

TYENDINAGA RESERVE NEWSLETTER

15 MARCH 1985

EMPLOYMENT OPPORTUNITIES

Game Wardens - Pickeral Season

The Mohawk Band Office is now accepting applications for the position of GAME WARDEN for the 1985 Pickeral Fishing Season. Four (4) GAME WARDENS will be hired. Applications are to be submitted to the Band Office no later than Friday, March 22, 1985 at 4:00 p.m. Applications may be picked up at the Band Office.

Tyendinaga Day Care Centre - Full-Time Position

The Mohawk Band Office is now accepting applications for the position of DAYCARE TEACHER. This is a qualified position and requires an Early Childhood Education (ECE) Diploma from a recognized Community College. Applications and Resumes are to be submitted to the Band Office no later than Friday, March 22, 1985 at 4:00 p.m. Applications may be picked up at the Band Office.

Mohawk Recreation Committee - Seats Available

There are still some seats available for those who would be interested in becoming Recreation Committee Members. This is an important area of concern in relation to our community. We strongly urge concerned members of this Reserve to consider sitting on this committee. Those who might be interested can submit their names and applications to the Band Office. Applications can be picked up at the Band Office.

Spring and Summer Positions across Ontario

The Ontario Youth Corps Spring/Summer job book is now out. This programme provides basic job skills, experience and knowledge that will assist the individual in finding future employment. Most programmes provide employment for up to twenty-six (26) weeks within provincial government ministries and community based projects.

If you are between the ages of 15 and 24 on April 1, 1985 and have been out of school or out of work for the last twelve (12) weeks, then you qualify for the Ontario Youth Corps. Most positions across Ontario will start April 1, 1985. If you are interested in filling out an application or just want more information you can contact Dennis Lewis, Employment Coordinator at the Band Office.

Native Internship Programme - Summer Employment

For you secondary and post-secondary students who are looking towards Summer and the possibility of finding Summer Employment; there is some light at the end of the tunnel..... The Native Internship Programme sponsored by Employment and Immigration Canada.

This programme operates between April 1985 through to September 1985 and is intended to create Summer Employment for Native secondary and post-secondary students within the Canada Employment and Immigration Commission.

Participants in the programme will be working as Employment Development Project Officers Assistants, Immigration Examining Officers, Employment Counsellor Assistants, and in finance, administration and personnel. These positions are located at Windsor, Hamilton, London, Brantford, Toronto, North Bay, Sudbury, Sault Ste. Marie, Timmins, Thunder Bay, Fort Frances, Kenora and others.

The hourly rate begins at \$7.83 per hour and may be higher depending upon the degree of job responsibility. All applicants must be registered with a Canada Employment Centre (CEC), a Canada Employment Centre on Campus, Canada Employment Centre for Students, or with the Public Service Commission.

For further information contact your local Employment Office.

Notice To All Reserve Residents Owning Dogs

In recent months, this office has received numerous complaints of dogs on the loose. The complaints have ranged from messing on property, getting into garbage, to chasing and sometimes injuring livestock. Therefore, at this time we are reminding ALL RESERVE RESIDENT OWNING DOGS of Bylaw No. 8 pertaining to dogs and ask that ALL Band Members comply with this Bylaw.

CHIEF EARL HILL

DOG BY-LAW
TYENDINAGA INDIAN RESERVE NO. 38
UNDER THE INDIAN ACT
Section 81, paragraph (E)

March 7, 1973.

A By-Law to prohibit and regulate the running of dogs within the boundaries of the Tyendinaga Indian Reserve.

In this By-Law No. 8:

- (a) A dog means any dog male or female.
- (b) Owner of a dog includes any person who possesses or harbours a dog.
- (c) Redemption Period means that period of time within which the owner of a dog that has been impounded in the pound has the right to redeem it.
- (d) Dog Catcher shall mean the person appointed by the Council of the Tyendinaga Indian Reserve to enforce this By-Law. All dogs must be registered and tagged. Tags FREE on request.
- (1) That dogs are prohibited from running at large on the Tyendinaga Indian Reserve.
- (2) That from time to time the Council of the Tyendinaga Indian Reserve may appoint one or more Dog Catchers and fix their remuneration.
- (3) That it shall be the duty of the Dog Catcher to catch and impound any dog running at large on the Tyendinaga Indian Reserve and where in the opinion of the Dog Catcher that it is not possible or personally dangerous to catch a dog running at large, the Dog Catcher may dispose of the dog before impounding.
- (4) The minimum redemption period shall be three days excluding the day on which the dog was impounded and holidays shall not be included in calculating the redemption period.
- (5) During the redemption period the operator of the dog pound may return the dog to the person who owned it before it came into his possession subject to the payment of such damages and expense incurred and such fines as may be determined by the Council of the Tyendinaga Indian Reserve. (Impoundment fees \$2.00 per day).
- (6) The operator of the dog pound shall maintain accurate records containing the description of the dogs impounded and the disposition of the dogs impounded.

Approved and passed by a duly convened meeting of the Mohawks of the Bay of Quinte Council this Twenty-first day of November, 1973.

This is the original copy of this by-law.


(CHIEF) Earl Hill


(BAND ADMINISTRATOR) Elton Brant

MEETING - LIVING WITH DIABETES

Place: Edith Cavell Building - Belleville General Hospital

Time: Monday, March 25, 1985 at 7:30 p.m.

Speakers: Joyce Wardle R.N. and Esther Stevens, Nutritionist

Topics: Home Monitoring and Meal Planning

Sponsored by the Quinte Branch of the Canadian Diabetes Association

Everyone is welcome to attend this meeting and if there is enough people interested then transportation will be made available. For further information please contact Beverly Hill, Community Health Representative or Helen Breadman, Nurse by Monday morning if possible.

FOR YOUR INTEREST

Nutrition surveys have shown that many children are given too much sweet, sticky food. The excessive use of sweet foods help to promote tooth decay. Sweet foods are very expensive and lacking in essential food value.

NUMBER OF TEASPOONS OF SUGAR IN ONE SERVING OF SOME COMMON SWEET FOODS.

<u>Cake</u>	Amount	Teaspoons sugar
Chocolate cake	2 layer, icing (1/12)	15
Angel cake	1/18 of large cake	6
Cream puff (iced)	1 average, custard filled	5
Doughnut, plain	3" diameter	4
<u>Candy</u>		
Chocolate bar	average size	7
Chocolate fudge	1½ " square	4
Butterscotch	1" x 1"	1
Chewing gum	1¢ stick	½
<u>Ice Cream</u>		
Ice cream	1/6 quart	5-6
Water ice	1/8 quart	6-8
<u>Milk Drinks</u>		
Chocolate	1 cup, 5 ozs	6
Cocoa malt	1 glass, 8 ozs	4
Eggnog	1 glass, 8 ozs	4
<u>Pie</u>		
Apple	1/6 med. pie	12
Cherry	1/6 med. pie	14
Custard & Coconut	1/6 med. pie	10
Raisin	1/6 med. pie	13
Pumpkin	1/6 med. pie	10
<u>Spreads</u>		
Jam	1 tbs	3
Honey	1 tbs	3
Maple syrup	1 tbs	2

A NOTE OF THANKSGIVING

On behalf of the group of concerned people, who have been meeting on a regular basis to look at recreational activities for the young people, we extend our deep appreciation to those of you who came out and supported our teen dance on February 15. There were about 75 or 80 young people at this dance, which shows us there is a need for activities of this nature.

We would like to thank the following:

Shirley's Novelties, Tyendinaga Reserve

Kemp's Discount, Deseronto

Brooks' Dept. Store, Deseronto

First Nation Consultants, Tyendinaga Reserve

for their generous donations for the spot dances. We appreciate everyone who had a hand in making this teen dance a super success.

Bev. Hill

LETTER OF THANKS TO PEOPLE OF THE RESERVE

Feb. 21, 1985.

MOHAWKS Of Bay Of Quinte
TYENDINAGA Indian Reserve
SHANNONVILLE, Ontario

Dear Sirs:

We would like to express our appreciation to the people of the Reserve for their patronage at the Esso Station in Shannonville, while we were operating at that location.

There were a number of our customers who were a pleasure to deal with, and we hope they will remember us as we will them.

Mr. & Mrs. Arthur Loft took time out from their travels last year, to stop in and say hello. We appreciated this, and would like to extend a welcome to anyone who happens to come up this way.

We would appreciate you taking the time to display this letter in a prominent place, for all to read.

Yours truly,

Larry & Shirley Kelly

QUIZ YOURSELF

What's Your Buymanship Rating?

Answer "yes" or "no" to the following questions.

- _____ 1. Do you know how much money (within two or three dollars) your family spends on food per week?
- _____ 2. Do you set a limit on the amount of money you will spend on groceries?
- _____ 3. Do you know what foods are needed for health according to "Canada's Food Guide"?
- _____ 4. Do you plan meals on paper before shopping?
- _____ 5. Do you write up a shopping list for foods?
- _____ 6. Do you follow your shopping list in the store? (no "impulse buying")
- _____ 7. Do you use "unit pricing" to compare prices in the store?
- _____ 8. Do you read labels for information on the food inside?
- _____ 9. Do you grow your own vegetables?
- _____ 10. Do you know what the different grades of foods mean?
- _____ 11. Do you sometimes try foods in different forms - example: peas - fresh, frozen, canned, or dried?
- _____ 12. Do you look at newspaper ads to help you get the best buy on certain foods?
- _____ 13. Do you buy meats such as bologna in the piece and slice it at home instead of buying ready sliced packages?
- _____ 14. Do you buy large or economy sizes when they are on sale and you can use them up before they spoil?
- _____ 15. Do you compare the cost of a "convenience food" with similar homemade food before buying the convenience food?
- _____ 16. Do you use bread, rice, macaroni and skim milk in hamburger dishes to make the meat go farther?
- _____ 17. Do you choose cereals for good nutrition rather than sweet taste or fancy packages?
- _____ 18. Do you buy food by comparing the cost per serving with the cost per pound?
- _____ 19. Does your meal plan and budget include lunches and meals eaten away from home?
- _____ 20. Do you buy nutritious snacks instead of junk food?

QUIZ con't

Well, how did you answer? Now you can check the scoreboard below and see if your the smart and careful shopper you think you are.

SCORING

Give yourself 5 points for each "yes" answer. If your total score is:

80 - 100	super shopper '
60 - 75	good but needs improvement
below 60	definitely needs improvement

COMING EVENTS



SPRING DANCE

MARCH 23rd

from 9pm to 1am

at the MOHAWK COMMUNITY CENTER

MUSIC BY: COUNTRY STRYDERS

BAR ADMISSION \$3 PER PERSON

sponsored by: KANYENGEH FESTIVAL BOARD



DANCE

TO

-- « **COUNTRY EXPRESS** » --

30 MARCH 1985

MOHAWK COMMUNITY CENTRE

9:00 TO 1:00 ————— **— BAR**

DOOR PRIZES

>>> \$ 8.00 COUPLE

SUPPORT

PROCEEDS TO INTER-RESERVE
BOWLING LEAGUE

07 September 1984

EMPLOYMENT OPPORTUNITY

Applications are now being accepted for a custodial position at Quinte Mohawk School. Applications will be accepted until 4:00 p.m., Friday, September 21, 1984. Application forms may be picked up at the Band Office.

NOTICE TO RESIDENTS OF SLASH ROAD

Due to the installation of a new bridge on the Slash Road, the Slash Road will be closed for approximately 4 to 6 weeks sometime in the near future. Notification will be made as to the exact date the construction will take place.

We apologize for any inconvenience this may cause.

NOTICE

The Reserve Dump will be open each Thursday from 10:00 a.m. until 6:00 p.m.

FOR SALE

1 piano, as is, please contact the Band Office, 396-3424.

A REMINDER FROM HEALTH & SOCIAL SERVICES

This is a brief outline of what services you have as Band Members and Status Indians.

Pertaining to OHIP, the Band will cover those band members who DO NOT have coverage through their employer. This coverage is only GROUP insurance therefore WILL ONLY COVER standard WARD rates if hospitalization is required. If an employer covers any or all of your OHIP, then you will be required to keep your coverage with the employer, as the Band will not cover.

Other services are coverage of glasses, dental and prescriptions as long as there is no over-lapping coverage, such as insurance coverage. All of these services require proper forms which are available at the Band Office. You are entitled to glasses once a year. Health & Welfare Canada will cover \$40 towards the frame and will cover your lenses (whether they be plastic or glass, bi-focal or seamless bi-focal). Any expense over the \$40 on the frames (tinting and optometrist fee) you will have to pay yourself. To obtain this service you must have a prescription for the glasses and we must see it before we issue the proper forms. Dental Work will be covered also, but the proper forms must be secured from this office. We recommend that you visit only a general practitioner dentist and only see an oral surgeon or specialist when referred. In some cases, depending on the work to be done, you may have to pay a difference. Drug Prescriptions will also be covered and local Pharmacists have these forms. If you have any other coverage such as Blue Cross, we recommend that you utilize that service. If you secure this service and have the proper forms from this office, you must inform your pharmacist of that fact and that you have a band number, and to what band you belong. ONLY prescriptions prescribed by a physician or dentist will be covered. Any over-the-counter drugs or aids will not be considered.

All forms, except the eyeglass forms, once completed, must be sent back to this office for verification. They will then be sent to the proper agencies for payment. The eyeglass form can be sent directly to Health & Welfare Canada, Toronto, by the Optometrist. We suggest that you find professionals in the above mentioned areas that might be familiar with these procedures.

Please keep in mind that if any of the mentioned services are pre-paid by yourself without the proper forms, you will probably have to cover the cost yourself as the paying agencies are not in the habit of reimbursing.

I hope this information will answer your questions in these areas. Any further explanation can be had by contacting the Band Office.