

# TYENDINAGA NEWSLETTER



## ISSUE 7/01

# Graduation 2001



***Congratulations to all who are  
graduating this year.  
Best of Luck in your future endeavours!!!***

## **"Free" Aboriginal Telephone Directory**

Available at the Administration Office

Produced by the Eastern Door Newspaper

*"The Mohawk Nation Directory is an aide  
to bring the Mohawk Nation closer together".*

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### **Newsletter Deadline**

Tuesday, July 24

12:00 noon

396-3424

### **We're on the Internet**

[www.tyendinaga.net](http://www.tyendinaga.net)

*(What's happening)*



## **EUCHRE NIGHT!**

Do you have the time and like to play  
Euchre and have fun?  
Euchre every 2nd Tuesday evening at 7:30!  
We have business meetings once a month!  
If you are interested please call  
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For more information

## ADMINISTRATION



### MOHAWKS OF THE BAY OF QUINTE

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

Phone: (613) 396-3424 Fax: (613) 396-3627

June 25, 2001

#### TO THE MEMBERS OF THE MOHAWKS OF THE BAY OF QUINTE FROM THE CHIEF

##### Se:ken Sewakwekenh

I hope you are enjoying the summer weather and that your gardens are growing well.

##### The First Nations Governance Act

In 1876, the first Indian Act was passed by a Liberal government in Parliament. Over the next 80 years the Indian Act was amended many times focussing more on intrusion, control and assimilation, and less and less on protection and the treaties.

In 1951, Parliament amended the Indian Act. This was the first time in history that First Nations were consulted; however, issues raised at the time were ignored in the unique legislation.

In 1969 Jean Chretien was the Minister of Indian and Northern Affairs and proposed the 1969 White Paper Policy which called for the elimination of legislative and constitutional recognition of Indian Nations, mass enfranchisement, the gradual elimination of reserve lands, and the termination of treaties.

In 1982, Canada amended the Constitution, which recognized and affirmed "existing aboriginal and treaty rights" in section 35 of the Constitution Act of 1982.

In 1985, Bill C-31 was passed to amend the Indian Act so that the registration and membership provisions would correspond with the Charter of Rights and Freedoms and International Law.

The impact of Bill C-31 was profound and the cost of implementing the Bill was much higher than the \$300 million originally predicted by Indian Affairs. By 1989 the figure was revised upward to \$2 billion, which did not include Medical Services Branch Expenditures for non-insured health services.

From-1987-1990, Indian Affairs conducted a Lands Revenue Trust Review in areas where Canada clearly held a legally enforceable Fiduciary Duty to First Nations. Canada wanted to expand First Nations Band Council power and to reduce Canada's control and Fiduciary Duty. There was no support from First Nations.

From 1990-1993, the Lands Revenue Trust Review was transformed into the *Indian Act Alternatives*. This process included a Chiefs Governance Working Group, which involved Indian Affairs and First Nations. The Working Group was to

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develop sectoral legislation in Lands Revenues Trust in Governance. The outcome was there was no concrete results or support from the Chiefs in Assembly.

In 1997 the Minister of Indian Affairs Ron Irwin introduced Bill C-79, The Indian Act Optional Modification Bill. Under this proposal, Councils could modify certain parts of the Indian Act to increase Band Council authority for local governance. The Irwin Bill was to supplement until Self-government Agreements were in place. This proposal died on the order paper due to the Federal Election. The Irwin Bill proposed to make 60 amendments to the Indian Act.

In 1998, the Indian Affairs and the AFN conducted a joint initiative on Land Trust Services Review.

In November 1999, the Supreme Court of Canada handed down its decision in the Corbiere Case. The effect was that the non-resident band members could vote in elections for Chief and Council.

In 2000, there was a change in National Chiefs and a corresponding resurgence of the LTR process.

In December 2000, media reports indicate that the Minister of Indian Affairs Robert Nault would be drafting a Modern Governance Act by the fall of 2001. The Legislation was to develop the tools and authority needed to support effective governments and accountability to the membership.

On January 30, 2001, the speech from the throne highlighted Canada's commitment to strengthen governance and accountability in First Nations Communities.

From January - March 2001 the AFN requested information and clarification about the Ministers public statements. The AFN wanted the Minister to involve First Nations from outset.

On March 27, 2001, the Minister of Indian Affairs received a mandate from Cabinet to proceed with drafting a First Nations Governance Package by the fall of 2001. The target for completion is 2 years.

On April 30, 2001, the Minister of Indian Affairs consulted with the AFN. The 1996 and 1999 Auditor General Reports were very critical of the internal administration of the Department of Indian Affairs and not the Chiefs and Councils.

It is anticipated that The Nault Bill may include the following changes to the Indian Act:

1. Changes to the legal status and capacity of First Nations. Bands will be officially recognized as a legal entity that can sue and be sued. The roles and responsibilities of Band Governments, and Chiefs and Councils will be legislated.
2. Changes to the Elections, Council Procedures and By-law powers. The review will look at the term of office for Chief and Council, ticketing, hearings, and enforcing fines and penalties.

## ADMINISTRATION

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3. Increased financial and administrative accountability, which will deal with financial planning, audit requirements, financial statements and public reporting, access to information and privacy, remuneration and expenses of officials, and conflict of interest rules.

From May-October 2001, Indian Affairs will be conducting grassroots consultations with Councils and individual members of the communities. The drafting of the Legislation will occur during the consultations. The timetable is as follows:

1. May-October 2001, Public Consultations,
2. Fall 2001-Spring 2002
  1. Legislation introduced to Commons (first reading)
  2. Passed to Parliamentary Review Committee (public consultation on Bill)
  3. Bill Amendments introduced (second reading)
  4. Third Reading, voted by Members of Parliament
  5. Passed to Senate of Canada (Bill format reviewed)
  6. If format accepted, Senate requests Governor in Council to give Royal Assent.
3. May-November 2002, Public input into regulations (Consult with First Nations on the requirements for training, funding and resource people needed to follow new governance legislation.)

The Chiefs in Assembly are asking First Nations Members to boycott the consultation process. The reason for this decision is that lawyers have indicated that the Fiduciary Responsibility is being undermined. The Chiefs disagree with the consultation process and in particular the use of the Internet. Manitoba Vice-Chief Ken Young, a lawyer, informed AIAI this past week that the proposed legislation will make the reserve land an asset of a new legal entity. Mr. Young is concerned that the protection from seizure of Indian Lands may be compromised. The relationship between Canada and First Nations is to be a government to government relationship.

The Chiefs prefer a First Nations driven legislative reform process and support increased accountability. The Bill has yet to be drafted and it is impossible to comment on a Bill that is still in drafting stages.

### Business Registrations and Permits to Purchase Wholesale

At the meeting of June 6, 2001, Council approved the following permits to purchase wholesale:

Don's Lawn Care Service, owner Donald R. Brant  
 Darran Green Sandblasting & Painting, owner Darran Green  
 Mohawk Auto Body, owners Howard & Nancy Brant  
 Smarts 4x4 Parts & Accessories, owner Paul Smart  
 Brant Auto & Restoration, owners William P. & Douglas Brant  
 KC Builders, owner Kevin Maracle  
 Maracle Herbs and Beauty, owner Donny C. Maracle  
 Shutters N More, owner Ronald Keith  
 Turtle Island Crafts, owners Kelly McMurter & Linda Belch

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Lakeview Plaza, owner John W. Brant  
 Tyendinaga Computer Sales & Service, owner Marlin Brant  
 B&J Pole Line Construction, owners Charles & Jeff A. Maracle  
 Indian Reservation Arts & Crafts, owner Norma Maracle  
 Pat's Café, owner Pat Pringle

At the same meeting, Council directed Scott Maracle, Environmental Officer to provide information on food safety in the communities eating establishments.

Council is considering adopting the Ontario Food Premise Regulation for the present time. When the Federal Food Premise Regulation (Canada Food Code) is completed, Council will then consider adopting that strategy. The regulations deal with lighting requirements, hot and cold running water and the sale of inspected food.

Council has requested recommendations from the staff and will decide on this matter at a later date.

### Donations

- Powwow Committee \$ 2000.00
- Quinte Mohawk School visit to Old Fort Henry  
   MBQ paying Admission costs \$ 360.00
- Quinte Mohawk School Dancers \$ 200.00
- Community Centre – Grade 8 Graduation Supper
- Community Centre – Aboriginal Solidarity Day
- Waive fee for the Ball Diamond – ASG Tournament
- MBQ Staff Golf Tournament \$ 100.00
- Deseronto Fireworks Canada Day \$ 200.00

### Hay Tenders

On June 6, 2001, Council received one hay tender for the north side of Hwy 2, part lot 7&8, west of Eagle Orthopedics. The bid was accepted for the amount of \$125.00 from a community member.

### Community Law Enactment Process

On June 6, 2001, Council signed resolution #36 approving the acceptance of the Community of Tyendinaga Law Enactment Process.

### Bayshore Road Park Showers

On June 6, 2001, Council approved to install showers in the Bayshore Road Park. First Peoples Consulting (FPC) is currently designing the shower facility and the project will be tendered in the near future.

Remember if you have an EMERGENCY

CALL

**911**

## ADMINISTRATION

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### Tyendinaga Tree Farm Pilot Project

On June 6, 2001 Council approved to submit a proposal to First Nations Forestry Program for funding in the amount of \$40,000.00 for a tree nursery project.

Approximately 20 acres of land is required for this project. Soil samples will be conducted in the near future to determine the suitability of growing trees within the community for the Tree Nursery Farm.

### Integrated Community-Based Health Services Agreement

On June 6, 2001, Council approved to sign the contribution agreement with Health Canada, in the amount of \$ 386,686.00, which covers the period of April 1 – September 30, 2001.

### Prenatal Nutrition Contribution Agreement

On June 6, 2001, Council approved to sign an amendment to increase the Contribution to the Prenatal Nutrition Program by \$ 13,807.00 for the period of April 1 – September 30, 2001.

### Land Purchase

On May 7, 2001, Council approved to purchase 18.9 acres of land from a band member for an amount of \$ 71,750 to support the Capital Plan.

On June 6, 2001, Council approved to purchase 34 acres of land on the Ridge Road from a band member for an amount of \$ 87,500.00.

On June 6, 201 Council approved to purchase 37 acres of land on the Ridge Road from a band member in the amount of \$ 74,000.00.

### Hunting & Fishing Rights

On June 6, 2001 Council approved to send a letter to the Honorable John Snobelen, Ontario Minister of Natural Resources addressing his recent comments in the media.

The Band is requesting confirmation that Minister Snobelen no longer wish to proceed by way of adversarial proceedings through the courts. Council has also requested to resume the mediation discussions with Judge Hunter which the Ministry terminated last year.

The letter is printed in the Newsletter for your reference.

On June 6, 2001 Council approved to appoint Bill Henderson, a Toronto Lawyer, to handle hunting court cases involving 2 members of the band.

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### Mike Mitchell Court Case

Mike Mitchell lost the case in the Supreme Court of Canada involving Indian Border Crossing Rights. The reason the Supreme Court of Canada sided lack of evidence.

Additional statements from the Akwesasne Council and the Mohawk Round Table are included in the Newsletter.

### Aboriginal Veterans

The Assembly of First Nations has released a study on the treatment Accorded to First Nations Veterans and Dependents of the Second World War and the Korean Conflict. The 64 page report is titled a "Search For Equity".

The report discusses benefits, which First Nations Veterans did not receive. A limited number of copies are available from the Band Office.

The Assembly of First Nations will be asking the Government of Canada to provide \$ 425,000.00 to each living Veteran and compensation to the surviving spouses.

### Small Business Loan Program

On June 6, 2001 Council approved a small business loan to a band member in the amount of \$ 8,936.00. At the same meeting, Council also approved a loan for another small business in the amount of \$ 2,000.00.

### Woodland Indian Cultural Centre

On June 6, 2001, Council approved that the member communities cost share the travelling expenses of the executive of the Woodland Cultural Centre.

### Busing

On June 6, Council approved to purchase a new bus in the amount of \$ 70,000.00.

### Drill Hall Airport Property

On June 13, 2001 Council met with XCG Consultants and reviewed a report on Phase 2 Field Investigations for contaminates on the Airport Property arising from Canada's use of these lands during the Second World War.

Contamination has been found on the site from the storage of coal. There were also Provincial exceedances in metals, barium arsenic and zinc. Remediation is required to remove asbestos shingles and lead paint from the buildings. The clean up may require the removal of 6400 cubic meters of soil from the area. Estimates of the clean up cost range from \$ 2.7 – \$5.5million depending on the clean up option selected by Council. Council will be providing property owners with a copy of the report.

## ADMINISTRATION

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### Justice Circle Coordinator

On June 13, 2001, Council approved to submit a proposal to Kagita Mikam for a targeted wage subsidy to hire a Justice Coordinator in the amount of \$ 16,431.00.

### York Road Speed Limits

On June 13, 2001, Council confirmed that the speed limits are 60 km from the ball field to the corner just past Sadies Lane, with the exception of the School Zone set at a speed limit of 40 km between Ridge Road and Sadies Lane, from 7:00 a.m. – 5:00 p.m., Monday to Friday, while school is in session.

The 60km and 40km zone has been designated as a Community Safety Zone. This means that the fines can be doubled for anyone speeding through this zone.

### Chief Earl R. Hill Foundation

Community members have established the Chief Earl R. Hill Foundation to provide educational bursaries to students.

On June 13, 2001 Council approved to support this initiative by paying a team entry fee in the amount of \$ 400.00 for the first annual golf tournament to raise funds for this purpose.

### Congratulations

Congratulations are extended to Father Sid Horne and Helen who will celebrate their 50<sup>th</sup> Wedding Anniversary on Sunday June 17, 2001.

I hope you find this informative and I hope you enjoy the summertime activities.

Nia:wen



R. Donald Maracle, Chief  
Atoroseri:io Wolf Clan

### MOHAWK LEADERSHIP STATEMENT ON *Mitchell v. M.N.R*

From time immemorial Mohawk peoples have practiced the exchange of wampum belts to validate or mark the importance of spiritual, political and cultural events and meetings. At the time of first contact the principles that governed the relationship between the Mohawk Nation and Europeans was based on the concept of the Two-Row Wampum. Mohawk peoples regard the Two-Row Wampum as representing the sacred and solemn oaths undertaken by themselves and the Europeans to live in peace and harmony.

With this said, the Mohawk people of the Mohawk Nation reject Justice Binnie's "nautical metaphor" in *Mitchell v. M.N.R.* of the sacred Two-Row Wampum. Just as a contract under seal binds the parties entering into a contract to the terms and conditions the parties have agreed to; the two-row wampum bound the Mohawks and the Europeans to a relationship of respect for the inherent sovereignty each nation represented. Consequently, the Mohawk Councils of Akwesasne, Kahnawake, Kanasatake, Wahta, the Mohawks of the Bay of Quinte and the Six Nations of Grand River take the position that the Supreme Court of Canada went beyond their jurisdiction in updating the contents of the agreement without consultation, consent or mandate from the authors to the agreement. We do not accept the court's strict demonstration of a "conquered by law" scenario. On the other hand, the court's acknowledgement of the Two Row Wampum in of itself gives credence to the historical contract that governed relationships between the Mohawks and European Nations.

As the protectorate of Canadian Sovereignty the Supreme Court asserted Canada all rights as a sovereign, while simultaneously disposing of fundamental Mohawk rights, customs, traditions and practices. The Supreme Court has asserted Federal powers and dominance at the expense of justice and fairness. To this end, the Mohawk leadership is convinced that fair judgements related to the pre-constitutional relationships between First Nations and Europeans will not occur and that a renewed relationship must be negotiated at the political level. As such, it is the Nation to Nation relationship prescribed by the Two Row Wampum that is the governing instrument of choice for the Mohawk People and will not be unilaterally changed by oppressive colonial actions and behaviors by other governments and their courts. This so-called "merged sovereignty", is just another attempt to assimilate and force the Mohawks into the Court's pitch for domestic nations.

If the notion of Mohawk sovereignty is indeed incompatible with the sovereignty of the Crown, then Canada is at fault for formulating the laws that have made it incompatible. The operational conflicts between the two sovereign nations can be worked through to arrive at mutually satisfying resolutions. The resolutions reached through respect of each other's interests could then be considered as a true reconciliation of interests that s. 35 (1) of the *Constitution Act 1982*, was meant to accommodate. Non-compatibility with Canadian Sovereignty is just one of the many challenges we face in future cases addressing similar fact issues.

It is ironic to see that even in the year of 2001 the courts' view Mohawk sovereignty as a potential threat against what Canada has established for itself in Indian Country. The courts have once again failed to bring justice to the issue and in its place has attempted to only justify Canada's paternalism over the sovereign Mohawk People.

The Mohawk leadership also finds it ironic that Justice Binnie saw fit to provide his minority and non-enforceable opinion on the pre-constitutional relationship that the Mohawks instituted between themselves and their European partners, as opposed to dealing solely with the issues that were presented at court. It is all the more obvious now than ever, that Canadian courts are ill equipped to address, let alone decide on matters concerning peoples of an international character. To conclude, the Supreme Court's decision will not deter our people from exercising their sovereign rights - We will never abandon our beliefs. In fact, the ruling has only served to strengthen the People's resolve in this matter. As such, we reject the imposition of the unilateral assertions by the courts and view the *Mitchell* decision regarding mobility rights and trade as nothing more than an opinion. Border crossing rights remain as a matter left for negotiation between the Mohawks and Canada.

### LOOKING FOR WORK, A CAREER OR TRAINING

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Call Karen Brant-Jones, Employment Department for information or to book an appointment.  
at  
(613) 396-3424

**PRESS RELEASES**

RELEASE

May 24, 2001

The Supreme Court of Canada's decision today in *Minister of National Revenue v. Grand Chief Kanentakeron Mitchell* is a disappointment for the Mohawks of Akwesasne.

The Mohawks of Akwesasne brought a carefully planned, specific and moderate question to the Federal Court. We defined our right as the right to bring goods into Canada from the United States for (1) personal use, (2) community use, and (3) non-commercial scale trade with other First Nations. We deliberately described it as a practical, modern right that would not include alcohol or firearms, and recognized the need to identify the goods at the border. After a 36 day trial, Justice McKeown agreed that we had established these Aboriginal rights. Since the federal government had said that it would negotiate if we won in court, we invited Canada to begin negotiations. Instead, Canada took the case to the Federal Court of Appeal. That court held a four-day hearing. Its decision limited the Aboriginal right to goods coming in from New York State and our right to trade to First Nations in Quebec and Ontario. Apart from this, the Court of Appeal affirmed Justice McKeown's trial judgment, calling it a "carefully articulated decision".

We accepted the limitations added by the Court of Appeal, and again invited Canada to negotiate. Canada chose to appeal again instead.

In its decision, the Supreme Court of Canada re-characterized the Aboriginal rights claimed in the case. Rather than examine the question of bringing across goods for personal and community use, the Supreme Court concentrated only on the trading component of our Aboriginal rights. There is nothing in the majority of the Court's reasons rejecting the views expressed by the trial judge and court of appeal on goods for personal use and community consumption at Akwesasne.

While the Supreme Court agreed with the trial judge that "trade is a central and defining feature of the Mohawk nation before contact" with Europeans, it held that we also needed to establish that trade to the north was a central and defining feature of Mohawk society at that time. Though the trial court and Court of Appeal decided that there was sufficient evidence to prove the importance of north-south trade, the Supreme Court has disagreed with those courts, and with us, on this issue.

In Canadian law, a trial judge usually has exclusive authority over the interpretation and assessment of evidence. In this case, the Supreme Court took the highly unusually step of reviewing the evidence in detail and overriding the trial court and court of appeal's evaluation of the evidence. We fundamentally believe that the trial judge, who heard our evidence over weeks of trial was correct in recognizing our Aboriginal right including our trading rights across what is now the international border.

Two of the judges made further findings about the nature of Mohawk sovereignty. That issue was not argued in the case, and the Mohawk Council of Akwesasne would not have argued it without the concurrence of our traditional government, the Mohawk Nation Council. We consider the judgment of the majority of the Supreme Court to be the decision we have to work with, and that decision highlights the need for Canada and Akwesasne to meet and negotiate practical approaches to border issues, on the basis of mutual respect. We Mohawks have learned to take a long term view and we will continue to fight for our rights.

The Mohawk people, through the past three and a half centuries, have survived between colonizing nations. First, the English and the French; then between the British and the United States; then between Canada and the United States. We are determined that our nation and our rights will continue to survive. The Supreme Court's decision has not, in our view, resolved the border crossing rights issues. We prefer the Court's conclusion three years ago in *Delgamuukw*: these issues are best left to negotiation.

# Court orders native band to pay duty

BY KIRK MAKIN  
JUSTICE REPORTER

A Mohawk band located on the St. Lawrence River does not enjoy an aboriginal right to bring goods into Canada duty-free, the Supreme Court of Canada said yesterday.

A 5-2 majority ruled that even a generous interpretation of history fails to support a claim by the Akwesasne Mohawks that they traditionally conducted north-south trade across the St. Lawrence River.

"This trade was not vital to the Mohawks' collective identity," the majority said. "It follows that no aboriginal right to bring goods across the border for the purposes of trade has been established."

The ruling contained a stinging rebuke of two lower courts. It said that based on a virtual absence of cogent evidence, the Federal Court of Canada and Federal Court of Appeal fell into the "clear and palpable" error of deciding that north-south trade was a defining feature of Akwesasne Mohawks, whose reserve is southwest of Montreal and straddles the Canada-U.S. border.

Chief Justice Beverley McLachlin issued a stern warning to the judiciary that the evidence underlying native-rights rulings must not be meagre or overly speculative.

"Evidentiary principles must be sensitively applied to aboriginal claims, but they cannot be strained beyond reason," Chief Justice McLachlin said.

She carefully restricted the majority ruling to the facts of the Akwesasne case, apparently hoping to avoid any repetition of the uproar created two years ago by a much-criticized ruling in the Donald Mar-

shall eel-fishing case that said natives have a right to fish, hunt and gather enough to earn a "moderate living."

The figure at the centre of yesterday's case, Akwesasne's Grand Chief Michael Mitchell, crossed into Canada on March 22, 1986 without paying \$142.88 in duty on collection of blankets, Bibles, motor oil, food, clothing and washing machine. Most of the articles were intended as gifts for neighbouring Mohawk band; the oil was destined for resale.

In keeping with past Supreme Court rulings, an aboriginal right can be successfully asserted only if the practice in question can be traced to a period before contact with Europeans. It must also be established that it was a practice, custom or tradition integral to the distinctive culture of the group.

Federal lawyers in the Mitchell case acknowledged that the Mohawks traditionally engaged in trade. However, they claimed the trade was east-west, rather than north-south.

Writing in dissent, Mr. Justice Iacobucci and Mr. Justice Jack Major said that even if north-south trade was not a defining feature of the Akwesasne Mohawk culture, the issue goes much deeper.

"The claim is not just about physical movement of people or goods in and about Akwesasne," Judge Binnie said. "It is about the Mohawks' aspiration to live as if the international boundary did not exist."

This article is taken from  
The Globe & Mail  
Friday May 25, 2001

EMPLOYEE EXTENSIONS

NAME	POSITION	EXTENSION #
Carla Barnhardt	Accounts Receivables	124
Ken Brant	Lands & Estates	113
Lashelle Brant	Economic Development Officer	110
Karen Brant-Jones	Employment Counsellor	104
Sharon Brown	Finance Clerk	101
Shelley Bowden	Records Management	131
Chief		106
Patti General	Post Secondary Education Counsellor	119
Phyllis Green	Membership Clerk	115
Sandy Green	Newsletter Co-ordinator/Central Registry Clerk	111
Bev Hill	Personnel Administration	132
Molly Kohoko	Membership Secretary	123
Ainsley Leween	Accounts Payable	127
Mike Lewis	Network Administrator	122
Darlene Loft	Recreation/Fundraiser Co-ordinator	107
Angela Maracle	Executive Assistant	121
Chris Maracle	Housing, Parks and Band Property Maintenance	105
Dan Maracle	Carpenter	109
Lisa Maracle	Research	108
Lori Maracle	Housing Secretary	102
Sandy Maracle	Post Secondary Education Counsellor	116
Sue Maracle	Finance Clerk	129
Carl (Ted) Maracle	Electrician	112
Curtis Maracle	Museum Project Co-ordinator	126
Kim Parks	Admin. Support/ Lands Secretary	114
Carole Scero	Payroll	120
Sandy Sero	Housing Purchase Order	128
Doug Spencer	Assistant Economic Development Officer	135
Lynda Thomas	Technical Services Clerk	125
Tim Maracle	Technical Services Co-ordinator	118
Todd Kring	Acting Chief Administrative Officer	134

**RENTAL OF 59'ERS HALL**

The 59'ers Hall is available for small functions located at Hwy's # 2 & # 49.

For more rental information please call:  
**Mary Donovan at 967-4708**

Remember if you have an EMERGENCY

CALL



## PRESS RELEASES



BRUNO SCHULZBERGER / THE CITIZEN

At a crime forum in Ottawa yesterday, U.S. Attorney-General John Ashcroft said Canada and the United States need to co-ordinate prosecutions of those involved in human trafficking.

## Ashcroft calls for crackdown on human smuggling

Transporting aliens is a \$10-billion industry, says U.S. Attorney-General

BY ROBERT FIFE  
Ottawa Bureau Chief

OTTAWA • John Ashcroft, the U.S. Attorney-General, warned yesterday that human smuggling from Canada into the United States has become a "major organized crime activity" worth \$10-billion annually.

Mr. Ashcroft called on U.S. and Canadian law enforcement agencies to aggressively prosecute the masterminds behind alien trafficking. He said the U.S. Department of Justice recently set up an Alien Smuggling Unit to co-ordinate prosecutions and praised the efforts of Canada and the United States to close down a smuggling operation in March, which involved the smuggling of 1,000 Korean and Chinese nationals into the United States every year.

In particular, Mr. Ashcroft said

one method that has proved successful in slowing down people smuggling has been the establishment of joint border enforcement teams.

U.S. and Canadian teams have been set up along borders in the West and recently at Akwesasne Indian Reserve on the border between Cornwall, Ont., and Messena, N.Y., which is considered a major venue for people smuggling and trafficking in illegal weapons and drugs from the United States.

"Alien smuggling, the trafficking in human beings, is relatively new at the scale we are now finding it," Mr. Ashcroft said after attending a Cross Border Crime Forum in Ottawa. "The U.S. Border Patrol estimates that clandestinely transporting aliens across the borders is a \$10-billion industry."

While Washington is concerned Canada is being used as a backdoor for illegal immigrants to get into the United States, there is also a reported increase of people travelling into Canada.

David Kirby from the U.S. Attorney's Office in Vermont told reporters that Canada's lax immigration and refugee laws are proving attractive to bogus refugees

who land in the United States.

"It is just not one-way alone," he said. "Your refugees laws are a little easier to establish permanent residence in Canada than in the United States."

Garry Loeppky, the Deputy RCMP Commissioner in charge of operations, said there is a widespread misperception that most of the human smuggling is from Canada into the United States.

"It is a two-way flow. The perception is that it is all going south, but I also know that there is human smuggling coming this way," he said, attributing the people smuggling to organized crime.

In a speech to the forum, Mr. Ashcroft urged Canada to co-operate with U.S. officials in cracking down on telemarketing fraud and money laundering, which allow criminals to hide behind the Canadian border while defrauding innocent, often elderly, victims.

Canada has already established several regional task forces in Montreal, Toronto and Vancouver to investigate fraudulent telemarketers. Since 1999, the FBI and RCMP also have worked together to detect and prosecute telemarketing fraud. In return for Canadian co-operation in telemarketing fraud and human smuggling, Mr. Ashcroft promised to trace weapons illegally brought into Canada back to the dealer in the United States.

National Post

## Letting natives run their lives



LAWRENCE MARTIN

"You just can't say it," a bureaucrat, who has worked countless years on the aboriginal file in Ottawa, was explaining. "No one around here can talk publicly about the progress that has been on the Indian file. If you say it, it will start sounding like we've declared partial victory and that just won't go over. But there has been progress."

Ten or 15 years ago, he said, so much of the governing on the reserves came from the federal government. Now, 83 per cent of the Indian Affairs budget goes directly to the communities for their own use.

The housing on the reserves is still poor, deplorable in some instances, he said. But it is much better than before. "There's water and sewers on most reserves. I'm not trying to be an apologist. But things have improved."

Education? The lack of it among native peoples used to be an enormous problem. Now, he explained, there are probably more aboriginals at the post-secondary education level than the total number that graduated in the first 100 years after Confederation.

The federal government pours no less than \$7 billion a year into native people's problems annually. One would indeed hope that in Canada's Third World there have been some notable advances.

Before the prime minister leaves office, it is his intent to lay the groundwork for more progress. He is appointing a special cabinet committee wherein the work on the native people's file can be better co-ordinated and direct action taken, particularly in the area of economic development.

A huge baby boom has hit the reserves. On many of them, over half the population is under the age of 18. The teenagers are angry and bitter that opportunities don't exist, that there is little they can do locally. Ways have to be found to get these young Canadians in the modern and post-modern economy. The fact that 65 per cent of the reserves are in either rural or remote areas does not help. The cabinet committee will be looking at ways of bringing the innovative economy into a rural setting.

The prime minister, as most people around the capital know, has a soft spot in his hard heart on this file. Not only did he spend five-and-a-half years in the Indian Affairs portfolio as a minister in the Trudeau govern-

ment, he and his wife, Aline, adopted an aboriginal, whose sad experiences gave Chrétien a special insight into native people's psychology and conditions.

The cabinet committee, which will include Fisheries Minister Herb Dhaliwal and Bob Nault, the Indian Affairs minister, will concentrate on the non-rights agenda — the bread-and-butter issues. There are commitments in the speech from the throne of January of this year on jobs, health, education and housing to be met.

On the rights agenda, there is the plan by Nault to amend the 125-year-old Indian Act to take power away from the bureaucrats in Ottawa and transfer more authority to the local and community level. He is running into problems with this effort, because the new governance initiative is being interpreted as an attempt by the minister to strip the native chiefs of their powers. Under the current system, there has been much controversy over alleged abuse of public funds.

Nault wants a democratization of the system at the reserve level wherein the native peoples themselves, not Ottawa bureaucrats, pass judgment on their chiefs and hold them accountable. This is hardly a new idea. Chrétien himself introduced a vast reform in 1969 aimed at doing this type of thing, only on a much broader scale. His plan envisaged the elimination of the Indian Affairs department. But he ran into fierce opposition from the native groups who said he was introducing a program of assimilation. His proposal was withdrawn.

*Jean Chrétien has a soft spot in his heart for the native file.*

Nault is very determined to move ahead. But the suspicion among the aboriginal leaders is understandable. They argue that Nault is failing for the Canadian Alliance party allegations that native chiefs and councillors are crooks or corrupt or a combination of the two. They see an implicit suggestion in Nault's plan that they are not doing a good job.

But the minister appears to be on the right track. The old Indian Act rests on the entirely antiquated notion that the native peoples are incapable of managing their own affairs and that the federal white man knows what's best for them.

It stands to reason now that — so long as it is in a highly democratized fashion — the accountability of native leaders should be to their own people as opposed to federal government overlords.

Lawrence Martin writes on national issues.

## PRESS RELEASES



Christ Church Royal Chapel Capital Campaign

## Spring Raffle Winners

### 1<sup>st</sup> Prize Winner - *Pat Brant*

2 Adult Round Trip Via First Class Tickets - \$500.00  
 2 Night Stay at Delta Chelsea Hotel - \$680.00  
 Dinner Buffet for Two - \$55.00  
 2 Adult Tickets to "The Lion King" - \$199.00

### 2<sup>nd</sup> Prize Winner - *Velma Hill-Dracup* (\$200.00)

### 3<sup>rd</sup> Prize Winner - *Leslie Maracle* (\$100.00)

**Proceeds totaled \$2,460.00**

**\* FREE \***

### "A SEARCH for EQUITY" BOOKS

A study of the treatment accorded to  
 First Nations Veterans and Dependents  
 of the Second World War and the  
 Korean Conflict.

*Compiled by the Assembly of First Nations*

Available at the Administration Office

### FOR SALE 1992 QUAILRIDGE TRAILER

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**396-3424**

## OHNISA'NIKONHROTEN

### Aboriginal rights are meaningless

By: Taiaiake Alfred, Windspeaker  
 Column, July 2001

Recently, on the pretext of ruling against Mike Mitchell, a Mohawk of Akwesasne, who asserted an Aboriginal right to conduct cross-border trade, the Supreme Court of Canada went much further and took the opportunity to deny the Mohawks of Akwesasne, and by extension Indigenous peoples as a whole, any rights at all outside of those accorded them by the Canadian government. In *Mitchell v. MNR*, the Supreme Court has explicitly denied that we have an existence that is in any way independent of Canadian law and society. That is a statement of major significance.

Many of our people were upset when the Supreme Court of Canada gave its decision on the Mitchell case. To be sure, there were upsetting and even sickening words contained in the Supreme Court's decision. It always hurts to be hit in the face with the racism that bubbles just below the surface of polite Canadian society, especially when it is laid bare in clinically precise legal language. But beyond the Supreme Court justices' shocking ignorance of fact and the plodding, sophomoric attacks on history, there is nothing much surprising in the decision. Did anyone actually think that the Supreme Court of Canada would recognize Mohawk sovereignty?

Spiteful denials of our rights by government lawyers and judges are nothing new; after a generation jurisprudence on the question of our peoples' relation to the Canadian state, a time in which the trend and the vanishing point of our rights have been visible, we should not be surprised by what was said in *Mitchell*. All of the recent Supreme Court decisions on Aboriginal rights have given and taken away at the same time, yet our lawyers and our leaders have been looking at those decisions through rose-coloured glasses – the problem is that we have wanted to see progress where there was none, and we have bought into the false promise of

steady progress toward a just accommodation of our existence as peoples with that of the Canadian state. This decision surely puts that lie to rest.

Am I being too cynical? Read the chief justice's words yourself: She wrote that the Court has "affirmed the doctrine of extinguishment, infringement and justification as the appropriate framework for resolving conflicts between Aboriginal rights and competing claims including claims based on Crown sovereignty." She is telling us here in uncertain terms that any conflicts between the rights we claim and the Canadian government's claimed authorities, between our law and Canadian law will be resolved by extinguishing our rights. Case closed. Aboriginal rights and title have been rendered meaningless.

The vaunted section 35(1) of the Canadian Constitution has been exposed as an ultimately useless protection in the face of white people's material or ideological interests. The Supreme Court's decisions have been proven time and again, especially in *Marshall II* and now *Mitchell*, to be nothing more than transparent covers for government policy decisions, and obviously based on economic and political factors rather than on historical facts or sound legal reasoning (*Mitchell* explicitly links the interests of the Canadian state to the denial of the Aboriginal right).

So now what? The lesson is very clear: politics and economics determine everything. The lesson also points the way forward. We must reconcile ourselves to the fact that our struggle is political. It is not about law but about power. Forget about appealing to the courts; forget negotiating self-government and land claims agreements; forge about Aboriginal rights and title. All of these can only lead our people toward an imminent vanishing point on a very short horizon. The horizon of our future generations can only be extended if we commit to take direct action in defence of our lands and rights, and begin to demand respect from Canada. ■

Remember if you have an EMERGENCY  
 CALL





# ADMINISTRATION

## COMMUNITY LAW ENACTMENT PROCESS

### MOHAWK COUNCIL OF TYENDINAGA COMMUNITY LAW ENACTMENT PROCESS

WHEREAS the Mohawks of the Bay of Quinte have the existing and inherent right to self determination, which includes the right to exercise, control and regulate the process by which Tyendinaga Mohawk Territorial Laws are passed; and

WHEREAS the Mohawk Council of Tyendinaga will do all things necessary to pre-serve the cultural and political integrity of the Tyendinaga Mohawk Territory; and

WHEREAS the Mohawk Council of Tyendinaga recognizes the need to involve its community in the development and enactment of Laws to govern the Tyendinaga Mohawk Territory:

THEREFORE BE IT RESOLVED that the community Law enactment process for the Tyendinaga Mohawk Territory shall be conducted as follows:

#### PETITION TO COUNCIL FOR A LAW

1. Any member of the Mohawks of the Bay of Quinte (hereinafter referred to as "community member") may petition the Mohawk Council of Tyendinaga (hereinafter referred to as "Council") for the creation and enactment of a community Law to govern specific affairs within the Tyendinaga Mohawk Territory (hereinafter referred to as "Tyendinaga"), in the following manner:
  - a) A community member wishing to petition Council for the creation and enactment of a Law, shall submit a written request to be scheduled on the agenda of a meeting of Council, to the Chief Administrative Officer of the Mohawk Council of Tyendinaga;
  - b) The Chief Administrative Officer shall arrange for the community member to be added to the agenda of the next appropriate meeting of Council, and give written notice thereof to said community member;
  - c) The community member shall attend the meeting of Council in accordance with its agenda, and thereat make a presentation, demonstrating the need for the Law being petitioned for.
  - d) Council Members can draft bylaws.
2. Council shall consider the petition for creation and enactment of a Law, made pursuant to section 1 and either:
  - a) approve the petition and appoint and instruct a body to draft a proposed Law in accordance with the petition; or
  - b) reject the petition, and provide reasons for the rejection; or
  - c) defer it's decision to a future date.

#### PRESENTATION OF DRAFT LAW TO COUNCIL

3. The Law drafting body, appointed pursuant to section 2.a), shall present a draft of the proposed Law at a duly convened meeting of Council, for its consideration and recommendation.
4. Council may instruct the Law drafting body to make changes to the proposed draft Law.
5. Council shall determine by majority vote whether the draft Law, as presented pursuant to section 3 and amended pursuant to section 4, shall be:
  - a) presented to a duly convened community meeting for its consideration; or
  - b) returned to the Law drafting body for re-drafting.

#### ACCEPTANCE OF DRAFT LAW IN PRINCIPLE

6. At least fifteen (15) days prior to a duly convened community meeting, scheduled pursuant to section 5.a), Council shall publish notice of the time and location thereof, together with a complete text of the proposed draft Law, in a community newspaper.
7. Council and the Law drafting body shall attend the community meeting, scheduled pursuant to section 5.a), and present the proposed draft Law by reading a summary of it, answering any questions asked and then noting any recommendations made by those present.

(2)

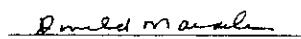
8. By majority vote of Council members who are present at the community meeting, Council shall decide whether to accept or reject the proposed draft Law as presented or to instruct the Law drafting body to make specified revisions thereto.
9. In the event that the proposed draft Law is returned to the Law drafting body after the community meeting scheduled pursuant to section 5.a), the Law drafting body shall make any revisions specified by Council and present the amended proposed draft Law to Council at a duly convened meeting, for acceptance in principle.

#### COMMUNITY CONSULTATION

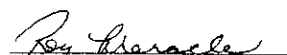
10. Upon acceptance in principal of the proposed draft Law, Council shall publish:
  - a) the full text thereof in a community newspaper;
  - b) publicly announce where copies can be obtained, for community members' review and evaluation; and
  - c) the times and locations of the Public Information Meetings, scheduled pursuant to section 11.
11. The Law drafting body shall hold a minimum of two Public Information Meetings to explain the proposed draft Law and note any community recommendations and concerns made thereat that may warrant further revisions to the proposed draft Law.

#### ACCEPTANCE OF LAW

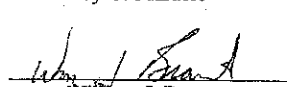
12. After considering any recommendations and concerns made at the Public Information Meetings held pursuant to section 11, the Law drafting body shall prepare a final draft Law.
13. At least fifteen (15) days prior to a Special Community Meeting, being convened to consider approval of the final draft Law:
  - a) Council shall publish a notice of the time and location thereof in a community newspaper; and
  - b) if Council's opinion is that the final draft Law has been substantially altered from the proposed draft Law presented at the Public Information Meetings held pursuant to section 11, it shall also publish the full text of the final draft Law.
14. At the Special Community Meeting held pursuant to section 13, Council shall publicly consider the final draft Law by inviting further comments from those community members in attendance, and then by a majority vote of Council, Members ratify or reject the final draft Law, or resolve that acceptance of the final draft Law shall be determined by a community referendum.
15. Unless otherwise specifically resolved, a draft Law that is ratified by Council or by referendum, pursuant to section 14, shall become a Community Law of Tyendinaga on the day that it is so ratified.
16. As a courtesy, a copy of any Community Law that is enacted pursuant to this Community Law Enactment Process, together with an affidavit proving that the document is a true copy of the Community Law duly enacted by the Mohawks of the Bay of Quinte, shall be sent to Indian and Northern Affairs Canada, within four (4) days of its enactment.
17. Duly accepted by a quorum of the Tyendinaga Mohawk Council this 6<sup>th</sup> day of June, 2001.

  
Chief R. Donald Maracle

  
John E. Maracle

  
Roy C. Maracle

  
Winston R. Brant

  
William J. Brant

# ADMINISTRATION

## CONFLICT OF INTEREST POLICY

### TYENDINAGA MOHAWK COUNCIL

#### CONFLICT OF INTEREST POLICY

**A Member of the Mohawk Council of Tyendinaga must arrange his/her affairs and conduct themselves in a manner that avoids:**

- a) a conflict of interest; or
- b) the appearance of a conflict of interest.

#### 1.0 MEANINGS

1.1 A conflict of interest exists where:

- a) a Member's personal interest; or
- b) the interest of an individual within the immediate family of the Member, business associate, corporation or partnership in which the Member holds any interest, or a person to whom the Member owes an obligation,

may prevent the Member from acting

- c) in the Mohawk Council's and/or community's best interest; and
- d) in the Mohawk Council's and/or community's behalf fairly, impartially, and without bias.

1.2 For the purpose of these Guidelines:

- a) **"individual within the immediate family"** means a spouse; or, whether adopted or natural: a child (including a child to whom a Member is a guardian), or a parent, or a parent-in-law, or a grandparent, or a brother, or a sister, or a grandchild; or the spouse of any of the foregoing; or a niece or nephew;
- b) **"Member"** means a Chief or Councillor of Mohawk Council;
- c) **"Mohawk Council"** means the Mohawk Council of Tyendinaga;
- d) **"significant interest"** any interest or greater, ownership, share or control of an enterprise;
- e) **"spouse"** includes a common law spouse.

#### 2.0 GENERAL DUTIES

2.1 Unless otherwise authorized by a Resolution of Council, a Member may not:

- a) act on behalf of, or deal with, Mohawk Council in any matter in which the Member has, or appears to have, a conflict of interest; and
- b) use his/her position, office or affiliation with the Mohawk Council to pursue or advance the Member's personal interests, or those of a person or body described in section 1.1 b).

2.2 Regardless of when a Member discovers that he/she has a conflict of interest, the Member must immediately disclose it to the Mohawk Council or to a designate of the Mohawk Council.

2.3 A Member who is unsure whether he/she has a conflict of interest, may seek an opinion from a fellow Council Member or a designate of Mohawk Council.

2.4 Unless otherwise directed by Mohawk Council, the affected Member must immediately take steps to resolve the conflict of interest, or remove any suspicion that one exists.

#### 3.0 AVOIDING A CONFLICT OF INTEREST

3.1 Except where authorized by Mohawk Council, a Member must not personally, directly or indirectly, benefit from any transaction involving Mohawk Council.

3.2 An indirect benefit is:

- a) a benefit derived by a person in section 1.1 b); or
- b) a benefit which advances or protects a Member's interest, although it may not be measurable in money.

3.3 A Member must not use his/her relationship with Mohawk Council to confer an advantage on himself/herself or on a person described in section 1.1 b).

#### 4.0 USING MOHAWK COUNCIL PROPERTY AND/OR INFORMATION

4.1 A Member must have authorization by Mohawk Council Resolution:

- a) to use Mohawk Council property for personal purposes; or
- b) to purchase Mohawk Council property, unless it is through normal channels of disposition, equally available to community members.

4.2 Notwithstanding section 4.1 b), a Member may not purchase property if the Member is participating in the sale thereof.

(2)

4.3 A Member may not take personal advantage of an opportunity that is available to Mohawk Council unless:

- a) it is clear that Mohawk Council has irrevocably decided against pursuing the opportunity; and
- b) the opportunity is equally available to all community members.

4.4 A Member may not use his/her position with Mohawk Council to solicit clients for a personal business, or one operated by an individual described in section 1.1 b).

4.5 a) "Mohawk Council information" is information acquired solely by reason of a Member's involvement with Mohawk Council and which Mohawk Council is obliged to keep confidential.

- b) A Member may have access to Mohawk Council information only for Mohawk Council purposes.
- c) A Member must not use Mohawk Council information for his/her personal benefit.
- d) A Member must protect Mohawk Council information from improper disclosure.
- e) A Member must report any incident of abuse of Mohawk Council information to Mohawk Council or its designate.
- f) A Member may divulge Mohawk Council information if:
  - i) it is information that community members are entitled to receive; and
  - ii) the Member is authorized to release it, and the Member releases it to an individual who has the lawful right to the information.
- g) A Member who is unsure whether Mohawk Council information may be released, must seek advice from Mohawk Council or a designate of Mohawk Council.

#### 5.0 RULES ABOUT GIFTS

5.1 A Member may accept a gift under the following circumstances:

- a) it is the normal exchange of hospitality or a customary gesture of courtesy between persons doing business together;
- b) the exchange is lawful and in accordance with ethical practice and community standards;
- c) the exchange could not be construed by an impartial observer as a bribe or some other form of illegal or improper payment.

5.2 a) A Member may not personally use Mohawk Council property to make a gift, charitable donation or political contribution to anyone on behalf of himself/herself or the Mohawk Council.

- b) Any charitable donation or political contribution must be authorized by Mohawk Council or a designate of Mohawk Council.
- c) No property of Mohawk Council shall be given as a gift to anyone unless it is in accordance with section 5.1.

#### 6.0 PENALTY PROCEDURE

6.1 Any allegation of a violation of section 3.0 shall be considered by the Members who are not accused, and;

- a) if it is determined, by consensus, that the allegation is groundless, Mohawk Council shall inform the innocent member of its decision in writing; or
- b) if it is determined, by consensus, that there is merit to the allegation, Mohawk Council shall inform the Member of its decision, in writing, and proceed in accordance with subsection 6.2.

6.2 In the event that Mohawk Council determines, in accordance with subsection 6.1 b), that a violation of section 3.0 has been committed, it shall proceed as follows:

- a) The non-violating Member shall convene a special meeting to consider the severity of the violation;
- b) The violating Member will be invited to meet with the non-violating Members, in order to discuss the violation and to determine the disciplinary action to be taken;
- c) Without limiting the generality of the following, disciplinary action may include:
  - i) a written apology from the violating Member to Mohawk Council and/or the community, where applicable;
  - ii) turning the matter over to the appropriate police authority, for disposition;
  - iii) any other form of discipline, deemed appropriate by Mohawk Council.

#### 7.0 APPEALS

7.1 Any matter determined pursuant to section 6.0, may be appealed by the violating Member.

7.2 An appeal must be made, in writing, to Mohawk Council within forty-eight (48) hours of receiving notice if the matter being appealed.

7.3 Upon receipt of the written notice of appeal, pursuant to subsection 7.2, Mohawk Council shall schedule a meeting, between all Members, to unanimously agree upon an adjudicator to hear the appeal.

# ADMINISTRATION & MOHAWK FIRE DEPARTMENT



Councillor  
John E. Maracle

## Mohawks of the Bay of Quinte

Administration Building, Old York Road  
Tyendinaga Mohawk Territory  
Ontario, Canada K0K 1X0

Office (613) 396-3424 Fax (613) 396-3627

May 15, 2001

Colonel Cy Yarnell  
12 Woodland Acres  
Belleville, Ontario K8N 4K1


Dear Colonel Yarnell,

Se:kon!

Nia:wa for the copy of your speech. I am requesting that your speech be published in the Tyendinaga Newsletter along with a picture taken during the ceremony. We appreciate so much your kindness and respect.

Sincerely,

John E. Maracle  
Mohawk Wolf Clan  
1 John 2:17

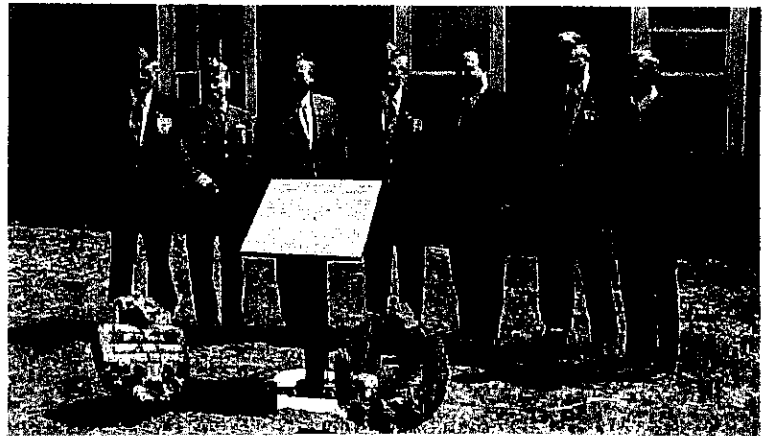


## MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in June responded to 3 calls:

**2 Gas Investigation Calls**  
**1 Vehicle Fire**

**This brings our total to 32 calls for 2001.**



**"Warriors and their Eagle"** Comments by Col. CS Yarnell at Camp Mohawk(Deseronto) 5 May 01

**This is Mohawk Land - a proud Land - a proud People !** The record will show that hundreds of years ago these Mohawk "People of the Flint", "the Long House" and "Keepers of the eastern Door" became partners with the people of the Onondaga, Seneca, Oneida, and Cayuga nations to form the mighty Iroquois Confederacy and proclaimed the "Great Law" that would unite them all into one mind, one heart, one voice and one spirit, all based on the respect of reason, righteousness and civil authority. The Iroquois Confederacy was a highly organized and disciplined democracy complete with built-in "checks and balances" to enhance and guarantee their stability & purpose. Benjamin Franklin & Thomas Jefferson were so impressed with the principles stated in the Confederacy "Great Law" that, in 1787, (after the American revolution, they invited Iroquois Chiefs to the Constitutional Convention in Philadelphia for discussions about the framing of the Constitution of the United States ! (US Senate Resolution #76 - July 10, 1988)

Leaders of the Iroquois Confederacy were entitled to gather "in Council" under the "Tree of Peace" on top of which sat their Great Eagle - the bravest of all birds and, with its piercing eyesight, the eagle became the living symbol of Iroquois warriors; and what magnificent warriors they were - respected by all and feared only by those who dared to oppose them! These were "Warriors of the Land"! The Iroquois vast land territories in New York State, Pennsylvania & Ohio were inter-connected by effective canoe routes on the Great Lakes and the Ohio, Hudson & St. Lawrence river systems; and the control of these waterways made the Iroquois Confederacy even more stable. - Not only were the Iroquois "Warriors of the Land" but also "Warriors of the Waters" and always under the vigilant and protective eyes of their "Great Eagle". Two of their great warrior leaders were John DESERONTO and TYENDINAGA ( Joseph Brant) and it was they who led their Mohawks to this Bay of Quinte area in 1784 ; They arrived at a spot 2 Km just east of here and in that original 1784 group were many proven "Warriors of the Land" and "Warriors of the Waters"!

Today, we are here to recognize other great warriors who have operated in this Land of the Mohawk and , like their predecessors the Mohawk Warriors of the Land and the Waters, they also served their country well. They were "Warriors of the Air"! During WW1, Camp Mohawk - on this very spot - trained military pilots and some of them still rest in the Deseronto Cemetery nearby. During WW11, allied pilots were trained at Camp Mohawk in specialized "instrument flying" techniques under the "Eagle-eyes" of their instructors of #1 Instrument Flying School right here. 413 Trenton Wing, of the Air Force Association of Canada, has arranged today's Ceremony with the kind permission and cooperation of Mohawk Chief R. Donald Maracle and his Council. The Great Eagle whose "spirit", in years gone by, patrolled the skies over the Iroquois Warriors of the Land & the Waters, is the same eagle that is the proud icon of Canada's Air Force and is part of our uniform and the uniform of those who are being remembered here today - the "Warriors of the Air" of #1 Instrument Flying School.

# ADMINISTRATION

(3)

- 7.4 The appeal shall be heard within seven (7) days of determining the identity of the adjudicator.
- 7.5 The adjudicator shall receive an agreed upon compensation for his or her services, which said compensation shall be paid by the unsuccessful party to the appeal.
- 8.0 ACCEPTANCE
- 8.1 Duly accepted by a quorum of the Tyendinaga Mohawk Council this 6<sup>th</sup> day of June, 2001.

*Donald Maracle*  
Chief R. Donald Maracle

*John E. Maracle*  
John E. Maracle

*Roy C. Maracle*  
Roy C. Maracle

*Winston R. Brant*  
Winston R. Brant

*William J. Brant*  
William J. Brant

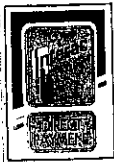


## LAWN WATERING RESTRICTIONS

To water and sewer customers on Hwy. #2, Church Lane, Ferry Lane and Bayshore Road. To ease the demand on the water plant, OCWA (Ontario Clean Water Agency) has placed the following lawn watering restrictions:

If your 911 address has an even number at the end you may water your lawn on even numbered days. Similarly, if our 911 address has an odd number at the end you may water your lawn on odd numbered days. Watering should take place between the hours of 6:00 PM and 10:00PM in the evening.

Your patience and cooperation is greatly appreciated. If you have any questions or concerns please contact Tim Maracle, Technical Coordinator at (613) 396-3424 extension 118.



### \* Please Note \*

The finance department located at the Administration office is now able to accept interac for all payments.  
Niawen



## Ontario Provincial Police Police provinciale de l'Ontario

news  
release  
communiqué

777 Memorial Ave.  
Orillia, Ontario  
L3V 7V3

FROM: Project "Phonebusters"  
DE:

RELEASE: Apr. 20/99  
PUBLICATION LE:

### Solicitations For Publications Prompt Caution From Police

(Orillia, Ont.) - The Ontario Provincial Police has issued a caution to the public concerning the solicitation of money on behalf of police.

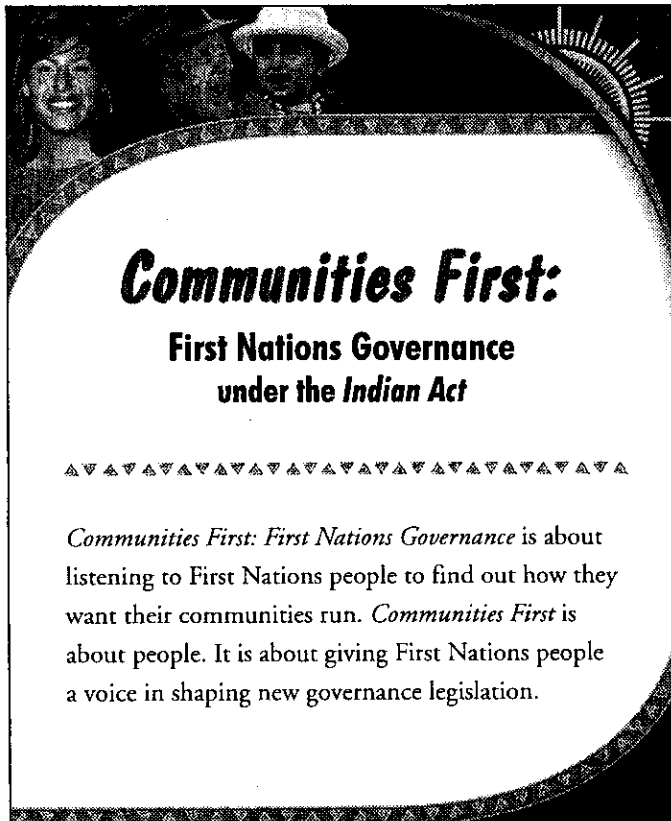
Individuals have been soliciting advertisements and subscriptions for magazines asking for donations to help pay for the publication known as "The Provincial Police Safety Magazine."

Other magazines which claim the Ontario Provincial Police is supporting their publications include: Ontario Police Magazine, Ontario Provincial Police News, Our Provincial Police News, Our Provincial Police Today and O.P.P. News.

The Ontario Provincial Police is NOT associated with any of these publications.

Contact: D/S/Sgt. Barry Elliott  
Project Phonebusters  
(705) 494-3624

-30-



## Communities First: First Nations Governance under the Indian Act

*Communities First: First Nations Governance* is about listening to First Nations people to find out how they want their communities run. *Communities First* is about people. It is about giving First Nations people a voice in shaping new governance legislation.

Have your say... participate in a consultation session.  
For more information or to fill out a survey, call  
**1-800-550-1540** or visit the Communities First:  
First Nations Governance Web Site at  
[www.fng-gpn.gc.ca](http://www.fng-gpn.gc.ca)

Ind and Northern Affairs Canada / Affaires indiennes et du Nord Canada

Canada

# ADMINISTRATION

Ministry of Finance  
33 King Street West  
Oshawa ON L1H 8H5  
Motor Fuels and  
Tobacco Tax Branch  
PO Box 625  
33 King St West  
Oshawa ON L1H 8H9

Ministère des Finances  
33 rue King ouest  
Oshawa ON L1H 8H5  
Direction de la taxe sur  
les carburants et le tabac  
CP 625  
33 rue King ouest  
Oshawa ON L1H 8H9



Phone: (905) 433-6432  
Fax: (905) 436-4507

May 31, 2001

MOHAWKS OF THE BAY QUINTE  
Chief R. Donald Maracle  
RR 1  
Tyendinaga Mohawk Territory  
Deseronto ON K0K 1X0

Dear Sir/Madam:

In order to improve and speed up the processing of the issuing of the Ontario Certificates of Exemption (gas cards), please be advised the Application for Certificate of Exemption PE 360, is no longer in use. The procedure for obtaining a Certificate of Exemption (gas card) is outlined as follows:

- A written request from each applicant must be mailed or faxed directly to the Ministry of Finance, with a legible photo-copy of the front and back of his/her valid Indian Photo Status Card from Indian and Northern Affairs Canada, along with the applicant's telephone number and mailing address, and a reason for requesting a card.
- A written request from the Band Office for a gas card, in the Band Name, for band owned vehicle use, mailed or faxed directly to the Ministry of Finance, along with a list of band owned vehicles by make and model and their licence numbers.

Please allow three (3) weeks from the date we receive the information, for processing.

Should you have any further questions, please do not hesitate to contact this office at (905) 433-6432.

Yours truly,

*Iris Wisdom*  
Iris Wisdom  
A/Manager, Refunds

## Common Home Problems

Wet basements top list of concerns, according to Ontario home inspectors



**Improper Surface Grading/Drainage**  
Over 35 percent of survey respondents cited this as the most frequently found problem with homes they inspected, resulting in water penetration of the basement or crawl space.



**Improper Electrical Wiring**  
Cited by nearly 20 percent of survey respondents as the most common home defect. Insufficient electrical service to the house, inadequate overload protection and amateur wiring connections were included in this category.



**Roof Damage**  
While only 8.5 percent of respondents said roof damage was the most common problem, roof leakage caused by old or damaged shingles or improper flashing was considered by OAHI members to be a frequent problem.

**Poor Ventilation**



Excessive interior moisture caused by "over-sealed" homes can cause rotting and premature failure of both structural and non-structural elements.

**Structural Problems**



Many homes, as a result of problems in one or more of the other categories, sustain damage to such structural components as foundation walls, floor joists, rafters and window and door headers.

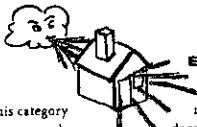
**Poor Overall Maintenance**



Often exhibited by such signs as cracked, peeling or dirty painted surfaces, crumbling masonry, makeshift wiring or plumbing and broken fixtures or appliances.



**Heating Systems**  
Problems in this category included broken or malfunctioning operation controls, blocked chimneys and unsafe exhaust disposal.



**Exteriors**  
Flaws in a home's exterior, including windows, doors and wall surfaces, are responsible for the discomfort of water and air penetration, but rarely have structural significance. Inadequate caulking and/or weatherstripping are the most common culprits.



**Plumbing**  
Though never ranked by respondents as a number one problem, plumbing defects still rank high among the house problems encountered and include the existence of old or incompatible piping materials, as well as faulty fixtures and waste lines.

Survey courtesy of the Ontario Association of Home Inspectors (OAHI).

Ontario Home Builder

## EMPLOYEE INTRODUCTIONS

She:kon Skennenkowa

My name is Jennifer E. Brant and I am the Recording/Chief Secretary. I look forward to the opportunity and challenge of working for my Community.

Nia:wen

ARTICLE IS TAKEN FROM:  
ISSUE 5/ APRIL 2001



HOME TO CANADIANS  
Canada



UILDING

## COMMUNITIES

### Mohawks of the Bay of Quinte Honoured for Their Healthier Homes

**Tyendinaga Mohawk Territory** - The Mohawks of the Bay of Quinte's Housing Department became the first Aboriginal community in Ontario to be recognized as builders of healthier homes. On Friday, March 2, CMHC's President Jean-Claude Villiard presented Chief Don Maracle with the Healthy Housing Recognition during a ceremony to officially open five new barrier-free homes. CMHC provided the \$500,483 loan for the housing project through the On-Reserve Non-Profit Housing Program (also known as the Section 95 program).

"CMHC is pleased to recognize the Mohawks of the Bay of Quinte for their dedication to building healthier housing," Villiard told the large gathering. "They have demonstrated extraordinary skills and knowledge in building healthier homes for their community."

CMHC's Healthy Housing Recognition Program was established to honour builders in Ontario that demonstrate knowledge of healthy housing principles, including occupant health, energy efficiency, resource efficiency, environmental responsibility and affordability.

Villiard lauded the Tyendinaga Community for adopting CMHC's healthy housing principles and singled out Chief Donald Maracle and Housing Manager Chris Maracle for "helping to improve the housing and living environment for the people of this community".

Minister of Agriculture and Agri-Foods, Lyle Vanclief also attended the ceremony on behalf of the Honourable Alfonso Gagliano. Minister responsible for CMHC. Vanclief commended the community for their housing achievements. The Mohawks of the Bay of Quinte have built 36 R-2000 homes with significant energy conservation over the past decade and have also been recipients of many building awards. These awards include several R-2000 Technical Excellence Awards, Assembly of First Nations National Housing Awards and being named one of the Canadian Home Builders' Association "top 10" in 1997.

Said Chief Don Maracle, "We are proud that our people can build award winning housing and by building these homes we are building our community."



Members of the construction crew join Chief Maracle and federal government representatives to celebrate the official opening of five new Section 95 homes. The Mohawks of the Bay of Quinte were also honoured with the CMHC's Healthy Housing Recognition for building healthier homes.

**ADMINISTRATION**

**Hazardous Waste Deposit at the Mohawk Landfill Site is  
TUESDAY August 28, 2001**

*Please bring any of these items to our Household Hazardous Waste Garage located at the landfill site.*

Kitchen

- abrasive powders
- ammonia-based cleaners
- chlorine bleach
- disinfectants
- drain decloggers
- floor & furniture polish
- oven cleaners
- metal cleaners/polish
- window, glass cleaners

Bathroom

- aftershave, perfume
- depilatories
- hair lotions, dyes
- medicines
- nail polish, remover
- shoe polish

Garage

- transmission fluid
- battery & battery acid
- brake fluid
- body filler
- auto spray paint
- car wax
- fuel (kerosene, diesel)
- windshield washer

Garden Shed

- fertilizers
- pesticides
- rat & mouse poison
- roach & ant poison
- propane tanks (up to 20 lb. tanks)
- pool chemicals

Workshop

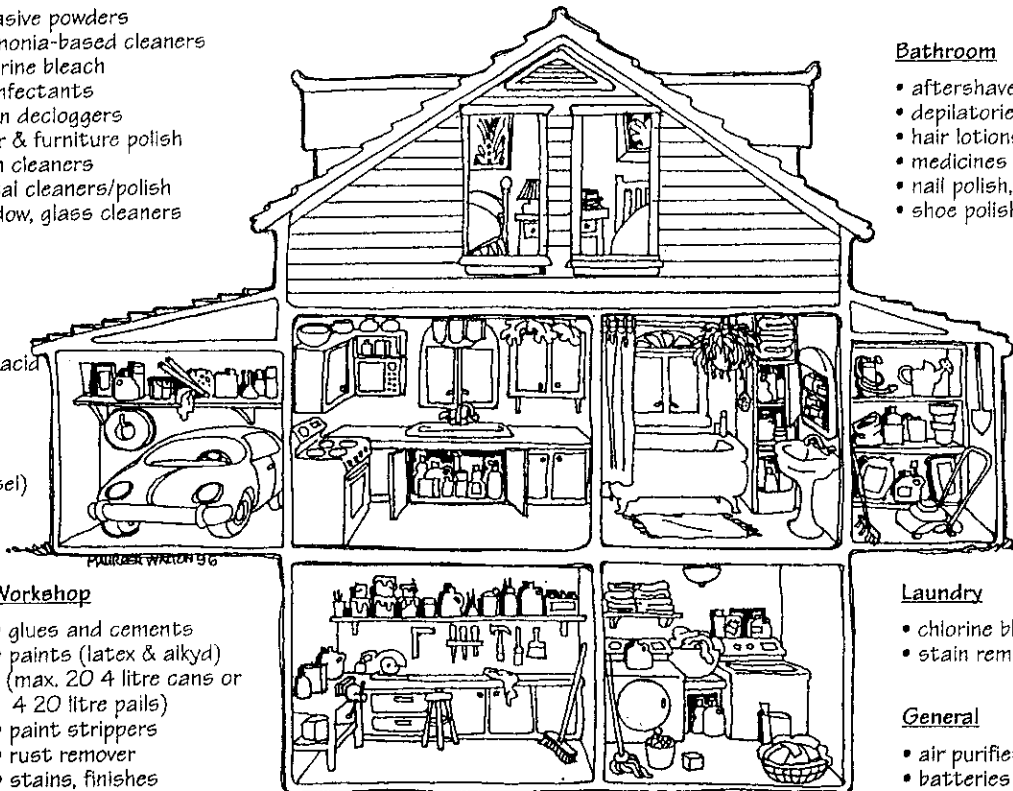
- glues and cements
- paints (latex & alkyl) (max. 20 4 litre cans or 4 20 litre pails)
- paint strippers
- rust remover
- stains, finishes
- thinners & turpentine
- wood preservatives
- mothballs
- flea collars & sprays

Laundry

- chlorine bleach
- stain removers

General

- air purifiers
- batteries (dry cell)
- butane lighters and cylinders
- lighter fluid



**For Immediate Release.....**

June 28, 2001

The Hastings and Prince Edward Counties Health Unit monitors bathing beach water quality at designated public beaches within our jurisdiction. Bathing beach water quality is monitored by the collection and analyses of water samples. Samples are analysed at a Public Health laboratory for the presence of E.coli bacteria. When E.coli bacteria is found at levels greater than 100 bacteria per 100 ml of water, the bathing beach is considered to be unsafe for swimming and the following warning sign is posted at the beach.

**HASTINGS & PRINCE EDWARD COUNTIES HEALTH UNIT  
WARNING  
POLLUTED WATER**

Tests of the water at this bathing beach have found that the water is polluted due to levels of bacteria in excess of acceptable standards. Swimming in these waters could produce infections of the eye, ear, nose, throat, skin or intestine.

MEDICAL OFFICER OF HEALTH

The following beaches in our area are presently posted:

- Riverside Park West, Moira River, Belleville
- Riverside Park East, Moira River, Belleville
- Frankford Park (Trent River), Frankford

The following beaches had been posted but are no longer posted:

- Centennial Park, Deseronto (Bay of Quinte)

If you have any questions regarding the above, please contact Glen Hudgin, Director, Public Health Inspection at 613-966-5513, Ext. 256.

**\* Please Note \***  
**Now open Sundays till 5 p.m.**

**LANDFILL HOURS**

- Monday - CLOSED**
- Tuesday - 1:00 P.M. - 5:00 P.M.**
- Wednesday - CLOSED**
- Thursday - 1:00 P.M. - 5:00 P.M.**
- Friday - CLOSED**
- Saturday - 8:30 A.M. - 5:00 P.M.**
- Sunday - 9:00 A.M. - 5:00 P.M.**



## HEALTH CENTRE

### CHILD SAFETY ON THE FARM



Preschool (five years and younger)

- **curious but have no fear of consequences**
- **short attention and memory spans ( especially concerning rules)**
- **impulsive and strong-willed -they want to demonstrate their independence.**

It is easy to see why no preschooler should be left unsupervised on the farm. They quickly forget rules and instructions and cannot evaluate potentially dangerous situations. Watering plants or feeding small animals ( away from equipment ) are suggested chores for this age group.

Grade school (ages 6-11)

- **slow reaction time compared to 17 year old**
- **less coordinated physically**
- **poor eye-to-hand coordination**
- **overconfident**
- **easily bored with tasks and**
- **unwilling to take responsibility for their actions or mistakes.**

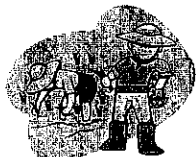
These children are still too young to be allowed near farm machinery or to perform tasks unsupervised. Keep them close by or in an environment you can control such as a fenced backyard. Appropriate chores include sorting, feeding animals( with no contact), gardening and working with safe hand tools.

Early teens (ages 12-14)

- **can be clumsy due to rapid physical growth**
- **feel that "accidents only happen to other people"**
- **want to assert their independence and challenge authority**
- **are anxious to be like older siblings**

While these children may be able to perform a variety of farm chores, they often forget their own limitations. Supervision and proper training are key to preventing accidents. This is the time to teach them farm safety and to reinforce good habits.

### CHILD SAFETY ON THE FARM



Farms can be dangerous places, especially for children. machinery, chemicals, animals and open water ( ponds and irrigation ditches ) can kill or injure an unsupervised child.

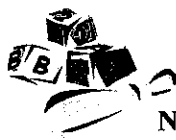
- **the Farm Safety association of Ontario reports that 25 children younger than 10 died in farm accidents from 1990 - 95; and**
- **the National Farm Medicine Centre in the U.S. estimates that**
  - **300 children die every year on U.S. farms and ranges;**
  - **more than 100,000 are injured;and**
  - **almost 5,000 must learn to live with an injury or permanent disability from a farm accident.**

In Addition, the canadian Hospitals, Injury Reporting and Prevention Program (CHIRPP) reported 220 pesticide - related injuries and poisoning among children in Canada during 1990- 94.

The Farm Safety Association has identified some common patterns of accidental injury and death among Ontario farm children, including the following

- **a lack of supervision or inappropriate supervision during the busy summer months;**
- **allowing children near farm machinery; and**
- **allowing children to do work inappropriate for their age.**

Addressing the first two patterns is straightforward. But how does a parent decide what is appropriate work for a child? Dr. Richard Clark of the Ohio State University has identified various characteristics of different age groups to aid parents in making this decision.



### NURSING MOTHERS' GROUP of Tyendinaga invites

#### BREASTFEEDING MOTHERS & BABIES

to their ongoing series of meetings  
on the 2nd & 4th Friday mornings of each month.  
Contact **Thayendanega Health Centre** for time and location  
Small Children Welcome  
Interested Women or young girls welcome  
Friendly mother - to - mother support . Lending library  
Nutritional Assistance for Moms.

Baby's weight check & Help with breastfeeding problems available  
Information & discussions on breastfeeding related topics such as:  
avoiding problems, nursing discreetly, nighttime needs, expressing  
or pumping milk, introducing solid foods, understanding your baby,  
fertility awareness . . .

July 13: Getting Started...Getting off to a good start.

July 27: As Baby Grows...How to wean.

For more info, or if you you would like to attend but have an  
obstacle we could help with (i.e.transportation, child care etc.)  
please call 967-3603

#### THE BREASTFEEDING CIRCLE

**What will breastfeeding feel like? Is it normal for it to hurt at first? What should I do if it doesn't feel right?**

When breastfeeding is going well, it will be physically comfortable from the beginning. Your breasts may get heavier with milk prior to feeding time. Nursing your baby will soften & relieve them. Anti-stress hormones are released during nursing, making you feel more relaxed & sometimes even a little sleepy as you snuggle with your baby. Nursing mothers often feel a deep bond of unity with their babies, as well as wonderment & awe at their own body's ability to perfectly nourish their baby beyond the womb.

Although we hear of sore nipples & engorgement (painfully swollen breasts) in the early weeks of breastfeeding, hurting & pain are **NOT NORMAL!!!** If it hurts, the reason is almost always because the baby hasn't latched on well &/or isn't sucking properly. Your baby may need you to learn how to help him/her until s/he gets good at it.

- Start with his nose opposite your nipple.
- Keep your fingers under your breast & very far back.
- If she doesn't open wide enough by herself brush her lips lightly with your nipple.
- **WAIT** until your baby's mouth opens **WIDE**, like a yawn & bring him **CHIN FIRST** onto your breast with a quick movement of your hand or forearm.
- Aim your nipple towards the roof of her mouth **DO NOT CENTRE IT IN HER MOUTH.**
- His chin should end up pressed against your breast, his mouth opened wide & the lower lip pressed down & back against his chin.
- You do not need to hold your breast away from her nose.

Once baby is latched on well, nursing frequently for as long & often as the baby wants from the beginning will prevent engorgement & will not cause sore nipples.

Unfortunately the practice of advising new mothers to limit nursing time (increasing gradually to prevent sore nipples) persists in some places & causes unnecessary problems....breast engorgement, a baby too sleepy to feed well, jaundice or dehydration from poor milk intake, low milk supply & nipple confusion (from supplementing with bottles for the other problems). Beware of advice to limit feedings!

A Candida (thrush) infection can cause soreness which typically starts up after a period of pain-free nursing & persists between feedings. Lactation consultants & some doctors are familiar with the various treatments. Relief can be rapid.

Jytte Cooper. and Gale Hayward for the Breastfeeding Support Group  
Brenda Asselstine Community Health Nurse



## HEALTH CENTRE

# Veggies and Fruit: 5-10 A Day!

### Grilled Sweet Peppers and Leeks

12 small leeks  
2 small green zucchini  
2 small yellow zucchini (summer squash)  
6 sweet peppers (red, yellow, green)  
4 sprigs fresh rosemary or 1 tbsp dried  
2 tbsp olive oil  
salt and pepper

Trim all but 1 inch of green from leeks; wash well under cold water removing grit from between layers. In saucepan of boiling water, cook leeks for 5 to 10 minutes or until tender; drain.

Cut zucchini and squash into 1/2 inch thick diagonal slices. Seed peppers and cut into quarters or strips. Remove leaves from rosemary. Brush oil over zucchini, squash and peppers; sprinkle with rosemary and toss to mix.

Grill peppers, zucchini and squash over medium-hot coals or on medium setting, turning occasionally, for 15 to 20 minutes or until tender. Grill leeks for 5 minutes or until heated through. Season with salt and pepper to taste. Arrange on a large serving platter.

Makes 12 servings.

### Five Reasons to Increase the Vegetable and Fruit in your diet...

**1) Eating Vegetables and fruit helps you to stay healthy.**  
Eating five or more servings of vegetables and fruit a day lessens your chances of getting heart disease and cancer.



**2) Vegetables and fruit add colour, texture and flavour to meals.**  
Basically, vegetables and fruit look and taste great!

**3) Vegetables and fruit are versatile.**  
Have them in a salad in the summer or in a hearty soup in the winter. They make a great snack, or a complete meal. Anyway you want them, they're there, they're nutritious and they taste great!

**4) Vegetables and fruit are low in fat and calories, but loaded with nutrients and dietary fibre.**  
Whether you're watching your cholesterol, you're diabetic or your waistline, vegetables and fruit are an important part of a healthy diet.



**5) Vegetables and fruit are full of compounds that promote health.**  
Researchers don't know yet how and why these compounds work. What they do know is that they help us stay healthy - and vegetables and fruit are loaded with these compounds.

## NNADAP VIDEO LENDING LIBRARY

The NNADAP program now has videos available on issues surrounding Drugs and Alcohol. These videos are available to all community members. Videos range for all age groups. To borrow any video please contact Bev at the Health Centre at 967-3616.

### VIDEOS AVAILABLE

#### Children/Youth

#### MCGRUFF AND DRUG-FREE KIDS

Shows older youngsters how to deal with peer pressure, respect themselves and their bodies. Ways to "say no" and positive things to do with free time.

#### MCGRUFF'S DRUG ALERT

Warns about both legal and illegal drugs. Points out that, unlike poison, drugs have no warning labels.

#### INHALANTS: DON'T BE FOOLED BY TRICKY DRUGS

Children learn the benefits of saying "no"; difference between using certain products safely and intentionally abusing them as drugs.

#### JOEY AND ME

Animated story of young boy provides hard-hitting comment on drinking, smoking, drug abuse and other problems of youth.

#### ALL BOTTLED UP

Designed to help children cope with alcoholic parents, tells them not to bottle up their feelings and to first help themselves before they try to help parents.

#### ALCOHOL DRUGS AND KIDS

Four teens that started early share their experiences, why they started and how they lost control of their lives.

#### SAYING NO TO ALCOHOL AND OTHER DRUGS

Practical techniques for saying "no" to friends without appearing to be uncool.

#### ALCOHOL AND COCAINE: SECRET OF ADDICTION (Youth and Adult)

This video uses actual people, they all have chemical addictions, some problems with school, group homes etc. Ages 15-18.

#### HARD CHOICES: INSIDE LOOKING OUT (Youth and Adult)

The story of two teenage boys tempted to use drugs, and two professional athletes who meet the boys- after already having made their choices. Former NBA star ALEX English- chose to avoid drugs and former NFL star Ralph Coleman made the wrong choice. He gives the boys perspective on life in prison and how to stay out.

#### ADULT

#### HOW TO TELL IF A KID IS ON DRUGS

Provides parents and others with possible signs of use, and ways of discussing suspected use with the child.

#### INHALENTS AND HUMAN PHYSIOLOGY

Illustrates the severe and sometimes fatal consequences of this form of substance abuse.

#### HEROIN: DENIAL TO DEATH

A powerful documentary of one person's battle with drugs. Dramatic interviews with addict Greg Belosic are interwoven with commentary from his psychiatrist, Dr. Ron Leifer.

#### ONE FOR MY BABY

Parents and physicians of "Fetal Alcohol Syndrome" kids reveal the long-term effects of drinking during pregnancy.

#### FETAL ALCOHOL SYNDROME AND FETAL ALCOHOL EFFECTS

Daily struggles of the FAS/FAE child and parents or caregivers; when fetus is most at risk; emphases disorder is entirely preventable.

## TYENDINAGA HOME SUPPORT PROGRAMS FOR SENIORS 55+

### MEALS ON WHEELS

Hot nutritious meals are prepared by the Chief's Inn Restaurant and delivered to individuals residing on Tyendinaga Mohawk Territory. Meals are delivered every Tuesday and Friday between 11:30 & 12:30.

### DINER'S CLUB

This service provides a healthy, delicious meal at a central location (Elders Lodge), every second and fourth Wednesday of each month. The meal begins at 12:00. Transportation available upon request. This is a good opportunity for individuals to come and meet new people and be reunited with old friends.

### TRANSPORTATION

The Home Support Handivan operates on a first come, first serviced basis and is used to provide transportation to community members to all Home Support activities. Every Monday and Friday the handivan takes community members to Deseronto to do their banking, shopping and/or special errands.

### HOME MAINTENANCE

This service provides assistance with light household tasks beyond the individuals capability; such as, window washing, yard maintenance and painting of decks. This service operates upon the availability of Home Support volunteers. Clients are responsible for providing all necessary supplies.

### SOCIAL AND RECREATIONAL PROGRAMS

This service provides supervised activities for seniors in a group setting. Some activities include ceramics classes, exercise classes and bowling. Occasional outings and special events are also part of the Social and Recreational Programs.

### FRIENDLY VISITING

This service offers one on one visitation to seniors and shut-ins to promote social stimulation and allows increased activity, more social contacts and decreases loneliness and isolation. We are looking for volunteers to do friendly visiting.

**Note:** The Home Support services are offered at a nominal fee.

If you require more information about the Home Support Program or would like to access one of the services mentioned above, please contact Tracey Bunnett, Home Support Co-ordinator or Jessica Brant, Home Support Resource at 967-3603.

## LOOKING FOR WORK, A CAREER OR TRAINING

One-to-one assistance is available for resume, cover letter and all your job search and training needs! Also come in to access the Internet, Word-processing and explore some Community College Online Distance Education courses.

Call Karen Brant-Jones, Employment Department for information or to book an appointment.  
at  
(613) 396-3424





## HEALTH CENTRE

FOOD SAFETY TIPS FOR  
BARBECUING**Make sure it's thawed right!**

Thaw foods in the refrigerator. Thawing in cold running water or in a microwave oven is acceptable. Thawing at room temperature is unsafe because surface bacteria begin to multiply as soon as the surface warms.

**Cook foods right!**

Prepare foods quickly, cook them thoroughly and serve them immediately. Don't let potentially unsafe foods linger at temperatures where bacteria can grow. The "danger zone" is between 4C (40°F) and 60C (140°F).

**Don't spread it around!**

Keep certain foods, like meats and their juices, separated from others during storage and preparation. Rinse and sanitize dish clothes often and use separate dish towels for each part of the kitchen (one for each counter) so as not to spread bacteria. Keep a separate cutting board for meat. Keep foods covered. Flies, other insects or accidental splashing during preparation of other foods can introduce bacteria.

FOOD SAFETY TIPS FOR  
BARBECUING**You have a role in safety!**

Bacteria multiply on food that is mishandled and some of these bacteria may cause disease. By making sure the food you buy and prepare remains safe, you can play an important role in reducing the risks of foodborne illness.

**Buyer be aware!**

Examine food and its packaging at the store - if it leaks, have it repackaged - and again at home. Avoid swollen or leaking cans, or damaged packages - they may expose the contents to bacteria. Select perishable foods last and put them away first - surface bacteria begin to multiply as soon as food surfaces warm.

**Store it right!**

Keep the refrigerator at 4°C (40°F) or less. Keep the freezer at -18°C (0°F) or less.

**Keep it clean!**

Always clean your hands, utensils and cooking surfaces thoroughly. Wash your hands with soap and hot water before you handle food, repeatedly while you prepare it and again when you've finished. Clean (soap and hot water) and sanitize (bleach and water) cutting boards and utensils after use. Clean (soap and hot water) and sanitize (bleach and water) countertops, cutting boards, and utensils with a bleach solution (5ml / 1 tsp. bleach per 750ml / 3 cups water). This will kill surface bacteria.

**When in doubt throw it out!**

Examine food carefully immediately before you use. Look for damaged packaging, obvious mould growth, discoloration and unusual odours, feel and texture.

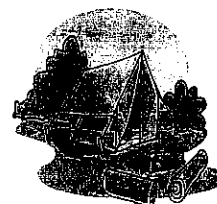
## Summer Fun Safety

**Tips for swimming safely with children**

- ✦ Give your children your full attention. Always wear a PFD (personal flotation Device).
- ✦ Swim at supervised waterfronts and beaches.
- ✦ Choose a safe place to swim. Check for hazards on the beach and in water-including water pollution levels.
- ✦ Children under 3 or who cannot swim must wear a life jacket or PFD.
- ✦ Keep Life saving equipment and first aid kit handy by the nearest pool.
- ✦ Have a list of emergency phone numbers at the phone nearest the pool.
- ✦ Keep toys, garden furniture and tools away from the pool fence. Kids can climb them to get into the pool.

**Some camping safety tips**

- ✦ Plan ahead before a camping trip. Be prepared to treat injuries and allergies.
- ✦ Have a first-aid kit which includes treatments for food and insect allergies.
- ✦ Ensure each child is at a safe distance from the fire.
- ✦ Always go with a buddy when leaving the camp site.
- ✦ Food attracts wild animals and insects. If possible, store it in a cooler in your car, not in your tent.
- ✦ Always tell parents or guardian if leaving the camp site, never go off on your own.

**Sun safety and skin cancer**

- ✦ Use a sunscreen lotion which has a Sun Protection Factor (SPF) of a least 15. Make sure it has both UVA and UVB protection. Re-apply it every two hours, as well as after swimming.
- ✦ Don't allow infants or young children play or sleep in the sun in a playpen, carriage, stroller, etc.
- ✦ Don't let young children stay in the sun for long periods, even when wearing sunscreen.
- ✦ Protect your eyes as well as your skin from the ultraviolet damage.
- ✦ A hat must be worn while playing outdoors.
- ✦ Do not leave children unattended in vehicle.

**\* WARNING \***

Be on the look out because there have been  
BEARS spotted on the Territory.  
If anyone happens to see these bears please  
contact the Tyendinaga Health Centre at  
396-3603 or the Tyendinaga  
Police at 967-3888.

The CHR's will not be in the office from July 26, 01 to July 30, 01. The CHR'S will be attending a annual Community Health Representative conference in Vancouver BC we will back in the office on July 31, 01.

# ELECTIONS

Hi, my name is Kelly Maracle, I am the electoral officer for the December 2001 election for Mohawks of the Bay of Quinte. I will be working with Theresa Neil and Wonita McDonell. They will be acting as Deputy Electoral Officers for the election.

There have been a number of changes regarding Indian Act elections due to the recent Corbiere decision. I have summarized those for you to read.

If you have any questions or concerns please feel free you contact anyone of us.

Kelly Maracle 396-5994  
Theresa Neil 396-3949  
Wonita McDonell 962-6399

## Overview of Corbiere Decision

On May 20, 1999 the Supreme Court of Canada decided that seven words within the Indian Act [Section 77 (1)], was against the Canadian Charter of Rights and Freedom. Those words were "and is ordinarily resident on the reserve".

The Supreme Court of Canada suspended the implementation of the ruling for 18 months so to give everyone a chance to consult among the First Nations and Government agencies. The Corbiere Decision came into effect November 20, 2000.

**Section 75 (1) of the Indian Act still applies.** This requires candidates for the position of Councilor to be a resident of the Reserve. In order to nominate for Council you must also be a resident of the Reserve.

In order to run for Chief or nominate for Chief you can reside on or off Reserve (Goodswimmer Case)

There are mail-in Nominations, which will be mailed to the last known address of off-Reserve members. However off-Reserve members are also welcome to the nomination meeting if they so desire. On-Reserve members may also nominate by attending the meeting or by using in the mail-in system. If you live On-Reserve and would like a mail-in nomination form, please contact the electoral officer (Kelly Maracle).

Changes to the nomination meeting are that it must be held at least 42 days prior to the election day, and must be a minimum of three hours. Only nominations received by nomination day at the close of the meeting will be accepted.

Mail-in ballots will also be available for off and on-Reserve members. On-Reserve members will again have to request this package in advance. All members are also welcome to come to the polling station to cast their vote.

The polling hours are now a mandatory 9:00 a.m. to 8:00 p.m.

Candidates can withdraw their names right up until the close of the polls.

Voters whom require assistance may now do so with the electoral officer of deputies in the presence of another voter chosen by the elector requiring the assistance.

It is an option given that we will be exercising that the counting of the ballots will be held on the day following the election.

*If you require any further clarification of information please feel free to contact us.*  
Kelly Maracle 396-5994 Theresa Neil 396-3949 Wonita McDonell 962-6399

## Tyendinaga First Nation Members Living Off-Reserve Have you registered to vote in the December 1<sup>st</sup> 2001 Election?

### TAKE NOTICE THAT:

If you are a Tyendinaga First Nation member living off-Reserve and you wish to participate in your community's election – register to vote by providing your name and address to your band office.

- In order to participate in the Nomination Meeting you need to be entitled to vote at this election. To vote at the election, you need to appear on the Voters List. If you are not registered, you may wish to register prior to December 1, 2001 by providing your name and address to:

Mohawks of the Bay of Quinte  
Attn: Molly Kohoko – membership  
R.R.#1  
Deseronto, Ontario K0K 1X0  
613-396-3424

or

Kelly Maracle  
Electoral Officer  
831 Lower Slash Road  
Deseronto, Ontario K0K 1X0  
613-396-5994

The Voters List will be posted in at least one conspicuous place on the reserve. However, specific questions as to its content may be referred to the Electoral Officer.

### TAKE FURTHER NOTICE:

- The nomination meeting will be held on October 13, 2001 at Quinte Mohawk School, Tyendinaga Mohawk Territory from 9:00 am to 12:00 pm

Off-Reserve electors may nominate ONLY for the position of Chief or second ONLY for the position of Chief. They may do so by providing by mailing or delivering written nomination to the electoral officer or by orally nominating at the nomination meeting.

- The Electoral Officer will send mail-in ballots and voting information to registered off-Reserve voters 35 days prior to election day. However, if you are an on-Reserve band member and you wish to vote by mail-in ballot, you may request one by contacting the Electoral Officer.
- If you, as an elector, wish to receive information from candidates, you may inform the electoral officer to have your address released to the candidates. A release form will also be included in your mail-in nomination package.

### FOR NOMINATION MEETING OR ELECTION INFORMATION, PLEASE CONTACT THE FOLLOWING:

Mohawks of the Bay of Quinte Administration Office 613-396-3424  
Kelly Maracle, Electoral Officer 613-396-5994

For information on or a copy of the Indian Band Election Regulations please contact the above numbers.

## NOMINATION DATE

Saturday, Oct. 13/01  
9:00 a.m. - 12:00  
Quinte Mohawk School

## ELECTION DATE

Saturday, Dec. 1/01  
9:00 a.m. - 8:00 p.m.  
Quinte Mohawk School

# EMPLOYMENT

## EMPLOYMENT OPPORTUNITY

### COUNSELLOR - TERM POSITIONS RED CEDARS SHELTER (2 Positions)

1 Position for a 7 month Term  
1 Position for a 13 month Term  
Tyendinaga Mohawk Territory

#### LINES OF AUTHORITY:

The Counsellor will be directly responsible and accountable to the Co-ordinator of the Shelter, with authority from the Director of Health and Social Services, with authority from the Chief Administrative Officer and overall authority from the Tyendinaga Mohawk Council.

#### DUTIES AND RESPONSIBILITIES:

The Counsellor must be able to complete admissions/discharges in accordance with policies and procedures and to complete intakes, assessments, and "plans of intervention" with residents as well as case conference all clients.

The Counsellor must provide clear, concise reports as required, maintain up-to-date files and compile statistics.

The Counsellor must possess the ability to handle crisis calls and provide support, referrals and information and be non-judgemental when delivering services to clients.

The Counsellor is required to deliver programs, either through educational sessions, circles or an informal means of teaching, and promote and support Community activities/projects concerning issues affecting Native women and children.

The Counsellor will maintain strict adherence to all security measures and Confidentiality of Information.

#### HOURS OF WORK:

The Counsellor will work a five week rotating schedule, Monday through Friday as follows:

07:00 a.m. to 3:15 p.m.  
03:00 p.m. to 11:15 p.m.  
11:00 p.m. to 07:15 a.m.

This will also include 12.25 hour shift on Saturday and Sunday as follows:

07:00 a.m. to 07:15 p.m.  
07:00 p.m. to 07:15 a.m.

Each full time staff shall work 40 hours per week, 34.5 will be "on shift" and the other 5.5 hours per week will be used for program delivery and staff meetings and will be required to be available to work "on call" or on an emergency basis on occasion.

#### QUALIFICATIONS:

>BA Degree in Humanities/Social Work/Psychology or Diploma in Social Services and experience in working in crisis situations  
>must possess own transportation and vehicle insurance  
>ability to work as part of a team  
>must undergo a criminal reference check and have a current clear record  
>ability to be flexible and creative  
>knowledge and understanding of Native Women and issues  
>knowledge and understanding on the Mohawk culture and traditional ways  
>must have a personal wellness plan and support system in place  
>preference will be given to First Nations Applicants

>must have no convictions of violent crimes  
>must possess a valid class G drivers licence  
>ability to work independently and responsibly  
>ability to relate well to children  
>ability to problem solve  
>ability to take directives

**DEADLINE FOR APPLICATIONS: Friday July 13, 2001 @ 4:00 p.m.**

To apply contact: Karen Brant-Jones  
Employment Department  
Mohawk Administration Office  
(613) 396-3424

NOTE\* A criminal reference check must accompany ALL applications.  
A detailed job description can be obtained from the Employment Department

*We wish to thank all applicants, however, only those applicants selected for an interview will be contacted.*

## EMPLOYMENT OPPORTUNITY

Mohawk Administration Office

Finance Comptroller

Responsible for the financial management of the Mohawks of the Bay of Quinte and principal financial advisor to the Tyendinaga Mohawk Council. Responsible for the development, implementation, and monitoring of budgets for operating and capital funds. An awareness of grants, subsidies and cost sharing arrangements to advise Council of their applicability. The preparation of year end financial reports and information.

#### Essential Qualifications:

- ◆ A member in good standing, either as a graduate or a student in final level, of a recognized accounting association (CA, CGA, CMA), as well as an acceptable degree from a recognized university.

OR

- ◆ 5 years of increasingly responsible experience in automated accounting system processes and controls in a government environment and the automated reconciliation of major information/financial systems, preferably with supervisory experience

OR

- ◆ any combination of education, training, and experience that provides the required knowledge and skills is acceptable

#### Discretionary Qualifications:

##### Demonstrated Competencies/Knowledge:

- ◆ Knowledge of the Federal and Provincial government structure, First Nations structures an asset
- ◆ Knowledge of Generally Accepted Accounting Principles & Practices (GAAP); the financial aspect of regulations, planning processes and reporting systems

##### Skills & Abilities:

- ◆ Ability to communicate effectively both verbally and in writing
- ◆ Ability to interpret regulations, determine requirements, and provide advice on a wide range of complex issues
- ◆ Ability to supervise, set priorities and motivate staff and establish productive working relationships with other organizations
- ◆ High level of organizational skills
- ◆ Excellent interpersonal skills
- ◆ High degree of analytical skills
- ◆ Supervisory skills

##### Other Position Requirements:

- ◆ Applicants must provide a Clear Criminal Reference Check
- ◆ All applicants **MUST** obtain a full position description prior to applying
- ◆ Preference will be given to Native applicants

##### Duties & Responsibilities: Work Procedures

1. Preparing and providing monthly reports as required
2. Acting a chief financial advisor for the TMC
3. Supervising all financial staff
4. Providing all program managers with financial accounting assistance
5. Ensure the adherence to and development of community financial policies and procedures
6. Other duties as may reasonably be required by the CAO and TMC

#### DEADLINE FOR APPLICATIONS:

July 27<sup>th</sup>, 2001 at 12:00 NOON

For a detailed position description or to apply, please contact:  
Bev Hill, Personnel Administration  
Mohawk Administration Office  
(613) 396-3424 fax (613) 396-3627  
e-mail: bev@mbq.tyendinaga.net

*Note: We thank all applicants for their interest in this position but only those selected for an interview will be contacted.*

### BILL AND MELINDA GATES



**Internet  
access**

THE SUPPORT OF THE GATES LIBRARY INITIATIVE THROUGH THE MINISTRY OF TOURISM, CULTURE AND RECREATION IS ACKNOWLEDGED.

#### Highlights

- Free Internet Access
- Office programs
- Children's Programs

Phone: 613-967-6264  
Email: karen@library.tyendinaga.net

Kanhoté Tyendinaga Territory Public Library

**Negahneewin**  
College of Indigenous Studies

**CONFEDERATION COLLEGE**  
Education That Works

**Register Now!**

**Fall 2001 Programs**

Aboriginal Transition • Aboriginal Community Services Worker  
Native Child and Family Worker • Aboriginal Law and Advocacy  
Indigenous Wellness and Addictions Prevention  
Business Management (Aboriginal Organizations)

**New** Aboriginal Financial and Economic Planning  
Forestry Worker/Operator

P. O. Box 398, Thunder Bay, ON P7C 4W1  
Phone: (807) 475-6658 Fax: (807) 626-9584  
[www.confederation.on.ca](http://www.confederation.on.ca)

## EMPLOYMENT & EDUCATION

### EMPLOYMENT OPPORTUNITY

Niagara Loyalist Training Services

*Administrative Assistant - Term position  
(with the possibility of becoming full-time)  
pending funding subsidy by Kagita Mikam*

Position provides administrative services for the Niagara Loyalist Training Services; telemarketing, accounting data input, computer generated documentation i.e. certificates, registration lists, etc.

#### Essential Qualifications:

- ♦ Graduation from a program in Secretarial Services or Office Administration

OR

- ♦ Two years experience in a clerical/receptionist position

OR

- ♦ any combination of education, training and experience that allows the proper skills to complete the duties of this position.

#### Discretionary Qualifications:

##### Demonstrated Competencies/Knowledge:

- ♦ an ability to deal with the public in a friendly helpful manner
- ♦ excellent knowledge of office procedures
- ♦ requires an in depth knowledge of organizational structure, programs and services, and the community

#### Skills & Abilities:

- ♦ secretarial and clerical skills
- ♦ excellent verbal, written and interpersonal skills
- ♦ high level computer and word processing skills including a proficiency with Microsoft Office
- ♦ appreciation for the need for tact and discretion in a publicly sensitive environment
- ♦ high level of confidentiality

#### Other Position Requirements:

- ♦ Successful applicant may be required to provide a Clear Criminal Reference Check
- ♦ Preference will be given to Native applicants

#### Duties & Responsibilities: Work Procedures

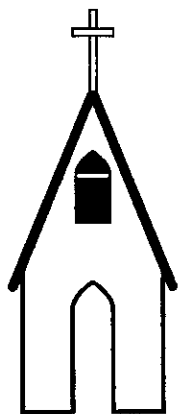
1. Responsible for greeting and providing assistance to visitors and callers in a friendly and helpful manner
2. Perform general secretarial/clerical duties
3. Keeping up to date on events of interest to the community and relaying such information upon request.

#### DEADLINE FOR APPLICATIONS:

July 20, 2001 at 12:00 NOON

To apply, please fax resume to:  
Wendy Hay  
Niagara Loyalist Training Services  
FAX: (613) 396-3751

*Note: We thank all applicants for their interest in this position but only those selected for an interview will be contacted.*



## ANGLICAN PARISH OF TYENDINAGA

### Weekly Services

All Saints Church: 8:45 a.m.

Holy Trinity: 10:00 a.m.

Christ Church: 11:15 a.m.

### NOT CRAZY ABOUT CHURCH?

*But would like to know more about Christian spirituality and meditation?*

*Have an hour and a half to spare on Wednesday evenings?*

*Call Rev. Cheryl Watson at 967-5695 or 962-2787 at the Anglican Church office. If no one answers leave your name and number and your call will be returned.*

Tell Your Own  
Story

Create Your Own  
Video

# BE A PART OF THE Aboriginal Media PROGRAM

AT  
FIRST NATIONS TECHNICAL INSTITUTE

Three-year college diploma in  
Print Journalism or  
Broadcast Production

For an information package call  
Liz Brant at 1-800-267-0637  
or e-mail LizB@fnti.tyendinaga.net  
www.tyendinaga.net

ENROLL NOW FOR FALL 2001

Live At  
Home

Two Week  
Sessions

Design Your Own  
Web Page



Cover Native Issues

The Global Television Network "Broadcasters of the Future Awards" are a series of scholarship, internship and mentorship programs designed to encourage and aid talented and enthusiastic Canadians toward establishing or furthering a career in the Canadian broadcast industry. These annual awards reflect Global Television Network's commitment to the personal growth of Canada's future broadcasters.

Global

## Global Television Network 2001-2002 Aboriginal Peoples' Internship Award

This annual Internship Award offers an Aboriginal Canadian a challenging opportunity to work in private television, in pursuit of a career in broadcasting. The Award, valued at about \$10,000, places the Award Recipient in a 4-month internship program at any one of our Global Television stations where the Award Recipient will be paid on a salary basis for the summer of 2002. In addition, the Award covers transportation, hotel and attendance expenses at the Canadian Association of Broadcasters annual convention in October 2001, where the Award will be presented.

### Global Television Network Broadcaster of the Future Awards

#### ELIGIBILITY CRITERIA:

- > Aboriginal Canadian.
- > Secondary school graduate.
- > Interest in, and aptitude for, a career in the broadcasting industry.
- > Strong English language communication skills.

#### INTERNSHIP GUIDELINES:

- > Award Recipient must be willing and able to locate to any one of the Global Television Network stations for the summer of 2002. Assignment of Internship location will be determined by the Global Television Network.
- > If Award Recipient must relocate, Global Television will offer reimbursement of transportation and accommodation expenses of about \$1,500 for the duration of the internship period.
- > Award Recipient will intern in an entry level position, within an area determined by Global Television. Internship will be designed by Global Television, based upon the abilities and interests of the Award Recipient and the requirements of the selected Global Television station.
- > Award Recipient will be paid on a gross salary basis, subject to applicable taxes, for four months, May through August.

#### JUDGING PANEL

Your application will be considered by a cross-Canada panel that includes representation from Global Television Network and the broadcast industry. Judging decisions are final.

Deadline for submission of entries is Friday, August 24, 2001.

For further information, please call 1-800-387-8001

Application forms available  
at the Administration office.

## EDUCATION



### TRUSTEE'S REPORT June 2001

Students, parents, other family members and friends attended graduations at Quinte Mohawk School (QMS), Moira Secondary School, Nicholson and Napane high schools this month. Graduation ceremonies are milestones, times when we reflect on what has gone before and imagine what may be ahead.

Rachel Claus Buckles shared many of her experiences in her keynote address at QMS graduation. Her reflections on "fear of failure" brought me back to my own experience with "fear of success" and both of those ideas seemed worth repeating here.

Rachel said that as she has moved along in her profession as a mining engineer she realizes that part of her motivation for striving hard to reach difficult goals was "fear of failure". From a more mature perspective she realizes now that failure is nothing to fear. In fact, failure is a necessary part of growing, expanding your boundaries. She cited the painful experience of running into her limitations at university and having to repeat a particular course. She also spoke of the many falls she took learning to snowboard. In both cases, the experience of failing, falling and getting up again, gives her courage to risk new ventures. It also gives her authority when she tells students sitting where she sat just a few years ago: "Don't be afraid to try".

At milestones in my education, graduation from Grade 8 and graduation from high school I went into crisis mode. I basically sat in a corner and did nothing but cry for much of those two summers. I was overcome with "fear of success". Completing grade school was launching me into unknown waters, going on to Belleville Collegiate where there were no other students from Tyendinaga. After high school I wanted to go on to university but again there were no other Indian students at Queen's University and no one that I knew who could help me find my way. There were no mental health specialists and counsellors available in those days (1947, 1952) so my family just wrapped me in a cocoon of caring and acceptance until I was ready to emerge and try my wings.

As my sons have reminded me often, times have changed. Still, I think that fear of failure and fear of success still swirl around students at these times of celebration. We are blessed that the extended family network at Tyendinaga is still strong. We can be sure that a whole chorus of people will be sharing the joy of our accomplishments and urging us to pick ourselves up when we fall. The presence of parents, grandparents, aunts and uncles, people who care, applauding at graduation, tells students "We are here for you."

Take time this summer to knit even more strongly those bonds of kinship, sharing and caring that are our special heritage as Mohawks. Whether we are children, youth, adults or elders we need those connections to carry us through whatever lies ahead.

Skennen kowa. Great Peace to you.  
Marlene Brant Castellano  
HPEDSB Trustee for Mohawks of the Bay of Quinte

### TAHATIKONHSOTÓNTIE HEADSTART

On June 20<sup>th</sup> we had our first annual BBQ to celebrate and honour the children, caregivers and volunteers of Tahatikonhsotóntie's first year of operation. Children and volunteers were awarded with certificates, Mohawk language books and tapes that were compiled by Bill Green as well as T-Shirts.

The Tahatikonhsotóntie Head Start program is now accepting applications from community members to be a part of the advisory board. Please call Tahatikonhsotóntie at 396-6716 if you are interested or would like more information.

Please remember that Tahatikonhsotóntie Head start will be closed from June 29 until August 14. Our first day of programming with children will be September 4. We will have a table set out at the POW-WOW and a play area set out at the fair. We hope that you have a good, safe and happy summer.



## ATTENTION

### High School students

Did you miss or drop a course this semester?

Would you like to make it up?

Make sure you graduate with the rest of your class.

OHAHASE may be the answer for you.

OHAHASE offers high school courses in many subject areas from grade 9 to OAC, basic to advanced level.

We have something for everyone.

SUMMER SESSION WILL BE AVAILABLE TO ANYONE WISHING TO PICK UP HIGH SCHOOL COURSES.

### INTERESTED?

Call Jan or Cheryle at 396-2122 for details.

Must be 16 years of age or older.

# EDUCATION

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"



## Partners in HOPE



Moirra  
Secondary School

Mohawks of  
the Bay of Quinte



Hastings and  
Prince Edward  
District School Board

First Nations  
Technical Institute



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.

## What is HOPE?

Hope is an educational alternative school 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.

## Where is HOPE?

The HOPE project 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.

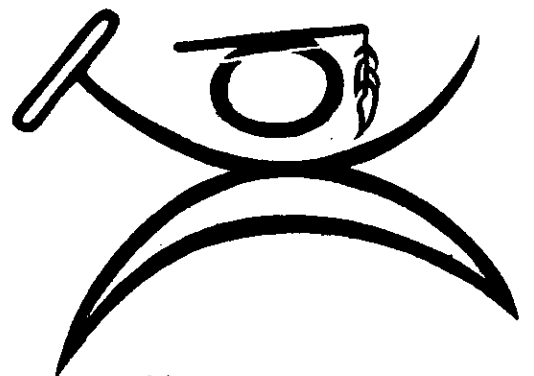
## When is HOPE?

The HOPE project 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.

## Who can attend HOPE?

Students must be between the ages of 16 and 21 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 Ian Hill at the First Nations Technical Institute at 396-2122.

There is no cost for the program.

## RED CEDARS



### RED CEDAR'S TRADITIONAL PRACTITIONER PROGRAM

#### Services:

**One on one and/or group counselling & healing session(s) with a Traditional Practitioner**

#### Referrals

**Guidance, counselling & healing to community members & MBQ staff  
Organize & offer ceremonies, cultural events, & workshops to the community.**

**FOR APPOINTMENT PLEASE CALL:**

**Traditional Practitioner Program @**

**(613) 969-2215 or**

**Red Cedars @ (613) 967-2003**

### RED CEDAR'S TRADITIONAL PRACTITIONER PROGRAM STATISTICS FOR 2000-01

#### July - September 2000

- > 10 clients attended the T.P. program
- > 4 clients requested teachings, 2 outings for strawberries for ceremonies; 1 outing to pick cedar and rocks; 1 outing to purchase plants.
- > 119 clients requested teachings about traditional ceremonies. From gathering of medicines for sweat lodge to teachings about lacrosse, social dance and storytelling.
- > Met with five community agencies at the Open House.

#### October to December 2000

- > 40 clients attended the T.P. program
- > 33 women attended the Moon Ceremony
- > 2 request for fasts, 1 included a sweat lodge
- > Received 7 client referrals from community agencies
- > Attended video viewing, 150 people, where T.P.'s were introduced

#### January to March 2001

- > 31 clients attended the T.P. program
- > 12 clients attended a Healing circle
- > Provided a healing circle for a family of 17 individuals
- > 73 individuals were given a teaching around traditional medicines
- > 13 women attended the moon ceremony
- > 32 people attended a community education workshop
- > 7 clients referrals from community agencies
- > Attended FNTI Focus Group--received 2 client referrals.

### RED CEDARS SHELTER WILL BE HOSTING A CONTEST FOR AN "ELDERS CALENDER"

Red Cedar Shelter would like to ask the community to become involved in this extraordinary project.

#### Step One:

Write a one-page essay or one page of creative writing (this could be poetry) about someone who you would like to see pictured in the Elders Calendar. This could be someone you know or love such as a grandma or grandpa. This person must be over the age of 55 and be a member of The Mohawks of the Bay of Quinte. The person you are writing about must be aware you are submitting their name into the contest. There is no age limitation to those who are writing the essay.

#### Step Two

Please include in your essay: Your name, address and telephone number. Also include the name, address and telephone number of the person you are writing about.

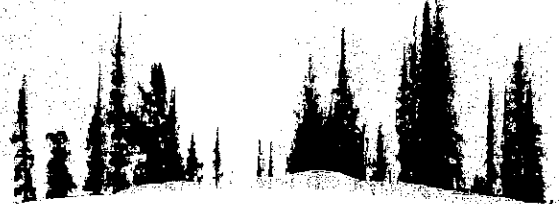
#### Step Three:

Please mail your entry to:  
Red Cedars Shelter  
Box 290  
Shannonville, ON  
K0K 3A0  
Attention: Mary Ann Spencer

The contest will close on Monday July 16/01. Judges will be brought into the shelter to pick the winners of the essays. The Outreach Worker, Mary Ann Spencer will briefly interview the winners for their biography and their ideas on ending violence. A professional photographer will be brought in to take photos of the winners.

If you have any questions please call Red Cedars at 967-2003

## MOON CEREMONY



**All Women Welcome!**

**WHERE: RED CEDARS SHELTER**

**WHEN: July 5, @**

**TIME: 9:00 P.M.**

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

**Call for more information: 967-2003**

**POTLUCK after the Ceremony**

## RED CEDARS

### WHY WOULD A WOMEN STAY WITH A MAN WHO ABUSES HER?

There are many reasons why women stay in abusive relationships. Many women don't realize that there are agencies available to offer help. A lot of women take advantage of agencies before they are ready to make a permanent change in their lives. In many cases, she may have been in the relationship for a long time, and is scared that she won't be able to "make it" on her own.

The abuse also has a great effect on a woman's self-esteem. Often, she will feel that she somehow provoked or deserved the abuse. Some women feel they simply have no where else to go, and nobody to turn to. Sometimes a woman may have children to take care of, too, and the thought of having to start over alone is too frightening. She may be experiencing pressure to stay from their family, or their partner's family. Financially, it may seem impossible to take care of a family alone. Or she may simply be scared that her partner will retaliate if she leaves and he finds her.

There are fears for some women that if she asks for help, she will become the "target" of agencies who will take away her children, or possibly accuse her of abuse. She may lose her home and her job. She will have to secure housing, may have to re-locate, change schools for her kids. Starting all over again can be a frightening experience.

Women don't ask to be abused. No woman, no person, ever deserves to be hit by anybody. Abusive men will often blame their victims for their behavior. A lot of men claim that they were provoked into violence, but often the first incident of abuse comes out of the blue. It may be caused by some imagined slight, an irrational jealousy, or some unrealistic expectation that was proven wrong.

There are warning signs, but abusive men can be charming, polite, loving, and wonderful men - In the beginning. Even after the violence begins, the abuser may give excuses, apologies, gifts, promises that it will never occur again. The violence may pass on to the children before a woman will seek out help. Or she may excuse and ignore it until she isn't able to do anything anymore.

Excuses may include:

- "He only hits me when he's drunk." Drinking and drug use may make it easier to be violent, but does not cause violent behavior. Violence is used to control and assert power.
- "He wouldn't get mad if I didn't provoke him." A lot of couples have arguments without resorting to shouting and physical force. It is natural to disagree, but it can be done without violence.
- "He's sick." People who are truly mentally ill cannot control their behavior. Men who abuse are often able to present themselves normally in situations out of the home. They control themselves when there is a chance that an outsider will observe them. This is especially true when it comes to disclosure by the abused partner. Because the batterer has seemed to be so "normal", she may feel that she will not be believed if she tells.
- "He just can't control his temper." Abusive men are usually not abusive to everyone in their life. They can control themselves at work, in public, with their friends. Violence occurs in the home, where it is safe for him. If he realizes that he can hit and there will be no repercussions, he will continue.
- "He's always so sorry/says he'll never do it again." If the abuser is not revealed and/or punished for his abusive behavior, he will believe that he can continue it. Abuse is about power - the abuser sees that he has power through violence, and he will continue. Remorse does not equal change.
- "If I ignore it, it will get better." Without help, you cannot hope that someone will suddenly change on their own. And by staying in a violent relationship, you are putting yourself at serious risk of harm.
- "If I had only tried harder..." The fact is, that even families that appear "perfect" experience abuse. And no one is really perfect, so the attempt to attain perfection is always doomed.
- "It's my fault." Eventually, after being blamed, and beaten, often enough, abused women will begin to believe all the bad things that they hear about themselves. They see that other women have loving husbands, and believe that it must be their fault that they don't. They made the choice to be with this person, so it's their fault.
- "The kids are better off growing up with two parents." Kids are better off when they grow up with people who love and respect them and each other. If all they see is abuse, they will learn to accept it as normal.

(2)

### WHERE CAN I GO IF I LEAVE?

If a woman decides to leave an abusive situation, it is important for her to have a safe and supportive place to stay. Many women rely on family or friends to help them and their children escape. While this may work, in some cases the friend or family member may unwittingly encourage the woman to return to her partner. The woman may then feel that she was in the wrong to leave, and thus return only to have the violence start all over.

Although the friend or family member may feel that they are right to encourage the woman to return, this encouragement is generally not done out of any sense of malice towards her. It may simply be that they have not witnessed any instances of abuse themselves. Abusers are generally on best behavior whenever there is someone else around who could possibly witness and report their abuse. The abuser understands that violence and power games are not acceptable in society, so he limits himself to doing it behind closed doors, where there is little chance anyone else will find out.

In some cases, other family members may have been abused themselves, part of the cycle of abuse, and may not think that there is any other way to live. They may have accepted abuse as part of their life and feel that the woman should just tough it out.

A shelter or safe home may seem an extreme reaction, but a completely neutral place can be the best place to start. Workers are completely willing to listen to and believe what they are told by an abused woman. They will often have no frame of reference for the abuser, and may never even see him. Therefore, they will have the perspective of the abused woman and her children alone. While it is not a permanent stay, it can be an important start for someone who needs to escape.

Available services include:

- shelter
- legal references and court support
- assistance with finances - welfare, mother's allowance, banking
- counselling
- parenting workshops
- medical support

All of these things may be difficult for the abused woman, and she may feel a sense of guilt over needing so much support. She may feel that she is a burden to a friend or family member, and this may be another reason that she will return to the relationship.

### WHAT IF I GO BACK?

Many women will return. It may be extremely difficult to start over again, and it may seem easier to return. Even if a woman chooses to return to the relationship, it doesn't mean that she cannot do things to try to help herself and her children, and safety measures can be taken in any case.

A lot of women will be faced with many decisions which they have never had to make by themselves before. The return of control in their lives may be frightening or overwhelming, but it is necessary that she learn to re-assert herself, re-establish self-esteem and self-love, and to learn to respect herself. This can't be done overnight, but it can be done. If she stays, she can join support groups, talk over the abuse with friends, or keep the number of a crisis line handy for support. Eventually, she may try to break away from the relationship again, when she is stronger and better prepared.

If you or someone you know is planning on leaving an abusive situation and would like to speak to a counsellor please call Red Cedars Shelter at:  
Crisis Line: 613-967-8212  
Toll Free: 1-800-672-9515  
Business Line: 613-967-2003

We have counsellor available to speak to you 24 hours a day 7 days a week.

**FOR MORE INFORMATION  
ON MORTGAGES THROUGH  
THE BANK OF MONTREAL  
PLEASE CONTACT:  
CAROL REYNOLDS AT 967-4307**



## RED CEDARS

### Red Cedars Shelter Outreach Information

Sheldon everyone! I would like to take this opportunity to update the community on what's going on with the Red Cedars Shelter's Outreach program.

1. This year we have completed an Anti-violence booklet entitled "Aboriginal Voices to End Violence" by Tyendinaga's Mohawk Youth. We will be celebrating this event on July 10<sup>th</sup>; a flyer is included in the newsletter to give everyone all the information.
2. We are currently holding an essay-writing contest for an Elders Calendar the shelter is producing. So please get your essays to me as soon as possible or before July 15<sup>th</sup>.
3. We will be holding a car wash and BBQ on Aug 11 at the Community Centre. Come out and support Red Cedars Shelter and have some fun on this day.
4. Planning is underway for a "family day" for the community. This will be an event to look forward to so watch for advertising.

The Outreach Program is available to all community members. If you need someone to talk to or to help you understand the impacts of violence please call to set up an appointment. If you would like to come for a visit and speak to the outreach worker you are more than welcome. Home visits are also available and referrals can be made through Red Cedars Shelter.

Please contact Mary Ann Spencer at 967-6544 or 967-2003. All staff at the shelter uphold the confidentiality of the participant



## GARAGE SALES - Bargain or Hazard?

### What You Should Know

Each year garage sales are held in communities across Canada. People shop for bargains, but bargains can be dangerous.



Regulations and safety standards exist under the Hazardous Products Act for certain consumer products, including many children's products. The Hazardous Products Act is a federal statute, administered by Health Canada's Product Safety Bureau. The Act states that *no person shall advertise, sell, or import into Canada a hazardous product except as authorized by the regulations.* The Act does not distinguish between new and used products. Any person who sells, distributes, or gives away products not complying with this legislation is committing a punishable offence under the Act.

Everyone holding a garage sale is legally responsible for ensuring that all products, whether new or used, meet all safety standards. **THINK SAFETY.** You could be held responsible if someone has an accident with a product bought at your garage sale.

#### CAR SEATS AND BOOSTER SEATS

Does the label indicate that the seat meets Canadian Motor Vehicle Standards? Does the label indicate that the seat is less than 7 years old? (Some seats have an even shorter life-span based on the manufacturer's recommendations.) Is the car seat or booster intact? Are there any parts missing or damaged? If it is a convertible seat or forward facing seat, it must have a tether strap installed on it. Is there a copy of the manufacturer's instructions with the seat? Has there been a recall notice on the seat? Call the manufacturer; Transport Canada at 1-800-333-0371; Canadian Automobile Association, local office; or ITSA (Infant and Toddler Safety Association) at 1-519-570-0181. Has the seat ever been in an automobile that has been in a collision? It should be replaced after being in a collision.

#### CRIBS AND CRADLES

Look for cribs manufactured after October 1986. The crib should have a mattress support system that is bolted into the end panel and should not become dislodged as a result of normal use. Protruding corner posts have caused hanging when a baby's clothing gets caught. The corner posts should be no higher than 3 mm (1/8 inch). Spacing between the bars wider than 6 cm (2-3/8 inches) allows the baby's body to pass through, but traps the head and hangs the baby. The space between the mattress and the side of the crib should not be more than 3 cm (1-1/8 inches) when the mattress is pushed into the corner, thus avoiding trapping the child. Mattresses should be in good condition. If it is too soft or worn down, a child may get lodged in a gap or hollow, and risk suffocation. Check for missing or broken parts. Children can choke on small detachable or broken parts. Cradles must not rock or swing beyond a 20-degree angle from the vertical.

#### BABY GATES

Baby gates made before 1990 do not meet safety regulations. They should not be used or sold at garage sales. These gates have wide V-shaped openings along the top, or diamond-shaped openings along the sides. Children can get caught in these openings and strangle. Two Canadian children have died and many have been injured. The diamond-shaped openings in older accordion style gates are large enough to trap the head and neck of children, leading to suffocation. Fingers can get pinched or amputated due to the scissor action of this style of gate.

#### BABY WALKERS

The Juvenile Product Manufacturers Association and Health Canada do not recommend the sale of wheeled baby walkers in Canada. There are currently no standards that apply to baby walkers due to these recommendations. They should not be sold at garage sales.

#### PLAYPENS

The sides of the playpen should be made of mosquito-type netting. If the mesh is larger, buttons or hooks could get caught. The sides should be 48 cm (19 inches) high and should not have sharp edges or hinges that can pinch fingers. There should be no protruding rivets, nuts or bolts on the outer edges of the playpen's top rails. Pacifier strings or loose clothing worn by children can get caught on these protrusions, leading to strangulation. There should be no loose or torn parts such as on the vinyl top rail or floor pad. Playpens should not have more than two wheels.

#### STROLLERS

Regulations for strollers came into effect in 1985. Strollers made prior to this may not meet current standards. Check for sharp edges and loose parts. Make sure there is a lap belt that is solidly attached to the seat or frame. Many children are injured in baby strollers because the lap belt was not properly fastened or the child was left unattended. Ensure that the brakes are in working order. Ensure that the wheels are solidly attached.

#### TOYS

Toys that are in poor condition, broken or need repair may not be safe. Toys with sharp edges or points, or those with loose parts such as eyes or noses can be potential choking hazards. Toys with small parts are not suitable for children under 3 years of age. Lawn darts with elongated tips can no longer be sold in Canada.

#### CHILDREN'S SLEEPWEAR & CLOTHING

Loose garments including nightgowns, pyjamas, bathrobes and baby doll pyjamas made of cotton or cotton blends will catch fire and burn more quickly than most synthetics. Clothing and sleepwear should be made of nylon or polyester which are more difficult to set on fire and burn more slowly. Remove drawstrings and cords on children's clothing. Children can strangle when drawstrings or cords get caught around their neck. Check blankets and clothing for loose threads. Nylon threads can wrap around a baby's finger or neck and cause injury.

**EXERCISE CARE AND CAUTION  
WHEN HOLDING YOUR GARAGE SALE  
OR WHEN SHOPPING FOR SECOND-HAND PRODUCTS!**

FOR MORE INFORMATION CONTACT

Health Canada Product Safety Bureau, Toronto  
(416) 973-4705

Health Canada Website  
[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

Baby-Tot-Line  
966-5513 ext. 223

## RED CEDARS SHELTER INVITES YOU TO THE READING OF "ABORIGINAL VOICES TO END VIOLENCE"

by Tyendinaga's Mohawk Youth

WHERE: QUINTE MOHAWK  
SCHOOL

TIME: 7 pm until 9 pm

DATE: TUES. JULY 10<sup>TH</sup>

CORN SOUP SUPPER PROVIDED  
THIS EVENT IS OPEN TO THE COMMUNITY

A NON PERISHABLE FOOD DONATION  
FOR THE FOOD BANK WOULD BE APPRECIATED  
CALL MARY ANN SPENCER  
IF YOU NEED MORE INFORMATION

967-2003

BOOKLETS WILL BE AVAILABLE FOR PURCHASE \$3.00 ea.



# COMMUNITY INTEREST



## Congratulations!

*Cynthia Reed, wife of Nathan: daughter of Larry and Linda Rupert, and grand daughter of Don and Pearl Rupert recently graduated from the University of Windsor with a Bachelor of Music Therapy Accreditation and is currently working in the Windsor area.*

*Previously, Cynthia studied Music Performance - Voice, at Lakehead University in Thunder Bay. Cynthia would like to thank the Tyendinaga Mohawk Community for their support.*

*Congratulations Cindee from Nathan, your family & friends.*

## Congratulations!



*We, at the Thayendanega Health Centre are very proud of:*

***Cindy Brant & Danny Beyette***  
*for successfully completing the personal support worker course from Loyalist College.*

*Congratulations, you both did an excellent job!*

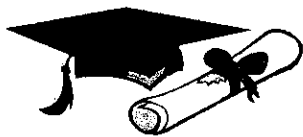
## Congratulations!

### Valedictorian

### Kayne

*On your grade 8 Graduation on June 25th.  
(Poppa would have been proud)  
We love you!*

*Love always, Aunt Bonnie, Uncle Bill, Cassie, Gregg  
Bart & Haley XO XO XO*



## Congratulations!

### Kayne

*On your Grade 8 graduation  
We love and are very proud of you!*

*Love always Gram & Aunt 'P' XO XO*



## Congratulations!

### Maddy

*Senior K. Graduation  
Proud of you and we love you!*

*Good Luck next year Babe!  
Love always Gram & Aunt 'P' XO XO*

*Good Luck in Grade 1  
Love always, Aunt Bonnie, Uncle Bill, Cassie, Gregg  
Bart & Haley XO XO XO*



## Way to Go Kev!

*Congratulations on receiving the K.E. Kidd Award for Academic Achievement, as the top male graduate of the Native Studies Program at Trent University!*

*Best of Luck next year as you continue your studies at Trent. We are very proud of you!*

*Lots of Love,  
Mom & Dad  
Brian & Melissa  
Ashton and Braiden*



## Nya'wen kowa'

The "Tsi Kyonheh ne Onkwawenna" group would like to say Nya wen kowa to those who attended the National Aboriginal Day celebration held at Tsi tKerhitoten Park on the Bayshore road.

Nya'wen kowa goes out to Family Services, F.N.T.I., The Recreation Dept., Mohawk Fire Department, the residents of the Elder's Lodge, Pat's Variety, Bayview Variety and all the parents for bringing their children a pot of something for the pot luck. And finally congratulations to the Ratik sa'okon'a (children) who won the games.

Tsi Kyonheh ne Ohkwawenna is looking forward to next years celebration and hopes to make it a bigger and better event. If you would like to share and help plan for next years event please contact any of the following people:

- Blaine Loft at 967-0122
- Jan Hill at 396-3122
- Curtis Maracle at 396-3424
- Karen Lewis at 967-6264

## BIRTHDAYS

 <p>Happy 50th Anniversary</p> <p>Peter &amp; Marion Green July 14/01</p> <p>Love the Family</p>	<p>Happy Birthday!</p> <p>Auntie Ang July 26</p> <p>Tons of Love Tori</p>	<p>Happy Birthday!</p> <p>Mom July 28</p>  <p>Love Sarah &amp; Matt</p>	<p>Happy Birthday!</p> <p>Nan (Mom) July 29</p>  <p>Loads of Love, Tori, Angela, Jake &amp; Family</p>
<p>Happy Birthday!</p> <p>Dad (Chris) July 24</p>  <p>From Kirsten, Katrina &amp; Angie</p>	<p>Happy Birthday!</p> <p>Dad July 12</p>  <p>Love You, Angela, Jake &amp; Family</p>	<p>Happy Birthday!</p> <p>Pup July 12</p>  <p>Love Tori (Hugs &amp; Kisses)</p>	<p>Happy Birthday!</p> <p>Nanny! July 23</p>  <p>Lots of Love Justice, Aidan, Jackson, Cain Dakota &amp; "Baby Brown"</p>
<p>Happy Belated Birthday!</p> <p>Bro (Uncle Mart) June 28</p>  <p>Love ya, Linda Angela, Jake &amp; Family</p>	<p>Happy Birthday!</p> <p>Carol July 4th</p>  <p>Lots of Love Marilyn, Rick, Brad &amp; Samantha</p>	<p>Happy Birthday!</p> <p>Mom</p>  <p>Love Ike &amp; Linda</p>	<p>Happy Anniversary! 18 years of Bliss</p> <p>Angie &amp; Dave July 23</p>  <p>Love always, Bonnie, Bill, Cassie, Gregg, Bart &amp; Haley OXOXOX</p>
<p>Happy 11th Birthday Donovan Lewis July 19th</p>  <p>Lots of Love Always Mom, Dad and Jonah</p>	<p>Happy Birthday!</p> <p>Marvin July 2nd</p>  <p>Love Rick, Marilyn Brad &amp; Samantha</p>	<p>Happy Birthday!</p> <p>Raven July 13th</p>  <p>Love Mom, Dad, Dyl Mik, Saun, Danny, R.J &amp; Shasta</p>	<p>Happy Birthday!</p> <p>Shannon July 26th</p>  <p>Lots of Love Marilyn, Rick Brad &amp; Samantha</p>
<p>Happy Birthday</p> <p>Dennis July 19th</p>  <p>Love always, Bill, Bonnie Cassie, Gregg, Bart &amp; Haley XOXO</p>	<p>Happy 8th Birthday!</p> <p>R.J. July 4th</p>  <p>Love Dad, Bev, Dylan Miki, Raven, Shasta Saun &amp; Dan</p>	<p>Happy Birthday</p> <p>Haley July 22nd</p>  <p>Lots of Love Aunt Marilyn, Uncle Rick Brad &amp; Samantha</p>	<p>Happy 22nd Anniversary!</p> <p>Rick July 28th</p>  <p>Lots of Love Marilyn</p>
<p>Happy Birthday!</p> <p>Dad (Chris) July 24</p>  <p>From Kirsten, Katrina &amp; Angie</p>	<p>Happy 11th Birthday!</p> <p>Raven July 13th</p>  <p>Love Mom, Dad, Dyl Mik, Saun, Danny, R.J &amp; Shasta</p>	<p>Happy 18th. Dint-day!</p> <p>Dylan July 10</p>  <p>Mom, Dad, Mik, Rave, Saun, Dan, R.J. &amp; Shasta</p>	<p>Happy 18th. Dint-day!</p> <p>Dylan July 10</p>  <p>Mom, Dad, Mik, Rave, Saun, Dan, R.J. &amp; Shasta</p>

## RECREATION



# EXERCISE

An alarming statistic indicates that 60% of Americans do not exercise regularly and 80-90% are not involved in a regular exercise program. This is especially surprising because exercise can provide numerous benefits: it can improve cardiovascular fitness; it can improve muscular endurance; it can increase energy; it can dramatically reduce the risk of coronary artery disease; it can aid in weight control; it helps lower cholesterol levels; and it can improve one's sense of well-being and raise self-esteem. In addition, risk factors associated with certain kinds of cancer can be modified by exercise and regular physical exercise can reduce mildly elevated blood pressure over the long term. Before starting on an exercise program, check with your doctor.

Age is no barrier to exercise and its benefits. The more a person exercises, the better his chances to outlive his peers. Exercise contributes to longer life by reducing the effects of growing old. Regular aerobic exercise seems not only to help preserve neurological functioning into old age, but also potentially to enhance it in older people who had been sedentary. Staying physically active appears to be more important the older we get. Problems of aging, such as increased body fat, decreased muscular strength and flexibility, loss of bone mass, lower metabolism and slower reaction times, can be minimized or even prevented by exercise. Incorporating a relatively modest amount of activity in what was once a sedentary life style derives the greatest surge in life expectancy. Remember, in order to get benefits from any form of exercise, it must become a long-term habit.

Exercise helps in weight loss and weight maintenance by building muscle tissue. The only exercise that burns fat is aerobic exercise. There is no evidence that exercise reduces or increases appetite. With regular exercise, though, the calories burned should more than make up for any slight increase in appetite. Also, a program of regular aerobic exercise may help lower total cholesterol and raise the HDL ("good") cholesterol. Exercise at least three times a week for thirty minutes a session to get this benefit. There is a drawback, though. Exercise can affect your blood cholesterol levels by temporarily causing a rise in cholesterol levels, by as much as 10-15%, for up to an hour after you've stopped exercising. Do not exercise just prior to having a blood cholesterol level test done.

Variety in exercise is one of the keys to staying fit. No single exercise adequately builds all aspects of fitness equally well. Having more than one activity to turn to also keeps exercise from getting monotonous. Cross training allows you to exercise more muscle groups than a single activity would. Start slowly when you begin cross training. The best method is to pair sports that train different parts of the body: swimming with cycling, rowing with running, etc. Split the total exercise time between the two activities, such as 20 minutes each for a 40 minute total workout.

The benefits of exercise can be lost if you stop exercising altogether. If you merely cut back, however, you are often able to avoid or postpone the loss of benefit for at least several months.

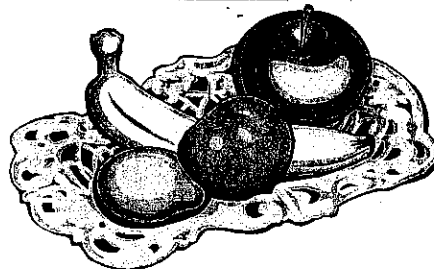
Some tips for exercising: don't overdo; discomfort isn't necessary ("no pain, no gain" is a myth); use adequate/appropriate footwear; control movements or slow down; watch your form and posture; don't bounce while stretching; avoid high-impact aerobics; warm up and cool down; set realistic exercise goals; start slow and easy; seek convenience; find a support group; and add variety.

Warming up before exercising is the right and best way to begin; stretching cold muscles can injure them. Regardless of the activity, it is essential to warm up first, then stretch. Warming up gradually increases your heart rate and blood flow, raising the temperature of muscles and connective tissue, and improves muscle function. It may also decrease the chance of a sports-related injury. Warm up tips include: a 5-10 minute warm-up is usually adequate (warm weather less time, colder weather more time); after exercise, cool down, slowing down gradually; in cold weather, warm up indoors before going outdoors and wind up cooling down indoors.

Cold weather workouts require some allowances for the weather: don't overdress; wear several layers of loose-fitting, thin clothing; zip up; wear mittens versus gloves; wear a hat or cap; and wear shoes that offer good traction and shock absorption. Warm up and stretch indoors; drink plenty of fluids, as much water in the cold as in the heat; compensate for the wind; be on the defensive, remembering shorter daylight hours, etc.; keep moving; and wear sunglasses and sunscreen.

Always remember: Drink plenty of fluids, especially in hot weather, to replace fluids lost through sweating.

If you are 45 or older, consult your physician before beginning an exercise program. If you are 35 or older and have any risk factors for heart disease (recurrent chest pain, high blood pressure or cholesterol levels, smoking, or obesity), see a doctor. And, at any age, you should consult your physician if you have cardiovascular or lung disease, or symptoms suggestive of these diseases.



## Lose Weight & Win Big Contest # 2

We have 5 teams this year for the contest  
Spare Tires  
Rollie Pollie Ollie's  
Bikini Bound  
Starving Marvin's  
Tyendingaga Feather Weights  
The prize to the team losing the most weight is  
\$600.00  
The contest ends August .17, 2001  
Good luck teams !

This is only an estimate but these are desirable weights  
for women aged 25 and older by height.

Height	Ideal Weight Range
4'11"	(99 lbs. - 128 lbs.)
5'0"	(101 lbs. - 130 lbs.)
5'1"	(106 lbs. - 135 lbs.)
5'2"	(108 lbs. - 139 lbs.)
5'3"	(110 lbs. - 141 lbs.)
5'4"	(115 lbs. - 145 lbs.)
5'5"	(119 lbs. - 150 lbs.)
5'6"	(121 lbs. - 154 lbs.)
5'7"	(126 lbs. - 159 lbs.)
5'8"	(130 lbs. - 163 lbs.)
5'9"	(135 lbs. - 168 lbs.)
5'10"	(139 lbs. - 174 lbs.)

This is only an estimate but these are desirable weights  
for men aged 25 and older by height.

Height	Ideal Weight Range
5'4"	(121 lbs. - 152 lbs.)
5'5"	(123 lbs. - 156 lbs.)
5'6"	(128 lbs. - 161 lbs.)
5'7"	(132 lbs. - 165 lbs.)
5'8"	(137 lbs. - 170 lbs.)
5'9"	(141 lbs. - 174 lbs.)
5'10"	(143 lbs. - 179 lbs.)
5'11"	(148 lbs. - 185 lbs.)
6'0"	(152 lbs. - 190 lbs.)
6'1"	(156 lbs. - 194 lbs.)
6'2"	(161 lbs. - 198 lbs.)
6'3"	(163 lbs. - 205 lbs.)

## RECREATION



## Mohawks of The Bay Of Quinte Golf Tournament June 15, 2001

Recreation News



We had 22 teams playing at the Briar Fox Golf & Country Club, we had 3 teams tied for first with the score of 29 (9 holes) We had a total of 86 players

Team # 2, Team # 17 and Team # 16

The way we decided on the winners was going back two holes on the scorecard, which makes team # 16 the winners.

Team # 16 are – Patti General , Lorrie Maracle, Sandy Maracle , Billy Brant

**Closest to the hole** – Jim Brant & Linda Thomas – they both won a Walkman donated by Sony & \$12.50 each donated by the drummer.

**Longest drive** – Verna Hill & Jake Brant - they both won golf carts

**Proceeds of \$430.00**, which will go towards our *Sports Mobile & sports* (which is a van that goes out into our community parks during the summer and provides our youth with sports equipment and something to do)

Also with the 50 / 50 draw we raised **\$120.00 Doug Brant won this.** \$60.00 of the proceeds went towards *National Aboriginal Day* June 21/01

Dave Hill won the Golf bag – **Proceeds of \$96.00**, which goes towards the *Sports Mobile*.

**Nia:wen to everyone it was a great day !**

# Thank You!



The Recreation Committee would like to thank the following people for their donations to the Childrens Ball for 2001.

Thanks to Lori Maracle on her donation of ball uniforms.  
Thanks again Lori.

Thanks to Kevin Maracle of K.C. Builders for his donation for youth ball.

Congratulations to Dan Maracle on winning the Fathers Day Draw golf package.

from the Recreation Commmittee



## Special Nia:wen notes for the Golf Donations

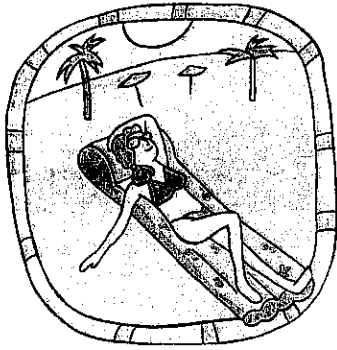
Native Renaissance II  
Village Gas Bar  
Tyendinaga Kitchen Design  
First Nations Family Restaurant  
Eagle Orthopaedics  
Mohawk Cresting  
Sodi  
Turtle Island & McMurters  
Tyendinaga Computers  
B & J Pole Line  
Darren Green Sandblasting  
Mohawk Imperial Sales  
M.C. Plumbing  
Cash Auto  
John Maracle  
Mrs. Herbs  
F.N.T.I  
Mohawk Auto Body  
Bayview Variety  
Drummer  
Time for You Salon  
Aboriginal Expressions  
Build - All  
Toymer  
Deseronto Foodland  
Neeagan Burnside  
Greer Galloway  
Whitley Doug Insurance  
Sony Store  
Lyreco Office Products  
Maunco sanitation & Safety Supplies  
United Restaurant  
Centre for Family Preservation & Wellness  
Stevenson, Waplak & Associates  
Nedco  
Southeastern Supplies  
Upper Canada  
Bank of Montreal  
Cashway  
Quinte Mobile  
Softchoice  
Switzer Fuels  
Ray & Jim's Signs & Trophies  
I.D.A Drug Store  
JM Seven Seas Travel  
Napanee Brick & Tile  
Office Place  
Tim Hortons  
Alan Pratt  
Allan Graphics Ltd.  
The Connor House  
C.D.B Technical Services  
Brant Office Supply Ltd.  
Brytre Com. Incorporated  
Culligan  
Discount Car & Truck  
Hicks Morley Hamilton / Stewart Storie LLP  
Canadian Playgrounds  
Town's Edge Bed & Breakfast  
Deseronto True value  
Dinawo  
First Nations Engineering  
K.L Martin & Associates  
Duvall & Clark  
Trent Valley  
Sportman's Restaurant  
Debbie's Kitchen  
Parkside  
Loyalist Lock & Key  
Switzer Fuels  
Play it again Sports  
Arther Kovinich / Vuk

Chief & Council  
Briar Fox Golf & Country Club  
Precision

Nia:wen to anyone I missed  
From the Recreation Department.

# RECREATION

*We can do anything if we work together!*



## Save - A - Tape for a Pool

The Recreation Department has been accepted to take part in the Save - A - Tape Program, so start saving your tapes now from any of the A & P, Dominion and Ultra Food & Drug Stores. As a Community we have **ONE YEAR** to save our tapes. If we can save up to \$450,000.00 worth of tapes our Tyendinaga Pool project will receive the maximum of a cheque worth \$ 1,000.00. It's that easy you can mail me the receipts or drop them off at the Administration Office. Quinte Mohawk School has a box, so please send in with your child/ren.

**We have \$4,693.20 of tapes**

Nia:wen to Quinte Mohawk school, Community members, Shelva Thompson  
We only need ~~\$46,306.80~~ more receipts.

**5 months left to collect receipts**

The Pool fundraising account has **\$1,130.15**

**\$300. fundraised by the Youth Recreation Committee**

**Tyendinaga Pool Fundraiser**

Just something you throw away we can make a \$1,000.00 with it.

Contact person: Darlene J. Loft  
Recreation Coordinator  
(613) 396-3424 ext.107



# Sports Birthday Party

**The games room at the Ball diamonds is available for sports Birthday parties at a cost of \$30.00**

To make your party arrangements call  
**(613) 396-3424 ext. 107**

- We have lacrosse, baseball, soccer balls, beach volleyball and field hockey equipment.
- Parachute games or super ball fun
- Table tennis & hockey table & dart boards
- Or you can skateboard or roller blade at the lacrosse box.

**For \$50 you can have the use of the kitchen. Save by preparing your own meal or we can open the canteen for the party.**

This deal is not one to run from!

Proceeds go towards Tyendinaga Recreation



## Baseball Calendar Summer 2001 June/ July/Aug.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Pee Wee</b> May 6 to June 17 6:30 to 8:30 pm (A) Chris Maracle	(613)396-3424 Ext.107 Darlene Loft	<b>Book your Tournament early!</b> Diamond A & B	<b>Practice Pee Wee</b> Chris Maracle 396-3424/967-8999			
<b>Tyendinaga Ladies Fastball practice</b> 10 a.m to 12:30 Dawn 396-2122	<b>Every Monday Youth Baseball T-Ball / 3 Pitch Jr. 3 Pitch</b> (A) & (B) 6:30- 7:30					
		<b>Every Tues. Mosquitoes</b> 6:30 -8:30 Lori Maracle 396-3424 (A)	<b>Every Wed. Mixed League</b> 6:30 to 10:15 Matt Somerville 396-5879 (A & B)	<b>Every Thur. Mosquitoes</b> 6:30 to 8:30 (B)		
<b>Every Sun. Mixed League</b> 1 to 6 pm		<b>Belleville Ladies Business League</b> 7:30 to 10:15 (B) (A) 8:30 to 11 Sus Way 962-0727		<b>The Pee Wee's will be Alternating nights with the Mosquitoes</b> Chris.M 396-3424		
	<b>Nia:wen to the Coaches</b>	<b>The youth Appreciates Your time.</b>	<b>If games are cancelled Because of rain or other please call</b> Darlene 396-3424 Ext.107 anytime		<b>Any problems Please call</b> (613) 396-3424 Ext.107	

**UPCOMING EVENTS**



**JACK & JILL**

FOR: *Matt Bernhardt & Sarah Brown*  
 ON : July 21, 2001 at 9:00 p.m.  
 AT : Deseronto Legion (upstairs)  
 Tickets available in advance \$5.00  
 Call: 396-1575 or 396-3030



**Wonderland Trip  
in July 2001**

Let us know your interested , call 396-3424 ext.107  
 This is a fundraiser trip by The Youth Recreation  
 Committee and the Recreation Department.  
 We need at least 40 people signup for the trip.

Listen to KWE 105.9 for more details  
 about cost and date.

**Kowann (big) Community Yard Sale details:**

It will take place at Karonhiak ta'kie Sports  
 Complex on the dates of **August 25 & 26 , 2001**  
 \* This event is to help all Tyendinaga Committee's  
 with their fundraising or any other groups or com-  
 munity members that what to sale items.

- Table spots are \$10.00
- Other ideas are welcome

**Kowann (big) Yard  
Sale**

This event is advertised in 2500 tray  
 liners at MacDonald's in Belleville  
 also on the Tyendinaga web.site



To be part of this event call Darlene Loft for  
 more information.



Phone #(613)396-3424 ext.107



**90TH  
Birthday**

The family of  
**SHERIDAN L. MARACLE**  
 cordially invite you  
 to celebrate his 90th Birthday  
 at an "Open House"

on

July 15th, 2001

Between the hours of

3 - 5 p.m.

at the Mohawk Community Centre  
 1807 York Road  
 Tyendinaga Mohawk Territory

Best Wishes Only!



**Maracle  
CONSULTING**

**FIRST ANNUAL  
EARL R. HILL MEMORIAL  
GOLF CLASSIC**

At the Picton Golf Club on Friday August 10, 2001  
 9:00am Shot Gun (7:30am Registration)  
 Cost \$100.00 per person (Includes green fees, cart & steak dinner)

Cash and Merchandise  
Prizes

A and B Flights

Celebrities

Entertainment

4-person teams -  
Scramble Format

Skins Game -  
Mulligan's



Former Chief Earl R. Hill

**What is the Earl R. Hill Foundation**

This foundation has been established to provide assistance through bursary or scholarships  
 for First Nations students to further their education, which was a priority of the late Chief  
 Earl R Hill. Mrs. Lorraine Hill has graciously agreed to help make the golf tournament and  
 the Memorial Fund a success!

For hole sponsorships \$500.00 - \$300.00 - \$100.00  
 Cash or prize donations please call:

William Tooshkenig - Co-ordinator of Golf at Maracle Consulting - (613) 969-9568  
 Or the Picton Golf Club - (613) 476-1485

Ph: 613-969-9568  
 Fax: 613-969-6394

P.O. Box 327, Tyendinaga, Ontario, K0K 3A0  
 Email: dmaracle@koa.net

UPCOMING EVENTS



"TRADITIONAL"  
14th Annual

**TYENDINAGA  
POW WOW**

HONOURING OUR PROPHECIES

AUGUST 11<sup>th</sup> & 12<sup>th</sup>, 2001

HOMELAND OF THE PEACE MAKER  
MOHAWKS OF THE BAY OF QUINTE  
TYENDINAGA MOHAWK TERRITORY

Hwy #401 Exits #556 & #566

MASTERS OF CEREMONY: Don Waboosie/Ojibway Nation  
Allan Brant/Tyendinaga

HONOUR STAFF: Veteran Lonnie Thompson  
Akwasasne Mohawk Nation

ARENA DIRECTOR: Gerard Sagasige/Sagoyew River

HOST DRUM: First Nation Drum/Toronto

GUEST HOST DRUM: Weinojashee Singers/  
Aikamiak Reserve Quebec

GUEST DRUM: Red Hawk/Kanehsatake and Six Nations

CONFEDERACY WATER DRUM: Kontirenotalle  
Kanehsatake Women Singers

LEAD DANCERS: Jim McCue/Curve Lake Reserve  
Sheila Pokiak/Inuvialuit Nation  
North West Territory

SUNRISE CEREMONY

SPECIAL FEATURES: Hoop Dancer  
Celina Cadá/Mantoulin Island  
Seno Gañeral/Six Nations Reserve

PLUS: Smple Dancing and Dance Demonstrations

CALLING ALL DANCERS: Small Travel Honourarium

CALLING ALL DRUMS: Honourarium

All Native North American "Ancestry" Only

GRAND ENTRY: Saturday 1:00 p.m. and 6:30 p.m.  
Sunday 12 noon

SOCIAL DANCE: Saturday Night

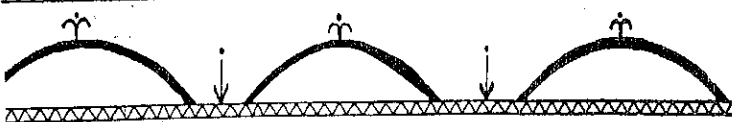
TRADER FEES: Craft \$35/day  
Food \$45/day

DRUM & DANCERS (Full Native Dress)

REGISTRATION: Sat. 10 a.m. - 1:00 p.m.  
Sun. 10 a.m. - 12 noon

NEW SOUND SYSTEM By Jonathan Maracle "BROKEN WALLS"  
FOUR DIRECTIONS Tyendinaga

ADMISSION  
Adults - \$5/day Seniors - \$3/day with ID Students \$3/day 13 yrs & up Children under 12 free Free parking  
Native North American "Ancestry" Traders Only Traders Band Cards Required - Strictly Enforced



**CAMPING AVAILABLE AT POW WOW GROUNDS**

Regular Admission to be paid by Campers - Limited Electrical Hook-up / Very Limited R.V. Space - \$40.00 per weekend  
Washroom Facilities/No Showers

For more information contact one of our volunteers:

Pow Wow Co-Ordinator

Sharon John

1-813-986-5602

12 noon to 9 p.m. (Please call back if no answer)

E-mail: powwow@fat1.tyendinaga.net

Secretary: Yelma Hill-Dracup

Gate: Brad Boomhour & Ruby Maracle

**NO ALCOHOL, DRUGS, RAFFLES, OR TICKET SALES**

All Youth Campers Must Be Properly Supervised

**EVERYONE WELCOME**

Bring Your Own Lawn Chair

The Tyendinaga Pow Wow Committee is not responsible for personal loss or injury  
No Pets Allowed on Pow Wow Grounds including camp area.

**\* ATTENTION \***  
CURRENT OR  
POTENTIAL COMMUNITY BUSINESSES

If anyone is looking for retail space in the community. Please contact the Economic Development Department at the Administration Office

396-3424 ext. 110

*Pow Wow Time is Almost Here!*

The Tyendinaga Pow Wow committee's new policy of "No Raffle tickets sales" does not apply to or affect those helping services of Tyendinaga that have always sold tickets at their information tables, in their designated set up area.

We will continue to sponsor their efforts to fund raise.

The Pow Wow Committee fund raises all year as well as at our Pow Wow to finance all Pow Wow costs.

We are all volunteers and we would welcome willing helpers for arbor repairs, Pow Wow week work, and for Pow Wow weekend.

Please call Sharon at 966-6502. We truly appreciate all the volunteer helpers who work so hard. *Niawen*

The Tyendinaga Pow Wow Committee sends a big *Nia:wen* to all the people who made our fish dinner a great success. Your support of our fund raiser was greatly appreciated.

Special thanks to:

- Bayshore Flowers, Maracle Consulting, Jean John and Millie Maracle for ticket draw prizes.
- The Native Womens Association for some yummy baked beans and 3 super kitchen helpers.
- Pow Wow Committee Members personally donated almost all beverages and food to accompany the fish.

*Nia:wen and see you at the Pow Wow!*

**Services for Children**

We offer a range of services including financial benefits and information on nutrition and safety. And starting in July, some parents will be eligible for an increase in the Canada Child Tax Benefit.

To receive your guide to more than 100 services for children and their families:

**1 800 O-Canada**  
(1 800 622-6232)  
TTY/TDD: 1 800 465-7735  
[canada.gc.ca](http://canada.gc.ca)  
Service Canada Access Centres

Canada



## CLASSIFIED

## FOR SALE

86 FIREBIRD  
- rebuilt motor & transmission  
-\$1800.00 or Best Offer

Call: 396-5364

FOR SALE  
OR RENT

2 BEDROOM TRAILER  
- propane heated  
- located on the Slash Rd.  
- fridge and stove  
- private drive

Call: 396-3708

## WORK WANTED

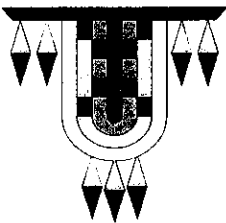
- will work on small engines  
- reasonable rates

Call Mick Green at 396-3480

## FOR SALE

1 BEDROOM COTTAGE  
- located on the Salmon River  
west of Shannonville  
- Lot 3A8 concession 2  
- 116 ft. of water front X 143 ft.  
in depth  
- asking \$20,000.00 or Best Offer

For more information call after 4pm.  
Vicki Kruegar: 1-905-404-9178



## FOR SALE

BEADS  
- Conchos, crow, bugle, seeds  
and safety pins

Call Sally Brant at 396-3123

## ROOM FOR RENT

- use of kitchen, bathroom  
& laundry room

Call: 396-2021

## MILL TOWN MEATS

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

*Make your own Soup!  
Lyed Corn, Beans, Special Pork!*

Call: Glenn Hill 962-5470

## FOR SALE

APARTMENT SIZE PIANO &  
BENCH  
- walnut colour  
- made by L.R. Laronde Willis  
- asking \$900.00

Please call: 968-4848

Do you have  
something you would  
like to sell?  
The classifieds are "Free"  
Call: 396-3424

## FOR SALE

BUILDING LOTS  
- 100' X 150' lots  
- located on the south side  
of Hwy #2 west of Deseronto  
and just east of church lane  
- lots are fully serviced with  
water and sewer and natural  
gas

For more information  
call: 613-396-2097

CARE GIVER  
AVAILABLE

- Summer or all year round care  
- big yard for playing  
- lots of arts and crafts  
- healthy snacks & meals provided  
- excellent references

For more information call Tara at  
396-2220

## FOR SALE

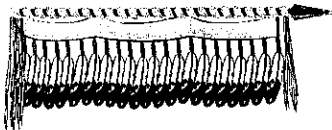
1997 FORD EXPEDITION XLT  
- 92,600 km.  
- price \$23,900.00

Phone: 962-6031 and leave a  
message

## HOUSE FOR RENT

1 BEDROOM  
- located on Hwy # 2

For more information call:  
396-2097 or 396-5802



## FOR RENT

3 BEDROOM HOUSE  
- located in Shannonville  
- available Aug. 1  
- \$650.00 per month plus heat & hydro  
- first and last months rent required

Call: 967-7881 during the day or  
evenings at 968-2323

## LAND FOR SALE

- 47.5 acres  
- located on the Upper Slash rd.  
across from B. & J. Pole Line

Call Everette Maracle at 396-3121

## FOR SALE

79 DODGE CAMPER  
- sleeps 6  
- tinted windows  
- air conditioning  
- 4 piece bath

Call: 396-3480

## FOR SALE

1979 CHRYSLER CORDOBA  
- 360 auto  
- body in good shape  
- motor & tranny in excellent shape,  
lots of power  
- \$600.00 or best offer

1989 DODGE RAM SHORTBOX 4x4  
- 318 F.I rear slider box liner  
- Reese hitch and Mickey Thompson  
tires  
- 31 X 10.5 X 15, lots of tread left  
- \$5000.00 or best offer

Call: 396-3334

## FOR SALE



## 144 Upper Slash Road

3-bedroom, four level split home on 3.9 acres  
Spacious kitchen, dining, and living room, family room,  
F/s included, oil heat, located near Shannonville.  
For appointment to view call 396-3340.

Asking: \$120,000.00 or Best Offer

11 Years Old

Call 1- 250-489-8338

email cmaracle@telus.net

## FOR SALE



## 131 WYMAN Rd.

Lot size - 150 ft. wide X 200 ft. deep  
3 bedroom 1 1/2 story home, partial basement  
8ft. X 36ft. porch on front of house  
8ft. X 48ft. deck along side & back  
hardwood floor in front room, parquet floor in kitchen  
Newer furnace & central air, newer doors & windows  
Two sheds, one aluminum-8ft. X 10ft. one wood 12ft. X 12ft.  
\$75,000

PHONE: 969-0885 (Bill or MJ)