILITY AWARENESS MONTH.*

Did you know:

-there are varying degrees of impairment, from mobility to hearing impaired, to suffering from arthritis, which on some days causes extreme pain which interferes with daily activities

-disabilities need not mean that you are disabled but just a little more challenged

-the Health Care system is changing so that our loved ones are kept at home as long as possible.

These are just a few facts to peak your interest. To hear more, we invite YOU to join us at the Elders Lodge, March 16, at 2 p.m. Kelly's Home Health will have a display of "helping aids" that is available for anyone who may be having difficulty in their activities of daily living.

SEE YOU ALL THERE



NON-INSURED HEALTH SERVICES UPDATE

On January 3, 1995, the Vision Care program in Ontario was centralized to the *Prior Approval Centre* in Nepean.

The Prior Approval Centre operators will assist providers delivering services to Indian and Inuit clients in determining client eligibility, benefit eligibility, frequency history and in securing approval for services requiring prior approval by Medical Services Branch. The operators in the Prior Approval Centre will have computerized "on-line" access to client verification and historical information.

This *new* system will ensure quick services to you and fast payment to the provider. These changes will save you time as you will not need to visit the Health Centre to obtain forms and approvals. The approval process will be handled by the provider and the staff at the "*Prior Approval Centre*".

HEALTH INSURANCE COVERAGE "Out-of-Country"

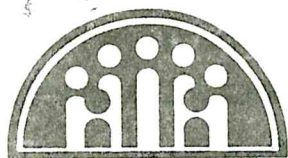
If you have a valid Ontario Health Insurance Plan (OHIP) card, you are entitled to certain limited benefits when outside Canada. When planning a trip outside Canada, ensure you have all the facts about your health coverage first -- and get extra health insurance before you leave. It is important that everyone leaving the Country purchases private supplemental health insurance, whether it is for one day, a week or several months.

Hospital and medical treatment obtained out-of-country is *NOT* a non-insured health benefit.

MEDICAL SUPPLIES AND EQUIPMENT

On March 6, 1995, payment for medical supplies and equipment through the NIHS program, will become part of the Ontario Blue Cross contract. The procedures will be similar to the Drug and Dental programs which are currently paid by Ontario Blue Cross.

How you obtain the item that your doctor, physiotherapist, etc., prescribes will be similar to the procedure you currently follow when you need a prescription drug. As of March 6, 1995, you will not need to go to the Health Centre to complete the forms. The provider will be given a copy of Medical Services Branch, Ontario Region's Medical Supplies and Equipment listing. In turn, they will have forms to complete and mail to Ontario Blue Cross for payment. They will have access to a "Toll-Free" number at Ontario Blue Cross to assist them with eligibility information and client verification. In the event that the item you need requires prior approval by Medical Services Branch, the provider will call the "Prior Approval Centre" through a toll-free number. The "Prior Approval Centre" is located in the Medical Services Branch regional office in Nepean. This is the same place where your pharmacy calls when a prescription drug requires prior approval.



THAYENDANEGE
HEALTH
CENTRE

ADVANCE NOTICE
SPRING '95

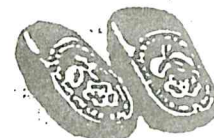
PRE-NATAL CLASSES

The Thayendanege Health Centre will be offering a 6 week prenatal program for interested prenatal parents this Spring. The classes will begin April 11 until May 17/95.

If you are interested or know anyone who might be, please call the Health Centre at 967-3603 and ask for the Community Health Nurses. We look forward to meeting all the potential new mothers in the Mohawk Territory!!

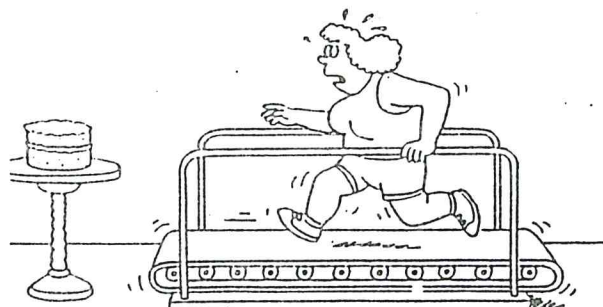


MOCCASIN TRAIL NEWS



AH SPRING! -almost! But there will be rainy days, and unfavourable weather before the flowers bloom. Don't let nasty weather be your excuse for not moving a little more, a little more often. Visit the Health Centre on March 13th to see the alternative to "walkin' in the rain", or any other time for that matter! A demonstration model of a self-activated Power Walker Treadmill will be available for anyone wishing to see it in action or to try out.

THE TREADMILL WILL ALSO BE ON DISPLAY AT THE NEXT MILEAGE DAY



MEMORY RESEARCH PROJECT

The Tyendinaga Mohawk Council has agreed to participate in a study to investigate memory problems in the aged. The project is being conducted by Dr. Andrew Hackett from Queens University in Kingston.

A study done in another Native Community in Northern Manitoba suggests that there is a lower number of certain types of memory problems than in Non Native communities.

The research shall consist of interviewing those Band members who are of Native heritage and are over the age of 65. They would participate by answering a questionnaire with an interviewer from the Thayendanega Health Centre Staff. This will take about 45 minutes and could be done in your home.

If these findings support the previous research, it could have a significant importance to the future treatment and prevention of memory problems.

All information which will be obtained is confidential and will only be used for data within this study. Your voluntary participation will be greatly appreciated.

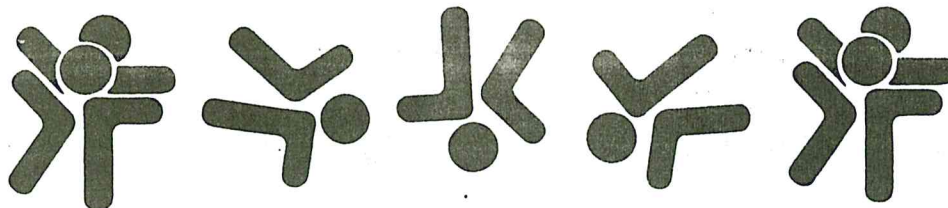
If you would like any further information please contact the Community Health Nurses, Helen Breadman or Brenda Asselstine at the Health Centre 967-3603.

TYENDINAGA SCHOOLAGE PROGRAM

COREY BARNHARDT

WAS THE WINNER OF THE
VALENTINE DRAW

(A box of Chocolate Covered Almonds donated by Greg Loft)



Resource Sheet #17

HOME ALONE

For Parents

Deciding when your child is old enough to be left home alone is very individual and not a decision parents make easily. In many areas it is illegal to leave a child unattended for even one to two hours prior to his/her 10th birthday, and to be responsible for a younger sibling the child needs to be over 12 years of age. Research has shown that in the early school years, children have feelings of isolation, fear and boredom when left alone. They are also at risk of accidents or sexual victimization. The older child, however, may develop positive feelings of independence and competence when properly prepared for staying alone for short periods of time.

Here are a few suggestions to consider before your child is ready to be left alone:

- Does your child know her/his full name, address, and phone number, including area code?
- Does your child know what number to call in case of an emergency? Are these numbers taped by the phone?
- Is he/she ready to wear the key discreetly out of sight and understand never to loan it to anyone?
- Does your child need to know how to use public transportation or does he/she

know what to do if someone other than you is picking him/her up?

- Does your child know how to answer the telephone when you are away, without revealing he/she is alone? "My mom's in the yard" or "My dad is busy now and will call you back."
- Can your child phone you or a neighbour to report they have arrived home safely?
- Does your child know never to

answer the door to a stranger? He/she could call the neighbour or police if the person at the door doesn't take "no" for an answer.

- Does your child know never go to someone else's house without your permission?
- Does she/he know where to find and use the household fire extinguisher?
- Does she/he know how to find and use the first aid kit?

Assuming you can answer "yes" to all of the above questions there are a few additional points to consider:

- Check that the furnace, hot water heater and major appliances are in good working order.
- Lock all medications to avoid accidental poisonings.

- Label and put out of reach all household cleaners and chemicals.
- Provide the phone number of yourself or a parent substitute so your child can seek help or reassurance at any

time.

- Talk with your child daily about his/her feelings about coming into the house alone and staying alone.

For Kids

Being responsible for yourself is "adult business" but you do not need to have all the answers. Even adults ask for advice and help when they need it!

What Can You Do?

- Practice arriving home alone when there is an adult in the house.
- Go straight home.
- Unlock the door.
- Turn on the lights.
- Lock the door behind you.
- Phone your parent or neighbour

to say you are home.

- Read the note your parent left you, or make your own list of activities and choose what you will do while you are waiting for your family to arrive home.
- Talk to your parents about how you feel with these new responsibilities.

- Ask your parents to help you find a book to read such as "On Your Own" or other activities to help you practice being responsible for yourself.
- Register for a First Aid course.
- Learn how to use a fire extinguisher.

Additional Resources

Alone at Home, Helen Forrester, Chivers, Bath, England 1985.

A Handbook for Latch Key Children and Their Parents, Lynette and Thomas Long, Fitzhenry and Whiteside Ltd., Canada, 1983

On Your Own, Sask. Safety Council, 1989, distributed by the Canadian Institute of Child Health, Ottawa, Ontario

The Official Kids Survival Kit, How to Do Things on Your Own, Elaine Chaback and Pat Fortune, Little Brown, Boston, 1981

Safe Not Sorry: A Guide to Preventing Children's Injuries, CICH, Ottawa, Ontario

Alone at Home, Film, Alfred Higgens Production, 1983, 17 min. color, for children and parents. Toronto Public Library

Home Alone, You're In Charge, Film, 1985, 19 min. for younger schoolage children. Bill Crane, producer. Ottawa Public Library.

In Charge at Home, Film, 1986, 21 min. For children up to grade 8. Can be shown to a larger group. Portrays several families. Toronto Public Library. Film Fare Inc. Dist. - Marlin Motion Picture's, (416) 890-1500.

This Resource Sheet was submitted by Betty Morris, Canadian Institute of Child Health

This Resource Sheet may be photocopied and/or material may be inserted in other publications if credit is given and a copy forwarded to the Canadian Child Day Care Federation, 120 Holland Ave., Suite 401, Ottawa, Ont., K1Y 0X6, (613) 729-5289; FAX (613) 729-3159.

TYENDINAGAS' MIDGET - LITTLE NHL '95 TEAM

The following young men are travelling to North Bay for the 24th Little NHL Tournament on March 12 - 15th. This annual tourney is being hosted by Nipissing First Nation.

Craig Fuller
J.R. Green
Jon Sero
Ben Green
Justin Shakell

Clint Brant
Mark Brinklow
Jeremy Green
Chris Claus
Kevin Smart

Brian Brant
Will Claus
D.J. Maracle
Joey Brant
Jason May

The parents/players would like to thank the community members who have helped sponsor and support our efforts from our fundraising - Spaghetti Supper to the 50/50 draw (drawn Sat. March 4th at the CKWE Radio Station).

Anishinabek News

February 1995

Anishinabek Sports

Nipissing First Nation hosting

24th Little NHL tourney

By Bob Goulais

"Let the games begin!"

As that very phrase was shouted in the 24 National Hockey League rinks across North America, at least 50 more Anishinabe and Haudasaunee teams were hard at work preparing for the 24th Little NHL Tournament slated for March 12-15 in North Bay. The host for this year's tournament will be Nipissing First Nation.

At this point, 50 teams have confirmed their participation in this annual event, that will total as many as 60 teams by game day.

"Right now we have 50 teams who have confirmed their participation," said Patrick Stevens, tournament committee member and spokesperson.

"We will have six teams in each division."

Teams from the Tyke, Novice, Atom, Pee Wee, Bantam, and Midget divisions, will compete for trophies and prizes. The ages of the participants will range from six to 17 years of age. And for the first time in its history, the Little NHL tournament will have a girls division, pending interest. To date Nipissing is the only First

Little NHL Defending Champions

Tyke

'A' Division Garden River

'B' Division West Bay

Novice

'A' Division Garden River

'B' Division Moraviantown

Atom

'A' Division Kettle Point

'B' Division Batchewana

Pee-Wee

'A' Division Walpole Island

'B' Division Ginoogaming

Bantam

'A' Division Walpole Island

'B' Division Wikwemikong

Midget

'A' Division Batchewana

'B' Division Nipissing

Nation to field a girls team.

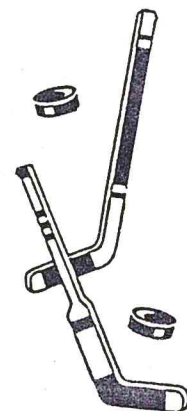
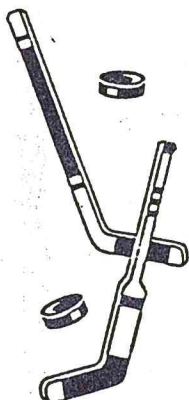
Nipissing First Nation Chief Margaret Penasse-Mayer is really excited about the upcoming tournament and was a big part in bringing the 24th annual Little NHL here. Chief Penasse also hopes that this tournament will reflect the original mandate of the Little NHL.

"We had a meeting with the committee with the intention of bringing the Little NHL back to the original state of friendship and fun," said Chief Penasse. She stated that these qualities are much more important than seeing who's best, and always focusing on competition.

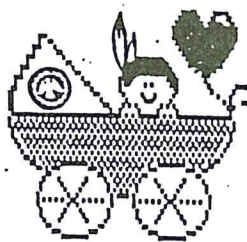
We're excited to have it here

in Nipissing in conjunction with our neighbors in North Bay," said Chief Penasse-Mayer. "This should be a really big event." Margaret's sons Ron, Craig, and Justin are all former and future participants in the tournament.

The tournament venues include the West Ferris Arena, the Pete Palangio Arenas, and for the opening ceremonies, and the Championship Finals will be held at the North Bay Memorial Gardens, home of the OHL Champion North Bay Centennials. A concert featuring Juno Award winner Lawrence Martin will also be part of the festivities for the week, playing at the North Bay Arts Centre, March 14.



*Its
a Boy!*



Congratulations!

D.J. Maracle and Joe Lucas are thrilled to announce the birth of their first child.

MARCUS ROBERT JAMES MARACLE-LUCAS

BORN: FEB. 4

WEIGHT: 8 lbs. 5 1/2 oz.

Belleville General Hospital

Proud Grandparents:

Ivy & Don Maracle of Tyendinaga

Chuck & Diane Lucas of Napanee

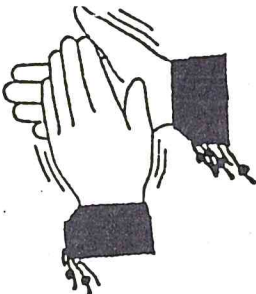
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I would like to take this opportunity to thank our fire department, police and all the people who assisted me when I did the lousy job of parking my van. A speacial thanks to my brother who didn't leave my side.

NIA:WEN KOWA

Shelley Brinklow

Congratulations!!!



Todd Maracle
on your perfect 10 pin game
on Dec. 22/ 94 at Loyalist Lanes
in Napanee.

Love Mom

**Happy 25th
Anniversary!**



Mom & Dad

**Richard & Jean
March 21**

**Love Jeremy, Jamie
& Family**



Happy Belated Birthday!

**Aunt Silvia
Feb. 23**

Happy Belated Birthday!

**Uncle Terry
Feb. 26**



Happy Belated Birthday!

**Heather Green
Feb. 27**

Happy 17th Birthday!

**Sarah
March 6**



Happy Belated Birthday

**Aunt Linda
Feb. 27**

**Love from Mom, Joe, Ang, Nikki
& Justice**

Love from the Family



Interfaith Pilgrimage for Peace and Life 1995: On Turtle Island

Plymouth, MA - ^EDestronto, Canada - United Nations, NY

- In commemoration of the 50th anniversary of -
the End of World War II

Sponsored by Nipponzan Myohoji, Buddhist Religious Order

Civilization is neither to have electric lights, nor airplanes, nor to produce nuclear bombs.
Civilization is not to kill human beings, not to destroy things, not to make war; civilization is
to hold mutual affection and to respect each other.

- Most Venerable Nichidatsu Fujii, the founder of Nipponzan Myohoji

Na-mu-myo-ho-ren-ge-kyo

1995 marks 50 years since the atomic bombs fell upon Hiroshima and Nagasaki, Japan and the World War II ended. To commemorate this anniversary, peace walks are taking place around the world to offer prayers for peace for the past, the present, and the future in light of non-violence.

One such walk, the "Interfaith Pilgrimage for Peace and Life 1995," will embark from Auschwitz and proceeded through Eastern Europe, the Middle East, India, Southeast Asia and Japan. The aims of the pilgrimage are :

- (1) to offer prayers for victims of all war
- (2) to acknowledge and deeply reflect on military invasions and tragedies of World War II
- (3) to encourage civilian organizations to exercise more voluntary helps for world peace
- (4) to learn from history and pledge to abide non-violence with self-discipline and purification

In solidarity with this pilgrimage, we are walking on the Turtle Island - USA and Canada - carrying the same spirit for peace.

Why Walk from Plymouth to NY?

There are strong historical connections in the area. Plymouth, Massachusetts is known as the first arrival port of pilgrims and other European settlers from which a blatant genocide of native peoples had began. Enola Gay, the military plane that carried atomic bomb mission, was based on Plymouth, MA. "Bretonwoods Conference," held immediately after the war to discuss war compensation, took place in Bretonwoods, New Hampshire. The route of the walk thus allows us observe many World War II events along the way.

The Walk ends at the United Nations to support the "International Citizens' Assembly to Stop the Spread of Weapons," organized by non-government and citizens groups on April 20-21, 1995. This event will be a people's response to the UN conference on the Non-Proliferation Treaty (NPT), also taking place in April, 1995. The International Citizen's Assembly seeks to "convey our message to the UN and to all the governing bodies of the world that "non-proliferation means disarmament," the concept embodied in Article VI of the Non-Proliferation Treaty." (For more information, contact Int'l Citizens Assembly, 866 UN. Plaza, Rm 4053 New York, NY 10017, USA: Tel:+1-212-750-5795, Fax: +1-212-750-5849)

Teaching of Peace in Turtle Island

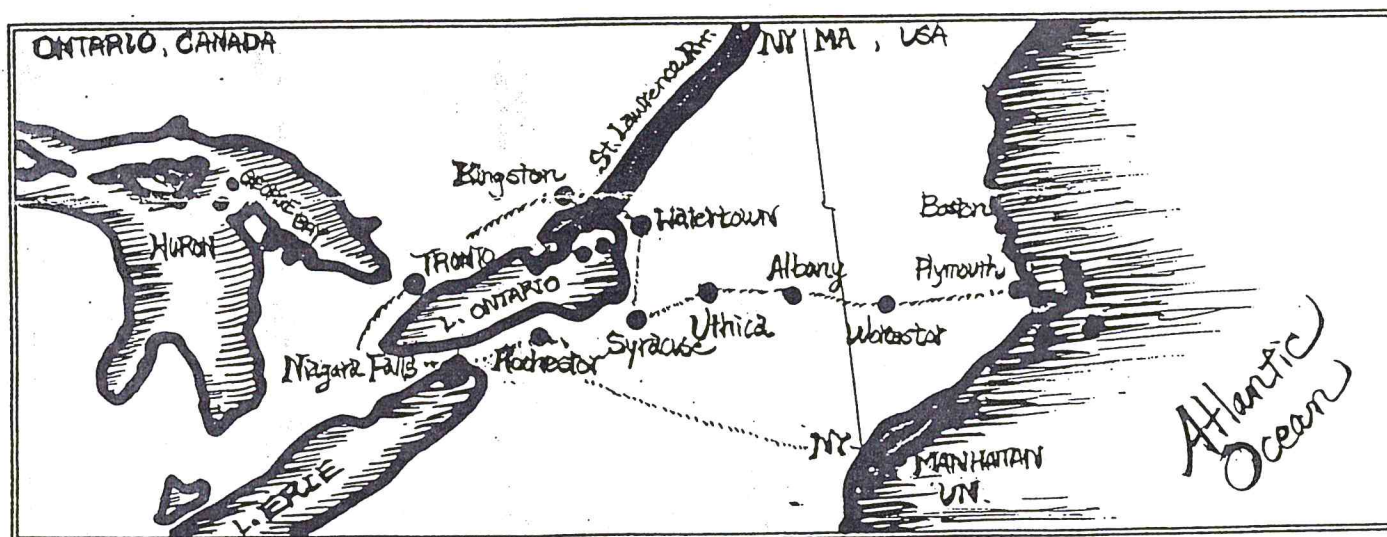
Teaching peace is not new, especially on Turtle Island, the continent of America. Peoples of Six Nations (Cayuga, Mohawk, Oneida, Onondaga, Seneca, and Tuscarora) of the East coast have carried their teachings of peace for over thousand years. Chief Haudenosaunee, or Peace Maker, told his vision to people: bury all weapons in the ground and plant a tree of peace above them. This was an effort to transform the hatred of war and killing into the love of peace.

It is time to have a new contemporary understanding of this teaching. Bombs were used in the war and have been exploded in numerous places on our mother earth. We must hear her cry and heal the wounds, for our survival depends upon it. We walk, therefore, to the birthplace of Peace maker, in Destronto, Canada, and around Lake Ontario where he traveled, seeking to bring his wisdom into the present.

Rough Itinerary of Interfaith Pilgrimage on Turtle Island

February 10	Plymouth, MA	March 20	Toronto, Canada
	Mansfield, MA	March 25	Niagara Falls, Canada (Tuscarora Nation)
February 14	Worcester, MA	March 29	Rochester, NY
February 16	Leverett Peace Pagoda, MA	April 6	Ithaca, NY
	Pittsfield, MA	April 10	Oneonta, NY
February 22	Grafton, NY	April 14	Sangerties, NY
	Schenectady, NY	April 16	West of Pouhkeepsie
February 26	Amsterdam, NY	April 19	Englewood
	(Mohawk Nation)	April 20-21	UN. , NYC, NY
	Utica, NY		
March 4	Onondaga Nation		
March 6	Syracuse, NY		
March 9	Watertown, NY		
March 12	Kingston, Canada	March 12 - Odessa	
March 13	Destronto, Canada (The birth place of Chief Peace Maker)		

<< ROUTE MAP >>



Contact:

Jun Yasuda
Nipponzan Myohoji
Grafton Peace Pagoda
Rd.1., Box 308 A, Petersburg, NY 12138

Tel: +1-518-658-9301

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I I V I

Native Writers and Artists

The Native Mens Residence of Toronto (Na-Me-Res), is now accepting submissions for publication in our second anthology of new Native writers. Our first book "Steal My Rage" is being published by Douglas and McIntyre and will be released this coming spring. We are now in the process of gathering new work by Native writers, and we also have need of black and white line art to accompany some works. Submissions of poetry, short stories, articles, prayers, songs etc. are now being accepted for consideration.

- * FIRST TIME WRITERS WELCOME.
- * ALL WORKS WILL BE CONSIDERED.
- * OPEN TO ALL AGES, ALL PEOPLE OF NATIVE ANCESTRY
- * ALL INQUIRIES, SUBMISSIONS WILL BE ACKNOWLEDGED

Please keep a copy of all submissions, as we cannot be held responsible for any loss of works, and be sure to include an author biography along with an address and phone number where you may be reached. Those presently institutionalized, please provide a second address (home or relative) where you may be contacted .

Deadline for submissions is April 30th, 1995.

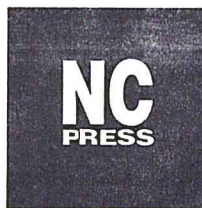
The anthology is part of the Native Writers Development Project hosted by Na-Me-Res, and is designed to encourage and assist all Native people that are interested in pursuing a career as a writer or journalist, and to help potential writers overcome the obstacles often encountered in getting published. Preference *may* be given to works that elicit pride of culture, identity, and heritage, and those that are suitable for use in a school curriculum or library.

It is an excellent opportunity to help explain to the non-native communities who we are as a people, our values, experiences, beliefs and concerns. Short stories and articles should not exceed 3000 words. Suggestions, comments, letters of support are welcome.

Please direct all inquiries, submissions to:

Joel Maki
Na-Me-Res
14 Vaughan Rd.
Toronto, Ontario
M6G 2N1

(416) 652-0334



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EATING BITTERNESS

A VISION BEYOND THE PRISON WALLS

Poems and Essays of
ARTHUR SOLOMON

For over thirty years, Art Solomon, an Anishnabe spiritual teacher, has been carrying the message of Native spirituality to his brothers and sisters behind prison walls. His work there has been a critical element of the spiritual renewal which is spreading throughout the traditional nations of North America. His new book, *Eating Bitterness*, embodies the history of the First Nations since the beginnings of colonization, a history which has left many Native people in poverty and in prison. *Eating Bitterness* shows how people of the First Nations can eat their bitter history, using the lessons Art's poems and essays provide, while relieving themselves of the toxic remnants.

Eating Bitterness is set in the context of the ecumenical dialogue in which Art Solomon has been engaged over the last four decades, and which has taken him to every continent on the globe. Wherever people have been able to open themselves to the traditional Anishnabe teachings, Art's voice has been heard. Yet, he speaks not so much with anger as with the righteous indignation of one who has spent too much time face to face with the oppression of his people. As he often says, "If there is no justice, there will be no peace on Earth".

Art Solomon is also author of *Songs for the People: Teachings on the Natural Way*, another book of poems and essays in which "Art sings the songs of his own searching and struggling...He helps his own people to understand themselves and to find direction in an increasingly complex world." -*Archbishop Edward W. Scott, Former Primate, The Anglican Church of Canada*. Presently, Art lives with his wife Eva on the French River, a few miles from the Northern village of Killarney where they were both born. They are strengthened by the love and support of their ten children.

ISBN 1-55021-084-X, 152 pages, paper, \$14.95

Media, please contact Celia Stroh (905) 731-8792, Fax (905) 731-7287



Spring Fling



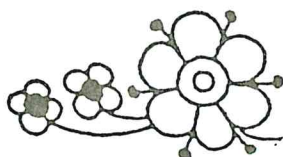
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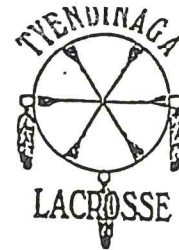
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BANTAM

1981 - 1982

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1979 - 1980

INTERMEDIATE

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Phone: (905) 846-4117

SNO-BALL TOURNAMENT RESULTS

A DIVISION

1ST. PLACE - Murray Maracle's Team

2ND. PLACE - Lori Maracle's Team

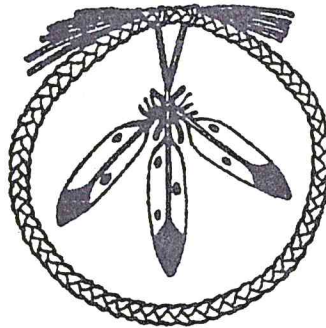
B DIVISIOM

1ST. PLACE - Ron Maracle's Team

2ND. PLACE - Sally Lloyd's Team

Thanks to all the teams that came out and made for a fun tournament, hope to see you all next year.

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tentatively scheduled for

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at Holiday Inn in Kingston

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Banquet at 12:30

Mohawk Community Centre

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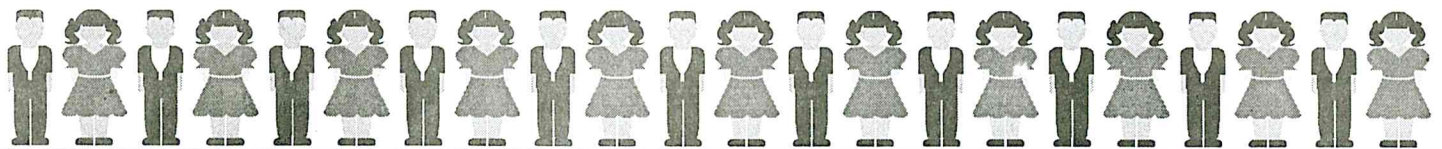
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* NOTICE *

Anyone having or missing any dishes from the luncheon that was provided after the Funeral for Neil. Please contact Mrs. Eileen Brant at 969-0886

Again, Thank You to all who helped.

The Brant Family

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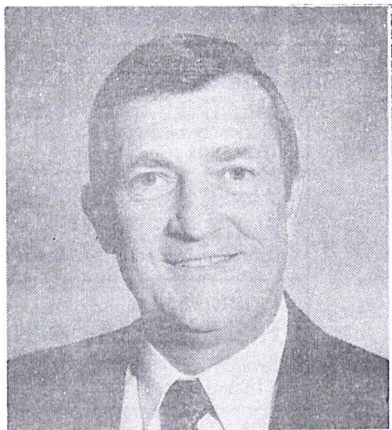
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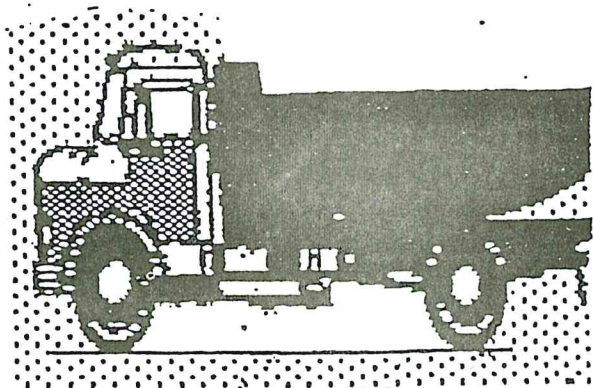
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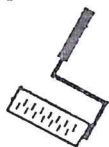
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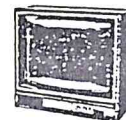
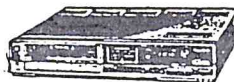
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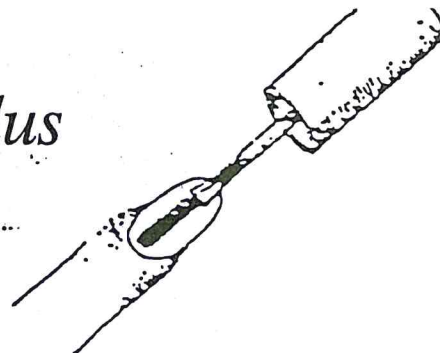
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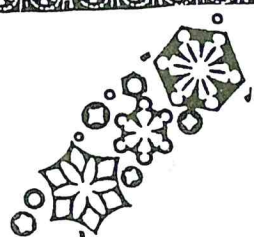
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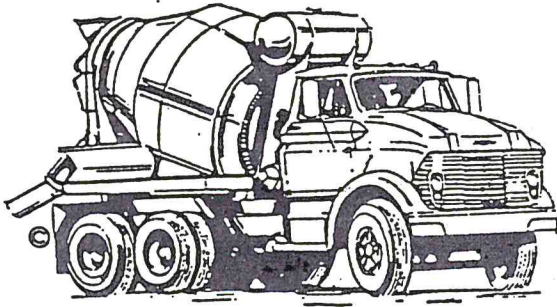
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