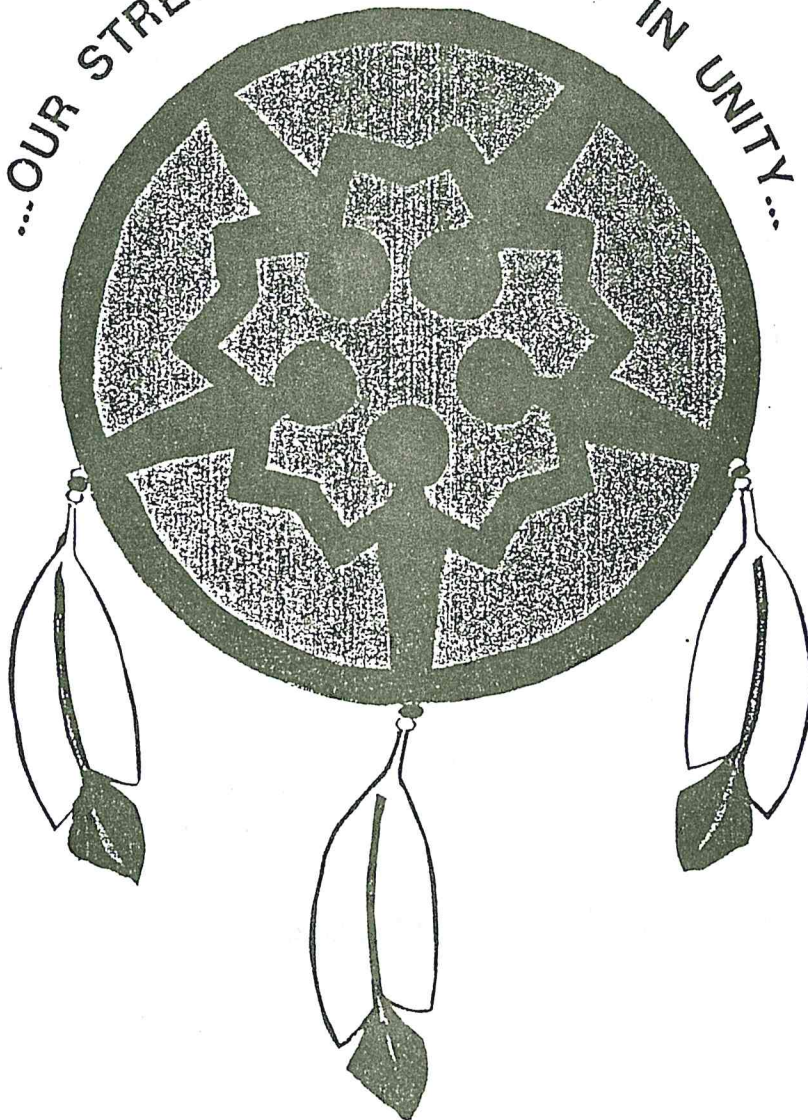


TYENDINAGA

...OUR STRENGTH SHALL BE IN UNITY...



F E B R U A R Y
I S S U E
4/91

NEWSLETTER

TO: ALL COMMUNITY MEMBERS

FROM: SANDRA E. GREEN (TYENDINAGA NEWSLETTER PERSON)

Our front cover is a **MISSION STATEMENT** designed and created by the entire staff of The Mohawks of The Bay of Quinte.

The circle symbolizes - The Circle of Life
- A Whole continuous cycle

Inside the circle are
5 People symbolizing - The 5 Nations of Confederacy
- The 5 Programs at the Administration Office

All holding hands
symbolizes - Unity
- Altogether we can help

The Three Feathers
symbolize - 1 - To Help
- 2 - To Care
- 3 - To Listen
also - Mohawk

The words across the top Speak for Itself.

" OUR STRENGTH SHALL BE IN UNITY "

TYENDINAGA NEWSLETTER

FEBRUARY ISSUE 4



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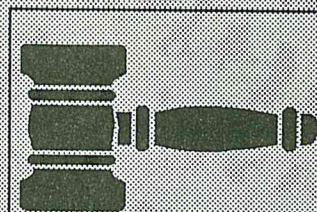
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COUNCIL CORNER



Here are some upcoming Assembly of First Nations Meetings:

MARCH 1991

19

19AFN Executive Committee
AFN, Ottawa

20-21

Confederacy Meeting, Ottawa

APRIL 1991

23-24-25
Tentative

Special Chiefs Assembly
LRT and Indian Act Amendments
Toronto

MAY 1991

23-25

Nexus '91 Native Investment and Trade Show
Vancouver
Contact: Calvin Helin, 604, 275-0307

JUNE 1991

10-13

Annual Chiefs Assembly
(Election year for National Chief)
Winnipeg Convention Centre, Winnipeg

JULY 1991

5-6-7

The Earth Spirit Festival
First Nations and Japanese Canadians
Harbourfront, Toronto
Ron Robert, 416, 598-1377

700 University Avenue, Toronto, Ontario M5G 1X6

January 31, 1991

Earl Hill
Mohawks of the Bay of Quinte
R.R. #1
DESERONTO, Ontario

Dear Chief Hill:

Announcement of Study
Lennox Thermal Generating Station
Dual Fuel Conversion Project

Ontario Hydro is initiating studies to examine modifications of the Lennox Thermal Generating Station so that either natural gas or oil can be used as a fuel. These studies focus on one of several options assessed in terms of the economics of converting the Station. The existing 2200 megawatt Generating Station currently operates on oil. The capability to use natural gas would provide added flexibility in the generation of electricity and environmental advantages. The local gas utility, Centra Gas, will be responsible for routing and approval of a gas pipeline to the Station.

Ontario Hydro will be undertaking studies to assess the environmental implications of converting the Station. If undertaken, this project will proceed in accordance with the requirements of the Environmental Assessment Act. During the next few months, Ontario Hydro staff will be contacting local and Provincial Government Ministries and officials in the area to discuss the details of the potential project. Members of the public will also be consulted throughout the study and will have an opportunity to review and provide input on the project. A public information booth will be held on February 27, 1991 at the South Fredericksburgh Community Centre and on February 28, 1991 at the Napanee Mall to provide further details to the community.

This initiative is part of Ontario Hydro's commitment to the environment, to producing a reliable, cost-efficient

2.

supply of energy, and to keeping the people of Ontario informed and involved. If you are interested in more information on the project, please contact Mr. Blair Seckington, Project Co-ordinator, at (416)592-5191, or Ms. Lynn Wood, Community Relations Field Officer, at (613)352-3525.

Yours truly,

Hugh S. Irvine

H.S. Irvine
 Director
 Design and Development Division - Generation

Employment Opportunities

FROM THE OFFICE OF THE EMPLOYMENT CO-ORDINATOR

TERM EMPLOYMENT CANADIAN COAST GUARD PRESCOTT, ONTARIO

Ken Brant of the Canadian Coast Guard in Prescott has notified this office that the Coast Guard is taking applications for **Four to Six Month Term Employment**.

The successful candidate would have the opportunity to complete their work placement on the ship **SIMCO** and some sailing is involved.

The wage for these positions is **\$13.00 to \$14.00 per hour**.

Applications can be made through my office by the completion of a Public Service Commission application and then will be directed to the appropriate Personnel Department.

PLEASE MAKE YOUR INTEREST KNOWN **IMMEDIATELY**:

Velma Hill-Dracup
Employment Co-Ordinator
613-396-3424

SUMMER STUDENT EMPLOYMENT

Ontario Hydro

Again I draw your attention to the summer student employment that is offered by the Ontario Hydro for students returning to school in the Fall.

If you are fortunate to secure one of these positions, the reimbursement for working, along with the shared practical working experience will ensure you a very worthwhile summer.

Application can be made through this office and I look forward to hear from you.

PLEASE TAKE ADVANTAGE OF THIS OPPORTUNITY.

Native Internship Program

Again, I remind you of this very worthwhile program that is available to students returning to school in the Fall.

This particular program applies to no age limit therefore allowing for the participation of the MATURE STUDENT.

I remind you that this summer will provide summer employment only to those students who have anticipated the shortage of work in all geographical areas.

PLEASE TAKE ADVANTAGE OF THIS PROGRAM.

Policy Analyst/Coordinator

Location: Ontario Indian Social Services Council,
Chiefs of Ontario, Toronto, Ontario.

Duration: Permanent Salary: Negotiable

Deadline: March 8th, 1991

Apply: Chiefs of Ontario,
22 College Street, 2nd Floor,
Toronto, Ontario.
M5G 1K2
Attention: Andrea Chrisjohn

Property Manager (Trainee)

Location: **SUN Housing**, 105 Dunlop Street, Suite 202,
Barrie, Ontario. L4N 1A6

Duration: One year Salary: \$24,000.00 per annum

Deadline: Immediate Start Date: March 15th. 1991

Conditions: This position is a training position, and a full training program, including supervision by an experienced property manager will be provided to the successful candidate.

Apply: **SUN Housing**,
105 Dunlop Street, Suite 202,
Barrie, Ontario. L4N 1A6

Senior Program Consultant
Native Services

Location: Toronto, Ontario

Duration: Permanent Salary: To \$50,000.

Deadline: Not finalized.

Conditions: Preference will be given to candidates with demonstrated well developed skills and experience in working with the Native Community.

Apply: Addiction Research Foundation,
Human Resource Foundation,
33 Russell Street,
Toronto, Ontario
M5S 2S1 File # 90-082

CONSTRUCTION TECHNICIAN

Technician 3 Survey

Location: 15 Vacancies - Carlton Place (2)
Kingston (4)
Ottawa (9)

Salary: \$513.69 - \$586.94 per week
40 hours per week

Deadline: **March 8th, 1991 at 4:00 p.m.**

Conditions: College Graduate Civil Engineering/or Technician
and have the ability to complete the Ministry's On-
The-Job-Training program/or related experience as a
Construction Technician

Apply: File # ER/91-06
Ministry of Transportation,
Human Resources Office
355 Counter Street,
Kingston, Ontario,
K7E 6K5

FROM THE EDUCATION DEPARTMENT

NATIVE COUNSELLOR TRAINING PROGRAM

The Native Counsellor Training Program has grown from the summer of 1977 when it first offered to become widely respected and highly desired. Its success is due to the peoples who have been involved in it - candidates and staff. It is a program which revolves around group activities involving both candidates and staff. The learning may be coupled with that understanding which shares, enjoys and develops friendships. This program aims to encourage the personal growth of the individual within his group. It is based on the counselling principle of encouraging an open interpersonal communication.

For the new candidate to this program, this will be an experience which we hope will be of benefit to yourself and to the community you will return to serve. For the returning candidate, this will be a resumption of a program begun in previous years leading to Native Counsellor's Certificate granted by the Minister of Education, Ontario. May you continue to expand the knowledge and the practical experiences gained in this program in order to grow professionally and to serve your clients to the best of your ability.

FOR MORE INFORMATION AND APPLICATIONS PLEASE CONTACT:

JAN OR PATTI AT 396-3424

Nutrition Matters

volume: 14

number: 1

NUTRITION SERVICES February, 1991

HELPING THE OVERWEIGHT CHILD



We live in a very weight conscious world. Many of us struggle to keep our weight in line with today's slim ideals. Naturally, we want our children to be attractive too, but today's sought after weight ideals are not necessarily realistic or healthy for our children or for ourselves.

The truth is, there is no such thing as an ideal weight for a certain height. A variety of healthy body shapes and sizes exist. Although a person who is very under or very overweight is more likely to develop health problems, the range of healthy weights is surprisingly wide.

Using the Body Mass Index, adults can determine whether their weight falls into the healthy range. This is not as easily done for children. Remember children are still growing and they often go through fat and lean phases at unpredictable times.

There are three possible reasons for overweight. In rare instances overweight may be caused by a disease. A doctor can check this out and provide treatment. Overweight, like height or hair colour, also tends to run in families, so there may be limits as to how much slimming down is possible for some people. Besides medical conditions and family traits, our environment can create weight problems. Luckily we can influence many aspects of our environment like the type of food available, the kind of eating habits we show our children, access to physical activity and stress at home or school.

WHAT CAN I DO TO HELP?*

If your child is overweight, you can make a difference by contributing to a healthier environment. Here are some strategies that can help:

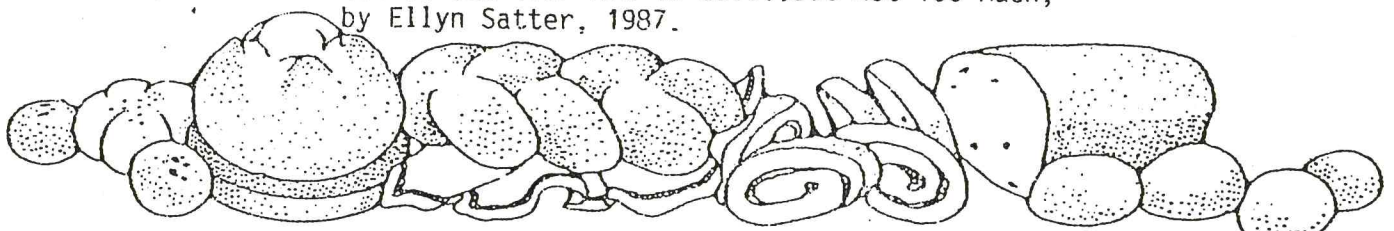
1) Resist Putting Children on Diets

Normal healthy eating for the whole family is the approach to take. Reducing diets aren't the answer. Restricting what and how much a child eats usually creates new problems without resolving the weight issue. Withholding food will make children feel singled out and their self-esteem will suffer. When deprived, children often become preoccupied with food. Imposing a diet can create a lot of stress between parent and child.

2) Have Regular Meals and Snacks

Let children know they can have snacks but be firm about when and where the snacks will be eaten. Allow your child to eat as much as she wants at meals and snacks. Don't permit eating between these set times, even if the previous meal or snack was left untouched.

* Adapted from: How To Get Your Kid to Eat...But Not Too Much, by Ellyn Satter, 1987.



3) Encourage Orderly and Positive Eating

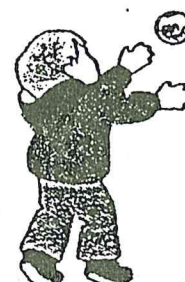
When a child eats slowly and attentively it will help him be sensitive to his own hunger and fullness, and to depend on those cues to control the amount he eats. Set house rules that apply to all family members. You may decide to allow eating only at the table and remove books, television and other distractions. Make mealtimes as pleasant and relaxed as possible with conversations and sharing.

4) Provide for Healthy Eating

Make your family's eating style a healthy style. Choose foods from Canada's Food Guide. Use moderate amounts of fat, salt and sugar when cooking. Allow all family members to indulge in occasional treats while showing them that you don't have to eat a lot of something to enjoy it.

5) Don't Feed Unnecessarily

Rather than offering your child a cookie everytime there is a need for comforting or an occasion to celebrate, show your affection without using food. A big hug goes a long way.



6) Think Nutrition Not Weight

If you make feeding decisions based on your desire to reduce your child's size, you may end up depriving or embarrassing him and your effort could backfire. Approach feeding problems such as constant snacking, from a nutrition, rather than a weight, point of view. Constant snacking is damaging to teeth and will ruin the appetite of any kid.

7) Encourage Active Play

Becoming more active improves everyone's fitness and body image. Less T.V. and more activity might also help your child slim down. Let your child choose what he would like to do. There are endless options: taking on a paper route, walking the family dog, or swimming at a local pool. Get the whole family moving. Try bicycling or skating together. Encourage, and support, but don't push or your child may become resentful.

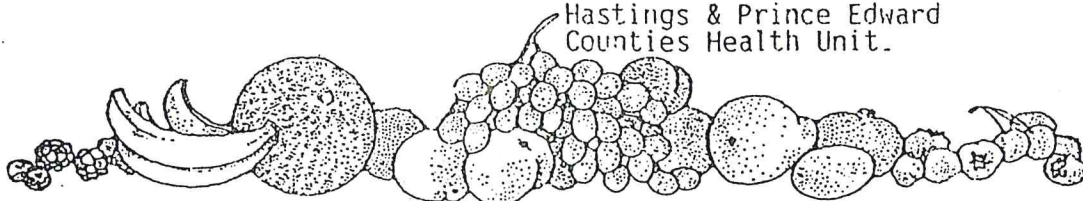
8) Build Self-Esteem

Often an overweight child's biggest burden is a low self-esteem. If we want our children to see themselves as worthwhile persons, we must accept them as they are, regardless of their body size. Encouragement helps children believe in themselves and their abilities. Instead of focusing on children's shortcomings or mistakes, point out what they do that you like or appreciate.

Using these strategies will allow your child to grow into a weight that is right for him with his self-esteem intact.

Produced by: Ontario Public Health Nutritionists.

Distributed by: Nutrition Services,
Hastings & Prince Edward
Counties Health Unit.



CENTERPIECE

Managing your blood pressure

Blood pressure is the variable force (created by the pumping of the heart) that moves the blood through the arteries. With each heartbeat, blood is ejected into the arterial system, raising the pressure, which gradually drops as the blood flows into the veins. A blood pressure measurement is expressed in two numbers: systolic pressure (the high point, as the heart contracts) and the diastolic (the low point, between heartbeats). A "normal" blood pressure is usually said to be 120/80 (systolic/diastolic) or less.

A complex system of hormones, nerve signals, and other elements regulates the blood flow by widening and constricting small blood vessels called arterioles. Blood pressure normally fluctuates not only with each heartbeat, but according to your level of physical activity, the time of day, your anxiety level, and other factors. But in some people the regulatory system goes awry: arterioles throughout the body stay constricted, driving up the pressure in the larger blood vessels. This condition is known as chronic high blood pressure or chronic hypertension; the heart has to pump harder to keep the blood flowing through the constricted blood vessels. In most cases the cause of this condition is unknown—thus it is called "essential" hypertension.

How is it measured? Blood pressure is usually measured with a sphygmomanometer, which consists of either a gauge or a column of mercury in a glass tube, an inflatable cuff, and a stethoscope. The cuff is wrapped around the upper arm, which is compressed when the cuff is inflated, cutting off circulation. The column of mercury rises as the air is pumped in. When the air is slowly let out, blood begins to flow. The sound of it beginning to flow through the constricted artery can be heard through the stethoscope, and the height of the mercury column is recorded at that moment—the systolic pressure. As the pressure of the cuff continues to drop, allowing the artery to expand, the sound of the blood subsides into silence. At this point the height of the mercury is noted again—the diastolic pressure.

How does high blood pressure do damage? Chronic hypertension is usually "silent" at first—that is, lacking in outward signs and symptoms. If undiscovered and untreated, it can damage artery walls, leading to hardening and narrowing of the arteries (atherosclerosis). This in turn reduces the flow of blood to such organs as the heart, kidneys, eyes, and other organs. The extra "workout" the heart is getting may thicken the wall of its left lower chamber (left ventricle), which can decrease the efficiency of the heart. Untreated hypertension is a leading cause of stroke and heart disease.

When should you start to worry? Although there's some disagreement among experts on this question, the National Institutes of Health classifies adult blood pressure levels as follows:

DIASTOLIC (sustained readings)

84 or less	normal
85-89	high normal blood pressure
90-104	mild hypertension
105-114	moderate hypertension
115 or higher	severe hypertension

SYSTOLIC (sustained readings, diastolic below 90)

139 or less	normal
140-159	borderline
160 or higher	severe hypertension

A sustained reading of 140/90 thus indicates mild hypertension. When the systolic pressure reaches 160 and/or the diastolic 115, it is considered severe. There's no dispute that severe or moderate hypertension needs immediate treatment, but doctors don't always agree on how to treat a person with a diastolic pressure between 90 and 104. Findings from the Tecumseh Blood Pressure Study published last summer indicate that even such mild hypertension is associated with organ damage and a greater risk of atherosclerosis and heart attack. If left untreated, mild hypertension doesn't get better by itself. However, mild to moderate hypertension can often be effectively treated with simple life-style changes rather than drugs.

Is hypertension a peculiarly American problem? No, even though 60 million Americans are hypertensive, and every year 300,000 of us die from its effects, according to the World Health Organization. It's a disease characteristic of all industrialized societies where people tend to smoke, have sedentary habits, and be overweight. In developing nations—where obesity is uncommon, salt intake low, and people physically active—blood pressure typically stays at the same low level over a person's lifespan. Nevertheless, cardiovascular disease, to which hypertension contributes, is the major cause of premature death (deaths under age 65) in adults worldwide.

Is chronic low blood pressure anything to worry about? Many people maintain a blood pressure of 90/60 for a lifetime with no ill effects. In fact, such a blood pressure level seems to go with health and long life. Contrary to myth, sustained low blood pressure doesn't cause chronic weakness, headaches, or fatigue. However, one form of temporary low blood pressure, known as postural or orthostatic hypotension, can cause lightheadedness. It occurs after you've been sitting or lying down for a while, when blood tends to pool in your ankles and legs. Especially as you get older, your cardiovascular reflexes may not work fast enough to get an adequate blood supply to your head when you then stand up quickly—which results in a lightheaded sensation. No medical treatment is required. Just pace yourself when rising from a prone position: sit for a few minutes before you stand; stand still before you start walking. Of course, if you often get dizzy, you should see a doctor to determine the cause.

What's the connection between salt and blood pressure? Though this is still a controversial subject, some experts believe that excessive salt intake is responsible for much of the hypertension in developed countries. A recent large-scale study ("Inter-salt") of 32 countries showed that a low sodium intake is significantly correlated with lower blood pressure, while such countries as Japan, where salt consumption is high, have very high rates of hypertension. But a high sodium intake does not promote high blood pressure in all people. Nor does a low sodium intake always prevent it.

Sodium is an essential nutrient that helps regulate the fluid balance of the body, which affects blood pressure. (Potassium, calcium, and magnesium may also be involved.) We all need some sodium, but only about 200 milligrams a day, which is about one-fifteenth of a teaspoon of salt. Most people are sodium-resistant—that is, they can consume excess salt for a lifetime and remain healthy. But a few people (about 10%) are sodium-sensitive—thus sodium does make their blood pressure rise—and these people comprise about half the hypertensives in the

U.S. The good news for them is that restricting their salt intake will usually lower their blood pressure.

Though you may assume you're sodium-resistant, it makes sense to restrict your intake to less than 3,000 milligrams of sodium daily (the amount in a teaspoon of salt)—not difficult to do if you use the saltshaker sparingly and avoid salty items like canned soups, frozen dinners, chips, and fast foods. While there's no guarantee that this will protect you from hypertension, it's a sensible measure to take while you're still in good health. Cutting back on salt can't be harmful; it may help.

Does caffeine aggravate high blood pressure? Caffeine consumption briefly raises blood pressure, but it's not known to produce hypertension.

Do emotions raise your blood pressure? Yes, fear and anger, for example, raise it temporarily, but then it drops back to its prior level in most people. Contrary to popular belief, there's no evidence that any particular personality type is prone to high blood pressure. However, psychological and social stress may contribute to chronic hypertension. According to Dr. Leonard Syme of the University of California at Berkeley, hypertension rates are high in people at the bottom of the social and economic ladder. (A recent study in California found that hypertension rates were high among the poorest blacks and lower among those in higher socioeconomic groups.) Chronic anxiety may promote chronic high blood pressure. As Dr. Syme writes, "those with hypertension seem to be faced with demanding social situations in which aspirations are blocked, in which meaningful human intercourse is restricted, and in which the outcome of important events is often uncertain." Other researchers have noted that hypertension is more common in societies where change is the norm, where people are mobile and often insecure in their jobs, and where anxiety never seems to resolve itself.

Can a job you hate cause hypertension? A growing body of evidence shows that job stress does contribute to hypertension. Some people who hold high-strain jobs, such as air-traffic controllers or drivers of city buses, have been shown to have higher average blood pressure than other people. Most recently, 200 people in different occupations in New York City were followed with a 24-hour blood pressure monitor; some of these people were hypertensive to start with, some not. Those who worked in high-strain jobs not only had higher blood pressure, but were also likely to show a thickening of the wall of the left ventricle of the heart. What's a high-strain job? Not necessarily a bond trader or the CEO of a large corporation. A job that demands careful attention to detail but gives the worker little latitude for decision making and offers little personal satisfaction seems to take the greatest toll on health.

How soon should you get another reading if your last reading was normal? If you're under 50 and your last reading was normal, have it checked again within two years. Obesity, heredity, age, and race all play some role in hypertension: if you're overweight, black, over 50, have frequent headaches, and/or have a family history of hypertension, you should get a reading every year. It doesn't take a doctor to measure blood pressure accurately: any trained person can do so. Don't trust those ubiquitous little machines that claim to measure the blood pressure in your finger; be wary, too, of blood pressure readings done on a card table in public places, unless you're sure the personnel

are well trained. Hypertension should not be diagnosed on the basis of a single reading. If your blood pressure is elevated, your doctor may have you return for a repeat measurement or recommend that you check it at home.

If you become mildly hypertensive, should you go on medication? Doctors disagree about when to start drug therapy. If you've got severe hypertension, there's no dispute that you need medication. But if your diastolic pressure is between 90 and 104 some experts prefer to avoid drugs for the time being. In any case, you should be monitored by a doctor, who will need to evaluate other factors, such as your age and family history. You'll undoubtedly be told to adopt the life-style changes listed in the box below. These changes may produce the desired result. If not, there is now a wide range of safe and effective drugs for controlling hypertension. If one drug doesn't work for you or produces unacceptable side effects, there are others you can try. If you do start taking antihypertensive medication, it's essential not to alter your dosage or quit on your own. Controlling hypertension with drugs and keeping side effects to a minimum requires close cooperation between doctor and patient. And the goal should be to reduce the amount of drugs you take or even—on medical advice only—to discontinue them.

In addition to the preventive measures listed below, you may also want to try such modalities as biofeedback training, meditation, and other relaxation therapies, which for many people are effective adjuncts to weight control, exercise, and medication. These and other life-style changes can reduce the need for drugs.

Six steps to reduce your risk

Since no one knows what causes essential hypertension, preventive measures cover a broad spectrum. Not surprisingly, the steps outlined below are also important in treating hypertension once it develops:

- *Keep your weight at a desirable level.* The obese (20% or more over ideal weight) are twice as likely to have high blood pressure as others. If you're overweight, even a small drop in weight can lower blood pressure significantly. If you're obese, weight loss is a must.

- *Exercise regularly.* This may not always prevent hypertension, but it contributes significantly to weight control, reduces the risk of heart disease, and generally strengthens the cardiovascular system. Regular aerobic exercise (such as jogging, cycling, or swimming for 20 to 30 minutes at least three times a week) may reduce mildly elevated blood pressure over the long term.

- *If you drink alcohol, limit your intake to two drinks a day.* A drink is defined as 1.5 ounces of 80-proof spirits, 5 ounces of wine, or 12 ounces of beer, all of which contain the same amount of alcohol. Alcohol raises blood pressure, but its effects are completely reversible.

- *Don't smoke.* While the long-term effect of smoking on blood pressure is unclear, nicotine constricts the small blood vessels and raises blood pressure. Smoking increases the risk of heart attack in other ways as well.

- *Moderate your sodium intake.*

- *Eat a diet with adequate amounts of calcium, magnesium, and potassium,* which some studies suggest may help prevent or lower high blood pressure.

TYENDINAGA HOME SUPPORT FOR SENIORS

THE RIGHT MEDICINE: A BALANCING ACT

GUEST EDITORIAL

(From the Newsletter "Expression" Fall 1990, Vol.6 # 5)

The development of effective medications during this century has contributed to a longer lifespan and to a better quality of life. Many painful, debilitating and even fatal illnesses can now be cured, controlled, or relieved through the use of drugs. However, effective drug treatment of seniors is a challenge because many drugs have side effects and combinations of different drugs may cause harmful reactions. Also, some seniors, particularly women, may be receiving medication too often.

Improper medication among seniors has several negative consequences. Physical health problems can be created or existing ones compounded. Real illnesses can be misdiagnosed because the symptoms are masked by drug effects. Sometimes drugs can produce mental confusion or memory loss that can be mistaken for dementia. A prolonged use of prescribed tranquillizers or sedatives can lead to drug dependency.

Because many factors contribute to the problem, many partners and action strategies are required to eliminate it.

TIPS LIST

* Do not be disappointed if you do not leave the doctor's office with a prescription in your hand; this means that medication is not required to treat your problem. Do not "shop" for another doctor who will prescribe a pill.

continued..

- * When receiving a prescription from your doctor, insist on being fully informed of the effects of the drug, possible side-effects and reactions with other drugs you are using or food. Know exactly how and when to take it and how long you need to take this drug. Insist that your doctor periodically re-assess your need for medication.
- * Do not keep drugs after your doctor has told you to stop using them.
- * Make sure the directions on the container are clear and easy to read. You should be able to open the container without difficulty. Ask the pharmacist for printed consumer information about the medication.
- * Do not store different pills in the same container.
- * Because many medications can deteriorate easily, keep them away from light, heat and moisture.
- * Organise a system to take your medication frequently or the number of drugs to take at different times is complicated, use reminders such as an alarm clock, calendar, chart or compliance package with multiple compartments. Compliance packages are available at most pharmacies.
- * Use one pharmacy for all your drug purchases. When buying prescription drugs or over-the-counter drugs, ask the pharmacist how the drugs might interact with other drugs you are taking and if there are special instructions for taking the drug properly.
- * Never borrow, lend or exchange medication with someone else.
- * Take advantage of pharmacists' drug review programs where they exist to discuss your medications with him or her. Also, take drugs you are no longer using or that have expired to the pharmacy for safe disposal.
- * Over-the-counter preparations are generally intended for temporary use only. Long-term use can make the problem chronic or can hide an underlying serious problem. If symptoms persist, consult your doctor.

continued...

FACT FILE

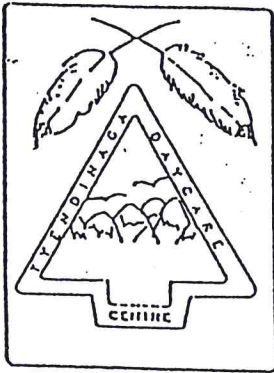
- * Seniors comprise about 11% of the population, yet they receive about 25% of prescription medication.
- * About 55% of Canadian women take medication in comparison to 41% of men. The biggest users of drugs are women over 65.
- * In the senior population, 25% of women and 13% of men take three or more different medications per day. by decreasing natural stomach acidity and by coating the intestines, antacids block the body's ability to absorb many drugs.
- * Seniors take more of the following medications than other age groups: drugs for heart trouble and high blood pressure, vitamins, pain-killers, tranquillizers, laxatives and stomach remedies.
- * Prolonged use of laxatives may worsen bowel problems and may cause dehydration.
- * Barbiturates and minor tranquillizers which are used to promote sleep can cause respiratory disturbances which actually worsen the quality of sleep.
- * Sleep deprivation research has shown that sleep loss actually improves the quality of sleep the next night by increasing the time spent in deep sleep.
- * People who can identify all the drugs they are taking and can describe the medical conditions for which the drugs are used as well as how and when they are taking them make far fewer errors in taking medication than people who are not as informed.
- * Older adults who are constant users of prescription tranquillizers and sedatives are lonelier, more depressed and feel less physically well than non-users, although their actual health problems are no worse.



Government
of Canada

National Advisory
Council on Aging

TYENDINGAGA NEWSLETTER
 T Y E N D I N A G A N E W S L E T T E R



Tyendingaga Daycare Centre

R.R.#1
 Deseronto, Ontario
 K0K 1X0 968-7850

WE HAVE DAYCARE " OPENINGS "

ADMISSIONS FOR DAYCARE ARE:

Only full-time children or part-time, meaning at least three
 (3) full days per week on a consistent regular basis.

ADMISSIONS WILL BE ON A PRIORITY BASIS AS FOLLOWS:

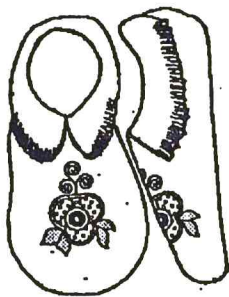
1. Parent(s) working or returning to school full-time. One parent must have registered Indian Status with the Mohawks of the Bay of Quinte. Parent(s)/Guardian(s) living on the reserve will have 1st priority. Child must be a registered member of the Mohawks of the Bay of Quinte.

2. In the event of Daycare openings registered Status Indians living off the reserve will have 2nd priority.

3. If one or both parents are at home as a result of illness/accident, consideration may be given for the child to continue to attend Daycare. The parent(s) may be requested to supply a Doctors certificate indicating return to work date.

If parent(s) are hospitalized for illness/accident, the child may continue to attend Daycare for 30 working days.

4. If one or both parents are no longer employed/available for work they are required to withdraw their child at the end of 15 working days.



9TH ANNUAL NATIVE DAYCARE CONFERENCE

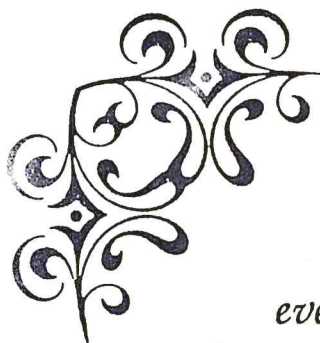
"FOOTSTEPS TO THE FUTURE"

TO ALL TYENDINAGA CRAFT PEOPLE:

You are cordially invited to display your crafts at the conference which is going to be held **JULY 9, 10, 11 1991**. Craft exhibitors will be able to display their crafts during the three day conference at Quinte Mohawk School.

There will be no monetary charge to you for exhibiting your crafts. A donation of a craft item to be raffled off would be appreciated.

If you are interested in selling your crafts or for further information call the Daycare Centre at **968-7850**.



A NOTE OF THANKS

*I would like very much to say **THANK YOU** to every one that made it possible to celebrate my Birthday of 75 years.*

*AGAIN I SAY **THANK YOU** VERY MUCH!*

ANNA MAE MARACLE





INTER-RESERVE BOWLING

This year the Inter-Reserve Bowling will be celebrating it's 25th year of competition. Anyone that has any old photographs of this Annual Event taken within the last 25 years please contact **Shirley** at 962-6173. I am especially interested in photos from the early 1970's. Anyone that submits pictures will get them back as I am planning to have prints made of them. **Please** get digging through all your old pictures. This will be greatly appreciated.

To assist with fund raising for the event, all bowlers on the Inter-Reserve league will be selling 50-50 tickets. Please buy some.

We will be holding a **St. Patricks Day Dance March 16, 1991**. Please plan to wear your green and come out for a great time.

The tournament this year will be hosted by:

SIX NATIONS RESERVE IN BRANTFORD ON MAY 11

DESERONTO & DISTRICT MIXED THREE PITCH LEAGUE

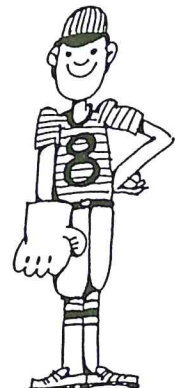
Any team interested in playing in a mixed 3 pitch league beginning in May,

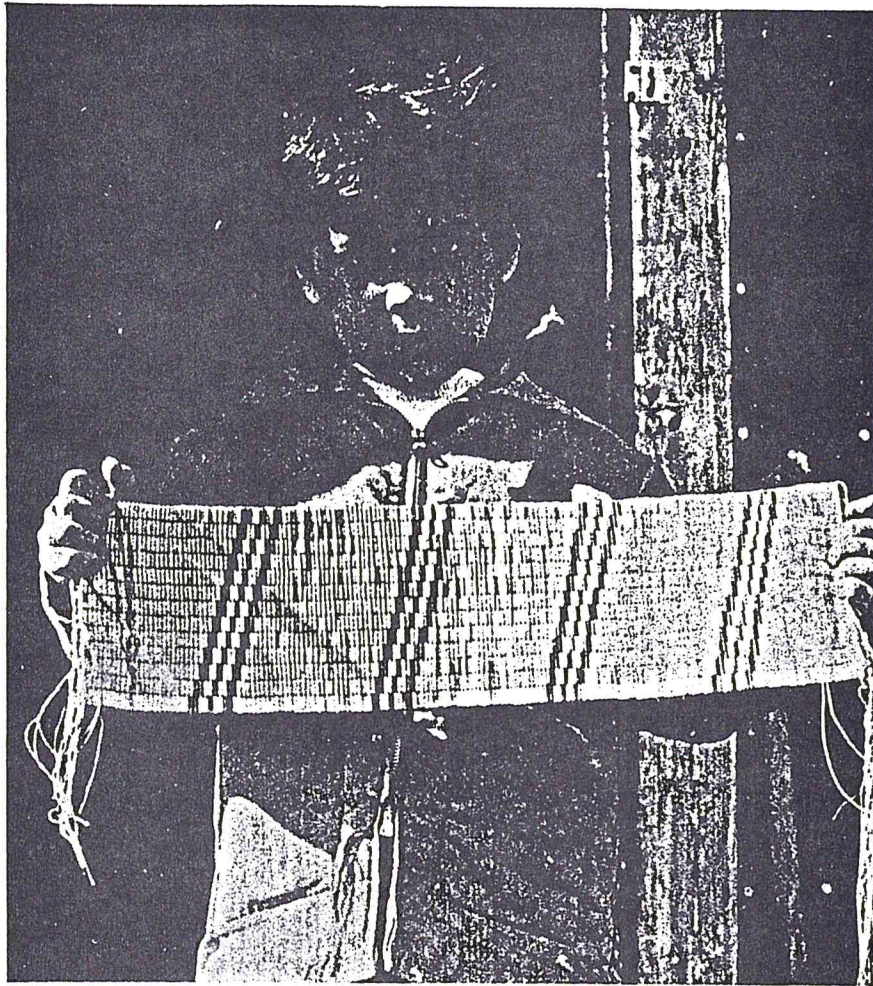
PLEASE CALL BEFORE MARCH 10 : PHIL 396-2603

WE ARE LOOKING FOR 6 TEAMS:

MINIMUM AGE IS 18 YRS.

ENTRY FEE WILL BE APPROXIMATELY - \$150.00 PER TEAM





Record Belt — The Coming of The People with White Faces

This belt records the condition of the early white people who came to the Iroquois Country. The strong outside diagonal lines supporting the weak inside diagonal line represents the Five Nations, the Iroquois. The thin, weak inside line represents the early whites. The Indians supported these early whites, holding them up so that they would not fall down, that is, showing them how to hunt, to farm, and teaching them how to survive and live in this country until they were strong enough to support themselves. When these early white people were cold, hungry (and it happened often) and their little ones cried for bread, it was the Indian who gave them meat, corn and fish. When rival whites and their allies attempted to invade these early English, Dutch and Swedish settlers, it was the Iroquois who stood in the trail, blocked their way.

From the book WAMPUM BELTS BY TEHANETORENS

SUNDANCE TRADING BOOK LIST

50 Simple Things You Can Do To Save the Earth	\$ 6.50
American Indian Myths & Legends (different tribes)	17.95
American Indian Women Telling Their Lives	9.50
Bear Tribes Self Reliance Book (Sun Bear)	11.95
Black Elk Speaks (his life & vision)	10.95
Broken Pattern (Hopi history)	9.95
Circle Without End	9.95
Crazy Horse Hoka Hey	10.95
Crystal Woman (Lynn Andrews-book 5)	13.95
Daughters of Copperwoman (Anne Cameron)	12.95
Daughters of the Earth (women, different tribes)	15.95
Earth Medicine, Earth Food (herbal remedies)	16.95
Entering Into The Silence (Twylah Nitsch)	7.50
Flight of the Seventh Moon (Lynn Andrews-book 2)	10.95
Good Red Road-Passages into Native America	13.50
How Can One Sell The Air?	6.50
I Will Fight No More Forever	6.50
In The Shadow of the Shaman (Amber Wolfe)	15.95
Jaguar Woman (Lynn Andrews, book 3)	10.95
Lame Deer, Seeker of Visions	6.50
Language of the Stones (Twylah Nitsch)	6.50
Language of the Trees (Twylah Nitsch)	6.50
Medicine Wheel Earth Astrology (Sun Bear)	10.95
Medicine Woman Trilogy (Lynne Andrews, books 1,2,3)	32.00
Medicine Woman (Lynn Andrews, Book 1)	11.95
Mother Earth Spirituality (7 Sacred ceremonies)	19.95
Ojibway Heritage (Basil Johnston)	9.95
Old Indian Legends (Sioux) by special order only	6.95
Prayers of Smoke	11.95
Return of the Bird Tribes (Ken Carey)	15.95
Rolling Thunder	13.95
Sacred Pipe (Black Elk)(5 ceremonies)	9.95
Seven Arrows (H. Storm, book 1)	19.95
Shaman (Boulet, Art book)(0876544332)	25.00
The Shaman-Patterns of Religious Healing Among the Ojibway (John Grim - history)	13.50
Shamanism, A Beginners Guide (Dolfyn)(beginner)	5.00
Shamanism & Nature Spirituality (Dolfyn)(beginner)	4.50
Shamanic Wisdom (Dolfyn)	11.95
Sitting Bull, Champion of the Sioux	15.95
Song of the Heyoehkah (H. Storm) (book 2)	17.95
Star Woman (Lynn Andrews, book 4)	10.95
Sun Came Down-History of the World-Blackfoot	16.95
Walk in Balance (Sun Bear)	12.95
Walking the Medicine Wheel Path in Daylight	11.95
Windhorse Woman (Lynn Andrews, book 6)	16.95
Woman of Wyrrd (Lynn Andrews, book 7, hardcover)	24.95
Cards-- Native American Tarot Deck	15.50
Medicine Cards (Animal Totems & book)	35.00
Sacred Path Cards (includes teaching book)	40.50
Children's-- The Indian Way, Learning to Communicate with Mother Earth (ages 8 & up)	13.95
Crow & Weasel (illustrated hardcover)	21.95
Keepers of the Fire	22.95
Ojibway/English-colouring book	4.00

Write or call & leave message.
 Books can be mailed C.O.D.
 7% GST & postage will be added.
 Any back orders will be shipped
 when available. (within 1 month)



SD

**SUNDANCE TRADING
 POST**

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 Rockwood, Ont. N0B 2K0

Paulette Woolhead

MOHAWK PENTECOSTAL CHURCH

Rev. Russell G. Bates
396-5329

THE CHURCH THAT CARES!!!!

WEEKLY EVENTS

SUNDAY SCHOOL - 10 A.M. - Fun for all Ages!
SUNDAY - 11:00 A.M. - Morning Worship Service.
SUNDAY - 6:30 P.M. - Pre-service Prayer.
SUNDAY - 7 P.M. - Evening Praise Service.

WEDNESDAY - 7:30 P.M. - Adult Bible Study
& Kid's Bible Klub (ages 5-11)
COME ON OUT!!!!



FRIDAY - 7 P.M. - RADICAL YOUTH GROUP MEETING (12 & up)

SENIORS (meet once a month) & Oh, what a time!

COMING!

in March.....

March 3 - WOMEN'S SUNDAY - Guest speaker Carol Goodman
March 24 - National Native Bible College Emphasis....
March 31 - "EASTER SUNDAY" - '30 Pieces of Silver'

MANY PEOPLE IN OUR COMMUNITY SUFFER FROM LONELINESS,
WORRY, FEAR, FINANCIAL STRESS, FAMILY TROUBLE, AND MANY
OTHER DIFFICULTIES.....

They NEED to know....GOD CARES!

"hurting? God Cares"

TYENDINAGA MOHAWK SINGERS

CORN SOUP SUPPER

DATE: SATURDAY, MARCH 2ND

TIME: 5 - 7 PM.

PLACE: Senior Citizens Hall (Highway # 2)

TICKETS: \$5.00 for ADULTS
\$2.00 for CHILDREN UNDER 12

2 BOWLS OF SOUP PER TICKET !

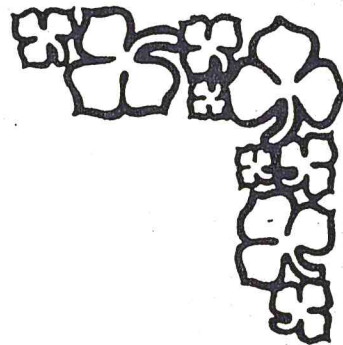


MENU

Dried Corn & Lyed Corn Soup
Homemade Bread & Buns
Pie
Tea & Coffee

ST. PATRICK'S DAY

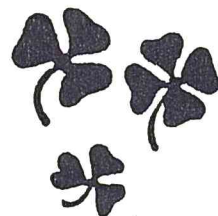
DANCE



**PLACE: MOHAWK
COMMUNITY CENTRE**

DATE: SATURDAY, MARCH 16

TIME: 9 - 1



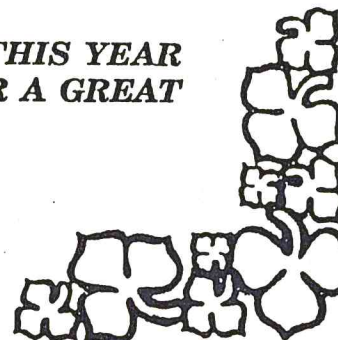
MUSIC BY D.J.

\$5.00 PER PERSON

DOOR PRIZES !

WEAR GREEN !

**ALL PROCEEDS WILL GO TO INTER-RESERVE BOWLING. THIS YEAR
MARKS OUR "25th ANNIVERSARY" SO COME ON OUT FOR A GREAT
TIME !**



NOTICE

LOYALIST COLLEGE NATIVE STUDENTS ASSOCIATION

are sponsoring a Lip Sync Contest to be held at QUINTE MOHAWK SCHOOL
on Friday, March 22nd.

- Prizes to be awarded
- Open to all age groups



REGISTRATION & OTHER INFORMATION TO FOLLOW IN NEXT NEWSLETTER !

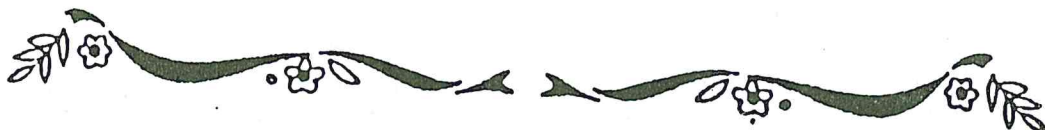


19 & Over

9-1

D.J.

Proceeds to Patty's Boys Slowpitch Team





IROQUOIS INDIAN MUSEUM

P.O. Box 158, Schoharie, New York 12157
518-295-8553 or 234-2276

January 31, 1991

The Iroquois Indian Museum is devoted exclusively to the Iroquois people and their culture. Displays emphasize the contributions of living Iroquois artists and craftspeople to the continuation of Iroquois traditions. Archeology and history exhibits detail the development of Iroquois culture. Reference Library. Museum Shop sells only Iroquois made arts and books on the Iroquois. Located just off Route 30 in Schoharie.

Open May 1 - October 31.

**May, June, September, & October - daily 10 a.m. to 5 p.m.
except Sundays (noon to 5 p.m.) and closed Mondays and Thursdays.
July 1 to August 31 - daily 10 a.m. to 5 p.m., closed Thursdays.**

CALENDAR OF EVENTS

April 19 - Views of Iroquoia - by Sue Spivack

"White Roots of Peace" - a cycle of Iroquois legends that speak for peace today.
8 p.m. - Iroquois Museum Office, Basement of Cobleskill Public Library.

April 28 - Tree of Peace Celebration - cosponsored by the
Schoharie County Peace Vigil - 2 p.m. - Centre Park, Cobleskill.

May 1 - Museum Opening - with a special exhibit on the Tonawanda Reservation.

May 19 - I Will Now Tell A Story - by Sue Spivack.

"Stories of Strawberry Season" - 2 p.m. at the Iroquois Indian Museum.

How Iroquois Traditions Endure

A series of craft demonstrations by contemporary Iroquois artists and craftspeople in
May, June, July, & August. Dates to be announced.
All events held at the Iroquois Museum unless otherwise noted.

June 28, 29, 30 - Craft demonstrations at the Old Songs Festival, Altamont Fairgrounds,
Festival admission charge. **Basketmaking by Mohawks Mary Adams, Margaret**
Terrance, and Cecelia Cree; Woodworking by Oneidas Dick and Terry Chrisjohn.

Iroquois Indian Festival

August 31 & Sept. 1, Labor Day Weekend - Held at SUNY Cobleskill, Rt. 7, Cobleskill
FESTIVAL HOURS: 10 AM - 7 PM Sat.; 10 AM - 6 PM Sun.

Lacrosse games with the Iroquois Nationals - 11AM & 2 PM both days
Festival features demonstrations of social dancing performed by the Jim Sky Dancers who dress in traditional Iroquois clothing. Crafts such as moccasin making, basket weaving, pottery making, silversmithing, and stone carving are demonstrated. Both an archeology and art exhibit are mounted for the Festival. Iroquois foods are served and films and videos on Iroquois culture are shown throughout the two days. Special lecture by Iroquois speaker. Children's Activities planned to make learning about the Iroquois an exciting challenge.

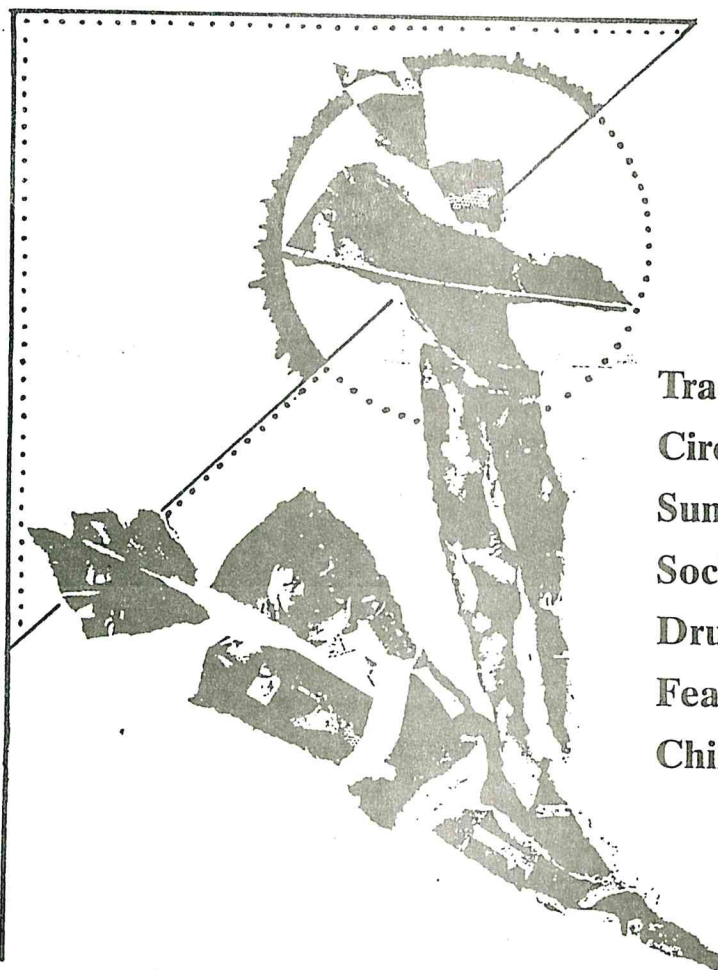
Native Canadian Centre of Toronto

CELEBRATION OF HEALING

"Our Selves, Our Communities, Our Nations"

**Fifth Annual
Traditional Awareness Gathering
March 15, 16, 17, 1991**

ARTWORK BY CHERYL HENHAWKE



**Traditional Teaching
Circles
Sunrise Ceremonies
Social Dancing
Drumming
Feasts
Children's Teachings**

HOSTED BY THE NATIVE CANADIAN CENTRE OF TORONTO
SUPPORTED BY THE NATIVE COMMUNITY OF TORONTO

WITH THE SUPPORT OF THE ONTARIO GOVERNMENT
THROUGH THE ONTARIO ARTS COUNCIL

Registration Fee will cover Teaching Circles, Feasts and Social

Members - \$20 Non-Members \$25 Students (with card) \$10

Seniors and Youth (under 14) Free Group rates available

For further information please call: 964-9087

CLASSIFIEDS

FOR SALE

MOHAWK LANGUAGE BOOK
& TAPE VOL. 1

asking: \$14.95

MOHAWK LANGUAGE BOOK
& TAPE VOL. 2

asking: \$14.95

CALL : 396-2333

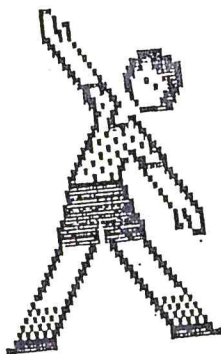
FOR SALE

1 VCR BETA MACHINE
& 65 MOVIES

asking: \$300.00

PLEASE CALL AFTER 5 PM.

969-1806



REMINDER

*Anyone interested in attending an
aerobics class?*

CLASSES ARE: WEDS.

TIME: 7.00 PM.

PLACE: ELDERS LODGE

for more information contact:

CALLIE HILL

FOR SALE

WALKING TREADMILL

asking: \$35.00

5 HORSEPOWER Single Stage
Snowblower

asking: \$100.00

IF INTERESTED PLEASE CALL:
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1983 CAMARO Z28

- compact disc player
- high performance 350
- new brakes
- new automatic transmission

asking: \$4500.00 certified

CALL GREG AT 967-2529

*Happy Birthday
(March 2)*

to my POPPA

Love

Jordan





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