

# TYENDINAGA NEWSLETTER



## ISSUE 9 /99

### MOHAWK FAIR

### 19 99



By Jamie Maracle

## 98th Annual MOHAWK FAIR

Friday Sept. 10

Saturday Sept. 11

Sunday Sept. 12, 1999

**MOHAWK COMMUNITY CENTRE**

**\*\* Please Note \*\***  
**Fair Programs Available**  
**in this Issue!**

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Newsletter Deadline  
**FRIDAY, SEPT. 24/99**  
12:00 noon  
396-3424

*We're on the Internet*  
[www.tyendinaga.net](http://www.tyendinaga.net)  
(What's happening)



### EUCHRE NIGHT!

Do you have the time and like to play  
Euchre and have fun?  
Euchre Every 2nd Tuesday Evening at 7:30!  
We have business meetings once a month!  
If you are interested please call  
396-6522 OR 967-4708  
For more information



## ADMINISTRATION NOTICES

### NOTICE TO COMMUNITY MEMBERS

Seken: Sewakwekon

On August 16<sup>th</sup>, 1999, Councillor Colleen Maracle tendered her resignation from the Tyendinaga Mohawk Council. Colleen has been offered a position in Cranbrook, British Columbia that will enhance her position and career.

Her decision was a difficult one as she thoroughly enjoyed her work as a Councillor for the Mohawks of the Bay of Quinte.

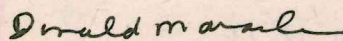
At the August 18<sup>th</sup>, 1999 Council meeting, it was decided not to hold a bi-election due to the upcoming election on December 4<sup>th</sup>, 1999.

Your perseverance and co-operation regarding this situation is appreciated.

If you have any questions, please contact me as I have been assigned the responsibilities of her portfolios.

Best wishes, but with regrets, are extended to Councillor Colleen Maracle and her family. They will be missed.

Nia:wen



Chief R. Donald Maracle

## Employee Introductions

She:kon Sewakwekon,  
Jan Hill here. For those of you who don't know me, I've lived in Tyendinaga most of my life but have been working away. I have come home to work and am looking forward to being home again on a more permanent basis. I have two sons, Jesse (16) and Tewahennake (11 mos). We are Turtle Clan.

I have recently been hired to help coordinate and to teach an Adult Education/Skills Development program. Our program is a collaboration between the Mohawks of the Bay of Quinte, First Nations Technical Institute, Kajita Mikam and the Hastings Board of Education.

We will be having an Information Session at FNTI in September. See our ad for more information or call Cheryle or myself at 396-2122. Nia:wen.

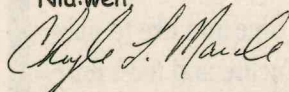
She:kon,

My name is Cheryle Maracle and I am Turtle Clan. I have lived here in Tyendinaga for the last eighteen years. I am married to Michael Maracle and we have two Turtle children, Seaira (9) and Austin (3).

On August 6, 1999 I was hired by the Mohawks of the Bay of Quinte to train as the Adult Education Coordinator / Intake Worker. I will be working in partnership with Jan Hill. This program is a team effort by the Mohawks of the Bay of Quinte, First Nations Technical Institute, Kajita Mikam and the Hastings Board of Education.

I am looking forward to this awesome employment opportunity and being able to give back to our community. If you have any questions or would just like to drop in to see Jan or I please feel free to do so anytime. You can find us at First Nations Technical Institute (613) 396-2122.

Nia:wen



She:kon

My name is Brian Brant and I would like to introduce myself as the new Traffic Clerk with the Tyendinaga Police. I am sure most community members have noticed an increase in traffic enforcement around the territory. This is due to the new Driver Safety Course; an option violators now receive instead of the traditional fine. My duties consist of the operation of this course. Therefore drive safe or you could be paying me a visit!

Nia:wen

## TENDER

Bids will be accepted for the following:

- 1992 Quail Ridge trailer
- 12' X 28'
- 1 bedroom
- bathroom
- Fridge
- Stove
- Propane furnace
- 8' X 24' pressure treated deck
- Stereo
- furniture included
- vinyl skirting and rigid insulation

Viewing will be Friday September 10, 1999 from 12:00 p.m. to 2:00 p.m. and Monday September 13, 1999 from 12:00 p.m. to 2:00 p.m.

Please submit bids in a sealed envelope marked "Quail Ridge Trailer" by 4:00 p.m. September 14, 1999. No late bids accepted.

Please note: Highest bid not necessarily accepted.

Method of Payment: Cash or certified cheque "within seven days of bid acceptance"

Selected bidder responsible for removal within 30 days

If you have any questions, please contact the Mohawks of the Bay of Quinte Housing Department.



### MOHAWKS OF THE BAY OF QUINTE

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

Phone: (613) 396-3424

Fax: (613) 396-3627

August 27, 1999

Hastings and Prince Edward District School Board  
156 Ann Street  
BELLEVILLE, Ontario  
K8N 1N9

Attention: Ms. Audrey Carter, Acting Chair

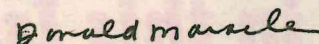
Dear Ms. Carter,

Re: Trustee Selection from Mohawks of the Bay of Quinte

For the past many years, Mr. Douglas Maracle has represented the Mohawks of the Bay of Quinte on the Hastings & Prince Edward District School Board. In the past the Tyendinaga Mohawk Council selected its representative by Mohawk Council Resolution, and that representative was a member of the Tyendinaga Mohawk Council.

This letter shall serve to put to you on notice that on August 4, 1999 our Council opted to change the selection process. Our representative shall be elected by our electors and shall serve a two year term of office. Our next election will be on December 4, 1999 to commence a term of office from January 1, 2000 to December 31, 2001.

Sincerely,



R. Donald Maracle  
Chief



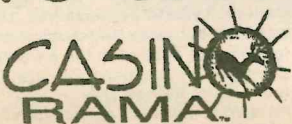
ADMINISTRATION

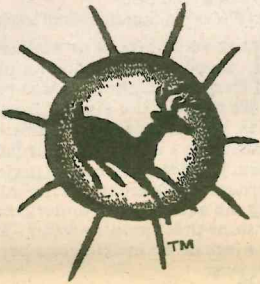
COMMUNITY  
NOTICE

RE: HOUSING LOANS

Please note that Council will not consider any housing loans of any kind without housing staff recommendation. If you need a housing loan, please start the process by contacting the Housing Department.  
Nia:wen

News Release





FOR MORE INFORMATION: Public Relations Department Fax: (705) 329-5230  
Doug Brenner, Director: (705) 329-5210 Judy Blake, Coordinator: (705) 329-5219

For Immediate Release  
August 1999

Casino Rama presents Brian Tracy, Sept. 14

RAMA, ONTARIO: Are you looking to build on your dreams into the new millenium? Face the future with a positive and action-based mind set? Then Casino Rama has the show for you. Internationally acclaimed leadership expert Brian Tracy is coming to Casino Rama's tented pavilion on Tuesday, Sept. 14, from 2 p.m. to 4 p.m. and 6 p.m. to 8 p.m., for two exciting shows.

Brian's message will include strategies for the journey towards personal success, the development of individual goals and the need for an independent personal vision. Brian has helped over 500, 000 people in the last 20 years to realize their potential and act on it. He is the chairman of Brian Tracy International and is a best selling author with over 1 million of his books and packages in print.

Brian challenges his clients, in many of the leading North American companies he trains, to seek greater goals and to believe that you have the power to be the best you can be. His message has been heard by many, including Casino Rama's Vice President of Corporate Affairs and Human Resources, Ted Williams. Williams says of Brian Tracy, "Brian's message has changed my life and the lives of my wife and children. He introduces practical strategies that can be used in all facets of life. I welcome all community members to join us for this upcoming Brian Tracy event."

Tickets go on sale August 25 at all Ticketmaster locations, (705) 721-1867, through Ticketmaster's website at [http://www. Ticketmaster.ca](http://www.Ticketmaster.ca). or through the Casino Rama Box Office.

For more information, contact:  
Doug Brenner  
Director of Public Relations  
Casino Rama  
(705) 329-5210

Deadline Date for the  
Newsletter is Friday  
Sept. 24 at noon 396-3424

A MESSAGE FROM A MEMBER OF MOHAWKS  
OF THE BAY OF QUINTE BAND COUNCIL (MBQBC) FOR August 1999

Submitted by Wm. J. Brant

This month has been busy as usual. One trip was made to New Credit First Nations where we visited a new system of handling sewage and spoke with members of the firm First Nations Engineering from Six Nations which is doing the capital plan for our Territory (dealing with housing, water and sewer.)

While there, we visited a subdivision that is under construction where there is a sewage system in place whereby sewage is treated by a natural system rather than by a sewage treatment plant. Sewage is pumped to a very large septic tank for breakdown of solids and the resulting fluids are then pumped to some newly constructed peat beds which treat the effluent by natural means causing it to be environmentally friendly.

In August two members of staff, Brant Bardy, Lands Researcher, and Tom Northart, Director of Community Infra-Structure, left our employ for positions elsewhere. I take this opportunity to thank them for their contribution to our territory and wish them success in their new places of employment.

Mohawks of the Bay of Quinte Band Council (MBQBC) has had a land appraiser examine the property where Union Gas and Trans Northern Gas pipelines are located. This report indicated that we have been underpaid for this property use. As a result of this finding MBQBC will be seeking the appropriate monetary compensation.

MBQBC has spent time in August examining and updating policies and reviewing by-laws.

Colleen Maracle has given MBQBC notice of her resignation as a Band Councillor effective August 16, 1999. I would like to thank Colleen for her contribution to our territory and also to wish her the best of luck in her future endeavours.

We have had meetings with the auditing firm of Wilkinson and Company which does the audit for MBQBC. The 1998-1999 audit for our territory has not as yet been accepted by MBQBC nor has the 1999-2000 budget been approved.

Personally I spend about 3 to 4 days per month dealing with community concerns of residents (which I feel are very important.) The MBQBC is kept very busy reacting to issues and I feel that not enough time is spent doing pro-active work (planning for the future.)

The following is a brief update on the proposed construction at Christ Church. Council has agreed to work with Heritage Canada which will share 50% of all eligible costs up to \$500,000.00. The restoration committee retained First Peoples Consulting (FPC) to provide estimates and a construction schedule for submission to Heritage Canada. The following is a cost breakdown in stages (of which there will be 4.)

Stage	Cost (\$)	Contingencies ~15%	Engineering	Total (\$)
1 Tower	502,912	75,000	100,000	677,912
2 Stone Work	432,403	65,000	45,000	542,403
3 Mechanical Room	109,250	17,000	20,000	146,250
4 Truss supports, windows, & wood work	133,642	20,000	10,000	163,642
Cost Shareable Total	1,178,207	177,000	175,000	1,530,207

This is the proposed cash flow:

Stage	1999/00	2000/01	Total
1 Tower	\$677,912		\$677,912
2 Stone work		\$542,403	\$542,403
3 Mechanical		\$146,250	\$146,250
4 Trusses, etc		\$163,642	\$163,642
Total	\$677,912	\$852,295	\$1,530,207

The Christ Church restoration committee has raised approximately \$300,000.00 to date. Congratulations to your continuing effort to complete this big project.

The following are some council motions that may be of interest to you:

1. The MBQ lands department will work with the territory's various church committees to develop a central cemetery registry system that will identify the final resting places of our dearly departed. The lands department will be responsible to monitor and maintain this long overdue registry system.
2. The member to sit on the Hastings County School board will be an elected position, the same as a member of band council. Presently a MBQ Band councillor is appointed to this position.
3. A Mohawk territory environmental committee will be established and MBQBC will advertise for committee members.
4. Names of persons wishing to transfer to our band from other territories will be posted.

As always, I welcome your questions and concerns and look forward to working with you to make Tyendinaga Territory a better place in which to live.



## ADMINISTRATION NOTICES

TYENDINAGA MOHAWK  
COUNCIL  
is looking for  
members of the community  
to volunteer for the  
Mohawk Environment Committee  
(See terms of reference below)  
Please direct your application  
(application in newsletter)  
to the administration office before  
Sept. 24 at 4:00 p.m.  
Attention:  
Todd Kring  
Technical Co-ordinator

### Proposed Terms of Reference for

#### Mohawk Environmental Committee

#### Preamble:

Recently, the Tyendinaga Mohawk Council became aware that the owner of the Richmond Landfill Site, Canadian Waste Systems, initiated the process to expand the site from 16 ha to 96 ha. The Council has confirmed opposition to this proposed expansion.

However, the Tyendinaga Mohawk Territory is faced with environmental problems from our own landfill site located South of the York Road close to Sucker Creek.

These environmental issues are important to the community as they have the potential to affect the health and safety of community members. Therefore, it is proposed that a committee be established to work with the administration office staff to review, evaluate and provide options for Council's consideration.

#### Objectives:

- To ensure the environmental protection of the Tyendinaga Mohawk Territory.
- To research and assess environmental issues on behalf of Tyendinaga Mohawk Council.
- To act in an advisory capacity to Tyendinaga Mohawk Council in regards, to environmental issues. Provide options, alternatives, etc.
- To foresee/identify environmental threats to the Community from industry uses, governments, etc.

#### Rules of Procedure:

- An executive will be established. Comprised of the following:
  - Chairperson
  - Vice-chair
  - Recording Secretary
- Membership may be determined by Council and may include administration staff, community members and a representative from Council.
- Minutes of all meetings will be recorded, signed by the chair and submitted to Council.
- Regular meetings will be conducted on a regular basis, a minimum once a month, however, the chair may call special meetings to discuss issues from time to time.
- The committee agrees to adhere to the *Rules of Procedure for Committees on the Tyendinaga Mohawk Territory, as of May 19<sup>th</sup>, 1987.*

CONTINUED....

- 2 -

#### Justification:

The following is a list of environmental issues which have the potential to impact the Tyendinaga Mohawk Territory:

- Deloro Mining site. The Ottawa Citizen ran a story in June of 1998 which classified the Deloro site the most contaminated site in Ontario. Community members eat the fish from the Moira River.
- Richmond Landfill site. Recently, Canadian Waste Systems initiated the process to apply for an expansion of the Richmond Site from 16ha to 96ha. The site has the potential to adversely affect the Mud and Sucker creeks which flow through the community.
- Tyendinaga Landfill site. Consultants have made recommendations to close the existing site.

### LOCAL NEWS

## Public raises stink over dump expansion

By Paula McCooley  
SELBY/Whig-Standard Staff Writer

THE FIRST PHASE OF PUBLIC DEBATE OVER THE proposed Richmond Landfill expansion ended Thursday night with area residents seething. It's not just the six-fold increase in the dump's size, but the leachate seeping from it that has neighbours upset. The Ministry of the Environment has determined this toxic liquid percolating through the garbage in the dump is contaminating the aquifer - an underground layer of earth or stone that contains water - and that it's moving at a rate of 3.5 centimetres per day, or 104 metres per year.

"This problem has been put in the background in the Terms of Reference and it should be in the foreground," said Paul Finkle, a community resident.

#### INPUT FROM RESIDENTS

Canadian Waste has held 10 meetings since February, 1998, with both the Public Liaison Committee and the Environmental Advisory Committee. It has been receiving input from residents of Tyendinaga, Tyendinaga Mohawk Territory, Deseronto and Napanee to come up with the Terms of Reference, a document that lists alternatives and background information that will be handed to the ministry tomorrow for review.

Like Finkle, most of the 100 members present at the most recent meeting voiced their concern over the fact that though the leachate problem is mentioned in the Terms of Reference, it is not prominent.

"If the leachate plume is not in the document, the minister won't look at it," said local resident Allan Gardiner.

"[The leachate] is going to the Napanee Sewer and Water Plant, which was never designed as a chemical machine. It's designed for human excrement. Then it goes to the Napanee River."

#### GARBAGE FROM OTHER CITIES

Another concern is that if the proposed expansion is approved, garbage from other cities will be transported to the Richmond site.

"I know we have to contend with our own garbage, but I don't think we should be taking garbage from out of town," said Wayne Maracle.

Carroll Nichols, a Port Hope resident and vice-chairman of the Ontario Coalition for Integrated Waste Management, asked representatives of the environment ministry why they weren't looking

#### RICHMOND LANDFILL

#### Big dump

Canadian Waste Services Inc., the waste management company that owns the Richmond landfill, has applied to the Ministry of Environment to expand the site, from 16.2 hectares to 96 hectares.

**POTENTIAL INCREASE IN CAPACITY:** From 125,000 to 700,000 tonnes of garbage per year

**WHAT HAPPENS NOW:** Terms of Reference will be given to the ministry tomorrow; the public will have 30 days to comment, via the Internet, phone or mail

**THEN:** The ministry will review the comments, along with recommendations, for seven weeks, then it will decide whether to proceed with the study to expand the landfill

**AFTER THAT:** If it does decide to go ahead with the study, the ministry will conduct a year-long environmental assessment where it will review issues such as social and environmental impact and effects on property value

at alternatives to dumps.

He pointed out that the ministry put out a document in 1991 stating 800 dump sites in Ontario were contaminated in some degree.

"[Dumping] is the most antiquated method said Nichols. "In Japan there are 1,945 incinerators and [the Japanese] have the longest lifespan."

Nichols said there are 16 incinerators in Canada and the U.S., creating energy from the steel the incineration produces, with filters that keep contaminants from getting into the air.

"Brampton burns 400 tons of garbage a day and generates electricity at the same time," he said. Kevin Bechard, Canadian Waste Services' divisional vice-president of facility development, said his company holds high environmental standards. "We're a necessary service like a highway ... we're part of the solution in managing waste and recycling."

Thursday's meeting ended with Nichols accusing Canadian Waste with being hundreds of years behind technology.

"I think it's absolutely ludicrous ... that we've put a man on the moon and build computers and we're still burying our garbage."

## SEPTEMBER AND OCTOBER are

**"CNIB MONTHS"**  
(Canadian National Institute for the Blind)  
Canvassers will be conducting  
a door to door campaign  
in our territory.

Please Welcome these canvassers and  
Give Generously!

Nia:wen





## PRESS RELEASES

News Release  
Communiqué

Ontario

Ministry of Finance  
Queen's Park  
Toronto ON M7A 1Y7Ministère des Finances  
Queen's Park  
Toronto ON M7A 1Y7FOR IMMEDIATE RELEASE:  
August 26, 1999COMPETITIVE INTEREST RATES ANNOUNCED  
FOR 1995 ONTARIO SAVINGS BONDS FINAL SIX MONTHS

Toronto - Finance Minister Ernie Eves today announced the new interest rate for the last six months of the 1995 Ontario Savings Bonds.

The rate is 5 per cent for the final six months, starting September 1, 1999. The five-year Bonds reach maturity on March 1, 2000.

"This is a good, competitive rate in today's marketplace," Eves said. "As promised, we continue to set competitive rates for bonds as part of our commitment to OSB investors across the province," he added.

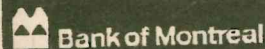
When originally issued in 1995, the rates were set for the first three years of the Bonds' five-year term. Since then, rates have been re-set every six months.

During the 1999 OSB campaign, sales climbed above \$2 billion, the largest issue of provincial savings bonds in Canadian history. Eves attributed the high sales to the fact that Ontarians want to keep their investments here at home by investing in a strong, growing economy.

Contact:  
Mark MacMillan  
Communications Branch  
(416) 325-0327

Rita Smith  
Minister's Office  
(416) 325-9586

For details call toll-free 1-888-212-BOND  
Or visit the Bond web site at <http://www.ofina.on.ca/osb/>



## News

FOR IMMEDIATE RELEASE

News release via Canada NewsWire, Toronto 416 863 9350

Attention Business Editors:  
Bank of Montreal and Adams Lake Indian Band Sign Agreement to Provide Increased Access to Housing Loans for Band Members

CHASE, BC, Aug. 25 /CNW/ - Bank of Montreal and Adams Lake Indian Band signed an agreement today to provide increased access to housing loans for qualified members of the Band. A signing ceremony was held in the Adams Lake Band Council Chambers and was attended by Chief and Council and representatives from Bank of Montreal.

Working with Adams Lake Indian Band, Bank of Montreal has designed an on-reserve housing loan program that reflects the specific needs of Band members. The loan program will provide members the opportunity to own their own homes through access to housing loans for the construction or purchase of owner occupied, single family houses. The program will also give members the capacity to finance renovations to existing homes.

"This agreement with Bank of Montreal allows our Band members, for the first time in our history, to access housing loan funds in the same manner as everyone else in British Columbia," said Chief Ron Jules, Adams Lake Indian Band. "It is a sign of the positive changes occurring on our reserves. Bank of Montreal is the first bank to offer our Band housing loans without Federal Government involvement and we are looking forward to a long and successful relationship with them," he said.

"The Program is an innovative alternative for providing on-reserve housing loans that do not involve government guarantees," said Ron Jamieson, Senior Vice-President, Aboriginal Banking, Bank of Montreal. "Under the housing loan program created for Adams Lake Indian Band, members are provided with housing loan options that can help them customize their loan the way they want it."

Adams Lake Indian Band, a member of the Shuswap Nation, is located in the interior of British Columbia. This progressive community, with a membership of over 600, is involved in agriculture, tourism, forestry and recreation and has extensive land holdings on Shuswap Lake and in Salmon Arm. The Band has residential and commercial development in place and plans to develop these properties further as the economy grows.

Bank of Montreal, Canada's first bank, is a highly diversified financial services institution. The bank has opened 16 branches to service Aboriginal communities in Canada, of which 11 are located on First Nation territory.

For further information: Contacts: Chief Ron Jules, Adams Lake Indian Band, (250) 679-8841; Laurie Grant, Bank of Montreal, Vancouver, (604) 665-7596; Internet: <http://www.bmo.com>.  
Archived images on this organization are available through CNW E-Pix at [www.newswire.ca](http://www.newswire.ca). Images are free to members of The Canadian Press. / (DMO.)

The Aboriginal Peoples Television Network  
aptn

See the World Through Aboriginal Eyes  
Bringing you our lives - our voices.

For more information call:  
1-888-278-8862



## NEWS RELEASE

## Aboriginal Peoples Television Network Launches September 1

(Ottawa - August 26, 1999) Canada's newest national television network, the Aboriginal Peoples Television Network (APTN) launches across the country on September 1st offering television viewers a glimpse into the rich variety and texture of aboriginal life across this country and around the world. Programming will be insightful, entertaining and will feature cutting-edge documentaries, the arts and historical series offering a truly original viewing experience.

APTN viewers will be entertained and informed by the variety and quality of programs being offered including hard-hitting documentaries like *Deep Inside Clint Star*, a provocative look at young aboriginal people and their candid views of relationships, history and urban life. APTN will also broadcast the television premiere of *The Gift*, a thought-provoking documentary exploring the sacred relationship between aboriginal peoples of the Americas and corn, as the first of many APTN Special Presentations. The network's *First Film* series will profile distinctive releases from the National Film Board as well as powerful pieces by award-winning aboriginal producer Alanis Obomsawin including *Kanehsatake: 270 Years of Resistance*.

APTN's collection series, *Our People*, will profile aboriginal people, places and events and international indigenous programming will have a place on the schedule, including features from the U.S., Australia and New Zealand. APTN will broadcast the North American premiere of New Zealand's *Greenstone*, an historical mini-series about love, war and the clash of two cultures.

Canada's newest network will also feature current affairs programming and magazine-style series from across the country including *Nedaa* (Yukon), *Sharing Circle* (Manitoba), *Aboriginal Voices* (national), *Labradormiut* (Newfoundland) and the daily northern aboriginal news program *CBC Iglaaq* from Nunavut. APTN will appeal to children across the country with *Takuginai*, a popular children's program from Nunavut, and other children's programming.

APTN has evolved from Television Northern Canada (TVNC), an aboriginal television network that has been broadcasting northern and aboriginal programming from the Yukon to northern Labrador since 1991. Available to nearly 8 million Canadian households with cable as well as direct-to-home and wireless service customers, APTN will broadcast programming by and about aboriginal people each day from 9 am until 3 am Eastern Time. Approximately 60% of the network's programs will be broadcast in English, 15% in French and 25% in a variety of aboriginal languages.

For more information, please contact Jennifer David, Director of Communications  
1-888-278-8862 (ext. 222)

An electronic version of this press release is available on the APTN web site: [www.aptn.ca](http://www.aptn.ca)



## LANDFILL HOURS

Monday - CLOSED

Tuesday - 1:00 P.M. - 5:00 P.M.

Wednesday - CLOSED

Thursday - 1:00 P.M. - 5:00 P.M.

Friday - CLOSED

Saturday - 8:30 A.M. - 5:00 P.M.

Sunday - 9:00 A.M. - 4:00 P.M.



## EMERGENCY SERVICES

Series 3

September 1999

### EMERGENCY PREPAREDNESS FOR TYENDINAGA

#### Are You Ready for This?

This information is intended for the residents of the Tyendinaga Mohawk Territory. The following article will allow you the opportunity to receive a greater awareness of the Y2K event emergency preparation and natural or man made disaster preparedness plans. The need for community involvement to maintain a fail proof Emergency Preparedness Plan (EPP) is necessary to ensure the safety and well being of all community members in the event of emergency.

"Time is of the essence" stated Tyendinaga Police Chief Larry Hay, with the year 2000 rapidly approaching the emphasis on a highly anticipated wide spread hydro disruption has become a growing concern for the territory's emergency personnel.

Y2K or Year 2000 is a computer virus or bug that affects the ability to process dates. Many computers only store two digit numbers for the year. Here's an example, 98 and 99 for 1998 and 1999. When it becomes 00 which is meant for 2000 it is undistinguishable from the year 1900. It may seem unimportant to a lot of people but the effects from those two digits can possibly have a devastating impact on our lives. We live in an automated world that requires a constant need for power. In most cases that power is hydro electricity. Without this major source of energy, household systems such as water and heat that are both dependent on electricity will fail.

Did you know that Hydro production and distribution depends on computer timers that use the two digit numbers?

During lightning, high wind, and snowstorms, power disruptions are common. We all have experienced in one form or another the inconvenience's of not being able to use household amenities because the system was down. Yet, once the storm has passed, power is restored within minutes and we continue with our daily lives.

Knowing that power will be on shortly afterwards comforts our thoughts and fears and keeps us in control of our environment. What happens if our expectations fail us and power doesn't come on?

The human reaction in any uncontrolled environment is to panic and become overrun with thoughts and emotions that effect our realization and reaction abilities. Not knowing when something will happen creates anxiety and stress for everyone involved. If this is what one person will experience think of the potential problems created by millions of people experiencing the same ordeal you are facing?

Food for thought. Keep in mind that if and when power is down as a result of the Y2K it will be in the harshest weather conditions of the winter. December and January are known to have well below seasonal temperatures and erratic storm patterns.

Could you imagine yourself and your family being trapped in your home literally freezing to death for days? No power to turn the furnace on, No way to call for help. There's a storm blowing outside and your children are starving. There's no hope insight.

If only you were prepared for such an ordeal.

This is why it is imperative that community preparation for a large scale power failure must happen now.

"If we are caught unprepared the implications from a two, three, or four day power outage may prove to be a disaster" says Mohawk Fire Prevention Officer Scott Maracle. Maracle went on to say

"We need as much community support as possible for this. Locating volunteers to help in designated shelters and resources such as power generators for instance, will be vital assets in helping make our jobs as emergency response personnel a lot less stressful and allows us to focus on the more important search and rescue efforts that we are trained for."

Both Fire and Police Departments are in the process of reviewing the formal Emergency Plan, which will be introduced to band council and community members within the next several months.

The plan entails all aspects of emergency planning, procedures and measures taken to protect the health, safety, welfare and property of the inhabitants of the Tyendinaga Mohawk Community in the event of an emergency such as the possible Y2K event.

"You should by no means underestimate the environment which surrounds you. It would be a wise idea to be prepared and know what to do to protect yourself and your family, rather than suffer the consequences", says, Chief Hay.

The development of The Emergency Preparedness Plan for the territory is not to intentionally alarm community residents. But, to promote the precautionary measures taken by you and emergency response departments and related agencies during crisis. Police Chief Hay and Fire Prevention Officer Maracle, agreed that the community must work together to alert and educate one another.

"We all have a role to play and an ounce of prevention can mean the difference in a life or death situation. It's always best to be safe than sorry" was the opinion given by Maracle.

How can you help? The Emergency Food and Water Kit Checklist below is of most importance. If you would like to become a volunteer or have resources available please let us know. Your assistance and contribution will be greatly appreciated if and when they may be called upon.

If you have any further questions please contact Mohawk Fire Prevention Officer Scott Maracle at 968-7985



### EMERGENCY FOOD AND WATER KIT CHECKLIST

Have at least a three-day supply of food and water on hand. Choose ready-to-eat foods that your family likes. And choose food that doesn't need refrigeration.

#### ☐ Drinking Water:

At least one litre per person per day

#### ☐ Food:

Canned food: soups, stews, baked beans, pasta, meat, poultry, fish, vegetables, fruits

Crackers and biscuits.

Honey, peanut butter, syrup, jam, salt and pepper, sugar, instant coffee, tea

Remember to replace canned food and dry goods once a year.

#### ☐ Equipment:

Knives, forks and spoons, disposable cups and plates, manual can opener, bottle opener, fuel stove and fuel (follow manufacturer's instructions). Don't use a barbecue indoors, waterproof matches and plastic garbage bags.

#### Emergency Survival Kit Checklist:

☐ Flashlight and batteries (in case the lights go out)

☐ Radio and batteries or crank radio (so you can listen to news bulletins)

☐ Spare batteries (for radio and flashlight)

☐ First-aid kit

☐ Candles and matches/lighter

☐ Extra car keys and cash (including coins for telephone)

☐ Important papers (identification for everyone, personal documents)

☐ Food and bottled water (see food list)

☐ Clothing and footwear (one change of clothes per person)

☐ Blankets or sleeping bags (one blanket or sleeping bag per person)

☐ Toilet paper and other personal supplies

☐ Medication

☐ Backpack/duffel bag (or something else to carry the emergency survival kit in, in case you have to evacuate)

☐ Whistle (in case you need to attract someone's attention)

☐ Playing cards, games

Remember to think of any special needs someone in your family might have. Some suggestions include:

☐ Babies/toddlers: diapers, wipes, bottled milk, toys, crayons and paper.

☐ Other family members: prescription medication, extra eye glasses (copies of prescriptions)

☐ Pets: dog/cat food

☐ Car Kit Checklist: Shovel, sand, salt or kitty litter, traction mats, tow chain, compass, cloth or roll of paper towels, warning light or road flares, extra clothing and footwear, emergency food pack, axe or hatchet, booster cables, ice scraper and brush, road maps, matches and a 'survival' candle in a deep can (to warm hands, heat a drink or use as an emergency light), fire extinguisher, methyl hydrate (for fuel line and windshield de-icing), flashlight, first-aid kit with seatbelt cutter, blanket (special 'survival' blankets are best).

For more information contact Scott Maracle: Fire Prevention Officer  
968 - 7985



POLICE

School Bus Safety



Tips for Motorists:

- Slow down.
- Be especially careful when driving on neighborhood streets and around school zones, always expect the unexpected.
- Be alert for youngsters walking to and from school as you back out of your driveway or leave your parking garage.
- We want school children to be safe. Watch for them on bicycles, especially at intersections and driveways. Young bicyclists have a tendency to dart out of driveways without looking for traffic.

Stop your car when you see lights flashing on a school bus. Red flashing lights indicate that the bus is stopped and students are getting on or off. Don't start driving until the red lights stop flashing. Be aware that a child may dash across the street.

Tips for Parents:

Does your child ride a bicycle to school? Remember: Provincial law requires everyone to wear a helmet while riding a bicycle. It's a good idea for everyone. If your child rides the school bus, remind them of these safety tips:

- Stay away from danger zones around the bus. The blind spots where drivers cannot see. Always be sure you can see the driver, which means the driver can see you.
- When getting on or off the bus be very careful. Watch out for cars. Remind children to look to the right before they step off the bus. Drivers in a hurry sometimes try to sneak by buses on the right.
- Help your children get ready for school:
- Have your children put everything they carry in a backpack or school bag so that they won't drop things along the way.
- Have them wear bright, contrasting colors so that driver will more easily see them. Better still, attach a piece of high visibility fluorescent and reflective material to their clothing or backpack.
- Make sure they leave home on time so that they can walk to the bus stop and arrive before the bus is due. Running can be dangerous.
- Teach your children to secure loose drawstrings and other objects that may get caught in the handrail or door of the school bus as they are exiting.
- Warn children that if they drop something near the bus they should never ever pick it up. Instead, they should tell the bus driver and follow the driver's directions. If they bend over to pick up a dropped object, they might not be seen by the driver and could be hurt if the bus pulls away from the stop.
- Go to the bus stop with a young child and have older children walk in-groups. There's safety in numbers because groups are easier for drivers to see.
- Don't let pre-school children or pets go with your school child. They can be dangerous near traffic.
- If you decide to meet your child at the bus stop after school, wait on the side where the child will be dropped off, not across the street. Children can get so excited at seeing you after school they might forget safety rules and dash across the street.

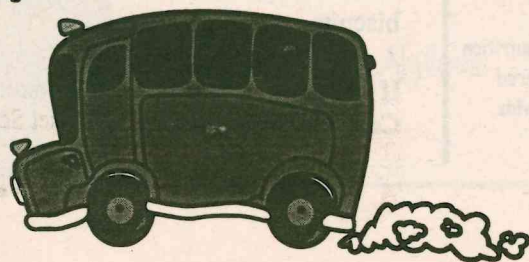
Tips for children:

School is back in session. If your child rides the school bus remind them to be good bus riders. They should:

- Talk quietly
- Be courteous
- Follow the driver's directions
- Keep the aisles clear.
- Stay seated for the whole bus ride.

Don't Forget the TEN STEP rule

1. Walk TEN giants' steps beyond bumper.
2. Stop! Wait for the drivers' signal.
3. Check for traffic both ways.
4. Listen! If the driver blows the horn, go Back!!
5. Cross, keep checking for traffic.
6. Walk straight across, not on an angle.



Tyendinaga Police Service  
Tyendinaga Mohawk Territory

Attention all Mohawk Hunters of the Bay of Quinte & Interested Community Members

A meeting will be held on Tuesday, September 7<sup>th</sup> at 7:00 PM at the Quinte Mohawk School Gym to discuss the issues relating to our current hunting practices.

The objective of this meeting is to begin the process of sharing concerns and ideas around hunting that effect ourselves, the community and have an impact on all native peoples. A review of the information gathered from last month's hunting survey will take place.

For more information contact the Tyendinaga Police office at: 967-3888 Ext. 107 or 106  
Nia:wen

WHAT ARE DRUGS?

Drugs are substances taken to change the way that the mind or body works.

Drugs do not always come from the doctor or a drug store. Some drugs come from plants that grow wild. Drugs can also be made in laboratories. There are legal and illegal drugs. There are drugs that are helpful and drugs that are harmful.

Here is a list of drugs and the categories they fall into:

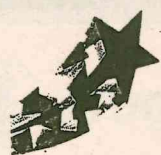
STIMULANTS	DEPRESSANTS	HALLUCINOGENS	CANNABIS
(called uppers)	(called downers)	(called all-rounders)	(called dope, pot, weed, grass, reefer, ganja, joint, honey oil)
These are drugs that make you feel "up" or more energetic.	These are drugs that make you feel calm or sleepy.	These drugs make you see things different from what is real.	These drugs come from the plant cannabis sativa. THC is the active ingredient.
nicotine (tobacco) caffeine (coffee, tea, cocoa, chocolate) amphetamines (benzies, dexes, speed) cocaine	alcohol inhalants barbiturates (sleeping pills, reds, red birds, red devils, yellow jackets, blue heavens, Christmas trees, rainbows, ludes) tranquilizers narcotics (heroin, H, horse, junk, smack)	LSD (acid, blotter) MDA PCP (angel dust, elephant, hog) Psilocybin (magic mushrooms)	marijuana hashish hash oil THC

ANONYMOUS & CONFIDENTIAL

Should you have any information about drug trafficking on the Territory please call Tyendinaga Police. If you are concerned about someone's drug use and would like more information concerning drugs, please call. A confidential message can be left at the Tyendinaga police office 967-3888 extension 101.



## HEALTH CENTRE



### "FALL" PRENATAL CLASSES THAYENDANEGA HEALTH CENTRE

starting  
Wednesday SEPTEMBER 15th /99  
for  
6 weeks

Free Prenatal Classes are being offered for interested prenatal parents. The course starts on SEPTEMBER 15th @ 7:00 PM and lasts about 2 hours. Bring your partner or a friend with you!

Please call the Health Centre @ 967-3603 to register or if you have any questions about the program.

The Thayendanega Health Centre is offering a free gift for all Mothers-to-be who register their pregnancy with the Health Nurses. Please drop by or call the Health Nurses. We look forward to meeting with all the new moms-to-be!

Brenda Asselstine Community Health Nurse



## Back to School Lunches

Make healthy, quick lunches your child won't want to trade!

Here are some ideas to build all 4 food groups into your child's lunch

#### GRAIN PRODUCTS

- \* assorted breads:
  - whole wheat, oat, rye...
  - pita, bagel, bun, English muffin...
  - tortillas, bannock...
- \* whole wheat crackers
- \* pasta or rice dishes
- \* spaghetti & macaroni
- \* homemade muffin
- \* banana bread
- \* oatmeal cookie
- \* granola



#### VEGETABLES AND FRUIT

- \* raw with dip
- \* in a salad or soup
- \* tomato juice
- \* vegetable pizza
- \* seasonal fresh fruit
- \* 100% pure juice
- \* canned fruit
- \* applesauce



#### MILK PRODUCTS

- \* white or chocolate milk
- \* cheese cubes, slices on sandwich, cheese spread, cheese strings
- \* yogourt
- \* pudding
- \* cream soup



#### MEATS AND ALTERNATIVES

- \* cold cuts (ham, turkey, pastrami, roast beef)
- \* chicken
- \* egg
- \* tuna, salmon
- \* beans
- \* nuts and seeds

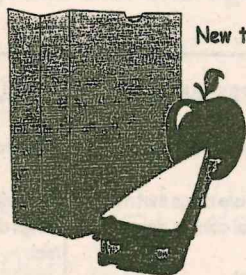


#### Time Saving Tips

- Planning is the key! Plan the week's lunches with your child and then go shopping.
- Put lunch together the night before - this allows more time for creativity.
- Make extra of your child's favourite dinner and freeze it in child-size portions for a quick lunch to go!

#### Beating the Lunch Bag Blahs

- Sandwiches are easy to prepare, pack and eat, but they are a great way to build in four food groups for taste and nutrition.



#### New twists to old favourites:

- "Rollers" place meat, cheese, lettuce or other veggies on a tortilla and roll up.
- Pita Pockets fill pita bread with your favourite sandwich fillers or last night's leftovers.
- Banana Dog cream cheese and a banana on a hot dog bun.

#### Hot Ideas:

- Leftover Pizza
- Chili or favourite soup in a thermos

#### Safe Lunches

- Put a frozen juice box into your child's lunch. It will keep lunch cool and safe to eat and your child will enjoy a nice slushy drink.
- Keep cold foods cold with a freezer pack.
- Freeze a sandwich! (Note: eggs, veggies and may don't freeze well)
- Encourage children to wash their hands before eating.



If you need help planning your child's lunches or if you have any other nutrition concerns contact your local Community Dietitian. Nicola Smith, Registered Dietitian is available weekly at the Thayendanega Health Centre to provide nutrition counselling. Call 967-3603 to make an appointment.

Adapted from "Food, Fingers and Fun", Dairy Farmers of Ontario, 1998.



## Tyendinaga's Annual Rabies Clinic

September 18, 1999

8 am - noon

Mohawk Agriculture Building  
York Road (next to the Community Centre)  
Tyendinaga Mohawk Territory

cost: \$ 15.00 per animal

Please, bring your dogs leashed & your cat's cage

### The Good Lunch Box &

The Good Food Box Programs  
are still available at the  
Thayendanega Health Centre

Anyone who wants to stretch their food dollar can benefit from purchasing these boxes for \$15.00 each. You pay cash for these boxes by the first month. The Good Lunch Box is delivered on the second Thursday of the month and the Good Food Box is delivered on the third Thursday of the month to the Health Centre. The boxes can be picked up there. Boxes change each month depending on : the time of the year, the number of boxes ordered, the price of goods

This is a sample of what was in the boxes for the month of Sept.98

#### THE GOOD LUNCH BOX

- 2 boxes of cereal
- 1 lb. margarine
- 2 loaves of bread (brown & white)
- 2 tins (48oz) apple juice
- 2 sleeves of tetra juices
- 1 sleeve of 6 bagels
- peanut butter (1 litre)
- box of soda crackers
- bag of rotini pasta
- 1 chicken noodle soup
- box of granola bars
- 1 microwave popcorn
- 1 sleeve of president choice biscuits

#### THE GOOD FOOD BOX

- 5 lbs potatoes
- 2 lbs carrots
- 2 lbs of tomatoes
- 2 lbs apples
- 4 pears
- 2 lbs bananas
- 1 large head of romaine lettuce
- 1 bunch of celery
- 1 turnip
- 6 cobs of corn
- 1 cabbage
- 1 spanish onion
- 1 pepper squash
- 1 broccoli

If you are interested in these boxes please call the Thayendanega Health Centre @ 967-3603





## HEALTH CENTRE &amp; RED CEDARS



## ACTIVITIES &amp; INFORMATION

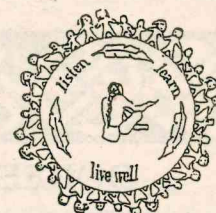
A Reminder for the Fall of '99  
from

## The Thayendanege Health Centre

Just a reminder to the Tyendinaga Community that the Health Centre is restarting its monthly "MONTHLY DIABETES SUPPORT GROUP" on Thursday September 16th 1999. Usually our support group is held on the Second Thursday of each month but because of preparation for the Fair, we have postponed it for one week.

We are planning on having guest speakers, different products and refreshments. Bring a friend or family member. We look forward to seeing you there!

The Community Health Nurses

ACTIVITIES & INFORMATION  
FROM THE CHR PROGRAM

The CHR's will be unavailable  
from September 24 - September 28, 1999  
as we will be out of the community for training.  
Our apologies for any inconveniences this may cause.

The kids are back in school and  
you can bet they won't be the only ones...  
so will the

## Headlice

The CHR's are desperately seeking community members as  
volunteers for head checks  
at the Quinte Mohawk School  
on an "as needed basis"

If you have a few minutes to spend, we would appreciate your help in  
keeping all headlice infestations to a minimum.  
Please call the CHR Program at  
967-3616.

NIA:WEN to all those who helped support  
Red Cedars Shelter by purchasing tickets  
on the "Pampered Chef basket". Because  
of your support we were able to raise  
\$153.00. The winner is "Brenda  
Asselstine", and the winning ticket was  
drawn by KWE Radio's own Kylie.

Congratulations, Brenda.

Nia:wen to Sheri Barnett for the donation  
of the "Pampered Chef" items, Nia:wen to  
the Pow Wow Committee for giving us the  
spot to set up our booth. Nia:wen to  
KWE Radio for drawing the ticket and  
announcing the winner on the air. And as  
always Nia:wen to our Community for the  
support that they have shown and continue  
to show.

Watch for us at the Mohawk Fair.

New prizes--come and buy a ticket.

See you there!!!!

The characters in this story are purely fictitious. Any resemblance to anyone is  
accidental. If you are being hurt by someone or you have a loved one being  
hurt, or if you want information or if you just want to talk to someone confidentially,  
call RED CEDARS SHELTER AT 967-8212.

I hear Mom open the door and I can hear another voice. It's a man's voice, but I  
can't make out what he's saying. So I decide to peek through the door to see  
who it is. I creep over and open the door, just a little so I can peek out. I know  
he is one of the policemen that comes to our school. I know they are nice  
officers and are trying to help, but I wish he would just go away. Mom looks  
scared. "Hi Bernadette, we got a call of a disturbance here." "Oh nosy,  
neighbors, they're so bored, they have to make up excitement for themselves,  
it's nothing." "Are you all right? Is that a cut above your eye?" I could see Mom  
touch her eye ever so gently, "oh it's nothing, I'm so clumsy, I fell over the baby's  
toys." "Maybe I could take you to the hospital?" "On no, I have the kids here,  
and besides, it looks worse than it really is, I'm ok, but I would like to get some  
ice on it, so if you'll excuse me..." "Are you sure you're ok?" "Fine, fine, no  
problems here, oh say hello to Gina for me." As the policeman leaves, I can see  
that he is frowning but he just waves goodbye. Mom shuts the door smiling, but  
once the door is shut she leans against it and starts to slide down it very slowly  
and I can see that she is crying again. Her blood and tears are mixing together  
and I know I should stay in my room, but I can't because Mom needs me. I open  
my door and go over to her but she doesn't look up, so I sit beside her and try to  
put my arm around her. She's too big and I can only get it half way around, but  
that's ok. Once she feels my arm, she stiffened a little, but slumped even further  
and began to rock, so I just rock with her. Just like I rock Noah, maybe it'll make  
her feel better too. I can hear someone pull up outside in our driveway, and my  
heart felt like it was pounding through my chest. Mom and I freeze and stare at  
each other with wide eyes. I begin to stand on trembling legs and walk over to  
the window, I know it's either the policeman or Dad and it's...

Hey, to all you computer buffs, VISIT OUR WEBSITE:

[www.geocities.com/HotSprings/9473/](http://www.geocities.com/HotSprings/9473/)



## RED CEDARS SHELTER



DOREEN SOUTH in TYENDINAGA  
 "WOMAN WHO FLOATS ON WATER"  
 DOREEN IS A SEER WHO HAS WORKED IN  
 OTHER F. N. COMMUNITIES.  
 IF YOU WOULD LIKE AN APPOINTMENT CALL  
 BETTY @ 969-9608 (LEAVE MESSAGE) OR  
 EMAIL: earthmother@goplay.com

BOOKING APPOINTMENTS FOR READINGS  
 OR EMOTIONAL RELEASE:

Sept 14, 15, 16 & 17

\$65.00/HOUR OR \$40.00/HALF HOUR

OR \$20/15 MINUTES

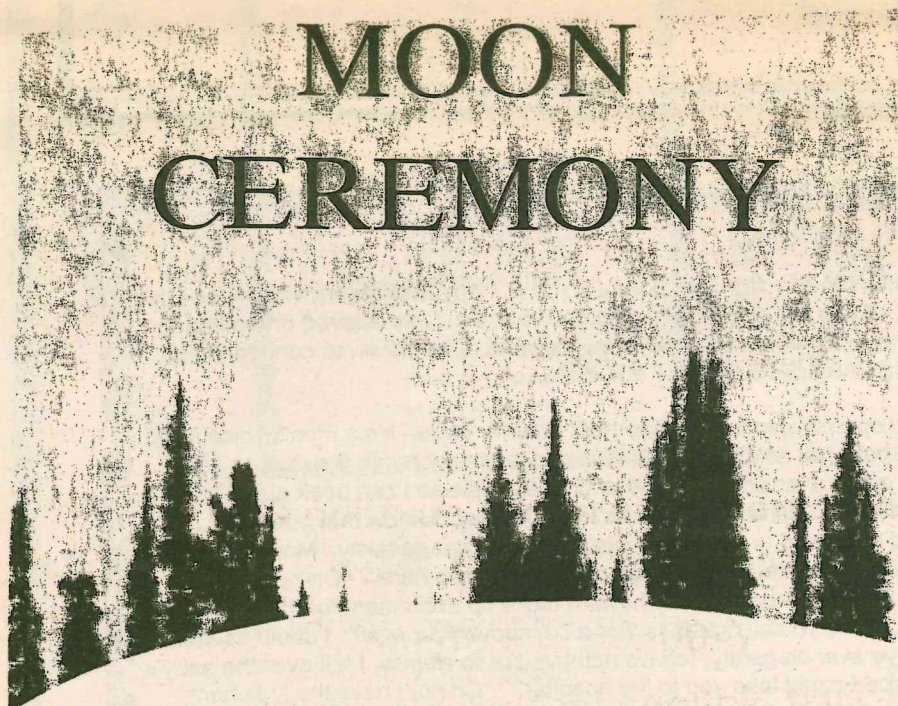
OR ATTEND WORKSHOP ON THE 15TH,

STRESS REDUCTION: 7 PM - 9 PM

COST IS \$25.00 PER PERSON.

TO SECURE APPOINTMENT 1/2 OF COST  
 WILL BE REQUIRED UP FRONT.

## MOON CEREMONY



All Women Welcome!

WHERE: RED CEDARS

WHEN: Sept. 26th @ 7:30 p.m.

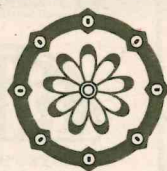
Please wear a dress and bring water

Bring tobacco and cloth with you

(if you have it)

Any questions call: 967-2003

POTLUCK AFTER THE CEREMONY



## Stalking Information

Mary P. has a problem. Whenever she hears the telephone ring, she jumps. Whenever she leaves her house, she has to look around half a dozen times before she can step off the porch. It's a problem that has plagued her for six very long months -- ever since she ended her relationship with Tom D.

Tom didn't want the relationship to end. He was unhappy with the break-up -- so unhappy that he still calls Mary every chance he can: at home, at work, at her friends' and family's homes. Sometimes he drives in front of her house, just to make sure that she's there, and alone. Tom knows that if Mary will just give him a chance, she'll realize that they were meant to be together.

Mary ended the relationship because Tom was too controlling, always needed to know where she was, and who she was talking to. At first she was flattered, but as time wore on, she began to feel suffocated by the attention and jealousy. Mary doesn't want to be with Tom anymore, but Tom won't leave her alone. She's starting to think that if she can just reason with him, maybe he will finally accept that the relationship is over, and leave her alone. . .

Sound familiar? Contrary to popular belief, "Tom" isn't just an unhappy man who deserves sympathy because he was on the receiving end of a bad break-up; he is, in fact, stalking "Mary". Intimate partner stalking is a type of criminal activity that is becoming more and more common; unfortunately, it is also insidious, difficult to prove and prosecute, and seemingly "harmless".

Stalkers can use many different ways to harass their victims: repeated unwanted telephone calls, following/watching, harassing or attempting to curry favour with friends and family, subtly threatening any new or potential partners of the victim. The stalker cannot accept that the relationship failed, and will do anything to try to remain in contact with the ex-partner. Many times the victim will try to "reason" with a stalker, in the hopes that s/he will afterwards be left alone. Unfortunately, stalking is not a behaviour used by a reasonable person, and contact -- even in the form of pleas or threats -- will often be seen by the stalker as "proof" that his/her behaviour is working by keeping him/her in contact with his victim.

### WHAT TO DO IF YOU ARE BEING STALKED BY SOMEONE YOU KNOW:

- make a decisive break in the relationship, and then ignore the stalker. Do not try to "let him/her down easy", because that will give the stalker hope that feelings still linger. Do not react to any of the stalking behaviour with anger, tears, or renewed communication with the stalker. They are seeking your attention; if you give it to them, they will continue.

- never give out your home address or telephone number to people you don't know and trust. Consider getting a post office box so your street address is a secret.

- carry a cell phone. They are getting cheaper, and in many cases emergency numbers (like 911) are available as free calls.

- Change your phone number, and only give it out to friends and family; tell them not to give the number to anyone. Don't be surprised if your stalker gets your new number anyway. Screen your calls. Get an answering machine, or caller i.d.

- document every incident where the stalker tries to contact you, either in person, on the telephone, or by mail. Keep a journal, save letters and answering-machine tapes. This will be helpful if you decide to seek legal help.

- Instead of simply throwing it out or recycling it, destroy old mail, newspapers, magazines and anything with personal information on it.

- take a self-defense class. This does not necessarily mean martial arts or fighting; there are classes available which are aimed at increasing personal awareness of potentially dangerous situations.

- above all, don't keep this behaviour a secret. If you are being stalked or harassed, tell your family, your friends, your boss -- anyone who might come in contact with your stalker. This will not only put them on alert to potential harm, but will keep them from disclosing personal information about you, as well.

- don't believe that you have done anything to deserve this type of unwanted and illegal attention. Stalking is not flattering or "okay"; it is disruptive, embarrassing, hurtful, and potentially dangerous, both emotionally and physically. By taking as much control of the situation as you possibly can, and not being ashamed that it is happening to you, you will help to keep yourself and those you love safe.

### WHAT TO DO IF SOMEONE YOU KNOW IS BEING STALKED:

- get involved. Provide support and keep documentation if you are also being harassed or contacted by the stalker.

- lobby local and federal government for more awareness and legislation regarding stalking, and stiffer fines and sentences for stalkers.

- contact local telephone companies and ask them to contribute to programs which provide free emergency-use-only cell phones for victims of domestic violence and stalking.

- do not accept stalking behavior as "cute" or "harmless". Take a stand and make your views known that this behavior is dangerous and illegal.



**EMPLOYMENT & TRAINING**

THE SEXUAL ASSAULT CENTRE  
FOR QUINTE & DISTRICT



WE CURRENTLY NEED  
RESPONSIBLE, CARING WOMEN  
TO VOLUNTEER ON OUR

24 HOUR CRISIS LINE

TO SUPPORT AND PROVIDE INFORMATION TO SURVIVORS OF  
SEXUAL VIOLENCE

TRAINING PROVIDED

NO FORMAL EDUCATION NECESSARY

IF YOU ARE INTERESTED IN  
SURVIVORS' ISSUES

AND WOULD LIKE TO VOLUNTEER

PLEASE CALL BRENDA 967-6300 MEMBERS OF UNITED WAY



LES ARTISANS ET ARTISTES INDIENS DU QUÉBEC  
THE INDIAN CRAFTSMEN AND ARTISTS OF QUÉBEC

August 13<sup>th</sup> 1999

**NEW**


To whom it may concern,

I wish to remind you that, the Indian Craftmen of Quebec offers to all trappers, the opportunity of buying different models of traps **made in accordance to the standards of the international norms on trapping without cruelty.**

It goes without saying that our firm which has been in operation for the last 25 years will continue to offer its full range and crafts products.

However, we would appreciate that bulk orders be placed as soon as possible in order to allow us the required time for the production and delivery of merchandise.

For further information please feel free to contact us at our toll free number (1-800-463-2102).

  
Jean Picard  
General Manager

# Aboriginal Media PROGRAM

Fall 1999

The ABORIGINAL MEDIA PROGRAM at the First Nations Technical Institute will provide you with a chance to cover Native issues from a native perspective, using photography, video, radio and written communication skills.

## PROGRAM HIGHLIGHTS:



- » Two-year college diploma in Print Journalism
- » Aboriginal coverage of Aboriginal issues
- » Build a portfolio of published materials
- » Radio broadcast training
- » Video production training
- » Internet research and publishing
- » Training provided in an Aboriginal community

~ Participants may be eligible for financial assistance ~



First Nations Technical Institute  
Old York Road  
Tyendinaga Mohawk Territory  
via Ontario K0K 1X0

Call Monique Manatch or  
Michael Asselstine  
1-800-267-0637  
e-mail  
moniquem@fnti.tyendinaga.net  
or mikea@fnti.tyendinaga.net  
visit our website at  
www.tyendinaga.net/media.htm

## Are you looking to obtain your grade 12?

Now you can do it right here  
in Tyendinaga!

**Open House for the Adult Education Program**

**September 15, 1999**

**6:00 pm - 8:00 pm**

**First Nations Technical Institute**

**First intake begins  
September 20, 1999**



**ALL WELCOME**

For more information or to register, **Call**  
Cheryle Maracle or Jan Hill at

**396-2122**





## RECREATION

Nia:wen  
Phil & Glads Bowden  
for all the volunteer  
work at Karonhiakta'kie

All the proceeds from our sports  
canteen goes back into our Community  
for our children & without  
these wonderful volunteers we  
would not be able to succeed in doing  
this. So again from the Recreation  
Department here is another big

Nia:wen !

*What's new at your end?  
Well the Recreation Department  
has been busy. We want to provide  
the Community with fun events but  
we need the community to take  
part. Let us help you.*

*Please call the Administration  
Office , and share your ideas.*

**396 - 3424**

**Dar. Loft**

## WANTED



**ELDERS, WHO ARE YOUNG AT HEART, TO  
BE ACTIVE MEMBERS OF  
THE RECREATION COMMITTEE**

Please contact Darlene @ 396-3424 if you'd like to be  
part of this fun crew.

- The Baseball diamonds now have new Magnetic bases.
- Our summer student placement is complete for another year.  
Nia:wen Brad Hughes.
- The Family Swim is arranged to start Feb.12. 2000 at the Rec.Plex
- Summer 2000 , we are reseaching the idea of a **Sports Camp.** Baseball & Basketball skills clinic , golf lessons any other ideas welcome..
- Wendy Rogalsky volunteer placement is now complete.  
Nia:wen
- Two soccer balls were purchased with the whistle dog proceeds  
Nia:wen Todd Kring.
- New **Sports equipment** was purchased from the Recreation fundrasing.
- New **Millennium Project** which is a one time offer from the Bureau of Canada. If anyone is interested in this project please call. The title of project "**The Creative Mohawk Spiritual Year**





## RECREATION

The California Cuties  
had a Super Fastball game with  
the Tyendinaga Ladies Fastball team  
Nia:wen for taking the time to have  
fun for our Community  
(the score was 12 / 6)  
The Recreation Committee  
thanks the Community  
for their support.



Deadline Date for the  
Newsletter is Friday  
Sept. 24 at noon 396-3424

### A STAR for YOU,

All the wonderful people that helped with the  
Softball season.

Adrian Weldon, Pete Hill, Colin Sager  
Dawn & Rick Brant, Heather Green, Joanne &  
Wayne Maracle, Danielle Smart, Billy Brant, Chris  
Kalvin Brant, Mice Maracle, Phil Bowden, Christina Sliwa  
Gord Foster, Eric Maracle, Darlene Loft, Cindy Akey

Also Nia:wen to anyone we forgot.  
The year 2000 we will be ready, new volunteers  
welcome. Just call.



### GREAT SPORTS AWARD

The Children's Baseball is done for another year.

Nia:wen to all the coaches & Parents

Some children need to pick up their awards  
please call the Administration Office.

Any ideas for next year are welcome.

Sponsor by the Recreation Committee.



### Encourage positive attitudes about learning and creativity.

TRY THESE COOL ACTIVITIES:

- ★ Establish an art gallery in your home to showcase the masterpieces your child creates at school.
- ★ Have your child write thank you notes and letters – you'll be surprised at how quickly his writing skills improve.
- ★ Encourage your child to make his own music on his instrument of choice and have a weekly family recital.
- ★ Include your child in your daily exercise routine. This will teach them the importance of regular exercise while also promoting coordination skills and a sense of fun.
- ★ Improve your child's math skills by asking him to help you with everyday calculations, like how much things cost.
- ★ Teach your child how to create poems. Fun word games help to nurture rhyming skills.
- ★ When taking a road trip, let your child assist in the route planning. This will teach him geography in a context he can understand.
- ★ Help your child to pack his own lunch. Show him how to incorporate the food groups into each meal.

It all starts here.

Give Your Kids A Hand  
As They Go Back To School.





## COMMUNITY INTEREST

### Heart Felt Thanks!

Recently my daughter was deathly ill after childbirth. I would like to thank those individuals who sent medicines, prayers and good wishes to Tess.

To: The Traditional Society for the medicines they sent for Tess in Toronto. Thanks for thinking of us.

To: Alan & Suzanne Brant for delivering the medicines to us in Toronto and for other medicines.

To: My Mom's Church (Joan Maracle) for their prayers. Thank You Pastor Bowbeer & Wife and congregation.

To: My Aunt Eleanor Pyke for the fruits, snacks and bottled water for Otishsto'k, Andy & I.

To: My friend Maureen Walton for the healing stone for Tess.

To: Family & friends concerned for Tess's well being.

I also would like to Thank Norma Maracle for enabling Otsihsto'k, Andy and I to stay at Waasagmik in Toronto while we were there for Tess. Tess and Baby Boy are now at home in Orillia and doing well.

Thank you everyone for your love and concern.

From Marilyn, Otsihsto'k and Tess



### Congratulations!

To our daughter & sister  
**Danielle**

on her graduation. We wish her the best of health and happiness in her college years.

Love and Hugs

George, Carlene, Mandy & Kerri

The Deadline date for the Newsletter is Friday, Aug. 24 at noon 396-3424

### Niawen Ki Wahi

Thanks to everyone who supported the Museum Committee's Euchre Tournament by coming out to play cards. Thank you to the L.O.B. A. for the use of the hall. It was very much appreciated to get support for the museum. Ron & Wanda Fuller have kindly donated cards for us to use for future euchre tournaments.

Thank You!

Much fundraising has to be done to make the museum a reality and we thank everyone for their support.

### Rupert - Reed July 10, 1999

Cynthia Rupert and Nathan Reed were joined in marriage at Turner Road Chapel in Windsor, Ontario.

Cynthia is the daughter of Larry & Linda of Belleville.

Grandaughter of Don & Pearl Rupert of Tyendinaga Mohawk Territory and Edith & Bob Butler and Jay Duff of Belleville.

Nathan is the son of Nat & Joyce Reed of Swastika Ontario.

Cynthia was escorted down the aisle by her father, Larry. Her attendants were Cynthia Auckland, Julie Rupert and Lydia Horway.

The flowergirl was a niece of the bride Shealyn Warr-Rupert.

Nathans attendants were David Robinson, Shawn Rupert and Jason Reed.

The couple honeymooned in Niagra Falls and will reside in Windsor.



The Rupert Family would like to wish a Happy 50th Wedding Anniversary to

**Don & Pearl Rupert**

We invite one & All to an

Open House

Oct. 2/99

starting at 2 p.m.

136 Queen St.

Shannonville, Ontario

Best Wishes Only Please!







## COMMUNITY INTEREST

# Congratulations!

*George  
for winning  
the logo contest for the  
museum.*

*We are very proud  
of you!*

*Love & Hugs  
Carlene, Danielle, Mandy  
& Kerri*



NIA:'WEN

We would like to take this opportunity to thank everyone that helped us this season with our Pee Wee team. We especially want to thank everyone that contributed to our beer bottle drive and to our yard sale. We were able to raise enough to pay for our umpires for our tournament.

We also would like to thank those people that helped us with our tournament, especially Phil and Gladys Bowden for drawing up our schedule and being there for us all weekend. Thanks !!

We thank the chief and council for waiving the fees for the ball fields for the tournament.

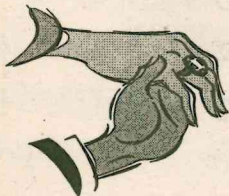
We also have to thank Pickle and Butt Butt (Della and Paul) and Bob and Margaret (Pete and Janet) with sticking by us all season with all the ball games and fund raisers and Mike Beachey assisting coach. Thanks guys. We had our year end party August 21. We had a lot of fun but we couldn't have done it without help from the parents that attended especially Shelley. She found the water gun! Thanks also to Bob and Nancy Leween for the loan of their dining tent.

Total Turf and Fabricare were our two sponsors this year and we thank them for their generosity.

Without the help of these people, we would not have had such a successful year. NIA:'WEN.

"THE TYENDINAGA BRATS"

## Their Engaged!



*Congratulations to  
Sarah Loft  
&  
Alden Pompana*

*Love  
Mom & Steven*



## Mohawks of the Bay of Quinte Summer Camps

It is hard to believe that the Summer Camps for 1999 are over. It has been a fun filled, exciting summer for most everyone. There have been so many people in and around our Community that have contributed to the success of the MBQ Summer Camps Programs.

We would like to extend our thanks and appreciation to the following people who helped make all three summer camps there best ever:

Alvin "Skin" Maracle for keeping us "together" at the Community Centre!

Art Brant, Jane Reilly, Brian Maracle, Glenna Brant, Brad Boomhour, Marilyn Brant, Ruby Maracle, Robert Lowry, Georgina Hill for the Safe bus trips over the entire summer!

Community Health Representatives & Community Health Nurses for the great presentations!

Suzanne Brant for the medicine walk and teachings!

Marleen Murphy for the fun ceramic painting lessons!

Mrs. Herb's for keeping the Camp Counsellors and even some of the children well fed!

Sportsman Restaurant for delivering pizza for the children!

All of those employees at the MBQ Administration Office who helped us out in one way or another.

Parents/Guardians for supporting the programs throughout the summer.

All of the children in each of the camps for making it great for yourself and the camp counsellors.

I personally would like to thank the Camp Counsellors for their dedication and hard work during the Summer Camps Program.

To everyone else who assisted with the program in anyway, that I may have missed, please know that we appreciate what you have done for this program!!

NIA:WENKO:WA

MBQ SUMMER CAMPS 1999

Tracey Gazley, Summer Camps Co-ordinator

## Congratulations!

### Karonhiio

*on your achievement!*

*Love*

*Mom, Dad & Kahionhanoron*

## CERTIFICATE OF CRAYOLA® CRAYON AUTHORSHIP

This certifies that

Karonhiio Loft

has earned a place in Crayola history  
by helping to rename the indian red crayon.

From this day forward, July 27, 1999,  
the Crayola crayon known as indian red will be called  
chestnut.

**Crayola**



## COMMUNITY INTEREST

### Thank You!

*I would like to thank everyone who attended  
and bought gifts, sent cards &  
best wishes on my 65th Birthday.  
Thanks to all the people who attended  
our family reunion.  
I hope everyone had a good time.  
Special Thanks to Val, Carter, Anita, Karen,  
Terry Maracle and Brenda Sager.  
You did a wonderful job getting it  
all ready!*

**Thanks Again!**

**Mary E. Maracle**

### Ka:nhote Library

Kanhiote Library, has two work stations available to users, one is provided by FNTI and the other by The support of Industry Canada and The Government of Ontario through the Ministry of Citizenship, Culture and Recreation.

Feel Free to come and join us at Kanhiote during regular Library hours:

Tues 8:30 - 4:30

Wed 8:30 - 4:30

Thurs 12:00 - 4:00 6:00 - 8:00

If you have any questions regarding the Community Access Program please call 967-6264 or come in and see us, there will be someone here who will be able to help you.

### EVERYONE IS WELCOME!!

Statistics for Kanhiote Library for July 1999:

- membership 1089
- 145 people visited
- 153 items were lent

These books are over due from the library. If you have any of these books, please return promptly. Your borrowing privileges can be suspended because of material not returned.

Forgotten soldiers  
Native soldiers, foreign battlefields  
Myths of the Iroquois  
Iroquois Stories  
Mastering the zone  
False faces of the Iroquois  
Wampum belts  
Iroquois woman  
Traditional teachings  
The surprise party

Come in and check out these new titles now available at the Library:

For kids: Franklin's neighbourhood  
A child's year  
The farm book  
Peter and the wolf  
Pigs  
Theodore and the whale  
Moosetache

Native: The wisdom of the Native Americas  
Premature bonanza  
Corn husk book  
Brain tan buckskin

Adult: Schindler's list  
Master's of the victory garden  
Angela's ashes  
Soups and stews: stocks to one pot meals

This is just a sample of what's new at Kanhiote Library. There are many more titles to chose from. Membership is free. Come in and sign up.

Kanhiote Library's Book, Bake and Yard Sale raised \$269.92.  
Nia:wen to all who supported us and our volunteers.



### Thank You!



Thanks to the organizers and volunteers for the "1st Annual  
"Dimps" Friends Getting Together Scavenger Hunt "

**1st & 2nd Place:** Team # 1 Carol Brant  
Zena Leween  
Cheryl Reynolds  
Ainsley Leween

**3rd Place:** Team # 3 Geraldine Brant  
Bill Sands  
Marion Maracle

Hosted by Lynda Leween

For the Month  
of  
July & August  
the Committee  
Congratulates

*Bayview Variety  
York Rd. Rest.  
Chief's Inn  
Native Renaissance II  
Miracle Foodmart  
Native Expressions*

\$147.54 is the  
total Amount collected  
for these months

MOHAWKS OF THE BAY OF QUINTE  
FOOD BANK

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














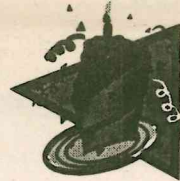
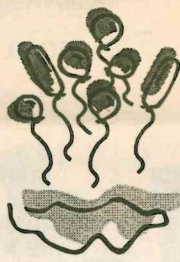
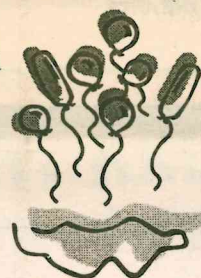

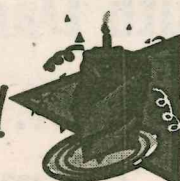



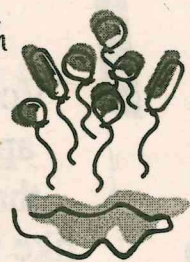

Aboriginal Expressions  
Bayview Variety  
Roxanne's Place  
TMT Sports  
Tyendinaga Computer  
Kagita Mikam  
Family Services  
York Rd. Restaurant  
Ward's Gas Bar  
T.M.T. Police Services  
B. & M. Variety  
Quinte Mohawk School  
Ka:nhote Library  
Thayendanega Health Centre

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





## BIRTHDAYS

<p>Happy Belated Birthday!</p> <p>Mandy July 19</p>  <p>Danielle Aug. 1</p>  <p>George Aug. 15</p>  <p>Grandma Smart Aug. 16</p>  <p>Love &amp; Hugs Mom (Carlene) &amp; Kenri</p>	<p>Happy Birthday!</p>  <p>"Tartlette" Claudia Sept. 3</p> <p>Happy Birthday!</p> <p>Daddy Sept. 6</p>  <p>Love Riley &amp; Cole XOXO</p> <p>Happy Birthday!</p> <p>Dave Sept. 6</p>  <p>Love Always, Denise XOXO</p>	<p>Happy Birthday!</p>  <p>Aunt Marion</p> <p>Happy 7th Birthday!</p> <p>Kirby Aug. 30</p>  <p>Love, Mom, Dad &amp; Sisters</p> <p>Happy Birthday!</p>  <p>Mommy Sept. 24</p> <p>Love Jordie XOXO</p>	<p>Happy Birthday!</p>  <p>Dianne E. Maracle Sept 4</p> <p>Happy Anniversary!</p>  <p>Sedge &amp; Drea Sept. 2</p> <p>Love Cheryl, Mike Seaira &amp; Austin</p> <p>Happy Birthday!</p>  <p>Shirley (Honey) Sept. 1</p> <p>Love Jake, Mom Angela &amp; Dad</p>
<p>Happy Birthday!</p> <p>Dad Sept. 12</p>  <p>Love Cheryl &amp; Mike</p>	<p>Happy Birthday!</p>  <p>Mommy Sept. 1</p> <p>Loads of Love Victoria &amp; Lee</p>	<p>Happy 19th Birthday!</p>  <p>Candy Sept. 24</p> <p>Love Mom, Glenn</p>	<p>Happy Birthday!</p> <p>Auntie Drea Sept. 10</p>  <p>Love Seaira &amp; Austin XOXO</p>
<p>Happy Birthday!</p>  <p>Sister Buzbee! Sept. 10</p>	<p>Happy Birthday!</p> <p>Papa Sept. 12</p>  <p>Love Seaira &amp; Austin XOXO</p>	<p>Happy Birthday!</p>  <p>Andrew</p> <p>Love, Seaira &amp; Austin XOXO</p>	<p>Happy Birthday!</p>  <p>Aunt Tammy</p> <p>Love Keelan</p>
<p>Deadline Date for the Newsletter is Friday Sept. 24 at noon 396-3424</p> <p>" Birthday Advertisements Are Free! "</p>	<p>Happy 13th Birthday!</p>  <p>Zobie Sept. 22</p> <p>Love, Chick, Nylons &amp; It</p>	<p>Happy 3rd Birthday!</p>  <p>Chavis</p> <p>Love Uncle Mike, Aunt Kelly and Keelan</p>	



## UPCOMING EVENTS

### Iroquois Indian Museum

Presents the:  
18th Annual

# IROQUOIS FESTIVAL

**September 4, 5, & 6, 1999**

- ✧ JIM SKY DANCERS FROM SIX NATIONS
- ✧ KEY NOTE SPEAKER : ERNEST BENEDICT
- ✧ STORYTELLER ✧ NATURE WALKS
- ✧ WILDLIFE PRESENTATION ✧ CHILDREN'S ACTIVITIES
- ✧ IROQUOIS FOOD ✧ ARCHEOLOGY

✧ INDIAN ART MARKET FEATURING OVER 30 IROQUOIS ARTISTS ✧

**EVERY DAY 10 TO 6 RAIN OR SHINE!!**

**ENJOY THE EXHIBITS IN THE MUSEUM, AND FREE MOVIES ALL DAY LONG!!**

For Information: Iroquois Indian Museum  
P.O. Box 7 Howes Cave, NY 12092  
(518) 298-8949  
[www.iroquoismuseum.org](http://www.iroquoismuseum.org)

Festival Fees  
Adults - \$10.00  
Children 5 to 15 - \$7.00  
Ask about "Car Load of Kids" prices.

THIS EVENT IS MADE POSSIBLE WITH PUBLIC  
FUNDS FROM THE NY STATE COUNCIL ON THE ARTS,  
A STATE AGENCY.



## Fall Harvest Chicken Barbecue & Walkathon Fundrasier

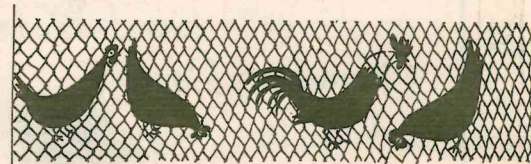


Details:

**Saturday,  
October 2, 1999  
10:00am**



**BBQ @ 1:00pm**  
Mohawk Community Centre



**PROCEEDS FOR:**

**MOHAWK PENTECOSTAL  
SUNDAY SCHOOL VEHICLE**

Sponsor a walker and receive a BBQ ticket.  
For more details contact Pastor Bowbeer (MPC) @  
396-5329



## Dance and Buffet

*First 50 people receive a  
special Millennium gift*

**Great Door Prizes**

**\$16/single \$30/couple**

**Mohawk Community Centre**

**December 31, 1999**

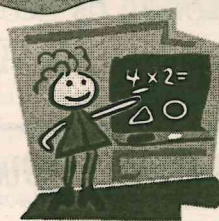
**8 pm - 2 am**

Entertainment by "Line Drive"

Sponsored by Tyendinaga Recreation Committee

Tickets now available !  
For more information please call  
Darlene Loft 396 - 3424

**Don't Forget!**



## Back to School Youth Dance!

**Friday, Sept. 24  
Mohawk Community  
Centre**

**Time: 7:00 p.m. - 9 p.m. (Ages 7 - 9)  
7:00 p.m. - 9 p.m. (Ages 10 - 14)**

Volunteer Chaperones would be greatly  
appreciated as there is 95-100 students  
that come to the dances. If you would  
like to have fun and help us out please call  
Caroline at Mohawk Family Services  
967-0122

Remember if you have an EMERGENCY  
CALL







## UPCOMING EVENTS



Next Tour ... **CASINO RAMA** ...all aboard  
**SEPTEMBER 25, 1999**  
**COST: \$10.00 (INCL. MEAL COUPON)**

**MOHAWK BINGO (HIGH STAKES BINGO)**  
**SEPTEMBER 18, 1999**  
**COST: \$25.00/BUS SEAT**

**MOHAWK BINGO PALACE & CASINO**  
**SEPTEMBER 21, 1999**  
**COST: \$15.00 (INCL. MEAL COUPON)**

**ST. JACOBS COUNTRY (ONE DAY TRIP)**  
**SEPTEMBER 30, 1999**  
**COST: 27.95/PER SEAT**

**LIFTLOCK & THE RIVER BOAT CRUISES**  
**PETERBOROUGH, ONT.**  
**OCTOBER 2, 1999**  
**COST: \$49.99**

**CALL WANDA TODAY TO RESERVE YOUR SEAT!**  
**613-967-2361**

CALL POSTINGS SUBJECT TO CANCELLATION OR ALTERATIONS



### FRIDAY NIGHT MIXED LEAGUE is looking for BOWLERS

**Come out & have some FUN**

**For more information please contact**  
**Christine 967-0410**  
**Lorrie 396-2102**  
**Phil 396-2603**

**League Starts September 17, 1999**

## Native

### WOMEN & WELLNESS CONFERENCE EAST



**"Traditional Medicines and  
 Recovering From Abuse"**

**November 5, 6, 7, 1999**

Holiday Inn Toronto Airport  
 970 Dixon Road, Toronto, ON  
 (416) 674-4340

### VISION STATEMENT

Empowering Aboriginal women  
 through recognizing and  
 honouring our traditional roles by  
 providing opportunities and  
 experiences for mutual support on  
 our healing and wellness path,  
 thereby ensuring healthy  
 Aboriginal families, communities  
 and nations.



**Vendor Space \$100.00 for 3 days**  
**To book space call Sandy Reilly**  
**at (705) 326-4188**

### REGISTRATION INFORMATION

#### EARLY REGISTRATION

(before Oct. 8/99) \$150.00

- Cancellation Fee of \$25.00 per person will be charged
- No refunds after Oct. 8/99
- Substitutions are permitted

#### LATE REGISTRATION

(after Oct. 8/99) \$250.00

- Personal cheques are not accepted at the door

#### CONFERENCE REGISTRATION

(pick up Conference Kits)

Friday November 5 - 3:00 p.m. to 7:00 p.m.

First Session begins Friday Nov. 5 at 7:00 p.m.

#### REGISTRATION INCLUDES

- Opportunities to Learn and Share.
- Entrance into all Speaking Sessions,
- Banquet, Healing Circles, Individual
- Counselling, Arts and Crafts Displays and
- Sales.

Native Women & Wellness Conference East  
 Post Office Box 20103  
 Barrie, Ontario L4M 6E9  
 Phone: (705) 725-0790 Fax: (705) 725-0893



## UPCOMING EVENTS

### The Gallery Restaurant

**NOW OPEN!**

**OPEN: 11:00 A.M. - 8:00 P.M.**

**SPECIALITY  
COFFEES & TEAS**

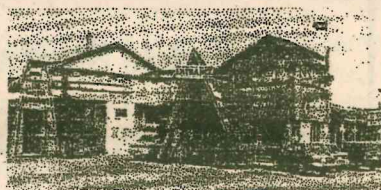
**Full Menu & All Day Buffet Sunday!**  
**Banquet & Board Rooms Available**  
**Bookings for Anniversaries, Parties**  
**(Christmas & New Years Bookings**  
**are still available!)**

**Call 396-3729**

Now  
Under New Management  
Located Above  
Native Renaissance II  
LIC. LLBO



"Come Check Out  
Our Exciting New Menu"



### DESERONTO MINOR HOCKEY REGISTRATION



**WEDNESDAY, SEPT. 8**  
**7 P.M. - 9 P.M.**  
**Melrose Firehall**

**SATURDAY, SEPT. 11**  
**10 A.M. - 2 P.M.**  
**Deseronto, Arena**

**For more information**  
**call: Peter Walsh at**  
**396-5471**

### "Building Steps To Change" 3RD ANNUAL Native Men's Wellness Conference



**October 4-7, 1999**  
**Regal Constellation Hotel**  
**Toronto, Ontario**

### Native Men's Wellness Conference

October 4-7, 1999 Regal Constellation Hotel Toronto, Ontario

Building Steps To Change is the theme of the 3rd Annual Native Men's Wellness Conference to be held in Toronto. This conference will provide the opportunity for participants to explore the wellness journey. Workshops, native ceremonies, sharing circles, and wellness activities are some of the ways native men will connect with others on this journey to wellness. It is the hope of the conference committee that native men from across Turtle Island will join us for this gathering in Toronto.



#### Conference Objectives

- Identify personal barriers to wellness
- Recognize healthy lifestyle choices
- Increase wellness skills

#### Conference Activities

- Health Fair
- Wellness Activities - walk/run, arts & crafts
- Evening Dinner
- Clan Sharing Circles
- Sunrise Ceremonies
- Sweats
- Talent Night
- Drum Social - (bring families, friends, & regalia)
- AA/Talking Circles

#### Keynote Speakers

Tom Porter  
Mohawk Nation  
Kanatsiohare NY

and

Tom Cranebear  
Cree Nation  
Siska, Alberta

#### Conference Schedule

##### Monday, October 4

2:00 - 6:00 pm Registration/ Wellness Activities  
7:00 - 9:00 pm Reception & Entertainment

##### Tuesday, October 5

8:30 am - 5:00 pm General Session/Workshops  
7:00 - 10:00 pm Drum Social

##### Wednesday, October 6

8:30 am - 5:00 pm General Session/Workshops  
7:00 - 10:30 pm Dinner/Talent Night

##### Thursday, October 7

8:30 am - 3:00 pm Workshops/Closing Session

#### - Sponsor -

Ontario Native Men's Wellness Committee

#### Co-Sponsor

The Healing Fund (United Church of Canada)

Ontario Native Men's Wellness would like to gratefully acknowledge Mr. Norman Knott's (White Bear) generous donation of this year's poster image. Mr. Knott is from the Anishnawbe Nation who resides in Curve Lake, Ontario.

**VENDOR SPACE AVAILABLE**  
**\$50.00/day or 4 days for \$150.00**  
**Space Limited.**



**CLASSIFIED****BABY SITTER  
AVAILABLE**

- taken babysitting course
- willing to babysit anytime
- very responsible

Please Call Steph: 396-3270

**LOST & FOUND**

- pink backpack filled with treasures
- a lawn chair
- sun umbrella
- 2 hats
- shirt
- 2 gloves
- 1 sandal
- sports bottle
- 2 skipping ropes
- plastic toy gun
- necklace
- headband

If you are missing any of these things  
They can be picked up at the sports  
Complex by identification.  
(Unclaimed articles will be donated)

**\* PLEASE NOTE \***

**PLEASE CONTROL  
YOUR PETS  
DON'T LET THEM  
RUN LOOSE  
FOR THEIR  
OWN SAFETY**

**FOR SALE**

- PORTABLE SCHOOL ROOM**
- Approx. 32 X 32
  - fully wired and baseboard heating
  - must be moved

Please Call: 967-6572

**FOR RENT**

- 3 BEDROOM HOUSE**
- located on the Beach Road
  - appliances included
  - full basement
  - attached garage
  - Available Oct. 1st

For more information call Doug:  
967- 4438

**FOR SALE**

- 3 BEDROOM HOUSE**
- bungalow
  - located on Beach Rd.
  - separate storage garage
  - central air
  - new water and septic system
  - 1 acre

Please call: 966-0642 after 5 p.m.

**FOR SALE**

- WASHER & DRYER**
- apartment size
  - cream in colour
  - both in excellent condition
  - \$400.00 FIRM

CALL: 396-6320

**FOR SALE**

- SONY CAMCORDER**
- rarely used
  - like new, accessories included

Call Sam at 962-2439

**FOR RENT**

- 2 BEDROOM UPPER APARTMENT**
- located on the Airport Rd (4 Plex)
  - 1st & Last Months Damage Deposit required

Call 969-1315

**FOR SALE**

- WATERFRONT LOT**
- located on Cedar Glen Rd.
  - Nice area

For more information contact  
Sam Maracle at 962-2439

**FOR RENT**

- 3 BEDROOM TRAILER**
- located at # 77 Slash rd.
  - fridge & stove included
  - washer & dryer included
  - newly decorated

Please call Bob or Jean  
at 396-3708

**HOUSE FOR SALE**

- 3 BEDROOM HOUSE WITH SMALL BARN
- 2 level frame
- no major expenditures required to move in
- new windows, furnace & water Tank
- gas & wood heat
- town water
- 100 amp. Service
- lot size is 1.42 acres with 156' Of frontage on Hwy # 2
- located on north side of hwy # 2 Adjacent to the town of Deseronto Boundry
- option to purchase additional acres
- asking \$78,000.00

Contact: Sharon or Richard Maracle  
At 396-1879

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- PCS CELLULAR PHONE**
- includes voice mail
  - includes call waiting
  - includes billing by the second
  - used only 102 minutes!

Call: Deb at 968-2727

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- Before and after school daycare available beginning September 1999.
- Healthy breakfast and afternoon snack provided
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Shari Maracle: 396-3077

**BABYSITTER  
WANTED**

- for a nine year old boy
- needed for shift work
- ( days, evenings & nights )
- must be available for Weekends as well

Please Contact: 396-3495 or  
967-2265 and leave your name  
& phone-number

**FOR SALE**

- BUILDING LOT**
- 150 ' X (negotiated depth)
  - located 1 klm east of the community centre
  - south side of road
  - across from the ball field
  - property has been checked for water and has been found

CALL DON BRANT: 396-2424  
for more Information

**FOR RENT**

- COTTAGE**
- 2 Bedroom
  - insulated all year round
  - located on Gordons Point
  - available Immediately!

Please call: 962-1992 after 6 p.m

**FOR RENT**

- 700 FT RETAIL OR OFFICE SPACE
- located on the corner of Hwy 49 and Slash Rd.
- front of K.C. Builders Building
- includes heat, hydro, carpet floor, bathroom and alarm system

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**\* LOST \***

- 1 AUTO FOCUS CAMERA**
- Lost at this years PowWow
  - For Sentimental reasons I wish the return of this camera and film
  - A REWARD WILL BE GIVEN for its return

Please Call: 396-3441

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*Make your own Soup!  
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Call: Glenn Hill 962-5470

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of reproduction.  
Please deliver originals  
rather than faxes or  
photo copies.  
Originals can be returned  
on request.  
Nia:wen**

**Deadline is  
FRIDAY, SEPT. 24  
at Noon  
396-3424**



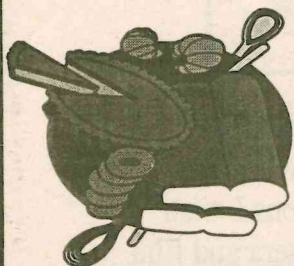
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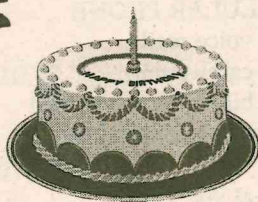
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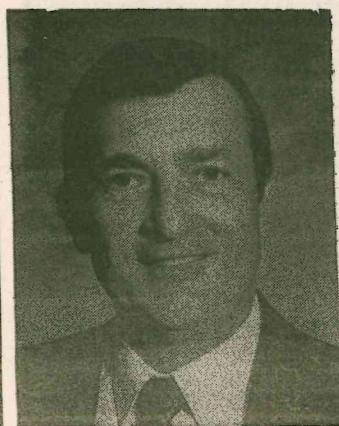
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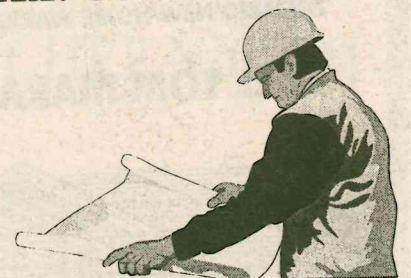
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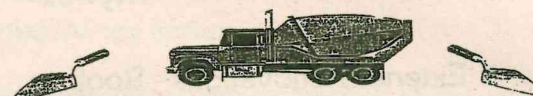
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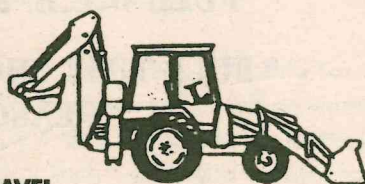


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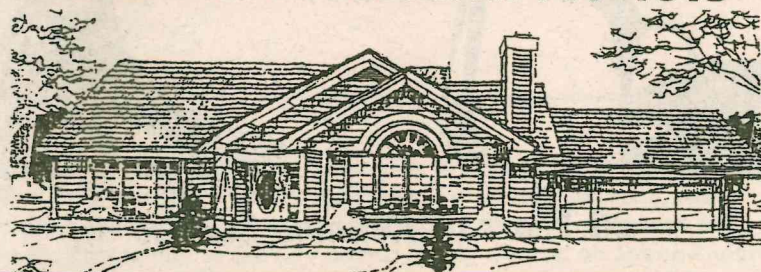
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