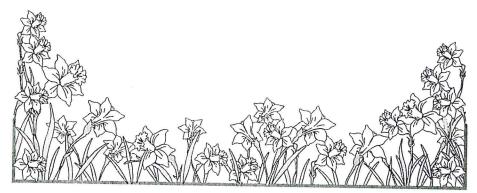


# TYENDINAGA NEWSLETTER

Spring 1s Here!



Onerahtokko:wa (May) ISSUE 5/96

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Scavenger Hunt

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20 - 23

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### MOHAWKS OF THE BAY OF QUINTE

R.R. #1, Tyendinaga Mohawk Territory, Ontario KOK 1XO

Phone: (613) 396-3424

Fax: (613) 396-3627

### THANK YOU

On behalf of the Tyendinaga Mohawk Council I would like to thank the following individuals for their dedication in completing the three R-2000 homes located at the Community's newest housing development "Huron Brant Drive North":

Dan Maracle - Foreman

Rick Brant

Mark Bernhardt

Ed Barnhardt

Brian Brant (Painter)

Eric Maracle

Denny Brant

Todd Maracle

Mike Mineric

Dolores Middleton (Painter)

In addition these men persevered, usually working outside, during one of the coldest and longest winters in memory. With the added cooperation of the following sub-contractors and suppliers the homes were ready and the Open-House was an overwhelming success:

Build-All Construction

Burnett's Plumbing

Harold Maracle & Associates

Sam Barnhardt - Railings

Luke Veltman Masonry

Joe Maracle Roofing

Adrian Weldon Drywall

De La Fontain - Trim & Supplies

A & B Precast

Daycore Windows & Doors

Orville Green

Doug & Kim Marshall

Magnus Construction

Tom Northardt

Steve Maracle

B & J Pole Line

Centra Gas

D & L Thomas Flooring

Canac Kitchens

McMurters Home Centre

Ivan Hill Roofing

Tyendinaga Home Improvements

Cashway Trusses

Southern Supplies

John's Concrete Finishing

Quinte Mobile Concrete

Ainley & Associates

Roads Department

Carl Ted Maracle

Last but not least a special thanks to Senior Eva Maracle and Susan Clinesmith, Manager R-2000 Program, for participating in our Ribbon Cutting Ceremony and Open House.

Sincerely,

R. Donald Maracle

Drald much

Chief

### OPEN HOUSE DOOR PRIZE WINNERS

1. Eric Maracle Air Guard Car

Air Guard Carbon Monoxide Alarm

Pat Brant

Smoke Alarm

3. Gloria Brant

Measuring Tape

4. Jake DeWal

Measuring Tape

5. Mike Mineric

Ratchet Set

6. Tina Brant

Tool Set

Prizes graciously donated by McMurters Home Centre and Nedco Supplies.



### MOHAWKS OF THE BAY OF QUINTE

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

### HOUSING LOAN ALLOCATIONS

The Tyendinaga Mohawk Council is pleased to announce that a record 16 mortgage allocations have been approved for the upcoming 1996 building season.

Congratulations, and the best of luck to the following with their new home construction:

1. Tracey Gazley

2. Sharon Crowder

3. Philip & Dora Kring

4. Judy & Ken Loft

5. Repold P. Morsel

Ronald P. Maracle

Greg N. Brant
 Brian K. Maracle

8. Sherry Hill & Russell Loft

9. Cory Doreen

10. Marlon Maracle

11. Tammy C. Green

12. Jeff D. Brant

13. Cheryl Brant & Stephen Green

14. Austin & Kathryn Fuller

15. William L. Lewis

16. Jim & Kelly McMurter

The Tyendinaga Mohawk Council would like to thank those who took the time to submit an application and encourage those not selected to reapply after January 1, 1997 for the 1997 building season selections.

If any additional information or clarification is required, please call the Housing Department at 396-3424.

Month End Stats
MARCH 1996

Month End Stats

AFRIL 1996

ACTUAL NUMBER

ACTUAL MUMO

	ACTUAL NON
PROVINCIAL OFFENCES	PROVINCIAL OFFENCES
Highway Traffic Act	Highway Traffic Act
Lignor Licence Act 1	Liquor Licence Act
Compulsory Automobile Ensurance Act	Correlators Automobile -
CRIMINAL OFFENCES	Compulsory Automobile Insurance Act
	CRIMINAL OFFENCES
Assault	Assault
Saxual Assault 1	Sexual Assault
Break and Enser 1	Break and Enter
Thefts 10	Thefus
Possession of Stolen Property 0	Possession of Scolen Property
Impaired & Over 30 1	impaired & Gver 80
Weapons Cffences 0	Weapons Offeces
Fraud 1	Fraud
Mischief/Vandalism 5	Mischief/Vandalism
Narcotics 1	Narcotics
Other Criminal Code 7	Other Criminal Code
GENERAL INCIDENTS	GENERAL INCIDENTS
Intrusion Alaras 4	Intrusion Aleras
Motor Vehicle Accidents0	Motor Vehicle Accidents
Animal Complaints1	Animal Complaints
12 Hour Suspensions	12 Hour Suspensions
Domestics - Non Criminal Code4	Domestics - Non Criminal Code
Missing/Lost or Overdue Persons0	Missing/Lost or Overdue Persons
Assist Other Police Services	Assist Other Police Services
Other Provincial Stats1	Gther Provincial Stats
Other Federal Stats4	Other Federal Stats
TOTAL NUMBER OF OCCURRENCES	TOTAL NUMBER OF OCCURRENCES
09	





Special Thanks to the Mohawk Fire Dept. for their Assistance with the Special Olympics Fund Raising and the Following Contributors:

Shirleys Variety
Mrs. Herbs
Mohawk Firefighter Aux.
Arnie & Dorothy Brant
Laverne & Norma Maracle
Build All Contractors
Tyendinaga Computers
McMurters Home Centre

Deseronto I.G.A.
Chief & Council
Chief's Inn
York Rd. Restaurant
Mohawk Family Services
Mohawk Auto Body
Native Renaissance II
Semple's-Your Independent Grocer

Pat's Variety
Bayview Variety
B. & J. Pole Line
Larry's Auto
Wards Gas Bar
Village Variety



AND THANKS TO EVERYONE WHO STOPPED AND SUPPORTED!

### FROM THE OFFICE OF THE EMPLOYMENT CO-ORDINATOR

### JOINT APPRENTICESHIP COMMITTEE

The Mohawks of the Bay of Quinte is proposing to restart the J.A.C. for the Tyendinaga Territory, therefore we are asking for anyone interested in becoming a member of the Board to contact us.

The purpose of the Joint Apprenticeship Committee is to act as the sponsoring agency for apprentice's and oversee Apprenticeships on the Territory to ensure proper training is taking place.

The members are to consist of an equal number of Employee and Employer representatives.

For further information regarding the Joint Apprenticeship Committee or applying for membership, please contact Karen or Bev in the Employment Department of the Mohawk Administration Office at (613-396-3424).

### **QUINTE MOHAWK SCHOOL COMMITTEE MEMBER NEEDED**

The Quinte Mohawk School Committee is presently accepting applications to fill 2 vacant positions.

If you are interested please fill out a application available at the reception desk of the Administration office before FRIDAY, MAY 17/96 AT 4:30 P.M. to the attention of BILL BRANT.

# KANIEN'KEHA:KA OWEN:NA TSI IONTEWEIENSTA'HKWA (Tyendinaga Mohawk Language Learning Centre)

Is accepting applications for Summer Student Job Opportunities (pending funding) at the Immersion School.

Applicants must have Kanien'keha language skills.

applicant deadline: MAY 24, 1996

SEND YOUR RESUME TO: Kanien'keha:ka Owen:na Tsi Ionteweiensta'hkwa

P.O. Box 187, Wyman's Road

Tyendinaga Mohawk Territory, Ontario

**K0K 3A0** 

The Mohawks of the Bay of Quinte Employment Department is currently taking names of persons interested in Casino Training.

The Training will be provided by a Gaming Instructor at

First Nations Technical Institute

This training is dependent upon the availability of financial assistance and limited seats are available if funding is approved.

For more information or to have your name added to our list Please contact: Bev or Karen at the Administration Office 396-3424

### SUMMER CAMPS SUPERVISOR

The Summer Camps Supervisor will be responsible for the management of the Mohawk Immersion Camp, Cultural Awareness Day Camp and Subdivision / Shannonville Camp.

The Supervisor will be responsible for assisting with the interview process of students, maintaining time sheets, completing camp schedules, activities, etc.

Deadline for applications is Friday May 17, 1996 at 4:00 p.m.

For more information contact: Karen or Bev

. t t . . 1'1 s

Administration Office

396-3424

We are currently gathering information regarding a job finding club to be held here on the Territory.

If you wish to sign up or require further information please contact Bev or Karen Employment Department 396-3424



### **First Nations Air Service**

R.R. #1, Deseronto, Ontario K0K 1X0

### EMPLOYMENT OPPORTUNITY

### SECRETARY / RECEPTIONIST

(Full Time Position)

Under the direct supervision of the F.N.A.S. Executive Assistant, this person will be responsible for:

### **DUTIES:**

- + operation of telephone system
- + photocopying
- making reservations (hotels, travel, dining etc.)
- + sending & distributing fax messages
- + vehicle scheduling
- + maintaining Charter files
- > monitoring incoming & outgoing mail
- + maintaining Charter data base
- + other duties as assigned

### **ESSENTIAL QUALIFICATIONS:**

- + grade 12 or equivalent
- + previous office experience
- → proficient in WordPerfect & Lotus for Windows
- + working knowledge of a data base
- + interpersonal communication skills
- + excellent organizational skills
- → must have the ability to maintain confidentiality
- + must have a professional attitude and telephone manner
- must be a team player

### **DESIRABLE QUALIFICATIONS:**

- + versatility
- + enthusiastic
- + proof reading abilities

\*\*NOTE: A WordPerfect/Lotus test may be required to determine proficiency level.

### **Application Submissions:**

Please forward a letter of application and a resume including a minimum of three references no later than 12:00 noon - Wednesday, May 15, 1996 to:

Eileen Hill, Personnel Manager First Nations Technical Institute R.R. # 1, Deseronto, Ontario K0K 1X0

First Nations Air Service would like to thank all applicants for their interest in employment, however, only those selected for an interview will be contacted.

Fax: (613) 396-3761

### SUMMER RESEARCH OFFICER

Kagita Mikam is currently seeking 1 (one) Summer Research Officer preferably a post secondary student, to assist existing personnel in aspects of office administration and database collection and system entries, maintain manual files, assist and direct walk in clients and research labour market trends throughout catchment area.

The applicant must be:

A AN

- enrolled in post secondary institution
- able to work with minimal supervision
- aboriginal
- proficient in WordPerfect and lotus 123
- willing to work flexible hours as necessary

Employment to start May 21, 1996 at \$6.85 per hour based on a forty hour work week. Deadline for applications is May 13th at 4:00 p.m.

Please forward resume and cover letter to the Kagita Mikam Head office located on Highway 2 just West of Shannonville. Please call 962-3103 if you have any questions.

Mail or Deliver to:

Kagita Mikam

P.O. Box 235

Shannonville, Ontario

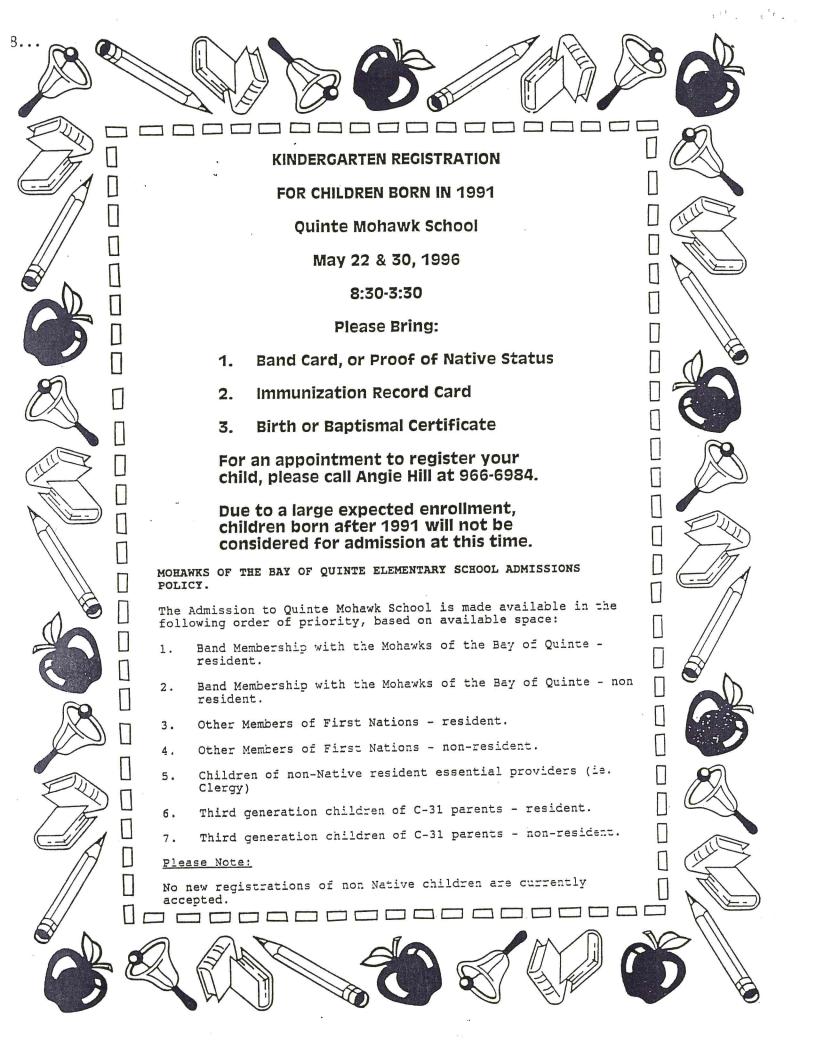
K0K 3A0

Fax:

(613) 962-6733

Tyendinaga Native Women's Association would like the 50/50 Draw Winner

ROGER PELLETIER OF WIKWEMIKONG





### RECYCLING/COMPOSTING

Sometime in June (date to be determined) the Environment Department will be holding a **distribution** and **information** day for Recycling Boxes and Composters.

### RECYCLER OF THE MONTH

The Environment Department has decided to award one person or business per month with a certificate titled <u>Recycler of the Month</u>. Willard Hill will be monitoring the recycling participation at the Landfill, from that he will make a decision on the monthly winner.

AND THE WINNER FOR THE MONTH OF APRIL IS:

MRS. HERB'S RESTAURANT

### RECYCLABLE MATERIALS

Here is a list of Recyclable Materials:

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

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

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

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

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

\*NOTE: PLEASE RINSE ALL THE CONTAINERS!

# ANNOUNCEMENTS FROM THE LANDFILL



### LANDFILL HOURS

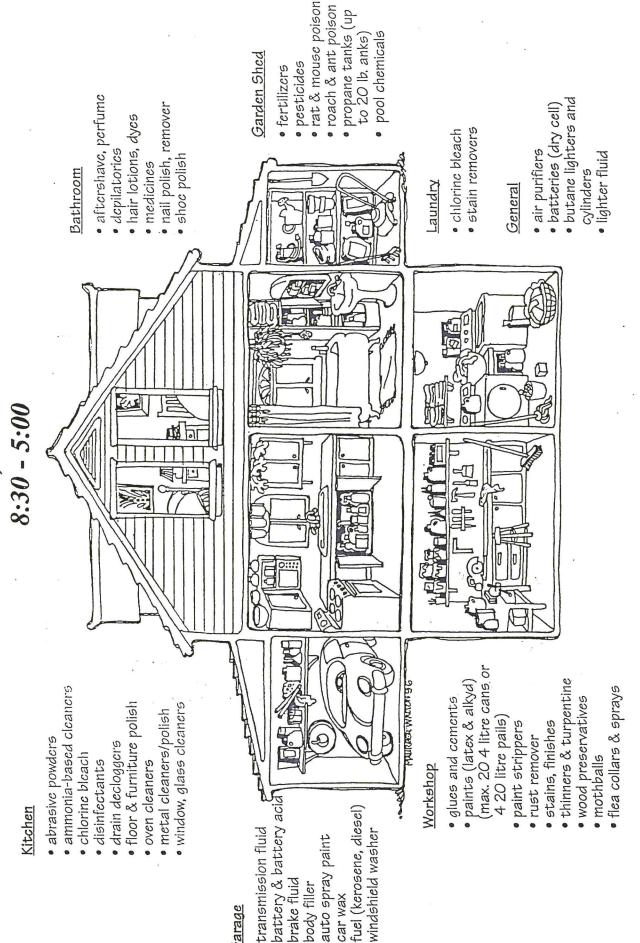
Monday - closed
Tuesday - 1:00PM - 5:00PM
Wednesday - closed
Thursday - 1:00PM - 5:00PM
Friday - closed
Saturday - 8:30AM - 5:00PM
Sunday - 9:00AM - 4:00PM

### HOUSEHOLD HAZARDOUS WASTE

The landfill now has a **Household Hazardous Waste Building**. The landfill has been collecting Household Hazardous Waste for many years, but now has a environmentally friendly depot for collection. We ask all people who contribute to the program to **label all containers** for paint (what type?), motor oil, transmission fluid, gear grease, anti-freeze, varsol, etc... **Do not rinse** these containers and they also **need tight fitting lids**. The building is sectioned off so please put your **containers in the appropriate section**.

# HOLD ON TO YOUR HOUSEHOLD HAZARDOUS WASTE & BRING IT TO THE DEPOT AT THE LANDFILL SITE

# SATURDAY, AUGUST 17



FOR MORE INFORMATION CALL THE ENVIRONMENT DEPT. 396-3424

### HOUSEHOLD HAZARDOUS WASTE

### \*\*\* NON-HAZARDOUS ALTERNATIVES \*\*\*

### NATURAL RECIPES FOR A PEST-FREE GARDEN

A beautiful and healthy garden is possible without the use of expensive and often hazardous chemicals. The following are a number of natural recipes to create safe and effective deterrents to bugs, pets and other pests. With a little effort, you'll be doing your garden and the environment a big favour.

### ALL-PURPOSE INSECT SPRAY

- 1 garlic bulb
- 1 small onion
- 1 tablespoon cayenne pepper
- 1 quart water
- 1 tablespoon liquid soap (hand soap only)

Chop or grind garlic and onion, add cayenne and mix with water. Let steep 1 hour, then add liquid soap. Store in a covered jar in the refrigerator up to one week. Use as a spray wherever insects are causing a problem.

### ANIMAL REPELLENT SPRAYS

Cats	Dogs	Squirrels
<ul><li>2 parts cayenne powder</li><li>3 parts dry mustard powder</li><li>5 parts flour</li><li>Add sufficient water</li></ul>	1 garlic 1 medium onion 1 litre of water 1 teaspoon Tabasco sauce	<ul><li>1/2 ounce Tabasco sauce</li><li>1 teaspoon chili powder</li><li>1 pint of water</li><li>Dash of dish soap</li></ul>

Use as a spray on the plants and yard areas where these animals are causing a problem.

#### TRAPS

Aphids		10" $\times$ 10" pieces of masonite or other stiff material, painted bright yellow and with Tap Trap or Tack Trap or Tanglefoot of pertroleum jelly, placed near supplants.		
Earwigs -		Pieces of corrugated cardboard are placed near lettuce, Chinese cabbage, flowers (plants which are attracted to earwigs). They will hide in and under the cardboard. After a few days, collect in the morning, crush or drown.		
Slugs and Squash Bugs	- 4.k	Lay out boards near affected plants; they will provide daytime shelter for those nocturnal pests. Inspect daily.	møre	

### NATURAL RECIPES FOR INSECTICIDES AND FUNGICIDES

<u>Problem</u>	Solution	Recipe
aphids, thrips	Stinging Nettle Spray	Cover 1 quart nettles with water, cover and steep for 3 weeks, dilute with 7 parts of water.
aphids, June beetles Black Spot, fungus diseases	Rhubarb Spray	Steep 6 rhubarb leaves in 2 to 3 quarts boiling water.
chewing/sucking insects, mildew, leaf spot, rust, spore disease	Garlic Spray	Steep 3 cloves of garlic, 1 medium onion and 1 teaspoon of very hot pepper in 1 quart of water for 10 minutes; strain. Can be diluted with water 1:4.
chewing/sucking insects	Pyrethrum Spray	Steep 1 tablespoon of dry flower heads in 2 quarts of hot water. Pyrethrum (Chrysanthemum cinerariaefolium) is an attractive perennial with marguerite daisy-like flowers.
white flies	Mullein Spray	Steep 1 part mashed mullein leaves with 5 parts of water.
aphids, asparagus larvae, Black Spot, scale insects	Tomato Leaves	Steep 10 chopped tomato leaves and 1 chopped onion in 1/2 cup of alcohol for a few minutes; apply with a swab.
spider mites, cabbage worms	Salt Solution	1 ounce table salt in 1 gallon of water.
mosaic disease on tomatoes and peppers	Skim Milk Spray	Sour milk has been used against cabbage worms.
potato blight, Black Spot, yellowing tomato leaves	Manure Tea (Liquid)	1/2 commercial bag of manure or 1 mesh onion bag full of old manure and straw steeped in 1/2 of a large plastic garbage can of water.

<sup>\*</sup> Adapted from materials produced by the Canadian Organic Growers, Toronto

# RABIES



### RABIES -- PROTECTING YOUR FAMILY AND YOUR PETS

Raccoon Rabies is a strain of rabies spread mainly by raccoons.

At present, raccoon rabies is not found in Ontario. However, it is just like any other rabies strain. You can protect your family and your pets from any rabies strain by observing the following rules:

- Have your pets vaccinated according to instructions from your veterinarian, or contact the Thayendanega Health Centre.
- Warn your children to stay away from wild or stray animals.
- Raccoon proof your home. You may want to contact a professional for advice, or raccoon-proof your home yourself.
- Take measures to discourage wild animals from taking up residence in your home or on your property. For example, cover up potential entrances, such as uncapped chimneys, loose shingles and openings in attics, roofs and eaves.
- Do not attempt to trap raccoons which are causing damage to your property. Instead, contact a Tyendinaga Conservation Ranger to remove nuisance raccoons.
- Do not trap and transport nuisance raccoons to a new location. You could help spread the disease, when and if it reaches our area.
- Do not keep wildlife, including raccoons, as pets.
- Report any animals behaving strangely to the Tyendinaga Administration Office.
- Don't touch dead or sick animals.
- If you think any member of your family has been in contact with a rabid animal, immediately call your doctor or go to your local emergency care centre.

### What You Should Do . . .

### If Your Pet Is Exposed

- Don't try to separate the animals when fighting
- Wear gloves when handling your pet
- Contact your veterinarian
- Report the incident to local health officials and the animal control officer
- · Capture/contain biting animal, if it is safe to do so
- Keep all others away

### If You Are Exposed

- Don't panic--you can be treated
- Wash the wound with warm water and soap for at least 10 minutes
- Contact your physician and report the incident to health officials
- Capture/contain biting animal, if safe to do so Contact the police, animal control officer or DEP
- Keep all others away

### **BEAVER DAMS**

The Environment Department would like to know of any beaver dams on the territory. If you know where there are any beaver dams and would like to help us create an inventory of their locations, give us a call at 396-34324.

### **EROSION PROBLEMS**

The Environment Department would like to know of any erosion problems on the territory. If you know where there are any erosion problems occurring and would like to help us inventory their locations, give us a call at 396-3424.

### **ROCK/RUBBLE SHORELINES**

The Environment Department would like to know of any rock/rubble shorelines on the territory. If you know where there are any rock/rubble shorelines and would like to help us inventory their locations, give us a call at 396-3424.

### TREE PLANTING

Trees should be avaliable sometime in May. They will more than likely be distributed at the Community Centre. Please give us a call if you have any questions, or if you would like a Forestry Technician to come and evaluate your property. Call the Environment Department at 396-3424.

### **ENVIRONMENTAL INFORMATION**

The Environment Department now has a phamphlet stand in the Band Office. It offers a wide variety of information from Recycling to Toxic Contamination in Fish, and more! The phamphlet stand will also be expanding in the near future.

### THE BIG



Bay of Quinte Remedial Action Plan

### HABITAT PROTECTION AND RESTORATION PROGRAM

c/o Moira River Conservation Authority
P.O. Box 698
Hwy. 2 at Wallbridge-Loyalist Road
Belleville, Ontario
K8N 5B3

phone: (613)968-3434 fax: (613)968-8240

For Immediate release. January 26, 1996.

Help restore Lake Sturgeon populations in the Bay of Quinte!

The Bay of Quinte Remedial Action Plan (RAP) is asking the general public for information about sturgeon in the Bay of Quinte, and it's tributaries, including the Trent, Moira, Napanee and Salmon rivers.

Lake Sturgeon are long lived, bottom feeding fish that provide a valuable indicator of ecosystem health. Although these fish were once an important component of the Bay's ecosystem, at this time it is felt that the stocks are at a very low level.

Sturgeon are noted for their large size, longevily and primitive appearance. They are considered relics from the age of the dinosaurs and first appeared on earth about 100 million years ago.

They have a shark like appearance, but are totally harmless. The ones seen in local streams and rivers would be between three to five feet in length. They have a shark like tail, bony plates along the back and sides, primitive scales, sensory whiskers (barbels) and an extendible mouth on the underside of the snout. The fish is an unusual, unique part of the local ecosystem.

The Bay of Quinte Remedial Action Plan with the Ontario Ministry of Natural Resources (OMNR), and local Conservation Authorities want to bring back Lake Sturgeon to the Bay of Quinte. Great Lakes 2000 Clean Up Fund and OMNR are providing the funding to develop the rehabilitation plan. We are now in the process of gathering Information about sturgeon in the Bay.

Anyone with information on recent sturgeon sightings in the local rivers or historical information on what the sturgeon populations used to be like, please contact Ed Heuvel, Sturgeon Rehabilitation Coordinator, at (613) 968-3434. Also appreciated would be old fishing gear used during the sturgeon fishery around the turn of the century and copies of historic pictures of sturgeon. These items may be used in displays or as part of an education program in local schools.

-30-

For further information, please contact Ed Heuvel (613) 968-3434

Lake Sturgeon Acipenser fulvescens Rafinesque



-- Working to Restore Water Quality --



# . GC 1913 [02-016] 7540 21 805 5750

## News Release Communicié

1-9563

### PROCUREMENT MEASURES FOR ABORIGINAL BUSINESS ANNOUNCED

OTTAWA (March 29, 1996) — The Honourable Ronald A. Irwin, Minister of Indian Affairs and Northern Development today announced new procurement measures designed to increase the participation of Aboriginal businesses in bidding for federal government contracts.

"The federal government's primary motivation in this policy lies in our commitment to create jobs and ensure economic growth in Aboriginal communities which benefits all Canadians," said Minister Irwin.

The Procurement Strategy for Aboriginal Business consists of measures intended to increase the number of Aboriginal firms competing for and winning federal contracts. Particularly it includes measures to better inform Aboriginal businesses about government procurement needs and to better inform government procurement officers about the capacity of Aboriginal businesses. The strategy will be consistent with the government's general policy on procurement which emphasizes competition and value for money.

While Aboriginal businesses are operating in all sectors of the economy, there is considerable potential for growth particularly in construction and repair, transportation services, health services and wholesale and retail trade.

"This strategy builds on the need to create an awareness among Aboriginal firms of the contracting practices of the federal government. It will be an important tool for both Aboriginal businesses and government departments," said Minister Irwin.

Included in the Procurement Strategy for Aboriginal Business are measures which will improve access by Aboriginal firms to the federal procurement system. These measures include support for the development of a national Aboriginal business database, orientation sessions for Aboriginal business and support for supplier promotion and marketing activities.

The Procurement Strategy for Aboriginal Business is based on DIAND's internal procurement measures which were implemented to increase the number of Aboriginal firms being considered for contracts. The Procurement Strategy extends this initiative government-wide.

The strategy, which will be phased in over the next three years, takes effect April 1, 1996. The bulk of supplier development measures for Aboriginal business will be gradually implemented over the next year.





Under the strategy, all federal government departments will be encouraged to set aside some procurements for competition by Aboriginal suppliers provided operational requirements are fully met. These include best value, competition, prudence and sound contracting management procedures. Aboriginal firms will be given first opportunity to supply goods, services and construction contracts servicing Aboriginal communities and populations.

This new federal initiative borrows from the example set by a number of large businesses which use mentoring, joint venturing, and their own contracting needs in a purposeful way to build a healthier Aboriginal economy.

The Department of Indian Affairs and Northern Development (DIAND) will work with other federal departments to develop approaches to increase the participation of Aboriginal business in the competitive process for federal contracts and purchases.

- 30 -

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

### For information

FOR MORE INFORMATION CONTACT:

Cate McCready Minister's Office DIAND (819) 997-0002

SHELLY BRANT ECONOMIC DEVELOPMENT 396-3424

Lynne Boyer DIAND (819) 997-8404



The Town of Deseronto and The Mohawks of the Bay of Quinte in cooperation with The Ontario Clean Water Agency would like to inform all residents serviced by The Town of Deseronto municipal water supply, that our semi-annual distribution system flushing program will take place the first two weeks in May, 1996.

Any questions or concerns with respect to the above matter should be directed to The Ontario Clean Water Agency.

Vern Woodbeck, Senior Operator

Tel.: (613) 396-3436

Fax.: (613) 396-1517 .

Jamie Hennigar

Acting Superintendent Tel.: (613) 386-3066

Fax.: (613) 386-3990



## Mohawks of the Bay of Quinte Mohawk Family Services

BOX 132, TYENDINAGA MOHAWK TERRITORY

Phone (613) 967-0122 Admin Phone (613) 396-3424



Fax (613) 967-8990 Admin Fax (613) 396-3627

Invites you to a conference with

### Jane Middelton-Moz

June 4 - 7, 1996

### From Legacy To Choice:

Healing the Effects of Generational Trauma and Effects on Individuals, Families and Communities

Location:
Tyendinaga Mohawk Territory
Community Centre
(see attached map)

**Sponsored by:** Federal Family Violence Initiative

### About Jane...

Jane Middelton-Moz is currently living in the State of Vermont and is the Founder and Director of Middelton-Moz Associates. Office located at Liberty Lake, Washington. She is on the advisory board of the National Association For Native American Children of Alcoholics. She has a Masters Degree in Clinical Psychology and over thirty years of experience in the treatment of mental health and substance abuse problems. She has held numerous direct service and administrative positions in community agencies. She is of Anishnawbe descent and has facilitated training to many First Nations.

Jane Middelton-Moz is a teacher, lecturer and author. She is the author of Children of Trauma: Rediscovering Your Discarded Self; Shame and Guilt: The Master of Disguise; Will To Survive: Affirming The Positive Power of the Human Spirit; and co-author of After The Tears: Reclaiming The Personal Losses of Childhood.

Middelton-Moz has appeared on national television shows including the Oprah Winfrey Show. She has written many articles on the effects of delayed grief and alcoholism in families. Ms. Middelton-Moz combines her knowledge of people with the unique sensitivity to multi-generational problems to make her an informative and dynamic presenter.

Over the last several years, Ms. Middelton-Moz has become well known nationally and internationally for her work in the areas of adult children of alcoholics, multi-generational grief in individuals and families, children of trauma, ethnic and cultural awareness, differential diagnosis, cultural self-hate and multi-generational sexual and physical abuse, in families.

### About the conference...

When generational traumas, such as war, genocide, oppression, poverty, sexual abuse, emotional abuse, physical abuse, death or loss of parents or siblings, residential schools, alcoholism, and substance abuse, are not grieved and healed by individuals, families, and communities, the effects of unresolved trauma are carried into the next generation. Individuals suffer from anniversary date, cultural identity, low self-esteem, hypervigilance, and inability to perform healthy relationships; families have communication breakdowns, increased domestic violence, shaming and sexual abuse; with healthy rituals for grieving, celebration, and rights of passage being lost, isolation builds between family members. Community members begin to isolate from one another and frequently experience increased apathy, substance abuse, trauma and suicide epidemics among the youth. Signs of lateral violence such as family feuds, religious wars, competitiveness, gossip, and bloodism develop between members of the community, furthering the isolation and preventing steps toward healing.

When communities begin to understand the effects of generational trauma, a process of validation and healing can begin. Individuals, families, and communities can begin a process of empowerment and recovery. In this four-day conference, the effects of generational trauma will be explored as well as the resiliency of indigenous cultures and the steps necessary for comprehensive healing.

The focus of this conference will be on healing: understanding the effects of trauma, feeling the pain, reconnecting with the strength of community, and validating the strength of culture and the resiliency of First Nations people.

### Who Should Attend?

Community members, support workers, counsellors, therapists, social workers, alcohol /drug workers, health workers, child care workers, teachers, and all those interested in healing and wellness.

Register Early As Conference Space is Limited

Registration Fee: \$200.00 (\$0 for Community Members)

The registration fee includes the welcome dinner and social, coffee and tea, and opportunities to win door prizes throughout the four days.

Registration Deadline: May 24, 1996

### **SOCIAL ACTIVITIES**

WELCOME DINNER WITH SOCIAL TO FOLLOW JUNE 4TH, 6 P.M., at the Community Centre

JUNE 5 & 6 EVENING SWEATS

Dependent on Registration

CRAFT VENDORS WELCOME
Call to Register Space

LOOKING FOR OUTDOOR
FOOD VENDORS
NON PROFIT
ORGANIZATIONS
WELCOME!

PIEASENOT

JUNE 4 - 7 FOR CONFERENCE

CONTACT EVELYN FOR MORE INFORMATION 967-0122

### Registration Form:

DAY ONE: REGISTRATION: 9:00 - 9:15 AM

9:15 - 10:30 AM

10:30 - 10:45 AM

10:45 - 12:00 PM

12:00 - 1:00 PM

1:00 - 2:30 PM

2:30 - 2:45 PM

2:45 - 4:15 PM

4:15 - 4:30 PM

DAY TWO:

9:00 - 9:15 AM

9:15 - 10:30 AM

10:30 - 10:45 AM

10:45 - 12:00 PM

12:00 - 1:00 PM

1:00 - 2:45 PM

CHILDREN OF TRAUMA: A GENERATIONAL PERSPECTIVE

EXPLORING BOUNDARIES AND POWER STRUCTURES IN

THE EFFECTS OF GENERATIONAL TRAUMA ON FAMILIES

THE EFFECT OF GENERATIONAL TRAUMA ON THE

MORNING BREAK

INDIVIDUAL

AFTERNOON BREAK

MORNING PRAYER

AND COMMUNITIES

THE LEGACIES OF SHAME

EXPLORING YOUR SHAME HISTORY

MORNING BREAK

LUNCH BREAK

YOU FAMILY - THEN AND NOW

LEARNING TO TURN INTO THE SKID

CLOSING SONG AND PRAYER

Please enclose a cheque, money order or purchase order for registration fees payable to:

Mohawks of the Bay of Quinte c/o Mohawk Family Services P.O. Box 132 Tyendinaga Mohawk Territory, Ontario K0K 3A0 (613)967-0122 Fax (613)967-8990

Name:			
Address:			
City:			
Agency:			···
Phone:			
Fee Enclosed:			
Childcare Available:yes			78
Ages	Sex	*******************************	
Small fee charged depe	endent on number o	of children regist	ered.
FROM LEGACY TO CHOICE:		2:45 - 3:00 PM	AFTERNOON BREAK
Healing the Effects of Generational Trauma on Individuals and Communities	ı	3:00 - 4:15 PM	EXPLORING YOUR SHAME HISTORY
JANE MIDDELTON-MOZ		4:15 - 4:30 PM	CLOSING PRAYER AND SONG
out a madabato. Med		DAY THREE:	
N: 8:00 - 9:00 AM		9:00 - 9:15 AM	OPENING PRAYER
OPENING PRAYER		9:15 - 10:30 AM	MOVIE
O. D. W. O FICATER		10:30 - 10:45 AM	MORNING BREAK

10:45 - 12:00 PM

12:00 - 1:00 PM

1:00 - 2:30 PM

2:30 -2:45 PM

2:45 - 4:15 PM

4:15 - 4:30 PM

DAY FOUR:

9:00 - 9:15 AM

9:15 - 10:30 AM

10:30 - 10:45 AM

10:45 - 12:00 PM

12:00 - 1:00 PM

1:00 - 2:30 PM

2:30 - 2:45 PM

2:45 - 4:30 PM

SMALL GROUP PROCESS

DOMESTIC VIOLENCE

AFTERNOON BREAK

MORNING PRAYER

MORNING BREAK

LUNCH BREAK

AFTERNOON BREAK

CLOSING SONG AND PRAYER

THE GENERATIONAL LEGACIES OF SEXUAL ABUSE A

HELPING JOE: A COMMUNITY APPROACH

STEPS IN COMPASSIONATE HEALING

RESILIENCY: CREATING YOUR LIFE

RESILIENCY: CREATING YOUR LIFE

COMMUNITY HEALING: "THE HEALING JOURNEY"

LUNCH BREAK

### **CONGRATULATIONS**

To the winners in the 3rd Annual Tyendinaga Territory Co-ed Volleyball Tournament held on Saturday March 30, 1996

### YOUTH DIVISION

1ST PLACE THE DEVILS

TYENDINAGA \$300.00

2ND PLACE DELBIES

HOT RODDERS SIX NATIONS \$150.00

### ADULT DIVISION

1ST PLACE THE POVERTY PACK TYENDINAGA \$450.00 2ND PLACE THE EAGLES TYENDINAGA \$250.00

A total of 16 teams were entered in this years tournament, 4 of which were from other communities. Special thanks to April Brant and Mike (Mice) Maracle for your organizing skills. A thank you also to Val Maracle and Al Parry for the fine job of officiating. To the teams who took up the challenge from Mohawk Family Services thank you for your support.

A fun time was had by all!

From
Blaine Loft
NNADAP

VOLLEYBALL TOURNAMENT

### NOTICE

TRAINING AND AWARENESS ON SOLVENTS, ALCOHOL AND DRUG ABUSE BY YOUTH WILL BE PROVIDED BY MR. DAVID JAMES WILSON FROM THE STREET KIDS INTERNATIONAL ORGANIZATION IN TORONTO.

WHEN: FRIDAY JUNE 14, 1996 10:00AM TO 3:30PM

WHERE: MOHAWK COMMUNITY CENTRE-UPSTAIRS

WHO SHOULD ATTEND?

PARENTS
POLICE
HOME SUPPORT WORKERS
YOUTH SUPPORT WORKERS
EDUCATION STAFF
CHR'S
NURSES

**COST:** THERE WILL BE <u>NO COST</u> TO ANY PARTICIPANTS LUNCH WILL BE PROVIDED.

REGISTER EARLY THERE WILL BE A LIMITED NUMBER OF SEATS AVAILABLE.

TO REGISTER PLEASE CALL MOHAWK FAMILY SERVICES AT 967-0122 AND LEAVE YOUR NAME AND PHONE NUMBER.

FROM BLAINE LOFT NNADAP



### SCAVENGER HUNT

SATURDAY, JUNE 15/96

FOR MORE INFORMATION CALL CLIFF BRANT AT 967-5930





### MOCCASIN TRAIL NEWS

May 1996

### HOW TO START THE DAY RIGHT!

### Supercharged!

here are many of us out there who want to make positive changes in our lives, but don't know where to start. Well, I've found the key. So..... yes, I'm going to share this revelation with you.

The way you get up in the morning sets the tone for your whole day. Therefore, to start the day feeling fresh, energetic and positive, try the advice of Pete Seigel, author of Superharged! He prescribes this routine to professional athletes which I thought could easily be adapted to our use.

- The night before: Think about tomorrow and focus on potential good points.
   Visualize yourself interacting with positive events so that's the last thing in your mind before going to sleep.
- Keep regular hours. Try to get up and go to bed at the same time. Don't play the game of skimp and catch-up that will leave you with a miserable feeling just like lag.
- Get out of bed this way. Your back is vulnerable after sleep because disks between the vertebrae enlarge during sleep. To prevent rupturing one, get out of bed from the fetal position. Move your legs off the bed first so they swing to the floor and your torso goes upright. Sit a moment, then get up.
- Have a quiet time. The morning is a good time to stretch for 10 or 15 minutes in quiet place. Or take the dog for a walk. Do

something your body enjoys and that helps you ease into the day.

- Drink water. A glass or two in the morning helps clear your head. If you need more than one cup coffee in the morning, you probably aren't getting enough sleep.
- Eat breakfast. Cereal, fruit and grains will fuel you, and some protein (meat, fish, eggs cheese, beans, lentils or peanut butter) can make you more alert.

Don't let the excuse "I'd like to make a change in my life, but I don't know where to start." stop you. Start tonight. It's the first day of the rest on your life. Be positive. Your children and grandchildren are watching!



"Gasp - I'll be glad when you've got the full gym!"

Next Moccasin Trail Mileage Days are Tuesday, May 7, 1996 and Tuesday, June 4, 1996. 8:30 -7pm See you there!!





# THE FABULOUS FOOD EXPERIENCE



Are you interested in feeding yourself and your family more nutritiously on a limited budget?

The FABULOUS FOOD EXPERIENCE is a <u>FREE</u> five week program for residents of Tyendinaga Mohawk Territory. You will have the opportunity to:

© Cook healthful and economical recipes with others.

© Discuss a variety of food, lifestyle and health issues.

Share common experiences and frustrations about preparing food on a limited income.

Start Date: Tuesday May 14, 1996 1:30-4:00 pm

Location: Queen Anne Parish Hall

To Register: Call the Thayendanega Health Centre 963-3603

### Participants will receive a free cookbook & box of basic ingredients

Child care and transportation can be arranged Sign up today! Registration is limited.

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

### HATTIVE:

Back on the Rez - Brian Maracle

is a revealing look at what it means to be an Indian in the 1990's and a powerful account of the journey home.

The Mystic Warriors of the Plains -Thomas E. Mails

the culture, arts and religion of the Plains Indians. With many illistrations.

Residential Schools - The Stolen Years - Linda Jaine

what has been broken can be healed, what has been stolen can be reclaimed.

The First Canadians - Pauline Comeau and Aldo Santin

a profile of Canada's Native People today.

The Iroquois - Barbara A. McCall

Their myths, their history, their social structure and daily life, their warriors and wise men, their victories and defeats.

People of the Longhouse - Jillian & Robin Ridinton - how the Iroquois Tribes lived.

### NON-FICTION:

The Wolf Almanac - Robert H. Busch

a celebration of wolves and their world, with over 100 photographs and illustrations.

Lords of the Air - The Smithsonian Book of Birds - Jake Page and Eugene S. Morton

an indispensable book for the bird lovers, featuring hundreds of magnificent full-colour illustrations.

### THESE BOOKS ARE OVERDUE FROM THE LIBRARY AND IT WOULD BE GREATLY APPRECIATED IF THEY WERE RETURNED !!!

- \* MOHAWK: A TEACHING GRAMMAR
- \* INDIAN HERBALOGY OF NORTH AMERICAN -Isabel Kelsey
- \* WHERE EAGLES DARE TO SOAR Kevin White
- \* MOHAWK TRAIL Beth Brant
- \* CONCERNING THE LEAGUE John Gibson
- \* WAMPUM BELTS Tehanetorens
- \* THE THREE SISTERS EXPLORING AN IROQUOIS GARDEN

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

LIBRARY HOURS ARE:

TUESDAY

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

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

967-6424

THURSDAY

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

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







Would like to THANK

# "Decibel Dudes" Andrew Alkenbrack & Brant Bardy

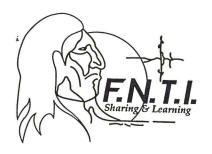
for helping us out at the Fundraiser Dance

Thanks alot Dudes!!!!

Girls Field Lacrosse

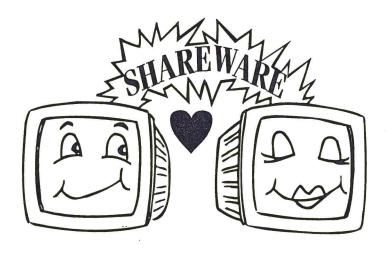
Any girls interested in Field Lacrosse? if so, contact Dorothy @ 967-1580





The First Nations Technical Institute Community Programs staff would like to take this opportunity to thank everyone who came to our open house on March 26th. The children were excited to have their parents come and see what they do in computer class. If you didn't have time to stop in, please feel free to drop by anytime and check us out!

During the month of May we are going to be taking our laptop computers to the Elders Lodge in hopes of "bridging the gap" between our elders and technology. We will be doing a little hands-on computer fun!



Shareware is a marketing method which allows you to try a piece of software **FREE** before you buy.

This month we are offering "Word Rescue (Episode 1)" for ages 4 - 12. A fun way to learn spelling through word recognition. But watch out for the mean old gruzzles. They have taken the words right out of Benny the Worm's book and you need to help him find them and put them back!

**System Requirements:** Minimum 286 with 640K ram, mouse and MS-Dos 2.0 or later. Does not support mouse.

For a copy of this program, contact Pam at 396-2122

### KANIEN'KEHA AKEWEN:NA O':NEN (MY MOHAWK LANGUAGE NOW!)

A meeting was held at First Nations Technical Institute on April 24th, initiated by Dorothy Lazore and Richard Johnson, President of FNTI, regarding the revitalization of the Mohawk Language, through community work areas. In attendance were 30 people from various community organizations such as the Administration Office, FNTI, Quinte Mohawk School, Family Services, Health Centre, Radio Station, Library, Youth Groups.

The topic of discussion focused on what FNTI, as well as other organizations can do, to help to bring the Mohawk Language back to Tyendinaga. Several creative ideas were tossed around, including lunch hour Mohawk classes in the various buildings.

On April 30th a second meeting was held at FNTI. The people who were in attendance at the April 24th meeting reported that the feedback they received at their individual workplaces, regarding the events of the first meeting, indicated a very positive and enthusiastic interest in this venture.

This group will be meeting on a regular basis, to ensure the goal of bringing the language back to Tyendinaga is met. The group would also like to reinforce the goal by encouraging use of common words and phrases at the individual workplaces. These words will be shared through future newsletters.

If you would like additional information, or if you are interested in attending a meeting, please contact Callie Maracle, FNTI, 396-2122.

### Lacrosse Box Update

The Mohawk Recreation Committee will be tendering out the construction of the Lacrosse Box in the next couple of months. The Box will be approximately the same size as the Deseronto Arena ice surface, complete with a cement floor and plastic boards. Although the Committee would eventually like to enclose the Lacrosse Box, for the time being, it will be an outdoor box. If anyone has any questions or suggestions please contact Andrew Alkenbrack at the Administration Office.

(396-3424)

Nia:wen

### DON & SARAH BRANT & Family



المجمد المرابع الترابع المسائل المرابع في المرابع في المحربة في المحربة في المحربة في المحربة في الترابع الترابع الترابع الترابع التر would like to express their thanks to everyone who made their 40th Anniversary a special one. Special Thanks to Chief R. Donald Maracle for the wonderful ceremony and to Tammy & Lonnie Brant for looking after the bar.

Special Thanks to Buffy Hill for the great decorations and Cheryl & Mice for the Help.

Thanks Again!

 $\mathcal{I}t's$ 

a Boy!



Jennifer & Kevin are proud to announce the arrival of their son.

### CAMDEN ROBERT BRANT MARACLE

BORN: FEBRUARY 29 WEIGHT: 9 lbs. 6 1/2 oz.

Grandparents are:

Marilyn Brant of Belleville Robert Brant of Tyendinaga Betty & Jack from Tyendinaga

### Congratulations!

Chief R. Donald Maracle and Council are pleased to extend their congratulations, on behalf of the community, to Sarah Jean Olmstead of R.R. # 1 Marysville, Ontario.

Sarah is the daughter of Holly and Dale Olmstead, grand-daughter of Velma Hill-Dracup and a great grand-daughter of Stanley Hill. She has been chosen to be a Legislative Page in the Province of Ontario from May 27th, 1996 - June 28th, 1996.

Thirty two candidates were selected from 820 applications. Criteria for selection is ages 13 - 15 years accompanied by a high academic standing and on the recommendation of the School Principal.

Mohawks of the Bay of Quinte Council

### Thank You!

Once again the Tyendinaga 1996 All Native Hockey Tournament has come and gone and the committee would like to thank all who helped and sponsored. Thank You for your support!

### Results of the Tournament:

" A " CHAMPS - Cedar Bay Wanger (2)

Runner Up - Tyendinaga Hawks (1)

"B" CHAMPS - Six Nations Silverhawks (6) Runner Up - Alderville Young Guns (1)

### **SWEATER DRAWS:**

1ST - Alyssa Brant - Tyendinaga 2ND - Troy Maracle - Ottawa

### 50\50 DRAWS:

1ST - Randy Crowe - Alderville 2ND - Dean Brant - Tyendinaga

Tournament Committee: Lester Brant

Colleen Maracle Elmer Maracle Will Brant Harold Maracle Scott (Fish) Maracle



### THANK YOU

I wish to thank Janet Maracle, Norma Maracle and Angie Maracle for putting on my Suprise Retirement Party. Also thanks to Chip, Fish, Dale, Scott, Carl, Colleen, Kelly, Paul and Will for hosting it.

Thanks also to Charlie Twa for putting me

"out to pasture"!

Special thanks to Tyendinaga Police Deseronto Police and many Tyendinaga friends for all there assistance durng my years as Native Liaison Officer for the R.C.M.P.

> Thanks again Bunny Empey



Happy Birthday!

Stanley Hill & Evan Olmstead

May 15

With Love from the family

Happy 60th Wedding Anniversary

Aunt Dee & Vncle Joe Greene April 4

Lots of love Fish, Norma, Suz Scott, Angie, Fan & Mal



Happy Binthday



Love Mom & Nonman Angie & Jondan



Happy Anniversary Chris

Love Always, Hugs & Kisses

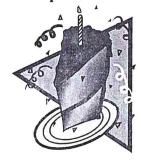
Lori



Happy Birthday! Sorry for the Error Bro



from Mom, Angela Dad, Shirley, Victoria & Lee





(Aunt) Dorothy Ann May 15 Love, Linda, Angela, Jake, Shirley & Victoria May 9

Happy 90th
Aunt Grace
(Grace Crawford)
Love Aud, Whats his Name
& Family

\*\*\*\*\*\*\*\*\*\*

May 9

Happy Birthday
Poppy
(Richard Lewis)
Hugs & Kisses
Alyssa
\*\*\*\*\*\*\*\*\*\*

**May 31** 

Happy Birthday! Great Nan (Audrey Lewis) Hugs I Kisses Alyssa \*\*\*\*\*\*\*

May 11

May 7

Happy Birthday Shane (Shane Lewis) Love Nan \*\*\*\*\*\*



Happy Birthday! Greg May 11 Love Lisa



### FM105.9FMProgram



гм105.9 гм Guide

7am	Mon. Tues. Wed. Thurs. Fri	. Sat.	Sun.	
8am			o di ii	
9am	1 / \ / \ / \ \	Analaras	The Morning After with Jay	
10am		Alan Brant ONKWE-CON	Music for	
11am	Country Music Exclusive		everyone and some only for Jay	
12pm		YO VAYO	Jake	
1pm	All Onkwehòn:we Content	Country	'n' Joe	
2pm		Kevin Brant	Rockin' Country	
3pm	Pop / Rock		HIIS	
4pm	dia.	Frank	Jake 'n'	
5pm		Presents Bluegrass	Joe	
6pm	Native Content Suest DJ Why not? select music, tell lokes	Croate	8 Track	
7pm	The Best of New Nights with Share a wacky BLUES	i X	FlashBack	
8pm	and Classic Country ROCKS Say nothing YOU DECIDE No Experience	ock	65 & √s early 80's	
9pm	-Just for Fun-	Country or Rock	eally 80 s	
10pm	Weekdays	like Mix		
llpm	12:30pm and	array ladman		
12am	3:30pm  KWE Lunch Counter  Oired twice dolly et	AY CALL	KWF	
lam	11:15am A Ho No Pa	mat st with articular ntions		
2am	11.40	IE IN		

### KWE, KWE, KWE, KWE

Kwe Kwe Tyendinaga. It's time once again for the KWE Radio update. So without further ado...

In the last two months much has happened here at Kwe Radio. Through the training project we are currently on, we have been able to purchase some better equipment. No, a new transmitter was not one of them. But we did purchase two professional quality compact disc players and a portable digital audio recording machine. We have also purchased a fax/modem for our computer, hopefully this will enable us to provide some more news and sports information to you. We also purchased some more memory for our production computer. And that's pretty much it.

As you probably know KWE Radio had an Easter Raffle on the go and the first prize of a 4 foot tall, yes <u>4</u> foot tall, chocolate Easter rabbit went to Mr. Kerry Phillips of Belleville. The second prize winner was Mrs. Leona LaFrance from Trenton. She picked up a really large Easter basket containing all kinds of goodies. Third prize, which was a fluffy-stuffed bunny and a couple other chocolate goodies, went to Mrs. Judy Labarge also of Belleville. Many thanks to all those who purchased tickets and better luck next time.

Of course everyone's problem right now is "We can't get you on the radio". The reason why is that our antenna on top of our tower is five feet lower than the highest point of land in the middle of the territory and our 80 watt transmitter, currently operating at 35-40watts, is just not strong enough to get over that hill. So all we can ask you to do right now is continue to bear with us.

Many thanks go to all the restaurants that take part in our "Lunch Counter" program. Thanks also go out to McMurter's Home Centre, Build-All Contractors and Kemp's Furniture for their continued support of KWE Radio.

Be sure and take part in our latest contest, *The 50/50 Dinner and a Show Raffle*. In this contest the winner receives half of the money in the draw, plus a dinner for two gift certificate at **Chez Piggy** in Kingston and two tickets to the **Susan Aglukark** concert at the Grand theatre, all this while being chauffeured around in a **limo** on **June the 10th**. Look for our posters and the \$1.00 tickets all around the rez.

KWE Radio would like to welcome our latest volunteer Mr. James Maracle. Remember we're always looking for more volunteers, so don't be afraid to come in and have a look around during the day. Remember this is **your community radio station**. That's about all for now so, be sure and tune into KWE Radio 105.9 whenever you can.

WE WOULD LIKE TO EXPRESS OUR APPRECIATION TO YOU THE COMMUNITY FOR YOUR SUPPORT WITH THE DONATIONS RECEIVED ON APPRIL 13TH, FOLLOWING THE FOOD DRIVE. THE SHELVES HAVE BEEN FILLED AGAIN AND BECAUSE OF YOU WE WILL BE ABLE TO CONTINUE TO SERVICE OUR COMMUNITY. WE WILL BE LISTING THE CONTRIBUTORS FOR THE LAST FISCAL YEAR IN THE NEXT NEWSLETTER.

WE WOULD LIKE TO THANK THE YOUTH WHO BRAVED THE RAIN AND CERTAINLY WORKED IN DOING THEIR PART TO ENSURE SUPPORT TO OUR PROGRAMME!

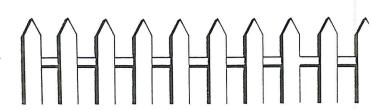
THE DRIVERS ON THAT DAY WERE; SHIRLEY BRANT, CAROL GREEN, BETTY GREEN, JAMES KUNKEL, CINDY LOFT, GREGG LOFT, CAROL ANNE MARACLE, EDNA BRANT-MCGUIRE, CHARLOTTE PEARSON, DON PEARSON, PETE SERO, AND EVELYN SPARKS.

WE MISS YOU GORD, GET WELL SOON!





SATURDAY, MAY 11TH, 1996
AT
THE FOOD BANK GROUNDS
WITH
PROCEEDS TO THE PROGRAMME



THANK-YOU!
THE TYENDINAGA TERRITORY
FOOD BANK COMMITTEE

#### **EUCHRE NIGHT!**

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

966 - 1710

For more information



## AGRICULTURE MEETING

2ND Monday of Every Month 8:00 p.m NEXT MEETING: MAY 13 at the Firehall



## All Welcome!!

## EMPLOYEE OF THE MONTH PROGRAM

The Tyendinaga Mohawk Council recently implemented a program that recognizes employees who truly excel at serving community members. A program we have called "Service Plus".

If one of the employees of the Mohawks of the Bay of Quinte has done something extra for you, something truly outstanding, please take the time to nominate that person as our "Employee of the Month", simply complete a ballot and deposit it in the Service Plus Ballot Box located in the reception area of each of the following locations.

Administration Office
Daycare Centre
Health Centre
Family and Children Services
Quinte Mohawk School

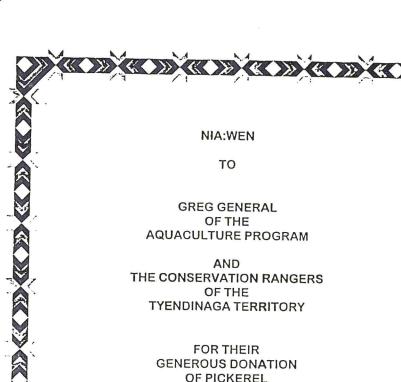
PLEASE NOTE

The state of the s

HELEN BREADMAN & BRENDA ASSELSTINE WILL NOT BE AT

THE HEALTH CENTRE

ON MAY 16/96



FOR OUR FREEZER

FROM THE

MOHAWK FOOD BANK COMMITTEE

YOUR ACT OF KINDNESS
IS APPRECIATED

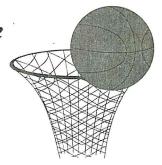
BY THE COMMITTEE AND THE COMMUNITY!!!

NEVER BE AFRAID TO COMMIT A RANDOM ACT OF

KINDNESS!



# Tyendinaga First Nation Police Service Tyendinaga Mohawk Territory RR #1, Deseronto, Ontario, K0K 1X0 Phone: (613) 967-3888 Fax: (613) 967-3840



TYENDINAGA POLICE SUMMER BASKETBALL LEAGUE

WILL BE HELD AT QUINTE MOHAWK SCHOOL EACH AND EVERY THURS. NIGHT FROM 7:00 P.M. - 8:30 P.M., BEGINNING 13 JUN. - 01 AUG. 96.

OPEN TO ALL PERSONS FROM 12 TO 16 WHO ARE ATTENDING OR RETURNING TO SCHOOL.

A REGISTRATION FEE OF \$5.00 IS REQUIRED ON THE FIRST NIGHT TO ASSIST WITH THE UTILIZATION FEE OF THE GYMNASIUM.

TRANSPORTATION IS THE RESPONSIBILITY OF EACH PARTICIPANT. AS THERE ARE NO CHANGE ROOM FACILITIES PARTICIPANTS MUST ATTEND IN APPROPRIATE ATTIRE. (RUNNING SHOES REQUIRED)

REGISTRATION MUST BE MADE PRIOR TO 01 JUN. 96 AND CAN BE MADE BY CONTACTING THE TYENDINAGA FIRST NATION POLICE SERVICE.

INQUIRIES CAN BE MADE TO CST. RON, MARCEL OR TAMMY MARACLE BY CONTACTING THE POLICE OFFICE.

SEE YA THERE!

41...

# Open Dance

Dance to the sounds of

Line Drive

"Country Rock"

Sponsored by Men's Social Committee

May 25, 1996

9 pm - 1 am

\$6.00 / Person

at the Orange Lodge

Light Lunch to be served

## All Welcome



## Feats of Strength "or lack of" .42 Day

May 11, 1996 10:00 am

## Baltimore Town Park (Just North of Cobourg)

Admission \$ 5 adult \$ 1 for Seniors \$ 3 ages 12-17 \$ 2 ages 7- 11 under 7 free Family Pass \$ 15

Tug of War Teams needed and 1 more opening for Strong Man Competition

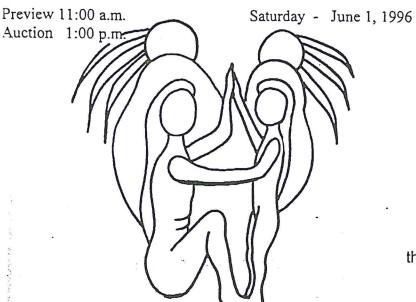
(pull 1/2 ton truck, farmers walk{168lb railway ties}, throw empty beer keg over pole vault, pile 200 lb ston

Plus much much more....

Proceeds to Northumberland Distress Line

ART AUCTION

Standing Stone School, Southwold, On. NOL 2G0



Proceeds: International Youth & Elders Conference
Tsi Niyukwaliho:tu School

Contact: Joanne Doxtator (519) 652-2720 R.R. #2 Southwold, On. NOL 2G0 Attention: Youth & Elders Conference Art Donations are being accepted: paintings, sewing, carvings, beadwork, woodwork, etc....

Volunteers needed for Art Auction and Conference.
Please call Dean or Shirley George 652-3407

### **CORN SOUP SUPPER**

Saturday, MAY 25 5:00 P.M. - 7:00 P.M. Tyendinaga Senior Citizens Hall (Hwy #2)

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

The Congregation of Christ Church (Church Lane) will be hosting a Corn Soup Supper with the proceeds going to Christ Church Maintenance Fund.



Menu: 2 Bowls of Soup

Dessert Tea or Coffee

Homemade Bread

43.



Proceeds to a Community Organization

Deadline for booth displays May 17, 1996

FREE AIRPLANE RIDES
Local Entertainment
Arts & Crafts • Food Booths
Business Display Booths
Door Prizes • Dunk Tank

For More Information Call (613) 396-3100









**AIR** DIRECT

## Walpole Island First Nation welcomes everyone to the

# 2nd Annual Bkejwanong Community Cultural Celebration



May 18 - 19, 1996.

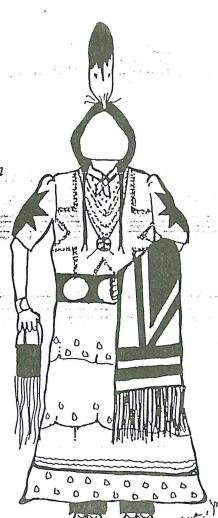
Saturday May 18

WALPOLE ISLAND SPORTS COMPLEX

Native Dancers
Exhibition & Competition

Grand Entries ... 1:00 & 7:00 NATIVE ARTS & CRAFTS SHOW

Registration for traders and concessions contact:
Cecil Isaac
(519) 627-9795
PM ONLY



Sunday May 19

WALPOLE ISLAND SPORTS COMPLEX

Native Dancers
Exhibition & Competition

Grand Entry
1:00
NATIVE ARTS &
CRAFTS SHOW

For general information contact:
Deb Isaac (519) 627-0746
8:30 TO 4:30PM

Swing and sway the Anishnabe way!

BKEJWANONG COMMUNITY CULTURAL CELEBRATION RR.3 WALLACEBURG, ONT. CANADA N8A 4K9

THIS SUBSTANCE FREE EVENT IS SPONSORED BY THE WALPOLE ISLAND FIRST NATION COMMUNITY TO PROMOTE COMMUNITY RECREATIONAL ACTIVITIES.

## THE INAUGURAL ONTARIO CENTRAL REGION, FIRST NATIONS GOLF CHAMPIONSHIP

PLACE:

LAKE ST. GEORGE GOLF AND COUNTRY CLUB

SOUTH SPARROW LAKE ROAD SEVERN BRIDGE ONTARIO

DATE:

FRIDAY SEPTEMBER 27th PRACTICE ROUND

SATURDAY SEPTEMBER 28<sup>th</sup> 1<sup>st</sup> ROUND SUNDAY SEPTEMBER 29<sup>th</sup> FINAL ROUND

COST:

SIXTY DOLLARS PER PLAYER - GREEN FEES -

MEALS AND BANQUET, TO BE DETERMINED

#### **FORMAT**

36 HOLE TOTAL SCORE. 4 CHAMPIONSHIP FLIGHTS, MENS - LADIES - JUNIOR MENS - JUNIOR LADIES. JUNIORS = 16 YEARS OF AGE OR YOUNGER AS OF TOURNAMENT DATE. 1<sup>st</sup> LOW GROSS SCORE IN EACH FLIGHT WILL DETERMINE CHAMPION. ALL PRECEDING PRIZES WILL BE BASED ON NET SCORES.

#### - IMPORTANT -

CHAMPIONSHIP DATE IS TENTITIVE. SCHEDUALLING WILL PROCEED BASED ON INTEREST AND FEEDBACK GENERATED BY THIS FLYER. ANY PLAYER WHO WISHES TO PARTICIPATE, PLEASE POST NAME ON ATTACHED FORM. FORMS MUST BE RETURNED BY MAY 15th. C/O STEVE ST. GERMAIN, BOX # 1 OR NORM STINSON, BOX # 35 RAMA ONTARIO LOK 1TO

TOURNAMENT DETAILS AND ENTRY FORMS WILL BE MAILED OUT AFTER MAY 15th. ANY QUESTIONS OR SUGGESTIONS FEEL FREE TO CONTACT STEVE ST. GERMAIN, (705) 689-9576 OR NORM STINSON, (705) 329-2760



#### Special Price Includes:

- **Tuition**
- Lunch
- Handouts
- Classes

May 14-17 796

## NATIVE CHILDREN'S MINISTRY LEADERSHIP INSTITUTE

#### LEARN HOW TO:

- Conduct Exciting Native Children's Meetings
- Expand Your Sunday School Attendance
- Express Christ to Children on Their Level

#### **COURSES INCLUDE**

- **♦** Teaching Techniques
- ♦ Program Planning & Practice
- ♦ Ministering to Children in Crisis
- ♦ Establishing a Successful Sunday School

#### **Teachers Are From:**

- **♦**T.E.A.M., **♦**Elim Fellowship
- **♦**Child Evangelism Fellowship
- ♦ These are experienced teachers from both the educational and counselling sectors.

Special Note: Remember, Second person from same church or community pays half-price - \$84.50

Day Student: Person in area only requiring class attendance & noon meals - \$97.00.



For those interested or involved in ministry to Native Children.

9:00 AM - 4:15 PM Daily (Registration 8:30 AM First Class, Tuesday May 14) Last session ends Friday at 12:30 PM

Held on the premises of National Native Bible College on Hwy #49, Tyendinaga Reserve

> Register Today! SPIRIT ALIVE Phone 613-396-1435

## GIASSIFIEDS

#### FOR SALE

#### 2 SINGLE BUNK SIZE BEDS

- Mattresses included
- \$25.00 each

PLEASE CALL: 962-6031

#### FOR SALE

### NOKIA CELLULAR TELEPHONE WITH CASE

- used very seldom, bought a flip phone instead
- complete with all papers

Please Call: 962-9392 after 5:30

#### FOR RENT

### THREE BEDROOM ONE AND ONE HALF STOREY BUNGALOW

- large eat in kitchen, new flooring
- good size living and dining room with new flooring
- very large master bedroom upstairs with a walk-in closet
- nice size bedroom downstairs that could be used as a den or an office
- enclosed porch on the east side of home with a back entrance with enclosed porch as well
- washer and dryer hookups are located in the back porch
- front and back lawn
- use of one side of the garage located there
- references needed, plus first months rent and equal damage deposit required
- located on York Rd., opposite the Health Centre, Tyendinaga Mohawk Territory

## FOR A VIEWING OR MORE INFORMATION CALL: Ken Brant 396-3957 after 4:30 p.m. daily

#### ROOM FOR RENT

- Rent Negotiable
- full access to house
- location is on Wymans Side Rd. FOR MORE INFORMATION CALL: 962-1992 AFTER 6:00 P.M.

#### YARD & BAKE SALE

SAT. JUNE 8 8:00 A.M. - 3 P.M. SENIORS HALL (Hwy # 2)

Tables for Rent \$5.00

Come One Come All!



#### FOR SALE

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

#### FOR SALE

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

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

#### FOR SALE

#### LOT WITH MOBILE HOME

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

FOR MORE INFORMATION CALL: 337-5735

Tom Maracle (Evenings Preferably)

NEWSLETTER DEADLINE DATE

MONDAY, MAY 27/ 96 AT 12:00 NOON

396-3424

#### FOR SALE

#### MOBILE HOME

- 2 Bedroom
- Lot size 150' X 150'
- With additional Room 20 X 16
- Heat pump for back up heating and Air Conditioning
- Natural Gas Furnace
- Good Well & Septic System
- Located on the Corner of Belles Side Rd. and # 2 Highway
- Price is Negotiable
   PLEASE CALL:
   DENNIS MACINTYRE 416-488-5006
   OR PAT'S CAFE 396-2514 FOR VIEWING

#### FOR SALE

#### **BUILDING LOT**

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

CALL DON BRANT: 396-2424 FOR MORE INFORMATION

#### MILL TOWN MEATS

- Corn Fed Beef
- Quarters & Halfs of Beef
- Cut, Wrapped & Frozen
- Individual Pieces sold at Home Make you Own Soup!
- Lyed Corn, Beans, Special Pork

Call: 962-5470 Glenn Hill

# Tyendinaga's Business

#### Sucker Creek On-Line

Look for Sucker Creek On-Line to become your access to the world wide internet web sometime in May.

Partners Paul Green and Mike Perron are busy wrapping up last minute details and are excited to be the internet service providers for the community of Tyendinaga. Sucker Creek On-Line also provides custom software development and custom web pages for advertising or information on the internet. They will offer various subscription packages, depending on the needs of the user and all you need is a computer, modem, and internet software.

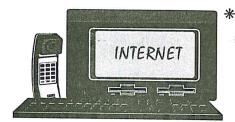
A few of the benefits of the internet are hobbies, educational, access to world wide information on almost any subject and E-mail and chat communication with other internet users around the world.

Sucker Creek On-Line is located on the Ridge Road and if you would like more information on their services please contact either:

> Mike Perron Paul Green at 967 - 2522

Good Luck Mike and Paul!





## INTERNET ANNOUNCEMENT \*

#### Explore the World via the Internet!

- Surf the Web!
- Explore Business Opportunities!
- Download Programs and Information!
- Meet new people!
- Pursue your Hobbies and Education!
- Send and Receive E-Mail!

### \*\* Its just a local telephone Call! \*\*

After months of research and preparation Paul Green and Michael Perron are pleased to announce the opening of their Internet On-Line service located on Tyendinaga. Coming on-line May 1996.

In order for us to meet the demands of our community we are asking those who are interested to pre-register. Space may be limited so register now!

No obligation required. You will be contacted in regard to monthly subscription costs and computer equipment required to access the internet.

### REGISTRATION INFORMATION

NAME:	
ORGANIZATION (IF ANY):	
ADDRESS:	
TELEPHONE #:	
FAX:	

MAIL OR FAX YOUR INFORMATION TO:

SUCKER CREEK COMMUNICATIONS
R.R. # 1 RIDGE ROAD
TYENDINAGA MOHAWK TERRITORY
K0K 1X0
Telephone (613) 967-2522
FAX (613) 967-8945

## TYENDINAGA MOHAWK NATION CHAMBER OF COMMERCE

#### ANNOUNCEMENT ...

All community businesses are invited to attend

Chamber of Commerce
Business Breakfast Meeting
Wednesday May 22, 1996 at 8am
Native Renaissance II Gallery Restaurant

Topics of Discussion:
"Who are Tyendinaga's Businesses?"
"What is the Chamber of Commerce?"
Acheivements, Goals & Directions

\*\* RSVP 396-1607 \*\*

#### NEWS RELEASE ...

The Chamber of Commerce is now preparing a community business directory. This directory, managed by a newly integrated computer database, will maintain up to date information about our community businesses. Commencing in June, the Tyendinaga Newsletter will publish monthly an up to date directory of our community businesses and their services. All community businesses are welcome to participate. Simply complete and submit the following information:

Business Name		
Contact(s)		
Address		
Telephone		Fax
Describe Your Business		
I will be attending meeting	Y/N	# of persons

Submissions will be accepted at our upcoming meeting, by fax at 396-6897 or by mail at: PO Box 58, Shannonville, KOK 3A0.

### HERBAL HEALTH GARLIC - IT DOES MORE THAN STINK!

by Maracle Herbs & Beauty

, , , , , , ,

Caesar salad lovers want their friends and mates to join them when they dine on this tasty, tangy salad. They know that dining on this salad alone will clear a room later from their garlic-laden breath. What they may not know is that eating garlic gives the body a wide range of health benefits.

#### Garlic (Allium sativum)

Garlic is a perennial plant that is widely cultivated as one of the most common kitchen herbs. Garlic grows to a height of 2 feet, flowering in Spring and Summer. Bulbs are harvested in the Fall.

Garlic is truly the wonder drug of the herbal world. The ancient Egyptians not only worshipped garlic but fed it to their slaves to keep them healthy, for good reason. The properties of garlic have the ability of stimulating cell growth and activity. It has a rejuvenating effect on all body functions. It is a health building and disease preventative herb and dissolves cholesterol in the bloodstream. It contains antibiotics that are effective against bacteria which may be resistant to other antibiotics. Garlic is toxic to some tumor cells and is being investigated by the National Cancer Institute. Garlic oil can relieve earaches. On top of everything else, garlic is good for indigestion.

Garlic contains vitamins A and C. It also contains selenium, which is closely related to vitamin E. It contains sulphur, calcium, manganese, copper and a lot of vitamin B1. Garlic is also high in potassium and zinc, as well as some iron. The above make garlic an excellent herb for men as the above content is essential for male vitality and reproductive system.

Herbalists use garlic for cold congestion, intestinal worms, high cholesterol, high blood pressure, asthma, digestive disorders, cancer immunity, ear infections, infectious disease, diabetes, yeast infection and skin disorders.

#### Dosage:

*Cloves*: Stir frying cloves for a few minutes will help eliminate the garlic breath and aftertaste. Two to three cooked cloves daily will reap maximum benefits.

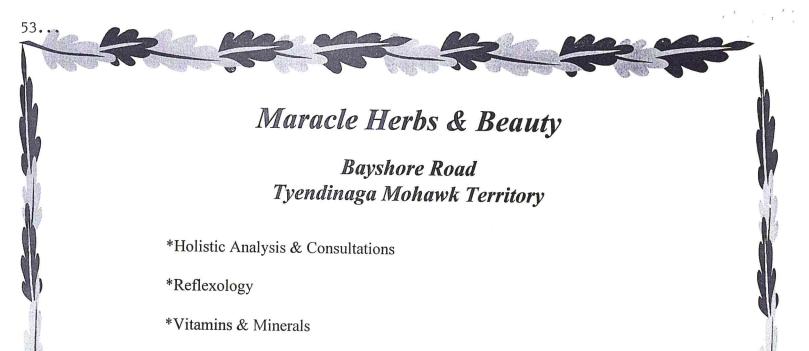
Capsules: Aged, odorless garlic is the preferred form in capsules. Take 1 capsule up to 3 times daily.

Caution: Garlic should not be used by women who are breast feeding as it will cause colic in their infants.

If you haven't seen a vampire lately, you can thank the garlic in your kitchen. Or, if you need to get rid of a lovesick companion, garlic can help. Garlic does indeed do more than just stink!

Any questions, Maracle Herbs & Beauty welcomes them...396-2041

Next article: Feverfew - Migraine Be Gone!!



\*Honey Skin Care - Cleansers & Creams (Regeneration, Anti-Wrinkle & Night)

\*Spirulina (Blue-green algae- A must for optimum health and Vegetarians!)

\*Herbs to aid - weight loss, stress. PMS, AIDS, menopause, energy, digestion, depression, yeast, immune system, colds, flus, circulation, allergies, hayfever, asthma, cholesterol, heart ailments, blood pressure, memory, nerves, etc.

Call: 396-2041

\*Chinese Herbs (Work faster than conventional herbs)

\*Ontario Ginseng

\*Complete Children's Herbal Line

\*Ointments, Salves & Healing Lotions

\*Muscle Testing for ailments (C.R.A.)

\*Kombuka Mushroom instructions

\*Herbal Products for Athlete Performance

\*Pure Cranberry Concentrate (While supplies lasts!)

\*Got that nasty flu or cold you just can't shake?? Call us!

\*Specialized Health Honeys

\*Preventative Medicinal Herbs



\* \* \* \* \* \* \* \* \*

## Retreat Stables

**RR#1 ROBLIN** 

Janeane Cowels, C.E.F. Riding Coach 1-613-388-2833 or 1-613-388-2338

# BOOK NOW FOR SUMMER CAMP

Starting July 15, Ages 7-14

- Includes~
- RidingProper Horse Handling
- Swimming Pool
- · Crafts

- · Practical Horse /Foal Care
- Farrier Seminars
- Field day (Hiking, Canoeing, with parents welcome)

#### **RETREAT STABLES ALSO OFFERS:**

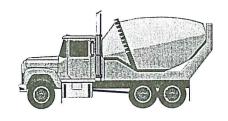
- Boarding
- Large pastures
- 11x12 box stalls
- 30x40 Run in Shed
- Individual Feed Available
- Training
- Riding Lessons
- A.Q.H.A. Stallion
- Incentive Fund
- O.Q.H.B.F.

CALL TODAY FOR MORE INFO: 1.613-388-2833

## J.A. CONCRETE

SPECIALIZING IN: CONCRETE FOOTINGS, FLOORS, SIDEWALKS, PATIOS WATERPROOFING, BLOCKS & BRICKS



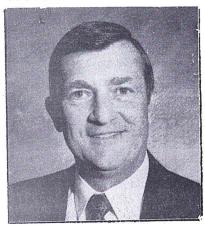




\* FREE ESTIMATES

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Lyle Vanclief M.P. Prince Edward-Hasting

59 South Front St. Unit 2 Belleville, Ontario K8N 5P4

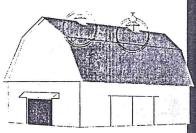
Phone: 969-7466 Fax: 969-7084

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

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





## CRAFT SUPPLIES

A BIT OF EVERYTHING FOR EVERYONE

2 KM NORTH OF HIGHWAY # 2 BELLES SIDE RD. (West of Deseronto Town Limits)

### EVERYONE WELCOME

<u>OPEN DAILY</u>: MON-THUR 9-5 FRI - SAT 9-9

DROD=JEAN SPENCER

396-3324

\*\* NOW OPEN \*\*



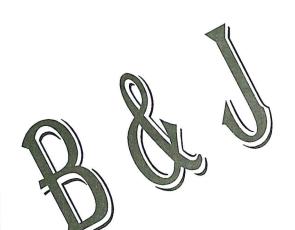
Sporting Goods & Sporting Apparel



Unique & Collectable Items

Tyendinaga Mohawk Territory Hwy. 2 (West of Shannonville) Mr. Jackie Maracle (613) 969-6397





# POLE LINE CONSTRUCTION VEHICLE REPAIR

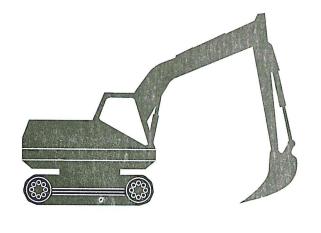
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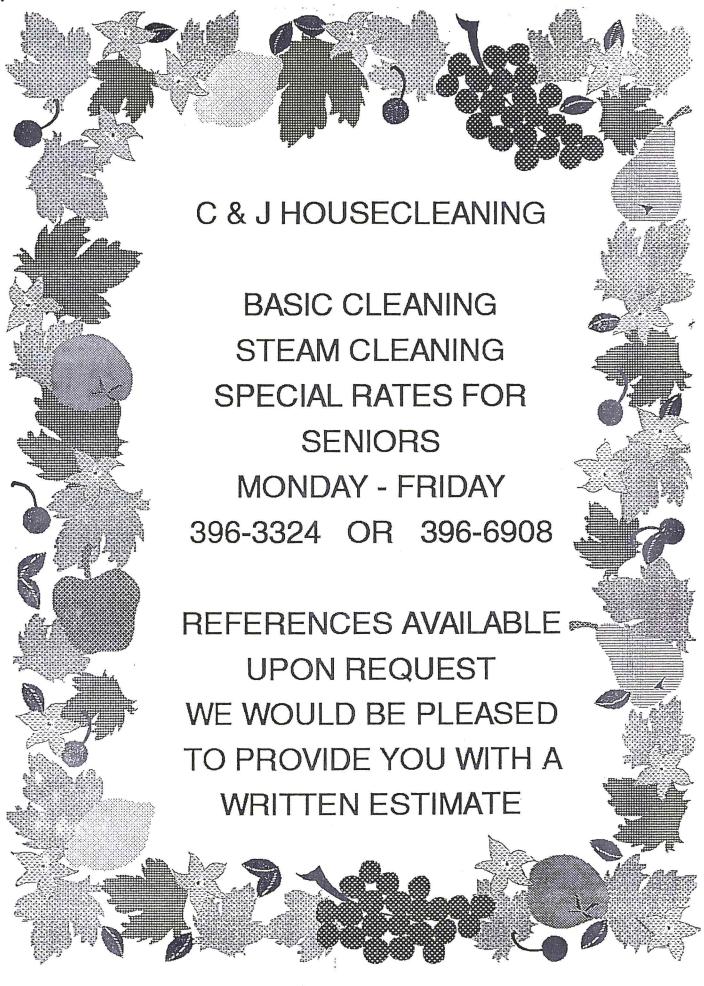
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Try A Delicious Dessert Pizza!

Ask us about this tasty New Treat!

TUESDAY -2 for 1 wings!

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## DEFLATION '96

PERMS

STARTING AT

\$33.00

G.S.T.INCLUDED

don't forget mothers day sunday may 12th

MELINDA TURRIFF, PROPRIETOR KIRSTEN HUBNER, STYLIST 428 DUNDAS ST., DESERONTO (HWY 2)



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

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

### COMPUTERIZED GAIT ANALYSIS

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

### CUSTOM ARCH SUPPORTS

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

We also fit, KNEE BRACES for sports injuries, ligament damage and other orthopaedic problems.

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Vendor for ADP, WCB, DVA & Medical Services

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James Brant, BSc(HK), CPO(c)
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Located 1 km east of Shannonville on
Highway 2

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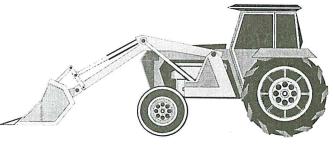
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CONTACT - TOM MARACLE 969-1315