

TYENDINAGA NEWSLETTER



Kentenhko:wa' (November)
ISSUE 12/95



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MOHAWKS OF THE BAY OF QUINTE

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

November 1, 1995

The Honourable Ron Irwin
Minister of Indian Affairs
and Northern Development
Indian and Northern Affairs Canada
10 Wellington Street, 21st Floor
Ottawa, Ontario
K1A 0H4

The Honourable Charles Harnick Attorney General and Minister Responsible for Native Affairs 720 Bay Street, 11th Floor Toronto, Ontario M5G 2K1

Dear Mr. Irwin and Mr. Harnick:

RE: CULBERTSON TRACT LAND CLAIM

On behalf of the Tyendinaga Mohawk Council and the members of the Mohawks of the Bay of Quinte, I am pleased to enclose the Claim Submission of the Mohawks of the Bay of Quinte relating to the Culbertson Tract Land Claim.

The claim submission consists of five volumes, namely a Statement of Claim, a Document Index, a Maps and Plans Index, an Alienations Index and an Alienation Location Sketch Index. While I hope that the enclosed material is self-explanatory, I feel it is appropriate to add a few words to explain what this submission represents.

In 1793, in recognition of the services performed by the Six Nations as allies of the British Crown during wartime, the Simcoe Deed granted the Mohawk Tract to our people. The Simcoe Deed has also been given the designation "Treaty 3 1/2." It guaranteed the enjoyment of the Mohawk Tract to our people, securing to us the "free and undisturbed possession and enjoyment of the same."

The Simcoe Deed also contained provisions ensuring that no alienation of any of the Mohawk Tract should ever be made except following a public meeting or assembly of our members, similar to the surrender procedure described in the Royal Proclamation of 1763.

In 1836, with the full knowledge of these provisions in our treaty, the Province of Canada permitted 827 acres of the Mohawk Tract to be "granted" to one John Culbertson. No public meeting and no surrender ever occurred. As the result of the illegal transfer of this land into private hands, the Culbertson Tract was lost forever to our community and now forms part of the Town of Deseronto and Tyendinaga Township.

While the present Claim is the first to be formally presented to your governments, a number of other claims are under investigation by our research staff. For the past 202 years, the original Mohawk Tract has been whittled away by a series of faulty surrenders, leases and other transactions. These events did not take into account the provisions of the Simcoe Deed nor the best interests of our people and which, in our view, involve repeated breaches of the Crown's fiduciary duty towards us.

The Mohawks of the Bay of Quinte will be making further claims in the months and years to come against the governments of Canada and Ontario, and we hope that a proper response by your governments to this initial claim submission will facilitate the efficient review, assessment and resolution of those which will follow.

We wish to stress that in bringing this claim forward we respect the interests of our neighbours in Deseronto and elsewhere. We hope and trust that the resolution of this claim, as well as the claims which will follow, can take place within a constructive atmosphere of mutual respect. Above all, however, we have the responsibility to secure justice for our members and for our future.

I look forward to discussing this important matter with both of you and your officials in the coming months.

Sincerely,

R. Donald Maracle

Imald march

Chief

AP/am encl.

msword\letters\culbert



NOMINATIONS:

NOV. 25 9:00 A.M. - 12:00 NOON QUINTE MOHAWK SCHOOL

ELECTIONS:

DEC. 9 8:00 A.M. - 7:00 P.M. QUINTE MOHAWK SCHOOL



NEWS RELEASE

Toronto Historical Board

Charitable No: 0283812-52

R. Scott James
Managing Director

205 Yonge Street Toronto, Ontario M5B 1N2

Telephone: (416) 392-6827 Facsimile: (416) 392-6834

FOR IMMEDIATE RELEASE 18 October 1995

MOHAWK PHYSICIAN AND FRATERNALIST WILL BE HONOURED WITH A HISTORICAL PLAQUE

The Toronto Historical Board will unveil a commemorative plaque in honour of Oronhyatekha or Peter Martin on Sunday, November 12, 1995 at 2:00 p.m. at the south west corner of Allan Gardens (corner of Sherbourne and Carlton Streets). Interested members of the public are encouraged to attend this ceremony and celebrate the life of one of Canada's most remarkable citizens of the 19th century.

Oronhyatekha, (Burning Cloud) was born at the Grand River Reserve near Brantford on 10 August 1841 and baptised as Peter Martin. In 1860 he presented the Mohawk address to the visiting Prince of Wales and met Sir Henry Acland, Regius Professor of Medicine at Oxford, who invited him to study there. Following his return to Canada in 1863, he married Ellen Hill, a great-granddaughter of Joseph Brant and in 1867 completed his medical studies in Toronto, Oronhyatekha practised in Frankford, Stratford and London where he joined the Independent Order of Foresters, a family fraternal benefit society in 1878. Elected the first Supreme Chief Ranger in 1881, he guided the rise of the I.O.F. with vision and energy. From 1896, "Dr. O." lived on Carlton Street and at his death in March of 1907, lay in state at Massey Hall. His collection of artifacts and curios was subsequently donated to the Royal Ontario Museum.

The Toronto Historical Board is an agency of the City of Toronto and is dedicated to the promotion, preservation and interpretation of the City's heritage and history.

ORCHID SITE - AFGR-1 RETURNED FOR PROPER TRADITIONAL REINTERMENT

Since the Native Community of Fort Erie and surrounding areas became aware of the Orchid Ossuary remains being kept at the Canadian Museum of Civilization, they have sought to have them returned for proper traditional burial. This event has occurred on Friday September 29, 1995 at the Fort Erie Native Cemetery.

This alternate burial site evolved through the negotiated meetings and planning sessions of the Town of Fort Erie through Mayor John Teal and Town Planner Ron Rienas, the Fort Erie Native Community through the Summit Presidents and the Niagara Parks Commission. Over a period of several years there has been meetings and follow up correspondence with related groups to reach the point of serious negotiations with the Canadian Museum of Civilization to have the remains and artifacts returned to Fort Erie. The Six Nations Band Council, Iroquois Confederacy, Chiefs of Ontario,

Ontario Federation of Indian Friendship Centres and the local Native Community have all worked hard and have received support from the Town of Fort Erie and Niagara Parks Commission to have this serious matter come to a respectable and agreeable conclusion.

Much of the credit for the final accumulation of reinterment must go to Vivien Bomberry, Executive Secretary to Six Nations Band Council for getting the right players moving in the distant locations of Ottawa, Fort Erie and Six Nations.

The Faithkeepers of the Iroquois Confederacy performed the traditional reinterment and a tradition community feast will be held.

This is not a public event but a solemn religious occasion. It is the wish of the Native people that it be treated like a regular funeral with the quiet respect and no cameras present.



Gaming Questionnaire

It has come to our attention that some gaming questionnaires were not picked up on Oct. 14th & 15th. If your questionnaire was missed please call the Administration Office at 396-3424 and arrangements can be made to pick up your questionnaire. If you wish , you may drop your Questionnaire off at the Administration Office or leave in the mailbox after hours.



Chiefs of Ontario

October 4, 1995

PROVINCIAL CUTS - UPDATE

Consultation with First Nations? Recognition of Inherent Right?

NOIII

- Ontario's cuts to welfare recipients took effect October 1. The 21.6 percent cut to benefits for all adults and children, (other than aged and disabled FBA recipients) applies to the basic and maximum shelter allowance (see the July/95 Chiefs of Ontario Bulletin to First Nation communities for more information). The Ontario Native Welfare Administrators Association has also sent communities detailed information on the cuts announced by the province.
- Further cuts were announced in an August/95 memorandum to welfare administrators regarding changes to shelter benefits, minimum boarding charges (as of January 1996) along with stricter eligibility and fraud prevention measures.
- THESE CUTS WERE ANNOUNCED WITH NO FIRST NATIONS CONSULTATION OR PRIOR DISCUSSION!

DESPITE AN APPEAL FROM ONTARIO FIRST NATIONS LEADERSHIP TO ATTORNEY GENERAL HARNICK, MINISTER RESPONSIBLE FOR NATIVE AFFAIRS, TO EXEMPT FIRST NATIONS FROM THESE CUTS, ONTARIO HAS GONE AHEAD WITHOUT ANY REGARD FOR THE INHERENT RIGHT OF FIRST NATIONS OR WITHOUT RESPECT FOR THE GOVERNMENT-TO-GOVERNMENT APPROACH AS DIRECTED BY THE STATEMENT OF POLITICAL RELATIONSHIP.

- The Ontario Native Welfare Administrators Association is voicing its strong objections to the province. First Nations leadership have also strenuously objected, through correspondence and an August/95 meeting with Deputy Minister Lang of the Ministry of Community and Social Services.
- The Ontario Indian Social Services Council (comprised of the Social Services Directors of AIAI, UOI, GCT #3, NAN and Six Nations and a representative of the Independent First Nations) has been analyzing what these cuts could mean to the Department of Indian Affairs, which stands to gain cashflow "windfall savings" (i.e. dollars INAC will save on what would have been spent under the 1965 Welfare Agreement).
- NAC Regional Director General Audrey Doerr, she indicated there is support at the regional level for retaining these cashflow "windfall savings" within Ontario region. There will be a final decision by the Deputy Minister of Indian Affairs on this issue. Ontario Regional Chief Peters made it clear to Audrey Doerr that First Nations will expect those savings to flow directly to the communities. The Ontario Indian Social Services Council (OISSC) is developing some draft ideas or options communities might choose from to utilize these dollars in the most beneficial way and ensure that they are applied to offset the impact of the provincial cuts. Ms. Doerr also indicated that the Department may not see any "windfall savings" in this fiscal year because of the way funds are accounted for under the '65 Welfare Agreement.
- There was discussion how to make the Social Assistance Transfer Fund (SATF)
 more accessible; a follow-up meeting on First Nation modifications to SATF will
 occur in October.

What Can Communities Do?

- In spite of the lobbying efforts and objections of the First Nations organizations and leadership, the province appears to expect First Nations to simply comply with their rate changes, eligibility changes, fraud measures and other cuts announced to welfare and other social services.
- Some First Nation communities may be planning to implement the cuts by submitting appeals through the Social Assistance Review Board. For more information on this, contact the Social Assistance Review Board, 7th Floor, 1075 Bay Street, Toronto, Ontario, M5S 2B1, at (416) 326-5104, or fax (416) 326-5135. Other First Nations may be considering taking a position rejecting the welfare cuts by continuing to administer as per the previous guidelines. Please be advised of the potential for deficit as experienced in the post-secondary education protest.

In addition, communities may wish to write to:

Audrey Doerr
Regional Director General
Indian and Northern Affairs Canada
25 St. Clair Avenue, East
5th Floor
TORONTO, Ontario
M4T 1M2

Minister Ron Irwin
Indian & Northern Affairs Canada
Les Terrasses de la Chaudiere
10 Wellington Street, 21st Floor
HULL, Quebec
K1A 0H4

(In letter to Minister Irwin First Nations may want to say they need specific First Nation programs to help offset our critical economic deficiencies)

Minister David Tsubouchi
Ministry of Community and Social Services
6th Floor, Hepburn Block
80 Grosvenor Street
TORONTO, Ontario
M7A 1E9

or your local MPP.

FURTHER INFORMATION CAN BE REQUESTED FROM EITHER THE CHIEFS OF ONTARIO, (416) 972-0212, OR ONWAA - THE ONTARIO NATIVE WELFARE ADMINISTRATORS ASSOCIATION, AT (519) 445-4767, OR EACH OF THE RESPECTIVE INDIVIDUAL POLITICAL TERRITORIAL ORGANIZATIONS AND INDEPENDENT FIRST NATIONS.



Office of the Minister Bureau du Ministre Ministry of Community and Social Services Ministère des Services sociaux et communautaires Hepburn Block Queen's Park Toronto, Ontario M7A 1E9 416/325-5225 Edifice Hepburn Queen's Park Toronto (Ontario) M7A 1E9 416/325-5225

October 2, 1995

Dear Colleague:

On September 28, the Chair of Management Board of Cabinet announced the government would be moving ahead with measures to reduce spending. I am writing to inform you of the measures that will affect the Ministry of Community and Social Services and transfer payment agencies like yours.

As you know, the government inherited a profound spending crisis. In order to restore health to our finances, we have to reduce non-priority spending. As part of that exercise, my Ministry is making some difficult decisions.

The decisions being announced today will provide the province with savings of about \$13 million this fiscal year. With this announcement, our Ministry will still provide more than \$2 Billion annually to transfer payment agencies who serve about 300,000 people in the province of Ontario. However, we are getting out of service areas we simply no longer can afford.

As we move toward the eventual restructuring of the social service system based on a renewed definition of core services, certain parts of the Ministry budget are being reduced or eliminated now. Fiscal realities require early decisions and we are making the following changes to meet our budget requirements:

- o an eight per cent cut since July of this year to the internal budget of the Ministry of Community and Social Services, including my own office's budget for staffing and administration;
- the elimination of the child care Program Development Fund, which was used to provide start-up funding for new non-profit child care centres;



- o the elimination of funding for programs for male batterers, some prevention and outreach services in violence against women programs, and a reduction in non-residential supports -- the Ministry will continue to fund 98 shelters for victims of family violence and their children;
- o reduction in Ministry funding for adult counselling services;
- o reduction in Ministry-funded recreation programs for children and adults;
- o reduction in funding for culturally-specific social service programs;
- o elimination of financial support for community social service planning;
- o elimination of funding for community neighbourhood support services and multi-service centres; and,
- o reduced funding for maternity homes.

Most of these reductions will begin to take effect January 1, 1996. Over the next several days, my Ministry's area offices will directly contact those agencies which are affected by these reductions to provide them with more detailed information.

The job of restoring the province's financial health is far from over. That means the province will be making further spending cuts in the months to come. We must find more cost-effective ways of providing service to Ontario's most needy citizens. And we have to get out of service areas we can no longer afford.

I recognize this will be difficult. There is no one solution that's going to work everywhere. My Ministry will work with agencies and communities to develop a framework for restructuring. Within that framework, agencies and communities will have a responsibility to take leadership in local restructuring efforts.

The purpose of these efforts will be to focus on direct services and results, along with clearly defined areas of responsibility for government and communities.

In these economic times, we are all being challenged to provide Ontarians with more efficient and effective services.

Sincerely,

David Tsubouchi

Minister

TYENDINAGA FIRST NATIONS POLICE

Month End Stats

September 1995

ACTUAL NUMBER PROVINCIAL OFFENCES Highway Traffic Act 13 Liquor Licence Act 6 Compulsory Automobile Insurance Act 4 CRIMINAL OFFENCES Assault 3 Sexual Assault 0 Break and Enter 7 Thefts Possession of Stolen Property Impaired & Over 80 3 Weapons Offences Fraud 2 Mischief/Vandalism 1 Narcotics 1 Other Criminal Code 9 GENERAL INCIDENTS Intrusion Alarms 3 Motor Vehicle Accidents 3 Animal Complaints 2 12 Hour Suspensions 2 2 Missing/Lost or Overdue Persons 2 Assist Other Police Services 8 Other Provincial Stats Other Federal Stats 3 TOTAL NUMBER OF OCCURRENCES 84

The Tyendinaga First Nations
Police Service would like to thank:
Chief & Council, Pat's Variety,
Shirley's Variety, F.N.T.I.,
Mohawk Fire Department, Bayview
Variety, Village Variety, B & M
Variety, Q.C.S. (Paul Green)
for their generous donations for the
Halloween Safety Program at the
Quinte Mohawk School.

Your generosity is greatly appreciated

Members & Staff
Tyendinaga First Nations P.S.





Ontario
Food and
Beverage
School
Inc.

TRAINING & EMPLOYMENT OPPORTUNITY

The Ontario Food and Beverage School is a small vocational school to teach cooks and chefs. It is in Belleville, at 50 Hanna Court, in the north-west industrial section, just off Bell Boulevard.

Basically, the school is for those who want a skill that will enable them to acquire and retain employment. It is for people with good manual dexterity and have some artistic aptitude and are willing to work hard.

The next intake is scheduled for January 8th. They presently have seats available.

There is six months training in school and six months paid placements, which the school arranges. The second year, if they chose to return, is to advance to a chef designation.

If anyone is interested, the school has offered a lunch at the school, an inspection of the school and a meeting with the Chef to see whether the School would be beneficial.

A more detailed information package is available in the Employment department.

For more information contact: Karen Brant-Jones or Bev Hill at the Administration Office 396-3424

BANK OF MONTREAL Training Position

POSITION:

6 Months to 1 Year Training Position for Accounts

Manager.

EDUCATION:

Post Secondary Degree in Business or Business Related

Courses.

LOCATION:

Training will be in Kingston, Ontario.

CLOSING DATE:

November 10, 1995.

For more information regarding this training position contact: Karen Brant-Jones or Bev Hill

News Letter/Bulletin

FEDERAL CORRECTIONAL OFFICER

Have you ever considered working in the Correctional field but did not know whether your work experience and formal education would relate to this line of employment?

Are you a Canadian citizen?

Have you graduated from Secondary, College or University and do you possess a valid Ontario Drivers License?

Have you extensive people-related experience in area such as corrections, teaching, orientation, supervision, sales or other related areas?

If you have replied yes to all of the above questions we are pleased to inform you that you possibly do meet our basic requirements and by forwarding an application and resume to:

The Correctional Service of Canada Regional Headquarters (Ontario) Recruitment Division P. O. Box 1174 KINGSTON, Ontario K7L 4Y8

could allow for your name to be included into our applicant inventory. This inventory is reviewed on an ongoing basis, and, as vacancies arise in our department, applicants whose qualifications most closely meet our needs can and/or may be invited to participate in the ongoing selection process of recruitment.

Helpful staff who are committed to making our work force a reflection of the Canadian Community at large, are on duty between the hours of 8:00 a.m. to 4:00 p.m (613) 545-8748, Monday through Friday should you require assistance in obtaining or completing an application.



Prescription Drugs

At one time or another your doctor will probably prescribe a drug that will cure your illness, control it's symptoms or simply makes you feel better.

It is a fact that nearly 50% of all patients do not follow their doctor's or pharmacist's advice on how to take prescription drugs.

The Community Health Representatives offer some **hints** so that you will benefit most from your drug therapy.

Do you forget?

Take your medicine at the same time everyday.

(Before or after your shower, at breakfast,
before or after you brush your teeth, etc.)

Use a calendar, daily/weekly pill container or reminders such as
notes on your fridge, on your bathroom mirror, in your car.

Do you have questions?

Ask! Your doctor or pharmicist will take the time to answer them.

Some questions you might want to ask:

Why do I need to take this drug? How do I take this drug?

(With meals, on an empty stomach, with lots of fluids, etc.)

Are there any precautions?

(Avoid driving or using machinery, avoid alcohol or other drugs, etc.)

Are there any side effects?

(Rashes, restlessness, dry mouth, etc.)

How long do I take the drug for?

Most drugs will have you feeling better before the prescription is finished, but that doesn't mean that all the germs are gone.

If you are prescribed a drug, especially antibiotics, and the label states "to take until finished", for best results, follow the label.

Never take somebody else's prescription drugs. **Flush** any drugs that are over one year old.

If you follow these tips, chances are your medication will make you feel better.

If you need more information, phone your doctor or pharmicist.

They really do care, and so do we.

The CHRs.



THEY'RE BACK!!!

Anyone can be infested with HEAD LICE, no matter how clean or careful we are. It is a social problem that we all have to contend with especially now that winter is here. Head lice can be transmitted through hair contact, carried on toques, scarves, and coats.

Head lice multiply very rapidly, with the eggs attaching themselves near the root of the hair with a tough glue-like substance. The eggs are whitish in colour and oval in shape. The eggs can be found anywhere the hair shaft meets the scalp. Their favourite spots are the back of the head, behind the ears and the temple area. The eggs hatch in 10 days with the baby lice clinging to the scalp like specks of pepper. After hatching, they mature in 10 days and are able to reproduce.

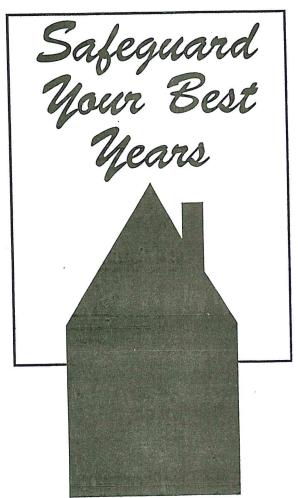
One of the signs that head lice are present may be persistent itching. CLOSE INSPECTION, possibly with a magnifying glass, will reveal silvery eggs attached to individual hairs and/or lice crawling through the hair.

Upon detection, hair should be treated with a special pediculosis (head lice) shampoo, following directions carefully. After shampooing, it is recommended that a couple of teaspoons of vinegar be added to the water to loosen the eggs from the hair shaft. Each egg has to be removed individually. One treatment is usually all it takes, but we must keep inspecting the hair every day to catch any eggs that may have been overlooked.

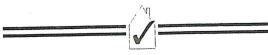
Shampoo is available at the Thayendanega Health Centre and should you have any questions or need help in identifying suspected infestations, call the Thayendanega Health Centre at 967-3603.



Activities & Information from the CHR Program



Home Adaptation Checklist



NATIONAL SENIORS' SAFETY WEEK

November 12 - 18, 1995







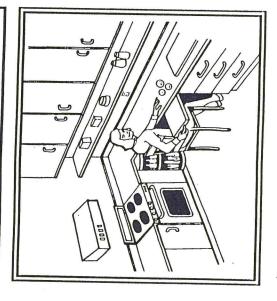
The majority
of seniors
wish to continue
to live
in their own homes
for as long
as possible.
However,
many homes are not
designed
to meet their
changing needs
as they age.

Tour of the house

By knowing your own situation and understanding how you can adapt your home to meet your needs, you can prevent injuries.

This checklist will show you a number of adaptations that could help you prevent accidents and enhance your independence. It will also tell you how to hire a reputable contractor if you need help to undertake the work.

Ritchen



Install lever-type faucets or a faucet with a single lever to control flow and temperature. Install pull-out shelves under counter to enable you to work from a seated position.

Lower existing cupboards.

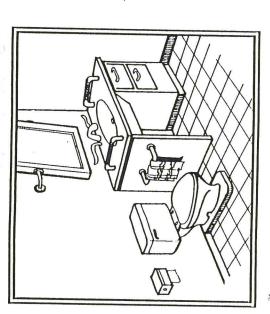
Install "D" type handles on cupboards or drawers.

Provide electrical outlets for small appliances in more convenient locations.

Install smoke and heat detectors outside, but close to, kitchen.

Install a fire extinguisher near kitchen exit.

Bathroom



Install shelves beside basin for storage.

Install a grab bar within easy reach.

Install additional light fixtures near mirror or medicine cabinet.

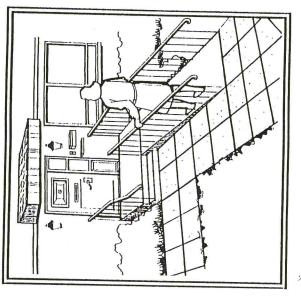
Install non-slip flooring throughout the bathroom.

Install lever-type faucets or a faucet with a single lever to control flow.

Adjust the hot-water heater or install a device that will prevent the water from reaching too high a temperature.

Install a hand-held shower on adjustable rod or high-low mounting brackets.

Entrances



Add a ramp to bypass existing sieps.

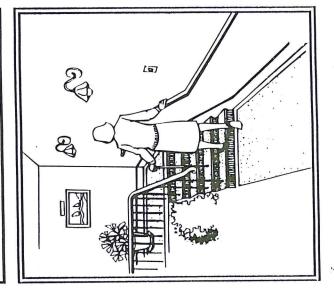
Install light fixtures or floodlights to illuminate entrances, steps and walkways.

Add a grab bar or handle near step or threshhold.

Install a delayed action door closer. Install lever-type door handles.

Install easily accessible light switches or sensors to control outside lights.

Stairs & Hallways



Improve lighting in stairs.

Install two-way light switches at top and bottom of stairs.

Install or repair existing rails or install new rails.

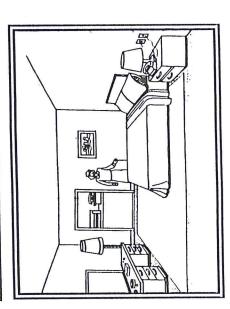
Extend handrails beyond the top and bottom of steps.

Install "swing clear hinges" on doors to widen doorways.

Install handrails along corridor walls. Canada Safety Council

6-2750 Stevenage Drive, Ottawa, Canada K1G 3N2 Telephone (613) 739-1535 Facsimile (613) 739-1566

Sedroom



Use a night light to provide a lighted path from the bedroom to the bathroom.

Free the path from the bedroom to the bathroom from obstacles.

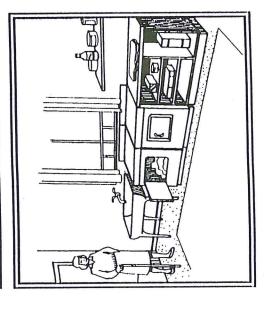
Relocate bedroom to main floor level.

If your area does not have 911 service, keep a list of important contacts near the telephone (police, fire, etc.) in large print.

Keep a flashlight nearby for emergencies.

Install a personal response system that would allow you to call for help if you needed it.

Basement & Laundry Area



Provide shelves or storage near appliances so that washing supplies can be conveniently located. Consider a basement telephone to save climbing steps.

Closets & Storage Areas

Install bi-folding or accordion doors.

Add or lower shelves.

Install lights in closets.

Add or lower rods.

THE MOCCASIN TRAIL WALKING PROGRAM IS HERE FOR YOU!!! YES, WHENEVER YOU ARE READY TO TAKE RESPONSIBILITY FOR YOUR OWN HEALTH AND START BEING ACTIVE, COME AND SEE US AT THE THAYENDANEGA HEALTH CENTRE TUESDAY **DECEMBER 5, 1995** 8:30, AM - 7:00PM







STARTING A WALKING PROGRAM



SHOE SELECTION

Select a shoe with the following features:

- · thick, firm, flexible sole
- · lacing and breathable upper material
- · firm heel counter with good arch support
- · large toe box with padding on the top

DRESSING FOR WALKING

Warm Weather

- · loose-fitting, cotton fabric
- · light, ventilated hat for sun protection

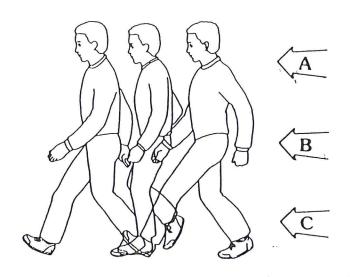
Cold Weather

- · wool hat and gloves
- several layers of light clothing can be removed a layer at a time as you become warm

Wet Weather

- . KEEP WALKING!
- breathable waterproof garments
- · best not to use umbrella interferes with arm movement

WALKING TECHNIQUE



- A. Stay upright with shoulders relaxed.
- B. Let arms swing naturally at sides.
- C. Use smooth motion, rolling from heel to toe.

-WALKING FOR FITNESS-

- Time not distance is important.
- Walk at least 3 times a week, 5-7 if possible.
- Achieve your target heart rate (see below)

- For aerobic fitness, maintain target heart rate for the entire walk.
- When beginning walk at least 10 minutes.
- Gradually increase your walking time to 40-60 minutes.

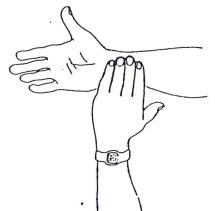
BEGINNERS PROGRAM

Week	1	2	3	4	5	6	7	8	9	10	11	12
Minutes	10	15	20	25	30	30	35	35	40	40	45	45
# of times	3	4-5	3	4-5	3	4-5	3	4-5	3	4-5	3	4-5

After 12 weeks walk 30-45 minutes 3-5 times per week.

TARGET HEART RATE

With fingertips on wrist, check pulse for 10 seconds only. The heart will slow after 10 seconds. Walk briskly enough to achieve your target heart rate. After you reach your target rate, check pulse periodically to ensure you maintain your target heart rate for the entire walk.



Use the charts on the right to find your correct TARGET HEART RATE. Target Heart Rate

rarge	et rieart Kate		
Ran	iges by Age	Beats/ 10 sec. =	Beats/ min.
Age	Beats Per Min	15 16	90 96
20	140 to 170	17	102
25	137 to 166	18	108
30	133 to 162	19	114
35	130 to 157	20	120
40	126 to 153	21	126
45	123 to 149	22	132
50	119 to 145	23	138
55	116 to 140	24	144
60	112 to 136	25	150
65	109 to 132	26	156
70	105 to 128	27	162
		28	168
		29	174



NOVEMBER IS DIABETES MONTH



Surgar Blues

We once were fed by the spirit of the land 'Till our way of life was taken from our hands Now see the fear in the eyes that fight to see Feel the fire in the heart that tries to love

The people around me can't see beyond the shell Of the suffering child, to the one they loved so well They all wonder where the man they new has gone Where's the warmth in a heart that's turned so cold?

We took the gift of sugar when the newconners canne around

What's the good of sugar if it keeps the Medicine down?

Where can I turn, who can show me how?

I need to stop all the pain, need to lift the cloud

I need the spirit to teach me how to live

I need the power of the Earth to feed my soul

This Mother, this Earth, can be the gift I need Look to the land, and plant the healing seed It's time to take back what was once mine and feel free to live and love again

A song by Don Ross 1992

PLEASE COME TO OUR OPEN HOUSE!!



WHEN? TUESDAY **NOVEMBER** 28,1995 WHERE? THAYENDANEGA HEALTH CENTRE TIME? 4PM - 8PM WHY? TO MEET OUR NEW DIETICIAN, LEARN ABOUT OUR PROGRAMS AND OFFER ANY SUGGESTIONS TO HEIP US HELP YOU BETTER!











Children! Parents! Schools! Daycares!

Did you know that...

Since 1982, seven children have died in Canada when their clothing or drawstrings got caught on playground equipment or on fences?

Since 1988, two children have died when they became entangled on ropes or skipping ropes attached to playground equipment?

Strangulation Hazard

Always take off, tie up or tuck in cords and drawstrings and all clothing that can strangle a child.

Loose clothing, hoods and scarves can get caught on playground equipment or fences and strangle a child!

Drawstrings on hoods, hats and jackets; mitten cords and items placed around the neck on a string can get caught on playground equipment and strangle a child!

Always remove ropes and skipping ropes tied to slides and other playground equipment.

Ropes and skipping ropes tied to slides and other playground equipment can get entangled around the neck and strangle a child!

PLAYGROUND FUN SHOULD BE CLOSELY SUPERVISED! CHILDREN SHOULD BE TAUGHT TO PLAY SAFELY!

Canada a

(Version française disponible)





Your children Your one in a million...



don't let them lecome of sixty.



Each year in Canada over 60 children will die in bike accidents-most from head injuries. Over 5,000 children will be seriously injured.

WHAT'S IN A HELMET?

- **1.** The helmet should have an outer shell of hard plastic or fiberglass to protect your child's head in a crash.
- **2.** The hard styrofoam liner should feel firm, not spongy when you press it. After an accident, the liner may be destroyed and the liner or helmet will need to be replaced.
- **3.** Foam pads or straps inside the helmet help it to fit your child's head.
- **4.** The chin strap should be adjusted to hold the helmet on securely so that it cannot slip over the child's face. Many helmets have strap adjustments in the back or on the side to help the helmet fit securely.
- **5.** Toddlers, younger than 3 or 4 years old, can wear a different kind of helmet. These helmets do not have a hard shell, but are hard styrofoam. Even without the hard shell, make sure the helmet is CSA, ANSI or Snell approved.

Your child's helmet will last 4-5 years (unless it is in an accident, when it may need to be replaced.)

Your children are important to us. Please join us.



Ontario Head Injury Association

P.O. Box 2338, St. Catharines, Ontario, Canada L2M 7M7 (416) 641-8877 Fax (416) 641-0323





JUST THE FACTS

- ► Did you know that a child is four times more likely to be seriously injured in a bicycle crash than to be kidnapped by a stranger?
- The human skull is less than 1/4 of an inchathick, and it has a tendency to crack under sudden (extreme) pressure
- ► Bicyclists with helmets have an 85% reduction in the risk of a head injury and an 88% reduction in the risk of a brain injury
- 93% of children 6-16 years old ride a bicycle but only 2-3% wear helmets
- ▶ 75% of all cyclist deaths involve head injuries
- Most accidents (more than 80%) causing injuries to children occur less than five blocks from home
- Most injured children (more than 50 percent) received no specific safety instruction about cycling
- Hockey or football helmets are CSA tested differently from a bicycle helmet. They are not made to protect you from bicycle injuries.
- ► Helmets range in cost from \$30-\$80; you may want to call around and check prices. If you find one for under \$30 make sure you look for the ANSI, Snell or CSA approval sticker. Unapproved helmets will not protect your child.

HOW TO GET YOUR CHILD INTO THE HELMET HABIT

- No helmet, No bike! Don't let your child ride his or her bike unless they wear the proper gear.
- 2. Let your child pick out the helmet of choice. After all, he or she is the one who will be wearing it.
- 3. **Wear a helmet yourself.** You are a role model and kids learn best by observing you.
- 4. **Rewards!** Praise your kids when they wear a helmet, especially when they wear one without having been told to.
- 5. **Use Positive Peer Pressure.** Encourage your child's friends to wear helmets as well.
- 6. Helmet habits are easier to establish sooner than later. Start them off with a helmet while they are still on their tricycles or "big wheels".
- 7. **Be consistent!** Wearing a helmet is like buckling a safety belt; every time, every ride. They must also believe in the importance of wearing helmets.
- 8. **Healthy living is in style.** Talk to your children about wearing helmets and let them know that:
 - Bikes are not toys, but their first vehicle!
 - An injury to the brain cannot be fixed like a broken arm some children die, while some live with a lifetime of disability.
 - Most professional athletes wear helmets while participating in sports. And most of Canada's Olympic and competitive cyclists wear them.
 - You value them and their brain.

And Remember ... Although you cannot predict when accidents will happen, you can prepare for one. Falls from bikes happen anytime and anywhere. So it's important to wear a helmet whenever riding, even if it's "just down the street".

In Deep Appreciation:

The Family of the late Mary Barbara Maracle (nee Lewis), who passed away September 9/95 would like to extend the most sincere thank you for all of expressions of condolences, sympathy and concern during our time of loss and need. We would like to make an extra special address of gratitude to the families of three extraordinary ladies;

Iva Brant, Keitha Barberstock and Loretta Hill for their over abundance of time, generosity and constant reassurance throughout a most difficult and trying time. Thank You.....

Toni, Kirk, Wendy, Wonita, Gail & Scott



Congratulations!

Angela Hughes on your winning Canada's Rising Star Kareoke Contest

Congratulations!!!
Angie Hughes Great Voice love Joe & Family

Congratulations also to Moe on your winning of the Door Prize! Joe, Ang & Family



Happy Belated Birthday (Skipper) Bev. Hill Oct. 16

Love Jo, Haley & Randi

November 1st Happy 60th Birthday Banty



& Happy 7th Birthday Allyssa

Love Mom, Dad, Orla, Molly, Tana & Jeff

Happy 5th Birthday

Chelsey!!! Mov. 15

Love always

Mommy



Happy Birthday! to a wonderful Grandmother And Many MANY More!! and Great Grandmother

Nov. 5

Tons of love, Linda, Angela & Jake





Happy 60th Birthday!

Nov. 1 Alvin "Banty" Maracle

&

Nov. 1

Late 25? Birthday Wish to

Joshua Jones at Cape Croker

Margaret Allyssa Nicole

Ellen "Mel" Maracle

Oct. 19/95

Chris Nov. 20

Love, Aunt Linda, Angela & Jake

Thank You!

We would like to say a Big Thank You to everyone who donated their time to help us put together the benefit for Betty Green. To all the entertainers, Maracle Music for donating the sound system. To everyone who donated money, draw prizes. Many thanks to Brian Coles for donating his drums.

Millie, Reg. and Ken the D.J.

ENTERTAINERS

Dale Claus
Linda King
Bonnie Mithel
Larry & Sandy
Keith & Ray Flood
Corduroy Road
Red Road Express

M.C. Ken Pinkham Jim Elyot

PRIZES

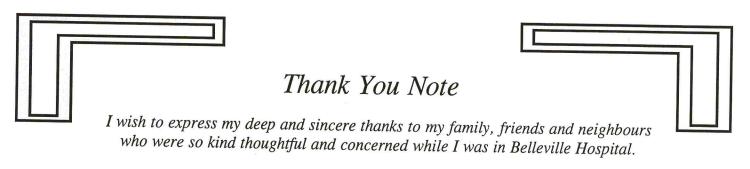
First Nations Air Service Thompkins by the Bay Dave's Auto Service Debbie's Country Kitchen Moon's Bait & Tackle Golden Touch Florist Bluebird Lodge Frank & Connie Brant Millie & Reg. Maracle Home Hardware Bavview Pizza Saving Station Pat's Cafe Giant Tiger I.D.A. Drugs J. & R. Video Fred's Grocery Ruby Maracle T. K. Sports Native Renaissance Molson's Brewers Fingland's Fozen Food Red Ball Radio Pat's Variety & Farm Store Video Warehouse Shirley's

HELPERS

Sharon & Betty
Carol & Tanya
Wanda & Sharon
Jackie & Toni
Laura & Veronica
Dee & Lisa
Karen & Sherry

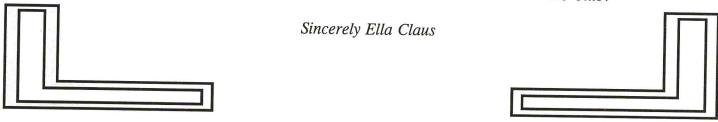
DONATIONS

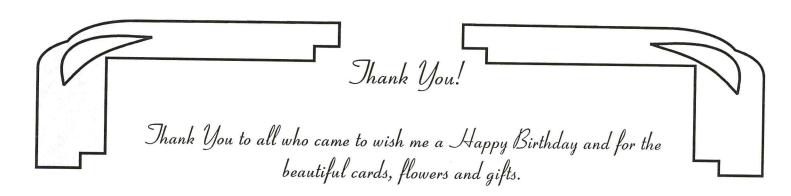
Peace Makers
Drum
Mr. & Mrs. Wm.
Kells
Chiefs Inn



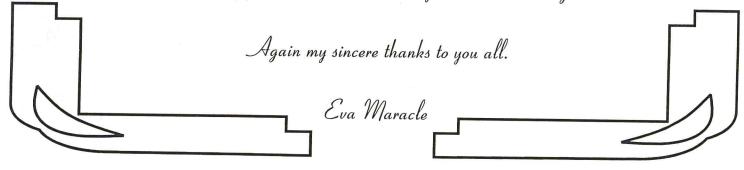
The beautiful flowers, cards and gifts are so greatly appreciated and admired. They helped cheer me up so much.

Special thanks to Rev. Ken Baker for his visits, also for the fruit bowl from the Agricultural Society, flowers and cards from the Mohawk Guild and the 59'ers Club.





Thank you Ken Claus and the children of Quinte Mohawk School who so thoughtfully presented me with a lovely basket and sweet grass.





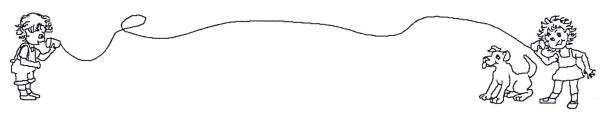
Mohawk Tiremen's Wives Auxiliary R.R 1 Tyendinaga Territory Ontario, KoK 1X0

Thank You!

The Firemen's Wives Auxiliary would like very much to thank the Chief and Council for their generous donation which will help in our fundraising throughout the year.

Your generosity is greatly appreciated !!

Firemen's Wives Auxiliary Members



The Tyendinaga School-Age Program has spaces available for children 5 to 10 yrs old, for before and after school care!! The cost for this exciting program is just \$10 a week for 1 child and \$15 a week for 2 children & \$10 for P.D. days.

The program opens at 7 a.m. until school starts and after school until 5 p.m. To enrol your child(ren) or for further information call Tracey Gazley or Anne Keith at 967-4401 OR 967-3789





FOOD DRIVE FOOD DRIVE

SATURDAY NOV. 18 8:30 UNTIL

Once again the Three Feathers Youth have volunteered to pick up non perishable food items. Your donation for the Food Bank can be left outside your door <u>OR</u> You can drop it off at the Food Bank, our doors will be open at 8:30 that day.

Some of the items that are in short supply are peanut butter, juice, canned meats & fish, sugar margarine and canned tomatoes.

Your thoughtfulness and donations are greatly appreciated.

Nia:wen
Food Bank Committee



WILD GAMES SUPPER

2nd Annual TRADITIONAL

The Tyendinaga Mohawk Learning Centre is sponsoring their 2nd Annual "Wild Games Supper", which will be held at the Council House, later on this month.

Watch for posters and tune in to CKWE 105.9 FM Radio for further information on this FUNDRAISING EVENT.

ALSO:



A big screen T.V. will be raffled off the same evening.

CHRISTMAS DINNER ON CHRISTMAS DAY THE ROYAL CANADIAN LEGION, DESERONTO (UPSTAIRS HALL ONLY)

SOCIAL GATHERING - 1:00 O'Clock
DINNER - 3:00 O'Clock

NO CHARGE - DINNER DONATED ANONYMOUSLY

BRING A GIFT \$5.00 OR UNDER FOR MEMBER OF THE OPPOSITE GENDER

NO ALCOHOL ALLOWED

TRANSPORTATION AVAILABLE - PHONE: 396-2817

IMPORTANT - R.S.V.P. NECESSARY

PLEASE MAIL REPLY BY: NOVEMBER 15, 1995

TO: CHRISTMAS DINNER

GENERAL DELIVERY DESERONTO, ONTARIO.

KOK 1XO

NOTE: If Transportation Required Please

Include Your Address & Time you wish to be picked up.



MOTICE

ANGEL TREE PROGRAM

Tis the season to begin thinking about the upcoming Christmas Season Again, we extend our appreciation for the great response from the Community in making the Angel Tree Program a success.

The Angel Tree Program is a way for you to participate in helping families

in our Community who are less fortunate.

The Donation Boxes will be displayed in Mohawk Community Businesses.

Angels will be Available Nov. 1st.

To pick your Angel for sponsorship, PLEASE CALL:

Family and Childrens Services at 967-0122





BRING YOUR OWN TABLE \$10.00 PER TABLE & \$5.00 FOR EACH ADDITIONAL TABLES ** So book your space early and call today ** 396-1372: ask for Pat



Sponsored by the Mohawk Firemen's Wives Auxiliary

2nd Annual National Child Day

Sunday, Nov. 19 2:00 p.m.-4:00 p.m. Mohawk Community Centre Upstairs

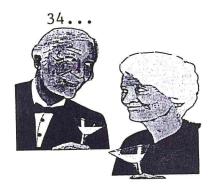
Admission: A Food Donation to the Food Bank (Child must be accompanied by an adult)

Activities include: Face Painting

Craft Activities Refreshments

Everyone Welcome!





Senior Prom Update.....

Just a reminder to let you know that the date for the Senior Prom is fast approaching. Please be reminded to send in your RSVP's as soon as possible. If you have misplaced your invitation, please call Sandy Sero at the Administration Office 396-3424, with a response.

Here is a sneak preview of some of the scheduled entertainment for the evening of November 18th.

Bruce Millar MC
Bernie O'Sullivan and Friends
Trentones
CKWE Radio
Six Local Trashey Women Line Dancers (Guess Who!!!!!)
Five Local Singing Nuns (Guess Who!!!!!!)

And MUCH MUCH MORE!!!

Mark this special event on your calendar and come out for an evening you'll be guaranteed not to forget.

The Senior Prom Committee

ARE YOU LIVING ON YOUR OWN?

GOING AWAY TO SCHOOL NEXT YEAR?

TAKE PART IN --

LEAVING THE NEST

A course covering:

- cooking ideas
- recipes
- helpful hints
- how to's on laundry, stress cleaning, entertaining, first aid
- singles' nutrition survival with recipes from the "Starving Student" cookbook.





This course is sponsored by the previous 4-H Clubs on Tyendinaga Territory.

THERE'S MORE TO LIFE THAN PEANUT BUTTER AND K.D. (KRAFT DINNER)

When?

One evening only --

Monday, November 27, 1995

Where?

Queen Anne Parish Hall

What Time?

6:00 P.M. - 10:00 P.M.

Come for **DINNER** at 6:00 P.M.

Instructors

Kate Ann Follwell

Edna Barnum

For More Information and to Register Call:

Pat Brant

Indian Agricultural Program of Ontario

613 395-5505

613 396-2132

REGISTER BY FRIDAY, NOVEMBER 10, 1995



Put the Sparkle in a Child's Eye For Christmas





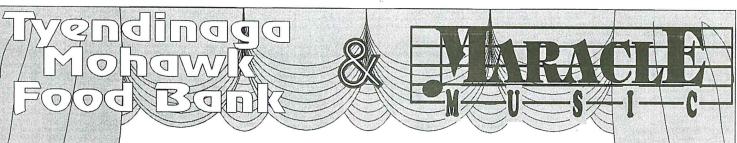
to be held at:
THE COMMUNITY CENTRE
NOVEMBER 11, 1995
8:00 P.M. - 1:00 A.M.
COSTUME PRIZES
MIDNIGHT SNACK

D.J. CASH BAR

ADMISSION: Toys, Games, Books, Educational Toys ETC.

(Greatest need - ages 5 to 15)
Bar proceeds will be donated to the Angel Tree

Ho Ho Ho Let's Hop Hop Hop at the Sock Hop



Presents

Our 1st Annual "Friday Night Live"

Tyendinaga Mohawk Community Centre

Friday November 24, 1995 - 7PM Doors Open at 6:30 - Admission 5.00 (at door)

Hosted by D. J. Jerry D.

If your talented (or you think you are) sign up now for a night of fun & entertainment whether you are a Professional or Amateur

Bring your instrument
Lip Sync • Sing • Bands • Jokes
Comedy • Acting • Mime • Dance *Etc.

10 min. max per participant, all talent must sign up at Maracle Music before November 17, 1995

No talent accepted unless registered in advance Food & Refreshments will be available

All Welcome!

All proceeds go to Tyendinaga Food Bank! For more info call (613) 396-1470 Mon-Sat 10-6

IKUQUUIS VETERANS ASSOCIATION

Welcomes & Honours All Veterans





Public Invited

At Gil. Lay Memorial Arena Rte. 5, Irving, N.Y. (West of Buffalo) Cattaraugus Reserve, Seneca Nation

November 11 & 12, 1995

DANCE & DRUM COMPETITION

for over \$8,000.00 IN PRIZE MONEY

Dance & Drum Registration Saturday: 8:00 a.m.-11:30 a.m.

GRAND ENTRY

Saturday, November 1 1 Noon & 6:00 p.m.

Sunday November 12 - Noon

DOORS OPEN TO PUBLIC AT 10:00 a.m. both days

ADMISSION

Adults - \$5.00 Children & Elders - \$3.00 5 and under - Free

For more information:

Harold "Jack" Johnson (519) 752-1925 or (716) 283-0084 Native American Crafts for Sale

from throughout the United States & Canada

DISPLAYERS

Arts & Crafts tables
\$75.00 per day
Registration & Payment
must be in by

October 1, '95

INDIAN PRINCESS PAGEANT

Saturday at 4:00 p.m.
For more information contactNatalie Hemlock or

Shawna Stevens (716) 337-3714 or (607) 539-6390

Nina Green

(716) 297-7165

<u>Head Judge</u> Joe Plain, Chippewa, Sarnia, Ontario

Host Drum
Mystic - Conn.

Barb Hemlock Arena Director

MC's -

Bill Crouse, Seneca Nation

E

Allan Manitowabi, Ojibway Nation

<u>Head Male Dancer</u> SGT. Ray Deer (Mohawk West Point, N.Y.)

> <u>Head Female Dancer</u> <u>Leslie Hemlock,</u> <u>Seneca, Beaver Clan</u>

Veteran Dancer Clayton Logan Seneca Nation

Len Longley (716) 754-2169

Canadian contact - Bert Anderson (905) 871-9356





2ND ANNUAL BATCHEWANA ABORIGINAL HOCKEY TOURNAMENT

MARCH 11-14, 1996

SIX DIVISIONS

TYKE

PEEWEE

NOVICE

BANTAM

ATOM

MIDGET

8 TEAMS PER DIVISION*

TROPHIES FOR ALL PARTICIPANTS

M.V.P. Prize for each game (one for each team) M.V.P. For the Tournament (one from each division)

ENTRY FEE AND ROSTERS MUST BE IN BY:

January 26, 1996

Entry Fee Per Team is \$275.00

(Certified Cheques/Money Orders)

FIRST 8 ENTRY FEES IN EACH DIVISION ACCEPTED

Payable to: Batchewana Recreation 236 Froontenac Street Sault Ste. Marie, Ontario P6A 5K9 C/O RHONDA M. LESAGE

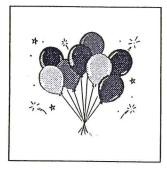
FOR MORE INFORMATION CONTACT:

Marlene Hewson: (705) 759-6341 (home) /or/ (705) 759-0914 (office)

Rhonda Lesage: (705) 759-0914 - Administration Office

(8:30 a.m. - 4:30 p.m.)

NOTE: FULL REGISTRATION/INFORMATION PACKAGES WILL BE SENT TO THE RESPECTIVE FIRST NATIONS THE WEEK OF NOVEMBER 6/95.



ABORIGINAL HEALING AND WELLNESS STRATEGY LOGO CONTEST

OPEN TO ALL ABORIGINAL CHILDREN/YOUTH IN ONTARIO AGES 5 - 18.

This is sponsored by the JOINT STEERING COMMITTEE which is made up of all Aboriginal groups in Ontario and the Ontario government.

Their purpose is to guide the ABORIGINAL HEALING AND WELLNESS STRATEGY, which is helping our communities to start their healing. Some of the different things in the Strategy are:

Offer activities to young people to fight drug and alcohol abuse

Help parents, aunts, uncles and grandparents to deal with their problems so they can have healthy homes

Having a safe place to go to when there are problems at home

Asking elders for guidance and sharing in storytelling and traditional healing

Hiring nurses and doctors to provide care to our communities

Offer training to community workers to help people in need

To make our communities healthy for children

We would like you to tell us how your logo helps people understand what we're trying to do!!

Please include your name, address and age. Send your logo to:

JOINT STEERING COMMITTEE
ABORIGINAL HEALING AND WELLNESS STRATEGY
35 McCAUL STREET, SUITE 305
TORONTO, ONTARIO
M5T 1V7

DEADLINE DATE: November 10, 1995

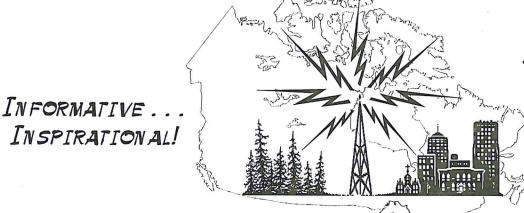
FIRST PRIZE:\$120.00 SECOND PRIZE:\$ 50.00 THIRD PRIZE:\$ 30.00

The JOINT STEERING COMMITTEE will keep all the submitted logos and may make some small changes to the winning logo, if necessary.

GOOD LUCK AND MIGWETCH!

Spirit Alive Telecast

Extending a Native Christian Voice of Hope to Our Nation!



Positive . . . Life-changing!

"He Shall Have Dominion From Sea to Sea," Ps. 72:8



R.W. Maracle Mohawk, Director

Excellent New Times!

VISION Cable Network:

Pacific: BC
Wed. 6 AM
Sat. 6:30 & 8 AM
Mountain: AB

Wed. 7 Am Sat. 7:30 & 9 AM Central: SK, MB Wed. 5 AM

Sat. 5:30 & 7 AM

Eastern: ON, PQ Wed. 6 AM

Sat. 6:30 & 8 AM

Atlantic:

Wed. 7 AM

Sat. 7:30 & 9 AM **Newfoundland**

Wed. 7:30 AM

Sat. 8 & 9:30 AM

Kingston - CKWS - Sunday 7AM

Inquire About Our

Native Children's Ministry Leadership Institute

- ♦ May 14 17
- Building Children's Ministries



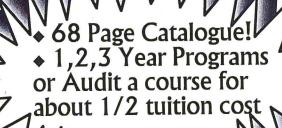
"Frontline Challenge"

- ◆ Faith-Building Messages
 - Bible Studies
 - Current Native Issues

For Prayerlines - Call During Program ~ 613-396-1435 Spirit Alive, PO Box 280, Deseronto, ON K0K 1X0







Member of
Evangelical Training Association &

Focus your energies!

Association of Canadian Bible Colleges

Grow spiritually!

Learn to help hurting people!

Application Deadline Nov. 25th For Spring Semester Beginning Jan. 8th, 1996.

> National Native Bible College PO Box 478, Deseronto, ON K0K 1X0

Call for Catalogue or REGISTER FOR SPRING SEMESTER TODAY Phone 396-2311

A NOTE FROM THE

Adrian Jacobs, Cayuga from Six Nations

Consider a quality education
without leaving the comfort and
convenience of your home.
Affordable financing or funding
may be available. Write or call
for details.

Adrian Jacobs

CLASSIFIEDS

* TO GIVE AWAY *

1 PET RABBIT

- White with Black paws

Please Call: Linda 962-1134

FOR SALE

SUPER SINGLE WATERBED

- Bumper pads & Sheets
- Excellent Condition

Call: 969-1806 or 396-6025 after 5 p.m.

FOR RENT

4 PLEX APARTMENT

- Upper 2 bedroom
- 1st & last months damage deposit required
- \$575.00 per month

Phone: 969-1315

FOR SALE

1 FULL LENGTH WEDDING DRESS

- With Veil
- Long sleeves
- Size 20

Asking \$300.00 or B.O. 396-5365 ask for Barb.

BABYSITTING AVAILABLE

Caregiver and Early Childhood Education graduate would like to babysit in my home, Monday to Friday from 6 a.m. to 6 p.m.

If you are interested Please Call: Kathy at 969-7094 or 962-4778

FOR RENT

1 1/2 STOREY HOME

- 3 bedroom
- Large eat in kitchen, 2 enclosed porches nice yard, half garage located opposite
 Health Centre, Tyendinaga Mohawk
 Territory.

AVAILABLE IMMEDIATELY Call 613-396-3957 or leave a message

FOR SALE

ZERO CLEARANCE NEPOLIAN FIREPLACE WITH CHIMNEY

- excellent shape
- \$500.00

2 BEDROOM MOBILE HOME

- 60' X 12'

For more information Please Call: 969-1315



FOR SALE

1 ACRE BUILDING LOTS or SMALL PARCELS OF LAND

For More information call: Glenn Hill 962-5470

NEWSLETTER DEADLINE DATE

MONDAY, NOV. 27/95 AT 12:00 NOON 396-3424

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 RENT

OFFICE RETAIL SPACE

- 800 Square feet
- Located on Highway 2

Call 969- 1315

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 BRUCE WELLS: 1-416-925-0511

FOR SALE

BUILDING LOT 150' x 150'

- 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



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)

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



SATURDAY NOV. 11 12:00 noon - 3:00 p.m. DRILL HALL (AIRPORT RD.)

VARIOUS ITEMS WOULD INCLUDE: Windows, Doors, Desks, Chairs, Tables ETC.

For more information call Shelley: 396-3424

** Proceeds from this sale will go to the Food Bank **



TENDER

ONE LIGHT TABLE

Tenders will be accepted until Friday Nov. 17/95 at 4:00 p.m.. Please send in sealed envelopes marked "Light Table"

If you wish to look at the table Please Call: Shelley or Lori at 396-3424



MOHAWKS OF THE BAY OF QUINTE TYENDINAGA MOHAWK TERRITORY

R.R. #1 DESERONTO, ONTARIO K0K 1X0 (613) 396-3424 Fax: 1-613-396-3627

MEMORANDUM

TO:

ALL BUSINESSES ON THE TERRITORY

FROM:

SHELLEY BRANT, EDO

LORI MARACLE, ASSISTANT EDO

RE:

BUSINESS WRITE-UPS

DATE:

OCTOBER 25, 1995

Starting with this issue of the newsletter, Shelly and I will have a page set aside for a write-up along with a picture of local businesses. We plan to do one business for each issue.

It would be greatly appreciated if each business would do their own write-up and give us a call when it is done so that we may come and pick it up. If you wish not to do your own write-up please give us a call and we will do it for you. Also, as we are picking up your write-up we will take your picture and answer any questions you have.

Your business, as well as Shelley and I, will benefit for the following reasons:

1. Promotion for your business.

2. A chance for you to discuss any issues you have with Shelley and I.

3. A chance for Shelley and I to visit each and every business on the Territory so that we have a chance to get more familiar with you and your business.

If you have any questions, please give Shelley or I a call.

Thank you, and hope to hear from you soon.

Sincerely,

Lori

/lm





Introducing Maracle Music.....!

Maracle Music is a Native owned and operated business located at Tyendinaga Mohawk Nation on Hwy # 49, just 2 minutes south of 401 highway, directly between Toronto and Montreal.

Muracle Music's Goal...to deliver top quality products, service and information to our customers across the country. With the help of our trained knowledgeable staff, we can find the product that will suit your particular need, from your first guitar to a sound system for your council house or community centre and all the products in between.

Newsletter/Catalogue... Maracle Music was designed under a several phase business plan of which the final phase has yet to be completed. This final phase is our newsletter/catalogue which will be distributed from coast to coast in Canada to all of our Native Communities as well as to our healthy personal customer list which is growing daily.

The Staff...At Maracle Music each product is given a special place in our 5000 sq. ft. facility and promoted by our staff which includes a fully qualified electronic technician an active professional disc jockey, an audio engineer, a professional drummer, a guitar player (who repairs

guitars) and the only high school student in his county chosen to attend an achievers advanced music program.

Teaching Program ...In March of 94
Maracle Music activated a teaching program for our local community which includes;
Drums & Guitar with more instruments soon to be added. Maracle Music also offers Music Lessons on video tape so you can begin to learn the instrument of your choice in the comfort of your own home.

Our Seminar Facility ...accommodates almost 100 people and is active frequently with clinics & seminars dealing with the different lines we represent such as Soundcraft mixing consoles, AKG and Shure microphones, Premier drums, Washburn guitars Bag End P.A. systems and much more. We also feature Live concerts with a full compliment of Lighting and our own EAGLE SOUND PA system, as well as hosting various community meetings and events.

Recording Studio ...Maracle Music also features a full 16 track 1" Recording Studio located on the beautiful Bay of Quinte. We have recorded a variety of types and styles of music and poetry which include such artists as Peacemakers Drum of Tyendinaga, The Couchishing Singers of Rama, Mohawk Blood of Kanawake, Mohawk Singing Society of Akwesasne & Tyendinaga, Rachel Sheshish of Atawapiscat, The Sniders, Leaving Kentucky Jonathan and Linda Maracle and many many more. We can record and develop your product from beginning to end. Just give us a call at 613-396-1954 or 613-396-1470 for more info...

About the Owners...Jonathan and Linda Maracle

Jonathan has been on the music scene since the age of seventeen with his first band "Redcloud" next he toured a band called AxeCanyon which played across Quebec and Ontario. Jonathan then moved to California where he opened for many of the worlds top groups on stages across both northern and southern Cal. He also wrote music that was picked up by Warner Brothers for an episode of the television show Highway to Heaven.

Linda Jonathan's wife trained for five years in professional dance with Les Grands. Ballets Canadiens in Montreal, for three years with The Royal Winnipeg Ballet and for one year with The National Ballet of Canada in Toronto. Linda has now focused her attention with Jonathan towards completing the goals they have set in the music industry and caring for their sons David A:kweks (Eagle) and Jesse O:wera (Wind).

Together Jonathan and Linda were chosen by the Canadian Gospel Music Association as contemporary group of the year in 1992. In 1991 their album Be a Winner was chosen as album of the year which also earned producer and cover design of the year. In 94 J & L won contemporary duo and J won male vocolist of the year.

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For More Information Contact:

Maunco P.O. Box 1582 Belleville, Ontario K8N 5J2

or

Shelley Brant

Economic Development Officer

613-396-3424

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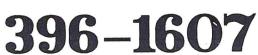
Mail your Christmas parcels early! Date list is posted at Pat's Variety Postal Outlet.

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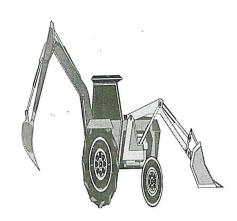
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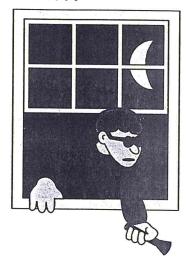
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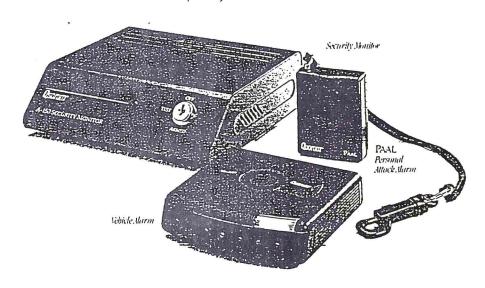
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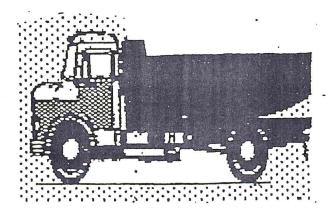
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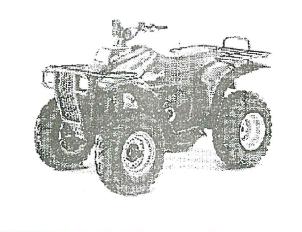
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Call for an appointment. Telephone 396-2041

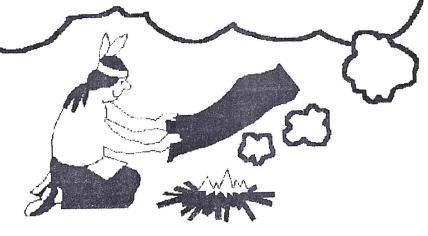


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Residential Specials!

Armstrong Cambray Sheet Vinyl Flooring \$ 7.95 / sq yd

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Commerical Flooring Specials!

Kraus Congress 20oz Carpet	\$ 5.95 / sq yd
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Armstrong Excelon 12" Floor Tile	\$0.79 / sq ft
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Do you want to see samples? Need measurements taken?

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Call Michael at 967-2522 anytime.

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MOHAWKS OF THE BAY OF QUINTE

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COMMUNITY

NOTICE

The Quinte Mohawk School Committee is currently seeking volunteers for monitors to help drivers with safe delivery of children, to and from school. If you are interested in being a monitor at any time, on any bus, please feel free to contact Bill Brant at 396-2122 (work), or 967-1254 (home), or Rhonda Kunkel at 968-6626 (home). Thanking you in advance for your anticipated cooperation.

Sincerely,

BUBT

Bill Brant Chairperson Quinte Mohawk School Committee

BB/lt

misc/bill.lt

TYENDINAGA FIRST NATIONS POLICE

Month End Stats

October 1995

ACTUAL NUMBER PROVINCIAL OFFENCES Liquor Licence Act 0 Compulsory Automobile Insurance Act 4 CRIMINAL OFFENCES Assault 4 Sexual Assault 0 Break and Enter 3 Thefts 6 Possession of Stolen Property 0 Impaired & Over 80 0 Weapons Offences 1 Fraud 1 Mischief/Vandalism 2 Narcotics 0 Other Criminal Code 3 GENERAL INCIDENTS Motor Vehicle Accidents0 Animal Complaints0 12 Hour Suspensions 2 Domestics - Non Criminal Code Missing/Lost or Overdue Persons 2 Assist Other Police Services10 Other Provincial Stats1 Other Federal Stats TOTAL NUMBER OF OCCURRENCES 72

ASSOCIATION OF IROQUOIS AND ALLIED INDIANS



12th Annual Health Conference November 22 & 23, 1995 Tyendinaga Mohawk Territory Community Centre



"Critical Incidence Response & Solvent Abuse"



**Note: Registration Fee is \$50.00. This includes your conference kit, nutrition breaks as well as your lunches for both days of the conference. For further information, please contact Cathryn George or Roxanne Summers at (519) 434-2761.

ASSOCIATION OF IROQUOIS AND ALLIED INDIANS 12TH ANNUAL HEALTH CONFERENCE NOVEMBER 22 & 23, 1995 TYENDINAGA MOHAWK TERRITORY - COMMUNITY HALL

TENTATIVE AGENDA

Wednesday, November 22, 1995

8:30-9:00 a.m.

Registration

9:00-9:30 a.m.

Opening Traditional Prayer

Elder Andrew Maracle - Tyendinaga Mohawk Territory

Opening Remarks of Welcome

Elder Earl Hill - Tyendinaga Mohawk Territory

Welcoming Address

Chief R. Donald Maracle - Tyendinaga Mohawk Territory

Moderator.

Greg Cowie - AIAI Executive Secretary

9:30 a.m.

Keynote Speaker - Critical Incident Response

Deanna Jones-Keeshig

10:30 a.m.

Nutrition Break

10:45 a.m.

Keynote Speaker - Continuation of Critical Incident Response

12:00 noon

LUNCHEON ON SITE -

Guest Speaker

Gord Peters, Ontario Regional Chief

1:00-2:00 p.m.

Emergency Crisis Program

Richard Jock, Ontario Regional Director, Medical Services Branch

Ouestions and Answers

2:00 p.m.

Model First Nations Team Approach to Crisis

(Batchewana First Nation)

3:00 p.m.

Nutrition Break

3:15-4:30 p.m.

Continuation of Model First Nation Team Approach to Crisis

Closing of Day I

ASSOCIATION OF IROQUOIS AND ALLIED INDIANS 12TH ANNUAL HEALTH CONFERENCE NOVEMBER 22 & 23, 1995 TYENDINAGA MOHAWK TERRITORY - COMMUNITY HALL

TENTATIVE AGENDA

Thursday, November 23, 1995

8:30-9:00 a.m.

Registration

9:00 a.m.

Elder Earl Hill

Review of Previous Days Events

9:10 a.m.

Dealing with the Aftermath of a Community Crisis

Helen Cromarty

Nishnawbi Aski Nation

10:30 a.m.

Nutrition Break

10:45 a.m.

Helen Cromarty Continuation

12:00 noon

LUNCHEON ON SITE

1:00 p.m.

Solvent Abuse

Burk Peters - Delaware First Nation

Community Health Planning Coordinator - AIAI

Mike Hopkins - Delaware First Nation

Drug & Alcohol Youth Prevention Program

4:00 p.m.

RECOGNITION OF AWARDS

7th Annual Health Award Presented

Community Health Representative Award Presented

Community Health Nurse Award Presented

National Native Alcohol & Drug Abuse Program Award Presented

4:30 p.m.

Closing Remarks

Elder Earl Hill - Tyendinaga Mohawk Territory

Closing Traditional Prayer

Elder Andrew Maracle - Tyendinaga Mohawk Territory

EMPLOYMENT OPPORTUNITY

ONTARIO FIRST NATIONS TECHNICAL SERVICES CORP. (TORONTO OFFICE)

HOUSING OFFICER

Job Description

Job Summary.

The Housing Officer will assist the Ontario First Nations Technical Services Corporation in providing the co-ordination of housing related activities, develop housing delivery saucrure by consulting with First Nations, co-ordinate activities of the Ontario First Nations Steering Committee on Housing and develop reports and recommendations as directed.

Job Specific

Analyze federal housing policies, gather and dismoute information on housing issues, develop a First Nation housing strategy in Ontario, develop a housing condition reporting data base for Ontario First Nations, be familiar with various housing construction methods and practices, work in consultation with Tribal Councils, Large First Nations and Unaffiliated First Nations housing

Become familiar with all CNAC, INAC and Provincial Programs. Consult and or work with Chief and Assistant Chief Housing Inspectors and prepare reports/updates on Housing.

Statement of Orallications

Grade 12 Secondary School Diploma or Equivalent;

Past experience in Housing ediministration;

Working knowledge in computer software such as: WP 6.01, Lotus, Excel and NErcosoft Office;

Must be a self starter and work with minimal supervision;

Posses legal Ontario Drivers License and be willing to travel;

Preference to Aboriginal First Nations persons given

Submit resumes to: Ontario First Nations Technical Services Corp.

415 Youge Street, Suite 1107 Toronto, Ontario, MSB 2E7

attention: Irvin George, Executive Director

· Only those receiving an imerview will be contacted.

Closing Date: November 14, 1995 at 4 p.m.

For more detailed job description contact the Toronto Office or the Thunder Bay Office. Toronto Office (416) 977-3483, Thunder Bay Office (807) 623-9595.

NOTICE TO ALL COMMUNITY MEMBERS

Mike McCue, Project Co-ordinator of Casino Rama Resort will be here to conduct an information session on current and up coming Employment Opportunities.

This will be held at the Community Centre on November 30th, 1995 at 7:00 p.m.

For more information contact:

Karen Brant-Jones or Bev Hill Mohawk Administration Office (613) 396-3424

Please plan to attend

TYENDINAGA MOHAWK NATION CHAMBER OF COMMERCE

141. 50 1 0, ,

Invites

All Members New & Old

and

Any business person interested in finding out more about the Chamber

to a

FREE BREAKFAST MEETING

at Native Renaissance II Cafe

on

Thursday, November 30, 1995 at 8:00 a.m.

Guest Speaker: Brenda Maracle-O'Toole

with the Canadian Council for Aboriginal Business

She will be speaking on the NATIVE INTERNSHIP PROGRAM which helps businesses with training of the youth for positions in your business.

Note: There will be bank managers on hand for you to speak with.

Please call Jim Brant at 968-3330 if you are interested in attending.

PLEASE DELIVER TO:

CHIEF R. DONALD MARACLE MOHAWKS OF THE BAY OF QUINTE

Page: 1

News release via Canada NewsWire, Toronto 416-863-9350

Attention News/Assignment Editors: OFFICIAL LAUNCH OF THE FIRST NATIONS INTERNATIONAL COURT OF JUSTICE

TORONTO, Nov. 1 /CNW/ - A reception launching the First Nations International Court of Justice will be held today, Wednesday, November 1, 1995 in the ''Atlantis'' Room of Untario Place, Toronto, Ontario. Media are invited to attend the reception at 7 pm for a brief program which will introduce the Court and its procedures. This reception will launch a series of events leading up to the sitting of the First Nations International Court of Justice to be held in Ottawa, Untario on April 2, 3, & 4, 1996.

In this country, the need for "change" was forcefully demonstrated in Monday's Quebec Referendum. Even more fundamental is the recognition of the rights of the First Nations Peoples of this land. The continual Crown breaches of treaties and human rights, international law and constitutionally protected treaty and aboriginal rights experienced by all Aboriginal groups in Canada has led us to a unique show of support for an international tribunal. Speakers at Lonight's reception include Chiefs of the First Nations communities, Mr. Gordon Peters, Ontario Regional Chief, Mr. Fred Plain, Untario Regional Elder, and Mr. Roger Ubonsawin, President, O.I. Group of Companies.

Mr. Peters stated ''we can no longer wait for other governments to protect and implement our rights. Their agenda is to reduce us to municipal governments. It is time we acted to put back into place our aboriginal, treaty and inherent rights and relationships.''

The First Nations International Court of Justice represents the continuation of a long battle for First Nations to give full expression to the Treaties and to implement our Aboriginal, Treaty and inherent rights which have never been relinquished. It is a tangible demonstration of the exercise of our sovereignty and jurisdiction.

For further information: Gordon Peters, Ontario Regional Chief; Andrea Chrisjohn, Executive Director, Chiefs of Ontario; Sylvia Thompson, Chiefs of Untario, Telephone: (416) 972-9212, Fax: (416) 972-9217



MOHAWKS OF THE BAY OF QUINTE

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

TENDERS WANTED FOR SNOW REMOVAL

Tenders are now being accepted for snowplowing at the following locations:

CONTRACT #1

- * Administration Office/F.N.T.I
- * Bus shed(Note: requires manual shovelling)
- * Firehall(Note: requires manual shovelling)
- * Community Centre
- * Orange Lodge
- * Food Bank
- * Pumphouse(Airport)
- * Hides Depot

BUS TURNAROUNDS:

- * Richard 'Dick' Brant's Driveway, Airport
- * Bruce Maracle, Church Lane
- * Pat's Variety, Hwy #49

CONTRACT #2

- * Health Centre
- * Library
- * Tyendinaga Police Service
- * Mohawk Family Services, Shannonville
- * Mohawk Family Services, Dyes Property(North Side of Hwy #2)
- * Kagita Mikam Office, Shannonville
- * Fish Hatchery, Shannonville

BUS TURNAROUNDS:

Dolly Brant's Driveway, Norway Side Road Percy Brant's Driveway, Billy Mark's Side Road Kevin Hill's Driveway, Wyman's Side Road Driveway on the East Side of Shannonville Gravel (just before C.N. tracks)

- * The contractor is expected to maintain own equipment and have all areas accessible for buses before commencement of day.
- * The contractor shall have proof of insurance and a complete listing of equipment available to complete the work.

lover

Bids submitted will be on each contract (all locations).

Bus Schedule:

Pick Up:

7:00am

Return:

12:00pm and 3:00pm

PLEASE SUBMIT YOUR PROPOSAL IN A SEALED ENVELOPE CLEARLY MARKED BY THE "CONTRACT #" BY 1:00 PM NOVEMBER 17, 1995.

NOTE:

PRICING SHOULD BE ON A FLAT RATE BASIS PER SNOWFALL FOR

EACH CONTRACT.

The lowest or any tender will not necessarily be accepted.

THE RED BARGAIN BARN

The Red Bargain Barn will be opening:

Adding Ent on o

SATURDAY, NOVEMBER 11, 1995, 10:00 a.m. - 6:00 p.m.

LOCATION: Approximately 1 mile east of Shannonville on Milltown Side Road

YOU CAN'T MISS IT! LOTS OF PARKING SPACE

NOTICE: Auctions will be starting on Saturday, November 18th, beginning at 10:00

a.m.

FOR MORE INFORMATION CALL JOHN DALE AT 966-6306 ANYTIME NIGHT OR DAY