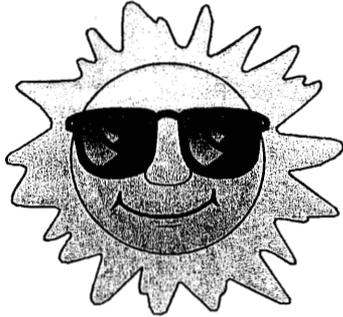


TYENDINAGA

NEWSLETTER



ISSUE 3/03



SPRING

IS NEAR



In this Issue:

Administration
& Meeting Minutes - front - 11

Education - 12 & 13

Employment - 14

Health Centre - 15 & 16

Red Cedars - 17 & 18

Community Interest - 19 - 22

Recreation - 23 - 25

Upcoming Events - 26 - 27

Recreation - 28

Classified - 29

Business Advertisements - 30 - 32

Meeting Minutes

Newsletter Deadline
TUESDAY, March 25
12:00 noon
396-3424

We're on the Internet
www.tyendinaga.net

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

WEDNESDAY, MARCH 12
(9:00 a.m. Regular) (7:00 p.m. Local Business)

WEDNESDAY, MARCH 19
(Regular Meeting) at 7:00 p.m.

JOB POSTINGS

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

www.tyendinaga.net

ADMINISTRATION



MOHAWKS OF THE BAY OF QUINTE

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

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

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

MARCH 2, 2003

Se:ken Sewakwekenh

I hope that everyone is enjoying or enduring this old fashioned winter. Please remember to drive with caution.

NON INSURED HEALTH- BENEFITS CLIENT CONSENT FORMS

In early February 2003 Health Canada printed and distributed client consent forms. This has caused confusion among the doctors, dentists and pharmacies.

Please be aware that the First Nations leadership in Ontario does not agree with this standardized form and are working diligently to formalize an Ontario specific consent form that will allow Health Canada to pay for First Nations health care without invading our privacy or disrespecting our people.

Our people continue to have status quo up until September 01, 2003. This means:

1. People of First Nations do NOT have to give consent or sign the forms printed at this time.
2. Payment by the client prior to treatment will not be required.
3. Service CANNOT be denied on the basis of refusing to sign the consent form.

At the meeting with Health Canada in Toronto on February 3, 2003, I requested that Al Garman, Ontario Regional Director for FNIHB, issue a letter that Council's could send to doctors, dentists and local pharmacies so that members would not experience difficulties in receiving health benefits. I am enclosing a copy of Al Garman's letter dated February 14, 2003 providing the details on this subject.

AGAIN, you DO NOT HAVE TO GIVE CONSENT AT THIS TIME.

(2)

THE FIRST NATION GOVERNANCE ACT

On February 6 - 7, 2003 I lobbied Senator William Adams, Senator Thelma Chalifoux, The Honourable David Kilgar, M.P. and John Godfrey, M.P., to lobby against the First Nations Governance Act (Bill C-7), the Specific Claims Bill (Bill C-6), and the First Nations Fiscal and Statistical Management Act (Bill C-19).

Senator Thelma Chalifoux has asked me to make a presentation to the Senate Committee on the proposed legislation.

TURTON PENN HIGHWAY

On February 13 - 14, 2003, Council met with the representatives of the Department of Justice, Indian Affairs, Ministry of Transportation, Ontario and the Ontario Native Affairs Secretariat to continue discussions involving the language of a settlement agreement and financial compensation for the use of the former Turton Penn area for public road purposes.

AFN SPECIAL ASSEMBLY

A special AFN Assembly was held at the Westin Hotel in Ottawa on February 20 - 21, 2003 to discuss the Specific Claims Act (Bill C-6), the First Nations Governance Act (Bill C-7) and the First Nations Fiscal and Statistical Management Act (Bill C-19).

The Chiefs passed two Resolutions. Resolution #1 **was** passed that the next AFN Special Confederacy of Nations be held in Ottawa on April 9 - 11, 2003 instead of the scheduled March, 2003 Vancouver location. Resolution #1 directed the AFN Executive to build up momentum at the next Confederacy of Nations meeting to demonstrate to the Canadian people and Parliament the total rejection and opposition by First Nations to the Federal suite of legislation. The Chiefs agreed that after the current crisis is over, the next Confederacy of Nations meeting would be held in Vancouver.

Resolution # 2 passed directing National Chief Coon Come and the AFN Executive Committee to replace the current AFN Fiscal Relations Committee co-chairs held by Chief Many Jewels **and** Chief Herb George of British Columbia. The Co-chairs are being replace because they have continued to support the Fiscal and Statistical Management Act (Bill C- 19) **in** contravention of the National mandate to oppose the legislation set out in Resolution 30 and 35.

The National Chief **was** directed to allocate financial resources to oppose Bill C-19 and to promote a new bilateral fiscal relationship. National Chief Coon Come was to direct a clear, unequivocal public statement to the media opposing Bill C-19.

I am enclosing a report from the AFN **on** the lobby initiative.

ADMINISTRATION

(3)

THAYENDINAGEA HEALTH CENTRE STRUCTURAL INSPECTION

On the recommendation of Health Centre and Technical Department staff, Council approved a \$ 5,850.00 contract with Deom Associates Consulting Engineers, Kahnawake, Quebec to provide a structural and mechanical assessment of the Health Centre. Health Canada will reimburse Mohawks of the Bay of Quinte for the inspection fees. The inspection was conducted on February 21, 2003 after Health Centre staff reported loud noises on the roof, which were accompanied by ceiling and wall cracks at certain junctions.

The Engineers concluded that the ceiling and wall cracks are caused by insufficient allowances for deflection for the steel roof beam wood joists in certain areas. The stresses and deflections are generated because of large temperature differences. The Engineers concluded that the deficiencies observed were cosmetic and were not detrimental to the stability of the structure.

HEALTH CANADA - 1% LEVY

I am enclosing a letter I received from Minister A. Anne McLellan, Health Canada in response to my question why Health Canada was taxing 1% of the Non-Insured Health Benefit Budget. Minister McLellan said that until recently Health Canada had not factored in sufficient funds for communication purposes.

EDUCATION - MINISTERS WORKING GROUP

On June 26, 2002, we were advised that the Minister of Indian Affairs was establishing a Working Group on Education as part of an Education Renewal process.

The Working Group was mandated to provide recommendations on how the Federal Government, in partnership with First Nations, can foster excellence and celebrate successes in First Nation education. They were asked to examine and review best practices, as well as various report and studies in the area of early childhood and elementary and secondary education, to seek out options for ultimately reducing the gap in academic results between First Nation students and other Canadian students.

The Co-chairs on the Working Group presented their findings on December 12, 2002. The report is entitled *Our Children – Keepers of the Sacred Knowledge*, for your information. You can obtain a copy of the report from the Education Department at the Mohawk Administration Office or on Indian Affairs Internet site at: www.ainc-inac.gc.ca.

(4)

The report contains 27 recommendations that span from early childhood education to post-secondary education. Indian Affairs state that they are looking for ways in partnership with First Nations to implement measures that will raise the standards of First Nations Education. In the coming weeks, Indian Affairs will be engaging in discussions with the AFN, First Nations communities, principals, teachers, provincial ministries of education and other stake holders.

CASINORAMA COURT CASES UPDATE

The Ontario First Nations Limited Partnership was advised of important rulings made by the Ontario Superior Court of Justice on motions relating to the Ontario 20% win tax and the 35% Mnjicaning First Nations (MFN) (Rama) court case.

MFN challenged (a) the legal right of the Chiefs of Ontario to add the Ontario First Nations Limited Partnership as a representative plaintiff in the action, and (b) challenged the Chiefs of Ontario legal right to amend the original statement of claim to include new or additional information since the claim was filed.

The court supported the motion that the OFNLP and the Chiefs of Ontario are entitled to have legal representation in all legal proceedings relating to the Casino Rama revenues. MFN and the Province of Ontario were opposed to the OFNLP and the Chiefs of Ontario having representation.

A separate ruling of the court determined that the Law Firm Blake, Cassels and Graydon LLP who were acting as legal counsel in the litigation were in conflict and can no longer act on the 20% Ontario win tax action. In 2000, MFN's legal counsel gave Blake, Cassels and Graydon written legal consent to act for the Chiefs of Ontario and OFNLP.

During the 8 months while the motions were before the court, Blake, Cassels and Graydon worked diligently to ensure that no time was lost. The OFNLP litigation team obtained significant new information through the freedom of information requests and continued to review, analyze and compile documents during this period of time. The OFNLP is considering whether, to appeal this decision or select a new Law Firm to represent us. There will be minimal delay as the case has been thoroughly and properly prepared.

INAC INCREASED FUNDING

On February 5, 2003, Council approved Indian Affairs contribution funding change #7 which will provide Mohawks of the Bay of Quinte with an additional \$ 74,050.00 for post-secondary education, income security demonstration project, and grade 12 text book purchases. At the same meeting, Council acknowledged Indian Affairs funding confirmation of \$27,000.00 for the Family Violence initiative for the fiscal year 2002 – 03.

ADMINISTRATION

(5)

BAY OF QUINTE ADVISOR COMMITTEE

At the February 5, 2003 meeting, Council passed a motion to decline sitting on the Minister of Natural Resources Advisory Committee for the Bay of Quinte since the Mohawks of the Bay of Quinte have Aboriginal and Treaty Rights.

CASINO RAMA FUND - ROADS

At the February 17, 2003 meeting, Council approved to allocate two million dollars for reconstruction and road repairs.

SPECIAL THANK YOU

I take this opportunity to express my appreciation to the Tyendinaga Mohawk Fire Department, Tyendinaga Township Fire Department, Tyendinaga Police Service, Ontario Provincial Police, CFB weather station and all emergency personnel involved in the February 20, 2003 train derailment which occurred on the Canadian Pacific railway track. Your efforts in providing me periodic updates were greatly appreciated.

Fortunately, the wind did not change direction and no one from our community had to leave their home. Eventually, the emergency personnel were able to bring the train fire under control without any chemical mishap and their efforts are greatly appreciated.

I hope that you find this report informative.

Donald Maracle

R. Donald Maracle
Chief

NOTICE TO COMMUNITY MEMBERS

NOW IN PLACE
AT THE BAYSHORE PARK
ISA YARD HYDRANT FOR
FILLING UP WATER JUGS
YEAR ROUND

Honorarium Report
November-02

Chief R. Donald Maracle	\$ 2,000.00	
Councillor Velma Hill-Dracup	\$800.00	
Councillor Douglas E. Maracle	\$700.00	
Councillor Gregory P. Brant	\$1,900.00	
Councillor Christine Claus	\$1,900.00	
	\$5,300.00	\$7,300.00

*honorarium back pay Jan 1997-March 2001 to pay same rate (\$100.00 per day) as other members of council

Honorarium Report
December-02

Chief R. Donald Maracle	\$3,100.00	includes special hon of 1500.00
Councillor Velma Hill-Dracup	\$700.00	
Councillor Douglas E. Maracle	\$100.00	
Councillor Gregory P. Brant	\$1,700.00	
Councillor Christine Claus	\$1,600.00	
	\$4,100.00	\$7,200.00



Tyendinaga Police Service Unsolved Crimes

On October 23rd 2002, it was reported that several units of the Shannonville Mini Storage had locks removed; however, no property was taken. It is believed that the offence occurred sometime since October 1st 2002.

On January 24th 2003, a staff member's purse was stolen from an office at the Ohahase Adult Education. It was later recovered with cash & cigarettes missing

On January 28th 2003, it was reported that two Ontario Licence Plates #ALXH 916 were stolen from a motor vehicle on Church Lane South. It is believed that the offence occurred sometime since January 14th 2003.

On February 17th 2003, it was reported that a red Leer fiberglass tonneau cover was stolen from a residence on Ridge Road. It is believed that the offence occurred sometime since February 1st 2003.

Anyone with information about these occurrences, or any other crime, is asked to contact the Tyendinaga Police at 967-3888, or to anonymously call Crime Stoppers at 967-8477. If your call to Crime Stoppers results in an arrest, you may be eligible for a cash reward.

ADMINISTRATION

REPORT FROM A MEMBER OF COUNCIL Submitted by Gregory P. Brant

Emergency Preparedness

Congratulations to our police and fire services for their excellent response to the recent rail disaster.

Although I was somewhat doubtful of the need to review our Emergency Preparedness plan, this has made me a believer.

Conflict of Interest

In the small, closed community in which we live, it is inevitable that we encounter situations of conflict of interest, whether actual or perceived. However, the current mechanism we use to resolve them is lacking.

Allowing politicians deemed not in conflict to determine whether other politicians are in conflict to me is fundamentally wrong.

What is truly needed is a "neutral" conflict of interest panel to be formed to deal with this. It is also proposed that this panel deal with issues for conflict of interest among band employees, as well.

Criminality

Criminality is hardly a new development on our Territory, however, as of the last few years, I have noticed a shocking increase in the type and severity of crime in our community. Most prevalent seems to be the 'break and enter' property crime. While courts do not seem to be taking a hard line with these criminals, the damage thieves have done to our community is immense. Firearms, jewelry and many items of sentimental value and irreplaceable, have been stolen.

It is important to clarify that I am not referring to individuals who make a poor choice in their lives as career criminals. All of us make mistakes in our lives. I am referring to organized criminal rings, dealing in stolen goods and "hard" drugs such as cocaine and heroin, operating freely in our midst.

(2)

refuse to allow the 99 per cent of our community, the collective, to live in fear of the 1 per cent who have no morals or control whatsoever.

propose the following:

- I. Hold a plebiscite to consider BANISHMENT of career criminals from our community.
- II. Get control of the growing non-native criminal element using our Territory as a base of operations.
- III. Expand our police services to provide adequate coverage and protection for our Territory.

This problem will not solve itself. Coddling career criminals hasn't worked; LET US TAKE STRONG MEASURES TO PROTECT OUR COMMUNITY!!

Mohawk Gun Law

Our gun law is very close to becoming operational. Unfortunately, the only hold up is the sorry state of affairs at the Canadian Firearms Centre but recent changes there should get them back on track.

Fishing

For those among us who had predicted the 'sky was falling' concerning fish stocks in the Bay of Quinte, you must have confused the sky falling with fog. Recent studies by the Ministry of Natural Resources show that pickerel stocks were misjudged by well over a quarter million fish and that the stocks never reached the crisis level.

This is not to say, however, we do not need control for we most certainly do. Now is an excellent time to bring in our own fishing regulations since conservation is NOT an issue. If the Ministry of Natural Resources wishes to over-ride our fishing rights, they must think of a new tactic.

I welcome your comments at 967-2529.



SKILLED TRADES SHOW SPONSOR INFORMATION

Where Will Your Labour Force Come From?

- Demographics are changing. Baby boomers are retiring. Where will the skilled tradespeople you need to run your business come from?
- 3 They don't grow on trees.
- They don't "pick up a trade" with a few months of practice.
- 3 If your business is to be viable in five to ten years, recruiting has to start now. We want the best and the brightest to consider the skilled trades as a career option. This will only happen if we tell them about the opportunities available.

"We participated in the 2001 and 2002 Skilled Trades Fairs. The applicants to our apprenticeship selection committee were noticeably better qualified - and many of them told us they found out about the opportunities at the Skilled Trades Fair."

Wayne Smith, Industrial Electric Selection Committee, Quinte St. Lawrence Local Apprenticeship Committee for the Electrical Trade

To help employers recruit new workers into the skilled trades, the Lennox Addington Frontenac Leeds Grenville Training Board is coordinating the third annual one-day Skilled Trades Fair

Saturday, March 22nd in Kingston at the Cataraqui Town Centre

We need your help. It will cost approximately \$25,000 to run the fair - items like advertising, space rentals, a coordinator and support person to recruit and coordinate exhibitors, etcetera. We are offering two levels of sponsorship:

Platinum-Level Sponsor

- Logo on all posters, and on web-site @.
- Credit in print media advertising
- Logo added to letterhead for all trade-fair correspondence as soon as commitment received.
- \$1,000

Gold Level Sponsor

- Name on all posters.
- Logo on web-site and letterhead
- \$500

To Sponsor:

Call today, or fill in the sponsorship portion of the registration form enclosed and fax it to us.

Peter Walker / Glenda Green
Skilled Trade Initiative - Event Coordinators
(613) 542-9431v, 613-542-2417f, staff@kca.on.ca

Fact: The Automotive Parts Manufacturers Association forecasts a 42% vacancy rate for skilled trades by 2007 - nearly 37,000 jobs but only 30,000 skilled workers will be available.

Human Resources
Development Canada

Développement des
ressources humaines Canada

ONTARIO



T.M.C. MEETING MINUTES



TYENDINAGA MOHAWK COUNCIL MINUTES JANUARY 22, 2003

A meeting of the Tyendinaga Mohawk Council was held on Wednesday January 22, 2003 at 7:00 p.m. in the Council Chambers.

Present: Chief R. Donald Marade
Councillors: Gregory P. Brant, Douglas E. Marade, Christine Claus and Velma Hill-Dracup
Staff: Angela Maracle, A/Chief Administrative Officer

MOTION#1: Moved by Christine Claus, seconded by Gregory P. Brant that the Tyendinaga Mohawk Council minutes of December 18, 2002 be accepted as amended. Carried.

Chief R. Donald Marade requested the Technical Department do a cost benefit analysis comparing the installation of a new tank system at the new Public Works Facility or utilizing the old system at the former Roads Building.

MOTION#2: Moved by Gregory P. Brant, seconded by Christine Claus that the Tyendinaga Mohawk Council minutes of January 8, 2003 be accepted as amended. Carried.

MOTION#3: Moved by Gregory P. Brant, seconded by Christine Claus that the Tyendinaga Mohawk Council Local Business minutes of January 15, 2003 be accepted as amended. Carried.

MOTION#4: Moved by Velma Hill-Dracup, seconded by Christine Claus to accept the Kanhiote Library minutes of January 13, 2003. Carried.

Scheduled meetings: January 23rd – 9:00 a.m. discuss FPC
January 23 – 11:00 a.m. District Health Council
January 23 – 2:00 p.m. Jeff Curtis, Bank of Montreal
January 27-28th – Richmond Dump review in Toronto
January 28-29th – AIAI Non-Insured Health Benefits – Toronto
January 29th – TMC Local Business
January 30th – 9:00 a.m. CAO interviews
January 31st – 9:00 a.m. Interview; Housing Points System, and Power Point presentation

MOTION#5: Moved by Gregory P. Brant, seconded by Velma Hill-Dracup to confirm the following dates for February 2003 Council meetings:
February 5, 7:00 p.m. – Regular
February 12, 7:00 p.m. – Local Business
February 19, 7:00 p.m. – Regular
February 26, 7:00 p.m. – Local Business Carried

MOTION#6: Moved by Douglas E. Maracle, seconded by Velma Hill-Dracup to accept the draft agenda for the January 23, 2003, internal meeting to discuss the future with First Peoples Consultants. Carried

MOTION#7: Moved by Velma Hill-Dracup, seconded by Gregory P. Brant to accept Christine Claus' proposal to withdraw her eligibility for the proposed Residential Rental Incentive Program while being a member of Council so there is no perceived conflict of interest as she will not personally benefit from the motion. Carried

Doug Maracle - negative vote as he does not think this motion addresses the conflict of interest issue.

MOTION#8: Moved by Velma Hill-Dracup, seconded by Gregory P. Brant to meet with Bonnie Maracle at her office on February 20, 2003 at 9:30 a.m. regarding the Home and Community Care Jurisdiction of Records Legal Opinion. Carried.

MOTION#9: Moved by Gregory P. Brant, seconded by Douglas E. Maracle to have Lashelle Brant, Economic Development Officer, meet with Andrew Clifford Maracle (Miracle) regarding various business proposals that Clifford brought to Council's attention on January 15, 2003, and bring recommendations back to Council based on her analysis. Carried

MOTION#10: Moved by Douglas E. Maracle, seconded by Velma Hill-Dracup to acknowledge the thank you for the Mohawks of the Bay of Quinte's support of the soup program at Quinte Mohawk School. Carried

MOTION#11: Moved by Douglas E. Maracle, seconded by Velma Hill-Dracup to send a letter of appreciation to Gord Foster for his volunteer work with the soup program at Quinte Mohawk School. Carried

MOTION#12: Moved by Christine Claus, seconded by Gregory P. Brant to acknowledge the letter dated January 15, 2003, sent to Sandra Green, Environmental Health Officer, Health Canada, and wait for response from Health Canada on the recommended size for a no drilling zone on the York Road property. Carried

NOTE: Response received from Health Canada and provided to Council at the meeting; but it was not reviewed – place on next agenda.

MOTION#13: Moved by Velma Hill-Dracup, seconded by Christine Claus to pay the invoice dated December 31, 2002, from Blaney McMurtry in the amount of \$1,550.75 re: former Bench Tech building. Carried.

Greg Brant declared conflict on interest and did not vote

MOTION#14: Moved by Christine Claus, seconded by Velma Hill-Dracup to pay the following invoices from Alan Pratt:
#2367 in the amount of \$953.46, General Matters
#2368 in the amount of \$3,846.94, Johnson Brant Family Claim
#2369 in the amount of \$4,345.68, Turton Penn Lease Carried.

MOTION#15: Moved by Velma Hill-Dracup, seconded by Gregory P. Brant to pay invoice #10688 for Organization and Systems Development Inc. in the amount of \$3,404.98 re: MFS Development Project. Carried.

MOTION#16: Moved by Velma Hill-Dracup, seconded by Christine Claus to pay the invoice dated January 3, 2003 from Patrick Schindler in the amount of \$4,150.00 re: Richmond Landfill Expansion. Carried.

MOTION#17: Moved by Velma Hill-Dracup, seconded by Christine Claus to pay the invoice dated January 14, 2003, from Patrick Schindler in the amount of \$2,702.35 for various disbursements re: Richmond Landfill Expansion. Carried.

MOTION#18: Moved by Velma Hill-Dracup, seconded by Gregory P. Brant to donate \$75.00 to the Community Development Council of Quinte for a Non-Dinner Dinner that provides support to the six food security initiatives (i.e. the Good Food Box, the Good Lunch Box). Carried.

MOTION#19: Moved by Gregory P. Brant, seconded by Douglas E. Maracle to donate \$100.00 to the 32nd Annual Little Native Hockey League Tournament being held on March Q-13, 2003, in Sudbury, Ontario. Carried.

MOTION#20: Moved by Christine Claus, seconded by Velma Hill-Dracup to donate \$100.00 for a half page ad to the Ontario Aboriginal Sport Circle in support of Team Ontario Hockey for the 2003 National Aboriginal Hockey Championships being held in Akwesasne from April 27 to May 3, 2003. Carried.

MOTION#21: Moved by Gregory P. Brant, seconded by Velma Hill-Dracup to acknowledge the Bank of Montreal Housing Loan Program report for the period ending January 1, 2003, with a commitment of \$1,308,864.54 acknowledging 16 loans with no arrears. Carried. Christine Claus declared Conflict of Interest.

MOTION#22: Moved by Velma Hill-Dracup, seconded by Douglas E. Maracle to acknowledge the Bank of Montreal Commercial Loan Program report for the period ending December 31, 2002, with a commitment of \$142,695.26 acknowledging 2 loans with no arrears. Carried.

MOTION#23: Moved by Douglas E. Maracle, seconded by Velma Hill-Dracup to formally approve the purchase of a snow blower for Quinte Mohawk School in the amount of \$5,140.00 from Deerhaven utilizing the Tractor Rental Account. Carried.

MOTION#24: Moved by Christine Claus, seconded by Gregory P. Brant to accept the Kagita Mikam Contract Amendment increase in the amount of \$14,076.00 for the IntegraSpec Contract #J091027. Carried.

MOTION#25: Moved by Christine Claus, seconded by Velma Hill-Dracup to accept the request of the January 10, 2003, letter from Health Canada to conduct an audit of the financial statements and documents relating to the Patient Transportation Contribution Agreement for conformity as part of Health Canada's quality assurance process. A copy of the report is to be provided to Council. Sue Maracle and Cindy Thompson are to confirm dates with White Rock Consulting Inc. Carried.

MOTION#26: Moved by Christine Claus, seconded by Velma Hill-Dracup to defer discussion of the Group Insurance and Employee Assistance Program quotes to February 20, 2003 at 2:00 p.m. and add the issue of short-term disability to the agenda for discussion. Carried.

MOTION#27: Moved by Douglas E. Maracle, seconded by Gregory P. Brant to not share information for quoting purposes between the insurance companies for quoting purposes. Carried.

MOTION#28: Moved by Velma Hill-Dracup, seconded by Gregory P. Brant to defer the request to change the Elders Lodge leases to month to month as recommended by Canada Mortgage and Housing Corporation as Council would like to know the reason for the recommendation. Carried.

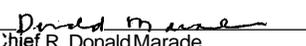
T.M.C. MEETING MINUTES

- MOTION#29: Moved by Christine Claus, seconded by Velma Hill-Dracup to approve the allotment of land to Thomas Joseph Marade, that portion of Lot 2-6, Concession 1, Tyendinaga Mohawk Territory as shown hatched on the sketch and based on Plan No. RSO 5908 R, together with that portion of Lot 3-3-1, Concession 1 as shown hatched on the sketch and based on Plan No. RSO 5603R. This is based on the advice from Garry Jewell, G.D. Jewell Engineering Inc., that this allotment will not affect the overall survey plan for the Industrial Park. M.C.R. #2003-161. Carried.
- MOTION#30: Moved by Gregory P. Brant, seconded by Douglas E. Maracle to approve the Agricultural lease #87 (in-house) between Roger Mitchell Brant and the Mohawks of the Bay of Quinte at \$2,050.00 per year. As a courtesy, notify Roger Brant that MBQ may need to utilize the land for a waste transfer station in the future. Carried.
Christine Claus in favour of Motion #30 provided there are no chemicals being used.
- MOTION#31: Moved by Gregory P. Brant, seconded by Velma Hill-Dracup to submit the Waste Management Proposal to Indian and Northern Affairs Canada for funding. Carried.
- MOTION#32: Moved by Douglas E. Maracle, seconded by Gregory P. Brant to approve the three year Recreational Lease between Clarence Green and Tony and Susan Reda, Lot 30K-1-2, Concession A as shown on Plan No. RSO 4905, along with the access for egress and ingress to and from the leased land. M.C.R. #2003-162 Carried.
- MOTION#33: Moved by Gregory P. Brant, seconded by Douglas E. Maracle to defer the draft Fishing Survey questions to the January 23 or January 29, 2003 Council meetings for more input and revisions. Carried.
- MOTION#34: Moved by Gregory P. Brant, seconded by Velma Hill-Dracup that the Tyendinaga Mohawk Council hereby supports the submission to National Strategy on Community Safety and Crime Prevention Initiative in the amount of \$50,000.00 for the "Recreational Circle of Change" proposal. M.C.R. #2003-163. Carried.
- MOTION#35: Moved by Christine Claus, seconded by Gregory P. Brant to invite the two parties concerned with infilling in the Bay of Quinte to meet with Council on February 20, 2003 at 1:00 p.m. Carried.
- MOTION#36: Moved by Douglas E. Maracle, seconded by Velma Hill-Dracup to conduct a wastewater audit for Quinte Mohawk School, the Daycare and the Health Centre and to submit a proposal to Indian and Northern Affairs Canada for funding. Carried.
- The Council suggested setting up a meeting to discuss the possibility of locating the Museum/Library/Cultural Centre at the school site.
- Chief R. Donald Marade, Douglas E. Maracle, Bob Ellis, Marie Loft, Peter Brant, Ted Maracle and LaShelle Brant make up the committee to investigate the lagoon/water issue at the Daycare, Quinte Mohawk School and the Health Centre.
- MOTION#37: Moved by Douglas E. Maracle, seconded by Christine Claus to cooperate with TODS on signage along Highway #2, but Council would like an agreement that will accommodate advertising of any of our Territory businesses that may be interested in signage in the future. Carried.
- MOTION#38: Moved by Gregory P. Brant, seconded by Velma Hill-Dracup to arrange a conference call with Health Canada, First Nations and Inuit Health Branch, to discuss the proposal submission to the First Nations Environmental Contaminants Program. There are critical times in the fishing season to conduct testing and Council would like to discuss the possibility of a grant extension beyond March 31, 2003. Carried.
- MOTION#39: Moved by Christine Claus, seconded by Gregory P. Brant to approve the installation cost for hydro on the Band's Road Allowance only for Glen Ryan Brant in the amount of \$907.00. Add the issue of discontinuing the practice of paying for the hydro poles in the road allowance to the January 31, 2003, Council meeting with Housing for discussion. Carried.
- MOTION#40: Moved by Gregory P. Brant, seconded by Velma Hill-Dracup to defer the Draft Dangerous Dog By-Law until a community survey is conducted and the results tabulated due to a community complaint. Carried.
- MOTION#41: Moved by Christine Claus, seconded by Gregory P. Brant to accept the draft Residential Rental Incentive Policy, with amendments, to begin April 1st, 2003. Carried.

- MOTION#42: Moved by Christine Claus, seconded by Gregory P. Brant to thank all staff involved for getting the Residential Rental Incentive policy drafted so quickly. Carried.
- MOTION#43: Moved by Christine Claus, seconded by Velma Hill-Dracup to approve payment of invoice to Whites Tanning in the amount of \$33,674.40, for the tanning of hides. Carried.
- MOTION#44: Moved by Douglas E. Maracle, seconded by Gregory P. Brant to waive the Community Centre rental fee for February 8, 2003 for fundraising for the Roots to Routes Program and to donate \$300.00. Carried.
- MOTION#45: Moved by Christine Claus, seconded by Gregory P. that the Tyendinaga Mohawk Council hereby support the training submission to Kagita Mikam LDM in the amount of \$24,434 for the Mohawk Family Services Program Development Proposal. M.C.R. #2003-164. Carried.
- MOTION#46: Moved by Velma Hill-Dracup, seconded Douglas E. Maracle to go into Private Minutes. (11:15 p.m.) Carried.

Debra Vincent
Recording Secretary

Angela Maracle
Chief Administrative Officer


Chief R. Donald Maracle

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



TYENDINAGA MOHAWK COUNCIL MINUTES JANUARY 29, 2003

The meeting of the Tyendinaga Mohawk Council was held on Wednesday, January 29, 2003 in the Council Chambers for Local Business

Present: Chief R. Donald Maracle
Councillors: Douglas E. Maracle, Christine Claus, Gregory P. Brant and Velma Hill-Dracup
Staff: Angela Maracle, Chief Administrative Officer

Kyle Maracle, his mother Joanne Maracle and Justin Martin attended Council to request support to attend a Rugby tournament in Rothesay, New Brunswick on April 24-27, 2003. Kyle and Justin play on the Trojans Rugby Team at Moira Secondary School. Request from Jenna Barnhardt also included. Advise other MBQ students that sponsorship is available if they ask for it.

- MOTION#1: Moved by Douglas E. Maracle, seconded by Christine Claus that the Tyendinaga Mohawk Council hereby support the students attending the Rugby tournament in Rothesay, New Brunswick on April 24-27, 2003, and approves a \$300.00 donation for each student attending. Ensure a parental consent form is signed. Carried.

George Smart and Wayne D. Maracle and approximately 20 community member were present at Council regarding Motion #10 passed on November 15, 2002 Council meeting to pay Chief R. Donald Maracle \$100 per meeting retroactive to January 1, 1997, the same rate as the Councillors. A lengthy discussion was conducted between the Community members and Council regarding this issue. What other Chiefs in Ontario are paid was discussed; Chief Maracle's honorarium is way below what other Chiefs are paid. The cost of the Rama Casino survey was also discussed. Chief R. Donald Maracle explained the cost breakdown for the survey.

NOTE: Chief provided Council an update on Policing issues.

- MOTION#2: Moved by Gregory P. Brant, seconded by Velma Hill-Dracup to meet with Glenn Trivett, First Nations Programs, Ontario Provincial Police, to discuss the possibility of the Band becoming a self-administered policing service. Carried.

- MOTION#3: Moved by Velma Hill-Dracup, seconded by Gregory P. Brant that this Council hereby approve to meet on February 21, 2003, at 10:00 a.m. with Community Care Access Centre and Val Marin, Health Canada, re: Protocol Agreement. Invite Janet Brant-Nelles to attend meeting. Council directed that Christine Claus and Janet Brant Nelles work together on a draft agreement and bring the agreement to Council for review before the February 21 meeting date. Carried.

T.M.C. MEETING MINUTES

Council reviewed the letter from Sandra Green, CPHI(c) Environmental Health Officer, Health Canada dated January 17, 2003 re: Well Water Shortage – York Road Area.

MOTION#4: Moved by Gregory P. Brant, seconded by Velma Hill-Dracup that this Council approve to obtain the cost to conduct a hydrogeology study on the well water shortage in the specified York Road area. Send letters to Indian and Northern Affairs Canada and Health Canada to seek funding.
Carried.

MOTION#5: Moved by Douglas E. Marade, seconded by Velma Hill-Dracup that this Council hereby defer the revised Draft Fishing Survey for further review and correction.
Carried

MOTION#6: Moved by Gregory P. Brant, seconded by Velma Hill-Dracup to defer signing the Mohawk Council Resolution until January 30, 2003, for the Tyendinaga Sports Opportunity proposal in the amount of \$6,000.00 going to the Ministry of Tourism and Recreation for corrections. The Recreation Department to run the program.
Carried

MOTION#7: Moved by Douglas E. Marade, seconded by Velma Hill-Dracup that this Council hereby acknowledge the financial report on the Angel Tree Program expenditures for the Christmas Season of 2002 and to have the account set up in accordance with Mohawks of the Bay of Quinte's financial regulations, policies and procedures.
Carried

MOTION#8: Moved by Velma Hill-Dracup, seconded by Christine Claus to acknowledge the report from Patrick Schindler dated January 29, 2003 re: Richmond Landfill Expansion Application for Judicial Review.
Carried

MOTION#9: Moved by Gregory P. Brant, seconded by Velma Hill-Dracup that this Council approve to forward the draft Legal Advice Clinic Agreement to Bonnie Maracle for review and comment.
Carried

Council reviewed the letter from Ken Brosseau, Indian and Northern Affairs Canada in Brantford, dated January 21, 2003 re: Easement Agreement – Trans-Northern Pipelines Inc.

MOTION#10: Moved by Douglas E. Maracle, seconded by Velma Hill-Dracup to get available dates to meet with Ben Lansink, Consultant for MBQ, regarding the Trans-Northern Pipelines Agreement.
Carried

MOTION#11: Moved by Christine Claus, seconded by Gregory P. Brant to ask Tom Goff to do an executive summary on the Mohawk Family Services Operational/Administrative Review that can be published in the Newsletter.
Carried

MOTION#12: Moved by Velma Hill-Dracup, seconded by Douglas E. Maracle to acknowledge receipt of the letter from Doug Forbes, Indian and Northern Affairs Canada, dated January 9, 2003, stating there are no INAC funds available this fiscal year for the former Bench Tech property legal expenditures.
Carried

MOTION#13: Moved by Gregory P. Brant, seconded by Douglas E. Maracle to prepare a report to be put in the Newsletter for the Community on status of all lawsuits filed against the Mohawks of the Bay of Quinte.
Carried

Bonnie Maracle who was present during Council asked if Council was still interested in setting up the free legal advice clinic. Bonnie Maracle stated that one year has gone by with no agreement with Council and the clinic is still not in-operation.

Council was advised the Finance Office had no communication with Bonnie on the subject. Bonnie had informed Council that she would not accept Legal Aid Ontario's proposal as it was inadequately funded.

MOTION#14: Moved by Gregory P. Brant, seconded by Velma Hill-Dracup that a meeting be set up with Clayton Ruby, Toronto Lawyer regarding the establishment of a legal advice clinic.
Carried

MOTION #15: Moved by Velma Hill-Dracup, seconded by Douglas E. Maracle to go in private. (11:15 p.m.)
Carried.

Molly Kohoko
Recording Secretary

Angela Maracle
Chief Administrative Officer

Donald Marade
Chief R. Donald Marade

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

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

January 30, 2003

Chief and Council
Mohawks of the Bay of Quinte

Your file / Votre référence

Our file / Notre référence
4200-12-164(FS41)

Attention: Angela Maracle, Office Manager

RE: 2002/2003 BAND SUPPORT FUNDING INCREASE

This is in response to the Minister's commitment to a 5% Band Support Funding (BSF) increase. An initial 5% adjustment was provided in 2001/2002. A 10% adjustment is being provided in 2002/2003. Funds are non-core one time payments only and provided as BSF or Indian Management Development (IMD) funds and calculated as follows:

A	B	C	D	E	F	G
2000/01 BSF Base Amount	2002/03 Funding Increase 10%	2002/03 Total Entitlement A+B	2002/03 BSF Data Base Update	Allowable BSF Funding Increase B	Balance to IMD B-E	Total Funding Increase E+F=B
\$ 486,600	\$ 48,660	\$ 535,260	\$ 477,243	\$ 0	\$ 48,660	\$ 48,660

Total funding increase for 2002/03 is provided as follows:

	BSF	IMD	Total
2002/03 - 5% Initial Allocation	\$ 0	\$ 24,330	\$ 24,330
2002/03 - 5% Balance Due	\$ 0	\$ 24,330	\$ 24,330

Sincerely,
Charles Nadjwon
Charles Nadjwon
Funding Services Officer
Ontario Region

Canada

Remember if you have an EMERGENCY
CALL **911**



ADMINISTRATION



MOHAWKS OF THE BAY OF QUINTE

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

NOTICE TO THE COMMUNITY

RE: CLIENT CONSENT FORMS AT OFF-RESERVE PHARMACIES

Please be advised that the following letter from Al Garman, Regional Director, Ontario Region, First Nations and Inuit Health Branch, states that on-reserve Band members are **NOT REQUIRED** to sign the Non-Insured Health Benefits Client Consent Forms until September 1, 2003. It further states that access to benefits **will not be affected** by this action.

First Nation Leadership does not agree with this standardized form and are working to formalize an Aboriginal specific consent form that will allow Health Canada to pay for First Nation health care without invading our privacy or disrespecting our people.

Pharmacies in Deseronto, Napanee, Belleville, Trenton, Picton and Kingston will be sent this letter to notify them that on-reserve Band members are not required to sign these forms until September 1, 2003.

We will keep you informed regarding the discussions the Chiefs of Ontario are having with Health Canada regarding this matter.

Remember that you do not have to give consent at this time.

Nia:wen,

Donald Maracle

R. Donald Maracle
 Chief



1547 Merivale Road, 3rd Floor
 Postal Locator: 6103A
 Nepean, Ontario
 K1A 0L3

February 14, 2003

**MESSAGE TO ALL ONTARIO CHIEFS
 NON-INSURED HEALTH BENEFITS - CONSENT INITIATIVE**

Commencing February 1, 2003, the Non-Insured Health Benefits (NIHB) Directorate head office began distributing Client Consent Forms to off-reserve pharmacies across Canada.

It has recently been brought to my attention that some pharmacies are unclear about the provision of benefits to First Nations clients who have not signed the Consent Form. I would like to reiterate the points that were made in the letter that accompanied the Consent Information Kits distributed to pharmacies:

- Pharmacists are **NOT** being asked to explain the consent requirements, nor to assist the client with the completion of the Consent Form
- Consent is required by September 1, 2003. **Until** this date, access to benefits will not be affected
- Clients **who have not provided consent** by September 1, 2003 **may do so** anytime after this date, but the NIHB Program will be unable to process requests for benefits without client consent.

Should you or a client experience difficulties when accessing Non-Insured Health Benefits at off-reserve pharmacies please contact the Non-Insured Health Benefits Consent Information Centre at 1-888-751-5011 or in Onawa at (613)-946-4400 between the hours of 8:00am and 6:00pm.

You may also wish to direct your concerns to FNIHB Ontario Region by contacting Margaret Tims, Manager, NIHB Policy and Client Liaison at (613) 952-0098 or by fax at (613) 952-7054.

Please feel free to share this information with off-reserve pharmacies servicing members of your communities.

Should you have any additional questions or concerns, please contact my office at (613) 952-0083.

Canada

Yours truly,

Al Garman
 Regional Director
 Ontario Region
 First Nations & Inuit Health Branch

**** ATTENTION **
 COMMUNITY MEMBERS**

On Monday March 10 at 4:30 p.m.
 the APTN television series "Seekers"
 will be featuring the
 Mohawks of the Bay of Quinte's
 award winning R-2000 homes.

The Huron Brant Drive North homes
 where winners in the 2002
 National Energy Efficiency Awards.



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in February responded to 8 calls:

- 3 - Medical Assist
- 1 - Vehicle Fire
- 1 - Structure Fire
- 1 - Gas Smell Investigation
- 1 - Mutual Aid
- 1 - Oder Investigation

This brings our total to 18 calls for the year 2003.

ADMINISTRATION

Minister of Health  Ministre de la Santé
 The Honourable/L'honorable A. Anne McLellan
 Ottawa, Canada K1A 0K9

FEB 11 2003

Chief R. Donald Maracle
 Mohawks of the Bay of Quinte
 R.R. 1
 Tyendinaga Mohawk Territory, Ontario K0K 1X0

Dear Chief Maracle:

Thank you for your correspondence concerning the levy of one per cent instituted for the purpose of providing communications support to the First Nations and Inuit Home and Community Care Program. I apologize for the delay in responding.

I welcome the opportunity to explain the reasons for the use of the levy to promote major programs such as this one.

Effective communications contribute to the success of major Health Canada activities, such as home and community care. With the support of my officials specialized in strategic communications and social marketing, awareness of programs can be increased, their benefits explained, their effectiveness strengthened, and their impact evaluated. In addition, communications help fulfil the obligation of the Government of Canada to inform Canadians on how public funds are being invested. It should also be noted that the one per cent levy is applied to all Health Canada programs and is not limited to the First Nations and Inuit Health Branch.

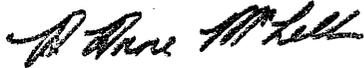
Until recently, Health Canada initiatives had not factored in sufficient funds to provide continued and substantial communications support. The levy was instituted to correct this situation. The funds generated by the levy are placed in a global budget that serves to support a wide range of programs and initiatives.

The levy yields valuable returns, both to the people who benefit from programs, such as home and community care, and to the communities that deliver them. This return on investment is repeated across a wide range of Health Canada programs that help improve the health status of First Nations and Inuit.

Since the program's inception three years ago, over 60 per cent of First Nations and Inuit communities have access to home and community care services. This is a remarkable accomplishment; one that will grow with the help of Health Canada communications activities and the support of First Nations and Inuit communities.

Thank you again for writing on this important issue.

Yours sincerely,



A. Anne McLellan

*** 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.



The Premier
 of Ontario
 Legislative Building
 Queen's Park
 Toronto, Ontario
 M7A 1A1

Le Premier ministre
 de l'Ontario
 Hôtel du gouvernement
 Queen's Park
 Toronto (Ontario)
 M7A 1A1



January 23, 2003

Chief R. Donald Maracle
 Mohawks of the Bay of Quinte
 13 Old York Road
 RR 1
 Tyendinaga Mohawk Territory, Ontario
 K0K 1X0

Dear Chief Maracle:

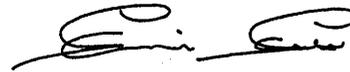
Thank you for your participation in the Festival of Ontario during Her Majesty Queen Elizabeth II and the Duke of Edinburgh's tour of our Province as part of her Golden Jubilee Tour.

Over the past 50 years, all Ontarians have witnessed a reign of outreach, compassion, and public service, not just in Canada but also across the Commonwealth and indeed around the world. We can be justifiably proud of the leadership role Her Majesty has demonstrated throughout her reign.

The Festival portrayed the very best this Province has to offer with all aspects of life in Ontario represented. The diversity of our people, cultures, heritage and the spectacular natural beauty of our Province were aptly demonstrated during the festivities. The enthusiasm, hard work and dedication shown by the over 6,000 performers, exhibitors and guests that participated in the festival of Ontario and shared in this joyous celebration is very much appreciated.

Please find enclosed a memento marking your participation in the festival. Once again, please accept my sincere gratitude for your contribution to the success of the Festival of Ontario.

Yours sincerely,



Ernie Eves, MPP
Premier



On behalf of the Government of Ontario,
 I am pleased to thank

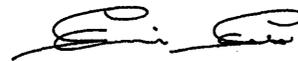
Mohawks of the Bay of Quinte

for participating in the Festival of Ontario, the Province's signature event during the Golden Jubilee Visit to Ontario by Her Majesty The Queen and His Royal Highness The Duke of Edinburgh.

Your commitment and enthusiasm contributed significantly to the tremendous success of the event. Thank you for bringing your own part of Ontario to this unique experience.

Please accept my best wishes.

Legislative Building, Toronto
 January 23, 2003



Ernie Eves, MPP
Premier

ADMINISTRATION



AFN PARLIAMENTARY LIAISON UPDATE

SPECIAL CONFEDERACY OF NATIONS - 1 2003

Overview of **Key Accomplishments** since the December 2002 Confederacy meeting: **AFN's** messages in Bill C-7 and the suite of bills are beginning to get to Parliament directly but the **AFN** is still in its early stages. **More resources are now in place to increase our lobby planning capacity.** We have a few friends in Parliament willing to help us. Our **challenge** now is to build momentum.

Current Activities: The National Chief (NC), as reported elsewhere, met several Ministers and Prime Minister Chretien in **January** and **February**. The P.M. mentioned he is **not** **going to** **change his position** (amend or withdraw), seems to think his **Indian Affairs** Minister is on the right track and he says we should continue to meet with him.

Seven delegations of Chiefs, Grand Chiefs, Councillors and advisors lobbied Parliament over a three week period when Parliament resumed in late January. A total of 23 Parliamentarians or their assistants were met in 24 separate meetings. Many informal contacts, crucial to any lobby campaign were made in the hallways and committee rooms of Parliament. More meetings are happening this week.

The focus of messages has been on C-7. The Liberal back benchers were either poorly informed on the bills, or were in favour of them despite not knowing much about them. Minister Nault has swayed them in his favour and our goal of sowing doubt amongst them is a challenge. Some Liberal MPs said they would write or talk to the Minister. Others are interested in follow-up material.

The Canadian Alliance (CA) has been helpful on Bill C-6 but less so on C-7. It agrees with AFN on some points of criticism directed toward the government, such as focusing on urgent and practical needs. However, the CA also aims much of its attacks on the First Nations councils and Chiefs accusing them of poor financial management and arguing against greater powers for councils because they supposedly ignore their members. The CA also focuses much of its time pursuing individual rights vis a vis the development of collective issues, such as the inherent right of self-government.

The NDP's Pat Martin has been the First Nations' ally. He has told Chiefs in meetings that the NDP last year agreed to follow the **AFN** lead on the suite of bills.

The Bloc Quebecois' Yvan Loubier has been generally supportive of the AFN position but he is on a learning curve. His effectiveness for the **AFN** is bound to improve over time. The Progressive Conservative's Inky Mark was active on C-6 but has been absent on C-7 due to medical leave.

The 5 Aboriginal Senators' priority is C-6. They have specific ideas that may be helpful. The AFN is currently organizing a briefing for them on all bills.

STATUS OF C-7 [FNCA]

The Standing Committee on Aboriginal Affairs (SCAA) is traveling over a period of 4 weeks until the end of March. It then plans to report to the House of Commons in April and send it to the Senate by early May.

STATUS OF C-6 [ICB]

Third Reading is expected any day and then on to the Senate. The Chair of Senate Committee indicates the bill will be sent to her Committee by mid-March.

STATUS OF C-19 [Fiscal]

Second reading vote expected any day, and then it goes to the SCAA in sequence after C-7. If all goes according to the government's plans, the SCAA should begin examining C-19 in May.

The AFN national office expanded the Parliamentary Liaison unit (PL) in response to the Dec. 2002 Confederacy resolution calling for the development of a Command and Control Centre. Tim Thompson from the Wahta Mohawk territory is on staff full time until March 31, 2003 as Parliamentary Liaison Officer and other plans are in the works for on-going help from April forward. Mr. Thompson has worked for many years on First Nations and other Aboriginal matters and is a valuable asset to the lobby campaign. PL now has a full-time Administrative assistant, Sheri Tuesday, who provides invaluable work. Rounding out the staff is a part time volunteer, Deana Nowgic.

PL provides regular advice to the National Chief and supports him in meetings with Parliamentarians. PL is working primarily on the suite of bills at this time with a focus on C-7. PL also provides coordination of various lobby campaigns and provides advice

- A typical lobby campaign is arranged according to the following steps in sequence.
1. Names and dates elected leaders are available to lobby in Ottawa are provided to PL
 2. PL develops a list of MPs and Senators to meet; time permitting, list is discussed with Chiefs coming to town to lobby
 3. Calls and/or letters to Parliamentarians sent out by PL
 4. Meeting dates, time, locations confirmed and Chiefs informed
 5. Briefing kits prepared
 6. Briefing of Chiefs
 7. Attend meetings
 8. Debrief, where possible
 9. Write up reports of meetings
 10. Assess results and adjust messaging as required
 11. Follow-up; materials requested at meetings are sent

Key Planned Activities

PL is planning a reception for parliamentarians on Parliament Hill as part of the Feb. 20 Confederacy meeting. PL also will continue planning lobby meetings.

Issues - Challenges - Opportunities

The main Liberal argument behind closed doors and used to rationalize C-7 is that Chiefs are corrupt or incompetent. The Liberals show little interest at Committee as if they are just going through the motions. The Liberals are generally maintaining party discipline in ensuring the Minister of Indian Affairs' legislative initiatives proceed quickly through Parliament.

As reported last time, the odds of stopping flawed legislation are not in AFN's favour. We may have more support in the Senate than in the House of Commons but that remains to be seen. AFN will ask the Senators to secure major amendments, where appropriate, or to delay passing bills or to possibly return legislation to the House for further review.

Other challenges include: AFN's supporters want to proceed by amendments, e.g. to propose a non-derogation clause. Opposition parties show partisanship with each other, not only toward Liberals. Opposition parties need to be reminded/pushed to have all MPs with votes turn out at crucial times. MPs will rotate travel duties on committee resulting in no opportunity to build up consistency in the committee. Few Liberals show up for committee meetings.

AFN needs a larger and continuous presence by elected leaders lobbying on Parliament Hill.

Some opportunities are presenting themselves. We have a few Liberal MPs who are sympathetic and who are willing to help where they can. We have received some specific suggestions regarding Parliamentary tactics that we are exploring.

Chiefs and others have suggested exploring means to have observers at the Standing Committee hearings in the regions to monitor the hearings with a view to alert the next presenters regarding lines of questioning and previous presenters' positions. Other suggestions include monitoring MPs voting patterns and holding them accountable for those votes.

It is generally agreed that media attention is crucial. Church groups have expressed their willingness to help.

A CALL TO CHIEFS TO SET TIME AND FUNDS ASIDE TO LOBBY IN OTTAWA
A particular challenge is to have advance notice that a few elected First Nations leaders from the regions are available for meetings in **Ottawa** to communicate messages on C-7. Chiefs are encouraged to contact Dan Gaspe at dgaspe@afn.ca or by phone at 613-241-6789, ext. 206 to indicate their availability.

Note

9-1-1

9-1-1 is for Emergency calls Only!

If you need to contact the Emergency Services for non emergency matters please call:

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

EDUCATION



EDUCATION

Trustee's Report
February 2003

Greetings All:

Readers may have seen in the *Intelligencer* that secondary school teachers who are in a legal strike position have started a "work-to-rule" action in Hastings and Prince Edward District School Board (HPEDSB) high schools. At the time of writing the action involves coming to school 15 minutes before class, leaving 15 minutes after class, not attending meetings outside of teaching hours and limiting additional work to reporting marks and absences. Similar action is occurring in 16 school boards across the province as the provincial secondary school teachers' union seeks improved terms to renew contracts that expired September 1, 2002.

The Board's agenda is to maintain student programs and a positive teaching/learning environment while finding a negotiated settlement and avoiding a financial deficit. The Ministry of Education has made it clear that any school board that goes into the red will be taken over by the province, a penalty that has already been imposed in Toronto, Hamilton and Ottawa.

Until 1998 local school boards could raise property taxes to meet rising costs, for example to raise teacher salaries. The Government of Ontario saw that this led to inequities for students because some municipalities had a richer tax base than others. Now the Ministry of Education pays all of the cost of elementary and secondary education and distributes money on the basis of a province-wide formula, with special grants that take into account the special costs of small rural schools or long bus transportation routes. The Ministry also establishes "envelopes" so that classroom expenditures are protected and administration and maintenance costs are strictly limited.

Just before Christmas the Province received a report on school funding, the Rozanski Report, in which Dr. Rozanski agreed that the system was in need of more money. The Province raised grants by 3% from their 1998 level but whether this will be enough to avoid strikes across the province remains to be seen.

How do the events in the provincial education affect us here at Tyendinaga? In the short term, escalating work-to-rule action would be tough on students. High achieving students need all the help they can get to gain entrance to the college and university programs of their choice, especially in this year when OAC and Grade 12 students are competing for space in post-secondary institutions. Students who have difficulty keeping up with the class would miss out on the extra attention that they require to make the most of their abilities. On the other hand, if the Board cuts back programs and services to re-direct income to salaries, student choices are restricted further.

In the longer term, what happens in the provincial system also has an impact on First Nations schools. If teachers are put under increasing pressure in provincial schools, there is less of a lever to improve working conditions on reserve. If programs are cut to the bone in the surrounding county, the arguments for funding options in on-reserve schools become more difficult.

Finding a win-win solution in contract negotiations will be at the top of the Board agenda for the near future.

Skennen kowa. Great Peace to you.

Marlene Brant Castellano
HPEDSB Trustee for the Mohawks of the Bay of Quinte

ATTENTION

Coming for four nights in April

Mohawk Language for parents and children.

This class will offer 8 questions or commands for everyday use in the home or in the community. The class will run every Thursday during the month of April from 6:30-7:00 pm.

20 spaces available first come first serve. This class is available to parents of children ages 0-10 years.

Children must attend.

Contact Joe Brown @ Head Start 396-6716 or t.gazley@on.aibn.com



February 24, 2003

FEB 17 2003

Dear First Nation Employment Partners:

Once again, Casino Rama is pleased to announce our First Nation Job Fair which will take place on Wednesday, April 2nd, 2003.

We are interviewing for upcoming positions and will have specific job vacancies posted at this job fair. Our First Nation Job Fair will give those interested in job opportunities at Casino Rama, the chance to submit their resume, complete an Application for Employment, and be interviewed for current openings. Also, our Table Games Department will be available to conduct Table Tests for those interested in becoming a Dealer.

This event will run from 10:00 a.m. to 4:00 p.m. at the C.R.E.W. Development Centre located in our Administrative Office Building at Casino Rama.

If you are planning to attend either on your own or with a group, we encourage you to fill out the enclosed registration form and return it by Wednesday, March 19th, 2003.

Please do not hesitate to contact me directly should you have any questions or concerns at: (705) 329-5373.

Miigwetch,

Roanne Wetherup
Recruitment Manager

EDUCATION



Haudenosaunee Opportunity for Personalized Education

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

Who can attend HOPE?

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



How can you register for HOPE?

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

There is no cost for the program.

What is 'HOPE'?

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

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



Why HOPE?

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

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

Tsie':na ne satetshe'nhsera

"Capture your dream"

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

"Follow your path (thoughts)"

Wa'kanekerah tshera ta'kie

"For future generations"



Where is HOPE?

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

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

*Apply Now for 2003!
or call for more information
on available classes!
396-6742*

When is HOPE?

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

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



Partners in HOPE



Moira Secondary School

Mohawks of the Bay of Quinte



Hastings and Prince Edward District School Board

First Nations Technical Institute



EMPLOYMENT

INTERNAL POSTING

Red Cedars Shelter

Child Crisis Liaison Worker
Ten Month Term position (24 hours per week)

The Child Crisis Liaison Worker is directly responsible and accountable to the Assistant Manager, with approval from the Coordinator to develop and implement educational and support programs for children residing within the Red Cedars Shelter, observe children for emotional difficulties and learning disabilities; communicate areas of concern/progress with parents and staff members; liaise with various agencies and schools to develop a Memorandum of Understanding for the community of Tyendinaga.

Qualifications:

- ◆ **Must** possess a post secondary education as a Child Care Worker or other relevant field
- OR**
- ◆ Any combination of education, training and experience that demonstrates the ability to successfully complete the duties and responsibilities of this position

Other Position Requirements:

- ◆ Knowledge of family violence
- ◆ Good written and verbal communication skills
- ◆ Valid class "G" driver's license
- ◆ Criminal Reference Check
- ◆ Ability to participate on committees in reference to children and training for agency's networking
- ◆ Ability to cope in stressful situations
- ◆ Flexibility
- ◆ Able to work within a team environment as well as possess team leadership skills
- ◆ Preference will be given to applicants of Mohawk Ancestry

Duties & Responsibilities: Work Procedures

1. Provide activities for preschool children within the Shelter
2. Develop a Memorandum of Understanding
3. Complete a variety of administrative and clerical duties
4. Monitor child/parent interaction
5. Work within a team environment ensuring all staff kept abreast of child progress, etc.
6. Will be required to work flexible hours according to need
7. Other duties as may be required by the Assistant and/or Coordinator of the Red Cedars Shelter

DEADLINE FOR APPLICATIONS:

March 14th, 2003 at 12:00 NOON

For a detailed position description or to apply, please contact:
 Bev Hill, A/HR Officer

Mohawk Administration Office
 (613) 396-3424 fax (613) 396-3627
 e-mail: bevh@mbq.tyendinaga.net

Note: Internal postings are meant for the membership of the Tyendinaga Mohawk Territory
 We thank all applicants for their interest in this position but only those selected for an interview will be contacted

Ohahase Education Centre
 314 Airport Road
 Tyendinaga Mohawk Territory
 396-6742

In keeping with the Onkwehonwe belief that "education is everyone's responsibility," the planning of this Haudenosaunee School is your opportunity to share your knowledge, thoughts and interest.

Ohahase Education Centre is asking for assistance from community members to volunteer their services in helping some of the students develop better reading skills or if you have any other ideas that you would like to contribute, please feel free to give us a call. We would like to hear all suggestions.

Tutoring resources will be available to interest volunteers.

For more information please contact:

Janice Brant, Adult Basic and Literacy Education Coordinator
 Email janiceb@fnti.tyendinaga.net
 or
 Janet Kring, Administrative Assistant
 Email janetk@fnti.tyendinaga.net
 Ohahase Education Centre



MISSION STATEMENT...
OHAHASE
 Is a centre for excellence, providing holistic and respectful learning, rooted in Mohawk Language and cultural practices, and
 Will facilitate a multigenerational community that fosters belonging through encouragement, motivation and laughter - striving for the goals of self-sufficiency and biculturalism.

EMPLOYMENT OPPORTUNITY

INTERNAL POSTING

INTERNAL POSTING

Thayendanega Health Centre

Health Services Clerk Receptionist
One year Term to begin May 2003

Position provides reception services for the Thayendanega Health Centre; provides visitor information concerning the MBQ Health Services and provides a variety of secretarial, clerical and administrative services in support of the Health Services administrative processes.

Essential Qualifications:

- ◆ Graduation from a program in Secretarial Services or Office Administration
- OR**
- ◆ previous experience dealing with the public in an administrative/receptionist role

Skills & Abilities:

- ◆ secretarial and clerical skills at a high level
- ◆ excellent verbal, written and interpersonal skills
- ◆ excellent public relations skills
- ◆ high level bands on computer experience and word processing skills including a proficiency with Microsoft Office
- ◆ high level of secretarial/clerical skills
- ◆ tact and discretion
- ◆ must maintain high level of confidentiality
- ◆ high level of sensitivity to Native Health issues and community concerns

Other Position Requirements:

- ◆ Successful applicant may be required to provide a Clear Criminal Reference Check
- ◆ Preference will be given to persons of Mohawk Ancestry

Duties & Responsibilities: Work Procedures

1. Responsible for greeting and providing assistance to visitors and callers in a friendly and helpful manner
2. Perform a variety of secretarial/clerical duties
3. Keeping up to date on events of interest to the community and relaying such information upon request.
4. Provide support services to the NIHB and Homemaker/Medical Transportation programs

DEADLINE FOR APPLICATIONS:

March 21st, 2003 at 12:00 NOON

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

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

Note:

Internal postings are meant for the membership of the Tyendinaga Mohawk Territory
 We thank all applicants for their interest in this position but only those selected for an interview will be contacted

Fksa B'kon: a Childcare Centre

We require call in casual supply staff!

Prior experience working with children, a clear criminal reference check and patience are required, If you would like further information or to be included in our next supply staff training session please call 967-4401

Or if you would like to volunteer some of your time at the centre please call the above number,

Nia:wen

HEALTH CENTRE

SPRING PRENATAL CLASSES "2003"

THAYENDANEGA HEALTH CENTRE

The Thayendanega Health Centre is offering **FREE Prenatal Education** Classes. The 6 week course starts **WED. APRIL 16th, 2003 @ 7:00 P.M.** Each class will be about 2 hours. The program is 6 weeks in length. Learn about the development of the baby in the womb, nutrition during pregnancy, labour & delivery, breast feeding, and the characteristics of a newborn, only to mention a few of the topics. There are lots of freebies!

Bring your partner or a friend with you!

Please call the Thayendanega Health Centre @ 967-3603 to register.

Brenda Asselstine Reg. N.
Community Health Nurse



HEALTHY BABIES HEALTHY CHILDREN

Is a new program being offered in your community as of April 1st 2003! This free program offers parents with children (prenatal to age six) support, **information** and referrals to community services.

As a part of the Healthy Babies Healthy Children program it is our goal to offer the services of a friendly Family Home Visitor. It is **our** vision that this Home Visitor will help Mom's and families with children aged 0-6 by:

- ♥ friendly & supportive visits
- ♥ providing information and resources on prenatal/postpartum health, nutrition, breastfeeding, safety
- ♥ community services/activities
- ♥ infant/child development
- ♥ parenting & coping skills

Want more information about Healthy Babies Healthy Children? Please call or drop by the Health Centre 967-3603



March 2003

Moms - in - waiting
The Canadian Prenatal Nutrition
Program

The Thayendanega Health Centre is offering something new in 2002-031 **MONTHLY FOOD VOUCHERS** for women during their pregnancy. Please drop by or call the Health Centre @ 967-3603 and speak with the Community Health Nurses. We want everyone to have a healthy pregnancy and healthy baby!

Brenda Asselstine Reg. N.
Community Health Nurse



NURSING MOTHERS' GROUP

of

Tyendinaga

invites

BREASTFEEDING MOTHERS & BABIES

to their ongoing series of meetings

on the 2nd & 4th Friday mornings each month

10 AM - 12 noon at the Thayendanega Health Centre

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. . .

New Beginnings

March 14 Getting Started.. Or Starting Over

March 28: As Baby Grows ... Returning to School or Work

For more info, or if you would like to attend but have an obstacle we could help

with (i.e. transportation) please call 967-3603
THE BREASTFEEDING CIRCLE

I started breastfeeding when my baby was born, but I stopped. My baby has been completely bottlefed ever since. There is little or no milk supply left. Can I go back to breastfeeding now?

I started out bottlefeeding. My baby has never taken the breast. Can I start breastfeeding now?

YES! If your baby is willing, or can be coaxed to spend time at the breast.

Normally, a mother's **body** prepares for breastfeeding during pregnancy, and the birth of the baby and placenta signal the mother's breasts to begin producing milk. Thereafter it's the baby's eager sucking that builds up the milk supply and tells the mother's **body** to continue to make milk. As babies get older and their needs **increase**, they have "appetite spurts" corresponding to "growth spurts", when **they** need to nurse more frequently to tell their mother's **body** to make more milk. It's a "supply and demand" system.

If the baby is not put to the breast after birth, or if breastfeeding stops sometime afterwards, the milk supply dwindles, because mother's **body** does not get the signal from the **baby's** sucking that milk is needed. (Milk supply can also dwindle for the same reason due to using bottles of supplements, soothers, nipple shields, scheduling nursings, introducing other foods too early, or if the baby is not latched in properly &/or cannot suckle efficiently for any reason).

"Relactation" is the process by which a mother is able to re-establish her milk supply several weeks or months after breastfeeding and making milk have stopped, or been delayed. It takes time, effort, and patience, but it can be possible because it is the **sucking of the baby** that stimulates milk production. Some grandmothers have nursed grandchildren when needed, even though **they** had not recently been pregnant or given birth themselves. Often mothers relactate because they find their babies cannot tolerate any formula and need **breast milk** to survive.

More and more, other **mothers** are thinking of trying to relactate after unplanned weanings due to sore nipples, **thrush**, illness of mother or **baby**, pressure to **wean**, unexpected "holiday weaning" (busy-ness), and **wrong** advice from professionals.

If you are interested in starting or returning to breastfeeding after a delay or interruption, be determined but patient. The **most** challenging part is getting your baby interested in the breast...experiment with timing. As **your** milk supply **returns**, decrease supplements gradually. Expect plateaus while rebuilding **your milk** supply. **Find** experienced help for practical tips and **support**. You are **not** alone. Good luck!

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

HEALTH CENTRE



Facts On Breast Cancer

Each year, more than 18,000 Canadian women will develop breast cancer, Breast cancer is the most common type of cancer in women. It rarely affects men, but the survival outcome is worse for men, probably because the signs are overlooked. Because it tends to occur earlier in life than other cancers and than other major causes of death, such as heart attacks and strokes, it has been shown to be the greatest cause of years of life lost by Canadian women. Clearly it is a major health problem.

REMINDER

If you are turning 50 in 2003, you are Eligible to have a Mammogram.

If you have not had a Mammogram in 2 years then you are due to make an appointments this year.

The CHR's will be setting up appointments and providing transportation for community members again this year.

Please call the Thayendanege Health Centre if you wish to have your name put on the appointment list for Belleville General Hospital.

Nia:wen.
Crystal, Lesley & Missy

March is Nutrition Month... Healthy Eating for Seniors

Good nutrition is important for everyone but as we get older, healthy eating becomes more of a challenge. Our bodies need fewer calories and the same amount, if not more, of certain vitamins and minerals. So how are we supposed to be able to pack in all the nutrients we need but still manage to cut back on calories? It is tricky but it can be done. You need to take extra care in choosing healthy foods. Use *Canada's Food Guide to Healthy Eating* as a tool to help you when planning meals and grocery lists.

- Use "empty calorie" foods such as pop, chips, fried foods, and candie as an occasional treat but don't make them part of your regular diet.
- Foods you do choose on a regular basis should be low in fat and high in fibre.
- Choosing lean meats and low fat milk products will help you cut back on calories while giving you a good source of protein, not to mention the vitamins and minerals.
- Do not forget to include lots of whole grains and dark green and orange vegetables. They are naturally low in fat and high in fibre – just be careful with the fat you add to these foods. Butter, cream sauce, mayonnaise and salad dressing will drive up the calories without adding many nutrients.
- Be sure to enjoy a variety of different foods from each of the food groups. This will help to ensure you are getting all the nutrients you need.

By Sarah Backus RD, Community Dietitian

Tobacco Strategy

My name is Mary Lynn Brant and I have been employed by Mohawks of the Bay of Quinte as the Tobacco Strategy Worker located at the Thayendanege Health Centre. Some of my roles and responsibilities include increasing awareness and prevention of smoking and its effects on the health of the smokers' and the people around them. (Second hand smoke)

I am very excited to take on this role in order to be able to help people in our community.

One of the upcoming Community-Based promotional activities of tobacco strategy will be introducing a contest on CKWE Radio starting March 10th and running until March 28th, 2003.

A Logo Contest for the Tyendinaga Tobacco Strategy Program as held at the Thayendanege Health Centre, open to all community members and the winners were:

First:	Dave Leafe	\$300.00
Second:	John Hilli	\$200.00
Third:	Charles Vincent	\$100.00

The first place winning logo will be in the April Newsletter.



MEDIA RELEASE

179 NORTH PARK ST.,
BELLEVILLE, ONTARIO K8P 4P1

Take it outside for smoke-free homes and cars

Belleville/February 10, 2003-Breathing Space, a community partnership for smoke-free homes and cars, is being launched in Ontario today. The Hastings and Prince Edward counties area is one of 23 across Ontario to participate in this initiative.

"We hope to motivate people to smoke outside and to ask others to smoke outside," says Heidi McGuire, Health Promoter at the Hastings & Prince Edward Counties Health Unit. "Second-hand smoke is a hazard for everyone around the smoker, including the smokers themselves."

Exposure to second-hand smoke in the home is a widespread problem in Ontario. In the year 2000, approximately one in four Ontario households reported that at least one person smoked inside the home on a daily basis. Half of all households with young children and smokers reported that smoking took place in the home.

"Children who regularly breathe in second-hand smoke have a greater chance of getting bronchitis, pneumonia, colds, ear infections, and asthma," says Joan Black, Public Health Nurse with the Health Unit. "Infants have a greater chance of dying from Sudden Infant Death Syndrome (SIDS)."

Between 1,100 and 7,800 deaths each year in Canada are due to second-hand smoke. "One way to protect people, especially children, is by not allowing anyone to smoke in the home or car," says McGuire. Other suggestions for keeping your home and car smoke-free include removing all ashtrays, encouraging family and friends who smoke to quit and displaying a smoke-free home and car decal.

For more information contact the local Health Unit at 966-5513 ext. 273. Collect calls from Hastings County are accepted between 8:30 a.m. and 4:30 p.m. by calling 966-5500.

For more information please contact

Heidi McGuire, Health Promoter 966-5513 ext. 273
Joan Black, Public Health Nurse 966-5513 ext. 301
Carol Snell, Media Relations Consultant 966-5513 ext. 304

RED CEDARS

- bat
- bee
- bird
- conserve
- coyote
- crow
- environment
- flower
- fly
- food
- frog
- gray squirrel
- grow
- habitat
- hawk
- mallard
- native
- nest
- photos
- plant
- prairie
- rabbit
- rain
- recycle
- reduce
- rest
- robin
- sheiter
- species
- sustainable
- tnad
- urban
- water
- wetland
- wildlife
- winter
- wood
- world



W	O	R	G	F	L	O	W	E	R	W	E	C	S	
A	B	W	O	D	N	T	A	T	I	B	A	H		
W	I	L	D	L	I	F	E	P	T	H	E	E	E	
E	R	L	R	P	P	S	U	L	S	E	E	V	L	
T	D	O	K	W	A	H	D	A	O	T	R	T	T	
L	W	E	N	V	I	R	O	N	M	E	N	T	E	
A	U	R	B	A	N	E	S	T	S	N	I	A	R	
N	F	O	O	D	L	D	A	N	O	N	I	E	N	
D	O	L	U	C	R	U	O					T	D	
E	T	O	Y	O	C	C	N					E	R	
V	I	C	R	O	W	E	O	E	I	B	I	R	V	A
F	E	O	N	T	M	R	C	W	B	A	T	I	L	
R	S	U	S	T	A	I	N	A	B	L	E	T	L	
O	E	E	N	T	E	I	R	I	A	R	P	A	A	
G	R	A	Y	S	Q	U	I	R	R	E	L	N	M	



Once you have found all the words, circle the remaining letters and write them below to find the hidden message:

I FIGHT LIKE A GIRL

I Fight like a girl *who* refuses to be a victim
 I fight like a girl who's tired of being ignored
 & humoured & beaten & raped.
 I fight like a girl who's been pushed too far
 I fight like a girl who has a lifetime of anger
 & strength & pride pent up in her girly body
 I fight like a girl who doesn't believe
 In fear & submission
 I fight like a girl who knows that this body and this mind
 are mine
 I fight like a girl who knows that you have
 Only as much power as I grant you
 I fight like a girl who will never allow you to
 Take more than I offer
 I fight like a girl who FIGHTS BACK
 So, next time you think you can distract yourself
 From your insecurities by victimizing a girl
 Think again, she may be me.
 And I FIGHT LIKE A GIRL!

Looking Glass

*I lay awake, and I wonder aloud,
 Where do I go, what do I do now?
 Then inside, a voice thunders deep,
 Be quiet, just go back to sleep!"*

*Why are you so mean?
 What did I do?
 Why don't you love me?
 I've always loved you.*

*This image I have of that little boy,
 Crying and crying, but never heard.
 He raises his hand to wipe away the mist,
 The mist that covers the image,
 Looking back from the glass*

*Who is that looking back,
 With such a sadness in his eyes?
 Why is there no one to hear him,
 Or hold him close when he cries?*

*Where does he go,
 When the lights are turned out?
 He just goes back,
 Back inside where he can't hear the shouts*

*Maybe some day,
 When the tears have all dried,
 He'll awake and wonder
 Without tears in his eyes.
 Where do I go, what will I do?
 Can you help me decide, Dad?
 I still Love you...*



Robert LaFarme

Excerpted from the Ganohkwasra
 Family Assault Support Services
 Newsletter, Winter 2003

RED CEDARS

Different Forms of Bullying

Bullying takes one of two forms: **aggressive** or **passive**. Each *form* can be quite damaging to the victim.

AGGRESSIVE BULLIES

Ronny was strutting down the hall when Carl accidentally bumped into him. Ronny retaliated by pushing Carl and knocking his books out of his hands. Ronny said that if Carl ever touched him again, he would beat him so hard he would not be able to bump into him again.

CHARACTERISTICS OF AGGRESSIVE BULLIES

- The most common type of bully
- Initiate aggression toward peers
- Characterized as fearless, coercive, tough, and impulsive
- Strong inclination toward violence, a desire to dominate others, and expression of little empathy toward their victims
- Commit open attacks on their victims
- Enjoy being in control and wish to subdue others
- Cognitively distort the meaning of their victim's behavior as well as overreact in ambiguous situations
- See the world with a paranoid eye

PASSIVE BULLIES

Sue was having a birthday party and the whole class was invited. She personally handed out the invitations to her classmates. When she came to Alice, she said that fat girls were not welcome at her party. Sue's friends began to giggle and whisper to one another as Alice sat alone at her desk.

CHARACTERISTICS OF PASSIVE BULLIES

- Less common than the aggressive bully
- Tend to be dependent, insecure, and anxious
- Participate in bullying but typically do not initiate the aggression
- Intentionally isolate and exclude others from the group
- May lack strong inhibitors against aggression
- Likely to follow suit if they see the aggressive bully's actions being rewarded
- Often lack a defined social status among their peers
- Eager to affiliate with aggressive, action-oriented bullies
- Referred to as "camp followers" or "hangers-on"

Even though it may not be physical, bullying is occurring when students use verbal means to inflict pain on others. Teasing and name calling are indeed bullying, and it is important to remain aware of the extent of the problem. Whether the bullying is aggressive or passive, the goals of intervention are to help bullies understand the impact of their actions on others (i.e., feel empathy) and to teach more prosocial ways of behaving.

Quite a few teachers with whom we have worked have never considered the kind of passive behaviors shown in the situation about Sue's birthday party to be bullying. When they recognize it as such, some feel discouraged, as though bullying is on the rise. It is likely instead that these teachers are simply becoming more sensitive to the range of bullying behaviors. This is a good sign: The more sensitive teachers become to the extent and forms of bullying, the more they will be inclined to take action to prevent and reduce the problem.

MYTHS AND MISCONCEPTIONS ABOUT BULLYING

Despite evidence to the contrary, mistaken beliefs about the development of bullying are not uncommon among teachers and others who work with children. As we discuss the broader realm of bullying, teachers often express surprise. In fact, several common myths about bullying influence teachers' perceptions of whether or not bullying is occurring. Following are some of these myths—and their realities.

Myth: The size of a class or school is significant in predicting the frequency of bullying.

Reality: Bullies appear in classrooms and schools of all sizes. A more important factor than the number of students in the room is how the teacher manages the room. The more organized and structured the classroom, the lower the rate of bullying (though the highly structured classroom can go too far in discipline and regulation, resulting in increased negativity among the class). One factor that appears to predict bullying behavior is the amount of unmonitored student time—the less monitoring by an adult, the higher the rate of bullying.

Myth: The aggressive behavior of bullies results from school-related failures and frustrations.

Reality: It is true that bullies often have school-related failures and frustrations. However, the academic failures usually follow the aggressive behavior, not the other way around. In examining aggressive children, it is often evident that they had behavior problems even before they reached their current grade level. The academic problems are likely caused by the behavioral problems because children who are highly active, antagonistic, and aggressive spend more of their time out of their seats and less time oriented toward school tasks.

Myth: Children who are different (e.g., overweight, wear eyeglasses, speak with a different accent) are significantly more likely to be a bully's prey.

Reality: Bullies tend to have an amazing "homing device" that helps them identify other young people who are powerless or at least less powerful. Sometimes the lower power is exemplified in physical characteristics, such as weight problems. But it is not just the weight that causes a bully to attend to certain overweight people; otherwise, all overweight people would have grown up victimized. The attraction for a bully is the lack of power, an understanding that the victim cannot or will not be defended, either by him- or herself, or by peers.

Myth: Bullying is more likely to occur to and from school than at school.

Reality: Although it is true that bullying often does occur away from the school, especially on the school bus, this situation is less common than bullying within the school setting. A major predictor of bullying is unsupervised, unmonitored time, and many bullies have that even at school. Because of the greater accessibility of victims within the school setting, bullies engage in considerably more aggression at school than in other places.

Myth: Students will outgrow aggressive behavior as they get older.

Reality: There often is a reduction of aggressive behavior, on the average, as students move through their academic experiences. This is in part a developmental factor, with students recognizing that they are being ostracized and criticized by their peers. They realize that behavior that was accepted and at times even considered "cute" when they were younger is now seen as immature and unacceptable. On the other hand, students who are impervious to the socializing effects of other students in the school actually may intensify and expand their bullying. They may begin to hang out with others who also engage in aggression, making bullying a group norm for behavior. Although the number of students engaged in bullying may decline with age, then, the severity of the aggression from the remaining students is often high.

Myth: Because students learn to become bullies at home, nothing can be done in the classroom to counteract the influence of the home environment.

Reality: Although it is true that students learn to become bullies in their homes and neighborhoods, students are situational learners. Even though they may have learned bullying behaviors at home, they are so adaptive that, in school, they can and will learn prosocial behaviors if given the opportunity. Small changes in the classroom situation can influence change in other situations. When students learn the advantages of positive behaviors in school, they may be able to transfer the new prosocial behaviors to their homes.

Myth: If parents would do more with their children (e.g., exercise more discipline, teach social skills), then teachers could do more.

Reality: This is partially true. However, children also may have skill deficits in areas in which parents are unable to help them. A more positive way of looking at the situation is to view the teaching of self-discipline and social skills as on a par with the teaching of subject matter. By teaching both subject matter and interpersonal skills, teachers can be a powerful influence in students' lives.

Moon Ceremony



All Women Welcome!

WHERE: RED CEDARS
WHEN: **March 18 at Dusk**

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

Call for more information:

969-2215 or 967-2003

POTLUCK MEAL SHARING

d by d C 1

Traditional Practioner Program

PRESS RELEASE & BIRTHDAYS

STIRLING STUDENTS SHARE MUSIC WITH NATIVE YOUTH IN REMOTE COMMUNITIES

Stirling, Ontario/February 24, 2003 – March promises to be a musical month at Stirling Senior Public School and both local students and native young people in Labrador will benefit.

A group of students is working hard organizing for Tuesday, **Mar. 25, 2003**. That is the day they will greet a distinguished musical **guest**, legendary harmonica player Mike Stevens. **Important** events are scheduled for the day. **Stevens will give** music workshops in classrooms and **talk** to the students about his work in Northern Labrador. He will **accept** the donation of used musical instruments collected by the students for native **youth living** in remote communities. **The main event** is a benefit concert featuring Stevens and the Stirling Senior Public School Band and Recorder Club at 7.30 p.m. in the school **gymnasium**.

"The benefit will **help** Mike Stevens to continue **his** critical work with native young people in Labrador," says Debi **Chatreau**, the teacher who first suggested the project to her students. "Mike's focus is to **capture** the interest of these **young** people and **turn** their attention to **music**, as many of them suffer from social problems and **lack** of **opportunities**"

Stevens works through an organization called Arts Can Circle, collecting donated used musical instruments. He personally delivers them to Sheshatshui and Davis Inlet. On each trip, he also takes a **group** of other musicians to play concerts and conduct workshops **with** the local **young** people.

With the help of Chatreau and other teachers and volunteers **from** an organization called Blue Skies in the Community, and some financial assistance from a Quinre Arts Council bursary, a group of 20 students in **Grades 7 and 8** is organizing all **aspects** of this event.

(2)

"We have a lot to do," says Stephanie Hannaberry. "We have to do everything from performer hospitality to publicity, **from** set-up to cleanup. It's exciting. We've divided up the jobs into different 'hats' we have to wear."

Students are busy writing promotional articles, making phone **calls**, **designing** posters, organizing volunteers, and getting the stage ready for the benefit. "They **are** learning about responsibility, civics, and consensus decision making," says Chatreau.

The concert will **be** free, but students hope the audience will donate **generously** to Stevens' work with Arts Can Circle.

"We're talking to all the other classes in the school," says Jenny Russett. "We're also sending newsletters home to **parents**." **The** students hope people will look around their houses and **see** if they might have an old harmonica, keyboard, ukulele, guitar, recorder, tin **whistle** or any other instrument they could donate to the cause. This motivated group of students is counting on the community to **support** their project by attending the concert and making donations to the instrument drive. Instruments can **be** dropped off at any of the Stirling Schools, in Belleville at the Arden's **Music**, 23 College St. W, or the Quinte Arts Council, 36 Bridge St. E. **For** further information, **please** call Stirling Senior Public School at 395-3389.

"Some kids are not as lucky as we are," says Hannaberry. "We hope people help us to share the music **we** have by donating instruments and coming to the show on March 25."

- 30 -

For more information call:

Mme Debi Chatreau, Stirling Senior Public School at 395-3389 between 8:30 and 4:00. **Student spokesperson** - Stephanie Rannaberry or Paul Brogee. **Principal** - Murray Spencer.

<p>Congratulations Way to Go! Denise for completing and graduating the "Practical Nursing"</p> <p>Love from the Whole Family</p>	<p>Happy Birthday!</p> <p>Aunt Wendy March 4</p> <p>Love from Lisa, Jeff & Cody</p> 	<p>Happy Birthday!</p>  <p>to all those celebrating this month!</p>	<p>HAPPY 10TH BIRTHDAY SAUN MARCH 27TH LUV-DAD, BEV & ALL THE KIDS!!</p> 
<p>Happy Birthday!</p>  <p>Aunt Lorrie March 5</p> <p>Luv xoxox Nathan & Mindy</p>	<p>Happy 2nd Birthday!</p> <p>Ziggy (Dennan) March 9</p> <p>Love you, Mommy & Daddy</p> 	<p>Happy 2nd Birthday!</p>  <p>Sissy (Dennan) March 9</p> <p>Love U. Dalton</p>	<p>Happy Birthday!</p> <p>March 29</p>  <p>Love Judy</p>
<p>Happy Birthday!</p>  <p>Gail March 9</p> <p>Love Wendy & Glenn</p>	<p>Happy Birthday!</p>  <p>Buffy & Patti</p> <p>Love Ang</p>	<p>Happy Birthday!</p> <p>Auntie March 9</p>  <p>Love, Doodie</p>	<p>Happy Birthday!</p> <p>Jennifer March 20</p>  <p>Luv, Aunt Lynda, Uncle Dean, Mindy & Nathan</p>
<p>Happy Birthday! Mom (Gram) March 30 May your Birthday bring you many sweet reminders of how much you are loved.</p> <p>Love always, Bonnie, Bill, Casey Greg, Bant & Haley xoxoxoxo.</p> 	<p>S a p p y Birthday!</p>  <p>Mathew (Matress) March 19</p> <p>Luv, Aunt Lynda, Uncle Dean, Mindy & Nathan</p>	<p>Happy Birthday!</p>  <p>Aunt Bev March 30</p> <p>Lots of luv xoxoxox Nathan & Mindy</p>	<p>Happy Birthday!</p>  <p>You Ole Bat Woman March 5 and you can yell at me now.</p> <p>Yex Sister</p>
<p>Happy Birthday!</p> <p>Jeff March 16</p>  <p>Lots of love, Lisa</p>	<p>Happy Birthday!</p>  <p>Daddy March 16</p> <p>Lots of love, Cody xoxoxox</p>	<p>Happy Birthday!</p>  <p>Shelley March 1</p> <p>from the "Lunch Bunch"</p>	<p>Birthday Announcements are "Free" call 396-3424</p>

COMMUNITY INTEREST

**In Memory of
 Brandon Bernard Alfred David Claus
 April 27, 1986 - January 17, 2000**

*You never said I'm leaving
 You never said Good bye.
 You were gone before we knew it
 And only God knew why.*

*A million times we needed you,
 A million times we cried.
 If love alone could have saved you
 You never would have died.*

*In life we loved you dearly
 In death we love you still.
 In our hearts you hold a special place
 that no one could ever fill.*

*It broke our hearts to loose you
 But you didn't go alone.
 For a part of us went with you
 the day God took you home.*

*Forever loved & missed,
 Mom, Dad & Shannon*

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

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

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

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

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

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

The "Community Volunteer Income Tax Program" will be offering tax return preparation clinics on each Tuesday evening during the month of March. The clinics will be operating from 6:30pm to 8:30pm at the Holy Trinity Church Community Hall located at 104 Yonge Street in Shannonville.

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



ATTENTION: TO WHOM IT DOES CONCERN

On Feb. 8th the Routes to Routes students had a fund raiser dance at the community centre..I would like to thank everyone that came to support these young people.....To those few chosen people that ended the night into a disaster, well you should be ashamed of yourself.

This dance was well planned, well supervised and the kids were really excited about their fundraiser. The supervision should have been on those people, not the kids.

How could you possibly do something like this to our young people.... They certainly won't forget about this for quite some time....You really set a good example for them don't you think?

What do you think that these kids are going to think of you the next time they see you? Do you think that they are gonna be really proud of you or look at you in disgust? The worst of the whole issue is that you are all parents. Is this the way that you want your kids to grow up and act? How would you have felt if one of those young people had got tangled up in your mess and got hurt? I'll bet that never crossed your mind did it? These kids were pretty shaken up over the whole mess...they had never seen anything like that before...

If that had have been a bunch of teenagers, how would you have viewed them? What do you think would have happened to them? Things would have been handled a lot differently I think.

There is a rumor going that these kids should not have been there because there was alcohol being served. If this is the case, do you think there should be a beer tent set up at the ball diamonds in the summer time when the adults have their ball tournaments? Let me say that there are kids present that are a lot younger than these kids and they sit inside the beer tent. These kids need to raise funds for their Routes to Routes program. I think you parents need to grow up and apologize to these kids.....

Joanne Maracle

Mohawk Family Services

Looking for Foster Parents!!!!!!

Mohawk Family Services is taking applications for Foster Homes.

Won't you please consider opening your home so we can keep our children on the Territory.

To inquire about the process, please contact Evelyn Sparks at 967-0122 Monday through Friday between the hours of 8:30 and 4:30.

Nia:wen

COMMUNITY INTEREST

TYENDINAGA TOBACCO STRATEGY PROGRAM

CKWE RADIO CONTEST

Listen to CKWE Radio every day starting Monday, March 3, 2003

YOU could WIN!

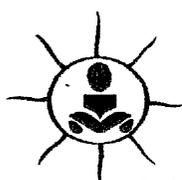
Contest to start Monday, March 10th to Friday, March 28th, 2003

Call in and win daily prizes and your name will go in a draw for:

First Prize: **Stationary Bike**
 Second Prize: **Road Bicycle with helmet**
 (to fit the winner)

GRAND PRIZE DRAW: Monday, March 31st, 2003

YOU HAVE TO CALL IN TOO WIN!!!



HANHIOTE LIBRARY

967-6264 Tyendinaga Territory Public Library

LIBRARY NEWS

Thanks to everyone who helped us celebrate First Nation Public Library Week. Through the generous support of the Canadian Children's Book Centre and the TD Financial Group we were able to give the book "When Jeremiah found Mrs. Ming" to each child in Grade One. Of the people who visited the library that week Greg General, Noreen Claus and Iakohentio Claus each won a library bag. Five teams participated in our Trivia Challenge and the winning team was Ronennonhtonnyonko - Trevor Lewis, Matt Sager, Lisa Maracle, Sherry Lewis, Dave Hill and Mike Winrow.

Early Years donated some lovely children's books to the library. There are board books, picture books and parent resources like the Mother of all Baby Books by Ann Douglas. It's easy and free to become a library member and borrow our resources.

We are having an Optionelle Fashion Show
 at QMS on March 25th
 at 7 p.m.

to raise funds for the library, Join us to see some spring fashions.

Canada Book Week is from April 21 to 27.



KANHIOTE

****FREE INTERNET ACCESS****

Come and Use Our Computers @ Kanhiote Library

Hours

Monday	8:30-4:30pm
Tuesday	8:30-4:30pm
Wednesday	8:30-4:30pm
Thursday	10-4pm, 6-8pm
Friday	8:30-4:30pm

Homework Web-sites

www.bigchalk.com
www.sparknotes.com
www.lii.org
www.mathforum.org/dr.math
www.askjeeves.com

Job Web-Sites

www.jobbank.gc.ca
www.jobfutures.ca
www.tyendinaga.net (job postings)
www.youthpath.ca
www.jobstar.org

Fun Web-Sites For Kids

www.yahooligans.com
www.nick.com
www.nickjr.com
www.funbrain.com
www.pbskids.com
www.owlkids.com

www.foxkids.com
www.nationalgeographic.com/kids/
www.thekidzpage.com
www.teletoon.com
www.seussville.com/seussville/
www.ainc-inac.gc.ca/ks/

Tyendinaga Home and Community Care is now available after hours!

To access home care services, make a referral,
 or speak with a Registered Nurse, please call our office

962-9376

Situations that you may need our services are:

1. Discharge from hospital during the weekend
2. Unexpected surgery after office hours
3. Sudden change in the health condition of family member
4. Concern for an elder's well being and health in the community

Leave a message with the answering service.
 We will return your call as soon as possible.

Telehealth Ontario

Free Access to a Registered Nurse — 24 Hours a day, 7 days a Week

1-866-797-0000
TTY : 1-866-797-0007

What is Telehealth Ontario?

Telehealth Ontario is a free, confidential telephone service you can call to get health advice or general health information from a Registered Nurse.

That means quick, easy access to a qualified health professional, who can assess your symptoms and help you decide your best first step. We can help you decide whether to care for yourself, make an appointment with your doctor, go to a clinic, contact a community service or go to a hospital emergency room.

How Does Telehealth Ontario Work?

When you call Telehealth Ontario, you will be talking directly with a Registered Nurse. You will be asked to describe your symptoms and answer questions to best assess the seriousness of the problem. Based on the assessment, the Registered Nurse can either advise self care, recommend a visit to a health practitioner or, give you the phone numbers of community resources nearest you.

The Telehealth Ontario service is provided in English and French, with translation support for other languages and a direct TTY number for those with hearing and speech difficulties. Callers can also be connected to medication information and health information audio tapes.

COMMUNITY INTEREST & RECREATION

POSTCARDS FROM THE VISION QUEST by Joseph E Brant

Responsibility & Adulthood: Who's Dealing Out The Hands Of Fate?

One of the more frustrating times in life is defining the moment you've grown up. So many people feel they've grown up when they hit 19 or 21 or 25 or whenever it is you're allowed to drink or rent a car. Legally speaking, then, I hit it at 25. From that point on – not that I've rented a car since – I could be banned from nothing. Emotionally, though, when do you become an adult? Experience had told me that it's when you make a decision that ordinarily you'd throw to your parents, a friend, or anyone who isn't you.

My friend Anna and I went to a club one night. We were so excited about going there. We'd done it a billion times and this time was to be like every other: we'd dance, drink, look at all the people. Apparently I can't describe this kind of fun.

The best club in all of Nashville was hidden in the 'hood. Deep in the 'hood. There was always so many people there on Saturday nights, so many cars parked along the long and winding otherwise desolate street, that you never really felt like you were alone. We came close to the building, found a parking spot wherein I said, "I don't *feel* like parallel parking. We can just go to the end of the row." Anna said, "Who cares? Park!" So I did.

We got out of the car, I checked to be sure I had the keys, locked the doors and we began to stroll along the street – there are no sidewalks in the 'hood – and, at that moment, I thought, Gee, we sure did park a long ways away; there aren't even any street lamps this far down the road.

Two guys ran up from behind us. I thought they were going inside to dance, drink and look at all the people. They stopped in front of us, pulled out a gun – yes, a GUN – and told us to give them our money. I smiled as if to say, You're kidding, right? Then the gun – yes, that GUN – was in my face. I guess I didn't have to "go" because I should have entirely soiled myself at that moment.

I emptied my pocket – the one that had only a little cash – and watched as the leader asked the same 'bf Anna. He then reached into my other pocket, the one that was loaded down with money, and I was sure I was dead. Anna remained calm the entire time, though she might not agree today. In my memory, I mumbled and apologized and quivered, felt my knees weaken, my stomach empty, and my voice shake. I caught a glimpse at the other boy, both of whom couldn't have been more than 20 or 21. I looked into his eyes and could sense by his silence, his hesitant cooperation with his leader, and the deep stare that we shared, that he was just as frightened as I was. I looked away because you're never supposed to look so closely or they'll shoot you; they fear you'd be able to identify them later.

They looked through my wallet and handed back everything except cash. Anna and I then just stood before them, violated and abused. The leader said, "Wow come back here to your car." We continued to stand there, now dumbfounded, because at that point we knew we were dead. He repeated himself and we followed.

As though a prayer was being answered on the spot, a car pulled around the corner and interrupted our street play. I got out of the way because that's what a considerate Canadian does. Anna stood in front of the car, hoping they could help us somehow. The boys yelled at her and she moved aside. Our saviors drove away.

They took us behind the car, laid us face down in a ditch and ordered us to count to a hundred. Counting from one to five was the most chilling and difficult, the most I-have-to-be-willing-to-die-now moment because it would've been at that time when we'd been shot. Number 10 eased the pressure a little. When we reached 30 I peaked up, realized that they'd run away, that we were still alive and I whispered: "they're gone."

"People get held up at gunpoint everyday," I told myself at the time, "and I'm just one more of them. People survive events like this, of personal invasion, and I'll be one of them." I never thought any more about my perpetrators. Nature takes care of the abusers of the world in its own way, and wishing harm upon them wouldn't make me or anyone any healthier or happier. I had to focus on me, on how I could overcome my experience and how I could make a positive, optimistic impression upon the world. I would make my life an example of that.

I sure wished I was home, though, where I am surrounded by family, regardless to blood relation. Where we care for one another because, being a small community, each of us makes up a small part of one great whole.

In Nashville and other places here on the outside, an act of violence against another person – rape, for example – involves only those people directly involved. At home, on the reserve where we are all family, an act of violence against another person is nothing less than an offense against the entire community. It is grounds for excommunication. (We are too evolved and too intelligent to ignorantly and violently exchange an eye for an eye; that is your level, we'll stay up here on ours). If you've proven yourself to be someone who has no respect for other members of your community – for your family, because we are all family – then, either out of shame or proclamation, you will know that you have no right or privilege to live among us. *You must leave.*

Back in Nashville, though, out here in the white world, all I could depend on was myself. It is in these times that a person truly becomes strong, emotionally self-reliant and proud. You face each day alone because nobody can face it for you. And you grow, and live and grow some more, until one day you realize you've grown up.

Becoming an adult is something you don't know or cannot acknowledge until it – that moment – has passed. That moment is one that starts you on a new journey, the next chapter of your life, one that isn't defined by the means in which you've come to define and understand everything you've known up to that point.

I've long wondered whether it was moving away from home or leasing my own apartment, whether it was when friends have gotten married or pregnant or when I graduated from college that made me an adult. Only now do I realize that it wasn't a milestone reached or finish line that awarded me adulthood, but a moment. A truly unpredictable moment that jolted me, it never asked but demanded that I survive, then thrive – and ultimately just simply and innocently live – on my own.

FYI: It's Joe, y'all! Originally from Tyendinaga, currently living in Nashville. "Postcards From the Vision Quest" is my attempt to uncover the meaning of life. Help me if you can. Email your ideas and comments to: mohawkvisionquest@canada.com



Canteen & Games Room Rental

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

Only \$30.00

For more information contact

Darlene Loft (613)396-3424 ex.107

darlene1@mbq.tyendinaga.net

RECREATION



RECREATION NEWS

(613)396-3424 ext#107

News #2

February 25,

Sports & Exercise

Did you know !

It is important to develop physical activity habits in the younger years, because the health risks of inactivity in adulthood are severe.

They include:

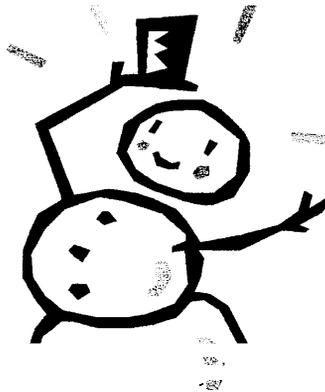
- High blood pressure
- Heart disease
- Stroke
- Obesity
- Adult-onset diabetes
- Osteoporosis
- DeDression
- Colon Cancer

Sports Team

Calendar 2003

This fundraising calendar will raise dollars for Swimming programs for our youth in our future Pool, so far we have \$1,061.96

- Premature death
- Physical activity doesn't need to be highly structured to be beneficial. Just 30 minutes to start, going for a



One did one snowman say to another ?

Events

Family Swim

The Pool rental from *March 9 to April 13* was paid with the fundraising proceeds before Xmas. Nia:wen

walk is a great family activity to start with. More information and ideas will be send home with your child March 19, 2003 from the Health Fair at Quinte Mohawk School.

Resources from Health Canada.

Www. healthcanada.ca/paguide
1-888-334-9769

You are also welcome to come into the Administration Office to receive information.

Come out and have fun the pool is warm.

Basketball Fun

Student volunteers are welcome. Free fun & awards.

- *The following are some community Recreation ideas :*
- *Soccer on the reserve.*
- *Community Bus to Good Life*
- *Subsidy program for sports equipment*
- *Lacrosse coaching in our school and for our communi.*
- *Call in your ideas or send me a letter. Every idea is great.*

Workshops

Listen to KWE for future workshops of community interest.

Roxanne's Place

Nia:wen for your support with the *Pool Project*. A open welcome to other Community Business's to sponsor the *Tyendinaga Pool*

Project. This project was started in the 70's or 80's lets finish it before 2004.

Big Bike for Heart # 2

The Big Bike is coming back June 7,2003.

Remember the Tyendinaga Stress Control Group, they did a super job ,lets do it again.

Stop in and start your pledge sheet.



Have a heart and ride the big bike !



RECREATION

Helping youth be active is fun for the whole family and friends

Here are some ways to offer encouragement...

- Talk about physical activity as an important part of staying healthy
- Discuss the material in the Magazine with your kids
- Ask what physical activities they like to do
- Encourage youth to try new physical activities and be patient as they learn
- Help them complete some of the challenges in the Magazine
- Be a role model by being active yourself
- Encourage youth to be active outside
- Praise their physical activities – building confidence is critical to success
- Encourage youth to participate in sports and physical activities in school
- Enrol them in community physical activity programs
- Teach them the skills they need to be active, like jumping rope, throwing and hitting a ball, kicking a ball, running, dancing, skating

Here are some things you can do together...

- Go for a walk after supper and set goals that you can record
- Put on music and dance with them
- Build physical activity into their daily routine
- Get the kids to take the dog for a walk – build it into their routine
- Get them to help you carry in the groceries
- Set up a stair challenge for the family – everyone counts the number of stairs they climb every day trying to increase the number each week
- Go to the neighbourhood recreation centre and enrol your child in a program that interests them
- Go cycling with them and set a distance challenge for the whole family
- Borrow some basic equipment such as balls and bats, frisbees, bikes, in-line skates, ice skates and toboggans, and teach them how to use them
- Let youth help you rake leaves and make a game of it
- Have youth help with snow clearing
- Go skating, skiing, hiking, climbing or swimming with them
- Make sure they are registered for physical education at school
- Encourage them to participate in house league activities at school
- When you are asked for a drive suggest that they walk, run or bike instead

Here are some things you can do to encourage and support physical activity in your community.

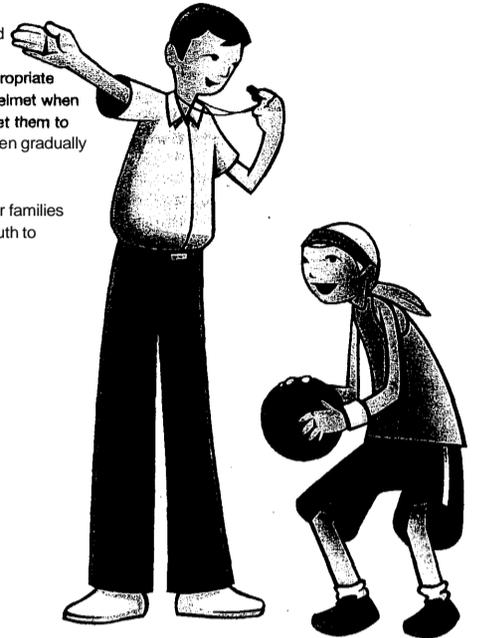
- Be a sport coach or organizer of physical activities in your community
- Advocate for more physical activity programs and facilities in schools and communities
- Advocate for increased safety in neighbourhoods, playgrounds, and parks and on the roads

In today's world, physical activity has to be built into busy schedules. This is true for you, but it is also true for youth.

Safety matters

When youth are trying new activities and becoming more active, encourage them to be careful. Be sure they wear the appropriate protective equipment – for example, a helmet when cycling. For vigorous sports activities, get them to concentrate on learning the skills first then gradually increase the intensity.

Read on and find examples of how other families have used these steps to encourage youth to be more active.



CALL TO ACTION

for parents, educators, physicians and community leaders

Canada's Guidelines for INCREASING Physical Activity in Children

This Guide will help children:

- **INCREASE** time **CURRENTLY** spent on physical activity, starting with 30 minutes **MORE** per day (See CHART BELOW)
- **REDUCE** "non active" time spent on TV, video, computer games and surfing the internet, starting with 30 minutes **LESS** per day (See CHART BELOW)

Build up physical activity throughout the day in periods of at least 5 to 10 minutes

	Daily INCREASE in moderate* physical activity (Minutes)	Daily INCREASE in vigorous** physical activity (Minutes)	Total Daily INCREASE in physical activity (Minutes)	Daily DECREASE in non-active time (Minutes)
Month 1	at least 20	10	30	30
Month 2	at least 30	15	45	45
Month 3	at least 40	20	60	60
Month 4	at least 50	25	75	75
Month 5	at least 60	30	90	90

* Moderate physical activity examples:
 • brisk walking • swimming
 • skating • playing outdoors
 • bike riding

** Vigorous physical activity examples:
 • running • soccer

Congratulations! Daily active time is part of a healthy lifestyle.

Endurance Flexibility Strength

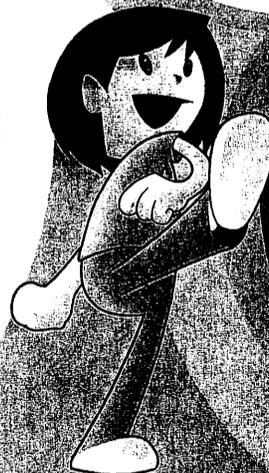
All contribute to a healthy body

combine 3 types of physical activity for best results:

1. **Endurance** activities that strengthen the heart and Lungs such as running, jumping and swimming.
2. **Flexibility** activities that encourage children to bend, stretch and reach such as gymnastics and dancing.
3. **Strength** building activities that build strong muscles and bones such as climbing or swinging across the playground ladder.

The Benefits of Regular Activity

- Builds strong bones and strengthens muscles
- Maintains flexibility
- Achieves a healthy weight and balance
- Promotes good posture
- Improves fitness
- Meet new friends
- Strengthens the heart
- Improves physical self-esteem
- Increases relaxation
- Enhances healthy growth and development



RECREATION

Youth Ball League

First day of Ball May 26, 2003 6:30pm to 8:30pm

T- Ball

Ages 4/5

Jr.3 Pitch

Ages 6/9

3 - Pitch

Ages 10/13

We encourage all ages to come out and try the sport!

Registration

Saturday March 22, 29 & April 5

1 pm to 3 pm at Karon hiak ta'kie Canteen

Fee of \$5.00 to cover trophies & t-shirts

NOTE - Fee of \$10.00 for late registration

Parent coaches are always welcome in order to make this a safe event

For more information call

Anyone on the Recreation Committee or the Recreation Department

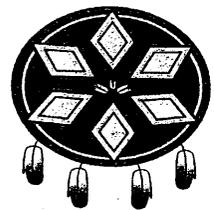
Sponsored by Mohawk **Recreation** Committee



An Opportunity to be in the first Tyendinaga Sports Calendar. The Recreation Department is welcoming Teams to send in their team pictures for the calendar.

Tyendinaga Sports Team Calendar 2004

Please drop off or mail pictures by **March 29/03**



Darlene Loft (613)396-3424 ex.107
darlene1@mbq.tyendinaga.net
Mohawks of the Bay of Quinte
R.R. # 1 Tyendinaga Mohawk Territory,
Ontario, K0K 1X0

A fundraiser for children's sports

Baseball season is coming



Registration for the diamonds is April 2/03 for the summer 2003
Call to ensure your night (613) 396-3424 ext# 107

Diamond Rental

The Mixed league has registered the diamonds For Wed. & Sun. for 2003

- Rental**
- 1 day tournament \$125.00
 - 2 day tournament \$165.00
 - 3 day tournament \$205.00
 - If anyone would like fees waived please contact the Recreation Department.

ROXANNE'S PLACE

ON

WEDNESDAY'S

967-2145

EVERY "SPECIAL OF THE DAY" ORDERED

.50 CENTS

WILL GO TOWARDS

THE TYENDINAGA POOL

PROJECT

STARTS DURING MARCH BREAK (ENDS APRIL 10)
(EACH PERSON THAT ORDERS THE SPECIAL WILL GET IN ON A DRAW FOR A FREE FAMILY SWIM IN NAPANEE)

This is an example of the Recreation Department & Tyendinaga Businesses working together to help our Community

Donations are greatly appreciated & other sponsors welcome for more information contact Darlene (613) 396-3424 ext#107



Special Award of thanks to Roxanne ? I



Starting Tuesday
March 18/03

Basketball Fun

Grades 3 to Grades 8 youth

Are invited to come out and experience some basketball fun

Every Tuesday night
6 to 7:30 pm

At Quinte Mohawk Gym

March 18 to April 15/03

reward for youth that come out For 3 nights.

Nia:wen to our Volunteer coaches Erik Anderson & Dan Chase



Promoting Living!

Parents & Volunteers Are welcome

All you need is a pair of sneakers and a bottle of water.

For more information contact: Darlene Loft/ Erik Anderson Or Dan Chase

UPCOMING EVENTS

fundraiser sale
 FOR
 K.W.E. 105.9 FM
MOHAWK NATION RADIO
SATURDAY APRIL 5, 2003
 9:00 am - 3:00 pm
59ER'S HALL, (Old Eastern School)
HWY # 2. Turn East off of Hwy. 49
TYENDINAGA MOHAWK TERRITORY

Books
 Bake Sale
 Vendor's Tables Available
 New & Gently Used Treasures & Clothing
 Arts & Crafts
 Lunch Available
 Door Prizes
 Silent Auction

Any Donations Greatfully Accepted
 Dropoff Points & Pickup Available
FOR MORE INFO CALL:
 Napanee Area: 354-5200
 Deseronto Area: 396-5647
 Picton Area: 476-8316

Holy ~~Trinity~~ Church Shannonville
 is having a
Soup 'N' Sundae
 Sunday Lunch

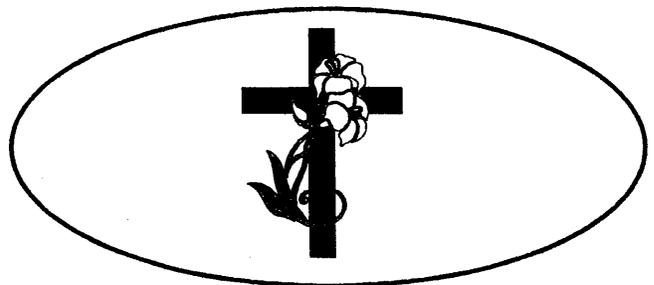
March 16, 2003
 noon to 2 p.m.

*Homemade Soup & Bread,
 *Ice Cream with Sundae Toppings
 Coffee, Tea, Juice

Shannonville Community **HALL**
 104 Yonge St. (at the church)

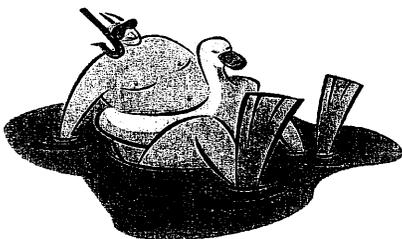
\$5.00 adults, \$3.00 children 12 and under.

Come and enjoy the fellowship !!



Family Sunday Swim

\$3.00 per person



**Start March
 Break
 With a
 SPLASH!**
 (Lap swimming available)

Six weeks of Family Fun

Every Sunday 2:30 to 3:30

At the Napanee Indoor Pool

Bus pickup at 2 pm at the Community Center

March 9th to April 13/03

NOTE:
 Children under 16
 are required adult
 supervision.
 This is a Family
 Event, but Teens &
 seniors are welcome.

For more information contact
 Darlene Loft (613)396-3424 ex 107 or any of the Recreation Committee members
 darlenel@mbq tyendinaga net
 Event sponsored by the Recreation Department & the Recreation Committee

Promoting Healthy Living & working as a team. I
 Show the need for a pool in Tyendinaga

EASTER SEASON

March 5 - Ash Wednesday service - Holy Trinity - 7 pm

Mid-week Lenten Eucharist and Bible Study

Wednesday evenings March 12, 19, 26, April 2, 9
 All Saints - 7pm **Eucharist using the Traditional Service of the BCP- these will be 'said' services.** Each service will be followed by a short Bible Study on the "Miracles of Jesus"

Palm Sunday - 10:30 a.m. - One Service only - Christ Church
 with the music and singing of Andrew Martin

Good Friday - Christ Church - 11 a.m.

Easter Vigil - All Saints - 7:30 p.m.
Easter Sunday -
 All Saints 8:30 a.m.,
 Holy Trinity 10:00 a.m.,
 Christ Church 11:30 a.m.

UPCOMING EVENTS

Spring Fashion Show



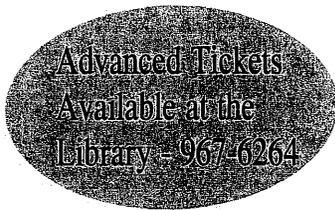
Tuesday, March 25/03
1 - 9 p.m.

Refreshments!

Tickets **\$5.00** Advance
or at the Door

Door Prizes!

Quinte Mohawk School



Proceeds to the
Ka:nhote Library
Thank You for your Support!



TYENDINAGA NATIVE WOMEN'S ASSOCIATION (NWA)

(submitted by Debbie Sinclair.)

The Tyendinaga Women's Association (NWA) invites you to attend a future meeting. Upcoming meeting dates are:

- April 7, 2003
- May 5, 2003
- June 2, 2003
- July 7, 2003
- August 5, 2003

TIME: 7:00 p.m. (Sharp)
Place: Elder's Lodge

Hope to see you there

The Native Women's Association

HONOURING OUR WOMEN DAY



SATURDAY MARCH 08TH
AT THE
COUNCIL HOUSE 10AM-4PM

**LOOK FORWARD TO BEING PAMPERED
IN ALL THE WAYS YOU DESERVE**

- *massages
- *lectures by Diane Hill & Suzanne Brant
- *seers
- *crafts
- *Make Overs by Mary Kay cosmetics
- *hair cuts
- *lingerie
- *manicures
- *dinner
- *door prizes
- *chocolates supplied freely throughout the day
- and so much more

**OPEN TO THE
MOTHERS AND WOMEN CAREGIVERS OF OUR
COMMUNITY
YOU MUST BE 19 YEARS OF AGE OR OLDER
(YOU MAY BE ASKED FOR PROOF OF AGE)**

HOSTED BY RED CEDARS SHELTER

For more info or if you have a service you would like to share contact Mary Ann Spencer
967-6544 or 967-2003

e-mail rns Spencer@kos.net

Please be sure to make the appropriate child care arrangements so you will enjoy the day completely

**ST. PATRICK'S DAY
DANCE**

*Featuring: Line Drive
and the Arlingtons*

Saturday, March 15
8:00 p.m. - 1:00 a.m.
Mohawk Community Centre



*Lunch provided
at Midnight!*

Cost: \$5.00 / person



Proceeds to Christ Church Restoration Fund

RECYCLING



A Recycling Reminder

Hang this on your wall!

Bring these items to your depot



Metal Cans & Foil

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



Empty Aerosol and Paint Cans

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



Plastic Containers

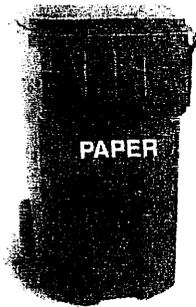
Discard tops and rinse containers for soft drinks, detergents, juice, bleach, shampoo, dairy products as well as clear and foam plastic cups, trays and packaging. Flatten soft drink containers and replace lids. All plastics with the numbers 1 to 6 on the bottom are OK. **No** blister or bubblepacks,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



Bottles & Jars

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

Place in appropriately labelled bins.



Boxboard and Mixed Paper

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

Plastic Bags

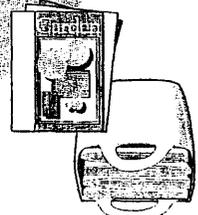
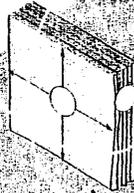
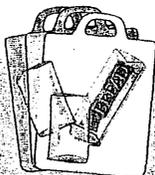
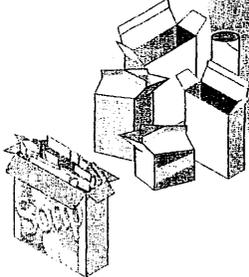
Stuff clean, dry plastic bags into a plastic bag and tie handles. Include rinsed milk pouches, grocery, bread, dry cleaning, frozen vegetable and blue newspaper bags as well as outer wrapper from toilet and hand tissues. Remove food residue, stickers and receipts. **No** meat, cheese or stretch wrap,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

Corrugated Cardboard

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

Newspapers & Magazines

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



Bring these items to your depot



QUINTE WASTE SOLUTIONS

CLASSIFIED

FOR SALE

4 SPOOL ELNA SERGER
- very good condition
- used only 5 times
- \$300.00

BURGUNDY SWIVEL
ROCKER
- good condition
- \$85.00 or Best Offer

CALL: 3%-2758

FOR SALE

4 WHEELER BIKE 98 LT 80
- recommended age 5-12
- GOOD CONDITION
- \$2,000.00

after 5 p.m. CALL: 967-0152

CLOTHING
Repairs or Alterations
CALL
862-0938

FOR SALE

1997 GRAND AM SE
- 96,000 km
- excellent condition
- V6 engine
- 155 horsepower (quick)
- four door, white with grey interior
- AM/FM stereo cassette
- power steering, automatic floor shift
with console
- trailer hitch, air, cruise, tilt, tach.
auto starter
- fully certified with brand new tires
on special mag wheels
- back seat folds down 40/60 for extra
long items, tinted windows, etc.
- asking price \$8,000.00

CALL: 613-396-3957 for more
information

LAND FOR SALE

-75 ft. frontage X 150 ft. depth
- lot 33Q-2, Concession A
- lot located on the Church Lane
beside the Park.

For more information call:
3%-1029 after 5 p.m.

- Mother of one
- C.P.R. & First Aid trained
- No pets, lots of T.L.C. in a clean
environment
- Healthy meals & snacks
- Located in the subdivision on Huron Brant Dr.

Call Angela at 396-6564

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

**BABYSITTING
AVAILABLE**

- Preschool (only)
- lots of play area
- nutritious snacks & lunch provided

Call Teddy Knight 3%-1610
located in the subdivision 29 Huron
Brant Dr.

FOR RENT

40 FT. TRAILER
- 1 bedroom
- living room
- kitchen
- 4 piece bath
- air conditioning
- \$500.00 month plus utilities
(Married couple no children)

CALL: 3%-3480

**WATERFRONT LOT
FOR SALE**

- located on Cedar Glenn Rd West
of #51
- Bay of Quinte Frontage

For details call: 3%-3801

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

- 1 owner
- \$6,700.00

Call: 968-2909

HOUSE FOR SALE

3 BEDROOM BUNGALOW
- located on the Beach Rd.
- 1500sq. ft.
- air conditioned

For more information call:
966-0642

HOUSE FOR SALE

3 BEDROOM BUNGALOW
- approx. 1250 sq. ft.
- excellent landscaped 2 acre lot
- new furnace, roof, windows,
carpets and flooring
- has full basement plus garage
- paved driveway
- ample water supply

Please contact: Harvey Maracle
969-0219 (after 5 p.m.)

FOR SALE

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

If interested call: 969-1070

**CARE GIVER
AVAILABLE**

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

For more information call Tara
at 771-0775

LAND FOR SALE

- 47.5 acres
- located on the Upper Slush rd.
- across from B. & J. Pole Line
2 wells (1 spring fed)

Call Everett Maracle at 3%-3121

- located on lot 24 concession 2
slush

For more information on these lots
see Everett "Joe" Maracle on the
Airport Rd. Call: 3%-3121

FOR SALE

99 DODGE CARAVAN SPORT
- 7 passenger
- 3.8 liter, 117,000 km
- grey interior
- privacy glass
- air, cruise
- power locks, power Windows
- aluminum wheels
- new tires, brakes
- remote starter
- remote locks
- 4 door (double slider)
- fog lights
- asking \$12,000.00 or Best Offer

Call: 3%-3211 after 5 p.m.

FOR SALE

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

CONTACT Freda Baptiste - 966-4846
for more information

FOR RENT

2 BEDROOM TRAILER
- located on 22 Church Lane

CALL: 3%-3708

LAND FOR SALE

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

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

FOR SALE

MOHAWK BEACH
- costs include main house, long house,
garages, & maintenance lawnmowers
and tools.
- 1 cottage on site is for sale and can
be moved (not included in the price)
- Asking: \$400,000.00

Call the Lands Department for more
information: 3%-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