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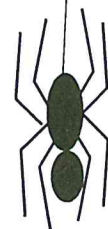


TYENDINAGA NEWSLETTER



*Happy
Halloween
Oct. 31*

**KENTENHA' (Oct.)
ISSUE 11/95**





Have a Safe & Happy Halloween!!!

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PLEASE DELIVER TO:

CHIEF R. DONALD MARACLE
MOHAWKS OF THE BAY OF QUINTE

HEAD OFFICE:

Mississauga of New
Credit Indian Reserve
R.R. 6
Hagersville, Ontario N0A 1H0
(905) 768-1601
FAX (905) 768-1762



TORONTO OFFICE:

22 College Street
2nd Floor
Toronto, Ontario M5G 1K2
(416) 972-0212
FAX (416) 972-0217

CHIEFS OF ONTARIO

BULLETIN

INCIDENT AT IPPERWASH

Around midnight on September 6, Ontario Provincial Police (OPP) moved to break up the First Nation occupation of the Ipperwash provincial park. The Ontario police killed one member of the Kettle and Stoney Point First Nation, Mr. Anthony George, approximately 34 years old. The police also shot and critically injured two other First Nation citizens - Bernard George in his late 30's and Nick George, a youth of 13 or 14. The shooting of the youth is particularly deplorable and inexcusable. There is no evidence at this stage that the First Nations were armed with anything more threatening than sticks.

The First Nation citizens from the Stoney Point branch of the Kettle and Stoney Point First Nation first occupied the provincial park on Monday, the 4th. The park is immediately adjacent to the Ipperwash military base, which the citizens had occupied earlier in the year. Federal military officials had abandoned the base as the federal government had no legitimate claim to the land and in order to avoid a confrontation.

The First Nation citizens said that the park lands included traditional burial sites. This claim was immediately dismissed by the provincial Ministry of Natural Resources, even though the entire area has been occupied by the ancestors of the First Nations for time immemorial. Provincial officials could only point to an archaeological study completed over twenty years ago (1972) to substantiate the assertion that the park did not contain First Nation burial sites.

It appears that the provincial park was closing for the season after the Labour Day weekend or soon thereafter. Park guests were not harmed in any way by the occupation which started on the 4th. So, it is very difficult to understand why the Province decided to treat the situation as an emergency that had to be cleared up right away. In similar situations in recent years in other Canadian provinces, provincial and federal authorities have been willing to discuss issues with First Nation representatives in order to avoid injury and loss of life. For example, in the ongoing Gustafson Lake situation in BC, the RCMP have taken a relatively patient approach to an occupation, in spite of some flare ups.

The Province adopted a get-tough attitude from the very beginning. The OPP with full riot squad gear were moved in immediately. The Province immediately announced that it would be seeking an Injunction in order to authorize forcible removal of the occupiers. Provincial lawyers were to be in court in Sarnia today. It is most likely that the provincial stance was authorized at the highest levels, meaning the Premier's Office. The Ontario government must be held accountable for the actions of the OPP.

- 2 -

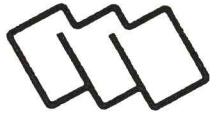
The Conservative Party under Mike Harris has been very critical of how the NDP allegedly "mismanaged" the First Nation agenda. Harris made it clear that his government would take a different approach with First Nations. The political signals emitted by Harris have created the kind of atmosphere that may have encouraged the OPP to act as aggressively as they did. In the few months since the provincial election, Harris may have effectively thrown away all the good will developed with First Nations over the last decade.

In spite of the police actions, the occupation remains in place. An uncertain number of First Nation citizens have been imprisoned within the park by the OPP. The police have cordoned off the entire area. The group within the park includes Elders. The concern of course is that the tense stand-off will lead to more injuries and even deaths.

First Nation leaders and citizens are heading to the Ipperwash area in order to show support and to oppose the deadly actions of the Province. In particular, Regional Chief Gord Peters and Regional Elder Fred Plain will be present. The plan is to march from Kettle Point to the park and reach the people still in the park. It is not clear at this point if the OPP will allow the First Nation supporters to reach the citizens in the park.

As soon as the immediate safety issues are dealt with, there should be an independent investigation of the events leading to the occupation and the police actions. In particular, there should be an enquiry into the level of involvement of the Premier and other senior Ministers. Further, it will be necessary to stage extensive discussions between the Province and First Nations in order to convince the Province to abandon its anti-native agenda. If the Province persists, it is almost certain that there will be more and more unrest throughout the different Treaty and Aboriginal areas.

Further Bulletins on the Ipperwash incident will be issued as information becomes available to the Chiefs of Ontario.



WILKINSON & COMPANY
CHARTERED ACCOUNTANTS

139 FRONT STREET, SUITE 100, P.O. BOX 757, BELLEVILLE, ONTARIO K8N 5B5
OFFICE ALSO IN TRENTON

TELEPHONE (613) 966-5105
FAX (613) 962-7072

August 16, 1995

Mohawks of the Bay of Quinte
R.R. #1
DESERONTO, Ontario
K0K 1X0

Attention: Chief and Council

Dear Sirs:

We would like to extend a sincere thank you to Council and staff for assistance in completing our recent audit. In addition, we wish to recognize the impressive work that is being done by your accounting staff. We feel that the financial reporting has improved over the past years for a number of reasons which include:

- better monitoring of programs throughout the year;
- implementation of new accounting procedures and recommendations;
- increased communication with our office during the year;
- better use of accounting staff.

In addition to the above, it is obvious that improvements can't be achieved without the proper guidance and supervision provided by the Chief and Council.

Yours very truly,

WILKINSON & COMPANY

J.D. Dickinson, CA

:cg

cc: Ms. Glenda "Sam" Maracle

TYENDINAGA FIRST NATIONS POLICE

Month End Stats

August 1995

ACTUAL NUMBER

PROVINCIAL OFFENCES

Highway Traffic Act 11
 Liquor Licence Act 2
 Compulsory Automobile Insurance Act 2

CRIMINAL OFFENCES

Assault 1
 Sexual Assault 0
 Break and Enter 6
 Thefts 10
 Possession of Stolen Property 0
 Impaired & Over 80 4
 Weapons Offences 2
 Fraud 4
 Mischief/Vandalism 1
 Narcotics 0
 Other Criminal Code 11

GENERAL INCIDENTS

Intrusion Alarms 4
 Motor Vehicle Accidents 2
 Animal Complaints 6
 12 Hour Suspensions 0
 Domestic - Non Criminal Code 6
 Missing/Lost or Overdue Persons 2
 Assist Other Police Services 20
 Other Provincial Stats 1
 Other Federal Stats 0

TOTAL NUMBER OF OCCURRENCES 107



Tyendinaga Reserve Police Dept.

Tyendinaga Mohawk Territory
R.R. #1, Deseronto, Ont. K0K 1X0
Phone: (613) 967-3888
Fax: (613) 967-3840

HALLOWEEN SAFETY

- CLOTHING - Try to wear bright, easy to see clothing. Avoid dark clothing if at all possible, it is hard for a driver to see you. BE SEEN.
- Wear something with fluorescent or reflective parts or accessories.
i.e.: reflective straps worn by cyclists and joggers.
 - Dress warmly, but remember you will be moving around as you get in and out of your car or truck.

- MASKS - Try to avoid plastic and rubber (latex) masks.
- Hot
 - Hard to breath with them on.
 - Can distort or obscure vision of wearer.
 - Can be uncomfortable after very short time.
 - If must be worn, wear only while at door of house, remove while walking.
 - Make-up is a better alternative.
 - Does not restrict vision.
 - Test on small area of skin, prior to using, to ensure no allergic reaction.
 - Use only non-toxic and water soluble make-up.

- MOVEMENT - Do not go alone.
- Groups of three or more, but not too many (50 is too many)
 - Go to houses of people that you know - friends, relatives.
 - Carry some kind of light while walking, so you can see and can be seen.
 - flashlight
 - fluorescent sticks
 - many colours available, i.e.: green, pink, yellow, etc.
 - can be found at hunting supply stores, hardware stores, Canadian Tire.
 - Have an adult travel with you, preferably to the door of the house, not just drive you around.

- TREATS - Do not eat anything until an adult has checked it all over, (and has taken what they want!)
- Do not eat any unwrapped, unsealed, individual treats.
 - These should be removed and thrown away by the adult who checks your treats, before anything is eaten.
 - Apples, oranges and any other fruits should be checked by an adult, and, if eaten, should be peeled and cut into small pieces.
 - Accompanying adult should try to keep track of where what treats were received.

- TRICKS - Keep them funny and harmless
- Treat other people and property as you would like to be treated.

JACK-O-LANTERNS

- Have an adult help by doing the carving
- Small disposable flashlights are better than candles - will not blow out, and there is no risk of fire.

ABOVE ALL - HAVE FUN



Ontario First Nations Health Communications

The Challenges

Today, Ontario First Nations are faced with many challenges as we move toward the exercise and recognition of our Inherent rights as the Original Peoples of this land.

The Minister of Health has stated that they will define how First Nations health care will be managed over the next three years. This includes capping funds so they won't keep up with population growth and health needs. To address this issue, we need to develop a plan of action to share with other First Nations - who will be meeting September 20-21, 1995 in C. Igary.

Ontario First Nations demonstrated a strong position by passing resolutions which denounced the present actions and made a call for unit and action. This includes political action at all levels (local, regional, national and international).

This threat is very real to us. Today it is health care, tomorrow it will be further erosions to our Treaty, Inherent and Aboriginal Rights. We must not let this happen (adapted from a message from Gordon Peters, Ontario Regional Chief).

Envelope System

The Medical Services Branch of Health Canada is the department that pays for many of our health programs and services. They have been under pressure to control costs relating to health services to First Nations Organizations, communities and individual citizens. MSB has conducted a program review to examine all aspects of spending across the board. The effects of the program review has been felt since the Federal budget was tabled February 27, 1995. Other factors they have had to consider are the health care recommendations gathered during the Royal Commission on Aboriginal People and the Federal Governments Red Book Commitments.



Envelope SystemCon't.

From all this information, MSB has developed what is called an envelope system of funding. It will control, and ultimately limit funding to First Nation programs and services. The basic fact is that the envelope system is a cap on MSB health care funding.

At a time when our population is increasing at a rate of 10% per year due to births and Bill C-31 members returning; MSB is looking at capping our expenditures at 6%, 3% and 3% over the next three years (1995/96-1997/98). It has been suggested that this cap may be even lower. Non-insured health benefits will the first to be affected.

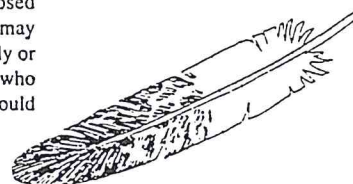
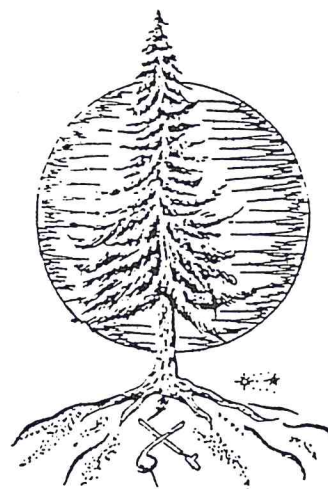
WHAT ARE NON-INSURED HEALTH BENEFITS????

Non-insured Health Benefits (NIHB) are those health benefits not covered under the Provincial Plan. Examples of these are prescription drugs, eye glasses, dental services, mental health and specialized services such as physiotherapy or occupational therapy.

How the Envelope System works: First Nation communities will get an "envelope" of funding each year for all health programs. As the population grows and prices increase, so will the costs of NIHB - this will effectively pinch out other programs and services. MSB proposed options to control expenditures may include on- reserve residents only or perhaps on- reserve residents who are on social assistance. This would

mean that people who are working, but barely making ends meet financially, would then be burdened with eye care, prescription drugs and other health care costs. Off- reserve residents would have to find their own health care plan and would then become the responsibility of the Province.

This affects our unique relationship with the Federal Government.



This brochure has been developed by the Ontario First Nations Health Working Group as represented by the Provincial Territorial Organizations, Independent First Nations and the Chiefs of Ontario.

For further information, please contact your First Nation Government, Provincial Territorial Organization or the Chiefs of Ontario Office at 416-972-0212 (phone) or 416-972-0217 (fax):

Your comments, recommendations, input, guidance and participation are appreciated.

The Honourable Diane Marleau
Minister of Health Canada
Room 1603 A - Brooke Claxton Building
Tunney's Pasture
Ottawa, Ontario

No Postage
Required

You can do a number of things....

First Nation communities will be calling for your input via surveys, community meetings or radio call in shows. It is important that you have a say on how these changes will affect you. As well, the final page of this brochure has a petition to send to the Minister of Health that you can sign, adding clearly your name and address. The card does not need postage as it is going to the Federal Government. If hundreds of these cards arrive on Minister Marleau's desk over a short period of time, it will indicate that Health Canada, through Medical Services Branch, needs to truly consult with our leaders in good faith. So far this has NOT been happening as MSB has been enforcing THEIR time-frames and THEIR agenda.

Meanwhile, you can call to be sure that your Chief and representatives from your community will be attending the Ontario Caucus to be held September 18-19, 1995 and the Special Chiefs Assembly on Health immediately following on September 20-21, 1995 in Calgary, Alberta and having a say on your behalf.



WHAT IS BEING DONE??????

Locally, regionally and nationally our political leaders are taking a hard stance against MSB's plans. Excerpts of Resolutions made at the 21st Annual All Ontario Chiefs Conference held on June 20-22, 1995, the Assembly of First Nations Confederacy of Nations Meeting in May, 1995 and at the 16th Annual Assembly of First Nations General Assembly held on July 18-20, 1995 have resolved that:

"Whereas, the All Ontario Chiefs in Assembly, the Assembly of Manitoba Chiefs, the Alberta Chiefs and the Assembly of First Nations passed similar resolutions that do not endorse or accept the federal budgetary strategy of 6%, 3%, 3% growth for First Nations programs and services.

Therefore be it resolved that the Assembly of First Nations rejects the Health Canada envelope system which infringes on the Aboriginal and Treaty rights to health care....

Finally be it resolved, that the Chiefs in Assembly call for an emergency Chiefs Assembly to be held in Calgary, Alberta, September 20-21, 1995."



Honourable Minister Marleau:

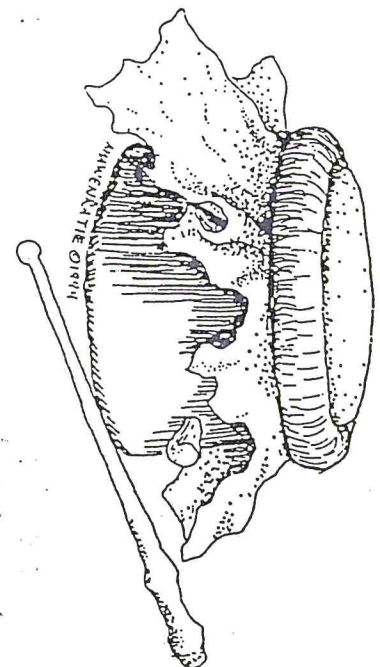
I am writing to ask you and your Federal Colleagues to reconsider the decision to institute cuts to First Nations health services announced in the February budget.

Historically, government policy undermined the health of First Nation citizens. European diseases were introduced, lands and resources stolen and children forced to attend residential schools. The legacy today is alarming and tragic rates of suicide, infant mortality, tuberculosis, diabetes, etc.

The Federal Crown is under a legally binding constitutional obligation to provide the kind of holistic health care required by First Nations. The capping of the budget will mean huge cuts to First Nations health programming and overall deterioration of the health and social situation of First Nation citizens.

By signing this petition, I condemn the cuts to MSB health programs as a breach of Aboriginal, Treaty and Inherent Rights and the Federal Governments Fiduciary obligations. I urge the Federal Minister of Health, the Honourable Diane Marleau, to reconsider the artificial cap on programs.

Signed:
Name:
Address:





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

Thousands of hunters, the majority of whom are non-Native, make full use of their game (deer, moose and bear) by dropping the hides off at local collection depots each fall. In return, a hunter's orange hat with a collectable series of artwork 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:

**Hwy #49 South of Marysville
on West Side
by C.N.R. Blue Building**

Hours:

**Mon. - Fri. 9:00 a.m. - 4:00 p.m.
Sat. - 9:00 a.m. - 1:00 p.m.**

Call your local depot manager at:

396 - 3424



The Hats-for-Hides program is administered by the Union of Ontario Indians and funded by the Canada-Ontario Resource Development Agreement (CORDA). For more info about the Hats for Hides Program, call Perry McLeod-Shabogesic, (705) 497-9127.

EMPLOYMENT OPPORTUNITY DIABETES RESEARCH PROJECT

FIELD CO-ORDINATOR 1 WEEK STARTING MID OCTOBER

The field co-ordinator will be responsible for the planning, organizing, supervising and administering questionnaires and a walk/run test to students at Quinte Mohawk School.

The successful candidate for this position will possess a Bachelor's Degree in Social Sciences, health or another equivalent discipline. The candidate should demonstrate effective leadership, interpersonal skills, and the ability to communicate with young children.

CO-ORDINATOR ASSISTANT 1 WEEK STARTING MID OCTOBER

The Assistant, under the supervision of the Field Co-ordinator will assist the nurse to record anthropometric measurements (weight, height, skinfold thicknesses, etc.). The assistant should also be able to communicate easily with young children.

A candidate for the position will have the ability to communicate with young children; experience in substitute teaching will be an asset.

PRACTICAL NURSE/NURSE'S ASSISTANT

1 WEEK STARTING MID OCTOBER

The person in this position will measure weight, height, bioelectrical impedance, waist and hip, and also the skinfold thicknesses of the children at Quinte Mohawk School.

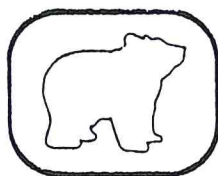
The candidate for this position should have training in a health related discipline (practical nurse, nurse assistant, dietician, etc.) and must possess a positive attitude about working with children.

ALL INTERESTED CANDIDATES SHOULD SEND A LETTER OF APPLICATION, RESUME, AND TWO LETTERS OF REFERENCE BY OCTOBER 6TH, 1995 AT 12:00 P.M. TO:

**BEV HILL, EMPLOYMENT CO-ORDINATOR
MOHAWK ADMINISTRATION OFFICE
R.R. #1
TYENDINAGA MOHAWK TERRITORY, ONT.
K0K 1X0**

FOR FURTHER INFORMATION PLEASE CONTACT:

**ALEX M. MCCOMBER, PROJECT CO-ORDINATOR
(514) 635-4374 HOURS: 8:30 A.M. - 4:30 P.M.**



IROQUOIS INDIAN MUSEUM

P.O. Box 7, Caverns Road
Howes Cave, NY 12092
518 296-8949
FAX 518 296-8955

SEP 26 1995

August 8, 1995

To Whom It May Concern:

Please include the following job announcement in your publication and/or post if possible. Thank you.

Museum Educator Staff Position available. Full-time. Working with visitors, school groups, and tours. Possible teaching at SUNY Cobleskill. Will do research on Iroquois arts. Degree preferred, but not required. Write & send resume or call: Stephanie Shultes, Acting Director, Iroquois Indian Museum, P.O. Box 7, Howes Cave, NY 12092. (Tel.: 518-296-8949).

First Nations Technical Institute

Aboriginal Employment Skills Workshop

Unemployed and don't know what kind of job you want? • Do you need help with resumes and covering letters?
Do you need to learn the latest interviewing techniques? • Did you know that life experience counts?
Would you like to learn in a "teampayer" atmosphere? • Do you want to learn computer basics?

For more information contact:
Stacey Maracle-Quigley or Heather Green

(613) 396-2122 or 1-800-267-0637

Instruction & support provided by First Nations Technical Institute

You must be eligible or in receipt of Unemployment Insurance Benefits by start day of workshop.



We, at the Thayendanege Health Centre, would like to take this opportunity to thank all who visited our booth at Mohawk Fair and participated in our survey. As you know, your names were entered in a draw for prizes. A special thank you to the donors of the prizes.

The following is a list of the winners and donors:

**1st prize was an obus form - donated by KELLY'S HOME HEALTH
Winner: Nancy Branchaud**

**2nd prize was a gift certificate for Kelseys - donated by the TYENDINAGA HOME SUPPORT PROGRAM
Winner: Suzanne Brant**

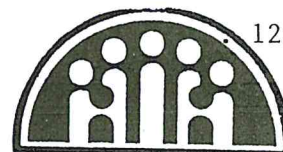
**3rd prize was a first aid kit - donated by DONCASTER HOMECARE
Winner: Carla Barnhardt**

**4th prize was a sweatshirt - donated by MOHAWK CRESTING (Dick and Gail Brant)
Winner: Catherine Hill**

**5th prize was a dream catcher - donated by the TYENDINAGA HOME SUPPORT PROGRAM
Winner: Glenda (Sam) Maracle**

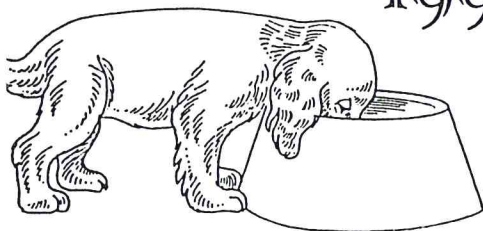
**6th prize was a tote bag - donated by the THAYENDANEGE HEALTH CENTRE
Winner: Orla Maracle**

**7th prize was a shoe bag - donated by the THAYENDANEGE HEALTH CENTRE
Winner: Marilyn Maracle**



THAYENDANEGEA
HEALTH
CENTRE

1995 RABIES CLINIC



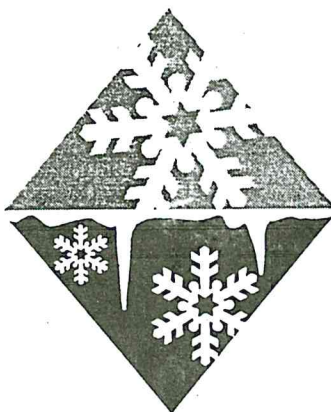
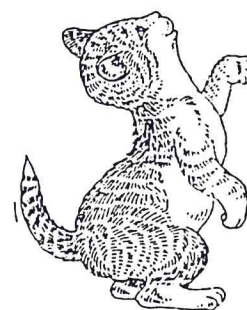
when: OCTOBER 14, 1995

where: SCHOOL BUILDING
AT THE MOHAWK COMMUNITY CENTRE

time: 8:00 a.m. to 12:00 p.m.

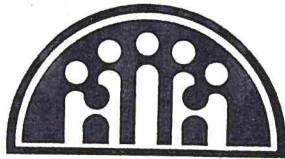
cost: \$10.00 per animal

Dogs must be on leashes.
Cats must be in cages.



Neil Doherty, Environmental Health Officer, Health Canada,
has again requested that all septic beds
and inspections to be completed by November 15, 1995,
due to ground frost and weather conditions.

If more information is needed contact
Bev Hill or Kathy R. Brant, CHRs, at the Health Centre.
967-3603



THAYENDANECA
HEALTH
CENTRE

OCTOBER 2-8, 1995

IS

AIDS AWARENESS WEEK

ARE NATIVE PEOPLE AT RISK FOR AIDS ?

Some Native people think they **can not** get AIDS--

especially those living on First Nation Territories.

A number of people think that HIV/AIDS is only contracted

if you live in the city.

Many of our people travel from the city to their respective

Communities, as well as rural people visiting the city.

As the opportunity to travel increases, so does the risk

of HIV/AIDS.

First Nation Community members **MUST** educate themselves.

This will assist them and their families in making healthier choices.

CAN YOU TELL IF SOMEONE IS HIV POSITIVE ?

No, you **can not** tell in the early stages of the infection.

A person can look healthy and be a carrier of the HIV virus.

For more information contact the Thayendanege Health Centre, 967-3603.

AIDS Definitions

1a) **What is AIDS?**

- | | | | |
|---|------------|---|---|
| 1 | Acquired | - | passed from person to person |
| | Immune | - | relating to the body's immune system, which provides protection from disease-causing organisms or pathogens |
| | Deficiency | - | lack of response by the immune system to disease-causing organisms |
| | Syndrome | - | group of symptoms and signs occurring together indicating that a person has a particular disease or condition |

AIDS is a disease caused by a virus that can attack and, over time, destroy the body's immune system. A person has AIDS when the virus has done enough damage to the immune system to allow infections and cancers to develop. These infections make the person with AIDS ill and lead to his or her death. At present, there is no cure for AIDS.

b) **What is HIV?**

HIV stand for Human Immunodeficiency Virus, the virus recognized by many researchers to be the cause of AIDS. A number of strains of this virus have been identified. Its presence in the body can be detected by blood tests.

Not everyone who is HIV-infected has developed AIDS. At this time, researchers predict that approximately half of persons infected with the virus will develop AIDS within 11 years of being infected.

¹ National Prevention Program, Health Canada - Skills for Healthy Relationships

Other factors, called co-factors, may contribute to the likelihood that an HIV-infected person will develop AIDS. Possible co-factors include other illnesses or infections, especially STD, stress, poor nutrition and substance abuse. At this time, the precise role of co-factors in the development of AIDS is unclear.

c) **HIV and the body's immune system**

HIV damages the body's immune system by destroying helper T-cells. These are the cells that alert the body to the presence of an infection. With the loss of the helper T-cells, the immune system, not informed of the infection, does not respond. Infections, referred to as "opportunistic infections" develop. The most common illness that people living with AIDS get are Kaposi sarcoma (KS), a malignancy or skin cancer, and Pneumocystis (PCP), a type of pneumonia. Another way to think about the role of the helper T-cells is to imagine the body as a castle, with defending armies inside (the immune system), attacking armies outside (diseases), and sentries watching the castle walls. These sentries are the helper T-cells. A spy (HIV) comes into the castle and destroys all the sentries (helper T-cells) of the defending armies. Not sentries are left to warn the defending armies when diseases attack. The troop are not alerted to the invasion and the immune system is overwhelmed by the attackers.

d) **What is STD?**

STD stands for sexually transmitted diseases. STD used to be known as venereal diseases. More than 20 different STD, including AIDS, have been identified. STD most common among young people include chlamydia, genital warts, gonorrhea, syphilis and genital herpes.

STD are caused by viruses, bacteria, fungi and parasites. Viruses cause several STD. AIDS, genital warts, Hepatitis B and genital herpes are caused by viruses. Bacteria cause STD such as gonorrhea and syphilis. Scabies and pubic lice are parasites.

Certain STD infections, if not treated soon enough, can lead to long-lasting health problems in both males and females. For example, untreated syphilis

can result in serious cardiovascular and brain disorders. As well, untreated chlamydia and/or gonorrhea may produce pelvic inflammatory disease (PID), tubal pregnancy in females, and permanent infertility in both males and females. Genital warts virus can cause cancer of the cervix in females. Generally, the health problems associated with STD are more serious for females.

AIDS And Our People

One of the most difficult challenges many of our people face is that of the epidemic of HIV infection and AIDS. When we become aware of our illness, there are various stages what we will go through. It is very natural for each of us to go through each of these stages when we are faced with a crisis. If we do not recognize that we need to feel these emotions, we may get stuck within the cycle and prevent ourselves from becoming healed:

- **FEAR** is the first stage that overcomes us when we realize that our time on this physical plain may be close at hand.
- **DENIAL** is a stage when we refuse to accept what the Creator may have planned for us. It is time when some people become lost in drugs and alcohol. This is a critical period when we might do more harm to our Mind, Body and Spirit.
- **AWAKENING** is a stage that begins our healing. We start to think of others around us rather than only ourselves.
- **ACCEPTANCE** is actually when our sense of rebirth begins. We realize our mortality and accept our blessings from the Creator.

Traditionally, Aboriginal people were given four Sacred Gifts by the Creator, as a means of survival. Throughout our history, we have had to depend on these gifts to carry us through very difficult and trying times. We should attempt to live by these gifts everyday and strive for balance in our lives:

- From the East come the gift of **KINDNESS**. This gift expresses our humanity and our love for ourselves and everything around us. Sometimes, this is the hardest gift to share when our emotions run high.
- **HONESTY** comes to us from the South. This gift is also difficult to express as we are tempted by life's opportunities. It is a simple gift that is very hard to live by.
- **SHARING** is the third gift that comes from the West. When a person shares, he or she expresses to others the importance of giving. No matter how much, or how little we carry, we must always share.
- Finally, from the North, comes the gift of **STRENGTH**. This gift is not a physical one but one that relates to our inner strength to carry on and preserve against all odds.

SENIOR'S PROM AND FORMAL DANCE



Put on your SATURDAY NIGHT BEST and come and enjoy an evening of fun, entertainment, and dancing. All entertainment will be performed by community members.

Transportation and escorts will be provided as needed, please call Gloria Brant at 396-3424 between the hours of 4:30 - 7:00pm to inform her if you require an escort or transportation.

Refreshments will be served!

DATE:.....SATURDAY, NOVEMBER 18th, 1995

TIME:.....6:00 pm

PLACE:.....COMMUNITY CENTER

DRESS:.....FORMAL

DONATIONS GREATLY APPRECIATED!

*Donations can be made out to
Gloria Brant c/o Seniors Prom.*

*These can be directed to Sandy Sero
at the Administration Office where
she can issue a receipt.*

VOLUNTEERS ARE NEEDED FOR ESCORTS, TRANSPORTATION AND SETUP.

IF YOU CAN ASSIST IN ONE OF THESE AREAS PLEASE CALL Gloria Brant between the hours of 4:30 - 7:00 pm at 396-3424.

MOCCASIN TRAIL NEWS

October 1995

HEALTHY LIFESTYLE TIPS

Use It or Lose It!!

Be active. Every little bit of daily activity helps.

Remember, unused muscle ends up as flab. (This is also true of the brain, so get reading) Keeping active also helps retain agility and a sense of balance.

Our bodies respond very well to habit. Choosing approximately the same time each day will help keep you on track.

Remember that muscle is hungry tissue and burns more energy. One of the best and first ways to up your fitness level on the whole is connected to body awareness.

Feel the muscles contract and work when doing your everyday activities. When you lift something you will feel the muscles swing into action.

Use it, slowly lower, using the muscle against gravity. This awareness and attention helps give you double the end result. The sooner you feel stronger physically, the more likely you are to keep up with your activity.

Don't be afraid to have a healthy laugh. Laughter is great medicine. It's even good aerobic exercise: 100 good laughs are considered the equivalent of 10 minutes of rowing. Check it out..... nothing to laugh about? Rent a funny movie today. Easy aerobics

When you exercise—act your age!



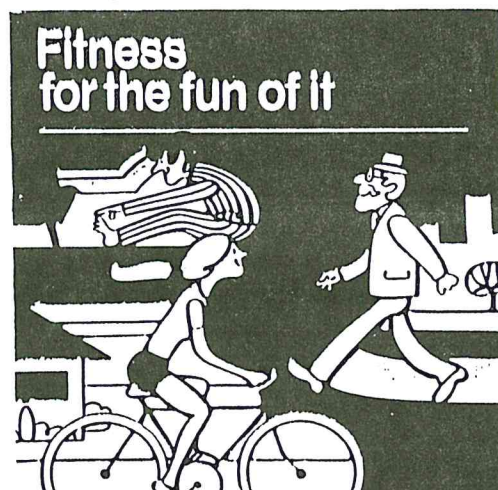
PREVENT OSTEOPOROSIS

Lower Your Risk To Osteoporosis

Attention women of all ages!!!
Fight osteoporosis daily. The Canadian Osteoporosis society recommends 1,000 to 1,500 mg. of calcium a day. An 8 oz. glass milk, a 50 g. serving of firm cheese and 1/2 a medium sized can of salmon with bones, over the course of a day will provide close to 1,000 mg. of calcium.

Weight-bearing exercises like walking 2 - 3 times a week will build stronger bones at any age. Walking is a low-impact exercise and conditions you cardiovascular system, reduces stress and improves muscle tone.

Regular exercise will also give your self image and confidence a boost! Get it.. The Moccasin Trail Walking Program is here for you. Our next mileage day is Tuesday October 3, 1995.
Be There or Be Square!





NATIONAL FAMILY WEEK

OCTOBER 2 - 8, 1995

Helpful Hints for Healthy Parenting

BUILD CONFIDENCE:

Be positive.

- ♦ Look for ways to give compliments.
- ♦ Give hugs.
- ♦ Remember to laugh with your child.

Emphasize your child's strong points.

- ♦ Praise special, unique traits in your child.
- ♦ Help your child understand that nobody's perfect and that's okay.
- ♦ Help your child understand that everyone is good at something and not so good at other things.

Give your time.

- ♦ As parents, you are all probably short on time and may often feel overwhelmed with all your responsibilities. However, it's important for you to know that the best gift is to give your child regular, undivided attention.
- ♦ If you're experiencing guilt, you need to work through that and work on specific times to be with your children. You could begin by scheduling monthly "dates" together.

Say "I love you".

- ♦ Give this message in different ways.
- ♦ Try non-verbal as well as verbal.

STAY CONNECTED:

Listen.

- ♦ Give your full attention. Keep good eye contact, nod, even touch your child.
- ♦ Listen for feelings. There are no wrong feelings. Acknowledge your child's feelings, then reflect those feelings back. (Don't interpret; either repeat their words or use similar words to reflect your child's feelings.)
- ♦ Keep your talk to a minimum. Simply saying you understand and care may be enough. Being there for them is the most important.

...over



NATIONAL FAMILY WEEK

Take time to be with your child.

- ◆ Read a book or watch TV together. Talk about the book or program. Use this time to give your full attention to your child.
- ◆ If you're a working parent, call your child from work just to say "hello" - not to remind him or her about chores or homework.
- ◆ Make time for regular heart-to-heart talks with your child. Keep conversations free and open.

USE POSITIVE DISCIPLINE:

Set rules.

- ◆ Determine what rules are important. Set limits and boundaries. Make sure everybody understands the rules and consequences.
- ◆ Apply rules consistently. If you make an exception, make sure your child understands that it's a special treat (i.e., staying out later than usual).
- ◆ Rules are flexible in that they're appropriate to the age of the child.
- ◆ Physical discipline is almost never effective.

Addressing a problem.

- ◆ Respond to the problem as soon as possible.
- ◆ Be firm. You're the parent. Do not underestimate your parenting ability.
- ◆ Keep calm; use your anger in a positive way.
- ◆ Address the problem, discuss the consequence, follow-through. Don't blow up!

Criticize the behaviour only.

- ◆ Choose your words carefully. Address the behaviour, not the person. For example, you could say, "*I'm upset that you hit your friend*", instead of "*You're a bad boy for hitting*".

HELP IN PROBLEM-SOLVING:

Define the problem.

- ◆ Try to help your child solve the problem, don't solve it for them. Teach your child how to problem-solve.
- ◆ Ask your child what exactly the problem is. What are their feelings about it?

Brainstorm about ways to solve the problem.

- ◆ Talk about every possible solution with your child. List them out. Discuss and weigh the outcomes of each potential solution.

Pick the best solution.

- ◆ Talk about, and role-play if necessary, the way you or your child will implement the solution.

Discuss the outcome.

- ◆ Did the solution work? Why or why not.
- ◆ If not, talk with your child about trying another solution.



(If you are experiencing a parenting crisis, please contact your local family service agency or call 1-800-668-7808 for a referral to the nearest family service agency.)

Your Health Matters!

Handling those mid-day munchies

Children want lunches that are satisfying and appealing, and parents want to provide a healthy meal for their active, growing children. Nutritious, portable lunches can be tasty and fun to eat.

THE ART OF FINE LUNCHING

Include a variety of foods everyday. Use Canada's Food Guide to Healthy Eating to help you plan nutritious lunches.

GRAIN PRODUCTS: Look for new types of whole-grain bread or try different types of grain products. Peanut butter may be tasty on pumpernickel, seven-grain or raisin bread. Crusty rolls, kaisers, bagels, rice cakes, English muffins, flour tortillas or pita bread all add variety.

VEGETABLES AND FRUIT: These foods add colour, texture and flavour to the lunch. Try green pepper rings, cucumber slices, sticks of carrot, celery or zucchini or broccoli florets. Fruit makes a great finish to the meal, whether it is fresh, canned in its own juice, or packed in a light syrup. Juice can have the nutritional value of a piece of fruit. Look for labels that say 100 per cent fruit juice. A fruit "punch" or "drink" is always less than the real thing.

MILK PRODUCTS: Send cold milk in a thermos or take advantage of the school's milk program. Cheese, yogurt and cottage cheese are easy to pack choices.

MEAT AND ALTERNATIVES: Choose lean meats like turkey, chicken, roast beef, ham or tuna packed in water more often. Baked beans or hummus (chick pea spread) are tasty alternatives to meat.

ADDING INTEREST

No meal is a good meal if it is not eaten. Involve your child in planning and preparing lunch. They are usually more willing to eat their own creations. Here are some tips:

- Offer a selection of nutritious foods and let your child choose their favourites. If you pack food that your child does not wish to eat at school, it will probably not be eaten.
- Include your child's favourite foods and add variety by combining new foods with old favourites.
- Include an occasional surprise. How about a secret note, sticker or cartoon!



THAYER HALL
HEALTH
CENTRE

KEEPING LUNCH SAFE

A healthy lunch is also a safe lunch, to ensure this:

- Start with a clean counter, clean utensils and freshly-washed hands.
- Foods that might spoil should be carried in an insulated bag to keep them cold.
- To keep food cold, use frozen bread for sandwiches, pack a frozen drink that will melt by lunchtime, or use a small freezer pack.
- Pack cold foods directly from the refrigerator and make certain that hot foods are steaming hot when placed in a thermos.
- Clean lunch boxes, thermal bags, plastic containers, and all utensils everyday. Wrappings should not be re-used as they may carry bacteria.

LUNCHES FOR A HAPPY PLANET

- Use cloth lunch bags, thermal bags or lunch boxes instead of paper or plastic bags.
- Use plastic containers for sandwiches and other lunch foods.
- Pack a set of metal or heavy duty plastic cutlery instead of disposable plastic cutlery.
- Try a thermos or a plastic cup with a tight fitting lid for beverages.
- Include a washable cloth napkin.

These are just a few suggestions to help you make lunch healthy and interesting. Let your imagination be your guide in creating dozens of child-friendly lunches!

HealthUnit



Do you have spare time and want to do something meaningful?



We certainly could use your time and talents. We are in need of people to volunteer in our Home Support Program. Below is a list of areas where volunteers are needed.

FRIENDLY VISITS..

Regular visits to the elderly in their home for socialization and integration into the community.

HOME MAINTENANCE:

ie: Snow shovelling, window washing, painting, and cutting grass.

SENIORS DAY PROGRAMS:

ie: Grocery shopping: assist a senior while out on our grocery shopping trip.

CERAMICS: Touch up painting on ceramic pieces, to serving tea and cookies.

CRAFTS: Lending a helpful hand doing crafts where assistance is needed.

DINER'S CLUB:

Help prepare meals and serving it.

MEALS ON WHEELS: Help with delivery.

If you are interested in any of the volunteer postions please call Tracey or Cindy at the Health Center: 967-3603

Log.on Ont@rio

Count on your

LIBRARY

for access to information

ONTARIO LIBRARY WEEK

Ontario Library Week is October 16-22, 1995. **KANHIOTE LIBRARY** cordially invites the public to visit and view their newly automated library system. Hours this week and every week are Tuesday 8:30 to 4:30, Wednesday 8:30 to 4:30 and Thursday 12 to 4 and 6 to 8.

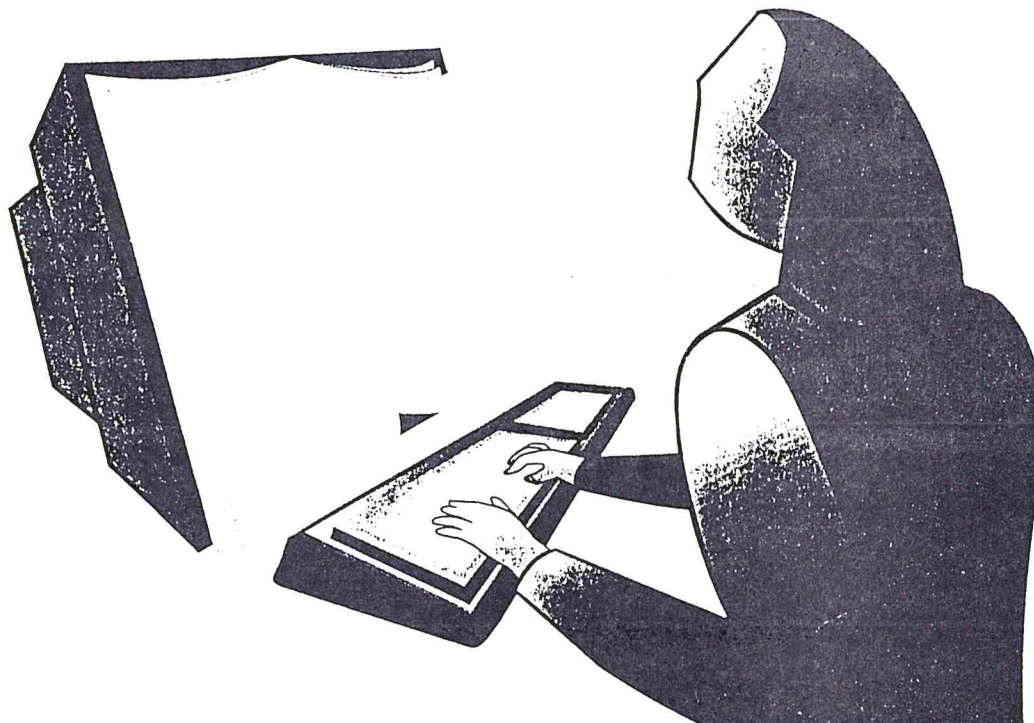
OPEN HOUSE

Please plan on joining us Thursday October 19th any time during our regular hours which are 12 to 4 and 6 to 8.

fun

raffle

refreshments





Personalized Children's Books

Richard Robb Opens for Business in Deseronto

Deseronto — Richard Robb's new business is set to take off. He will begin by offering a line of personalized, customizable children's books. Each book is full of professionally illustrated, colour pictures and covered in a plastic-coated, hard cover. There are currently 20 titles in the series. The story lines include imaginative adventures, seasonal celebrations, special outings and mysteries. Three books encourage religious values. There are even a few books designed for adults to commemorate special occasions in their lives like weddings, special birthdays and the birth of a child.

Through his home business Richard plans to help personalize a very impersonal, mass market world. In each story a very special child can be the star of his or her very own book. Places and people familiar to the child are also featured. A presentation page and a framed photosticker provide additional ways to personalize each book. These books will become the keepsakes that remind children for years to come of the people who loved them enough to make them feel special.

Richard Robb is opening for business on October first. He is located at 137 Pearl St. in the Robb home in Deseronto. He can be contacted by phone at 396-6267 or you can call 396-5499 after October 1 to hear about the services he offers and leave a message. The children's books are only the beginning to a business that will expand in the months ahead to include additional personalized computer services to help families and businesses in the Quinte area. Such services as personalized calendars, children's computer lessons, appointment reminders, home monitoring, talking classifieds, and inbound telenotification round out the immediate plans for this new business.

An opening special is being featured during the three months leading up to Christmas. Watch the local papers, bulletin boards and mail for more information. Or you could call 396-5499 for the most up to date news any time after October 1.

Ipperwash incident merits public inquiry

TORONTO
STH
Sept. 14

THERE are disturbing elements about the stand-off between Indians and police at Ipperwash Provincial Park. One is how casually the rest of the province seems to be taking the situation. In 1990, the shooting of a police officer at a similar confrontation triggered what became known as the Oka crisis.

Yet the shooting of an Indian by police last Wednesday night at Ipperwash northeast of Sarnia is treated as ... an incident.

Part of the reason is that we don't expect crises in Ontario.

Part is that Ipperwash has not been good television. At Oka, there were masked Indians with assault rifles. At Ipperwash, the protesters have no guns.

In fact, one of the intriguing characteristics of a public meeting last Thursday at the Ipperwash army base (now occupied by protesters) was the polite, working- and middle-class nature of the crowd. No fatigues; few angry young men — in short, virtually none of the images television has come to associate with Indian protest.

Nothing much to get excited about, it seems — and the province gets back to thinking about something else.

Yet, in reality, Ipperwash will have consequences that are as far-reaching as Oka — maybe more so.

THOMAS WALKOM

Queen's Park



For Ipperwash marks the first confrontation in decades in which an Indian has been killed.

Don't underestimate this. The execution of Louis Riel, the 19th century Métis rebel, still resonates throughout Quebec as a symbol of English Canadian infamy. The 1990 shooting of a Quebec Surete officer at Oka shook Canada's non-native majority out of its romantic, *Dances With Wolves* notion of Indian self-government.

Similarly, last Wednesday's fatal shooting of Dudley George will not quickly be forgotten by Canada's Indian peoples. George may not have been a leader of the protest. This will not prevent his death from becoming to Indians a powerful symbol of native resistance.

But the great question from Ipper-

wash is: Why? Why did the situation get so out of hand?

We know some of the bare facts.

One: Natives had been occupying the park since Labor Day, claiming it as an ancestral burying ground (Queen's Park says its archeologists have found no remains; however, as the Ministry of Natural Resources acknowledges, the park was built on land that until 1928 was part of the Stoney Point reserve.)

Two: Police approached the park Wednesday evening after a report that Indians were vandalizing a car with baseball bats.

What isn't yet clear is why the OPP responded in such force, sending in a crowd-control unit from its paramilitary Emergency Response Team. (It used to be known as the Tactics and Rescue Unit but changed its name after a 1988 incident when OPP commandos shot and killed a Windsor-area man in his own backyard — because they mistakenly believed him to be an armed, suicidal teenager.)

What happened precisely last Wednesday is disputed. The police say that officers armed with clubs, shields and sidearms fired after being fired upon; the Indians say they had no guns. What is clear, however, is that a fairly manageable case of vandalism connected to a political occupation of a park (which was closed for the season any-

way) turned into a three-hour, white-hot confrontation that left one dead and two seriously injured.

So who decided to send in the riot squad? Premier Mike Harris says the incident has been handled by police without political interference. But those familiar with the OPP say that Wednesday's heavy-handed response was out-of-character. In its dealings with Indian demonstrators over the past five years, the OPP has been quiet, restrained and effective.

"The OPP is a very conservative force," says one knowledgeable government official. "They wouldn't change tactics without direction from the top — the very top."

The province's Special Investigations Unit is looking into the shooting. That may tell us who fired first. It will not, in all likelihood, go into the political responsibility. Someone should.

Assembly of First Nations Grand Chief Ovide Mercredi says a public inquiry into the shootings is necessary. He is right. In terms of the dealings between the Ontario government and the province's native peoples, the death of Dudley George is too important to gloss over.

Thomas Walkom's column normally appears Tuesday, Thursday and Saturday.

8 Wawlay News August 19, 1993

Tlingit people dust off past and find clan system

by Bryan Phelan

Canadian actor Michael J. Fox starred in the time travel movie *Back to the Future* and two sequels—but Tlingit people in the Yukon have written their own script. Call it "*Back to the Future*."

The Yukon's Teslin Tlingit First Nation began a return to their traditional form of government—based on their clan system—in 1985. "We looked at our younger generation and saw that we'd become unbalanced," says Teslin trapper and researcher Georgina Sydney. "We went back (to the clan system) for future generations, so they can find out who they are and how they fit into this world."

Sydney and David Keenan, Teslin Tlingit Council chief, travelled to Kenora in June, where they spoke of their community to delegates at a conference on northern justice.

Teslin's 675 community members belong to the Tlingit ("the people") Nation that stretches along the West coast from

Alaska to California. "The whole Tlingit Nation is made up of clans," Sydney says.

"It was our elders who brought up the clan system after we had started developing (a position on) the Constitution and begun talking of self-government. An elder by the name of Harry Morris gave me a clan list and said 'This is how we used to govern ourselves.'"

At that time, Teslin's Constitutional focus shifted to its clan system. It's a focus that appears to have paid off.

The community signed final land claims and self-government agreements with the federal and Yukon territorial governments in January. The agreements will come into effect once the necessary federal legislation is passed.

Teslin claimed 10,000 square miles in the Yukon as traditional territory and the community will have total jurisdiction over 975 of those square miles. The governments also recognized the First Nation's

clan system.

There are five clans in Teslin, each with its own history, names, songs, and clan house—used for potlatches, meetings and ceremonies. Tlingit people inherit their clan membership from their mothers.

Sydney belongs to the Yauyeidi clan—a name derived from the cedar tree. Ancestors of Yauyeidi clan members "built a cedar house and we're children of that house," says Sydney. The clan uses the wolf as its crest.

Chief Keenan belongs to the Daxawaidi clan, represented by an eagle crest. The other clans in Teslin are the Daishetaan (split-tail beaver), Isheketaan (frog) and Xoogetaan (raven children).

"The system didn't die out because we practiced it through potlatches," says Sydney, who received teaching about clans from her great aunt and grandmother. "A lot of it was hidden away but we hung on to it."

With its revitalization, the clan system is now central to community life and decision-making in Teslin. "When you talk about inherent self-government, the clan system is that," says Sydney.

"We don't have elections," she says. Instead, elders from each clan appoint five clan representatives to sit on a general council. The general council appoints a band chief and council, and sets administrative policy. There was resistance from some people who wanted to vote the chief in, but only because they didn't talk to the elders and they were taught in the modern way," Sydney notes.

According to Sydney, clan meetings are held when big decisions need to be made.

"The (federal) government wanted us to vote on our land claims agreement," she says.



Georgina Sydney, a researcher and trapper from the Yukon's Teslin Tlingit First Nation, addresses delegates at a conference in Kenora.

tives used three months of clan, family and individual meetings to inform community members about the agreement. Only then, and with the consent of their clan members, did clan representatives reach a consensus in accepting the proposed agreement.

Teslin applies its clan system not only in negotiations with government, but also in day-to-day relations within the community.

"If I do something wrong to someone from another clan, the elders from each clan get together and talk about how to handle restitution," Sydney says. "It's not taken lightly—it could take three days to arrive at a decision." In this way clans are kept responsible to one another.

In Sydney's Yauyeidi clan, people are also made aware that they are responsible to their clan. "If a mother has problems

with a child, she approaches a clan leader and talks about her concern," she explains. A clan meeting is then held, with the child placed in the centre of a circle of clan members, "not so much to reprimand but to steer the child to the right path in a gentle, loving way."

"We talk about how we care for them...and what is expected of them. They're made aware that the whole clan carries whatever mistakes they make," Sydney says.

In exchanging information with other First Nation delegates at the Kenora conference, Sydney became aware of a common thread—"we all have traditional systems."

"(These) traditional systems need to be dusted off and revived," she says. "We can't go back (in time) but there are things from the past we can bring with us to become balanced people."

CONGRATULATIONS

TO THE

TYENDINAGA WOMEN'S FASTBALL TEAM

FOR FINISHING AS TOURNAMENT RUNNERS-UP (2ND)

AT THE 1995 ALL-ONTARIO ABORIGINAL CHAMPIONSHIPS

HELD IN GARDEN RIVER - AUGUST 25 - 27

Game 1 - Friday 8:00 am Tyendinaga cruised to a 15-5 victory over Sagamok.

Game 2 - Friday 12:30 pm There was excellent defensive play by both teams in this game and after 5 complete innings the scored remained 0-0. Both teams had a couple of runners on base but couldn't manage to bring them in home. Parry Island scored 2 runs in the sixth and 1 run in the seventh to defeat Tyendinaga 3-0. (Since the tournament was a double knock out format, this loss put Tyendinaga into the losers bracket and meant that the team would have a long climb back.)

Game 3 - Friday 11:00 pm This was a very late game and bodies were beginning to get tired but the women were determined... and came out victorious by a score of 16-9 against Moravian Delaware.

Game 4 - Saturday 9:30 am This game was against one of the home town Garden River teams (after some...shall we say...debateable calls...we suspected home town Umps as well!!!! The Garden River pitcher truly had a unique pitching style!!!!)... but again...the team still had that competitive drive. This was a very intense game...a real barn-burner....Tyendinaga would pull ahead....then Garden River would take the lead. In the bottom of the 7th inning with the game tied and two out, Tyendinaga had bases loaded and had the winning run walked in when the pitcher hit the batter....how's that for suspense? Tyendinaga won 11-10.

Game 5 - Saturday 5:00 pm The game remained close for a few innings until Tyendinaga turned on the bats and defeated the Oneida Jrs 7-1.

Game 6 - Sunday 11:00 am Tyendinaga knew they had a tough game ahead against Parry Island (who had defeated them in game 2) but ahh....this time Tyendinaga was up to the task with a few warm up games under their belts. This proved to be an extremely intense game also...but Tyendinaga prevailed 5-2.

Game 7 - Sunday 2:00 pm Tyendinaga expected another tough match but ah....the bats were Red Hot!!! Tyendinaga conquered Cape Croker 13-4.

Game 8 - Sunday 9:30 pm The game was supposed to be played at 6:30 pm however it was to be delayed. Tyendinaga definitely knew they were in for a very tough match against Six Nations and Tyendinaga bodies were definitely experiencing the aches, pains and tiredness of the previous seven games....but the Team wasn't about to give up without a fight. Six Nations had their ace hurler on the mound who hadn't yet pitched that day. The game was close, within a couple of runs, for the first four innings but alas...the Team ran out of steam...and couldn't produce runs from the few runners on base....while the Big 6 turned on the big bats in the late innings and defeated Tyendinaga 7-0. It is worth mentioning that one girl from the opposition didn't just run...we all swore she flew....boy was she quick - she stole second base and didn't even stop before taking off for third.

The Tyendinaga Women played eight (8) games in total in order to achieve their second place status out of eleven (11) teams in the women's division. A special congratulations goes out to Tyendinaga's pitcher Wendy Robotham who pitched in every game and won the award for tournament women's MVP.

The players would like to thank the Tyendinaga community for supporting their fund raising efforts (beer tent, 50/50 draws, and home run derbys) towards travel expenses to Garden River (near Sault St. Marie). A special thank you goes out to Callie's Team for donating their cash prize winnings at the Vaughn Memorial Tournament.

Also, congratulations to the Tyendinaga Men's Teams who journeyed to Garden River with a bare minimum of players and put forth a fine effort against some tough competition.

Whether winning or not - a good time was had by all.

The 1995 Womens Team which represented Tyendinaga were:

Dawn Brant
Amy Cook
Sharon Hill
Kathy Maracle

Donna Brant
Linda Fuller
Angel Maracle
Lisa Maracle

Glenna Brant
Melanie Hill
Callie Maracle
Wendy Rowbotham

Julie Brant
Michelle Hill
Carol Anne Maracle
Karen Sandy





*In cherished memory of Betty Elaine Norman who passed away
one year ago, Sept. 17 1994. As we loved her so we miss her.*

Helena, Kitty and Julie

Thank You!

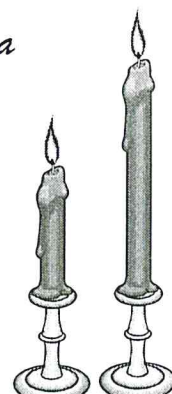
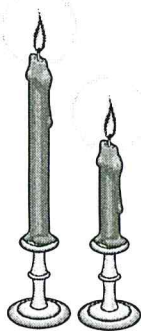
We would like to thank everyone who came to the surprise party we had for Al and Julie. Everyone helped so generously with food, money, and serving dinner. Everything and every one was simply super. We all had a wonderful time.

Helena and Kitty

Thank You!

We would like to thank everyone who came to our farewell party and for all the gifts of money that we received. We want to thank Auntie Helena and Kitty for giving us the party. I want to thank Kellie, Lorna, Debbie and Nancy for helping to serve dinner. A special thank you to Cheryl Anne for her very generous donation of the music, to Olive for the excellent corn soup, Alberta and Madge and their families for their donations. Another special thank you to Velva Jean for her generous donation of food as well. If we have missed any names of those who helped in any way please accept our heartfelt thanks. Again thank you everyone. It was a surprise and we all had a wonderful time.

Alan and Julieanne Rogers





Happy Belated
18th Birthday

D.J. Maracle Aug. 29th

Love from Mom, Dad & Margie

Happy Anniversary

Marty & Dorothy Ann
Oct. 1

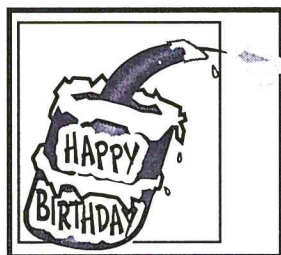
Love Linda, Angela & Jake



Happy 94th Birthday

William Isacc Hill
Sept. 22

Love the Family

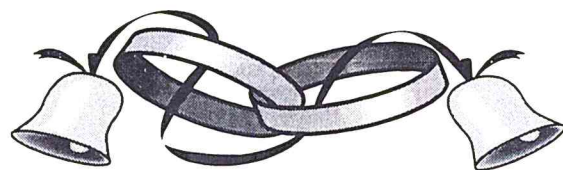
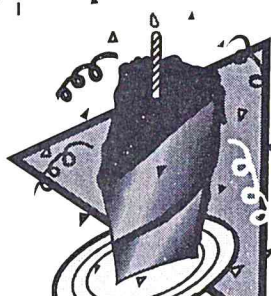


18th
Jolie
Oct. 5
Love Mom

HAPPY BIRTHDAY!

Rick & Bradley
Oct. 8

Love Marilyn(Mom)



Happy Anniversary
Bill & Nancy

Oct. 7

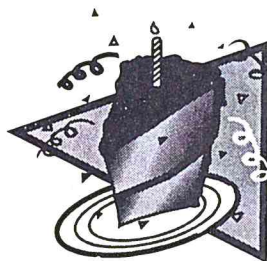
Love Betty, Marv & Jolie



Tara

Oct. 1

Love Aunt Betty & Jolie



Happy 18th Birthday!

Jessica
Oct. 4

love Aunt Betty & Jolie

Happy Birthday!

Kayla
Oct. 24

Love Aunt Betty
& Jolie



Its a Girl



Tyler & Sheila Stacey are proud to announce the arrival of

Taylor Leigh-Ann
Born: Sept. 12
Weight: 8 lbs. 3 oz.

Proud Grandparents are:
Russel & Delores Loft of Tyendinaga
Cindy & Charles Stacey of Kahnawake
Dave & Sharon Pickering of Montreal

Its



a Girl!

John & Cindy Akey are proud to announce the arrival of

BRANDY AMBER AKEY
BORN: Aug. 20
WEIGHT: 6 lbs. 6 1/2 oz.
Belleville General Hospital

Proud Parents: John & Cindy Akey
of Tyendinaga
Proud Grandparents: Cathy & Clifford Maracle
of Tyendinaga

Birth



Announcement!

Proud Parents Margaret Maracle, and Ben
O'Coin wish to announce the safe arrival of their
first born child, a Son.

Raymond James O'Coin-Maracle
Born: August 17, 1995
Weight: 7 lbs. 2 oz.

Happy Grandparents:
Don & Ivy Maracle of Tyendinaga
Raymond & Brenda O'Coin of Belleville

Great Grandson of the Late Bishop Maracle

Open House



The Family of Eva Francis Maracle Brant cordially invites you to attend an open house in honour of our Mothers 99th Birthday!

When: Saturday, Oct. 7, 1995

Time: 1:00 P.M.. - 3:00 P.M.

*Where: Elders Lodge, Common Room
Tyendinaga Mohawk Territory*

Best Wishes Only!

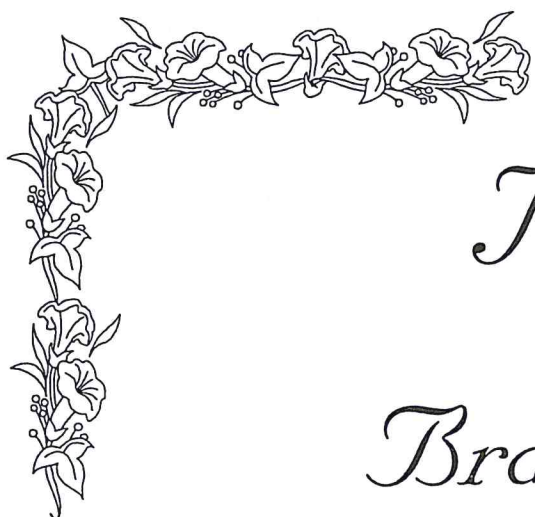
Thank You

The Family of the late Clifford John would like to thank family and friends for their many acts of kindness during our time of sorrow.

Thanks goes to Father Ken Baker, Layreaders, Wardens and Organist of the Anglican Church.

Special thanks to the Mohawk Guild for the lovely lunch served following the service, it was greatly appreciated.

Sincerely the John family



Jack & Jill
for
Brandy & Obby

Friday, November 3, 1995
at the Mohawk Community Centre
Upstairs

8:00 p.m. - 1:00 a.m.

♥ D.J. ♥ \$5.00 per person ♥ ID Required ♥



MEMBERS NEEDED

**THE MOHAWK RECREATION COMMITTEE HAS TWO
POSITION AVAILABLE ON THE COMMITTEE.
ANYONE INTERESTED PLEASE COMPLETE THE
ATTACHED APPLICATION AND RETURN TO THE
ADMINISTRATION OFFICE**

CONGRATVLATIONS !

CONGRATVLATIONS TO ALL THE ATHLETES WHO REPRESENTED
TYENDINAGA AT THE NORTH AMERICAN INDIGENOUS GAMES.

Bub's VanHooser, Gord Crowe, Murray Maracle, Jeff VanHooser, Barry
VanHosser, Carl Ted Maracle, Jack Green, Tom Smart, Matt Green, Jake
Brant, Mark Emanuel, Rob Barberstock, Will Barberstock, Calvin Brant, Chris
Brant, Mike Maracle, Kevin Jacobs, Matt Johnson, Kevin Smart, Jamie Jones,
Tim Hill, Greg Brant, Kathy Brant.

AEROBICS



WEDNESDAY NIGHTS AT QMS

6:30 PM- 7:30 PM

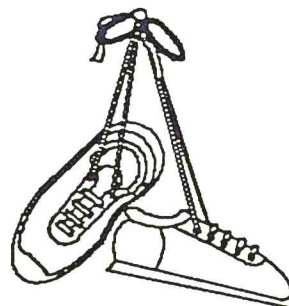
STARTING OCT. 11TH

COST \$ 25.00

FOR 10 WEEKS

TO REGISTER CALL
ANDREW ALKENBRACK

396-3424





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

Mohawks of the Bay of Quinte
Mohawk Family Services

BOX 132, TYENDINAGA MOHAWK TERRITORY



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

JANICE LONGBOAT

COMING TO TYENDINAGA

TO SHARE HER TRADITIONAL KNOWLEDGE OF

WOMEN'S ISSUES FROM PUBERTY TO

MENOPAUSE TO OLD AGE.

OCTOBER 6, 1995

9:00 AM - 4:00 PM

PLACE TO BE DETERMINED

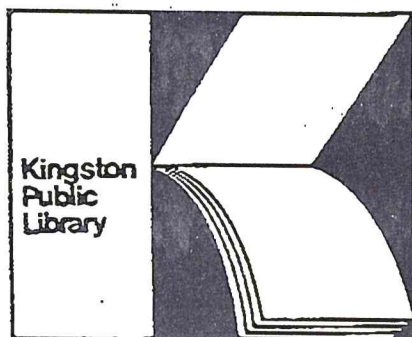
ALL COMMUNITY MEMBERS WELCOME

TO ATTEND. PLEASE CALL MOHAWK FAMILY

SERVICES AT 967-0122 TO REGISTER BY

OCTOBER 4, 1995.

LUNCH AND REFRESHMENTS SERVED!



An invitation to meet representatives of the Ontario Arts Council

The Kingston Public Library invites artists from all disciplines to come and meet representatives of the Ontario Arts Council (OAC). We'll be hosting an information session designed to introduce artists to the OAC and the various programs and services it offers. Practicing artists who are unfamiliar with the OAC, and Franco-Ontarian, ethnocultural and First Nations artists, are particularly welcome.

The OAC is an agency that promotes the development of the arts across the province, and offers grants to Ontario-based, practicing artists working in the following disciplines and areas:

- *Arts Education • Dance • Visual Arts, Crafts, Design •*
- *Film, Photography, Video • Touring • Literature •*
- *Community Arts • Music • Theatre •*

FIND OUT:

- about OAC and how can it help you •
- about grants and services OAC provides artists •
 - how to apply for arts grants •
 - how applications are evaluated •

This information session will be held on Thursday October 19, 1995, at the Kingston Public Library, 130 Johnson St., Delahaye Room, 3rd floor, from 6:45 pm to 9:00 pm. Refreshments will be served.

For further details or to register, please call Stella Carney at the Kingston Public Library, (613) 549-8888 ext. 131 or Susan Freeman, OAC Touring Consultant at (613) 273-4205 (Maberly).

General Delivery
Wikwemikong, Ontario, P0P 2J0

AUG 22 1995

Attention: Lloyd McGregor
(705) 859-2377

NOTICE

ALL MINOR HOCKEY TEAMS

Please accept this notice as your personal invitation to enter your team(s) in the 25th Little NHL Tournament. This 25th Anniversary will be held in Sudbury, Ontario on March 11 - 14, 1996 sponsored by the Little NHL Executive Committee.

Entry Fees are set at \$300.00 per team providing you register and pay in full by February 9, 1996. After February 9, 1996, a \$400.00 fee will apply with a deadline of March 1, 1996. So, it is your benefit to register early in order to take advantage of the \$100.00 discount.

Please send in your Entry Fees and Rosters to the address on the card. Receipts and confirmations will be sent to you upon receipt of your Entry Fees.

We look forward to seeing your teams representing your First Nations in Sudbury for a great tournament.

Enclosed, please find Sudbury's accomodation lists and business card.



SIX NATIONS RESERVE PRESENTS: Co-Ed 3 Pitch Tournament

Ohsweken Ball Diamonds

October 7 & 8, 1995

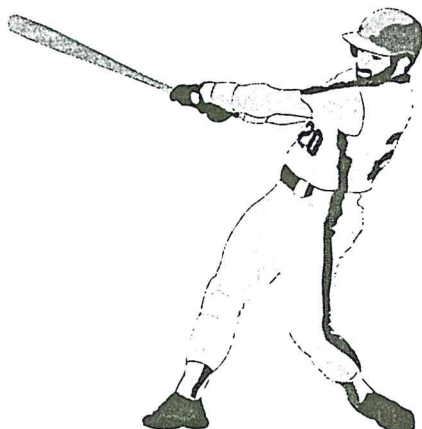
Round Robin

Championship and Consolation prizes
Prize Money Depends on Entries Received

Entry Fee: \$150.00
plus two Red Dot Balls

Call Leanna Bomberry at
1-905-765-0217
to enter or for more information

Hosted by the Six Nations Tokers Co-Ed Baseball Team



CHRISTMAS SHOPPING TRIP

DIXIE MALL

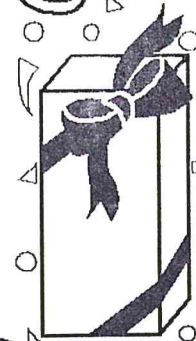
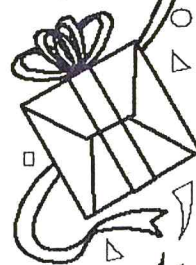
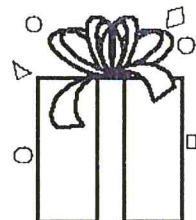
SAMCO TOY
WAREHOUSE

SAT. OCT. 21 /95

**BUS LEAVING MIKE'S REST.
AT 7:00 AM, RETURNING
9:30PM**

**COST IS \$15.00 PER PERSON
PROCEEDS TO DESERONTO
PLAYGROUP**

**CALL TRACEY ALKENBRACK
396-6106
LIMITED TICKETS
DEADLINE FOR TICKET
SALES OCT. 6**



ORDER NOW !



Halloween Dance

Saturday, Oct. 28

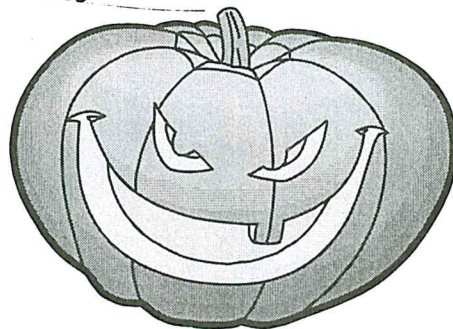
\$5.00 per Person

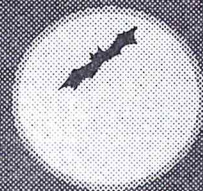
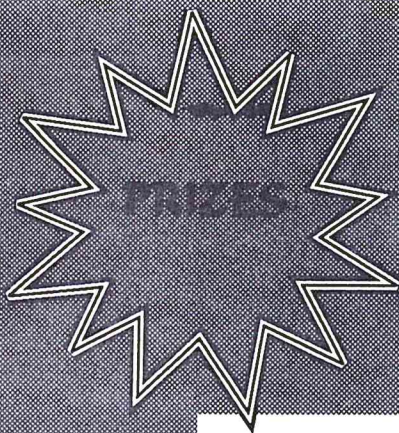
9:00 P.M. ~ 1:00 P.M.

Mohawk Community Centre

Cash Bar!
Costume Prizes!
10:30 Judging!

Sponsored by the Firemen's Wives





**CHILDREN'S
HALLOWEEN PARTY
OCT 31/95
DOWNSTAIRS OF
COMMUNITY CENTRE**

6- 8 PM

**PARENT'S: PLEASE BRING
YOUR CANDY TO HAND OUT**



*The Parish of Tyendinaga,
Anglican Church*

*extends an invitation to all community
members to join in a celebration of Thanksgiving on
Sunday, October 8th at 11:00 a.m.
At Christ Church*

*Donations to the Tyendinaga Foodbank will be greatly excepted.
(Please Note that the 9:00 a.m. service at All Saints
Church will be cancelled)*



YES IT HAS!

Sunday School has started once again!

Children of all ages are welcome at the
Queen Anne Parish Centre
every Sunday from 9:00 to 10:00 a.m.

(except Sun., Oct. 8th when there will be
only one service for Thanksgiving being held
at Christ Church at 11:00 a.m.)

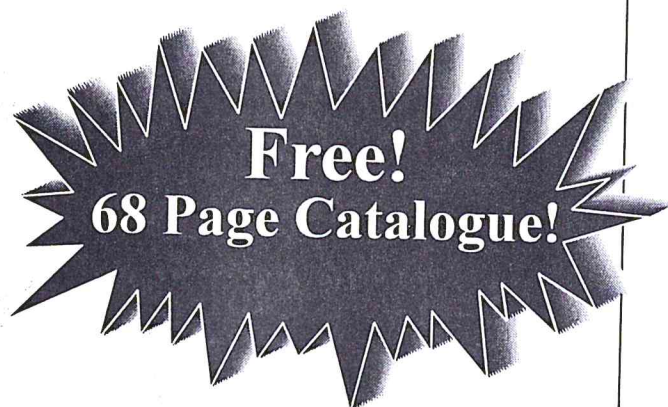
For more information, call Marilyn Brant 967-1129.
Parish of Tyendinaga, Anglican Church

PLEASE JOIN US ANY SUNDAY!



N

N



B

C

Member of
Evangelical Training Association &
Association of Canadian Bible Colleges

- ◆ Receive New Direction!
- ◆ Gain New Stability!
- ◆ Minister Effectively
to Native Canadians!

**JOIN THE STUDENT BODY AT NNBC
FOR THE WINTER SEMESTER!**

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

**Call for free catalogue or
REGISTER FOR WINTER SEMESTER TODAY
Phone 396-2311**

A NOTE FROM THE ACADEMIC DEAN

Adrian Jacobs,
Cayuga from Six Nations

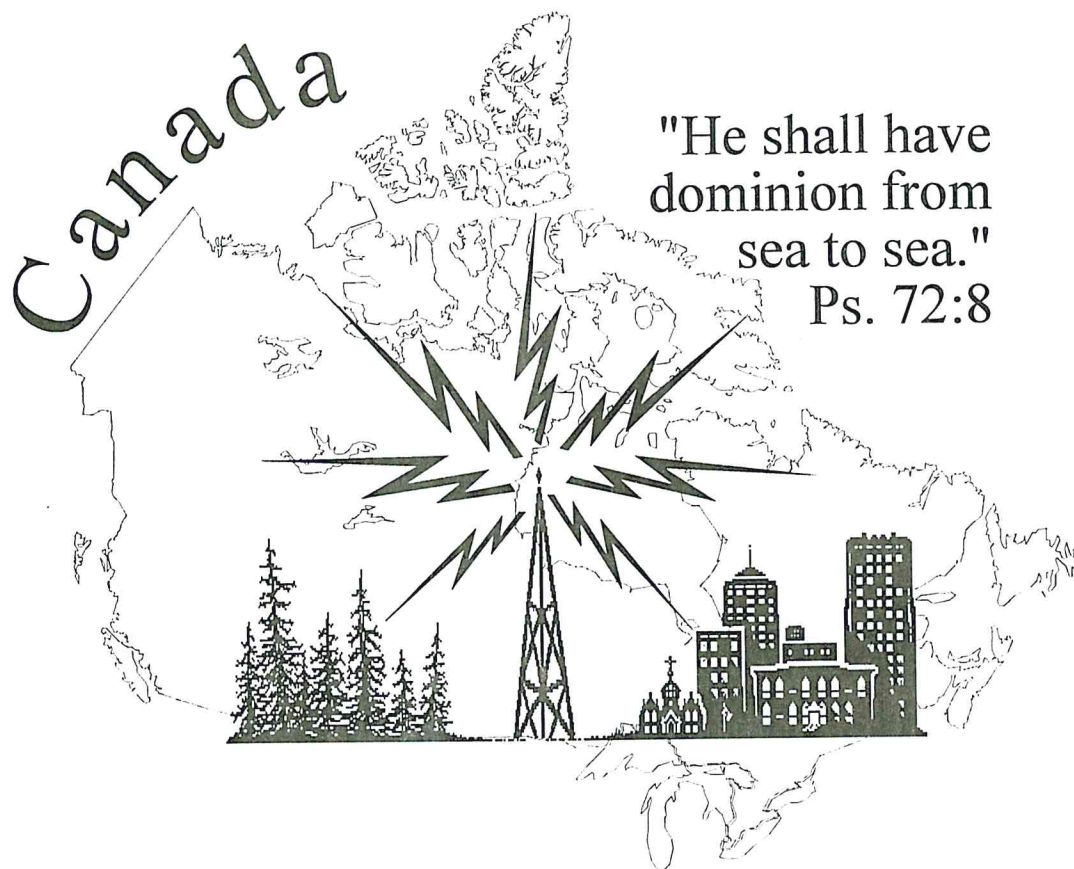
*Join the student body for an
enriching time of study, Christian
fellowship and hearing God's
voice of direction for you.*

*For a College catalogue, call
the office today!*

Adrian Jacobs

Spirit Alive Telecast

Reaching Out With Hope and Encouragement!



"He shall have
dominion from
sea to sea."
Ps. 72:8

**Need Hope? Encouragement?
Tune in this week!**

VISION CABLE:

Wed: 6 AM

Sat: 6:30 & 8 PM

CKWS-KINGSTON

SUN: 7 AM

Spirit Alive

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USED FRIDGE & STOVE

- Kenmore model
- White
- Fridge is Side by Side

G.E. WASHER & DRYER

- Almost new
- Excellent Condition

CALL: 396-2536 after 6:00 p.m.

FOR SALE

1989 JEEP

- P.S.P.B.
- 4 Door, 4 Wheel Drive

PHONE: 396-2176 after 5:00 p.m.

FOR RENT

3 BEDROOM HOUSE

- Located on the Bayshore Rd.
- Bungalow
- Available Immediately

PLEASE CALL: 396-2498

**** FREE ****

TO A GOOD HOME KITTENS

- Orange & White adorable Kittens

CALL: 396-3410

BABYSITTING AVAILABLE

- Weekdays
- References Available
- Shannonville Area

For More Information Call: 969-0804
ask for Shelva

LIGHT HOUSEKEEPING AVAILABLE

- Available Anytime
- Dusting, Vacuuming, Windows, etc.

PLEASE CALL FOR MORE
INFORMATION: 962-7892

Ask for Sammy

**** FREE ****

TO A LOVING HOME

- 5 KITTENS
- Great mousers, house trained

IF INTERESTED CALL: 396-3215 OR
396-3424 ASK FOR LYNDIA

FOR SALE

4 PIECE BEDROOM SUITE

- 1 Headboard
- 1 Chest
- 1 Dresser
- 1 Nightstand

PHONE: 396-3960

HOUSECLEANING AVAILABLE

Reliable honest and bonded lady would like to do your housecleaning, shopping or other errands. References Available.

CALL MILLY: 969-0240 after 5:00 p.m.

BABYSITTER NEEDED

Mother of 3 children looking for a full time babysitter. 8 a.m. - 4 p.m. Weekdays Starting in October.

PLEASE CALL: 396-1862
TANYA BARDY

FOR RENT

LARGE UPPER THREE BEDROOM
APT.

- Located in Shannonville
- Approx. 10 minutes from Belleville
- Large eat in Kitchen
- Living Room, Dining Room
- Off street parking, New carpeting
- Nice size bedrooms and bath.
- Available Nov. 1/95
- First Months rent plus equal damage deposit required along with references

CONTACT KEN BRANT: 613-396-3957
for viewing or more information after 4:30
or leave a message.

FOR SALE

1 ACRE BUILDING LOTS or
SMALL PARCELS OF LAND

For More information call:
Glenn Hill 962-5470

NEWSLETTER DEADLINE DATE

MONDAY, OCT. 30/95
AT 12:00 NOON
396-3424

FOR SALE:

"Ideal for a Cottage"

1989 Glendale Golden Falcon
2 Bdrm Mobile Home (12' x 35')

- Carpeted
- Fridge & Stove
- Air Conditioned

For Inquiries Call: 396-2536
After 6:00 p.m.



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:
962-7181 or 337-5735
Tom Maracle (Evenings Preferably)

MILL TOWN MEATS

- Corn Fed Beef
- Quarters & Halves of Beef
- Cut, Wrapped & Frozen
- Individual Pieces sold at Home

Make you Own Soup!

- Lyed Corn, Beans, Special Pork

Call: 962-5470 Glenn Hill

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

HALLOWE'EN COSTUMES FOR SALE**CHARACTER:****SIZE:**

DEVIL'S CAPE	CHILD'S 1 - 2
CLOWN	CHILD'S 2
SHEEP	CHILD'S 2-4
DINOSAUR	CHILD'S 2-4
TIGER	CHILD'S 6

CALIFORNIA RAISIN	CHILD'S 12-14
COUCH POTATO	CHILD'S 12-14
TROLL	CHILD'S 12-14

SANTA'S HELPER	ADULT'S SMALL
CLOWN	ADULT'S SMALL/MED
CLOWN	ADULT'S MED/LARGE

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- * BASEMENTS*
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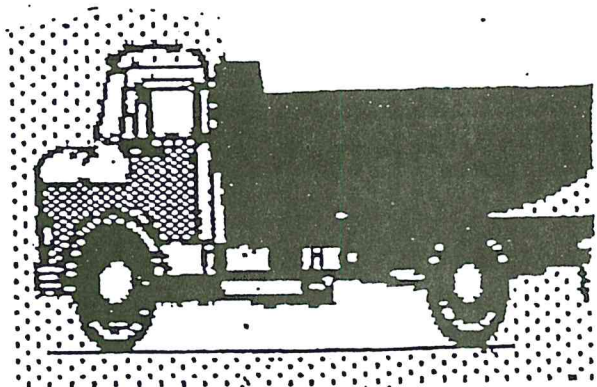
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** REASONABLE RATES **

** FREE ESTIMATES **

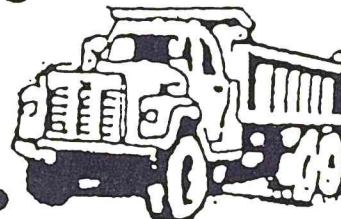
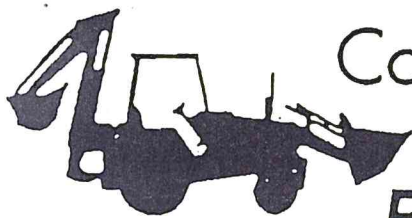
969-7430

BUD OR JEFF



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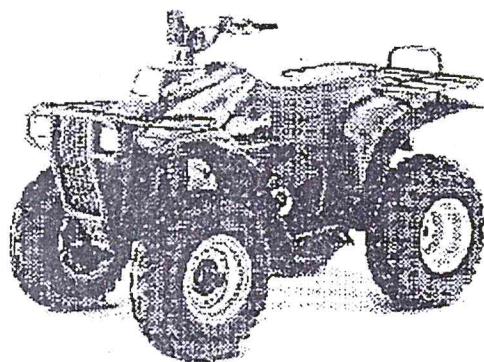


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Motorcycle, ATVS

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- * Check Belts & Hoses
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- * Load Test Battery & Charging System
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- * Exhaust Inspection
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Only \$49.95



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- * Replace Spark Plugs
- * Replace Dist. Cap & Rotor
- * Replace P.C.V. valve
- * Replace Air & Gas Filter
- * Install Injector Cleaner
- * Clean Choke or Throttle Body

4 CYL. \$39.95 + PARTS

6 CYL. \$49.95 + PARTS

8 CYL. \$59.95 + PARTS

(MOST CARS & TRUCKS.)

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DEEP LUG TREAD DESIGN
FOR EXCELLENT TRACTION IN
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ALL SEASON RADIAL TIRES

(No charge Road Hazard)



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RANDY DOREEN



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*We now have a CRAFT SUPPLY
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**BIGGEST SUPPLY IN THE
AREA OF:**

*Beads, rings (2" to 16"), leather
lacing, keychains, sinnew (by the
roll or by the metre), sequins, felt,
and much more!!*

*And we have more
stock arriving!!!*

SALE ! SALE! SALE!

BUY 1 GET 1 FOR HALF PRICE!!

of the same value

ON ALL INSTOCK CRAFT SUPPLIES!!

The staff at MCMURTER
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Would like to congratulate the

MEMBERS OF OUR MIXED
BASEBALL LEAGUE

for winning the
LEAGUE CHAMPS!!!

The staff at MCMURTER
HOME CENTRE

Would like to congratulate the

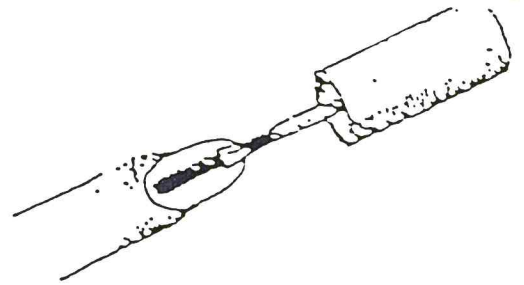
MEMBERS OF OUR MIXED
HORSE SHOE LEAGUE

for winning the
"B"

CHAMPIONSHIP!!!

Maracle Nails Plus

By Sherry



*Bayshore Rd.
Tyendinaga Territory
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- * Artificial Nails & Repairs*
- * Manicures & Pedicures*
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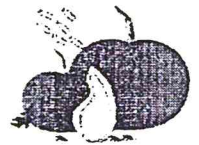
*Gift Certificates Available!!
Free Consultations!!*

Call for an appointment. Telephone 396-2041



*Falling Leaves!
Sale starts Oct. 2nd*

Fall Blow-Out Special!!



*Falling Prices!
Sale ends Nov. 15*

*10% Off All
PROFESSIONAL
Beauty Products
In Stock*

*50%
Off All
Avon
Products in
Stock*

*10%
Off All Herbal
Products in Stock*

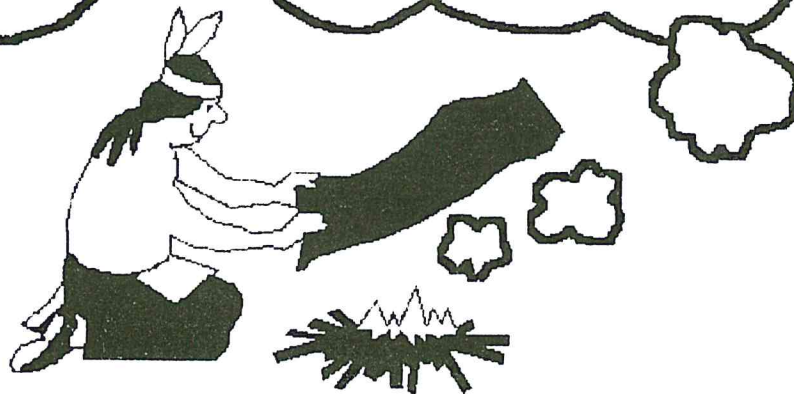
*Maracle Nails Plus
By Sherry
Call 396-2041
To Shop*

FLOORING FOR SALE

Residential Specials!

Armstrong Cambray Sheet Vinyl Flooring \$ 7.95 / sq yd

Paragon River Valley Carpet \$ 9.25 / sq yd



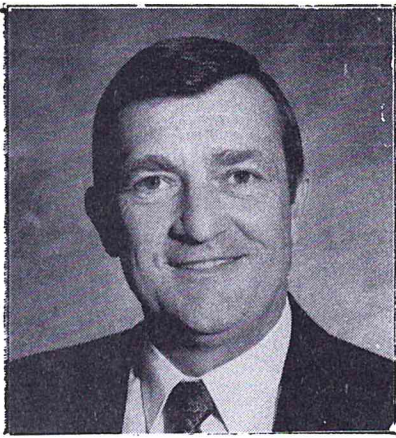
Commerical Flooring Specials!

Kraus Congress 20oz Carpet	\$ 5.95 / sq yd
Kraus Congress 28oz Carpet	\$ 7.95 / sq yd
Armstrong Excelon 12" Floor Tile	\$ 0.79 / sq ft
Rubber 4" Wall Baseboard	\$ 0.40 / lin ft

Do you want to see samples? Need measurements taken?

...or perhaps you would like a budget price or suggestion.

Call Michael at 967-2522 anytime.



Bob Vrooman CLU CH.F.C.
Chartered Financial Consultant

475 William St.
Napane, Ontario
K7R 1A5

354-2726 (Napane)
968-6449 (Belleville)

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Dear G. & A. Water Customers:

As of October 1, 1995 G. & A Water will no longer be in business.

We would like to take this opportunity to sincerely thank each and everyone of you for your patronage over the years.

Thank You

Gloria & Allen Idzenga

I.G.M.
PLUMBING & BUILDING SERVICE

- KITCHEN AND BATHROOM RENOVATIONS
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Alouette
Beauty Consultant

PLEASE Call for
Christmas Specials

Marilyn Maracle
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CEDAR RIDGE CRAFT SUPPLIES

A BIT OF EVERYTHING
FOR EVERYONE
X'MAS SUPPLIES ALREADY IN

2 KM NORTH OF HIGHWAY # 2
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EVERYONE WELCOME

OPEN DAILY: MON-THUR 9-5
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TERRY AMEY

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Prince Edward-Hastings

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Systems**



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HAULAGE



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CONTACT - TOM MARACLE
969-1315

APPLICATION FOR MEMBERS OF THE
TYENDINAGA MOHAWK COUNCIL
COMMITTEES

DATE: _____

NAME: _____ STATUS NUMBER: _____

WHICH COUNCIL COMMITTEE ARE YOU APPLYING FOR: _____

WHICH POSITION ON THE COMMITTEE ARE YOU APPLYING FOR: _____

WHAT EXPERIENCE DO YOU HAVE THAT IS RELEVANT TO THE WORK OF THE
COMMITTEE?

LENGTH OF TIME	DESCRIPTION OF POSITION & TITLE	ORGANIZATION
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DO YOU HAVE ANY PAST EXPERIENCE AS A VOLUNTEER COMMITTEE MEMBER
OF ANY KIND? PLEASE DESCRIBE.

HAVE YOU DISCUSSED THE POSITION WITH OTHER MEMBERS OF THE
COMMITTEE? YES _____ NO _____

ARE YOU AWARE OF THE TERMS OF THE COMMITTEE AND THEIR MEETING
DATES? YES _____ NO _____