

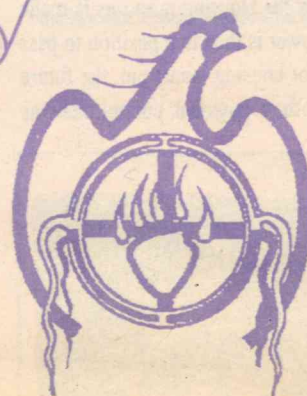
TYENDINAGA NEWSLETTER



ISSUE 11 /98



Grand Opening!



of the

FIRST NATIONS PHARMACY

The First Nations Pharmacy, a joint initiative of MEDITrust Pharmacy and the Centre for Indigenous Sovereignty, along with the Tyendinaga Mohawk Council and its Economic Development department wishes to announce the *Grand Opening* on:

Saturday November 7, 1998

11 A.M. - 3 P.M.

Highway # 49 & Slash Rd.
(formerly Maracle Music Centre)

TYENDINAGA MOHAWK TERRITORY, ONTARIO

featuring LIVE ENTERTAINMENT, HOT LUNCH, FESTIVITIES FOR THE CHILDREN, and PRIZES AND GIVE-AWAYS FOR ALL

The goal of this Pharmacy is to provide easier and more affordable access to the pharmaceutical and healthcare needs of the community and surrounding area and to be a responsible and meaningful participant in achieving the overall goals and aspirations of the community.

Store hours are Monday - Saturday 9AM - 6PM

Come Out & Help Us Celebrate!!!!

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NEWSLETTER DEADLINE

Tuesday, Nov. 24/98

12:00 NOON

396-3424

Catch us on the Internet at

www.tyendinaga.net

(What's Happening)



EUCHRE NIGHT!

Do you have the time and like to play
Euchre and have fun?

Euchre Every 2nd Tuesday Evening at 7:30!

Hwy # 2, Seniors 59'ers Club
(White School House)

We have business meetings once a month!

If you are interested please call

396-6522 OR 967-4708

For more information

ADMINISTRATION NOTICES

NOTICE

ARREARS REPORT

The Tyendinaga Mohawk Council requested that the following report be provided to the Community members of the Tyendinaga Mohawk Territory.

The arrears in the Housing Program currently total \$127,445.35 as of September 30, 1998.

As everyone is aware, it is essentially the repayment process of the Housing Loans that provides the majority of funding for the Housing Program to function.

It is projected that the following revenue will assist to sustain the Program for our people:

\$278,100 Capital Allocation for 1998-99
\$787,368 1998-99 Budget Projected through Housing Loans

It is important to understand that the opportunity to obtain loans for Housing purposes is made possible through repayments. Once a loan is obtained, that borrower is then in a position to pass that opportunity on, not only to the current applicants waiting for housing loans; but, the future generations as well. The majority of the borrowers honour their payment commitment as evidence by the following statistics:

	#	%
TOTAL MORTGAGES	314	
PAY REGULARLY	266	84.71%
IN ARREARS	48	15.29%
1-2 MONTHS IN ARREARS	16	5.10%
3-4 MONTHS IN ARREARS	6	1.91%
5-6 MONTHS IN ARREARS	5	1.59%
7-12 MONTHS IN ARREARS	7	2.23%
13-24 MONTHS IN ARREARS	9	2.87%
36-48 MONTHS IN ARREARS	3	.96%
49-60 MONTHS IN ARREARS	2	.64%

Of the most serious (the 14 borrowers in arrears 1 year to 4 years), 8 have made or are making arrangements to bring their account up-to-date. For those who have not responded, Council has initiated **FORECLOSURE**.

Foreclosure is not taken lightly and is only done as a last resort. However, allowing some borrowers to ignore the payment obligations they agreed to is simply not fair to the majority of borrowers who regularly meet their payment responsibilities.

**WE APPRECIATE THE COMMUNITY'S SUPPORT
IN OUR EFFORTS TO COLLECT.**



9-1-1

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

Police: 613-967-3880
Fire: 613-968-7985
Ambulance: 613-542-0221



MOHAWKS OF THE BAY OF QUINTE

R.R. #1, Tyendinaga Mohawk Territory, Ontario K0K 1X0

Phone: (613) 396-3424 Fax: (613) 396-3627

NOTICE TO CHARITABLE ORGANIZATIONS, SPORT TEAMS, NOT-FOR-PROFIT COMMITTEES OF THE TYENDINAGA MOHAWK TERRITORY

In order to soften the impact of creating four super Casinos and revoking the development of Charitable Casinos, the Ontario Lottery Corporation has developed an

ADVANCE FUNDING PROGRAM

This program was developed to offer assistance to the Charitable Organizations involved in fundraising for local priorities. The Advance Funding Program offers municipalities, First Nations an amount of funding that can be distributed to the Charitable Organizations/Committees within the Tyendinaga Mohawk Territory.

The funding identified for 1998-99 amounts to \$7,853.

In order to receive this funding, the Organization/Committee must be placed on a Roster sanctioned by the Tyendinaga Mohawk Council and sent to the Ontario Lottery Corporation.

To become eligible for the Roster, the Organization/Committee must provide the following written documentation:

- List of Members and Executive
- Length of Existence
- Charitable Number, if available
- Purpose of Organization/Committee and Fundraising Activities
- Why Organization/Committee Needs the Funds and How It Will Be Utilized
- Financial Information and Statements on the Organization/Committee
- Organization/Committee must also set-up a Trust Account for the Utilization of Funds
- Application Form

Please submit your information to the Tyendinaga Administration Office by the end of business on **NOVEMBER 20, 1998**, with a completed Application Form. Application Forms can be picked up in the Newsletter Department. This fund expires March 31, 1999.

For more information, contact either:

Councillor Colleen Maracle, Portfolio Holder, at (613) 396-3100
Chris Maracle, A/Dir. of Housing, Parks & Recreation, at (613) 396-3424

NIA:WEN!



Indian and Northern
Affairs Canada

Affaires indiennes
et du Nord Canada

October 8, 1998

Your file Votre dossier

Our file Notre dossier

5673-3-164 (1)

Chief R. Donald Maracle
Mohawks of the Bay of Quinte
R.R. # 1
Tyendinaga Mohawk Territory
DESERONTO ON K0K 1X0


Re: Former Dies property

This is further to your letter dated September 18, 1998 regarding the above noted matter.

As the property tax loss being experienced by the Township of Tyendinaga is the result of provincial legislation and not the result of the proposed addition to reserve of the former Dies property, it is the region's assessment that the tax loss is not an issue that must be addressed by the First Nations. Assuming there are no other municipal concerns to be addressed, we are in a position to proceed with the addition proposal.

With regard to the McTaggart/Latchford lands, we have been unable to locate any information concerning tax loss compensation paid to the municipality.

Please contact Sharon Mason at (416) 954-8235 if you have any questions in this regard.


John Donnelly
Regional Director General
Ontario Region

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

Canada


ADMINISTRATION NOTICES

Congratulations!

On behalf of the Tyendinaga Mohawk Council we would like to congratulate Nicole Loft on her accomplishment. Nicole is traveling to England to compete in the World Masters Dart Competition on Nov. 22, 1998

Best of Luck Nicole!

**Chief, Council
& Staff of the Administration Office**

 Government of Canada / Gouvernement du Canada

News Release

First World War Veterans Wanted

Ottawa, October 5, 1998--The Honourable Fred Mifflin, Minister of Veterans Affairs, today announced that the Government of Canada has set up a toll-free telephone line to help it locate veterans of the First World War. The toll-free number is 1-800-995-6055. A special line for the hearing impaired has been established at 1-800-465-7735.

"This year marks the 80th anniversary of the end of a war which devastated an entire generation", stated Minister Mifflin. "Yet the valiant effort of hundreds of thousands of Canadians saw Canada emerge from the First World War as an internationally respected and independent nation. We owe a debt of gratitude to the men and women who helped give us the peace and prosperity we enjoy today."

While the addresses of veterans who receive benefits from Veterans Affairs Canada are known, there are more Canadian First World War veterans across the country, in the United States and overseas who are not known to the department. It is estimated that there may be as many as 800 surviving veterans of the war. Veterans Affairs Canada is hoping that veterans or family members who know of the whereabouts of these veterans will call the toll-free number.

Locating these men and women will help the Government of Canada with its plans to recognize these veterans during the period leading up to Veterans' Week and Remembrance Day. Calls to this number will also assist the French Government with its plans to award the National Order of the Legion of Honour, France's highest decoration, to surviving First World War veterans who fought on French or Belgian soil.

Approximately 650,000 Canadians fought in the Canadian Expeditionary Force, Canada's Navy, Canada's Merchant Navy, the Newfoundland forces and the British air forces. More than 68,000 of them gave their lives.

For more information, contact:

Janice Summerby
Senior Communications Officer
Veterans Affairs Canada
613 992-7468

Contact also the departmental web site at:
<http://www.vac-acc.gc.ca>

October 1998

REPORT FROM COUNCIL By Wm. J. Brant

The month of October has been a busy month for council and included two regular council meetings, four days in my office, nine special meetings and one travel day. We have been reviewing band policies this month and still have quite a number to do.

On the 16th our council went to Six Nations Territory near Brantford to view first hand the successes and hear the problems this band has encountered with its housing program which involves the government funding as well as loans from commercial banks that are guaranteed by Six Nations Band Council. We also met with personnel from their Economic Development Commission.

Six Nations housing director said that the program funded through the commercial banks was very successful. There have been no calls against the guarantees since they started i.e. their loans are current in this program. A similar set up for Tyendinaga is taking longer than I anticipated but it is forthcoming.

In our meeting with Chief Staats he stated that SNBC (Six Nations Band Council) designed their own Economic Development Commission and noted items to beware of when we develop ours. These meetings were informative and worthwhile.

MOTIONS PASSED IN COUNCIL THAT MAY BE OF INTEREST

To purchase a new pumper truck for the MFD (Mohawk Fire Department) valued at approximately \$181,000.00. This new pumper will carry more water and will have a greater pumping capacity giving MFD the needed capability of fighting fires in larger buildings. It will take approximately one year for delivery.

To increase the number of councillors from 4 to 6. This motion will be presented in a referendum to the electorate at a later date.

To request our auditors (Wilkinson & Co.) to do a management review. This review will include the following information

1. Evaluation of the existing operations in terms of prudent business practices with emphasis on the tendering process and comparative shopping of products and services including discounts taken,
2. Reviewing the efficiency of the existing operation and administrative infrastructure (summaries of existing staff, operations and operational objectives),
3. Preparing recommendations that would implement any improved business practices or operational efficiencies.

To support a \$300,000.00 revolving purchase loan for the Peace Tree company with the Bank of Montreal on the purchase of raw material to enable this company to handle the contracts that they have in place.

I would like to take this opportunity to congratulate Nicole Loft (the daughter of Bill and Mary Jean Loft) who will be competing in the World Masters Darts competition to be held in England on November 22, 1998. Best of luck!

I will be available at my office on Wednesdays or you may reach me by phone at 967-9861 if I may be of service to you. Leave a message and your call will be returned.

RENTAL OF 59'ERS HALL

The 59'ers Hall is available for small functions located at Hwy's # 2 & # 49.

For more rental information please call:

Mary Donovan at 967-4708

ADMINISTRATION NOTICES



A Message from the MOHAWK FIRE DEPARTMENT

Action to take if a Carbon Monoxide detector alarms!

A number of conditions can cause a carbon monoxide detector to alarm, including inadequate ventilation in the home, operating gas-fired equipment in the home, charcoal grilling in the garage, leaving a vehicle running in the garage, etc. Most conditions are preventable and only a few may be life threatening.

If a CO detector alarms, occupants should remain calm and investigate what might be burning or operating in the dwelling. If a potential source for CO production is located, remedy the situation and ventilate the home by opening windows and doors. Most CO detectors will reset and the alarm will cease. The majority of CO detector alarms are not life threatening and can be traced to a cause.

If no cause is readily discernible, check to see if anyone in the dwelling feels ill or is experiencing flu-like symptoms of headache, nausea or dizziness. If anyone feels ill, evacuate the household to a safe location and provide for ventilation, e.g. opening windows and doors. Call for assistance from another location such as a neighbour's home, cellular, etc. The dwelling should not be re-entered until air quality is evaluated by an experienced inspector and the problem identified and corrected. Emergency response policies will vary from community to community.



Hunters, hides, hats and Aboriginal artisans combine each season to form a strong circle of co-operation and conservation.

Thousands of hunters make full use of their game (deer, moose and bear) by dropping the hides off at local collection depots each fall. In return, a hat emblazoned with a "Successful Hunter" crest is given in appreciation.

This exchange allows more hides to be accessible to Aboriginal artisans, who make fine crafts, moccasins, gloves and clothing.

Your local HATS FOR HIDES Depot:

TYENDINAGA HIDES COLLECTION DEPOT

HWY 49 AT MARYSVILLE - BLUE BUILDING

Call your local Depot manager at:

(613) 396-5802

The HATS FOR HIDES Program is administered by the Union of Ontario Indians and funded by the Canada/Ontario Resource Development Agreement (CORCA).
For more information about the HATS FOR HIDES Program, call Mary Laronde at (705) 497-9127.

Opportunity Notice from the Housing Department

We plan on constructing 12 - 15 rental homes in the very near future.

All interested contractors and suppliers that have current W.C.B. & liability insurance are encouraged to call the housing department at 396-3424 As Soon As Possible for further information!

Nia:wen
Chris Maracle



EKSA O KON:'A CHILDCARE CENTRE 967-4401

The daycare centre is now updating the waiting list for childcare in the preschool group. If your child is between the ages of 2 1/2 & 3 years of age, toilet trained and you meet the following admissions requirements give us a call.

Admission Requirements

- Only full time children or part time, meaning at least three full days per week on a consistent regular basis, will be admitted to the program.
- Admissions will be based on availability of space and on a priority basis. Priority basis is based on the following:

Parent(s) residing on the Tyendinaga Mohawk

Territory and working or returning to school on a full-time basis. If the family consists of two parents; at least one parent must be a registered status Native living on the Tyendinaga Mohawk Territory.

She:kon'

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

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

We are excited to announce upcoming information sessions including "Financial Budgeting" and "What to do if a child is choking." Everyone is welcomed. If you are interested, require transportation or have any questions, please call Kathy or Gabe at the Eksa O kon:'a childcare centre at 967-4401, Monday to Friday between the hours of 8:30-3:30. Playgroup hours are Monday, Tuesdays and Wednesdays from 9:00 to 11:15. We are looking forward to hearing from you!

Nia:wen

Kathy Brant
Gabriell Maracle



POLICE



POLICE PAGE
BREAK & ENTERS!

TYENDINAGA POLICE REPORTS THAT ON THE 15 OCT 98 A BREAK AND ENTER TO A TRAILER ON SNOOKIES ROAD, THAT HAPPENED SOMETIME BETWEEN THE LAST WEEK OF SEPTEMBER 26 AND 15 OCT. 98. STOLEN WERE TWO GENERATORS, A CHAINSAW, A SOCKET SET, A SCREWDRIVER SET AND OTHER VARIOUS TOOLS
INCIDENT #9176-2, CST. T. MARACLE

BREAK AND ENTER TO A RESIDENCE ON YORK ROAD, ON THE 17 OCT 98, OWNER RETURNED HOME TO FIND HIS HOUSE HAD BEEN RANSACKED, AND A LARGE AMOUNT OF MONEY TAKEN.
INCIDENT # 9818-5, CST. T. MARACLE

BREAK AND ENTER TO TMT SPORTS ON OLD HIGHWAY 2 TYENDINAGA ON 21 OCT 98, TELEVISION, VCR AND OTHER ITEMS TAKEN. SOMETIME IN THE EARLY EVENING CULPRIT(S) GAINED ENTRY BY THROWING A ITEM THREW THE FRONT DOOR.
INCIDENT #11619-7, CST. T. MARACLE

BREAK AND ENTER TO A RESIDENCE ON BELL'S ROAD ON 25TH OCT. 98. VARIOUS ITEMS TAKEN. RESIDENT HAD LEFT AND CAME BACK WITHIN ONE AND A HALF HOURS TO FIND THE HOME HAD BEEN BROKEN INTO.
INCIDENT # 13229-6, CST. S. MARACLE

ATTEMPT BREAK AND ENTER TO A RESIDENCE ON HURON BRANT DRIVE. ON THE 22 OCT. 98, NO SUSPECTS
INCIDENT #11923-5, CST. S. MARACLE

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



FIREARMS SAFETY IS EVERYONE'S CONCERN!!!

When storing your rifles or shotguns, always make sure they are:

- **unloaded**
- **unable to be fired**
(use a locking device, remove the bolt or bolt carrier, or lock the firearms in a secure container or room.)
- **in a place where ammunition for the firearms is not easy to obtain**
(ammunition may be stored with your firearm in a securely locked container.)

For more information call 1-800-731-4000
Canadian Firearms Centre
■ <http://www.cfc-ccaf.gc.ca>



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

NEWS RELEASE

DATE: 1998-OCT. 16

Contact: S/Sgt. Larry Hay
613-967-3888
1-888-820-2729(pager)

FOR IMMEDIATE RELEASE

ARMED ROBBERY ON TYENDINAGA TERRITORY

Two males and a female are suspects for an armed robbery at the Blue Bird Lodge located on the Tyendinaga Mohawk Territory.

Approximately 9:30 p.m., on October 16, 1998, the three suspects entered the Blue Bird Lodge, Bayshore Road, Tyendinaga demanding money. The suspects were armed with knives, three victims were assaulted and the suspects made off with a large quantity of money. The suspects fled in a dark colored Monte Carlo vehicle last seen heading towards Deseronto. One victim was taken by ambulance, to Lennox & Addington hospital and released. The other two victims received minor injuries.

Tyendinaga police, assisted by Deseronto police, Belleville police and O.P.P. patrolled the area with negative results in locating the suspects. Police request your assistance, the suspects are believed to be armed and dangerous, do not attempt to stop, but contact police if you know anything about this incident.

Deadline date for the Newsletter
Tuesday, Nov. 24 at noon
396-3424



TYENDINAGA FIRST NATION POLICE

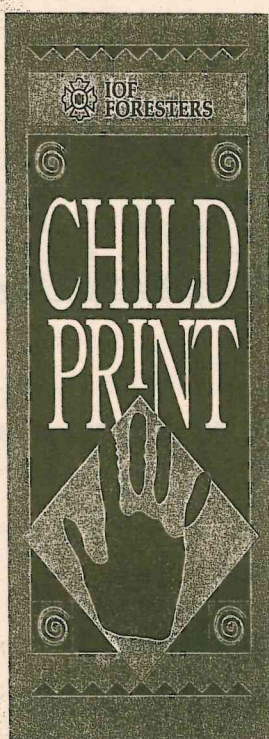
Month End Stats
September 1998

	ACTUAL NUMBER
PROVINCIAL OFFENCES	
Highway Traffic Act	6
Liquor Licence Act	1
Compulsory Automobile Insurance Act	0
CRIMINAL OFFENCES	
Assault	8
Sexual Assault	0
Break and Enter	2
Thefts	6
Possession of Stolen Property	5
Impaired & Over 80	2
Weapons Offences	1
Fraud	0
Mischief/Vandalism	10
Narcotics	4
Other Criminal Code	12
GENERAL INCIDENTS	
Motor Vehicle Accidents	5
90 Day Suspension	1
Other Provincial Stats	10
Other Federal Stats	0
TOTAL NUMBER OF OCCURRENCES	113

POLICE & HEALTH CENTRE

10

CHILD PROTECTION TIPS



1 Choose a secret code, anything your child can remember. Tell your child that only someone who knows the code can pick him/her up at school or anywhere else.

2 Do not display your child's name on his/her clothing. A stranger will use a name to make the child feel more secure.

3 Have your child memorize his/her full name, address, parent's place of employment and telephone numbers.

4 Teach the child how to use the telephone.

5 Arrange for the child to walk to and from school with a friend.

6 Never leave your child alone in public places.

7 Designate which routes your child is to use and enforce boundaries for play.

8 Teach your child that no one should approach or touch him/her in a way that makes your child feel uncomfortable. If someone does, your child should tell you immediately.


9 Listen carefully to your child's fears and be supportive in all your discussions with him/her.

10 Have your child fingerprinted and keep up-to-date records with a current photograph.

A
PUBLIC
SERVICE MESSAGE
FROM
IOF FORESTERS
CHILDPRINT

IOF Foresters ChildPrint is a child protection program that offers free fingerprinting/identification cards. With an identification card, police can have a 24-hour head start on finding a child. The program is sponsored by the IOF Foresters, a not-for-profit fraternal organization. This is a crime prevention program that assists in the event of a missing child and gives the police an opportunity to act promptly. Time is a vital part of the process, every hour that goes by gives us less of a chance to find the child. Dennis Ray Martin, President, National Association of Chiefs of Police. The Royal Canadian Mounted Police recognizes the valued support and assistance offered by the IOF. (we encourage) our members to render the required assistance to your volunteers in the proper procedure of obtaining legible fingerprints. F. H. Goodman, Superintendent, Royal Canadian Mounted Police. If you would like to have the IOF Foresters ChildPrint Program come to your school, day care center, store, recreation center or club, please call us toll-free at:

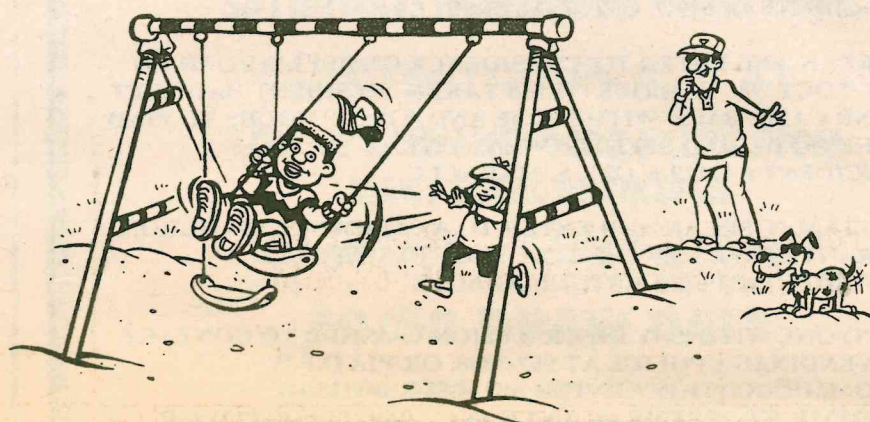
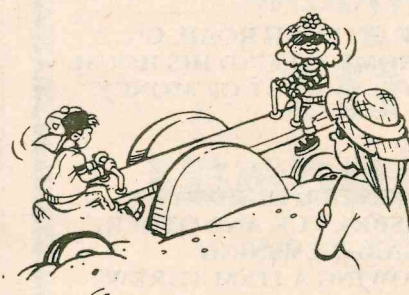
CANADA UNITED STATES
IRENE TYSALL ROBYN BOTTOMLEY
1-800-268-6267 1-800-922-1-IOF

 Health Canada Santé Canada

Playground SAFETY TIPS

Hey Kids! To Play Safe Remember...

- Zip up your jacket.
- Remove drawstrings on your hood, hat and jacket.
- Wear a neckwarmer instead of a scarf.
- Ropes and skipping ropes should not be tied to swings and slides.



BRING SAFETY INTO PLAY

Canada



WANTED

PARENTS AND CHILDREN ARE INVITED TO ATTEND A SERIES OF WORKSHOPS ON STREET PROOFING YOU AND YOUR CHILDREN.

NEVER-BE-A-VICTIM

- 4 Out of 10 boys and 6 out of 10 girls are victims of molestation before the age of 16.
- Most molesters repeat their crimes *even* after a jail term, and most were victims themselves when they were young.

PLACE: TYENDINAGA POLICE OFFICE

DATE: 2 DECEMBER 1998

TIME: 6:00 p.m. - 9:00 p.m.

**LIMITED SPACE PLEASE CALL AHEAD TO BOOK
TYENDINAGA POLICE 967-3888 DAYS**

complimentary donuts and coffee

HEALTH CENTRE

FROM THE THAYENDANEGA HEALTH CENTRE:

Re: NON-INSURED HEALTH BENEFITS

To become better informed regarding coverage of eligible services and benefits under this program, it is suggested that you discuss your requirements with your service provider i.e. Dentist, Pharmacist, Medical Supplier, before consenting to services or treatment. Should prior approvals be required for any treatments or services, it is advisable not to proceed until such approvals are in place. This may help to overcome any unexpected charges for services rendered.

For further information, or procedural queries, pertaining to this program you may contact MARY ROWBOTHAM, Health Services Clerk, at 967-3603.

**NOW THAT THE COLD NOVEMBER WINDS ARE UPON US, THE
SNOW AND FROZEN GROUND WILL NOT BE FAR BEHIND.**

FOR SAFETY SAKE...

THIS YEAR'S DEADLINE FOR

SEPTIC SYSTEM INSPECTIONS

WILL BE

NOVEMBER 15, 1998.

**IF YOU NEED AN INSPECTION OR MORE INFO,
CONTACT THE CHR PROGRAM 967-3616**

An Open Invitation

Are there times that you feel that you are alone
in dealing with an illness, a loss, an emptiness?
And while you may have the support of your family and friends,
they may not understand your suffering, your grief,
your treatments, the after effects or the losses...
While each illness differs - the underlying feelings are always the
same; helplessness, hopelessness, frustration, isolation & fear.

The CHR Program would like to help organize
"Buddies" - a one-on-one support system. The goal of the system
is to link those people within our community
to someone else who understands what they are experiencing.
Then "Buddies" would make the decisions as to
where they would like to meet, when and how often.

During the trying times, just talking with another person who has
also experienced some of the same struggles,
may help you to see the brighter side.

If you feel that you would like to have a "Buddy", please call the
CHR Program at the Thayendanege Health Centre 967-3616.
All calls will be dealt with in a confidential manner.

Please call, we care.



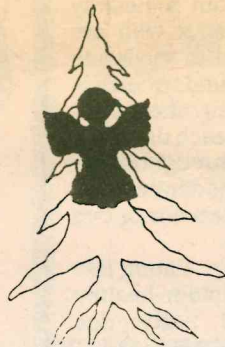
The Angel Tree Program

*The Angel Tree Program is a way for you to participate in
helping children in our community,
who are less fortunate, to have a Merry Christmas.
The Angel Tree will be decorated with
available Angels beginning on November 4
and until December 9, 1998.*

*On each Angel is listed: the child's age, clothing size and
whether it's a boy or girl. In some cases, a specific item
will be listed that the child may need. You may come to
the Health Centre and choose an Angel or you may phone
967-3603 and the necessary information will be given to
assist in making your purchase.*

*The Angel Tree Committee are asking that all gifts be
returned to the Health Centre, unwrapped,
by December 11, 1998.*

Your gifts are greatly appreciated.



The Angel Tree Program

Fundraising

Silent Auction

Where ~ Quinte Mohawk School Gym
When ~ Saturday, November 28, 1998
10 am to 1 pm

Bidding to begin at 10 until noon
Distribution of items from noon until 1
(to be done in 5 minute increments)

Corn Soup, Rolls & Assorted Squares
will be available

\$1 admission for adults
(children under 12 years free)
with door prizes drawn every 1/2 hour.

Please mark this date on your calendar.

HEALTH CENTRE

Thayendanega Health Centre

THE TORONTO STAR Wednesday, August 26, 1998 F7

Special food guide caters to diabetics

Eat Write

LYNN ROBLIN

Diabetes is a significant health concern in Canada. About 1½ million Canadians (5 per cent of the population) have diabetes. Another 750,000 have the disease and don't even know it.

That's a concern because diabetes that isn't well controlled can cause blood vessel changes leading to complications such as vision and kidney problems and heart disease. Good control is important to reduce the severity of complications.

Normally, foods (particularly those high in carbohydrates, such as bread, pasta, fruit, vegetables, juice and sweets) are digested and broken down into blood sugar or glucose in your body.

Glucose is the fuel your body and brain uses for energy. In order to use blood glucose, your body needs insulin, which is produced by a gland called the pancreas.

People with diabetes are unable to use glucose properly. The unused glucose builds up in the blood stream. Higher than normal blood sugar levels is the main concern with diabetes.

The majority of people with diabetes, about 90 per cent, have Type 2 diabetes. The main goal for people with Type 2 diabetes is to keep blood sugar levels in check by eating balanced meals and achieving and maintaining a healthy weight. Regular exercise also plays a key role in controlling blood sugars levels.

The remaining 10 per cent of diabetics have Type 1 diabetes. People with Type 1 diabetes need to balance their carbohydrate intake with insulin to control their blood sugar levels.

Careful meal planning is the cornerstone of good diabetes control. Individuals who have been diagnosed with diabetes or high blood sugar levels should speak with a registered dietitian to work out a healthy eating plan that suits their particular needs and lifestyle.

The Canadian Diabetic Association has developed the Good Health Eating Guide to help people with diabetes make food choices. This guide is based on Canada's Food Guide To Healthy Eating, with some changes to meet the needs of people with diabetes.

The Good Health Eating Guide divides foods into groups according to the amount of carbohydrate, protein and fat they contain. A registered dietitian can help people with diabetes plan meals and snacks using these food groups.

Diabetics generally can enjoy a wide variety of foods. The foods that they can eat are not much different than what is recommended for individuals who don't have diabetes. Knowing how much to eat and when to eat is what matters most.

People with diabetes can now even enjoy some sugar in moderation, provided they count it into their meal plan and not add it as an extra. To help work sugar and sweets into their meal plan, the Good Health Eating Guide includes a sugars category. People with diabetes can substitute one of their fruit or vegetable choices for a sugars choice — for example, ½ cup of cola in place of ½ cup of orange juice.

"This exchange may not affect

blood sugar levels, but the nutrient content of a glass of Coke is quite different than the nutrient content of a glass of orange juice," notes Jane Harper, registered dietitian at the diabetes education centre at Oakville-Trafalgar Memorial Hospital. "Moderation is, as always, the best approach."

Contrary to popular belief, eating sugar is not linked to the development of diabetes. Diabetes is a complex disease, in which heredity plays a role. However, whether they eat sugar or not, overweight people have an increased chance of developing Type 2 diabetes, especially if there is diabetes in the family.

Careful meal planning is the cornerstone of controlling the disease

Here are some general guidelines for people with diabetes:

- Achieve and maintain a healthy body weight. For diabetics who are overweight, even a mild to moderate weight loss of 5 to 10 pounds often improves diabetes control significantly.
- Eat a variety of foods each day.
- Have regular meals throughout the day. Three or more moderate-sized meals a day are better than one or two larger ones.

- Reduce total fat intake. Eating less fat is important to maintain healthy blood cholesterol and triglyceride levels.
- Choose higher-fibre foods more often, such as oat bran and barley, wheat bran and foods made with wheat bran, vegetables, legumes such as lentils, dried beans and peas, grain-based foods such as breads, cereals and pastas, and fruits such as apples, peaches, pears, strawberries and citrus fruits.

- Foods from the sugars and fruit and vegetables group should be spread throughout the day as part of slowly digested meals (that include starch, protein and fats), not eaten between meals on an empty stomach.

If you have diabetes or are cooking for someone who has diabetes, the following cookbooks are a tremendous source of helpful advice and recipes. They have been published in co-operation with the Canadian Diabetes Association.

- *Choice Menus: An Easy Guide With Recipes For Healthy Everyday Meal Planning* (Macmillan Canada) by Marjorie Hollands and Margaret Howard.
- *More Choice Menus* (Macmillan Canada) by Marjorie Hollands and Margaret Howard.

For additional information, contact your local branch of the Canadian Diabetes Association or your local diabetes education centre.

Lynn Roblin is a registered dietitian and nutrition consultant.



THAYENDANEGA
HEALTH
CENTRE

HAVE YOU HAD YOUR FLU SHOT FOR '98?

The Thayendanega Health Centre is offering a *Flu Vaccine Clinic* on Tuesday November 17th 1998 from 9:00 until Noon

Please call if you plan to attend this clinic!

The influenza virus is a serious illness that can lead to death. Influenza leaves the body's defense weak and open to infection. Today's Influenza vaccine are extremely safe and most people have little or no reaction to the vaccine.

Remember - you cannot get influenza from the vaccine.

If you are 65 years of age or older or are unwell because of chronic illness (heart, lung, liver or kidney disease, diabetes, cancer or anemia) you are at high risk.

For further information, or if you have any questions, please contact Brenda Asselstine, Community Health Nurse, at 967-3603.



BEAT THE BUG...
GET A FLU SHOT!

THE SMART SHOPPERS PROGRAM



Thayendanega Health Centre is now a participant in the Good Lunch Box and Good Food Box Programs sponsored by the Community Development Council of Belleville. You can get a box of food valued at approximately \$35.00 for the low cost of \$15.00. Food is bought in bulk from local businesses, farmers and wholesalers and this is how they are able to offer so much for so little cost. Everyone is eligible to access this program interested. Below is a sample list of what you will find in each box.

*Note: Items in the boxes change depending on time of year, price of goods, however, the \$15.00 remains the same.

GOOD LUNCH BOX:

- 3 boxes dry cereal
- 2 tubs becel margarine
- 2 loaves bread
- 3 sleeves juice boxes
- 2 cans apple juice
- 1 can spaghetti sauce
- 1 can tomatoes
- 1 pkg. macaroni noodles
- 1 pkg. spaghetti noodles
- 1 box granola bars
- 1 pkg. bagels

GOOD FOOD BOX:

- 5lbs. potatoes
- 1 ½ lbs. onions
- 2lbs. carrots
- 1 cabbage
- 5 lbs. apples
- 2 lbs. bananas
- 1 lbs. brussel sprouts
- 2 lemons
- 1 bag spinach
- 2 squash
- 1 turnip
- 1 broccoli
- 6 tangerine
- 1 celery
- 1 cucumbe

Each program box is \$15.00. The cash (no cheques) for each box is due by the first day of each month. When ordering, please pay at that time. Orders in cash must be received no later than 12:00pm sharp!

The Good Lunch Box can be picked up at the Health Centre between 2:00pm and 4:00pm on the second Thursday of each month i.e. Dec. 10, 1998.

The Good Food Box can be picked up at the Health Centre between 12:00pm and 4:00pm on the third Thursday of each month i.e. Dec. 17, 1998.

There is no limit on the number of boxes you can order. If you would like to get in on this program, please drop by the Health Centre.

NOTE: YOU MUST PICK UP YOUR BOX ON THE DAY IT IS DELIVERED. IF YOU ARE UNABLE TO, BE SURE TO ARRANGE FOR SOMEONE ELSE TO PICK IT UP. There is no place for items that have to be refrigerated. Health Centre closes 4:30pm.

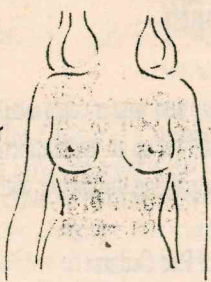
PLEASE BRING YOUR OWN BAGS!!

HEALTH CENTRE & EMPLOYMENT OPPORTUNITY

Breast self-examination

1 Visually examine

Stand facing a mirror. Inspect both breasts for anything unusual such as puckering, dimpling or scaling of the skin.



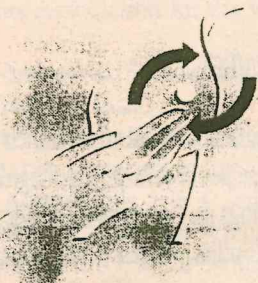
2 Check for discharge

Gently squeeze each nipple to check for any unusual or bloody discharge.



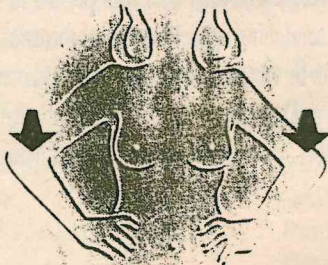
3 Manually examine

Raise left arm and use fingers of the right hand to explore left breast. Pressing the flat part of fingers in small circles, begin at the outer edge and gradually work toward the nipple. Reverse hands and repeat on right breast.



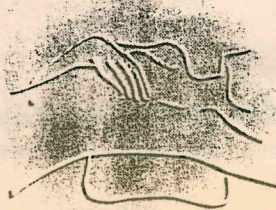
4 Check contours

With hands on hips, bow slightly toward a mirror while pulling shoulders and elbows forward. Look for changes in breast shape or contour. Inspect the undersides carefully.



5 Feel for lumps

Lie flat on the back with a pillow or folded towel under one shoulder and stretch that arm over head to flatten breast for easy examination. Also feel the armpit for any lumps or swelling.



KRT / TORONTO STAR GRAPHIC

YOUTH WORK EXPERIENCE PROGRAM

Sponsored By
FIRST NATIONS TECHNICAL INSTITUTE

This work experience program will run for 8 months with commencement in January 1999. The successful applicants will be placed in on-the-job training in the career of their choice.

Eligibility:

- Must be a member of the Mohawks of the Bay of Quinte
- Must be 16 - 24 years of age
- Out of School
- Unemployed

To Apply:

Please submit resume to:
Jake Brant, Environmental Science & Technology
Community Program Developer
First Nations Technical Institute
R. R. # 1
Tyendinaga Mohawk Territory, Ont.
K0K 1X0
(613) 396-2122

Deadline:

Friday November 20, 1998 at 4:00 P.M.

For further information, please contact Jake Brant at the number listed above.

Tyendinaga Mohawk Food Bank Pre-Christmas Food Drive



Saturday, Dec. 5
9:00 - 4:00 p.m.

The items that are most needed are:

Tomato or apple juice, canned meat, pasta, pasta sauce or spaghetti sauce, caned tomatoes, canned vegetables, peanut-butter, jello, sugar, and coffee or tea.

Monetary donations are also accepted, let us know if you need a receipt.

If you are going to be home, our volunteers will be knocking on your door, wearing their identification pins to pick up your donation.

If by chance, you get missed by our volunteers, you may bring your donation to the Food Bank any Friday from 10am to 1pm.

On behalf of the Food Bank Committee and Volunteers, we wish to extend to you a heartfelt NIA: WEN!



AIDS Awareness Week

November 23 - 30, 1998

World AIDS Day

December 1, 1998

1998 statistics are showing that in the general population HIV infection is on the downside...

yet these same statistics show a rise amongst native people.

What about the next seven generations?

Education is still our greatest defense against HIV/AIDS.

Learn all you can.

For more information on HIV/AIDS/STDS, contact Kathy in the CHR Program at the
Thayendanega Health Centre
967-3616

RED CEDARS

ANDUHYAUN

HEAD OFFICE 1296 WESTON ROAD, TORONTO, ONTARIO M6M 4R3
"WOMEN ARE THE STRENGTH OF THE NATION"

NIMESUK MY SISTERS

Anduhyaun Inc. is offering an adult incest/sexual abuse survivor group for
Aboriginal women who want to heal from childhood sexual traumas.

For more information please call:
(416) 243-7669 or (416) 920-1492
Business Hours 24 Hours

Nimesuk is a fourteen week program starting:
November 3rd 1998

and will be from
1:00 p.m. - 3:30 p.m. every Tuesday

The group will consist of up to ten committed
members who will learn how to cope with adult and
family life positively

Shelter is available to those women who travel from out of town.

Anyone who is interested in attending this group should call to schedule an
interview prior to start date.



POETRY CORNER

SILENCE

I just shook it off, as they say, although the pain was deep
Shook it off is what I did, as he lay there in his sleep
Picked myself up, off the stone cold floor, where I laid for hours
afraid to move my aching bones and wake the hurtful power
Washed away the blood, washed away the crime, washed away myself
Looked at the stranger in the mirror, take the aspirins from the shelf
Checked the children, did they hear? I'm quiet for their sake
the fear I see in their eyes is too much for me to take
Slowly crawl between the sheets careful not to touch the Beast
Muscles sore and aching, not dead, alive at least
"Are you okay? Are you all right?" My inner wisdom asks,
I wrap bruised arms around myself to answer is too big a task
Too many questions in my mind, no solutions I can find
Hide the hurt, hide the marks that prove his vicious mind
"Don't you dare tell anyone, who'd believe you?" He cries!
They know! They know! They must see it in my eyes
Sometimes I dream, it gives me hope and for a while I'm free
One more minute, one more hour, one more day for me

by: Mary Ann Spencer



*November is National Family Violence Month

To the community: Red Cedars still has a wide range of clothing and winter coats available to community
members. If interested please contact the shelter at 967-2003 and set up an appointment to view these articles.
Also a BIG THANK YOU to our community for continuously supplying the shelter with donations. Your
thoughtfulness is greatly appreciated.

Nia:wen from the staff of Red Cedars

Article: Family Conflict

From time to time in our families there will arise conflicts between family members. Conflicts arise over situation
surrounding the children or money or perhaps just disagreeing with each other. The stresses of everyday life or the
excessive use of alcohol or drugs may exacerbate a conflict into violence. There is a right way and a wrong way to
resolve conflicts within our families. Violence is the wrong way to resolve a conflict with your partner or children
or anyone. Yelling, profanities, throwing things, hitting or spitting, scratching or kicking are all forms of abuse
and they are all wrong. Violence and abuse are choices, you choose to be violent and abusive or you choose not to
be. Taking responsibility for your actions and not blaming them on your partner, drugs or alcohol or because you
had a bad day, is the first step in the right direction to resolving conflict. Communicate and discuss matters with
your partner and start your sentences off like:

"I feel" or "I think...."

instead of

"You make me....." or "You can't...."

Good communication skills and an awareness of your partner's feelings and your own are the right ways to resolve
conflict.



S.O.A.D.I. EASTERN REGION

Carol Loft
Regional Diabetes Worker
Tel: 613-962-0199
Fax: 613-962-0499

She:kon,

From the desk of Carol Loft, Regional Diabetes Worker.

On Monday November 16, 1998 my office hours will change to 8:00am-4:00pm.

For those of you who were involved in the Wampum Walk of June 29 & 30 from
Tyendinaga to Alderville...the Belt has moved again. Saturday October 24, the
Wampum Belt was moved from Alderville First Nation to Hiawatha. The total distance
was 48.8 km (30.2 miles).

The First Nations communities that were represented included Kahnawake, Tyendinaga,
Alderville and Hiawatha. The number of people who walked numbered about 18, with a
walker as young as 2 years old.


Hiawatha community members came and met us along the way, welcoming us to their
Territory. Beautiful sweatshirts were given to the walkers by Hiawatha, which had a logo
about creating diabetes awareness.

A number of communities have requested that the Wampum Belt go to them next...this
is something that Hiawatha will sort out. Hiawatha will probably move the Belt sometime
in late May 1999.

Tyendinaga Coalition for Healthy Lifestyles hopes to follow the ensuing walks, which will
be their way of raising awareness of diabetes in First Nation's communities.

Nia:wen

COMMUNITY INTEREST

 INDIAN AND NORTHERN AFFAIRS



QUINTE MOHAWK SCHOOL
R.R. 1, Tyendinaga Territory K0K 1X0
613-966-6984

WAY TO GO!

The members of the Cultural Committee at Quinte Mohawk School would like to thank all participants who helped with the preparations for the Harvest Festival.

Thanks go to the Quinte Mohawk Staff members, Ms. Gros Louis for the donation of the herbs, the children for cutting leather, making decorations, and serving the meal. A special thanks to the Parent Volunteers for all their help. An extra special thanks to all of the Presenters for donating their time and expertise! A big hug and warm thanks to the Native Womens Association for the wonderful, delicious meal.

It appeared as though we would have to cancel our Festival for this year, but we were determined that the Festival would continue as usual.

Many unanticipated and seemingly, immovable obstacles hampered organizing efforts, but with only days left, our own community members united and worked very hard to create a program for our children. As a result, this year's Quinte Mohawk School Annual Harvest Festival was an overwhelming success. We have a wealth of resource people living within our territory, and hopefully, we'll be able to tap into that expertise for future festivals.

Nia:wen kowa to our wonderful, parent volunteers and our Panel of Presenters.

Betty Maracle	Julie Brant	Bill Maracle
Jean Jefferies	Mike Brant	Tracey Gazely
Debby Brant	Ron Green	Linda Maracle
Betty Carr-Briant	Brant Bardy	Mary Jean Loft
Maryanne Spencer	Paul Latchford	Lynn Brant
Suzanne Brant	Barb Brant	Wayne Brant
Della Brant	Brandy Maracle	Joanne Maracle
Kathy Brant	Gabriel Maracle	

Special Thanks to Amy Cook, LeeAnn Pine, Carmen Faries and Janice Brant, our Student Teachers from Queen's University, who toiled many late hours, helping with the organizing and preparation!

Sincerely,
QMS Cultural Committee
1998-99

She:kon Community Members

The Tyendinaga Education Committee would like to take this opportunity to congratulate Mrs. Rana Maracle on joining the staff at Q.M.S. as a Special Education teacher. Mrs Maracle brings many years of experience to offer our children, as well as a very positive attitude.

The Tyendinaga Education Committee also would like to officially welcome Mr. Eric Anderson (Gr. 5) and Mrs. Sandra Fairbairn (Gr. 4) to their new teaching positions. For the communities own interest, our committee consists of seven voting members and very helpful resource people. Our committee as a whole are comitted members and parents who strive to obtain the best possible education for our children on the territory.

If the Tyendinaga Education Committee could be of assistance to you in regards to education, please call anyone of us.

Nia:wen

David Hill- Chairperson 396-5886
Heather Green - Secr/Treas 396-2176
Ted Maracle - Member 966-0009
Brenda Sager - Member 967-8230 (h) 396-3100 (w)
Lynda Thomas - Member 396-3215
Callie Maracle - Member - 967-2835
Kelly Maracle - Member 396-5994
Mike Brant - Resource Member 962-3595
William Maracle - 396-2083 (h) 962-8668 Ext # 10
Patti General - Education Councillor - 969-7860 (h) 396-3424 (w)
Sandy Maracle - 396-2088
Doug Maracle - Council Rep- 519-434-2761
Ken Claus- Principal Q.M.S. - 968-9974

CONGRATULATIONS!!!

My warmest, warmest congratulations to the Tyendinaga Coalition for Healthy Lifestyles on the complete success of Tyendinaga's first Diabetes Conference, "Stepping Stones to Diabetes Awareness!" Special praise to Chairperson Lynn Brant for maintaining a calm and organized program for the two days. The Coalition, Health Centre Staff and Volunteers purely demonstrated the power of teamwork. Another special mention to my sister Gloria Brant for showing everyone that healthy eating is neither tasteless nor bland. Thanks Gloria, for caring so much to put on thos beautifully presented meals. Nia:wen kowa to everyone. I was honoured to be part of it all.

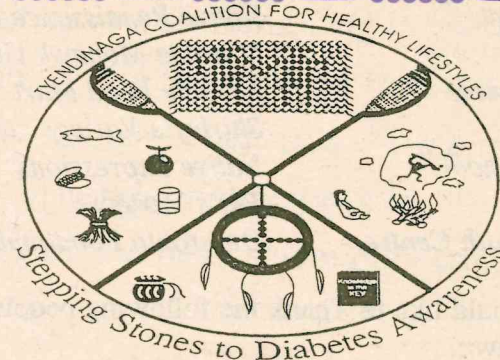
In keeping with the goals of the Tyendinaga Coalition for Healthy Lifestyles, the conference message rang loud and clear. Learn as much as you can about diabetes (or any disease you have) so you can make informed choices regarding your health care. Do not forget to take a role in that plan of care and make those lifestyle changes accordingly.

In these politically turbulent times, we guard our inherent rights and sovereignty on many levels with fierce passion, yet we surrender our bodies to western medicine with seeming abandon. As a people, we are over doctored, medicated, operated on, amputated and irradiated. What's the result? We have a higher than average percentage of illness and mortality rate, meaning we get sick more often and die younger. What's the bottom line? Take care of yourself, which includes your body, mind, spirit and emotions. Get a second opinion, especially if they want to cut part of you away. Mixing Traditional medicines and Western medicines is okay too. Inform yourself of the options. Don't put your doctor on a pedestal as the be-all and end-all of your healing. Maintain a primary role in your healing too.

These are my words for you Tyendinaga.

Nia:wen kowa

Kate Brant



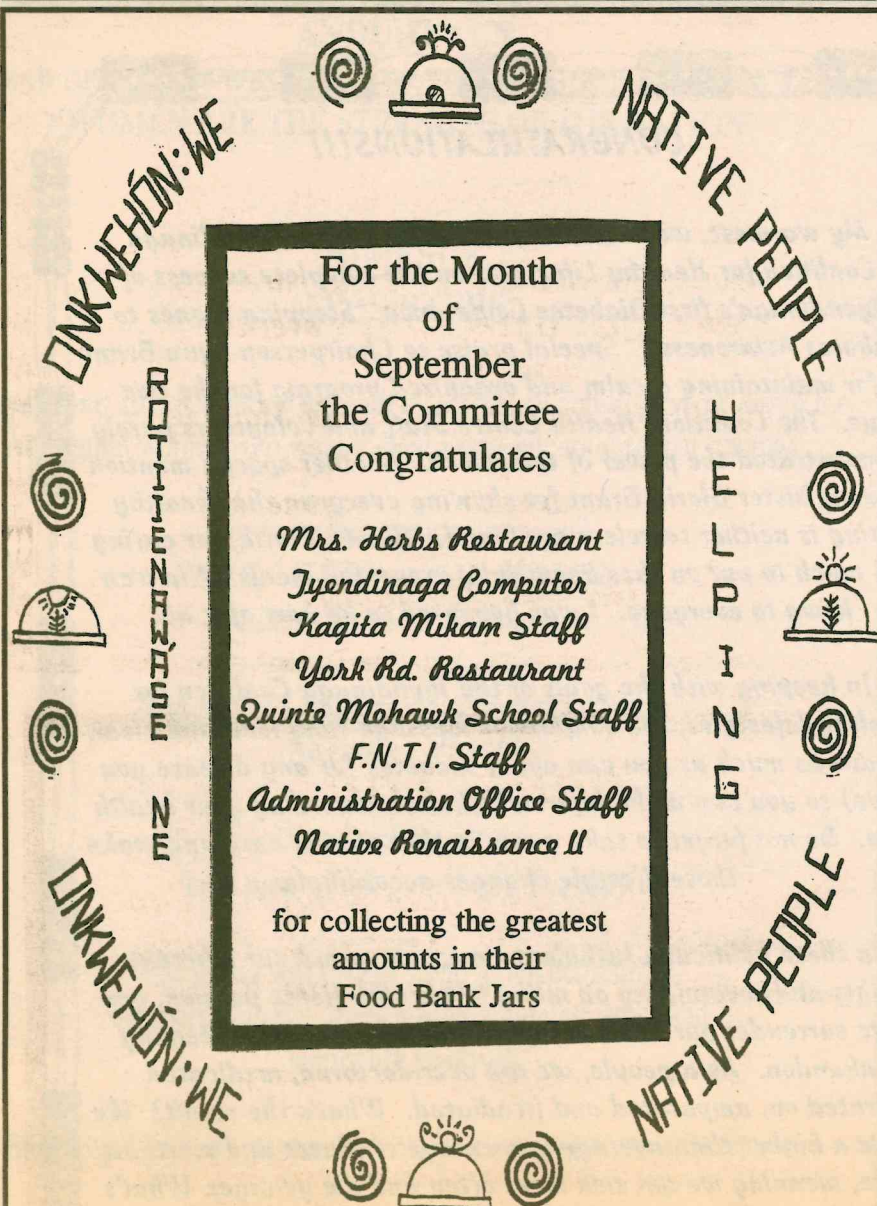
Conference
September 28 & 29, 1998

The Coalition for Healthy Lifestyles would like to express our thanks to all the Tyendinaga community members, volunteers and staff of Thayendanega Health Centre and the Band Office who helped make our Diabetes Conference a very successful event!

There were over 170 participants with the majority from Tyendinaga. Once again Nia:wen for your generous donations of time, gifts and services, but most of all for your participation!

"The Coalition for Healthy Lifestyles Committee"

COMMUNITY INTEREST



For the Month
of
September
the Committee
Congratulates

*Mrs. Herbs Restaurant
Tyendinaga Computer
Kagita Mikam Staff
York Rd. Restaurant
Quinte Mohawk School Staff
F.N.T.I. Staff
Administration Office Staff
Native Renaissance II*

for collecting the greatest
amounts in their
Food Bank Jars

MOHAWKS OF THE BAY OF QUINTE FOOD BANK

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

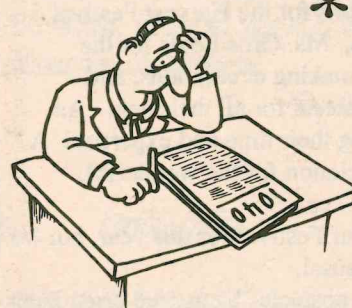
Aboriginal Expressions
Bayview Variety
Roxanne's Place
TMT Sports
Tyendinaga Computer
Kagita Mikam
Family Services
York Rd. Restaurant
Ward's Gas Bar
T.M.T. Police Services
B. & M. Variety
Quinte Mohawk School
Ka:hniote Library
Thayendanega Health Centre

Mrs. Herbs Restaurant
F.N.T.I.
Administration Office
Chief's Inn Restaurant
Chief's Inn Store
Turtle Island Crafts
McMurter Home Centre
Native Renaissance II
Maracle Mohawk Gift Centre
Miracle Food Mart
Shirley's Variety
Native Expressions
Pat's Variety
Deseronto Foodland

The Food Bank would like to Thank the following people for the
successful food drive:

Greg, Darlene, April, Isaiah, Amber & Zacchory Loft
Andrew & Mathew Weldon
Maralee Stephenson
Hailey Brant
Jamie Kunkel
Laura Lee & Jaylee Thompson
Michael Holland
Chris & Charlie Pearson
Donald Maracle
Carol Green and the Thunderbird Youth Group
Danielle Cook
Tyler Brinklow, Curtis Fox, Shirley Maracle and Drew Brant
Nia:wen from the Food Bank Committee & Volunteers

Ka:hniote
Library



* Attention *

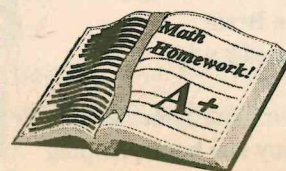
SECONDARY STUDENTS OF TYENDINAGA TERRITORY

*Do you need some extra
help in Mathematics?*

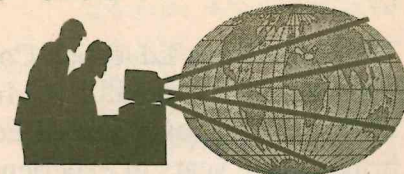
Every Thursday
Evening from 4 p.m. - 7 p.m.
at Ka:hniote Library
extra help is available from a
retired math teacher

"No Charge!!"

For more information
please call: 967-6264



*The Library has
a new Computer Station
for public access to the* **INTERNET**
internet!



(Courtesy of F.N.T.I.) Nia:wen



LANDFILL HOURS

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

Remember if you have an EMERGENCY
CALL



COMMUNITY INTEREST

Thank You!

*Special thanks
to my family & friends
for the
cards , flowers, gifts &
phone calls while
I was in the hospital and at home
recovering from my recent
surgery.*

*Thanks Again
Mary E. Maracle*

Thank You!

*I would like to thank the support workers
and the Thayendanega Health Centre Staff.
Thanks for all there work and care they
gave Alfred (Dick) Maracle over the
many months.
Also thanks to Chief R. Donald Maracle
and to all his band staff.
Our thanks to each and everyone that
helped Dick.
The Maracle Family*

THANK YOU!

*I would like to say very big "Thank You" to Kaglita
Mikam, L.D.M. and the Mohawks of the Bay of Quinte
Employment Department for giving me the opportunity
to achieve my goal in obtaining an A-Z licence by
completing a 6 week course at Transport Safety
and Compliance in Belleville.*

*Nia:wen
May Maracle*

Congratulations!

*May Maracle on passing your 6 weeks Truck Driving
course through Transport Safety and Compliance
Systems Inc. and also getting your A-Z licence .
We are very proud of you daughter!*

Love Mom & Dad

Thank You!

*Wilson & Judy Maracle would like to
thank Shelva, Carl, Tracey & Family
for the surprise party at our home
to celebrate our
25th Wedding Anniversary.*

*I would also like to thank our friends
& family who helped share it
with us. Also thank you
to everyone for the gifts & cards,
it was greatly appreciated.*

Thank You Again!

Wilson & Judy Maracle

Donation to the Food Bank!

*Just a note to those who generously contributed
to the Food Bank Committee during
the Halloween Saturday Night
Trick or Treat*

Thanks for Caring Enough to Share!

The Red Devil & Little Devil

Old Timers Hockey Draw Winners!!

*1st Place: Linda Hill
2nd Place: Chris Corbet
3rd Place: Shelley Downey*

Thanks to all those who purchased a ticket

Thank You!

*Chief R. Donald Maracle, Tom Vincent
and Andrew Clifford Maracle Jr. would
like to thank all their sponsors who helped
bail them out on Oct. 29 after they
were "arrested" by Sgt. Larry Hay
and taken to the Belleville
"Jail - N - Bail"*

*With your help we raised
over \$2,000.00 for the
Canadian Cancer Society*

Nia:wen!

COMMUNITY INTEREST

PROGRAMGUIDE
FALL 98

General Delivery, Tyendinaga Mohawk Territory
via Deseronto, Ontario K0K 1X0
Phone/Fax: 613-967-0463
E-mail: kweradio@suckercreek.on.ca
URL: www.suckercreek.on.ca/kweradio



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
7	Morning Show w/Mike Hill Jr.					ONKWE-CON w/Anataras Brant	Country Gospel w/Randy D.		
8									
9	Midday Show w/Brad B.					KWE COUNTRY w/Kevin Brant	Comedy Hour w/Ron P.		
10									
11	Midday Show w/Brad B.	Anataras Brant	Midday Show w/Brad B.	Midday Show w/Dave W.	Midday Show w/Brad B.	KWE COUNTRY w/Kevin Brant	The 7th Day w/JAY		
Noon									
1	Afternoon Delight w/Tim C.		Afternoon Show w/Ky M.	Afternoon Delight w/Tim C.		Saturday Suprise w/Tim C.	Ear Candy w/Annette M. And Sean S.		
2									
3	KWE TALK w/Cathy Martin		Country Legends w/Frank B. & Cookie	Candlelight & New Wine w/Joy Brant	Oldies w/ Brad B.	Oldies w/Dave W.	TUNED-IN RADIO Top Dance Countdown	Gospel Music 120 w/Bill Maracle	
4									
5	Music Mix & KWE Community Meeting Night	Back In The Country w/Jim M. & Ethel		An Evening w/Randy and Sherry	Requests w/Brad B.		Mike M. And Chris V.	INDIAN TIME Stephen Pierro	
6									
7	For Requests and Dedications call: 967-0463			Music Mix	Music Mix	THE LAST CALL (If You Dare) <small>Till 4am</small>			
8									
9						Back In The Country w/Jim M. & Ethel			
10									
11									
Mid									

CONTEST

NAME OUR BALLPARK

USE YOUR CREATIVE TALENTS TO NAME
AND DRAW A LOGO FOR OUR BALLPARK

1ST PRIZE - \$100.00

2ND PRIZE - \$60.00

3RD PRIZE - \$40.00

OPEN TO ALL RESIDENTS OF TYENDINAGA MOHAWK TERRITORY

FORWARD ALL ENTRIES TO
MOHAWK RECREATION
C/O MOHAWK BAND OFFICE

CLOSING DATE FOR ALL ENTRIES IS DEC. 31, 1998

INCLUDE YOUR NAME AND TELEPHONE NUMBER ON EACH ENTRY

NAMES OF WINNERS WILL BE PUBLISHED IN FEB. 99 NEWSLETTER



TYENDINAGA THURSDAY NITE
GOLF LEAGUE YEAR END STANDINGS

1. LEAGUE PLAY CHAMPS: Ron Bowden, Earl Hill, Steve Alkenbrack, Adam Brant
2. MOST IMPROVED MALE: (TIE) Earl Hill, Eric "Tee" Maracle
3. MOST IMPROVED FEMALE: Lynda Thomas
4. CONSOLATION PRIZE: Debbie Vincent, Matt Vincent, Alvin "Skin" Maracle
Andrew Maracle
5. MOST HONEST PLAYER: Crissy Cobbledick

YEAR END TOURNAMENT WINNERS: Todd Maracle, Adam Brant, Molly Kohoko

LONGEST DRIVE MALE: Trevor Brant

LONGEST DRIVE FEMALE: Sherry Lewis

CLOSEST TO THE PIN MALE: Adam Brant

CLOSEST TO THE PIN FEMALE: Nora Brant

DRAW WINNER: Winston Brant

RAFFLE WINNERS:
1. 66 oz Golf Ball - Frank Garey
2. Putter - Kevin Maracle
3. 26 oz Golf Ball - Brenda Asselstine

TOURNAMENT SPONSORS: Mohawk Cresti: ,g Kitchen Designs McMurter Home Centre
Bel Air Refrigeration

The executive would like to thahk all the members who supported the league this first year and ti
extra efforts of Nora Brant and Sherry Lewis to make the league a success. Further the executive
grateful to the Mohawk Recreation Committee for the donation towards a plaque.

Also, I would like to thank executive members Sheryl Anderson and Lynda Thomas for their
assistance throughout the year. Sign up for next year will begin in April 1999. Look for notice in
the Newsletter.

Nia:Wen,

Todd Kring

Todd Kring
President
Tyendinaga Golf League

UPCOMING EVENTS

Up Coming Events
at the Orange Hall



DANCES

8 p.m. - 12 p.m.

- Nov. 7 - Browns Country Sound
- Nov. 14 - Corduroy Road
- Nov. 21 - Camden Valley
- Nov. 28 - Christmas Party
(Corduroy Road)
Road Beef Dinner & Dance
\$12.00 per person
\$6.00 per child

CARD PARTIES

- Nov. 18
- Dec. 2
- Dec. 16 and every other Wednesday



Roast Beef Dinner

Sunday, Nov. 15/98
Mohawk Community Centre
(Downstairs)

\$8.00 Adults
\$5.00 Children (5 - 12)
Free for Preschoolers

Seatings at 4:30 p.m.
&
6:00 p.m.

Tickets Available from Guild Members
or at the Door!

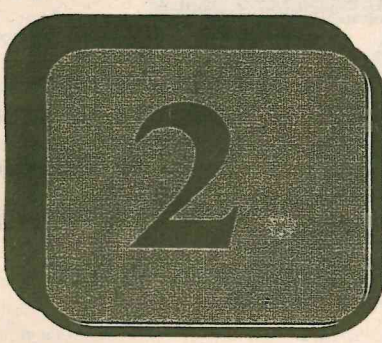
Proceeds go to the Mohawk Ladies Guild

MINI - CONFERENCE

BUILDING FINANCIAL
SECURITY

What you really need to know

IN LESS THAN



HOURS

Sunday 6:00 p.m.
November 22, 1998
Mohawk Community Centre

What is this MINI-CONFERENCE about?

Building Financial Security is designed to help you handle your finances in the most efficient manner -- that means observing Biblical principles and making good decisions for you and your family. Our emphasis is on considering solutions to everyday financial concerns and sharing ideas on how to do such things as SET AND REACH GOALS, ELIMINATE DEBT, DEVELOP A SPENDING PLAN THAT WORKS, PLAN FOR RETIREMENT, SAVE TAX DOLLARS, ANNUITIES, TRUSTS, CHRISTIAN INVESTMENTS, and MAKING A WILL.

Will you attend the MINI-CONFERENCE?

We hope that you will join us for this short presentation. If possible, we would like to know **today**. Please pre-register to ensure that the necessary materials will be available for you.

Here is the BONUS!!

All participants will be offered an opportunity to arrange a private meeting with a stewardship representative to answer personal questions and provide assistance *without cost or obligation*.

This conference is sponsored by Mohawk Pentecostal Church and the Stewardship Department of The Pentecostal Assemblies of Canada. No products are offered for sale and no advice is given about any commercial investment strategies.

REGISTRATION MADE EASY

Now is the best time to complete the form below and place it in the offering plate, or hand it to an usher, or take it to the church office after the service.

YES! Count on me. I plan to attend the MINI-CONFERENCE.

NAME: _____

SPOUSE: _____

ADDRESS: _____

CITY: _____ PROV. _____ PC: _____



UPCOMING EVENTS



VOLLEYBALL TOURNAMENT

ENTER YOUR TEAM IN THE
2ND ANNUAL QUINTE MOHAWK
SCHOOL CHARITY
VOLLEYBALL TOURNAMENT

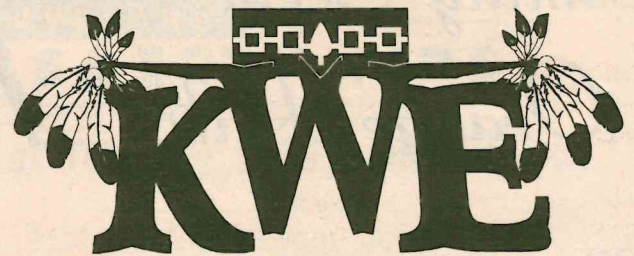
WHEN: SUNDAY, NOVEMBER 8, 1998

PLACE: QUINTE MOHAWK SCHOOL

TIME: 9:00 TO ? cost: \$100.00 per team

CONTACT: MATT SOMERVILLE @
396-5879 OR DONNA GREEN/ERIK
ANDERSON @ 966-6984

ALL PROCEEDS TO QUINTE
MOHAWK SCHOOL FUND RAISING



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TYENDINAGA

105.9 FM

FUNDRAISING DANCE

WE NEED A NEW TRANSMITTER!!!

SATURDAY, NOVEMBER 28TH 1998

COMMUNITY CENTRE 8pm-1am

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ADMISSION IS \$5 AT THE DOOR

50/50 DRAW DATE

Meet the KWE family of volunteers!!!



Aboriginal Womens Support Centre Christmas Craft Fair 3rd Annual Fundraising Event

Saturday & Sunday
November 28, 29, 1998
9 a.m to 6 p.m.
12 Stirling Avenue,
Odawa Native Friendship
Centre

*Avoid the rush
Buy Native crafts
& support your local vendors*

A Year of Fine Aboriginal Arts & Crafts

Bannock Contest on Sunday



*Aboriginal Woman Card Reader
available for fun readings*

**AWSC is looking for Crafts
People and Food Vendors**

**Vendors \$50 per table for the
weekend**

**To register or for more
information, please contact
Colleen Whiteduck
or Debra Schweder at 741-5590**

*Christmas DJ music, hot chocolate, apple cider
Tons of Christmas Cheer!*



WOODLAND CHRISTMAS FAIR

TRADITIONAL AND
CONTEMPORARY CRAFTS
BY FIRST NATIONS
ARTISANS

- ✧ FASHION WALK
11:00 & 2:00
- ✧ DOOR PRIZES
- ✧ CAFETERIA &
TEA ROOM
- ✧ FREE ADMISSION
- ✧ FOOD BANK DONATIONS

SAT. NOV. 7

9:00 A.M. TO 4:30 P.M.

For More Information Call:
Dusty Sowden 1-519-759-2650 ext. 228

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- Available Dec. 1/98
- One month rent plus equal damage deposit required a long with references
- Rent is all inclusive

Call: 396-3957 for further information or leave a message

Newsletter Deadline
Tuesday, Nov. 24 at Noon
396-3424

LAND FOR SALE

- Waterfront lot situated along Cedar Glenn Rd.
- Between Randy Sero and Garnet Brant

For more information
Call: Sam Maracle 962-2439

FOR SALE

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- Size Medium
- Pink, Rose & Olive Colour
- \$100.00 firm

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- Corn Fed Beef
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Make your own Soup!
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Call: Sam Maracle 962-2439

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1988 Beretta GT

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- automatic
- new rebuilt transmission
- many new parts
- am/fm cassette player
- \$1500.00

Call: 396-5994 ask for Kelly

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1982 CAMERO

- 305 V8 4 BBL
- Good motor
- Good tranny
- Needs work
- New Floor
- \$1200.00 as is or B.O.






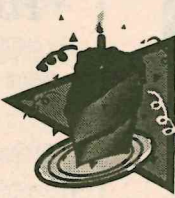




Call: Kirk 396-2536

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- Lots are fully serviced with water & sewer and natural gas

For more information, please call: 613-396-2097



<p>Happy Belated 21st Birthday!</p> <p>Angie Oct. 22</p> <p>Love Mom & Ric</p> 	<p>Happy 40th Birthday!</p> <p>Bill (Poops)</p> <p>Love Kathy, Ang & Ric</p> 	<p>Happy Birthday!</p> <p>Ryder Nov. 21</p> <p>Love Mom, Dad & Noah</p> 	<p>Happy 10th Birthday</p> <p>Evan Nov. 9th</p> <p>Love Mom & Mike</p> 
<p>Happy Birthday!</p> <p>Benjie Nov. 6</p> <p>Love the Family</p> 	<p>Happy Birthday</p> <p>Manson Nov. 3</p> <p>Love the Family</p> 	<p>Happy Birthday!</p> <p>Mom (*Pat*) Nov. 9</p> <p>Love Mike & Jan</p> 	<p>Happy 30th Birthday</p> <p>Lonnie Nov. 15</p> <p>Love from Tammy Taylor & Mitchell</p> 
<p>Happy Birthday!</p> <p>Michael McDonald Nov. 12</p> <p>Love the Family</p> 	<p>BIRTHDAY ADS ARE FREE! CALL 396-3424</p>		<p>Happy Birthday!</p> <p>Taylor Nov. 15</p> <p>Love Mom & Dad & Mitchell</p> 



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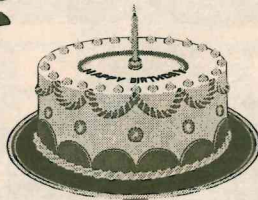


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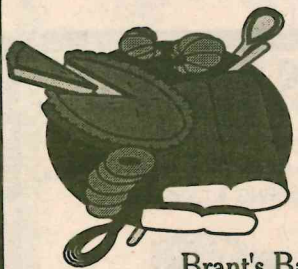
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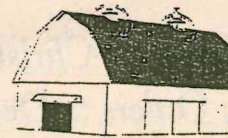
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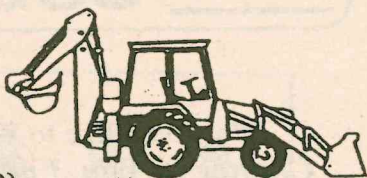
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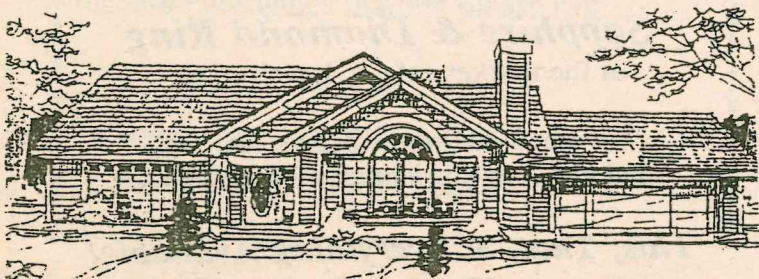
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&

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Nov. 14 & 15, 1998 (9 - 5)

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