

TYENDINAGA

NEWSLETTER



ISSUE 2/04



*Happy Valentines's Day!
Saturday, February 14*

PLEASE NOTE THAT T.M.C.
MEETINGS ARE SCHEDULED FOR:

Wednesday, Feb. 18 (Regular) 9:00 a.m.
Wednesday, Feb. 17 (Local Business)
& Wednesday, Feb. 25 at 7:00 p.m.

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Newsletter Deadline
Tuesday, Feb. 24 2004
12:00 noon
396-3424

We're on the Internet!
www.mbq-tmt.org

JOB POSTINGS

Positions that become available with the Mohawks of the Bay of Quinte can now be viewed on the Tyendinaga Mohawk Territory Web Site.

www.tyendinaga.net

MEETING MINUTES



**TYENDINAGA MOHAWK COUNCIL MINUTES
DECEMBER 15, 2003**

A special meeting of the Tyendinaga Mohawk Council was held on Monday, December 15, 2003 at 10:00 a.m. to discuss Surrender 24.

Present: Chief R. Donald Maracle
Councillors: Velma Hill-Dracup, Gregory P. Brant and Christine Claus. Douglas E. Maracle was away on business.
Councillors Elect: Roy Maracle, Blaine Loft and Willard Hill
Staff: Lisa Maracle and Trish Rae, Lands Researchers
Guests: Carla McGrath, MBQ Lawyer

A special meeting was held to present research findings for Surrender 24 of July 20, 1820 for some 33.280 acres of land for 52 square miles for an annual annuity of 450 pounds. The research indicates a number of Crown breaches of trust.

MOTION #1: Moved by Velma Hill-Dracup, seconded by Gregory P. Brant that the Tyendinaga Mohawk Council approves to forward the research material and report to Alan Pratt, MBQ Lawyer, for a legal opinion. Carried

The following motions were made after the above meeting concluded

MOTION #2: Moved by Velma Hill-Dracup, seconded by Christine Claus that Council approve to rent the Quonset building at 2 Queen Street in Shannonville to Keith Maracle for \$150.00 per month. Carried

MOTION #3: Moved by Velma Hill-Dracup, seconded by Gregory P. Brant that Council approves the Library honoraria in the amount of \$945. Carried

MOTION #4: Moved by Christine Claus, seconded by Velma Hill-Dracup that Council approves the Food Bank honoraria in the amount of \$825. Carried

MOTION #5: Moved by Velma Hill-Dracup, seconded by Gregory P. Brant that Council approves to pay the following invoices from Alan Pratt for the period ending November 30, 2003:
General Matters in the amount of \$2,670.00
Johnson Brant Family Claim in the amount of \$1,318.92
Culbertson Tract in the amount of \$914.00 Carried

MOTION #6: Moved by Gregory P. Brant, seconded by Velma Hill-Dracup that Council approves to pay the invoice from Blaney McMurtry in the amount of \$976.16 Re: Former Bench Tech. Carried

MOTION #7: Moved by Velma Hill-Dracup, seconded by Christine Claus that Council accepts the Kanhiote Library Board minutes of April 1, 2003, September 2, 2003 and December 2, 2003. Carried

Council went in private to handle a couple issues.

Recorded by:

Chief R. Donald Maracle

Disclaimer: Comments of individual members may not necessarily reflect the opinion of the whole Council

MOTION #1 Moved by Velma Hill-Dracup, seconded by Willard A Hill that the Council meet with the Library/Cultural Centre Committee to review the scaled down proposal submitted by Al Cromarty Architect on December 22, 2003 at 7 00 p m Carried

A teleconference was held with Kevin Shipley, XCG Consultants, to discuss the water quality test result at the new Public Works Garage

MOTION #2 Moved by Velma Hill-Dracup, seconded by Willard A Hill that Council approves a donation of \$1,500.00 to the Tyendinaga Food Bank Carried

The Council handled an issue in private

Recorded by:

Chief R. Donald Maracle

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**TYENDINAGA MOHAWK COUNCIL MINUTES
DECEMBER 22, 2003**

A special meeting was held on Monday, December 22, 2003 at 7:00 p.m. in the Council Chambers to discuss the Cultural Centre and Library Project and the Public Works Garage soil.

Present: Chief R. Donald Maracle
Councillors: Willard Hill, Roy C. Maracle and Blaine Loft. Velma Hill-Dracup arrived 7:21 p.m.
Staff: Steve Mercer, CAO
Community members: Karen Lewis, Joy Brant, Gail Brant, Brad Boomhour, Ruby Maracle, Troy Maracle

Council reviewed the scaled down version of the Cultural Centre/Library of December 15, 2003.

MOTION #1: Moved by Velma Hill-Dracup, seconded by Willard A. Hill that this Council approves to forward a proposal to SuperBuild for a \$2 million project for a Cultural/Library Centre, to include a basement. Carried
Roy Maracle – negative, as solid plan is lacking for on-going operation and maintenance

Council thanked the Museum Committee for attending Council; they left at 9:51 p.m

MOTION #2: Moved by Velma Hill-Dracup, seconded by Willard A. Hill that the Tyendinaga Mohawk Council hereby approve for R. Donald Maracle to remove the Queen Anne Silver from the Bank of Montreal for the Christmas Eve Service at Christ Church. M.C.R. #2003-143 Carried.

Council reviewed the letter from Sandra Green, Environmental Health Officer, Health Canada dated December 9, 2003 regarding the Road Shed-Lower Slash Road.

MOTION #3: Moved by Roy C. Maracle, seconded by Willard A. Hill that this Council hereby rescinds Motion #1 of the December 3, 2003 Tyendinaga Mohawk Council Minutes regarding the removal of the soil at the Public Works Garage. The Council approves to continue monitoring the groundwater and surface water for contaminants and remediate the concerns with the retention pond. The soil contaminated with the paint clean-up operation from line painting is to be removed. Carried.

MOTION #4: Moved by Willard A. Hill, seconded by Velma Hill-Dracup that this Council approves to hold the Ceremonial Swearing-in Ceremony on Sunday, January 11, 2004 at 2:00 p.m. at the Community Centre. Carried.

MOTION #5: Moved by Velma Hill-Dracup, seconded by Willard A. Hill that Council will hold the following meetings:
1. January 7, 2004 at 9:00 a.m. - Regular
2. January 14, 2004 7.00 p.m. - Local Business
3. January 21, 2004 at 1:00 p.m. - Regular
4. January 28, 2004 at 7:00 p.m. - Local Business Carried.

The meeting continued in private.



**TYENDINAGA MOHAWK COUNCIL MINUTES
DECEMBER 18, 2003**

A special meeting of the Tyendinaga Mohawk Council elected on December 6, 2003 was held on Thursday, December 18, 2003 to discuss the Cultural Centre/Library project and Public Works Garage.

Present: Chief R. Donald Maracle
Councillors: Velma Hill-Dracup, Willard A. Hill, Roy C. Maracle, and Blaine Loft,
Staff: Steve Mercer, Todd Kring, Darlene Loft, Peter Brant
Guests: Gladys Bowden, Karen Lewis and Al Cromarty

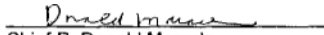
The new Council recited the Council Pledge

Al Cromarty presented a scaled down version of the Cultural/Library Center. The cost for slab on grade faculty is \$1,620,000.00. A basement will cost an additional \$300,000.00.

MEETING MINUTES

Recorded by:
Molly Kohoko

Steve Mercer
Chief Administrator Officer


Chief R. Donald Maracle

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TYENDINAGA MOHAWK COUNCIL MINUTES DECEMBER 24, 2003

A special meeting of the Tyendinaga Mohawk Council was held on December 24, 2003 in the Council Chambers regarding the proposed Cultural Centre/Library Project

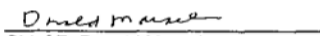
Present: Chief R. Donald Maracle
Councillors: Velma Hill-Dracup, Willard Hill and Blaine Loft

MOTION #1: Moved by Velma Hill-Dracup, seconded by Willard A. Hill
Whereas, the Mohawks of the Bay of Quinte received approval up to \$2,000,000 to a maximum of 40% of the eligible construction costs from the SuperBuild program in support of constructing a multi-use facility which included a Cultural Centre, library, Pool and Fitness area, and
Whereas, the approved amount was less than requested in the 2001 proposal; and
Whereas, Tyendinaga Mohawk Council upon consulting the community requested a reduction in the overall size of the project to reduce the construction costs and expected operation and maintenance costs, and
Whereas, the Tyendinaga Mohawk Council recognizes the need to provide a facility to promote our Iroquoian Culture and Heritage, house expanded library facilities and also to promote physical fitness,
Therefore be it Resolved, the Tyendinaga Mohawk Council hereby approves to construct a 10,330 square foot multi use building to house the Cultural Centre, the Library and to provide fitness facilities.
Further be it Resolved, the Tyendinaga Mohawk Council supports the funding request to the SuperBuild Initiative in the amount of \$800,000 in support of the revised building design as outlined in the proposal dated December 24, 2003 .M.C.R. #2003-144

Carried

Meeting adjourned.

Recorded by:


Chief R. Donald Maracle

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TYENDINAGA MOHAWK COUNCIL MINUTES JANUARY 7, 2004

A regular meeting of the Tyendinaga Mohawk Council was held on Wednesday, January 7, 2004 at 9:00 a.m. in the Council Chambers

Present: Chief R. Donald Maracle
Councillors: Willard Hill, Blaine Loft, Roy C. Maracle and Velma Hill-Dracup
Staff: Sue Maracle, Finance

Chief Maracle opened the meeting with the prayer in Mohawk

MOTION #1: Moved by Velma Hill-Dracup, seconded by Willard A. Hill that the Tyendinaga Mohawk Council Special Minutes of December 22, 2003 be accepted as corrected

Carried

MOTION #2: Moved by Velma Hill-Dracup, seconded by Willard A. Hill that the Tyendinaga Mohawk Council Special Minutes of December 24, 2003 be accepted as read

Carried

acknowledged the following scheduled meeting dates.

- January 11, 2004, 2:00 p.m. – Swearing-In Ceremony at Community Centre
- January 14, 2004, 7:00 p.m. - TMC Local Business
- January 21, 2004, 1:00 p.m. - TMC Regular
- January 22, 2004 - Ontario Chiefs Committee on Health/Health Coordination Unit Joint Strategy
- January 28, 2004, 7:00 p.m. – TMC Local Business
- January 26, 2004 - AIAI Chiefs Council meeting

Chief Maracle updated Council on the gas spill at the Industrial Park and results of the well testing.

MOTION #3: Moved by Velma Hill-Dracup, seconded by Willard A. Hill to approve for R. Donald Maracle to sit on the Campaign Committee for the Expansion Appeal Project for the Lennox & Addington County General Hospital Foundation depending on the amount of the time involved.

Carried.

Kathy Brant is currently on Woodland Cultural Board as community representative

MOTION #4: Moved by Velma Hill-Dracup, seconded by Blaine Loft that the Tyendinaga Mohawk Council hereby appoints Willard A. Hill as the Council representative on the Woodland Cultural Centre Board of Directors M.C.R. #2004-145

Carried

MOTION #5: Moved by Roy C. Maracle seconded by Blaine Loft to revoke the motion appointing Christine Claus as the Mohawks of the Bay of Quinte representative on the Children's Aid Society and to advertise

Not Carried.

Willard A. Hill and Velma Hill-Dracup voted negative due to appointment term and to advertise 60 days prior to end of appointment term.
Chief Maracle also opposed.

MOTION #6: Moved by Velma Hill-Dracup, seconded by Blaine Loft to appoint Willard Hill and Gregory P. Brant to continue handling the Mohawk Gun Law initiative at a \$100 honoraria, and expenses if necessary, and a formal report to Council.

Carried.

MOTION #7: Moved by Blaine Loft, seconded by Velma Hill-Dracup that the portfolio assignments for the Tyendinaga Mohawk Council be tabled until Monday, January 12, 2004 at 7:00 p.m.

Carried

MOTION #8: Moved by Roy C. Maracle, seconded by Willard A. Hill to have the Council Orientation/Strategic Planning Session on January 19 - 20, 2004 at 9:00 a.m.

Carried.

MOTION #9: Moved by Velma Hill-Dracup, seconded by Roy C. Maracle to defer the request from Keitha Barberstock to listen to the tape for the November 26, 2003 regular Council meeting to the next Council meeting.

Carried.

MOTION #10: Moved by Velma Hill-Dracup, seconded by Willard A. Hill to waive the rental fee for the Community Centre on January 10, 2004 for the purpose of a community feast by the Long House.

Carried.

Discussion: by-laws – burning by-law turned down by INAC. Need a by-law process

MOTION #11: Moved by Velma Hill-Dracup, seconded by Blaine Loft to meet with Gregory P. Brant on Monday, January 12, 2004 at 7:00 p.m. regarding by-laws.

Carried.

MOTION #12: Moved by Velma Hill-Dracup, seconded by Blaine Loft to donate \$1,000.00 to the 15th Annual PLA Conference on June 1-4, 2004 in Belleville sponsored by FNTI from the 2004-2005 fiscal funds

Carried.

Blaine Loft left at 3:10 p.m. for another appointment.

MOTION #13: Moved by Velma Hill-Dracup, seconded by Willard Hill to purchase ten 2004 Calendars from David Maracle at \$10.00 per calendar.

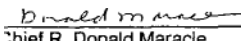
Carried.

MOTION #14: Moved by Velma Hill-Dracup, seconded by Willard A. Hill to decline the request from Andrew Miracle, Chairman, Rama Development Group, to be a third partner in their project for a tourist-oriented resort destination development adjacent to Casino Rama.

Carried

MEETING MINUTES

- MOTION#15: Moved by Roy C. Maracle, seconded by Velma Hill-Dracup to acknowledge the CFA Agreement 2003104#400-00164 Budget Adjustment#7 re: sewage lagoon repairs in the amount of \$93,300.00. Carried
- MOTION#16: Moved by Roy C. Maracle, seconded by Willard Hill defer the Seniors/Disabled Forgivable Loan Program additional information to the January 19-20, 2004 Orientation Meeting. Carried
- MOTION#17: Moved by Velma Hill-Dracup, seconded by Willard A. Hill to approve the land transfer from James Earl Brant to Darla Brant, the whole of Lot 59-7 shown on CLSR 79707. Carried
- MOTION#18: Moved by Velma Hill-Dracup, seconded by Willard A. Hill to approve the land transfer from Chris Montgomery Maracle to Susar Lynn Maracle and Douglas Raymond Bernhardt, the whole of Lot 21K-3, Concession A, shown on RSO 647R. Carried
- MOTION#19: Moved by Willard A. Hill, seconded by Velma Hill-Dracup to approve the land transfer from William Perry & Lorrie Jean Brant to William Perry & Lorrie Jean Brant and William Matthew Ross Brant the whole of Lot 10A-1, Concession 2, shown on CLSR 67160. Carried
- MOTION#20: Moved by Willard A. Hill, seconded by Velma Hill-Dracup to approve the land transfer from William Perry & Lorrie Jean Brant to William Perry & Lorrie Jean Brant and Drew Lorne Brant, the whole of Lot 10A-4-3, Concession 2, shown on CLSR 76100. Carried
- MOTION#21: Moved by Roy C. Maracle, seconded by Velma Hill-Dracup to approve the land transfer from Phillip Charles Maracle to Sandra Lewis den Otter, the whole of Lot 59-6, shown on Plan No. CLSR 79707, together with the whole of Lot 59-8 shown on Plan No. CLSR 79707 as recommended by the Land Department. Carried
- Discussed: Tuesday, Jan 20, 2004 at 10:00 a.m. meeting re: Winston Brant right-of-way issue. TMC, Barry Brant, Ken Brousseau, Tammy Martin, Calvin Brant, Rick Maracle, and Winston Brant to be at the meeting.
- MOTION#22: Moved by Velma Hill-Dracup, seconded by Roy C. Maracle to defer for a full report the land hereunder described and situation on the Tyendinaga Mohawks Territory #38 be allotted to Christopher Michael Maracle in accordance with Section 20, Subsection 1, of the Indian Act R.S.C. 1952.C.149. Land Description: The whole of Parcel 32, Lot 6, Concession 1 as shown on CLSR 5994. Carried
- Chief Maracle opened the offers to purchase land from Vernon Minaric, Bernard & Carr Ann Brant and Verna Mae Hill.
- MOTION#23: Moved by Roy C. Maracle, seconded by Velma Hill-Dracup to defer the offers to purchase land for a land evaluation report. Carried
- MOTION#24: Moved by Roy C. Maracle, seconded by Willard Hill to approve to post the hay tenders. Carried
- MOTION#25: Moved by Velma Hill-Dracup, seconded by Willard Hill to approve the hydro connection for Millie Hepburn in the amount of \$88,000. Carried
- MOTION#26: Moved by Velma Hill-Dracup, seconded by Roy C. Maracle to approve the proposal from XCG Consultants to conduct additional sampling of the monitoring wells at Jumpin' Johnnie's station and within the vicinity of the Mohawk Liquidation service station. Carried
- MOTION#27: Moved by Velma Hill-Dracup, seconded by Roy C. Maracle that the Council hereby approves to pay the invoice from Hicks Morley in the amount of \$1,244.65 re: Human Rights complaint. Carried
- MOTION#28: Moved by Roy C. Maracle, seconded by Velma Hill-Dracup to arrange a date to have Department of Fisheries and Oceans meet with Council. Carried
- MOTION#29: Moved by Velma Hill-Dracup, seconded by Roy C. Maracle to acknowledge the letter from Karen Lewis re: Traditional Practitioners Program. Carried

- MOTION #30: Moved by Velma Hill-Dracup, seconded by Willard A. Hill to refer Karen Lewis' letter to Cindy Thompson for review. Carried.
- Meet with Sybil Foley and Tom Goff re: MFS Manager position – get dates
- MOTION #31: Moved by Velma Hill-Dracup, seconded by Willard Hill to set a meeting date with Sybil Foley and Tom Goff re: MFS Manager position. Carried.
- Red Cedars have ad hoc fund raising to cover deficit - \$30,000.00 deficit
- MOTION #32: Moved by Velma Hill-Dracup, seconded by Roy C. Maracle to send reply that we fund raise to cover Red Cedars deficit and to send a financial report. Carried.
- MOTION #33: Moved by Velma Hill-Dracup, seconded by Roy C. Maracle to go in private. (5:00 p.m.) Carried.
- Recorded by:
Jolly Kohoko
Roy C. Maracle
Finance
- 
Chief R. Donald Maracle

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TYENDINAGA MOHAWK COUNCIL MINUTES JANUARY 12, 2004

A special meeting of the Tyendinaga Mohawk Council was held on Monday, January 12, 2004 at 7:00 p.m. in the Council Chambers re: Council portfolio assignments and other issues.

Present: Chief R. Donald Maracle
Councillors: Willard A. Hill, Blaine Loft, Roy C. Maracle and Velma Hill-Dracup
Staff: Steve Mercer, CAO

Chief Maracle opened the meeting with the Lords Prayer in Mohawk.

Gregory P. Brant attended Council regarding office space for rent and by-laws

MOTION#1: Moved by Velma Hill-Dracup, seconded by Willard A. Hill to have Steve Mercer bring a report back to next Council meeting on what programs could relocate to a rental office space. Carried

Council discussed a by-law regarding gas station operation with Gregory P. Brant

MOTION#2: Moved by Velma Hill-Dracup, seconded by Blaine Loft to hire Gregory P. Brant to prepare, within 30 days, the necessary regulatory documents for gas station operation. Carried.

Gregory P. Brant left at 8:30 p.m

Chief Maracle updated Council on Patrick Schindler's report on the Richmond Landfill site hearing.

Council listened to the tape re: telephone conversation with Chris Maracle at the November 26, 2003 Council meeting.

Roy Maracle will make a decision when he sees the motion promising the land to Keitha Barberstock.

MOTION#3: Moved by Roy C. Maracle, seconded by Blaine Loft to let Keitha Barberstock listen to the tape of the November 26, 2003 Council meeting if she asks. Carried.

MOTION#4: Moved by Velma Hill-Dracup, seconded by Willard A. Hill to proceed with the posting of the Community Wellness Facilitator position. Carried

MOTION #5: Moved by Willard A. Hill, seconded by Velma Hill-Dracup to proceed with the two positions for an Environmental Liaison Officer under the Environmental Contaminants Program. Carried.

MEETING MINUTES

Council reviewed the Council Portfolio distribution prepared by Chief R. Donald Maracle. Blaine Loft felt that the Councillors should have been consulted. Blaine was particularly interested in the Education portfolio due to his experience in the education field.

Steve Mercer is to provide committee meeting dates for the Councillors.

MOTION #6: Moved by Roy C. Maracle, seconded by Blaine Loft that Administration should be moved to Council as a whole. Not Carried.
Velma Hill-Dracup – negative
Willard Hill – negative
Chief Maracle – negative, due to past events

Roy Maracle requested the written roles and responsibilities for the Council Portfolio holder.

Steve Mercer: Monday & Tuesday, January 19-20 – Orientation Strategic Planning Meeting. Meeting with Winston Brant, Calvin Bran! and INAC has been changed to February 5, 2004 at 10:00 a.m.

Blaine Loft: No portfolio holder for the Justice Committee and by-law enforcement process.

Terms of reference for the Justice Committee – to be put on the next TMC agenda.

MOTION #7: Moved by Willard Hill, seconded by Velma Hill-Dracup to accept the following Council Portfolios:
Chief R. Donald Maracle: Policing Relations, Seniors Issues, Administration, Elders Lodge, Infrastructure, Emergency Measures and Health
Roy C. Maracle: Economic Development, Library, Environmental (Alternate Contact) and Fire Department
Willard A. Hill: Public Buildings & Maintenance, Roads, Cemeteries, Parks & Maintenance, Mohawk Gun Control, Recreation and Landfill Site
Velma Hill-Dracup: Daycare, Elementary Education, Secondary Education, Post Secondary Education, Adult Education
Aboriginal Head Start, Busing and Employment & Training
Blaine Loft: Social Services, Mohawk Family Services, Red Cedar Shelter, Environmental Health, and Youth Service
Council as a Whole: Housing/Sanitation, Lands Research & Land Claims, Lands & Estates, Major Capital Projects, Turton Penn File, Culbertson Claim File, Aboriginal & Treaty Rights Issues, Ministry of Natural Resources, Richmond Landfill Expansion, Litigation Files, Justice Committee, Bylaw Development Process
Carried

Roy Maracle – negative, as Administration should be with Council as a whole

MOTION #8: Moved by Willard Hill, seconded by Velma Hill-Dracup that this meeting be adjourned. (11:00 p.m.) Carried

Recorded by:
Molly Kohoko

Steve Mercer
Chief Administrator Officer

Donald Maracle
Chief R. Donald Maracle

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TYENDINAGA MOHAWK COUNCIL MINUTES JANUARY 14, 2004

The meeting of the Tyendinaga Mohawk Council continued as regular business

Present Chief R. Donald Maracle
Councillors Willard Hill, Roy C. Maracle, Blaine Loft and Velma Hill-Dracup
Staff Steve Mercer, CAO

MOTION #7: Moved by Roy C. Maracle seconded by Velma Hill-Dracup to meet with First Peoples Consultant regarding the Ridge Road design and Pole Relocates on January 22, 2004 at 10:00 a.m. Carried

MOTION #8: Moved by Velma Hill-Dracup, seconded by Roy C. Maracle that the Tyendinaga Mohawk Council hereby appoints Scott Maracle, NIHB Clerk, as the Mohawks of the Bay of Quinte's representative on the Association of Iroquois and Allied Indians Non-Insured Health Benefits Working Group. M.C.R. #2004-156 Carried

MOTION #9: Moved by Roy C. Maracle, seconded by Blaine Loft to approve the two land transfers from Lori Lynne Brinklow to Donald Rupert and Pearl Rupert, the whole of Lot 13E-1-1, Concession A, shown on Plan No. 6115R RSO and the whole of Lot 13C-2, Concession A, shown on Plan No. RSO642IR. Carried.

MOTION #10: Moved by Velma Hill-Dracup, seconded by Willard Hill to adjourn. (12:55 a.m.) Carried.

Recorded by:
Molly Kohoko

Steve Mercer
Chief Administrator Officer

Donald Maracle
Chief R. Donald Maracle

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TYENDINAGA MOHAWK COUNCIL MINUTES JANUARY 15, 2004

A special meeting of the Tyendinaga Mohawk Council held on Thursday, January 15, 2004 at 11:00 a.m. continued.

Present: Chief R. Donald Maracle
Councillors: Blaine Loft, Willard A. Hill, Velma Hill-Dracup and Roy C. Maracle
Staff: Steve Mercer

The Council also handled the following issue

MOTION #2: Moved by Velma Hill-Dracup, seconded by Roy C. Maracle that the Tyendinaga Mohawk Council hereby support the application of Kahnioke Tyendinaga Territory Public Library to the Ontario Library Service supported by the Ministry of Culture for funding in the amount of \$13,000.00 to subsidize the salary of the librarian for the 2004-05 fiscal year. M.C.R. #2004-157 Carried.

MOTION #3: Moved by Willard A. Hill, seconded by Roy C. Maracle that this meeting be adjourned. (2:50 p.m.) Carried.

As recorded

Steve Mercer
Chief Administrator Officer

Donald Maracle
Chief R. Donald Maracle

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NOTICE TO COMMUNITY MEMBERS

IS A YARD HYDRANT FOR
FILLING UP WATER JUGS
YEAR ROUND

ADMINISTRATION



MOHAWKS OF THE BAY OF QUINTE

R.A. #1, Tyendinaga Mohawk Territory, Ontario. K0K 1X0
Phone: (613) 396-3424 • Fax: (613) 396-3627

To The Members of
The Mohawks of the Bay of Quinte
From the Chief

February 02, 2004

Seken Sewakwekenh

I regret to inform you that I am unable to provide a report in this issue due to the multiple meetings that have occurred in the past month.

I look forward to keeping you informed in an upcoming report on the status of the ongoing issues that affect our Community and Native people in general.

Niawen;

R. Donald Maracle
Chief

NOTICE

In order to keep our Membership files current and reflective of our community, please ensure that if you are a Band Member and living on, or have recently moved to, the Territory that you provide the Membership Department with your new address as soon as possible.

It is very important that our population statistics are kept up-to-date.

NEW CONSTRUCTION NOTICE

We are now accepting housing applications for the 2004 building season. Completed applications must be returned to the Housing Department before March 1, 2004. Applications received after March 1, 2004 will not be considered.

Scoring is based primarily on credit and employment history.

Please call the Housing Department for further information or to set up an appointment.

Government of Canada / Gouvernement du Canada Canada

Burning Wood?

Enjoy the fire, not the smoke

Burn it Smart!

www.burnitsmart.org

Events: WEDNESDAY, FEB. 11/ 04
6 P.M.
MOHAWK COMMUNITY CENTRE



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in Jan responded to 7 calls:

- 1 - Motor vehicle accident
- 1 - Automatic Aid
- 2 - Medical Assists
- 1 - Lift Assist (Ambulance)
- 1 - Auto Alarm
- 1 - Carbon Monoxide Investigation

This brings our total to 7 calls for the year 2004

ADMINISTRATION

Step One

Know who you're dealing with

Good contractors have satisfied customers. Ask contractors to provide customer references for projects similar to yours. Then take the time to call these homeowners and ask if the work was done properly, on time, and on budget. Find out if any follow-up work was needed and if this was done satisfactorily. Also ask if they would hire the contractor again.

If a contractor is unwilling to provide references, don't hire them.

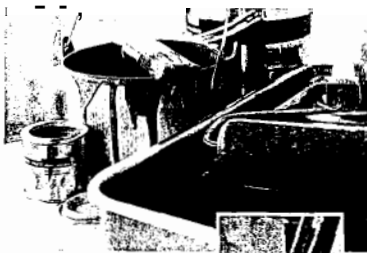
Step Two

Make sure you're protected from risks

When a contractor works on your home, you need to be protected from a number of risks. These risks exist whether you are hiring someone for a simple home repair, a large renovation project, the construction of a new home or cottage, or to work on a rental property you own.

Here are some things you should know:

- A contractor's **business liability insurance** can protect you if your home is damaged through your contractor's fault or if the contractor causes damage or injury to third parties, like your neighbours.
- Most contractors are required by law to have **Workers' Compensation** coverage. If you hire a contractor who does not have this coverage, you face an increased risk of claims or financial loss if a worker is injured on your project.
- A contractor's valid **Business Number** or **GST/HST number** tells you that they are registered with the Government of Canada.
- The **lien regulations** in your province specify how much money you must hold back from payments. This protects you if your contractor fails to pay suppliers or subcontractors.
- A contractor's **written warranty** specifies what is covered and for how long. When you hire a contractor to build a new home on land that you own, insist on coverage under a **new home warranty program** in your province.
- **Written receipts** for all deposits and payments you make to a contractor provide proof that you have paid.



It's also important that your project complies with local **building codes**. Any change to the structure of your home, even something very minor, requires a **building permit**. Homeowners are responsible for obtaining a building permit; however, your contractor can usually get the permit on your behalf.

Inform your **home insurance** company before any work begins. Some homeowner policies don't cover consumption-related risks or theft of building materials from the work site. Call your home insurance representative to make sure that you have adequate coverage.



Step Three

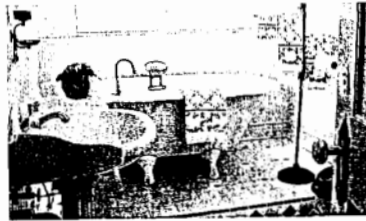
Get it in Writing!

Having a written contract is essential. It helps protect you from the nightmare of lawsuits that can result from accidents, work-related injuries, or damages to third parties. Even for small projects, it's important to make sure you're protected. **The size of the job does not limit the liability you face if an accident occurs.** And accidents can happen even with the simplest home repairs.

A written contract also helps protect you from many other potential problems. Without a contract, you could lose any deposit or advance payment given to the contractor, or find yourself charged far more than you expected. Also, there is little you can do about poor quality or incomplete work. And you have little assurance that you will get warranty coverage and after-sales service.

A contract doesn't have to be complicated. For simple home repairs, it could be only a page long. For bigger projects, you'll need more information such as drawings and a specification list. Although the following list is not comprehensive, it provides examples of the information that should be in all contracts:

- The name, address and telephone number of the contractor



- A full description of the work and the material and products to be used
- When the work will start and be completed
- How much you will be charged for the work and when you will have to pay

- The amount of payment you will hold back as required by the lien legislation in your province
- The contractor's warranty detailing what is covered and for how long
- A certificate from an insurance company proving that the contractor carries business liability insurance
- A letter of clearance from your province's workers' compensation program confirming the contractor is registered
- The contractor's Business Number or GST/HST number and
- The contractor's business license number (where required by the municipality)

Most often, the contractor will draw up a contract for you to review. Don't sign it unless you are satisfied that it includes all the necessary information and accurately represents what you have agreed to.

Professional contractors always work with a proper, written contract. Their price includes protection you need in case something goes wrong or an accident occurs. This is a valuable part of the service you're paying for.

Get it in Writing!

What to do when you hire a contractor

How to find a good contractor



- Ask friends, family and neighbours about contractors they have hired to work on their homes.
- Contact your local Home Builders' Association or other trade association for a list of professional contractors in your community.
- Ask your local building materials store if it has a list of recommended contractors.
- Ask your utility company if it has a list of recommended contractors.
- Check with your local Better Business Bureau to find out if a contractor is a member.

Many experienced and reliable contractors work in your community—highly skilled professionals who do business the right way.



Unfortunately not all contractors play by the same rules. Some cut corners to offer lower prices. They promise you a "good deal" as long as nothing is written down and you pay in cash.

These cash deals can mean a lot of risk for you. Contractors who don't do business properly don't protect you from accidents or their mistakes. If there is a work-related injury or damage to your home, you could face lawsuits and financial loss. You could be responsible for your contractor's unpaid bills. And you could be stuck with work that is incomplete or badly done.

While serious, these risks are easy to avoid. Before you agree to let anyone work on your home, take these three simple steps: know who you're dealing with, make sure you're protected from risks, and always **Get it in Writing!**



EMPLOYMENT

Attention Business Owners

There is much interest in reviving the operations of the Tyendinaga Chamber of Commerce

If you own a business on the Territory, you may want to speak to others about the many issues and upcoming events planned for the area

Please call the LaShelle Brant in the Economic Development Department for further information and meeting/registration dates and times
396 3424 ext 110

ATTENTION

Volunteer Drivers Needed

The Medical Transportation Program is seeking volunteer drivers.

We depend on these volunteers to get our Community members to their medical appointments.

If this is something you would like to help with or if you have any questions on how the program works, please contact Norma at the Thayendanega Health Centre at 967-3603.



EMPLOYMENT DEPARTMENT

LOOKING FOR A JOB:

Surf the web at these sites:

- www. Tyendinaga.net
- JobBank
- Federal Government Jobs
- Electronic Labour Exchange
- Campus Worklink: Workopolis.com
- Canadian Newspaper Help-Wanted Ads
- CanadaJob
- Careerclick
- CareerOwl
- Hotjobs.ca
- Jobboom
- JobShark
- Monster.ca
- Workopolis
- Youthpath.ca – Local job sites

THE EMPLOYMENT DEPARTMENT ALSO HELPS WITH RESUME WRITING AND EMPLOYMENT OPPORTUNITIES SO FEEL FREE TO DROP OFF YOUR RESUME IF YOUR LOOKING FOR EMPLOYMENT.

COMING SOON – OUR OWN WEBSITE THAT WILL POST EMPLOYMENT OPPORTUNITIES AND VARIOUS POSITION FROM EXTERNAL AGENCIES.



NACCA

National Aboriginal Capital Corporation Association

National Aboriginal Youth Entrepreneur's Symposium 2004

Delta Chelsea, Toronto, ON
March 15 – 18, 2004

Delta Chelsea Hotel
33 Gerrard Street West
1.800.268.1133
www.deltahotels.com

Deadline for registration with NACCA and Hotel is:
February 28th, 2004

REGISTRATION INFORMATION

The fee for registration in advance is \$250 per Youth Delegate, payable to: NACCA. Registration for Observer status is \$200

Registration Fee includes:

- Meeting room, Information kit, registration and reception
- Coffee breaks, Lunch, Banquet (March 18)

There are two registration categories of symposium participants for this symposium:

1. Youth Delegate (19-30 years of age)
2. Observer/Participant (Age -???)

Youth Delegates will be full participants in the Symposium where challenges and tasks will be presented with substantial cash prizes to be won!

Observers will not participate in the challenges or task.

A block of rooms have been set-aside at the Delta Chelsea. Please mention NACCA's Youth Entrepreneur Symposium when booking special rates.

Regular room: **\$109.00/night**
Single or double

All participants are responsible for booking their own rooms and your reservations should be made before February 28, 2004.

Due to the high volume of travel during this time (spring break), no rooms will be blocked off after this date.

It is imperative that all participants make arrangements well in advance of the deadline.

*Note: Max conference Size is 400 participants

Registration forms available at the Administration Office



NACCA

YES: Youth Entrepreneur Symposium Backgrounder

NACCA will be hosting a National Aboriginal Youth Entrepreneur Symposium entitled: YES, scheduled for Toronto, ON during the week of March 15 – 18, 2004. The goal of this symposium will be to bring young Aboriginal business people and aspiring entrepreneurs, together with Aboriginal, Canadian and international business leaders and role models, in a setting that provides an optimum mix of mentoring networking, competition and fun.

With the support of the Government of Canada and our event sponsor, this four-day gathering will be highlighted by a spirited competition among teams of Symposium participants with rewards, awards and prizes up for grabs including a \$5000.00 first place team prize. We will kick off this landmark event with an evening of entertainment headlined by Aboriginal Music Award and Juno Award winner Derek Miller, with opening act to be announced.

YES will feature an eclectic mix of speakers and panellists including Big Soul Productions' Owners - Jennifer Podemski and Laura Milliken, APTN's 'Bingo and a Movie' Producer - Scott Dobson, 1997 NHL Coach of the Year - Ted Nolan, CBC Newsworld anchor - Carlo Robinson, and many more to be announced. The speakers will address a wide range of topics such as Internet Technologies, Arts and Media, Youth Business, and many others. Keynote speakers for the conference include Assembly of First Nations National Chief Phil Fontaine with other special guest speakers to be announced. Throughout the conference we will also feature numerous special guest Master of Ceremonies from the Aboriginal entertainment industry. The symposium will be capped by a "formal business" dinner, followed by the Awards Presentation.

The Symposium is open to youth entrepreneurs and those youth with an entrepreneur spirit for Youth Registration. For those individuals that are 'eternal youth at heart', we will also have Observer Registration. Given the relatively short 'time horizon', we will be forwarding registration forms in early January 2004.

This Symposium promises to be an exciting and unique experience, one that the participants will remember fondly, and we hope that you will join us in promoting this exciting event!

For further information contact:
Steve Saddleback
613.688.0894
steve@nacca.net

EMPLOYMENT

EMPLOYMENT OPPORTUNITY INTERNAL POSTING

Personal Support Worker – 1 temporary pari-time position with the possibility of becoming permanent

Position is responsible for providing a variety of non-medical support care services to individuals and families in their place of residence and in the community. The Personal Support Worker will be compensated at the rate of **\$10.30** per hour for services.

Essential Qualifications:

- ◆ Certification in an approved Personal Support Worker Program
- ◆ Or willing to commit to taking the PSW certification course within one year from date of hire
- ◆ Willing to participate in in-services and job-related courses and workshops.
- ◆ Experience working within a First Nations community care program
- ◆ Knowledge of health and social services within and outside the Territory.
- ◆ High level of Confidentiality
- ◆ Must provide a clear Criminal Reference Check
- ◆ Preference will be given to applicants of Mohawk Ancestry

Demonstrated Competencies/Knowledge/Skills:

- ◆ Working knowledge of personal support worker practices
- ◆ High level of interest in Native and community issues
- ◆ Knowledge of the Homemakers Act
- ◆ First Aid and CPR certification
- ◆ Valid class "G" license and own insured transportation
- ◆ Good organizational skills
- ◆ Good oral and written communication skills
- ◆ Excellent interpersonal skills
- ◆ Shift work involved, must be able to work all shifts including weekends.
- ◆ Demonstrated leadership and organization skills.
- ◆ High degree of initiative and self direction
- ◆ Able to work within a team approach to client care
- ◆ Must be in good health and physically fit.

Duties & Responsibilities: Work Procedures

1. Provides in-home care to community members
2. Assist in client mobility
3. Assisting clients with other daily tasks
4. Maintenance of home care documentation provide accurate reports and maintenance of records
5. Directly responsible and accountable to the Home & Community Care Program Coordinator

DEADLINE FOR APPLICATIONS: February 11th, 2004 at 12:00 NOON

For a detailed position description or to apply, please contact:

Bev Hill, A/HR Officer
Mohawk Administration Office
(613) 396-3424 fax (613) 396-3627
e-mail: bev.hill@mbq.tyendinaga.net

Note: *Eligible candidates for an Internal Posting are members of the Tyendinaga Mohawk Territory. We thank all applicants for their interest in this position but only those selected for an interview will be contacted*

KWE RADIO
is URGENTLY SEEKING
VOLUNTEERS
in all areas for the radio station.

Please call:
967-0463 or 396-5364

The City of Belleville requires employees for the following temporary positions -

Senior & Junior Program Leaders – Previous program planning, day camp or equivalent experience, experience working with children, experience in theatre arts, canoeing (certification on asset), sports, arts and crafts and various children's activities, Emergency First Aid and CPR Certification. Period of Employment: March Break, July and August
Rate of Pay: Senior - \$8.77/hr. Junior - \$7.62/hr.

Lifeguards/Instructors – Sixteen years of age, current National Lifeguard Service Certificate or a Lifeguard position and current Instructor's Certificate for an Instructor's position, Emergency First Aid and CPR Certification. Rate of Pay: Instructor - \$8.94/hr; Lifeguard - \$8.34/hr.

Harbour Supervisor – Assist in the supervision and administration of the harbour operation, including staff scheduling and supervision. Period of employment: May to September. Rate of Pay: \$11.92 per hour.

Harbour Attendants - Building & property maintenance, gas attendant, customer service experience, and knowledge of boating and local waterways.

Period of Employment: May to September. Rate of Pay: \$8.94 per hour

Casual Labourers, Parks & Recreation – A Class G licence, customer service experience, ability to work in adverse weather conditions, availability to work seven days per week rotating shifts are required. Preferred applicants have experience in operating hand held grounds maintenance equipment, trucks, tractors and implements. Experience and training in tree maintenance, annual and perennial floral displays, turf and sport field maintenance, irrigation systems, an Ontario Land Extermination Licence (Landscape), building maintenance and construction and a D Class Licence, Z endorsement are an advantage. Period of Employment: April to September. Rate of Pay: \$15.47/hr.

Student Labourers, Engineering & Public Works (Water) – Assist in the operation and maintenance of the City of Belleville water distribution systems. Effective customer service experience required. Period of employment: May to end of August. Rate of Pay: \$10.00/hr.

Survey Helpers - Assist instrument person with field survey work in relation to pre-engineering, construction layout and any other municipal surveys as required. Must be currently enrolled or recently completed Civil Technician/Technology/Surveying Program. Period of employment: May to end of August. Rate of Pay: \$10.00/hr.

School Crossing Guards – Enjoy working with children, available to work any shift, capable of working under inclement weather conditions, have own transportation. Rate of Pay: \$9.99/hr.

Please send your resume by February 27, 2004

to Human Resources, City of Belleville, City Hall

69 Front Street, Belleville, Ontario K8N 2Y8

Fax to: (613) 967-3225 E-mail to: hrge@ci.belleville.on.ca



Personal information and any supporting material will be administered in accordance with the Personal Information Protection and Electronic Act (PIPEDA) and the Municipal Freedom of Information and Protection of Privacy Act (MFIPPA). We thank all applicants who apply but advise that only those selected for an interview will be contacted.

NATIONAL ABORIGINAL HEALTH ORGANIZATION



The National Aboriginal Health Organization, an Aboriginal designed and controlled body, will influence and advance the health and well-being of Aboriginal Peoples through carrying out knowledge-based strategies.

Executive Director

As the Executive Director, reporting to the Chairperson on behalf of the Board of Directors, you will work with the Board directing activities and you will provide leadership to a strong team of professionals who are dedicated to the mission and objectives of this national Organization. You will be a true consensus leader with a proven track record of success in working with a board and managing people, finances and organizational development at a senior level. A thorough knowledge and understanding of Aboriginal health issues at a national and international level are desired.

With excellent communication skills and university trained or possessing a combination of related experience and education, you will be a visionary leader with demonstrated ability to achieve positive measurable results. You will possess the skills and experience to manage and lead this dynamic Organization dedicated to serving the future and existing health needs and concerns of all Aboriginal people.

Interested individuals may submit a covering letter and resume in confidence by Tuesday, February 10, 2004 to:

Guy Poirier, Human Resources and Office Manager
National Aboriginal Health Organization
56 Sparks Street Suite 400
Ottawa ON K1P 5A9
Tel: (613) 237-9462
Fax: (613) 237-1810
Email: gpoirier@naho.ca

No application will be accepted beyond the closing deadline. Interviews will be held in Ottawa in meeting the objectives and vision of the Organization; preference will be given to individuals of Aboriginal ancestry. Only those applications selected for an interview will be contacted.

EDUCATION

TRUSTEE'S REPORT January, 2004

During the month of January I have attended a meeting on the Budget and Finance Committee and I am beginning to learn some of the financial issues of operating a board of education. I have also sat on the Suspensions and Appeals committee for one meeting to date. It has been a busy month with many things going on.

The HPEDSB is in the process of adopting a new bus schedule for September 2004. The Tri-Board Transportation Services including HPEDSB and the Algonquin and Lakeshore Catholic District School Board has developed a "Staggered Bus Timings" plan that if implemented in September 2004 will be a great cost savings to both Boards and will also improve the bus serve to students as well. This will require an earlier class start for secondary school students with proposed school times of 8:15 am - 2:30 pm from the existing school times of 8:45 am - 3:15 pm. Elementary school students will also have their start time to the school day changed generally to 9:15 am to 3:45 pm from 8:45 am to 3:15 pm.. This will allow buses to do double runs requiring fewer buses to be used which reduces the capital costs to purchase and maintain buses for the transportation program. This will have a minimal effect on our community since Quinte Mohawk School is outside the Tri-Board Transportation Services, being served by Mohawk Bus Lines, but the secondary students will have an earlier start to their day. This could mean a slightly earlier bus pickup time for secondary school students but will result in an earlier leaving time from school as well since they are attending a secondary school operated by one of these Boards of Education.

Since this is a change from the existing bus schedule, information meetings will be scheduled at secondary schools to inform parents, students and other people that will be affected. More information will follow over the next two or three months.

Finally, I will be attending the 2004 Public Education Symposium in Toronto, January 29, 2004, along with other Trustees of HPEDSB. This symposium offers many topics that is helpful to both new and returning trustees.

Respectfully submitted
Mike Brant

Note

9-1-1

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

Police:	613-967-3888
Fire:	613-968-7985
Ambulance:	613-542-0221



Tahatikonhsotíntie Head Start "Nurturing Generations of Strong Spirits"

9 Deserontyon Drive
C/O Mohawks Of The Bay of Quinte Administration Office
RR # 1, Tyendinaga Mohawk Territory Ontario, K0K 1X0
Phone (613) 396 6716 Fax (613)396-3409

Recipe for Winter Fun

Ingredients:

- 1 Snowy Hill
- 1 ½ Dozen Children
- 9 Speedy Sleds
- 4 Liters of Hot Chocolate
- Marshmallows to Taste

Directions:

1. Mix children and sleds together
2. Put them on a Snowy Hill
3. Push Constantly
4. Pour Hot Chocolate into cups, and sprinkle with marshmallows
5. Preheat next to a blazing fire
6. Cover with a warm blanket and enjoy!



Quinte Mohawk School

Quinte Mohawk School News

Under the guidance of Mr. Gord Foster and Ms. Val Maracle, Quinte Mohawk School Grade 8 students are preparing traditional dyed corn soup. This unique soup is made from corn that the children have planted, harvest and dried. It's a very time consuming process. The children are preparing this tasty soup for the annual Mid-winter Festival, being held this Friday. This is the first time the children have prepared this traditional soup for the entire school. A special thanks to all those involved. It's sure to be a yummy treat for everyone.

One Voice Can Make A Difference!

That is exactly what Kiera Brant, gr. 5 at Quinte Mohawk School is doing. She heard that an earthquake devastated Iran, and that many children suffered. She wanted to do something to help. Kiera came up with an idea to make paper hearts and sell them for a loonie at school, then send the money to the Iranians. With Ms. Manderville's help the project took off. Belleville schools and the Kiwanis Clubs and other groups came aboard. Please send in a loonie to buy a paper heart, we'll put your name on it, then attach it to an enormous heart in the front hall. All the proceeds from this "Hearts to Iran" Project will go to the Red Cross Earthquake Relief Fund. Please call Ms. Manderville at 966-6984 by Feb. 13/04 if you wish to make a donation. Thanks Kiera for your caring idea. One voice can make a difference.



EDUCATION



Haudenosaunee Opportunity for Personalized Education

HOPE is a co-operative learning adventure sponsored by Moira Secondary School, the Mohawks of the Bay of Quinte, Hastings and Prince Edward District School Board, and the First Nations Technical Institute.

Who can attend HOPE?

Students must be between the ages of 16 and 20 years of age and, in most cases, will have been out of school for at least six months.



How can you register for HOPE?

To register, you can contact the Guidance Office at Moira Secondary School at 962-8668 or Tracy Maracle or Jan Hill at the HOPE Program at 396-6742.

There is no cost for the program.

What is HOPE?

HOPE is an educational alternative program that has been designed to meet the specific learning needs of Mohawk students who have not yet graduated from high school.

Students of HOPE work towards their high school diploma in an individualized program developed in consultation with the student.



Why HOPE?

For some native students the traditional school setting has not been a successful experience.

HOPE offers a flexible approach that values success through the development of an individual program.

Tsie':na ne satetshe'nhsera

"Capture your dream"

I'htshehr tsi naho':ten sanonhto'n nion

"Follow your path (thoughts)"

Wa'kanekerah tshera ta'kie

"For future generations"



Where is HOPE?

The HOPE program is located on the Tyendinaga Mohawk Territory at the First Nations Technical Institute.

Students will attend the program there as they work towards their high school diploma from Moira Secondary School.

When is HOPE?

The HOPE program is in operation five days a week during the school year.

Students must attend fifteen hours each week to maintain their enrolment in the program. However, the hours per day a student attends are flexible and will be negotiated with the instructors.



Partners in HOPE



Moira Secondary School

Mohawks of the Bay of Quinte



Hastings and Prince Edward District School Board



First Nations Technical Institute

HEALTH CENTRE

From the Tobacco Strategy Program.



I am pleased to announce that I have been selected as the Tobacco Strategy Worker for the Mohawks of the Bay of Quinte for the period of January 19th to March 31st. I am looking forward to working with community members of all ages in community based tobacco control/reduction activities.

Some of the planned activities include a youth poster contest, a telephone survey, quit smoking classes and several discussion groups. Also, watch for details on the 2nd Annual KWE Radio Challenge!

If you want to quit smoking or are thinking about quitting, I am here to provide encouragement and advise to help you along your way to living a smoke-free and healthy life!

For further information, I can be reached at the Thayendanege Health Centre at 967-3603.

Callie Maracle
Tobacco Strategy Worker



Tobacco Strategy Program

Would you like to quit smoking, or are you thinking about quitting????

Would you be interested in attending 'Quit Smoking' classes or forming a 'Quit Smoking Support Group'???

That is what the Tobacco Strategy Program is here for - to help you!!

Check out these websites for some on-line support:

www.on.lung.ca/getontrack/getontrack.html

<http://quitsmoking.about.com>

www.dontsmoke.com

www.quitnet.org/qu_main.html

www.quitsmokingsupport.com

www.tobaccofree.org/quitting.html

www.qosmokefree.ca/bob

For further information, encouragement and support, contact:

Callie Maracle, Tobacco Strategy Worker
Thayendanege Health Centre
967-3603

DRINKING-THE DANGER ZONE

As you are aware Alcohol is a drug. It contains a mind altering chemical called Ethanol. Ethanol is a depressant and once it enters into the bloodstream it depresses the central nervous system and impairs the body functions causing symptoms such as slurred speech, loss of balance and sometimes unconsciousness. When a person passes out it doesn't mean that they are sleeping it off. This could be a sign of Alcohol Poisoning.

Alcohol poisoning is not just having a hangover or drinking so much that you vomit. Alcohol poisoning happens when the blood alcohol level (the percentage of alcohol circulating in the bloodstream) rises to a danger point. At very high blood alcohol levels, a person loses consciousness and goes into a coma. In the worst case, the drinker dies. After the victim stops drinking, the heart keeps beating, and alcohol in the stomach continues to enter the bloodstream and circulate throughout the body. As a result, the following can happen: Victim chokes on vomit; Breathing slows, becomes irregular, stops; Heart beats irregularly or stops; Hypothermia leads to cardiac arrest; hypoglycemia leads to seizures. Even if the victim lives. Alcohol Overdose (AOD) can lead to irreversible brain damage.

Signs and Symptoms of Alcohol poisoning:

- The person is unconscious and can't be awakened by pinching, prodding, or shouting.
- Slow or labored breathing, especially fewer than eight breaths a minute or more than ten seconds.
- The skin is cold, clammy, pale, or bluish or purplish in color. all signs of insufficient oxygen.
- Vomiting without waking up.

Appropriate Action:

- If you encounter a person who exhibits one or more of the signs and symptoms CALL 911 immediately.
- Keep the victim from choking on vomit. Gently turn the intoxicated person on his/her side.
- Stay with the victim.
- Tell emergency medical technicians the symptoms and if you know, how much alcohol the victim drank. Prompt action may save the life of a friend or family member.

Alcohol poisoning most often occurs when someone drinks relatively rapidly, often because of a drinking game, drinking contest, "forced" drinking of large quantities or drinking to "fit" in.

Teenagers are particularly vulnerable to AOD.

Ontario Statistics on teens who drink.

	% Who are abstainers	% who drink
13yrs-under	69	31
14-15	43.1	56.9
16-17	25	75
18+	21.8	78.2

If you'd like to learn more about this please call the NNADAP program at the Thayendanege Health Centre @ 967-3603.

Information collected at www.parent-teen.com/substances/poisoning
www.brad21.org/alcohol_poisoning.html www.canadian_learning.com

HEALTH CENTRE

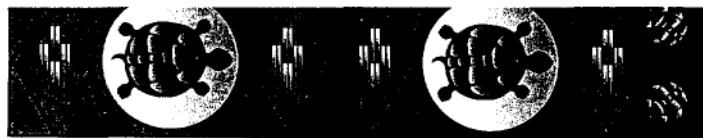
JUST A REMINDER!

The Water Sampling Program will continue throughout the new year.

If you haven't had your water tested and would like a sample taken please call Liz Brant at the MBQ Administration Office at 396-3424. If your water has been tested, please note that we **still** require three consecutive samples from your household. Keep in mind appointments are made at your convenience.

It's coming to our year end and if you **do not** wish to have a sample taken **please call** to have your name removed from the water sampling list. This ensures that those who want testing done can have their water tested more promptly.

Nia:wen



February 2004

Love - to - waiting

The Canadian Prenatal Nutrition Program



Mary McCauley R.N.
Brenda Asselstine R. N.
Community Health Nurses



NURSING MOTHERS' GROUP
OF
TYENDINAGA

INVITES

BREASTFEEDING MOTHERS
AND BABIES

To their ongoing series of meetings:

2nd & 4th Friday mornings each month Thyendinaga Health Centre

9:30 - 10:30 am BREASTFEEDING CLINIC
10:30 - Noon DISCUSSION & LIBRARY TIME

FEBRUARY : BREASTFEEDING IS LOVE

FEB. 13 : COUPLES' MEETING : Enough Love to Go Around !

This meeting followed by a Well Baby Clinic &
Valentine Tea for all parents of babies.

FEB. 27 : Stories : When Breastfeeding Has Saved a Life
- bring a story if you know one!

Small Children, Interested Women, Young Girls... Welcome.
Friendly Mother-to-Mother Support. Lending Library. Information.
Help With Breastfeeding Problems. Baby Weight Check. Discussions.
Nutritional Support for Breastfeeding Moms.

BREASTFEEDING CIRCLE

Do breastfed babies wake up more often than babies on formula?

Many do. There are formula babies who wake fairly often and breastfed babies who sleep fairly long stretches. However, we tend to hear more about the breastfed babies who wake often than about the formula fed babies who do (as if there is something wrong with the breastfed babies, or with what they are getting fed, or not getting fed). In general though, breastfed babies have been found to wake up more than formula babies and this is being found to be one of many ways in which breastfeeding protects against SIDS (Sudden Infant Death Syndrome). Babies who are "at risk" for SIDS include babies who are not breastfed.

Dr. William Sean M.D. says "Since, as I believe, SIDS is basically a sleep disorder or a deficiency of respiratory control during sleep, it follows that anything that might make sleep a safer state in which to breathe might also lower the risk of SIDS. This is exactly what breastfeeding does. Both experience and research show that breastfed babies sleep differently from bottlefed ones. Breastfed babies tend to awaken more frequently to feed...breastfed babies are used to waking from sleep in response to a need for food. Could this easy arousability also "teach" babies to arouse from sleep when they have a need for air? I believe, as do many SIDS researchers, that SIDS is also a disorder of arousability. So, if the sleep of a breastfeeding baby is blessed with easier arousability, it may be a safer sleep." (1)

How can I get my rest?

Our foremothers had a solution, which is now being honoured and supported by new research. Besides helping a nursing mother get rest, it's been found to further reduce the risk of SIDS. Traditionally mothers practised "attachment parenting", where babies are kept very close to the mother all the time including, and especially, during sleep.

While most others have studied how babies sleep alone, sleep scientist James McKenna and colleagues studied how babies have slept since the beginning of time - close to their mothers. They found that the sleep stages and awake periods of mothers and babies become "entwined" and "synchronized", allowing mothers to rouse more easily when their babies need them. They found minute-to-minute sensory cues occurring, which McKenna feels are life-sustaining, protecting babies from the possibility of stopping breathing while sleeping.

"Small wonder that the human societies with the lowest incidence of SIDS are also the ones with widespread co-sleeping." (2)

(1) (2) - References Available

Gale Hayward and Jytte Cooper for the Breastfeeding Support Group.
Brenda Asselstine and Mary McCauley - Community Health Nurses.

HEALTH CENTRE

HEY LADIES

IT'S THAT TIME OF THE YEAR AGAIN, THE TYENDTNAGA HEALTH CENTRE

WILL BE OFFERING YOGA CLASSES FOR SIX WEEKS STARTING TUESDAY

FEBRUARY 24/2004. THE COST TO JOIN WILL BE \$25.00. SPACE IS LIMITED.

IF YOU ARE INTERESTED PLEASE CONTACT THE TYENDINAGA HEALTH CENTRE AT 613-967-3603.



Do you know someone who has diabetes?
If you do, this will help
DIABETES SUPPORT GROUP
FIRST TUESDAY OF EACH MONTH
7:00- 8:30 PM
at
THAYENDANEGA HEALTH CENTRE
Learn more about healthy living with diabetes

Feb 10/04- Guest- Doug Clarke Pharmacist, CDE
Topic: Medications for Type 2 diabetes
March 2/04- "Eating Healthy"
With Sarah Backus Reg. Dietitian
New topics each month!
Please come join us and bring a friend!
Light refreshments served
Call the Health Centre if you have any questions
or need a ride
967-3603

HEART HEALTH INFORMATION

Becoming More Active:

Physical activity including endurance, strength, and flexibility activities is essential to good health. Yet, more than 63% of Canadians are not active enough to achieve health benefits.

Why Be More Active:

- ✓ Better self-esteem
- ✓ Relaxation and reduced stress
- ✓ Better health
- ✓ Feeling more energetic
- ✓ Better posture and balance
- ✓ Stronger muscles and bones
- ✓ Continued independent living in later life
- ✓ Improved fitness
- ✓ Weight control

Physical activity doesn't have to be hard to improve your health. Start slowly and build up. Add up your activities during the day in periods of at least 10 minutes each. Work towards adding 60 minutes of activity a day. The time needed depends on effort. As you progress from light effort to moderate activities, you can cut down to 30 minutes, four days a week.

Try Some of These Easy Ways To Include More Activity in Your Day

- ✓ Walk whenever you can - use the stairs instead of the elevator
- ✓ Play actively with your kids
- ✓ If sitting for a long time, get up and stretch and bend for a few minutes every hour
- ✓ Start with a 10 minute walk - gradually increase the time
- ✓ Do the activities you like to do more often

Want more information:

Get a copy of *Canada's Physical Activity Guide to Healthy Active Living* - information to help Canadians understand how to achieve health benefits by being physically active.

The guide is available by calling 1-888-334-9769 (toll free)

Also if you would like more information or have any questions please contact the Tyendinaga Health Centre at 613-967-3603.

EAT SMART RESTAURANTS

BANCROFT		
Lydia's Bistro	R.R.#2	332-4223 (reservations Only)
BELLEVILLE		
Capers Restaurant	272 Front Street	968-7979
Cora's	211 Pinnacle Street	962-9284
Ira Lee's	390 North Front Street	969-7051
Montana's Cookhouse Saloon	170 Bell Blvd	967-9970
Subway	366 North Front Street	969-6600
Subway	110 North Front Street	961-7229
Subway	48 Dundas Street West	967-1727
Subway	450 Dundas Street East	969-8920
Sweet Basil Cafe	19 Campbell Street	961-5000
Swiss Chalet	15 Bell Blvd	968-6819
The Bohemian Penguin	399 Front Street	969-9555
PICTON		
Cornucopia Delicatessen	172 Main Street	476-3200
Currah's Cafe & Restaurant	252 Main Street	476-6374
The Hidden Bistro on 49	R.R.#2, HWY 49	476-8788
Glenbridge Fine County Fare	106 Bridge Street	476-7057
The Inn at Lake on the Mountain Resort	R.R.#9, County RD. 7	476-1321
Merrill Inn	343 Main Street	476-7451
The Waring House Restaurant	R.R.#1	476-7492
QUINTE WEST		
The Golden Valley Restaurant	499 Dundas Street West.	392-1414
STIRLING		
Platters Restaurant	36 West Front Street	395-5447
The Old Lumber Mill	227 West Front Street	395-6362

RED CEDARS

Are You Emotionally Abused?

Many people find that emotional abuse is difficult to name or even talk about. They often wonder if it is serious because you cannot see it, like bruises or broken bones. Emotional abuse is seldom taken seriously, by the victim. These questions will help you identify if you are being emotionally abused, and provide some ideas on what you can do about it.

What is your relationship like?

- Do you feel that something is wrong with your relationship, but you don't know how to describe it?
- Do you feel that your partner controls your life?
- Do you feel that your partner does not value your thoughts or feelings?
- Will your partner do anything to win an argument, such as put you down, threaten or intimidate you?
- Does your partner get angry and jealous if you talk to someone else? Are you accused of having affairs?
- Do you feel that you cannot do anything right in your partner's eyes?
- Do you get mixed messages, such as the reason you are abused is because he loves you?
- Are you told that no one else would want you, or that you are lucky your partner takes care of you?
- Do you have to account for every moment of your time?
- when you try to talk to your partner about problems, are you called names?
- Are you prevented from going to work or school?
- If you wish to spend money, does your partner make you account for every penny?
- After an argument, does your partner insist that you have sex as a way to make up?
- Does he use the children against you in arguments? Does your partner threaten that you will never see the children again if you leave?
- Does your partner blame you for everything that goes wrong?

How are you affected?

- Are you unable or afraid to make decisions for yourself?
- Do you do anything you can to please your partner or not upset him?
- Do you make excuses for your partner's behaviour?
- Are you forgetful, confused or unable to concentrate?
- Have you noticed changes in your eating, sleeping, alcohol or drug use?
- Have you lost interest or energy to do the things you used to?
- Do you feel sick, anxious, tired or depressed a lot of the time?
- Have you lost contact with your friends, family or neighbours?
- Have you lost self-confidence and feel afraid that you could not make it alone?

Where can you turn to?

- Help lines. You'll find numbers in the front of your phone book.
- Shelters accept women who are being emotionally abused. The help line can refer you to the one nearest you.
- If you have been threatened with harm or death, or are being stalked (followed and harassed) by your partner or ex-partner, you can call the police. Dial 9-1-1.
- If you are considering leaving, especially if you have children, see a lawyer. In Ontario you can call, 1-800-268-8326, for referrals to a lawyer and be entitled to a free half-hour visit.
- Abused women are at the greatest risk of being harmed when they leave. Ensure that you have a safety plan in place; you can call your local shelter or a help line for assistance with your safety plan.

Red Cedars Shelter
Crisis Line: 967-8212 or 1-800-672-9515
(24 hours / 7 days a week)

Assaulted Women's Helpline
1-865-863-0517



Sharing Of Cultural Knowledge Corner

Reminding people, to be mindful of their words as they hold great power.



HAUDENOSAUNEE CYCLE OF CEREMONIES

MIDWINTER
January 2nd week
Three Sisters, Hatuli, Katsisi
5-8 days

MAPLE FESTIVAL
February 2nd week
Forest Dance
1 day

MAPLE SYRUP HARVEST
March 1st week
Offering of Thanksgiving
1 day

THUNDERDANCE
April 1st week
Welcoming Back Our
Grandfathers (The Thunders)

OKIWEH
Middle of April
Feast for the Dead
All Night

ATOWI
End of April
Medicine Mask Society
1 evening

SUNDANCE
Early May
Offering Thanksgiving to the Sun
Morning

MOONDANCE
2nd week of May
Offering to the Moon
1 evening

CEREMONY MARCH
Middle of May
Blessing the seeds
1 day

PLANTING SEASON
End of May
Atenenha
(Great Peach Bowl Game)
Indefinite

STRAWBERRY FESTIVAL
Middle of June
Thanksgiving for all Berries
and New Life Birth
1 day

STRING BEAN FESTIVAL
August 1st week
1 day

**SMALL GREEN CORN
CEREMONY**
Middle of August
1 day

**GREEN CORN
CEREMONY**
Middle of August
4 days

**HARVEST
THANKSGIVING**
Middle of October
4 days

ATOWI
End of October -
Medicine Mask Society
1 day

OKIWEH
October
Feast for the Dead
All Night

KARIWIJO
Code of Handsome Laka
4 days

Information from Chief Jake Thomas

Haudenosaunee (People of the Longhouse) is the Kahnien'ke'haka (People of the Flint) name for what has come to be known as the Iroquois Confederacy. Kahnien'ke'haka means People of the Flint and is the original native name for those who have become known as Mohawk.

Moon Ceremony

All Women Welcome!

WHERE? RED CEDARS
WHEN: February 6
at Dusk

Please wear a
dress/skirt and
bring tobacco & water
if possible.

Call for more
information:

969-2215 or 967-2003
POTLUCK MEAL SHARING

Facilitated by Red Cedars Traditional Practitioner Program



RED CEDARS

Traditional Iroquoian Thanksgiving Address

Prologue

Now the time has come to give our thanksgivings and to extend our greetings to the various spiritual forces which sustain our health and provide for our well-being.

I have been given the responsibility to speak these words on behalf of the assembly of people who have gathered here.

The Assembly of People

It was long ago when the Creator decided that the people should express their thanks to all things within Creation and to extend their greetings to one another. So, at this time, we, the people, will do this. And, after all is said and done. We will have come together. We will become as one body and stand united in our thoughts as one mind.

As we begin this opening address, we will turn our thoughts to those members of our families who are not well and ill in health. We ask that they might be restored with health and happiness. So with this thought, let us now be united in our minds.

The Earth, Our Mother

And, also at this time, we would like to extend greetings and thanksgiving to our mother, the Earth: for the Earth is our mother who supports our feet and provides many things for our health and well-being. So at this time, we give thanks for our mother, the Earth that she might continue to provide the things that we need. So with this thought, let us now be united in our minds.

The Bodies of Water

And, also at this time, we would like to extend greetings and thanksgiving to all the bodies of water on the earth. For water in many forms is a force which strengthens our bodies and cleanses the earth and the people. So, at this time, we give thanks for the many bodies of water that they might continue to provide us with strength and the opportunity for cleansing. So with this thought, let us now be united in our minds.

Fruits and Trees

And, also at this time, we would like to extend greetings and thanksgiving to all the many different fruits and trees. For these are other forces who not only provide many healing medicines, but also provide food for our health and happiness, and heat for homes when the wind turns cold. So, at this time, we give thanks to the fruits and trees that they might continue to provide for our health, happiness and warmth. So with this thought let us now be united in our minds.

Animals and Birds

And, also at this time, we would like to extend greetings and thanksgiving to all the animals and birds of the world. For it is these creatures who provide us with food to nourish our bodies, and who provide us with clothing to protect ourselves. So, at this time, we give thanks to the many animals and birds that they might continue to provide us with food and clothing. So with this thought, let us now be united in our minds.

The Three Sisters

And, also at this time, we would like to extend greetings and thanksgiving to our Three Sisters - The corn, Beans and Squash which are basic to our survival. For it is the way of our people to work the land, to plant, and to harvest these three sisters so that we may be able to feed and strengthen the people over the cold winter months. So, at this time, we give thanks to our Three Sisters that they might continue to provide us with our basic sustenance. So with this thought, let us now be united in our minds.

The Thunderers, Our Grandfathers

And also, at this time, we would like to extend greetings and thanksgiving to the thunderers, Our Grandfathers. For it is the thunderers who come from the west with the responsibility to make fresh water and to assist with the growth of all things on the Earth. So, at this time, we give thanks to the thunderers, Our Grandfathers that they might continue to work directly for the Creator in providing us with sustenance and support. So with this thought, let us now be united in our minds.

The Wind

And, also at this time, we would like to extend greetings and thanksgiving to the Wind. For the Wind is the force who has been given the duty to blow over the Earth, to moderate the temperatures, and to assist in spreading the seeds of plant life. So, at this time, we give thanks to the Wind that this force may also continue to work directly for the Creator in providing for our well-being and support. So with this thought, let us now be united in our minds.

The Sun, Our Elder Brother

And, also at this time, we would like to extend greetings and thanksgiving to the sun, our Elder Brother. For the sun has been given the duty to warm the land and air and to assist in the growth of all things on the Earth. The sun who works in partnership with our grandmother, the Moon, has also been given the added responsibility of providing the daytime light. So, at this time, we give thanks to our Elder Brother, the Sun that he might continue to provide energy for our protection and growth. So with this thought, let us now be united in our minds.

The Moon, Our Grandmother

And, also at this time, we would like to extend greetings and thanksgiving to our Grandmother, the Moon. For the moon has been given the responsibility to work in partnership with our Elder Brother, the Sun. She provides us with night time light, and assists in all matters relating to female life on the earth. She assists in the birth of our children, and also helps us in marking the passage of time. So, at this time, we give thanks to our Grandmother, the Moon that she might continue to provide for our well-being and support. So with this thought, let us now be united in our minds.

The Stars, Our Relations

And, also at this time, we would like to extend greetings and thanksgiving to the Stars of the Universe. For they are our relations who carry the knowledge of our early beginnings. They serve as markers for the time when we are to honour the Earth's cycle of renewal. They assist our grandmother moon in providing night time light, and in guiding the people who may be moving about the earth in darkness. So with this thought, let us now be united in our minds.

The 4 Beings, The Messengers

And, also at this time, we would like to extend greetings and thanksgiving to the 4 Beings of our Creation and who deliver to us various messages for our health and well-being. For it is the duty of the 4 messengers to straighten out the minds of the people, to remind us of the four directions and of the need to balance the spiritual, emotional, mental, and physical energies which flow inside each of us. So, at this time, we give thanks to the 4 states of Being that they might continue to remind us to honour the cycles of renewal. So with this thought, let us now be united in our minds.

The Prophets

And, also at this time, we would like to extend greetings and thanksgiving to the spirits who have come and walked among us. For it is through our beings that our people were given their original instructions. We understand that the Creator intends for us to seek out a way of life which honours and respects all living things. So, at this time, we give thanks for the spirits of the prophets for reminding us to seek the ways of the Creator. So with this thought let us now be united in our minds.

The Creator, The Great Mystery

And, finally, at this time, we would like to extend greetings and thanksgiving to the Creator who lives on the other side of the sky. For it is the Creator who listens and watches over the people, who extends love and compassion to all, and is the source of the life force. So, at this time, we give thanks to the Creator for all the things which have been given to us for our sustenance, nourishment and support. So with this thought, let us now be united in our minds.

Epilogue

And, now I have done my best to extend the greetings and the thanks of the people. I may have forgotten to mention some things, and for this I would ask for your patience and forgiveness. The matter of giving thanks and extending greetings has now been completed.

Donatho!



COMMUNITY INTEREST

POSTCARDS FROM THE VISION QUEST

by Joseph Brant

New-Fashioned Community Service

It was around the time I moved to Nashville, in 1995, that the standoff at Ipperwash Provincial Park took place, the one that killed Dudley George. So enamored was I by my new surroundings, and my youth, that I didn't take the time to notice the news was unimportant here.

This past month the contents of a wiretap in a maintenance building at Ipperwash, placed without a warrant by the Ontario Provincial Police – as well as another tape, created by two OPP officers posing as journalists before the murder of George – was released to CBC News and it revealed an abhorrent amount of racism.

One officer, reported by the Toronto Star, said, "We had this plan, you know? We thought if we could get five or six cases of Labatts 50 we could bait them and we'd have this big net and a pit."

"Creative thinking," said another. "Works in the South with watermelon."

Dudley George himself can apparently be heard on the second tape. Incredulously, given he'd just been shot, he said, "They had guns, shields and clubs ... They opened up on us. I can't believe it ... We weren't shooting at them. We had sticks and rocks."

There is so much here for so many different audiences, it could be difficult to place oneself outside our collective mindset. Take for granted the obvious: that it is sickening how, twenty years after ratification of the Constitution defining us as 'special' in Canada and forty years past the end of the Indian Agent, we could be discarded by the most unquestionably trusted of government agencies; treated in such a way – inter-personally with violence; impersonally with the racial aspersions – that cannot be denied.

That is, very understandably, how we feel.

What about the government and the average non-Native Canadian?

The Toronto Star quoted OPP Superintendent Bill Crate describing the officer comments as "disgusting." He elaborated: "Nobody is more outraged than the OPP concerning these remarks. We really regret the highly inappropriate comments made by these officers."

There's nothing wrong with saying that. Given you and me are not the OPP, nor do many of us intend on really doing anything about this, the best we can assume is that changes will be made within their system. Changes will most likely be made.

How, though, can someone like an OPP officer – someone who, otherwise, is just a regular Canadian – allow himself to say anything like that, in a nation that is so overwhelmed with political correctness?

Political correctness, by the way, is embarrassing to me. It's rare here in the States, because Americans value and praise their "independence" and "freedom" to the extent that most people sound as though they believe there is no other democratic country in the world.

Down here, you can pretty much say whatever you want, about whatever group of people you want, to whomever you want and that's okay. When I go home, people are stunned to find that I think it's okay as well.

If every bigot isn't allowed to speak, does that make him not a bigot anymore?

I stuff a whole lot of experience into my visits home. This past December I was there for almost two weeks. I spent the first couple days in Toronto, visiting an old friend and talking about just this kind of thing.

"People are afraid to engage each other on any topic that could possibly be misinterpreted as racist," she said.

Afraid!

Anything that makes a person unique can be viewed two ways: respectfully and disrespectfully. It can be viewed those two ways, though, from two different perspectives: yourself and anyone who is not you.

In Nashville, I know a few people, for example, who just simply don't mind calling themselves *queer*. I, on the other hand, will blow up your house if you call me that. Even members of the same groups shouldn't be expected to think alike.

Political correctness really benefits nobody. A couple Indians from Tyendinaga (hands up if you don't like the word *Indian*) aren't going to change this movement, but it does put us all in a strange situation that we have to acknowledge.

Non-Natives who don't know any Native people – or (if you can believe this) don't know anyone who hasn't *married* a Native person – just simply have no access to us. The Native Studies section at Chapters bookstore has literally four books on the subject and they're either too politically engaged, too "let's all feel sad for the Natives," or too literary. Books written by Native people tend to color inside the same lines.

The most easily accessible book I've found is written by Drew Hayden Taylor and even it is filled with stories any non-Native person would be a moron to try to extrapolate from: 'I'm a playwright and I travel all over the world' and 'the Mohawk girlfriend' this or that. For one, we're not all playwrights. As well, my spouse will never be referred to as my "Cherokee spouse" or "1/2 white, 3/8th Ojibwe and 1/8th Navajo."

We have the APTN-TV network but, if you weren't Native, would you watch it?

Do you even watch it now?

Non-Native people, because they are afraid to ask, are left wondering about this whole Dudley George/Ipperwash fiasco. As citizens, they're inclined to trust the police but as human beings, with the release of these tapes, they're inclined now to rethink things. Our job – and this is a real responsibility on our part – is to engage non-Native people. It always has been the case but is more real now.

It's long been something I've tried to do. Like I said, Americans aren't afraid to talk, or ask. Many times, though, they don't entirely listen. So over and over I talk to the people I work with, for example, about home and our relationship with governments. I talk about residential schools and Christian missionaries and how those experiences decades ago affect me and my family today.

...and I collect money for the poor Indians in Canada and keep it all for myself.

(Just kidding.)

It is important, though, to bring up these conversations when you can. If there's someone you know who you've never spoken about this with, man, talk to him. It really does help us, because the truth remains: if some members of the OPP do not hesitate to say and do what they did at Ipperwash – and two people are all we need to know about – then the average Canadian, and American, surely needs some education too.

Questions, comments: mohawkvisionquest@canada.com

RENTAL OF THE 59'ers HALL

For rental information please call:

Gloria Idzenga - 962-8757

Janet Jung - 396-1432

Millie Maracle - 396-5316

In Loving Memory of Our Son
 Brandon Bernard Alfred David Claus
 who left us four years ago
 April 27, 1986 - January 17, 2000

Our lives go on without you
 And nothing is the same,
 We have to hold our heartache
 when someone speaks your name.
 Sad are our hearts that love you,
 Silent our tears that fall
 Living our lives without you,
 Is the hardest part of all.
 The special years will not return,
 When we were all together
 But with the love within our hearts,
 You will walk with us forever.

Forever Loved & Remembered
 Mom Cheryl, Dad Alfred & Sister Shannon

COMMUNITY INTEREST



Tyendinaga Lions Club

Tyendinaga Lions Club Donations And Activities from July 1,2002 until June 30,2003

Tyendinaga Lions Club meets 2nd & 4th Tuesday every month.

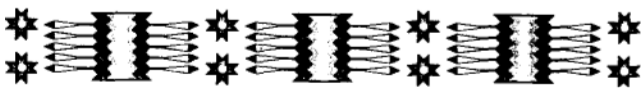
ACTIVITIES:

- Provided morning & afternoon snacks for two days for the A.I.A.I. Assembly.
- Provided a Food Booth for our local KWE Radio Stations Jamboree.
- Provided a Food Booth, Crown & Anchor and Nevada Tickets at the Quinte Mohawk Fair.
- Sold Cash Draw Tickets that was drawn at the Quinte Mohawk Fair:
1st - \$500.00, 2nd - \$300.00, 3rd \$200.00.
- Provided a Food Booth for meet The Parents Night at the Quinte Mohawk School.
- Provided a Food Booth for the Tyendinaga Mohawk Territory Ball Tournament.
- Provided a Food Booth on two seperate dates for the Quinte Mohawk School's Track & Field.
- Provided free Helium for the "Walk for Guide Dogs" in Belleville

DONATIONS:

- \$100.00 for Arnold J. Brant Golf Tournament
- \$ 65.00 to KWE Radio's Jamboree
- \$200.00 to F.N.T.I. for childrens summer camp
- \$ 30.00 to Bay of Quinte's Annual Golf Tournament
- \$200.00 for Annual Bursary for a student at F.N.T.I.
- \$200.00 to KWE Radio station
- \$ 25.00 for Tyendinaga Townships Canada Day Activities
- \$ 50.00 for Chris Bruder's Ride for Diabetes
- \$155.00 for Sport Glasses for an 8 year old boy in our area
- \$170.20 to a childrens cooking class
- \$500.00 to our local Senior's Club
- \$150.00 to our local branch of the C.N.I.B.
- \$100.00 for Tyendinaga Childrens Hockey Tournament
- \$250.00 for Quinte Mohawk School Program
- \$100.00 to L&A County Hospital
- \$ 50.00 to Camp Trillium, Cancer camp for children
- \$ 75.00 to Tyendinaga Health Centre "Angel Tree"
- \$ 25.00 to District A-3 Fun & Talent Night

\$2,445.20



INDIAN COUNTRY COMFORTS

We are the new store on the Territory located at **542 Ridge Road** (just west of Norway's Rd.).
Look for the little trailer just a bit down the lane.

We're not your usual corner store.

We carry all sorts of canned goods, cereal and juice at less than half the supermarket price. We also carry water as well as fresh hot coffee and cigarettes and your usual snack foods at competitive prices.

We will soon have bread and a cooler for milk and butter. Come on over and check us out. We're sure you will find something you want and save money too.

New items weekly.

Enter our monthly draw for a valuable prize.

Currently hours are Tuesday - Friday 8am - 6pm
Saturday - Sunday 10am - 4pm



* Looking for Artists *

U of T Press is putting out a book that is challenging stereotypes of Aboriginal People in Canada. They are looking for some artwork for the cover, which may or may not be in colour.

Any questions please contact Mark Solomon

- -Mark Solomon Email: >> mark.solomon@brocku.ca >>>

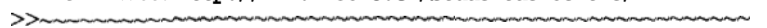
Student Conduct and Activities Officer

Phone: (905) 688-5550 >> ext. 4041 >>>

Brock University Fax: (905) 688-7260 >>>

St. Catharines, ON, Canada L2S >>>

3A1 Web: <http://www.BrockU.CA/studentdevcentre/> >>>



COMMUNITY INTEREST

?

Well, we are another month into the New Year. Last month's Computer Workshop was a great success – several community members came out to learn about the computer and gain information on the Internet and Internet searches. Thanks everyone for participating!!

Additionally, this month is First Nations Public Library Week. Not only are you encouraged to come to the library for **books**, but drop in to check out the computer workstations and **HIGH SPEEL INTERNETACCESS!!!** Also, there are several videos available at the library to borrow...

Hours of Operation

Tuesday: 8:30 – 12; 1 – 4:30
Wednesday: 8:30 – 12; 1 – 4:30
Thursday 12 – 4; 6 – 8

The *CommunityAccess Program* is available for help with computers and the Internet, e-mail and search engines. We also have a colour printer, black & white printer, fax machine and scanner.

Hope to see you soon!!
 Feather Maracle
 CAP Youth Intern

HEY!! Don't forget our website:
http://tyendingaga_cap.tripod.com



KANHIOTE

TYENDINGAGA TERRITORY PUBLIC LIBRARY
 York Rd. Tyendingaga Mohawk Territory, KOK 1X0
 967-6264

First Nations Public Library Week

Whereas, in a world undergoing constant change, libraries provide **living** memories to the past and future of our First Nations;

Whereas, libraries provide **knowledge** of important research about health, economics, housing, the environment and countless other areas to support better **Living** conditions and to help people lead longer, more purposeful lives;

Whereas, libraries support a successful workforce with programs, computers and other resources to help communities learn to find, share and use information they need for their jobs, health, education and other needs;

Whereas, **many** libraries offer pre-school story-hour and summer reading programs to encourage children to begin a habit of reading that will serve them on their path in life;

Whereas, we recognize that the knowledge keepers and gatherers of the Kanhiote Tyendingaga Territory Public Library provide a vital service to our community.

BE IT KNOWN, I Raduak Donald Maracle,
 Chief of the Mohawks of the Bay of Quinte First Nation

Proclaim

FEBRUARY 9 - 14, 2004

To Be

FIRST NATIONS PUBLIC LIBRARY WEEK

And I encourage every person to use the library **this week** and throughout the year.



First Nations Public Library Week 2004

Ontario's First Nations Public Library Week is a grassroots development initiated in 2000 by the northern and southern Ontario First Nation Libraries' Advisory Committees and supported by Ontario Library Service – north and the Southern Ontario Library Service.

First Nations Public Library Week encourages First Nation libraries to promote their resources and services to their communities through a variety of programs and activities. The Week also encourages all public libraries to join in the celebration by offering culturally sensitive programmes and displays featuring First Nations content, authors and illustrators.

The winter timing for First Nations Public Library Week observes the First Nations' traditional time for storytelling. The 2004 dates are February 9-14. The theme, "Winter Story Stories @ your library", emphasizes oral tradition and the coming together of community to share teaching and entertainment in warm and hospitable surroundings. Once again, the Ontario Library Association is supporting First Nations Public Library Week by developing and distributing posters to ALL Ontario public libraries, so please mark your programming calendars and plan to participate.



CBC  Radio

NEWS RELEASE

www.cbc.ca

OPENING THE THIRD CHAPTER OF CANADA READS

CANADA READS sets the stage today for another battle of the books. Five new panelists, five new works of Canadian fiction...and a week of feisty debates. This year, for the first time, CANADA READS will not only be broadcast on CBC Radio One, it will be televised on CBC Newsworld From February 16th to the 20th, five prominent Canadians each will defend the one book they want all of Canada to read.

Host Bill Richardson will lead the debate, as the panelists argue, cajole, and plot to sway the vote in their book's favour. Each day, a title will be shelved, until only one survives. This year's panelists are Blue Rodeo's Jim Cuddy; filmmaker and journalist Francine Pelletier; author Zsuzsi Gartner; Winnipeg mayor Glen Murray and open sensation Measha Brueggergosman.

The shortlist of books is:

- *The Last Crossing* by Guy Vanderhaeghe – chosen by Jim Cuddy
- *Le coeur est un muscle involontaire (The Heart is an Involuntary Muscle)* by Monique Proulx, translated by David Homel and Fred A. Reed – chosen by Francine Pelletier
- *Barney's Version* by Mordecai Richler – chosen by Zsuzsi Gartner
- *Green Cross, Running Water* by Thomas King – chosen by Glen Murray
- *The Love of a Good Woman* by Alice Munro – chosen by Measha Brueggergosman

CANADA READS senior producer Talin Vartanian says, "CBC Radio fans know it's great fun to listen to Canada Reads. Newsworld viewers are about to discover it's great fun to watch, too."

CBC Radio One will broadcast the discussion twice daily. February 16th through 20th. It will be heard during the first half-hour of **SOUNDS LIKE CANADA**, at 10 a.m. (10:30 NT), and the last half-hour of **AS IT HAPPENS**, at 7:30 p.m. (8 NT). CBC Newsworld will air the debate February 16th through 20th at 1:30 p.m., 8:30 p.m., and 11:30 p.m. (all times ET). The final title will be announced on Friday, February 20. In addition, **BETWEEN THE COVERS** (heard on CBC Radio One at 2:30 p.m. and 10:40 p.m., half an hour later in Newfoundland) will be broadcasting excerpts from each CANADA READS book.

For more details, go to www.cbc.ca/canadareads. Special features include profiles of the books, authors and panelists, plus online readers' guides, a discussion forum and more.

A portion of the proceeds from the sales of the final CANADA READS title will be donated to the ABC Canada Literacy Foundation.

CANADA READS showcases the CBC tradition of developing radio programming that enlightens, reflects and connects Canadians.

COMMUNITY INTEREST

It's a Girl!



Congratulations **Finn Brandy** on the safe arrival of your daughter,

" Gracie Monica Candis "
Born: January 21/04
Weight: 7 lbs. 12 oz.

A little sister for Dakota, Noah and Logan.

It's a Girl!



Nanna & Poppa (Sharon & Murray), Uncle **Buzz** (Murray), Aunt Lacey & Uncle Corey, Aunt Mindy & Uncle Richard welcome with lots of love and kisses "Serena Murissa Rondalyn" to our family.

Serena joined our family on Friday, Dec. 19, 2003 at 9:35 a.m. She weighed in at 8 lbs. 10 oz. & was 20 1/2 inches long.

Her proud parents are Aaron & Cherie and her happy big sisters are Teia and Xandria (Dria) Maracle.

Serena has two other grandparents Ron & Judy Barnes, She is also blessed to have two Great Grandmothers, Bernice & Della Maracle. Her Great Grandfathers **Sonny** & Carl Maracle are watching her with pride from heaven.

It's a Boy!



Danielle Smart & Steven Green are proud of their new arrival. A brother for Karontatfieh.

" Oron yah the Landon Green "
Born: Dec. 16/2003
Weight: 7 lbs. 14 oz.
Delivered by midwife at K.G.H.

Proud Grandparents are George & Carlene Smart
Sonny & Betty Green

Baptism Announcement

I, Mary Ann Sero am so proud that my three grandchildren. finally were baptised on January 25, 2004 by Father David Targett at Christ Church Her Majesty Royal Chapel of the Mohawks.

The Children were:

Carly Rose, daughter of Clarissa & Ralph Cobble Dick
Abby Claire, daughter of Carrie & Trevor Jacklin.
Hunter Owen Reilly, son of Candice Sero

After the service we had a luncheon down at the Elders Lodge for all who attended the Church Service.

The Godparents for Abby are Glenna Brant, Dean Brant and Ashley Brant.

The Godparents for Hunter are Tim Maracle, Katherine Maracle and Charles Maracle.

The Godparents for Carly are Carrie Jacklin, Trevor Jacklin and Janet Brant-Parkin.




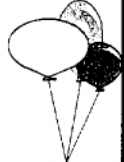


















**When fire strikes ...
Get out!
Stay out!**



Practise your home escape plan. Never go back inside a burning building.



BIRTHDAYS & ANNIVERSARIES

<p>Happy Birthday! </p> <p>R. Donald Maracle Feb. 8</p> <p>from Mary Ann</p>	<p>Happy Birthday! </p> <p>Ronnie Maracle Sr. Feb. 22</p> <p>from Mary Ann</p>	<p>Happy Birthday! </p> <p>Crissy Cobble Dick Feb. 25 from Mary Ann (Mom) & Family</p> <hr/> <p>Happy Birthday Mommy Love Cassie & Carly</p>	<p>Happy Belated Birthday! </p> <p>To our Binda Jan. 6</p> <p>Lotsa love, Piggi & Schmoop</p>
<p>Happy Birthday</p> <p>Kirsten Feb. 21</p> <p>Lots of Luv and kisses all over your face</p> <p>Uncle Dean, Aunt Lynda Nathan & Mindy</p> 	<p>Happy Birthday!</p> <p>Daddy Feb. 3</p> <p>Love Reagan</p> 	<p>Happy Birthday!</p> <p>Uncle Dee Feb. 10</p> <p>Love Reagan</p> 	<p>Happy Birthday!</p> <p>d e e tie Feb. 14</p> <p>Lotsa love, Scotty & Dean</p> 
<p>Happy ? Birthday!</p> <p>Cindy Feb. 21</p>  <p>Love the Family!</p>	<p>Happy Birthday!</p> <p>Aunt Nee Nee Feb. 14</p> <p>Lots of Love Fishy</p> 	<p>Happy Birthday to all celebrating this month!</p>	<p>Happy Birthday!</p> <p>Aunt Nita Feb. 14</p> <p>Love Doris, Alizabeth, Donald Shirley & Heather</p> 
<p>Happy Birthday!</p> <p>Mom (Heather) Feb. 8</p>  <p>Love Doris Elizabeth, Donald & Shirley</p>	<p>sappy Birthday!</p> <p>Aunt Bev Feb. 8</p> <p>Lots of love, Paul, Sandy & Family Rick, Diane & Family</p> 	<p>Happy Birthday!</p> <p>Nita Feb. 14</p> <p>Love Wendy & Glenn</p> 	<p>Happy Birthday Aunt Nee Nee Feb. 14 Love Baby Ernie</p> 
<p>Happy Birthday!</p> <p>Mom (Heather) Feb. 8</p>  <p>Love Doris Elizabeth, Donald & Shirley</p>	<p>Happy Birthday!</p> <p>Granny Feb. 8</p> <p>Love Ernie</p> 	<p>Happy Sweet 16 Birthday!</p> <p>Kayla</p> <p>Love Mom, Andrew Cody & Devon xoxoxo</p> 	<p>Happy Birthday!</p> <p>To a Special Lady Edith Feb. 26 from Verna & Randy</p> 
<p>Happy Birthday!</p> <p>Mom (Heather) Feb. 8</p>  <p>Love Doris Elizabeth, Donald & Shirley</p>	<p>Happy Birthday!</p> <p>Granny Feb. 8</p> <p>Love Ernie</p> 	<p>Happy Birthday!</p> <p>Papa Oats</p> <p>Love Keelan and Kennedy</p> 	<p>Do you have a birthday you wish to put in the newsletter? Birthday ads are free! Deadline for the March Issue is Tuesday Feb. 24 at noon</p> <p>Call: 396-3424</p>


BIRTHDAYS

Happy Birthday Cousins!

Brandon - Jan. 31
 Antonwa - Feb. 9
 Lexi - Feb. 9
 Jacinta - Feb. 24

From
 Rato:rahts, Dorahkote &
 nthos

Happy 9th Birthday!


Justice 

Love Nan

Happy Anniversary! 

Mike
 Feb. 15

Happy 4th Birthday!

Dakota 

Feb. 14th


Love Nan

Love Kelly

Happy Anniversary! 


Aunt Donna
 & Uncle Glen
 Feb. 15

Happy 4th Birthday!

Destiny
 Feb. 1 

Love Mommy, Daddy
 Trinity & the Hounds


Happy 26th Birthday!

Joe 

Feb. 5

Love Mom


Happy 3rd Birthday!

Aidan
 Feb. 26 

Love Nan

Love Mike, Kelly
 Keelan & Kennedy

Happy Birthday!

Daddy
 Feb. 20 

Love Destiny, Trinity
 Mommy & the Hounds


Happy Birthday!

Pappy 

Feb. 6


Love always,
 Cassie, Greg & Jared

Happy Birthday!

Kayne
 Feb. 23 

Love always,
 Aunt Bonnie, Uncle Bill
 Cassie, Greg, Jared
 Bart & Haley
 xoxoxo


Happy 32nd Anniversary!

Carol & Manson 

Jan. 29th


Love,
 Marilyn, Rick
 Sam, Brad
 Maria & Conner

Happy Birthday

Erin
 Feb. 4 


Love Aunt Marilyn,
 Uncle Rick, Sammie,
 Brad, Maria & Conner

Happy Birthday

Alecia
 Feb. 28 

Love Aunt Marilyn,
 Uncle Rick, Sammie,
 Brad, Maria
 & Conner


Happy Birthday

Daddy
 Feb. 6 

I love you!

Your little **Sweet Pea**
 Haley

Happy Birthday!

oy
 Feb. 24 

You're one of the best
 work with,
 Your co-worker,
 Marilyn

RECREATION

Recreation News

Recreation Circle of Change

January 28, 2004

The youth recreation meetings have been great, its super to hear all the youth ideas and the meetings are well attended. The Recreation Circle of Change project provides the youth with activities organized by the youth for the youth and the Recreation Coordinator guides them with the process also meets with them on their lunch hour at Quinte Mohawk School, Moria Secondary and Ohahase School. Parents are welcome to share their ideas and volunteer with the events.

Volleyball Night

It's great to see groups coming out on Friday nights, maybe before the end we can organize a

tournament to raise funds for a benefit in the Community. Its never to late to come out and play a game.

Winter Soccer

We are in the process of organizing winter soccer at Quinte Mohawk School on Monday and Wednesday nights, registration will be February 16 & February 18 at Quinte Mohawk School ,6:30 pm to 7:30pm.

Basketball Night

The event will start Tues. March 2. Registration forms are to be send into the School by February 12.



Swimming Program

We have had great responses for d~~~ program with all ages, unfortunately the funding is coming to an end but pool passes are still available. The youth have been doing great keep it up.

Trivia & Tea

The event is a fundraising event, organized by Kanhiote Library and the Recreation Department. The cost is \$5.00 per team member to play trivia and \$2.00 for a snack and drink while watching the Tyendinaga video , "Creative Mohawk Spiritual Year 2000" The project organizer was Joe Brown and Tyendinaga youth were involved with the project for a year.

The video will be available to purchase during the event. Proceeds will go towards sports and the library.

Lacrosse Box

The box now has ice, nia:wen to Dougie for snow blowing and to all the volunteers that took part in getting the project started.

Community Events

ENNIHASKHA/FEBURARY 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Pool Pass Family Swim in Napanee /6 to 7pm	3 Diabetes S.Group Health Centre 7pm	4 Pool Pass Family Swim in Napanee/ 6 to 7pm	5	6 Moon Ceremony R.C Youth Dance 6 to 10pm C.C	7 Trivia & Tea 2 to 4pm Community Centre
8 SnowSnake 1 to 4pm Frink Centre	9	10	11	12	13 YMCA night Free for teens 7 to 9:45pm	14
15	16	17	18	19 Tops Meeting Health Centre 7pm	20 Community Kitchen 59'ers 9 to 1pm	21
22	23 Ty. Coalition Meeting Health Centre.4pm	24 Yoga Class Health Centre Call 967-3603	25	26	27	28
29 First Tuesday of Every month Recreation Committee meets Admin. Office 7pm			Lacrosse Box Has ice now.		For more details, check the Newsletter.	C.C / R.C short for Community Centre Red Cedars 967-2003

Promoting Healthy Living
Check out the web.
<http://www.mbg.tmt.org/>
"Recreation Circle of Change"



Mohawks of The Bay of Quinte
R.R # 1 13 Old Ynrk Rd.
Tyendinaga Mohawk Territory
Phone: (613)396-3424 ext.107
Fax: (613)396-3627
Recreation Department
E-mail: darlene1@mbq.tyendinaga.net

RECREATION

A Short History of Lacrosse in Canada

Lacrosse, which the Native People of North America knew under many different names such as Baggetaway or Tewaarathon, played a significant role in the community and religious life of tribes across the continent for untold years. Its origin lost in the antiquity of myth, Lacrosse remains a notable contribution of the Native culture to modern Canadian society. Native Lacrosse was characterized by a deeply spiritual involvement, and those who took part did so with dedicated spirit and with the highest ideals of bringing glory to themselves and their tribes, and honour to the participants and the tribes to which they belonged.

In the 1840s the first games of Lacrosse were played between the townfolk and the Native People. Though it was many years before any significant wins were logged against the Natives, the game of Lacrosse was quickly winning the loyalty and interest of the newest North Americans. Lacrosse was named Canada's National Game by Parliament in 1859. In 1867 the Montreal Lacrosse Club, headed by Dr. George Beers, organized a conference in Kingston in order to create a national body whose purpose would be to govern the sport throughout the newly formed country. The National Lacrosse Association became the first national sport governing body in North America dedicated to the governance of a sport, the standardization of rules and competition, and the running of national championships to promote good Fellowship and unity across the country. The unforgettable motto of the organization was:

"OUR COUNTRY - OUR GAME"

Lacrosse, because of its unique history, exists as a link between the disparate components of Canadian history, First Nations and European Settler. It remains the rare occurrence in which an element of native culture was accepted and embraced by Canadian society. The European concepts of structure and rules were added to the religious and social rituals of the first North Americans, and together produced one of the first symbols of the new Canada, Lacrosse.

The advent of the 20th century saw Lacrosse as the dominant sport in Canada. There were extensive amateur and professional leagues across the country and teams routinely travelled from Quebec and Ontario to B.C. and vice versa to challenge for supremacy in the game. In 1901 Lord Minto, the Governor General of Canada, donated a silver cup to become the symbol of the championship of Canada. The Minto Cup, today the symbol of supremacy in the Junior ranks, remains one of the proudest prizes of Lacrosse. In 1910 Sir Donald Mann, chief architect of the Canadian Northern Railway, donated a gold cup to be awarded to the national amateur senior champion. Today it is the championship prize of the best Senior team in Box Lacrosse in Canada.

The coming of the 1930s brought innovation once again to the sport. Promoters married the two most popular games, Lacrosse and Hockey, and created Indoor Lacrosse, also known as Box Lacrosse or Boxla. The game was built upon speed and action and very quickly won massive support within the organization. By the mid 30's the field game had been completely replaced by Boxla and the box version became the official sport of the Canadian Lacrosse Association.

The Canadian Lacrosse Association today recognizes four separate disciplines in the game of Lacrosse: Box, Men's Field, Women's Field and Inter-Lacrosse. Box Lacrosse is uniquely a Canadian game and is best described as a game of speed and reaction. Men's Field Lacrosse is a game of patience and strategy which focuses on control of the ball. The Women's Field game has stayed truest to the original sport in its play. It is a game based on the skills of passing and ball control. Inter-Lacrosse is a non-contact version of the sport designed to be adaptable to the various age and skill levels of the participants.



Lacrosse was re-confirmed by Parliament as the National (Summer) Sport of Canada in 1994.

Ontario Lacrosse Association Coaching Clinics

The Recreation Department is available to host a Lacrosse Clinic in Tyendinaga if we have at least 15 participants.

Please call by February 16, 2004, volunteers are greatly appreciated in assisting with organize the event.

Information about the cost and dates are listed below, if you require more details please call (613) 396-3424 ext #107



2004 COACHING CLINIC HOSTING APPLICATION

The undersigned Association requests OLA sanctioning to host the following Coaching Clinic(s):

NCCP TECHNICAL BOX LACROSSE COACHING CERTIFICATION CLINICS

CLINIC FORMAT	LEVEL 1	LEVEL 2	LEVEL 3
COST PER COACH	\$120	\$150	\$175
TOTAL CLINIC DURATION	10 hours	20 hours	30 hours
CLASSROOM SEGMENT	5 hours	10 hours	15 hours
ON-FLOOR SEGMENT	5 hours	10 hours	15 hours
MINIMUM NUMBER OF PARTICIPANTS	15	15	10
MAXIMUM NUMBER OF PARTICIPANTS	30	30	25

REQUESTED CLINIC LEVEL(S) AND DATE(S)

CLINIC	2004 AVAILABLE DATES
Technical 1 Box	March-7,14,21 April- 11,18,25 May 2,9,16,30
Technical 2 Box	TBA

RECREATION

YMCA Friday Teen Night

FREE Friday YMCA Teen-Night

• Here are some of the events:

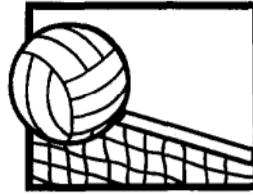
- *Gym Activities
- *Swimming
- * Music Lounge
- * Movie Lounge
- Every Friday has a different event
- Ages 10 & up
- 7pm to 9:45pm
- Car pooling for transportation
- (613) 396-3424 ext#107
- Signup anytime for a free night at the YMCA Teen night. Just tell them your from Tyendinaga.



Skiing

Come on out and cross country ski at Karon niak ta'kie Sports complex, a free family event, any time.

For more information contact
(613) 396-3424 ext#107



Recreation Department
Promoting Healthy living

(613) 396.3114 ext#107 24hr. voice mail
Family Fun Night 7pm to 9pm

Volleyball Night

Every Friday January 16 to March 5, 2004

At the Quinte Mohawk School Gym

7 pm to 9 pm

Signup your family to play a game against another family or sign-up a group of friends

This event is for all age groups, everyone is welcome.

Bring your group out or just come out yourself

January 16, 2004

Never too late to signup

8 weeks of having fun and being physically active during the winter months. Moving today for a healthier tomorrow.

Physical resources :

<http://www.rnbq.tmt.org/>

www.canadian-health-network.ca

For free copies of Canada's Physical Activity Guides 8 Support Resources for Children and Youth also available in the Recreation department
Call toll-free 1-888-334-9769



Canteen & Games Room Rental

The canteen & games room is available for rent for Birthday parties, meetings or for family fun

Only \$30.00

For more information contact

Darlene Loft (613)396-3424 ex 107

darlene1@mbq.tyendinaga.net

Promoting Healthy Living

FAIR MEETINGS

are held on the
1st Monday of each month.
7:00 p.m. at the Firehall

RECREATION



The Tyendinaga Sports Calendar 2004 is done, have you purchased one yet ? They are going fast. A keepsake for your family & friends.

Available at the Village Variety & the Administration Office

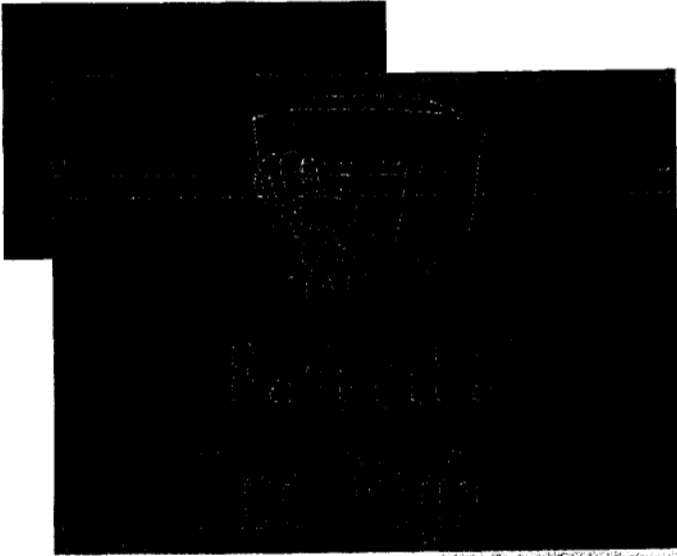
Tyendinaga Sports Team Calendar 2004

Take a look at one to see if your picture is in the calendar !

Darlene Loft (613)396-3424 ex 107
darlene1@mbq.tyendinaga.net
Mohawks of the Bay of Quinte
R R # 1 Tyendinaga Mohawk Territory
Ontano, KOK 1XO



A fundraiser for children's sports
\$10.00 each
Nia:wen for your support



Register by Feb.12/04

Tuesday March 2nd to April 20/04

6 pm to 7:30 pm

Coaches: Dan Chase, Erik Anderson

Robert Maracle,

Tracy Ford & Mark Ford

For more information contact the Recreation Department

(613) 396-3424 ext#107 (Student volunteers welcome)

Big bike For Stroke 2004

We need 29 riders for Tyendinaga's Big Bike on Saturday June 19/04

For more information call (613) 396-3424 ext.107

Check out the web. <http://www.mbq.tmt.org>
For update information or to signup.

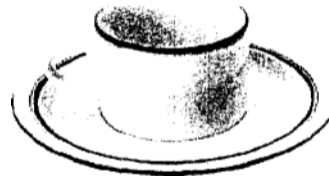


Trivia & Tea

Saturday, February 7, 2004

Time: 2pm to 4pm

(Reasonable price for a fun day)



Come out and preview the video "Creative Mohawk Spiritual Year 2000"

Tea & a movie and a challenging game of Trivia

Fundraising event for the Ka:nhioite Library and Recreation
Trivial game time starts at 2pm
Viewing of the video— every 20 minutes
Tea (juice) & desserts can be purchased all day
This is a Family Friendly Event

For more information contact (613)396-3424

Tickets for Trivia call Karen 967-6264 (6 on a team)

RECREATION & UPCOMING EVENTS



Recreation Circle of Change

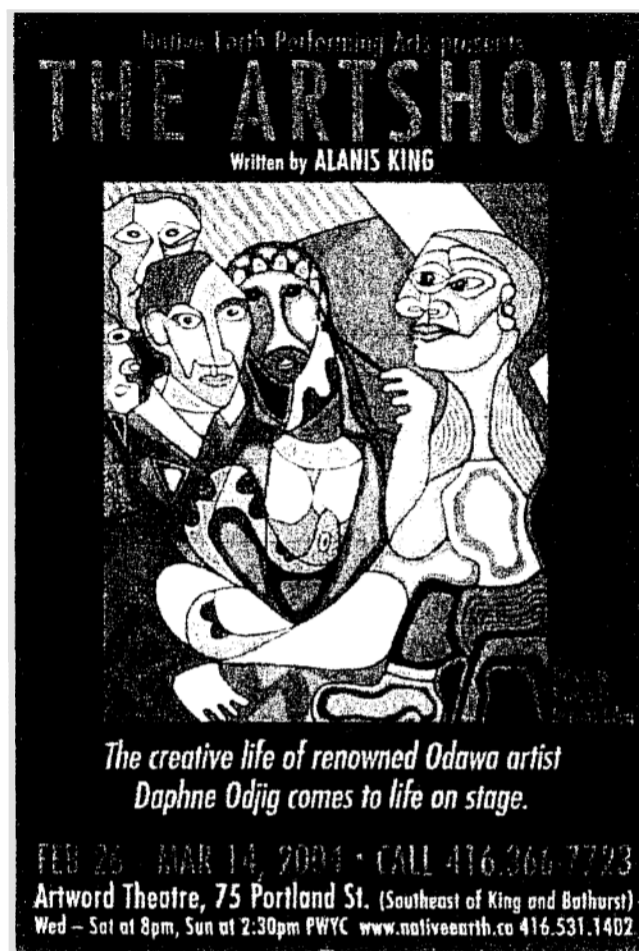
5 proven ways to help you keep your commitment to a healthy body.

1. **Set short-term goals.** You have an end goal in mind. Rather than focusing on that goal, establish small, realistic, measurable goals that will serve as steps in the right direction. Seeing small achievements as you go will help you see that your larger goal is achievable.
2. **Make regular changes in what you're doing.** Doing the same thing day after day gets boring for anyone. Nutrition and exercise programs are no exception. Variety is essential in order to prevent your body from becoming used to what you're doing.
3. **Keep it interesting.** Choose exercises and activities that you enjoy doing. If the activities you choose to participate in aren't enjoyable, you'll never stick with them.
4. **Experience new things.** Always search for new exercises, physical activities, and healthy foods to **try**. Don't be afraid to experiment. One of the best things you can do is take on new challenges and ideas. Remember, variety is the spice of life!
5. **Encourage yourself.** As you see improvement, allow your progress to encourage you to keep working towards your weight-loss and fitness goals. Improvements, whether big or small, are definitely steps in the right direction and proof that you can be successful.

Just remember – each day you continue to exercise, eat healthy, and avoid drugs or alcohol, you've taken a step in the right direction.



*TrimLife Health report article, 'by Kriss Richter
http://www.trimlife.com/Articles/Article_02
 Recreation Department (613) 396-3424 ext#107*



ATTENTION LADIES



LOOKING FOR LADIES INTERESTED IN PUTTING A TEAM IN A 3-PITCH LEAGUE ON THE TYENDINAGA MOHAWK TERRITORY THIS YEAR. LEAGUE NIGHTS WILL BE MONDAY & FRIDAY.

IF YOU ARE INTERESTED PLEASE CONTACT:

MARILYN LOFT AT 962-8043

(Leave message and it will be returned)

OR

CARRIE FLOOD AT 396-2318

UPCOMING EVENTS

**MRS. HERB'S
SWEETHEART
DINNER**

ROAST BEEF OR TURKEY DINNER
LEMON PIE OR CHEERY CHEESECAKE
\$10.00 per person

Saturday, Feb. 14
(Drop in or Reserve)
Seating 5:30 p.m. - 7:00 p.m.

Call: 962-0938




Family Fun Day !!!

Parents, Grandparents, Kids

Come out for a day of fun
in the park !!

There will be skating and sleigh riding
for the kids and for the kids at heart.

Hotdogs & hot chocolate will be available.

PLACE: Huron Brant Drive Park

WHEN: Sunday February 22, 2004

TIME: 10:00 a.m. - 2:00 p.m.

**Sponsored by the
Mohawk Recreation Committee**





How You Can Help Your Community!
It's easy and rewarding!

The Canada Customs and Revenue Agency has administered the "Community Volunteer Income Tax Program" for over thirty years. What is it? It is a community-based program designed to help low-income individuals with simple tax situations complete their income tax and benefit returns, **free of charge.**

The Canada Customs and Revenue Agency would like to once again establish this program in your community for this year's tax season. (Feb - April 30)

We need volunteers who are willing to give their time and energy to help others complete their tax returns. We will provide our volunteers with free tax training sessions, and a kit of handy reference materials.

We need your time and dedication to provide this important community service to individuals who have low income and are unable to pay for assistance.

If you are interested in becoming a volunteer or learning more about the program please contact Brian Miller, Volunteer Co-ordinator at the Belleville Tax Services Office at 613-391-2663. You may also visit our internet site at www.cera.gc.ca/volunteer

The "Community Volunteer Income Tax Program" will be offering tax preparation clinics on each Wednesday evening during the month of March. The clinics will be operating from 5 pm to 7 pm at the Holy Trinity Church Community Hall located at 104 Yonge Street in Shannonville.

If you are a low-income earner and would like free assistance with the preparation of your individual income tax return, please plan to attend one of our above-mentioned clinics. Should you have any questions, please contact Elvin Green at (613) 391-2738.



Family History Circle



We are family!!

We have been here since 1784 when about 20 families started this community. Are you interested in doing family history research? Join us at the library February 19th from 6 to 7:30 p.m.

Please let us know if you will be joining us:
Karen 967-6264 or 962-4404
Joy 962-3103 or 967-0411

**NO BATTERY,
NO CHANCE!**

Make sure your smoke alarms work! Test your smoke alarms at least once a month. Only remove the batteries to replace them.

UPCOMING EVENTS

~ COMMUNITY KITCHEN ~

- Learn tips for shopping on a budget
- Prepare a healthy meal
- Choose what meal you want to prepare
- Take a trip to the grocery store
- Prepare a meal to eat and take some home for your freezer



No charge

Started January 23rd, 2004

Next Community Kitchen get together is:

When: February 20th

Where: 59ers Club

Time: 9:00am-1:00pm

Interested Please call.

Karen: 967,6264 Carol: 396-3900 Jodi: 967-3603



CORN SOUP SUPPER



Sponsored by the Christ Church Restoration Committee

Sunday, Feb. 29/04

4:00 EM. - 7:00 EM.

**Mohawk Community Centre
(Downstairs)**

Admission: Adults: \$7.00/ person
Children : \$3.00/child

Supper Includes: 2 bowls of Soup
Homemade Bread, Dessert
Coffee, Tea & Juice

TYENDINAGA POW WOW COMMITTEE

CALLING ALL WRITERS!!

This year's Pow Wow theme is:
"Honouring our Men"

Your pow wow committee invites you to submit original creative works no Cuter than:

March 15, 2004

Top three entries will each receive: Publication in this year's magazine as well as special category prize.



Please mail entries to:
Pow Wow Writing Contest
C/O: Tree Good
RR#1, Slash Road East,
Deseronto, Ontario K0K 1X0
E-mail to: raenbird@yahoo.com
dmaraclewhalen@yahoo.ca
with the subject line: "writing contest"

Your Committee Cares:
During the holidays, Your Pow Wow Committee made the following donations:
Tyendinaga Food Bank \$100.
Angel Tree Program \$50.
More donations may be available to the community as funds allow.

VOLUNTEERING FOR THE COMMITTEE!

Learn culture & traditions,
meet new people, make new friends!
Volunteer Gate passes, Meals & Students receive extra school credit, just for helping out!

General Meeting: 2pm - Sunday, February 15, 2004
To be held at Dan & Delores Whalen's Hwy #49
For directions please call: 396-6561

Hope to see you there!!

Are You Interested in Losing Weight?



TAKE OFF POUNDS SENSIBLY

A new chapter of TOPS (Take Off Pounds Sensibly), a non-profit weight-loss support group, is being held in your area. Attend a free, no-obligation

informational meeting on FEB. 19 at

7:00 P.M. at THAYENDANEGA HEALTH CENTRE

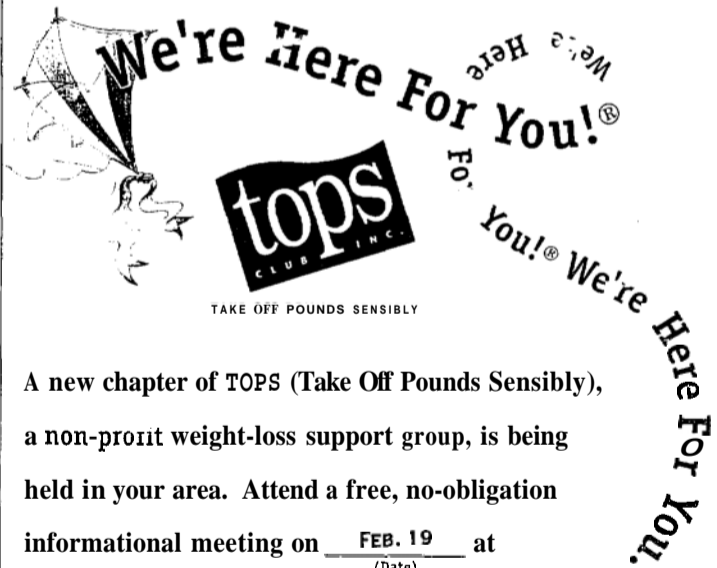
(Time) (Location)

1658 YORK ROAD

(Address)

For information, call 396-2229 AND LEAVE A MESSAGE

(Phone)



UPCOMING EVENTS

Tyendinaga Coalition for Healthy Lifestyle

Wellness Vision Statement

"All Tyendinagaron are empowered through education and knowledge, to live healthy lifestyles in a holistic way.

Tyendinagaron will teach and encourage our children healthy lifestyles through good nutrition and quality daily physical activity at home, in school and in the community.

This community will actively promote and participate in programs stimulating the whole person to wellness".

The Coalition Volunteers meet the last Monday of each month at 4pm at the Health Center We welcome new members & volunteers for special events.

Big Brothers Big Sisters Celebrity Dinner & Auction

Tuesday February 24th, 2004
Oddfellows Hall
111 Bay Drive, Belleville

Cocktails @ 6:00
Dinner @ 6:30

Live auction featuring Boyd Sullivan to follow.

Tickets are \$25.00
Please call Big Sisters at 968-4288 for tickets or further information.

Tickets are also available from Mike Hill call 396-1628

Celebrities include: Boyd Sullivan, Mayor Mary Anne Sills, Bev Mansfield, Laura McGugan, Steve Marlin, Jodie Jenkins

Share in the laughter and fun all while assisting Big Brothers Big Sisters in "Sharing A Little Magic" with the children in our community!



Free Bowling...Free Shoes...Fun Time! BOOK NOW!!!

February 28th 29th

Quinte Bowl
(Roy Blvd. North of 401)

BIG BROTHERS BIG SISTERS OF HASTINGS & PRINCE EDWARD COUNTIES IS PROUD TO ANNOUNCE THAT RBCIS THE TITLE SPONSOR OF BOWL FOR KIDS SAKE 2004!

We want your help to make The **RBC Bowl For Kids Sake 2004** in support of Big Brothers Big Sisters, a huge success!

HERE'S HOW!

- GRAB **6 People** AND REGISTER A TEAM.
- COLLECT PLEDGES! **\$100.00 per person** IS A GREAT START, BUT THE SKY IS THE LIMIT!
- Challenge friends** FAMILY AND COLLEAGUES. CHALLENGE YOUR EMPLOYER TO MATCH YOUR DOLLARS!
- CALL THE OFFICE NOW AND GET REGISTERED OR FOR MORE INFORMATION 962-3666

Tyendinaga Women's Association (NWA) (submitted by Debbie Sinclair)

The Tyendinaga Women's Association invites you to attend a future meeting.

Meeting Upcoming Dates:

MU. 1 - 2004
April 5 - 2004
May 3 - 2004

Time: 7 p.m. Sharp
Place: 59'er's Hall

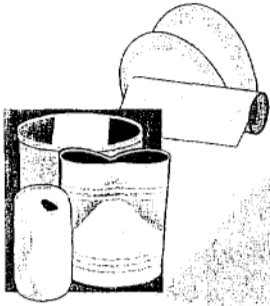
RECYCLING



A Recycling Reminder

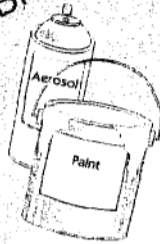
Hang this on your wall!

Bring these items to your depot



Metal Cans & Foil

Rinse cans. Place lids in a can, pinch closed and put loose in blue bin. **Do not put aluminum cans inside tin ones.** Include clean aluminum foil and pie plates. **Flattened cans save space!** **No** pots, cigarette or butter wrappers or scrap metal. Avoid putting pop cans inside other cans.



Empty Aerosol and Paint Cans

Make sure metal containers are empty. Take lids off the paint cans to let them dry, and place in the blue bin — **don't bag them** **No** containers with product, paint cans larger than 4 litres (1 gallon), plastic paint cans, propane cylinders or other hazardous waste.



Plastic Containers

Discard tops and rinse containers for soft drinks, detergents, juice, bleach, shampoo, dairy products as well as clear and foam plastic cups, trays and packaging. Flatten soft drink containers and replace lids. All plastics with the numbers 1 to 6 on the bottom are OK. **No** blister or bubblepacks, prescription bottles or toys.



Bottles & Jars

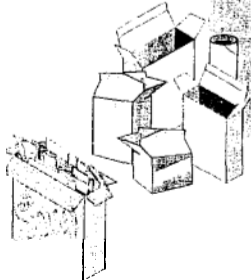
Remove and rinse caps and lids. Metal lids can be recycled with cans. Leave loose in the blue bin. **Don't bag them.** **No** other types of glass such as kitchenware, ceramics, dishes, drinking glasses, window glass, light bulbs or mirrors.

Place in appropriately labelled bins.



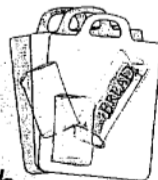
Boxboard and Mixed Paper

Bundle junk mail and office paper separately from boxboard. Flatten and stuff boxboard into a large box. **Boxboard** includes cereal, shoe and detergent boxes as well as rinsed milk and juice cartons, paper bags, sugar & flour bags, cardboard tubes, books (hardcover & paperback), egg cartons and other clean paper packaging. **No** drink boxes, tissue, paper towel or laminated paper. Do not put paper loose in blue bin.



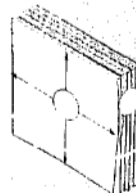
Plastic Bags

Stuff clean, dry plastic bags into a plastic bag and tie handles. Include rinsed milk pouches, grocery, bread, dry cleaning, frozen vegetable and blue newspaper bags as well as outer wrapper from toilet and hand tissues. Remove food residue, stickers and receipts. **No** meat, cheese or stretch wrap, cereal box liners or chip bags.



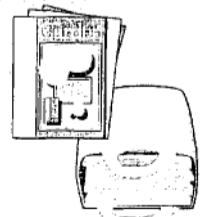
Corrugated Cardboard

Flatten and bundle corrugated cardboard boxes into a maximum size of 30" x 30" x 8" bundles. **Only broken down and bundled boxes will be collected.** **No** waxed boxes, soiled pizza boxes.



Newspapers & Magazines

Place newspapers, inserts, phone books, magazines and catalogues in a plastic bag next to your blue bin. **No** soiled newspapers. Keep boxboard and mixed paper separate, not mixed with newspaper and magazines.



Bring these items to your depot



QUINTE WASTE SOLUTIONS

CLASSIFIED

*** RIDE WANTED ***

- Son needs a ride to Belleville
- Mondays, Wednesdays, Thursdays & Friday
- need to be in Belleville for 8 A.m.
- live on the York Rd close to Shannonville

Please call: Kathy Baptiste
967-0451

LANDFORSALE

- south Church Lane #174
- fenced lot 100' X 200'
- cleared & grass cut
- sewer, electricity & water available
- \$10,000.00

Call 968-6626

CLOTHING
Repairs or Alterations
GALL
962-0938

LAND FOR SALE

- WATERFRONT LOT**
- on the Bay of Quinte
 - located along Cedar Glen Road across from #60
 - 75 ft. frontage
 - survey complete
 - get it now before it's gone

Call Sam: 962-2439

LAND FOR SALE

- fenced lot, 100' X 200'
- south Church Lane
- sewer, electricity & water available
- reasonable price

Call: Marion 396-1810

LAND FOR SALE

- 500 frontage, 375' deep
- located on Norways Rd. Tyendinaga Reserve

-Please call Bruce or Mary Loft at 962-7420 at B. & M. Variety Norways Road Tyendinaga Mohawk Territory

FOR SALE

- one 4.18 acre parcel of land
- located on the Upper Slash Rd. west of Larry Norman's home
- namely lot 10E-2 Coucessiou 2 uu plan number 60489
- 247 Ft road frontage X 719.30 ft depth

CONTACT: Freda Baptiste - 966-484 for more information

CHILD CARE PROVIDER

- Mother of one
- C.P.R. & First Aid trained
- Nu pets, lots of T.L.C. in a clean environment
- Healthy meals & snacks
- Located in the subdivision un Huron Braut Dr.

Call Angela at 396-6564

FOR SALE

- 1997 GRAND AM SE. 99,000 KM
- excellent condition, v/6 engine, 155 horsepower (quick)
 - 4 door, white with grey interior
 - am/fm stereo cassette
 - power steering, new brakes, power mirrors & windows, utility trailer hitch, automatic floor shift with console, air conditioner, cruise, tilt, tachometer and remote auto starter, ABS brakes and limited slip differential, fully certified and E. tested, new tires (nut on), special aluminum alloy mag wheels.
 - back seat fold down 40/60 for extra long items, tinted windows. etc.
- asking price \$8,500.00

for more information call: 613-396-3957

MILL TOWN MEATS

- Corn Fed Beef
- Quarters & Half Cuts of Beef
- Wrapped & Frozen
- Individual pieces sold at home
- AAA Beef

*Make your own Soup!
Lye'd Corn, Beans, Special Pork!*

Call: Glenn Hill 962-5470

LOST

- White Persian Cat
- missing since Dec. 10
- between Church Lane & the Rectory (along the pathway)
- arthritic condition and needs medication

Call: Lorraine Brant 396-6522

FOR SALE

- 1998 Dodge Caravan
- 130,000 km.
- 7 passenger seating (bench style)
- 3.0L engine, E tested in 2003
- CD player with cassette
- new tires & brakes in 2003
- new thermostat in 2004
- price: \$6000.00

Contact Tanya Bardy at (home) 396-1862 after 6:00 p.m. Or 396-6742 (work)
Can be viewed at 990A hwy 49 Tyendinaga Mohawk Territory

FOR SALE

- RESERVE LAND**
- located on north side of Hwy # 2
 - east of Belles Side Rd. in the town of Deseronto boundary
 - access to piped water mid gas
 - excellent location for commercial development - acreage available
 - one acre building lots with 100' highway frontage also available
 - building lots also available on Belles Side Rd.

If interested call: 969-1070

WANTED TO RENT

- AGRICULTURE LAND**
- highest price paid for top quality land
- Please call and ask for Gerard or Mark at 396-3768 or 519-274-3774

FOR SALE
FURNACE OIL

delivered at
Low Low Prices!!
Call 966-6306
8 - 5 p.m.

LAM) FOR SALE

- Lot 34C-2, Con. 2 - Approx. 1 Acre
- Parcel A, Lot 34, Con. 2 - Approx. 23.63 Acres
- Parcel A, Lot 35, Con. 2 - Approx. 23.46 Acres

For more information, please contact Shirley Maracle at 480-348-0976 or Ken Brant at 396-3424

CHILDCARE AVAILABLE

- Mother of three
- C.P.R. & First Aid trained
- Healthy meals & snacks provided
- Lots of room to play
- Central air conditioned

Please call Nancy: 396-3963

FOR SALE

WILLS JET MOBILE WASH

Please call: 396-5743 for more information

FOR SALE

- 1994 CHEVY S 10
- pwr window, locks & mirrors
 - am/fm cassette
 - \$3,000.00 or Best Offer

Call 396-5994

FOR SALE

- HOUSE OIL TANKS**
- \$350.00 per tank
 - installation available

Call: 921-0726 cell or 396-6206

LOTS FOR SALE

- large lots with frontage on Sucker Creek
- approx. 100' frontage X 600'

Please call: 476-9900