

# TYENDINAGA



MARACLE VANDERVLAK

## NEWSLETTER

### CHRISTMAS EDITION

/90



MEMORANDUM

TO: ALL TYENDINAGA COMMUNITY BUSINESSES

FROM: Sandra Green (Tyendinaga Newsletter)

\*\*\*\*\*

The Tyendinaga newsletter is looking for Local Community businesses to place advertisements in our upcoming issues. It would be in your best interest and could bring you some valuable customers. We now have 600 copies of our newsletter in circulation and it continues to grow. I do realize that in the past that ads were placed in the newsletter free of charge but please remember that there are costs involved to produce the newsletter. This is why I am asking you for your support. A small fee will be charged for ads but you will have a choice at how much you want to spend.

The Suggested advertising rates are:

SMALL 1/4 Page Advertisements - \$5.00

MEDIUM 1/2 Page Advertisements - \$10.00

LARGE FULL Page Advertisements - \$15.00

PLEASE NOTE that all advertisements will be placed in two issues per month of our newsletter. Also they will only be seen in newsletters marked with an issue number. They will not be seen in News releases or Special Editions.

I do hope you will consider placing an advertisement in the Tyendinaga Newsletter because you will benefit and your community will benefit too.

YOURS TRULY

Sandra Green



*SEASON'S GREETINGS*

*FROM*

*THE*

*CHIEF AND COUNCIL*

*AND*

*BEST WISHES*

*TO*

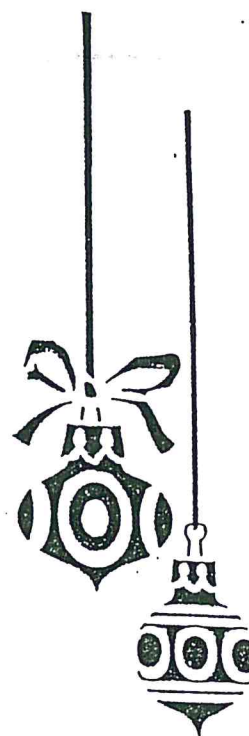
*YOU AND YOURS*

*FOR*

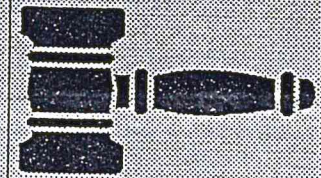
*A*

*HAPPY HOLIDAY*

*SEASON*



# COUNCIL CORNER



Here are some upcoming Chiefs of Ontario Meetings:

At the REGIONAL LEVEL:

**JANUARY 1991:**

9 - 10

South East Regional Chiefs Meeting, Barrie  
Ontario

14 - 16

Economic Development  
Conference, Dryden Ontario

30

Homemakers Steering Committee Meeting  
with  
O.I.S.S.C. & ONWA

At the NATIONAL LEVEL:

**JANUARY 1991:**

20 - 23

Aboriginal & Literacy Language Conference  
Ottawa, Ontario

20 - 22

Second Canadian Conference on Aids &  
Related Issues in the Aboriginal Community  
Vancouver B. C.

## ***SPECIAL NOTE***

This year the mortgage incentive  
program was a success. Council has  
renewed this program for 1991.



**G. S. T.**

## **INFORMATION**

The following pages represent the latest information on the G. S. T. and how it affects you and our community. Please take time to read this information. Should you have any questions, please feel free to contact our office manager.

KEN CROWE  
Mohawk Administration Office  
R.R.# 1  
Deseronto, Ontario  
K0K 1X0

(613) 396-3424



Minister of Finance



Ministre des Finances

NOV 28 1990

Mr. Georges Erasmus  
National Chief  
Assembly of First Nations  
47 Clarence Street, Suite 300  
Ottawa, Ontario  
K1N 9K1

Dear Mr. Erasmus:

Further to our recent meeting, I am writing in regard to the proposed Goods and Services Tax (GST) and its application to Indian people and businesses. As you know, over the last year we have had discussions with various Indian groups and met with representatives of the Assembly of First Nations on several occasions. Based on these discussions, broad policy guidelines for the treatment of Indian purchases under the GST have been developed.

I would like to thank you and the Assembly of First Nations, as well as the other groups who met with my officials and the many others who wrote to me to express their views on this important subject.

The policy guidelines ensure that for purposes of the GST, Indian purchases are treated in a manner consistent with the Indian Act. As you know, that Act exempts from taxation the personal property of an Indian or Indian band situated on a reserve, as well as their interests in reserve or designated lands. At the outset, I would note with respect to services, we have adopted a fairly broad approach in this relatively new area of sales taxation. The policy guidelines are as follows:

.../2



- . On-reserve purchases of goods by Indian individuals and by Indian bands will not be subject to GST. This treatment will be extended to off-reserve purchases of goods which are delivered to the reserve by the vendor or his agent.
- . On-reserve purchases of services, where the benefit is primarily realized on-reserve (for example, small engine repairs) will not be subject to GST.
- . Off-reserve purchases of services such as legal or accounting services which are purchased by an Indian band in respect of band management, or are purchased in respect of real property located on-reserve, will not be subject to GST.
- . Unincorporated Indian-owned businesses may purchase on the same tax-free basis as Indian individuals as they are eligible for the exemption pursuant to Section 87 of the Indian Act. In addition, for purchases of inputs on which tax is paid (e.g. off-reserve purchases), they will be able to claim input tax credits in the same manner as incorporated businesses.
- . Incorporated Indian-owned businesses will be treated the same as non-Indian businesses; tax will be paid on their purchases and input tax credits may be claimed subject to the provisions of the legislation.

As you know, these policy guidelines parallel the draft guidelines our officials discussed earlier this summer. However, in light of your representations regarding band-empowered entities and similar concerns expressed by other Indian groups, I am prepared to add the following provisions to the guidelines:

- . Band-empowered schools, hospitals and social service entities on-reserve will purchase on the same tax-free basis as an Indian band.
- . Band funding of Indian non-profit organizations will be considered equivalent to government funding for purposes of establishing eligibility for the 50% rebate of tax paid to qualifying non-profit organizations under section 259 of the GST legislation.



In addition to the special exemptions from GST which are provided pursuant to the Indian Act, Indian people will also be eligible for the GST Credit; a refundable sales tax credit that will be paid quarterly, in advance, to all eligible Canadians. An important objective of sales tax reform has been to improve the fairness of the tax system and the refundable GST Credit is key to this objective. The basic Credit for each eligible adult will be \$190 per year. Single adults, including single parents, will be eligible for an additional credit of up to \$100, to a maximum of \$290. An additional GST Credit of \$100 per child will also be available, and single parents will be entitled to a full adult Credit of \$190 for one dependent child. Overall, families earning less than \$30,000 per year will be better off once the GST is in place. As we discussed at our meeting, we would appreciate your assistance in exploring ways of ensuring that the full benefits of the GST Credit are realized by Indian people.

I believe the above exemption provisions constitute a policy consistent with the historical Indian exemption as expressed in the Indian Act. There will, of course, be borderline cases, particularly in the area of services. Revenue Canada will be establishing a working group on which my officials will participate, to consider issues arising from the technical application of the policy guidelines. Further discussion with your officials would be most helpful. Revenue Canada will then issue interpretation bulletins explaining the administrative application of the tax as required.

Finally, I would like to underline the willingness I expressed at our recent meeting to review Indian taxation matters in general. To begin this review, I will be seeking broadly based input to assist in identifying critical issues for discussion and options for addressing those issues, as well as to develop the appropriate means of ensuring continued discussion with Indian groups across the country. I believe it is in all our interests to keep the lines of communication open and to continue to discuss ways in which our views on the scope of that immunity can be reconciled. I hope, in the near future, we can come to a mutual understanding on a tax regime that is efficient and fair to the Indian community, particularly in the context of self-government.



4

For your information and comments, I have attached a draft of the press release we intend to issue to explain the GST guidelines and to announce our interest in undertaking a review of Indian taxation in general. The press release will be sent to all chiefs across the country and to other interested individuals and organizations. In addition, I will be writing a letter outlining the GST policy to other Indian leaders with whom my officials met last fall. Finally, we will be producing a brochure to explain the guidelines in a manner suitable for general distribution in the next few weeks. Again, thank you for your contribution to this process and I look forward to hearing from you very soon.

Yours sincerely,



Michael H. Wilson

Attachment

c.c.: The Honourable Thomas Siddon, P.C., M.P.



DRAFT

Immediate release

Ottawa,

GUIDELINES ANNOUNCED ON INDIAN PURCHASES AND THE GST

The Honourable Michael Wilson, Minister of Finance, today announced policy guidelines concerning the treatment of Indian purchases under the proposed Goods and Services Tax (GST).

Indian purchases under the GST will be fully consistent with the Indian Act, which exempts from tax the personal property of an Indian or band situated on a reserve and their interests in reserve or designated lands. The policy guidelines are as follows:

- . GST will not apply to on-reserve purchases of goods by Indians and bands, or to off-reserve purchases of goods delivered to the reserve by vendors or their agents.
- . GST will not apply to services purchased on-reserve by Indians, such as small engine repairs, where the benefit will be realized primarily on-reserve.
- . GST will not apply to services such as legal or accounting services, when purchased by an Indian band for band management, or in connection with real property located on-reserve.

- 2 -

- . Unincorporated Indian-owned businesses may purchase on the same tax-free basis as Indian individuals since they qualify for the exemption under Section 87 of the Indian Act. And similar to other businesses, they may also claim input tax credits for purchases on which they pay GST -- for example, off-reserve purchases.
- . Incorporated Indian-owned businesses will be treated the same as other businesses -- GST will be paid on their purchases and input tax credits claimed subject to the provisions of the legislation..
- . Band-empowered schools, hospitals and social service entities on-reserve will purchase on the same tax-free basis as an Indian band.
- . To qualify for the 50 per cent GST rebate to non-profit organizations, band funding of Indian non-profit organizations will be considered equivalent to government funding.

Issues arising from the technical application of the policy guidelines will be reviewed by a Revenue Canada and Finance working group which will seek input from Indian representatives. Revenue Canada will issue interpretation bulletins explaining the administrative application of the tax, as required.

In addition to these special exemptions, Mr. Wilson noted that Indians will also be eligible for the GST Credit which will be paid quarterly and in advance to Canadians with incomes under \$30,000 a year. "An important objective of sales tax reform is to improve fairness in the tax system and the refundable GST Credit is key to this objective. My officials will be working with Indian representatives to ensure that Indian people receive the full benefits of the GST Credit available to them."



- 3 -

The Minister also announced that the government will review Indian taxation in general, including personal and corporate income taxation. This review is without prejudice to aboriginal and treaty rights. "The government recognizes the need to take a serious look at Indian taxation, particularly in the context of Indian self-government. We are open to discussion of the many issues surrounding Indian taxation and will be seeking input from Indian leaders over the coming weeks on this important initiative," Mr. Wilson said.



**MOHAWKS OF THE BAY OF QUINTE**  
**TYENDINAGA MOHAWK TERRITORY**  
R.R.1, Deseronto, Ontario K0K 1X0  
Tel: (613) 396-3424

Chronological No.: 61

File Reference

**FIRST NATION COUNCIL RESOLUTION**

**NOTE:** The words "From our First Nations Funds," "Capital" or "Revenue", which ever is the case, must appear in all resolutions requesting expenditures from First Nations Funds.

THE COUNCIL OF THE MOHAWKS OF THE BAY OF QUINTE

AGENCY  
DISTRICT SOUTHERN DISTRICT BRANTFORD

PROVINCE  
ONTARIO

PLACE  
TYENDINAGA MOHAWK TERRITORY No. 38

DATE 05 December AD 19 90  
DATE MONTH YEAR

Current Capital Balance \$ \_\_\_\_\_

Committed \$ \_\_\_\_\_

Current Revenue Balance \$ \_\_\_\_\_

Committed \$ \_\_\_\_\_

DO HEREBY RESOLVE: Moved By: Elton A. Brant, Seconded By: Douglas E. Maracle

WHEREAS the Tyendinaga Mohawk Nation is immune from taxation of any nature and such immunity flows from inherent and treaty rights;

AND WHEREAS inherent and treaty rights are recognized and protected by Section 35 of the Constitution Act 1982;

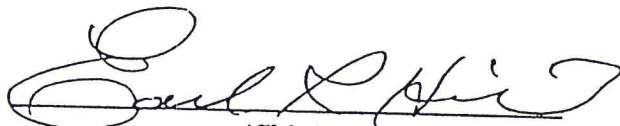
THEREFORE BE IT RESOLVED that these rights and all tax immunity take precedence over conflicting federal or provincial tax legislation;


AND FURTHER BE IT RESOLVED that the Federal Government cease and desist from implementing any form of taxation that further impinges upon these rights.

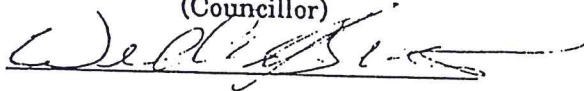
CARRIED.


A quorum for this First Nations  
consists of


Council Members

  
(Chief)

  
(Councillor)

  
(Councillor)

  
(Councillor)

  
(Councillor)



---

## ATTENTION

PLEASE NOTE that the Tyendinaga Mohawk Council is not responsible for damage or personal injury should vehicles be parked on any roads subject to snowplowing, other cleaning or maintenance.

THANK YOU !

---

## APOLOGIES

Please except our sincerest apologies regarding the advertisement for 3 Noon Hour Supervisors (Newsletter Marked NOVEMBER 1990.)

Under Duties and Qualifications the areas to be monitored should be hall areas, washrooms,... and not hotel areas as previously advertised.

We are sorry for any inconvenience this has caused anyone.

Tyendinaga Administration Office

---

### PLACEMENT PROGRAM FOR NATIVE INMATES

This program is to integrate the inmates back into our society as many Halfway houses are full and geared towards non-natives.

Only two parent families will be considered and families would be compensated \$18.00 to \$22.00 per day by Corrections Canada.

We hope the establishment of such a program would assist the inmates by providing the candidate with social and spiritual guidance. We are also asked to entertain the thought of providing accommodation for the child of a single parent who has been separated from the parent.

If you are interested in this program and would like more information please contact:

The Mohawk Administration Office  
R.R. # 1  
Deseronto, Ontario  
(613-396-3424)

NOV 23 1990

DEAR Chief AND BAND MEMBERS,

DURING the SUMMER AND the MOHAWK CRISIS  
YOUR Band supported KANEHSATAKE AND KAHNAWAKE  
in thier struggle to keep thier LAND.

ONCE AGAIN I am going to ASK you to  
Support the MOHAWKS, This time in thier legal  
battle. AT LEAST ONE MILLION DOLLARS will be spent  
before ALL THE CASES FINISH IN COURT.

I am ASKING you to HAVE A DANCE, A  
DINNER OR A BINGO, Anything that would suit your  
BAND to raise FUNDS for defense.

I am PERSONALLY ASKING you because my  
SON is ONE OF THE FOUR MEN refused bail and still  
in CUSTODY. IT SEEMS to me That they ARE being  
held POLITICAL PRISONERS in thier OWN COUNTRY,  
because of the statement the JUDGE made when  
he refused them bail. He said "This is KNOWN  
INTERNATIONALLY, what would CANADA'S JUDICIAL  
SYSTEM look like if I released them?"

About one hundred people have been  
arrested already, and The S.O. have A list of  
Seven hundred names of men wanted.

your DONATION would be GREATLY APPRECIATED

Thanking you IN ADVANCE

Ann Marie Cross mother of RONALD (LASAGNA)  
CROSS

DONATIONS may be sent to: LIBERATION OF THE MOHAWK  
NATION

P.O. Box 389

KAHNAWAKE, QUE

JOL 1 B0

Checks made out to: LIBERATION OF THE MOHAWK  
NATION

ACCOUNT NO# 80186

TMC  
11/11/90



To: Tyendinaga First Nation

From: Paul Green

Chief and Council in a recent meeting passed a motion to establish a portfolio for Language and Culture. The status of our language and cultural base is very near to non-existence. We must act quickly to reverse this trend and to re-establish our roots.

To this end, Chief and Council have further agreed to establish a community committee of 5 members to direct us in regards to these issues.

The framework of the committee will be around bill C-269 as yet not passed. A documented study entitled "Towards Linguistic Justice For First Nations" will give excellent insight into how other cultures have reclaimed their language. I will represent Council on the committee and welcome participation from anyone, in particular the elders and our language teachers.

In order to be strong into the future and build a better community we need to build on something. The past is the key. It is more difficult to know where to go if you don't know where you came from. It is important that we move while the elders who remember the language and culture are still with us.

I think it was best put by the Linguistic's Justice report which stated quote:

This report is dedicated to our elders and our language teachers  
"The Keepers of Our Culture",  
Their commitment and dedication has protected  
the heart and soul of who we are as people.

Unquote.

Application can be made by calling or visiting the Administration Office.

# A.I.D.S.

---

## - and the Native Population

Catherine R. Bruyere, Native and Northern A.I.D.S. Education Program Coordinator, Federal Centre for A.I.D.S., Health Protection Branch, Health and Welfare Canada, Ottawa.

As of August 8, 1989, there have been 2,867 reported cases of A.I.D.S. in Canada. A total of 1,644 deaths (57.3%) have been reported amongst those diagnosed with A.I.D.S.

A.I.D.S. stands for Acquired Immunodeficiency Syndrome. It is a serious life-threatening disease which attacks the body's immune system and impairs its ability to fight off infection. A.I.D.S. is caused by the Human Immunodeficiency Virus (HIV) which enters the body through infected body fluids and blood.

There was a time when, we as native people, believed that A.I.D.S. was a "gay", "white", "urban" disease. This myth has quickly been shattered. At the beginning of August 1989, there have been 15 reported cases of A.I.D.S. amongst the native population (Indian/Metis/Inuit) of Canada. It has taken the presence of the disease amongst our people to shake us out of our complacency. We now know that A.I.D.S. is an equal opportunity disease. A disease which pays no heed to age, residency, race or sexual orientation.

Although the number of native A.I.D.S. cases may appear low in comparison to the total number of cases in Canada, it must be recognized that for every confirmed A.I.D.S. case another 50 to 100 people may be infected with the virus and not know it. While these people show no outward symptoms of A.I.D.S.,

they are carriers of the virus and can pass it on to others if they engage in such high risk behaviours as unprotected intimate sex and needle sharing.

Because the virus is found in the vaginal fluids and semen of infected persons, A.I.D.S. is classified as a Sexually Transmitted Disease (S.T.D.). High rates of S.T.D.'s in some native communities indicate that A.I.D.S. poses a serious threat to the health and well-being of many of our communities.

High risk homosexual/bisexual activity (Unprotected Anal Intercourse) accounts for the majority of native A.I.D.S. cases in Canada. Efforts to focus A.I.D.S. education and prevention efforts on reducing this high risk behaviour has met with resistance. Many people feel uncomfortable discussing sex. Others choose to deny the presence of high risk homosexual/bisexual behaviour within the native community preferring instead to believe that "our people don't do those sorts of things". Others tend to blame the homosexual/bisexual community for the spread of A.I.D.S. and fail to recognize that it is the practice of unprotected anal sex which puts people at risk, not their sexual orientation. As long as high risk homosexual and bisexual activity is denied — this source of infection will be ignored. Education efforts aimed at reducing this high risk activity will not be developed and as a result, the lives



TO: ALL COMMUNITY MEMBERS

FROM: PAUL GREEN ( COUNCILLOR )

\*\*\*\*\*

I would like to take this opportunity to thank the individuals of the Recreation Committee for bringing DE-BA-JEH-MU-JIG (The Story Tellers) theatre group to Quinte Mohawk School. Their evening performance was professional and the story moving. The presentation entitled First Love carried a deep message in regards to alcohol and drug addiction from a native perspective.

In my first year as a councillor many of my conversations and discussions with members of all ages in the community have come around to cultural based activities. It is undervalued and limited in talented and qualified people in the performing arts, language instruction and cultural based programs. This is why it was with great dismay and embarrassment I informed the theatre group they need not perform due to the extremely low turnout. Only 25 people showed up a full half not from this community to witness a very talented and rare group of people. In the spirit of pride and professionalism they performed anyway.

I realize that the Recreation Committee way have been lax in only giving one weeks notice. I further realize that this is a busy time of year for many with office parties and Christmas so close however you should understand that this group is small, underfunded, very talented and very rare. If our community is indicative of the commitment to culturally based performers they will become even scarcer. The loss is ours.

It is the intention of the Recreation Committee to bring them back in 91 to perform On The Rock. This is the story of a young warriors perspective set in the past, present and future. I ask that you attend not only to support the recreation committee but to support a group that is working to tear down the myths and stereotyping surrounding native people and at the same time promoting awareness of native culture and values.



of our families, friends and neighbours will be at risk.

Because A.I.D.S. is a blood-borne disease, needle sharing amongst injection drug users is a major cause of HIV infection in the drug using population. Many native people, including some native addiction workers, believe injection drug use is not a serious problem amongst our people. They operate under the assumption that "our people don't use needles". In fact, this assumption is false. At least one of the native A.I.D.S. cases in Canada was caused by injection drug use. Further, many urban street workers identify injection drug use amongst native street youth as a cause of serious concern. As native street youth gain access to talwin and ritalin, injection drug use amongst our people increases and so does the potential for the spread of H.I.V. infection.

While needle sharing continues to be the major source of the spread of A.I.D.S. in drug users, injection drug users infected with the virus can pass it on to their sex partners. In the United States, unprotected sex between injection drug users and their sexual partners has been identified as the major means by which the virus is entering the heterosexual population.

In the absence of any known cure for A.I.D.S., education remains the key to A.I.D.S. prevention. Misconceptions about how H.I.V. is spread and the general lack of culturally appropriate A.I.D.S. information has meant that the native community has been slow to respond to the A.I.D.S. threat. Recently, many of our communities have begun initiating measures designed to protect our people from the disease.

In March, the National Aboriginal Organizations and the Federal Centre for A.I.D.S., Health Protection Branch, Health and Welfare Canada, established a Joint National Committee on Aboriginal A.I.D.S. Education and Prevention. The Committee has been mandated with developing a draft Aboriginal A.I.D.S. Education and Prevention Strategy for con-

sideration by the Aboriginal Organizations and the Federal Government. The Joint National Committee has initiated a "call for papers" aimed at soliciting community input into the development of the strategy which is due for release in December 1989. Pending completion of its final report, the Joint National Committee has tabled an interim report. This report is available from both the Federal Centre for A.I.D.S. and the National Aboriginal Organizations.

In April of this year, the "first Canadian conference on A.I.D.S. and related issues in the native population" was held in Vancouver. This conference focused native attention on the A.I.D.S. issue and highlighted the potentially destructive effect A.I.D.S. could have on the native community. Native specific A.I.D.S. resources are being developed for use in native communities. Southern Ontario Zone, Medical

Services Branch, in conjunction with several Southern Ontario First Nations, have developed a series of A.I.D.S. posters targeted to the native population. In addition, a series of posters have been produced by the B.C. Native A.I.D.S. Awareness Project. A native A.I.D.S. video is being planned for release next year.

The Association of Iroquois and Allied Indians in Southern Ontario has held a series of workshops on A.I.D.S. at both the reserve level and with Ontario Native Organizations.

One of the first urban native health programs in Canada, Anishinabe Health in Toronto, has an A.I.D.S. worker on staff and is doing A.I.D.S. education amongst Toronto's urban native population.

These and other education efforts show that many Native Organizations see A.I.D.S. as a serious threat to the health and well-being of the native community and are committed to protecting their members and nations from the devastating affects of the disease. In the face of wide-spread misconceptions about the disease, their efforts stand as examples to us all.

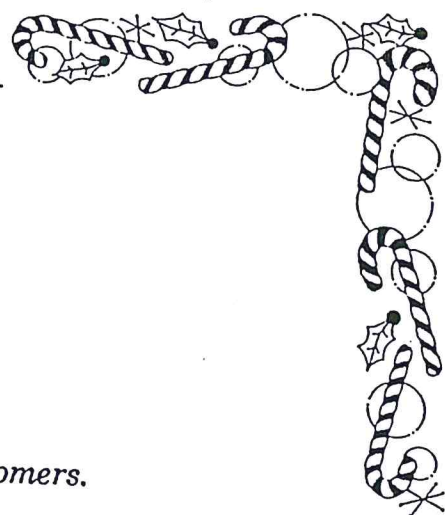


*Willard, Eleanor Hill  
and Family*

*would like to extend a*

**MERRY CHRISTMAS  
AND A VERY  
HAPPY NEW YEAR**

*to all our friends, neighbours and customers.*





# DRINKING AND DRIVING

## DON'T MIX

Drinking and Driving do not mix. This is a well known fact. What is less well known is that it is not necessary to be drunk or to have taken several drinks to commit a drinking and driving offence under the criminal code. If you are over .08 or if your ability to drive is impaired, and you have the care and control of a motor vehicle, you can be convicted of a drinking and driving crime regardless of whether the vehicle was in motion or not.

So this HOLIDAY SEASON please read the facts before you decide to drink and drive.

A Message brought to you by The Department of Justice Canada and your COMMUNITY HEALTH REPRESENTATIVES.

Summary of Drinking and Driving Offences and Penalties under the Criminal Code					
OFFENCES			PENALTIES		
<ul style="list-style-type: none"><li>■ Impaired Driving</li><li>■ BAC over .08</li><li>■ Refuse a Breath sample</li><li>■ Refuse a Blood sample</li></ul>	First Offence		Prohibition From Driving	Fine	Imprisonment
		Summary Conviction*	3 months to 3 years	\$300 to \$2,000	0 to 6 months
		Indictment*	3 months to 3 years	\$300 to unlimited	0 to 5 years
	Second Offence	Summary Conviction	6 months to 3 years	\$300 to \$2,000	14 days to 6 months
		Indictment	6 months to 3 years	\$300 to unlimited	14 days to 5 years
	Subsequent Offences	Summary Conviction*	1 year to 3 years	\$300 to \$2,000	90 days to 6 months
		Indictment	1 year to 3 years	\$300 to unlimited	90 days to 5 years
	■ Impaired Driving Causing Bodily Harm		Indictment	Maximum 10 years	Unlimited
■ Impaired Driving Causing Death		Indictment	Maximum 10 years	Unlimited	Maximum 14 years
*Summary conviction* and *Indictment* refer to the classification of the crimes in the Criminal Code. The differences lie in the court procedures and the penalties.					

\*Summary conviction\* and \*Indictment\* refer to the classification of the crimes in the Criminal Code. The differences lie in the court procedures and the penalties.

Canada

FOR SALE

Child Size 12, one piece snowsuit

- front zipper
- Navy colour

- elastic waist
- brand new and never worn

asking \$24.00

please call after 4:30

968-5976

ARE YOU BUYING NEW SHOES  
FOR YOUR CHRISTMAS OR NEW YEARS  
PARTY?

Here are some facts you should  
know before making that  
purchase.

The foot is a structural  
marvel, consisting of some 28  
bones laced together with  
layers of ligaments, tendons,  
and muscles. It is built to  
adapt to any kind of terrain as  
you walk and to absorb shock  
years and years of cumulative  
pounding. The average person  
takes 5,000 to 10,000 steps a  
day, mostly on hard surfaces:  
over a lifetime, that's equal  
to several hikes around the  
earth. The impact of each step  
you take exerts a force about  
50% greater than your body  
weight upon your feet. Running  
or jumping more than triples  
this impact. It's no wonder  
that three out of five adults  
have painful feet, and think  
that this is normal, according  
to a Gallop survey. Many  
common foot problems develop as  
a result of foot abnormalities  
that are often inherited.  
Medical conditions such as  
obesity, poor circulation,  
arthritis, and diabetes can  
cause or intensify foot  
disorders. In addition, foot  
problems may be aggravated by  
ill fitting shoes, socks, and  
stockings.

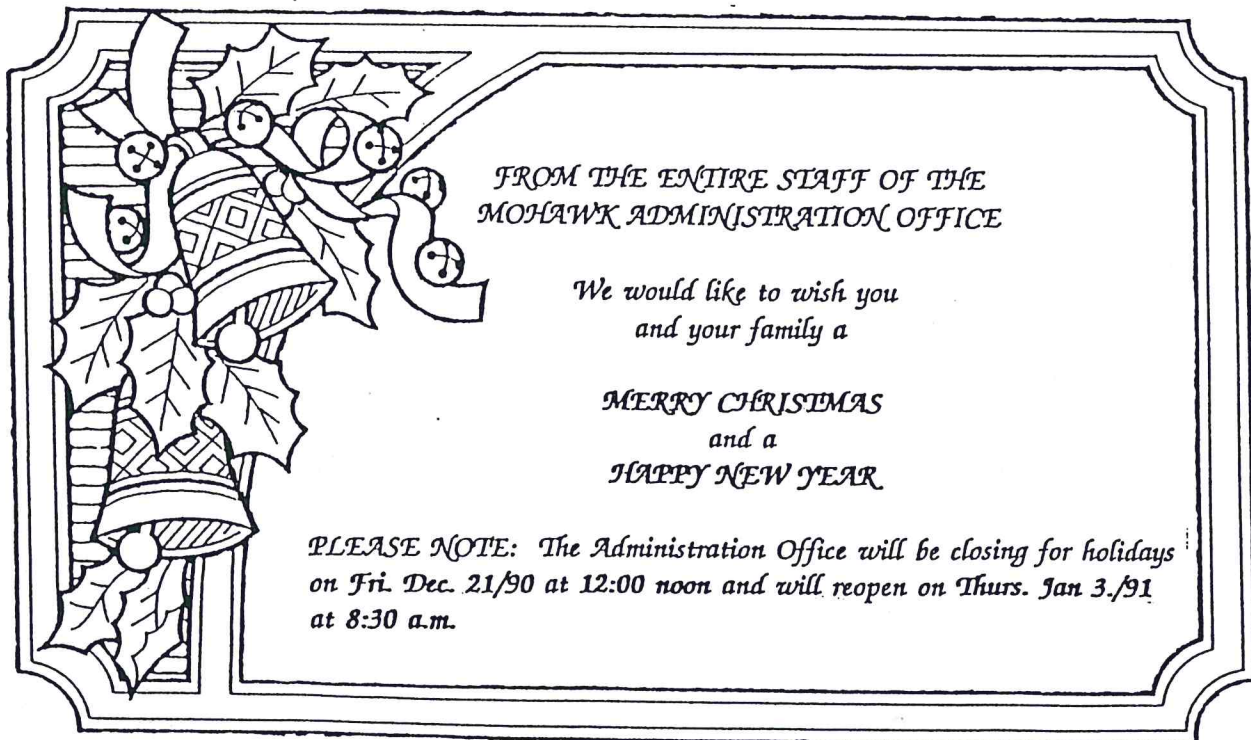
### At the shoe store

Poorly fitting shoes cause at least half of all foot problems.  
So your first line of defense is to buy the right shoes. Here are  
some shopping tips:

- Always have your feet measured, since their size may have changed if you've gained or lost weight or started exercising more. Put your full weight on the foot as it's being measured. Everybody has one foot that's larger than the other; choose the size that fits the larger foot.
- Feet expand during the course of the day (because of friction, heat, and use), so go to the shoe store midday or later—not in the morning—when they'll be their "true" size.
- Make sure that the area of the metatarsal joint (the widest part of your foot) fits comfortably in the widest part of the shoe. Allow at least half an inch of space between the tip of your big toe and the end of the shoe. Make sure the shoe bends where your foot bends.
- Never buy uncomfortable shoes with the idea of breaking them in: the shoes won't change, but your feet may, and for the worse. If your shoes hurt, throw them out.
- Don't wear socks and stockings that constrict your feet or bunch up.
- Make sure your shoes fit your life-style. If you stand up for hours every day, you need supportive shoes. If you jog or walk for exercise, you need well-cushioned athletic shoes.
- Avoid high heels. If you wear them, save them for special occasions or times when you're sitting a lot. High heels, it's worth remembering, were first popularized in the early 1500s by Catherine de Medici, an Italian princess who married the king of France. Unlike most modern women, Catherine had a squadron of servants to look after her.

Wellness Letter, December 1990

A MESSAGE FROM YOUR  
COMMUNITY HEALTH REPRESENTATIVES





# Thinking of a "NEW YEARS RESOLUTION" ?

## MEDIA WATCH

### Women's magazines: whose side are they on?

More and more Americans are giving up cigarettes or—better—never starting to smoke. But one group of smokers is as populous as ever: young women in their teens and early twenties. Smoking really does affect women in many more ways than men, putting them at risk for invasive cervical cancer, miscarriages, early menopause, and osteoporosis, among other disorders. Every year since 1985, at least 126,000 American women have died from the effects of smoking—and these deaths are preventable. Is there some reason young women aren't getting the message?

Maybe they read too many women's magazines. Many of these publications, such as *Mademoiselle*, *Self*, and *Cosmopolitan*, are filled with ads that glamorize tobacco use—make it look smart, elegant, and sexy. These ads are often placed right next to articles on health and exercise, featuring models that look just like the women in the ads. Yet if women rely on these magazines as their sole source of health information, they might never know that smoking is harmful.

A study by Lauren Kessler of the University of Oregon, published last year in *Journalism Quarterly*, surveyed six large-circulation women's magazines that also regularly report on women's health issues: *Cosmopolitan*, *Good Housekeeping*, *Mademoiselle*, *McCall's*, *Woman's Day*, and *Ms.* (*Ms.* has recently been redesigned to carry no ads, so the Kessler findings apply only to the old magazine.) All these magazines except *Good Housekeeping* ran cigarette ads. In the five years from 1983 to 1987, not one of them published any full-length feature, column, review, or editorial on any aspect of the dangers of smoking. During this same five-year period, lung cancer surpassed breast cancer as the number-one cancer killer of women: not one of these magazines mentioned it. (Kessler found 34 articles about breast cancer, which is unrelated to smoking, but none on lung cancer.) Three of the magazines occasionally published a 50-to-100-word news brief on the subject of smoking, but never referred to lung cancer, heart disease, or the risks of smoking while pregnant. Instead they ran articles on such exotic conditions as narcolepsy, Guillain-Barré syndrome, rabies, and sleepwalking. *Cosmopolitan* and *McCall's* actually published short items associating smoking positively with weight control.

Can running cigarette ads really influence magazine editorial content to such a degree? In the premier issue of the new ad-free *Ms.* (July/August, 1990), Gloria Steinem details her "unsentimental education in the seamy underside of publishing," trying to sell ads for the old *Ms.* Though the editorial content of any magazine is heavily influenced by its ads, women's magazines, more than most others, are traditionally catalogues, according to Steinem. What seems to be legitimate editorial copy is often ad-related; articles on health and beauty, as well as fashion shots and photo credits, promote specific products. Of course, ciga-

rette advertisers don't require editors to promote cigarettes by name or publish photos of women smoking; but they do cancel ads if editors insist on detailing the health hazards of smoking. As Steinem writes, "by the time statistics in the late 1980s showed that women's rate of lung cancer was approaching men's, the necessity of taking cigarette ads had become a kind of prison."

Complicating matters is the fact that the big tobacco companies are now conglomerates, so that such major advertisers as Nabisco and General Foods are now owned by tobacco companies. Thus revenues from food as well as cigarette ads are now at stake when editors don't toe the line. For other reasons, too, it's hard to be a crusader when it comes to women's health issues. What about magazines like *Good Housekeeping* that don't publish cigarette ads? Why don't they tell women not to smoke? According to Kessler, editors practice self-censorship. The health editor of *Good Housekeeping* reported that articles she proposed on the risks of smoking were "cut down time and time again by people who make the big decisions.... We don't want to offend anyone." As Steinem writes, "when editors do include articles on less-than-cheerful subjects (for instance domestic violence), they tend to keep them short and unillustrated. The point is to be 'upbeat.'"

Maybe things will start to look up in the 1990s. An informal survey by *Wellness Letter* editors of 34 recent issues of *Cosmopolitan*, *Self*, and *Vogue* actually turned up one article on the hazards of smoking. It appeared in *Vogue*, despite the ads. "Smoking is a health risk for women, and we have to report on it," says *Vogue* health-and-fitness editor Margaretta Northrop. When the editors plan an anti-smoking piece, advertisers are given advance notice and the option to cancel. *Cosmopolitan*, however, still runs articles on cancer prevention that don't even mention smoking. *Self*, billing itself as a magazine whose readers understand their body's "systems and cycles," has never once mentioned that smokers who take the Pill are at greatly increased risk for cardiovascular disease, let alone that they might be courting cancer and osteoporosis. *Self* even runs cigarette ads with coupons for free packs. But *Seventeen* and *Sassy* do tell their readers not to smoke, and they don't run cigarette ads. *Ms.* is now free to report accurately on women's health.

One reason women start smoking and don't stop is that ads relentlessly sell cigarettes as part of a healthy, carefree, active life—in the very magazines that position themselves as the friends and advocates of women. According to Dr. Ezra Davidson, president of the American College of Obstetricians and Gynecologists, "The refusal of many women's magazines to publish articles on the health risks of smoking to protect the interests of their advertisers is disgraceful."





## FARM WELDING COURSE

### WHAT & WHERE

Bayside Secondary School on Hwy.#2 at Bayside is offering a very special adult Farm Welding Course. It's a great chance to gain valuable practical welding skills and knowledge and get two credits towards a Secondary School Diploma. You may also be eligible for twelve additional credits allowed for your life experiences.

### WHY

Today's high cost farm equipment with specialized metal need knowledge and skill to produce safe economical, quick repairs. Reducing the direct cost of equipment replacement is important but it's down time at peak demand times that's the real problem. We'll cover weld skill development to Canadian Welding Bureau standards, equipment repair and fabrication techniques. The course evaluation will be highly practical using your own repair jobs and projects. Learn to use oxy-acetylene equipment to weld, braze, and cut. Electric arc (3 types, stick, mig, tig) to join the following metal types: mild steel, high carbon steel, cast steel, cast iron, stainless steel, aluminum, magnesium and copper.

### WHEN

Daily Monday to Friday, 10:15 to 12:45, February through April.

### COST

A modest shop fee of \$40.00 will be charged to offset consumable equipment costs. Farmers please bring coveralls.

### TO REGISTER

#### LIMITED TO 20 FARMERS

Participants will be accepted on a first come, first serve basis; therefore please return the registration form with your shop fee. Make cheques payable to 'Bayside Secondary School' and return to:

Bayside Secondary School (966-2922)  
'Farm Welding'  
Postal Bag 6500  
Belleville, Ontario  
K8N 5M6

---

#### FARM WELDING

Name \_\_\_\_\_ Phone # \_\_\_\_\_

Address \_\_\_\_\_

Type of Farm \_\_\_\_\_





# NIGHT SCHOOL

## JOIN THE NIGHT LIFE AND . . .

- . LEARN A NEW SKILL
- . ENJOY A NEW HOBBY
- . MEET NEW FRIENDS

REGISTER on Thursday, January 10, 1991 at the Mohawk Administration Office, 396-3424 from 9:00 a.m. - 6:00 p.m.

All courses are open to the public and will be held at various locations in Tyendinaga. Specific details will be available at Registration.

COURSE	TIME	COST
		Per person/seniors
Mohawk Language II	10 wks / 20 hrs	\$35.00 / \$5.00
Keyboarding Skills	10 wks / 30 hrs	\$52.50 / \$5.00
Quilting	10 wks / 20 hrs	\$35.00 / \$5.00
Business Math / Bookkeeping	10 wks / 30 hrs	\$52.50 / \$5.00
Style & Image	10 wks / 20 hrs	\$35.00 / \$5.00
Introduction to Word Perfect	10 wks / 30 hrs	\$52.50 / \$5.00
Introduction to Lotus 1-2-3	10 wks / 30 hrs	\$52.50 / \$5.00
Flower Arranging / Crafts	10 wks / 30 hrs	\$52.50 / \$5.00
Report Writing	10 wks / 30 hrs	\$52.50 / \$5.00
Micro Soft Windows	10 wks / 30 hrs	\$52.00 / \$5.00

## THANK YOU

To the Chief and Councillors for the gifts and souvenirs and your assistance that made our trip to Ireland a success.

A very special thank you goes to Dick Brant and councillor Paul Green for their help.

From:

Victor Brant  
Albert A. Maracle  
Claude Bardy

Lyle Leween  
Mel Hill  
Albert L. Maracle



# Quinte Mohawk School YEAR BOOK

For the first time Quinte Mohawk School will be making their own Year Book for 1990 -1991. The co-ordinator of this year book is Mr. Bob Ellis, Vice Principle of Quinte Mohawk School.

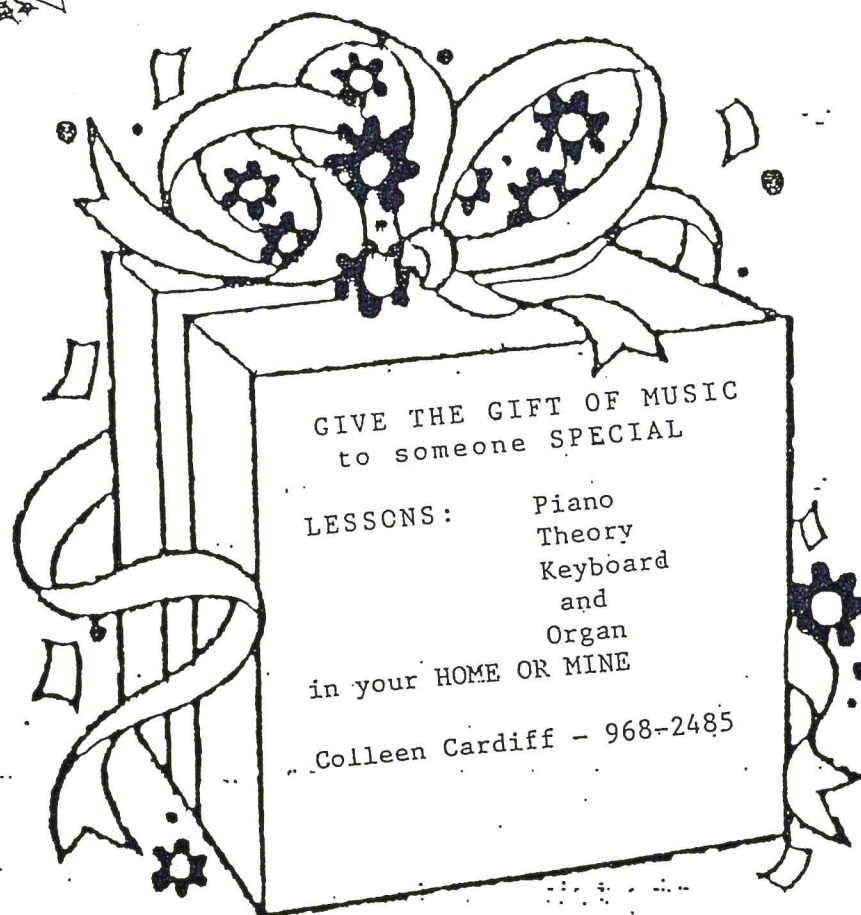
In order to keep the cost of this year book as low as possible, for anyone purchasing this book advertising space is available. Any business wishing to advertise or would like more information,

PLEASE CONTACT: Carol John - 968-9066  
or  
Valerie Maracle - 962-6031

There is a charge for Business Advertising as well, individuals may have their name(s) listed into the Year Book on a "Patrons Page", at a cost of \$20.00 per person.

All Advertising is to be submitted by March 1, 1991. Please call early as space will be limited.

With the help of the Businesses and the people of the community we hope to make the Quinte Mohawk School Year Book a success.



**NOW AVAILABLE!**

**BOOK 1 - Introduction I:**  
**Pronunciation of the Mohawk Language,**  
from the series **KANYEN'KEHA TEWATATI** (*Let's Speak Mohawk*)

This series is aimed at individual self-instruction of the Mohawk language. The series **KANYEN'KEHA TEWATATI** (*Let's Speak Mohawk*) consists of 10 books (approximately 35 pages), dealing with a specific aspect of the Mohawk language. A cassette tape of all of the Mohawk vocabulary and structures used within is included with each book.

Each order, cassette tape included, is available for \$14.95 Cdn. Funds (7% G.S.T. where applicable; shipping and postage included) from **KANYEN'KEHA BOOKS**, Native Language Centre, Dept. of Anthropology, University of Western Ontario, Canada. N6A 5C2

---

Other books in this series, to be issued approximately every 2 to 3 weeks, are:

**BOOK 2 INTRODUCTION II: NOUNS AND ADJECTIVES**

*A discussion of the different kinds of nouns, using the plural and possessive forms, and how nouns can be used with adjectives to create descriptive phrases.*

**BOOK 3 INTRODUCTION III: VERBS AND PRONOUNS**

*An indepth look at using pronouns with verbs to indicate number and gender, the various tenses and how to use them, and a examination of the different types of verbs and how they are used.*

**BOOK 4 FOODS, PLANTS, AND MEDICINES**

*The names of various foods, traditional and contemporary, wild plants and flowers, medicinal plants, and additional vocabulary dealing with eating, cooking, and the preparation of food.*

**BOOK 5 CLOTHING AND POSSESSIONS**

*Deals with types of clothing, traditional and contemporary and the vocabulary associated with it's manufacture and appearance.*

**BOOK 6 COLOURS, NUMBERS, AND SIZE**

*Using colours and numbers to add more description to a conversation or story. A look at how numbers and colours are used when dealing with animate and inanimate objects.*

**BOOK 7 FAMILY, FRIENDS, AND OTHERS**

*Vocabulary that describes the people around us, the relationships, and their places in society.*

**BOOK 8 ANIMALS, BIRDS, AND CRAWLING THINGS**

*The living world around us and the vocabulary used to describe its flying, walking, crawling, and swimming creatures.*

**BOOK 9 THE HILLS, WOODS, AND STREAMS**

*Examining the world that surrounds us with the vocabulary used to describe its contours, vegetation, and locations.*

**BOOK 10 SEASONS, MOONS, AND THE WEATHER**

*Discussing the vocabulary that describes the yearly cycle, its seasons, climate, festivals, and holiday occasions.*

---

Limited print run available for distribution.

December, 1990

40 % discount available to Trade purchasers.



# THE KIDS PAGE

## A SANTA MYSTERY PUZZLE

To solve the puzzle you must answer the questions correctly. Take each boxed letter in order and place them on the blanks at the bottom of the puzzle. You then have solved the mystery word. Good Luck !

1. At Christmas time what special plant do you stand under to get Kissed? ☐ \_\_\_\_\_
2. What are the little men called that help Santa make his toys? ☐ \_\_\_\_\_
3. Santa has a Red Nosed friend. What is his name? ☐ \_\_\_\_\_
4. Where does Santa Live? \_\_\_\_\_ ☐ \_\_\_\_\_
5. What does a child find under the tree on Christmas Day? \_\_\_\_\_ ☐ \_\_\_\_\_
6. What day is December 25th ? 

--	--	--	--	--	--	--	--	--

THE SOLVED MYSTERY PUZZLE WORD IS:

--	--	--	--	--

1	2	3	4	5
---	---	---	---	---

--	--	--	--	--	--	--	--	--

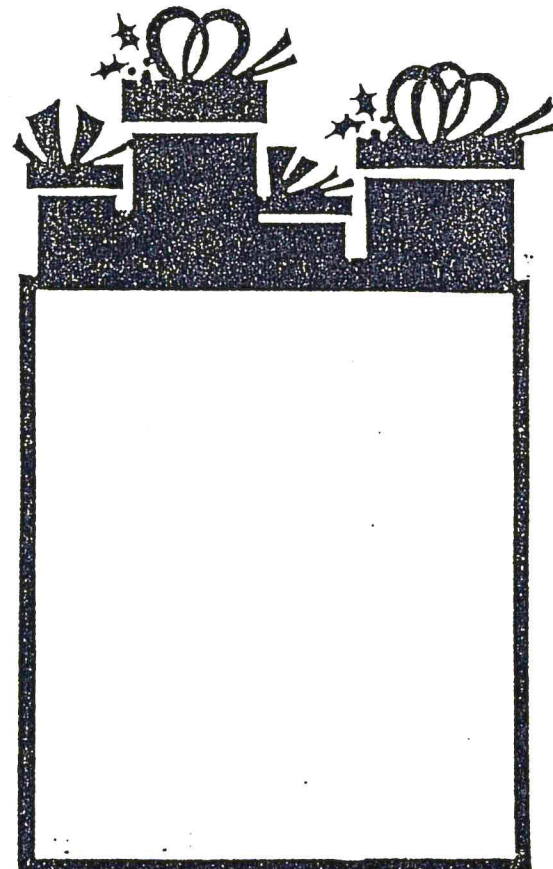
6
---

COLOUR  
ME



DRAW A PICTURE  
OF WHAT  
YOU  
WANT  
FOR  
CHRISTMAS

IN THE  
BOX!



# ORDER FORM

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Book Title: \_\_\_\_\_

Quantity: \_\_\_\_\_

Price: \_\_\_\_\_

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Mail to:

KANYEN'KEHA BOOKS  
Native Language Centre  
Dept. of Anthropology,  
University of Western Ontario  
London, Ontario. N6A 5C2

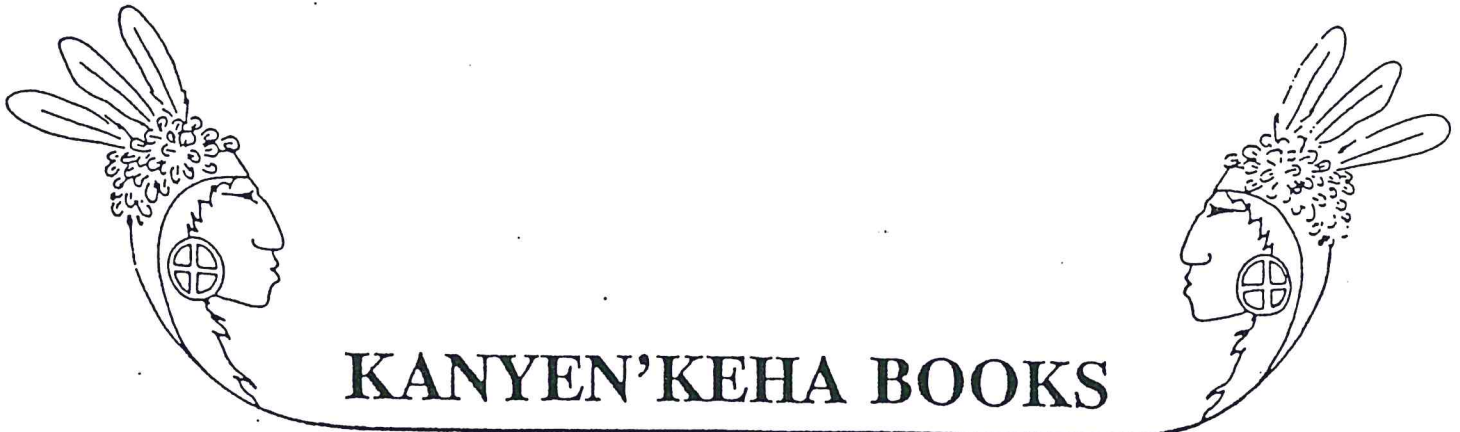
Subtotal: \_\_\_\_\_

Tax: \_\_\_\_\_

(7% G.S.T. where applicable)  
(Shipping & Postage included)

TOTAL \_\_\_\_\_

All orders must be prepaid.  
Cheque or money order payable to:  
Department of Anthropology, University of Western Ontario



Native Language Centre, Dept. of Anthropology, U.W.O., London, Ont. N6A 5C2