



# MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENTEHA

**ISSUE 5/09**  
Onerahtokkowa (May)

## ORI:WASE (News)



PHOTO COURTESY OF  
Landing Ceremony 2008

### ***LANDING OF THE MOHAWKS*** **2009 Mohawk Landing 225 Years**

#### **Tentative Agenda**

#### **Friday, May 22nd, 7pm**

History Evening

Words of Welcome TMC

Our Journey to Tyendinaga, with readings by Community Members

Facilitated by Lisa Maracle and Noreen Claus

Community Members will participate by reading excerpts from historical documents

Display of pictures, documents, etc.

#### **Saturday, May 23<sup>rd</sup>**

7am Tobacco Burning Mill St., Deseronto

11am Canoes leave from south side of Bay and make their way to north side shore

11:30 Ohenton Karihwatekwen, Words of Welcome, Speeches from Mississauga's,  
Presentation/Exchange of Gifts

12:00 Lunch on the Shore (to be provided)

1:00 Drumming, Singing, Dancing

#### **Sunday, May 24<sup>th</sup>**

Church Service at the Cairn, procession to Christ Church, readings at Church

Lunch Corn soup, scone, sandwiches, strawberry drink, desserts

#### **Friday, May 22<sup>nd</sup> to Saturday, May 30<sup>th</sup>**

Exhibit of local historical and archaeological artifacts at the  
Tyendinaga Mohawk Business Centre.

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Newsletter Deadline

May 25

(613) 396-3424

*We're on the Internet*

[www.mbq-tmt.org/](http://www.mbq-tmt.org/)

#### **JOB POSTINGS**

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

[www.mbq-tmt.org/](http://www.mbq-tmt.org/)



ADMINISTRATION

COMMUNITY ROAD  
CLOSURE NOTICE

Lower Slash Road, east of  
Highway #49, will be closed  
to local traffic only from  
May 7 – June 7, 2009, for  
the purposes of road  
rehabilitation.

Mohawks of the Bay of Quinte

Administration Information

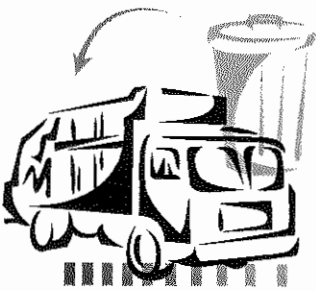
Community Consultation  
Strategic Planning

The Mohawks of the Bay of Quinte were suc-  
cessful in its application to the Ministry of  
Aboriginal Affairs to hire a Consultation Coor-  
dinator on a short term contract. We welcome  
Joseph Brant as the Community Consultation

Coordinator. We look forward to working with  
the community as we develop and formalize  
our consultation process and procedures.  
Look for upcoming information as it develops.  
For more information please call Joe Brant at  
613-396-2122, ext. 158."



Large Item Pick Up!



ONE DAY ONLY!

East End Pick Up—Wednesday May 27  
West End Pick Up—Thursday May 28

Seniors call for special arrangements—Kristin Maracle  
613-396-3424

- Absolutely
- No Construction Waste
  - No Brush
  - No Household Waste

ITEMS AT THE END OF YOUR DRIVEWAY ON THE  
CORRECT DAYS WILL BE PICKED UP

ATTENTION MORTGAGE  
HOLDERS

It has come to our attention that many insur-  
ance  
companies will ONLY notify the MOHAWKS  
OF THE BAY OF QUINTE  
if your existing house insurance  
policy has been cancelled however will NOT  
when  
the policy has been renewed.  
This creates a  
problem when incentives, rewrites and  
renovations are requested.  
You will not qualify  
if your house insurance policy  
on file is not up to  
date. In order to ensure your policy is current,  
we ask that you mail,  
fax or deliver renewal form  
when received.



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in April responded to 11 calls:

- 2 Medical Assists
- 3 Water Rescues
- 1 Structure Fire
- 1 Auto Alarm
- 3 Grass Fires
- 1 Tanker Assist

This brings our total to 39 calls for the year 2009.

The scheduled Tyendinaga  
Mohawk Council Meetings for May 2009:

TMC Meetings	Agenda Deadlines
Local Business – May 13, 7:00 p.m. (unless otherwise amended)	May 8, 12:00 p.m.
Regular – Friday, May 15, 9:00 a.m.	Tuesday, May 12, 12:00 p.m.
Local Business – May 27, 7:00 p.m. (unless otherwise amended)	May 22, 12:00 p.m.

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# Frequently Asked Questions

### *Secure Certificate of Indian Status*

#### **Q.1 What is a Certificate of Indian Status or Status card and why does INAC issue it?**

The Certificate of Indian Status, more commonly referred to as a Status card, is an identity document issued for administrative reasons by Indian and Northern Affairs Canada (INAC) to confirm that the cardholder is registered as a Status Indian under the *Indian Act*.

#### **Q.2 Why is INAC creating a new and improved Status card?**

This initiative is called the Secure Certificate of Indian Status Project. It originated through a joint initiative between the Assembly of First Nations and the Lands and Trust Services Sector of INAC and a related project with Treaty 7 First Nations. The goal is to address the need for increased security features on Status cards so issues of stolen identity and fraud can be reduced or eliminated.

The current version of the Status card is a laminated paper document that is not protected from forgery or counterfeiting. It can easily be misused through alteration or illegal reproduction. This has caused problems in accessing benefits for some legally entitled First Nation individuals and has led to significant pressures to replace the current card with a card that incorporates the security features of a modern identification document.

The new Secure Certificate of Indian Status features several security improvements that significantly reduce the risk of unauthorized alterations or duplication. This helps to ensure the ongoing integrity of the programs and services by protecting them from incidences of fraud and identity theft. Status Indians will have easier access to the services and benefits they are eligible to receive, as service providers will have renewed confidence knowing these cards are legitimate.

#### **Q.3 When will the Secure Certificate of Indian Status be available?**

At this time Indian and Northern Affairs is not in a position to provide a specific date when the new Secure Certificate of Indian Status will be available. INAC will provide further updates on the progress, and will announce a launch date when we are ready.

#### **Q.4 Why is there a delay with the roll-out of the new Secure Certificate of Indian**

#### **Status?**

In February 2009, INAC began deploying Mobile Application Centre's units to First Nations border communities across Canada to help process advance applications for the card. The Mobile Application Centre's deployment was the first opportunity for INAC to test the Secure Certificate of Indian Status issuance process in a live environment.

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Based on recent observations, INAC is undertaking a quality assurance review on the new Secure Certificate of Indian Status issuance process for the Mobile Application Centre's deployment which has caused delays. In addition, INAC is also undertaking a review of the overall technical infrastructure of the new Secure Certificate of Indian Status initiative, which will delay the national implementation. The quality assurance review is an administrative step, which will provide further assurance to First Nations individuals that their application information is protected.

#### **Q.5 Will the Mobile Application Centre units be redeployed?**

Until the quality assurance review is completed the Mobile Application Centre deployment will remain suspended. Communities that were scheduled to receive the Mobile Application Centre's will be provided updates on a regular basis.

#### **Q.6 Will individuals who have already applied through the Mobile Application Centre be receiving their card or will they have to reapply?**

Until the new Secure Certificate of Indian Status project is rolled out nationally, no cards will be distributed. Applicants that have already applied will not have to reapply. The information that has been collected at Mobile Application Centre sites will be processed once national implementation is started. Collected information is securely stored in a

quarantined data base which is protected from unauthorized access.

#### **Q.7 Should First Nations that rely on their status card to cross the border obtain other documentation?**

Yes. INAC is encouraging First Nations' who rely on their current Status Card to visit the United States via land and water to obtain other documentation, because after June 1, 2009, older versions of the Status card will no longer be considered valid documents for crossing the Canada-US border. This recommendation comes at a time when Canada is not in a position to indicate when the new Secure Certificate of Indian Status will be accepted by the United States, nor are we able to provide a specific launch date of the new Secure Certificate of Indian Status. INAC will inform all First Nations of any developments on this important issue through [www.inac.gc.ca](http://www.inac.gc.ca). To find out which documents will be accepted when visiting the United States via land and water, please visit Canada Border Services Agency website at <http://www.cbsaasfc.gc.ca/whti-ivho/menu-eng.html> [Air travel has different documentation requirements.

Visit [cbsa.gc.ca](http://cbsa.gc.ca) for more information]

#### **Q.8 Will the new Secure Certificate of Indian Status be accepted for Canada-United States border crossings?**

Canada is still waiting for final approval from Department of Homeland Security. Therefore, First Nations individuals who rely on their current status card for visiting the United States should obtain other documentation.

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Other documents, such as a passport, NEXUS card or Enhanced Driver's License (where available), will continue to be accepted as valid border-crossing documents under the WHTI. More information on accepted documents can be found on Canada Border Services Agency website at <http://www.cbsa-asfc.gc.ca/whti-ivho/menu-eng.html>. The paper laminated version and pilot project Certificates of Indian Status are currently accepted as a travel document for visiting the United States by land or water; however, after June 1, 2009, these versions of the Status card will no longer be considered valid documents for crossing the Canada-US border. On March 7, 2008, the United States conditionally accepted the new Secure Certifi-

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cate of Indian Status as a valid document for visiting the United States via land and water. This proposal was conditional on the cards satisfying the United States Western Hemisphere Travel Initiative requirements. The Government of Canada is working with United States officials to ensure that the new Secure Certificate of Indian Status will be accepted as a valid document for visiting the United States after the implementation of the United States Western Hemisphere Travel Initiative on June 1, 2009. INAC will inform all First Nations of any developments on this important issue through [www.inac.gc.ca](http://www.inac.gc.ca).

**Q.9 Who is eligible for a Status card and what is it used for?**

Any individual registered as an Indian under the *Indian Act* is eligible for a Status card, regardless of age, and can voluntarily apply for a card. The Status card is provided to assist registered Indians in accessing a wide range of entitlements, programs and services administered by federal agencies, provincial governments and other private sector program and service providers. Many of these organizations use the Status card as the main or sole proof that a person is entitled to receive the benefits.

**Q.10 Will Applicants be charged a fee to obtain or renew their Status card? Is the Status card compulsory?**

No, the Government of Canada will not be charging Applicants any fees to obtain or renew their Status card.

This card is NOT compulsory, but will help Applicants obtain all the benefits they are entitled to as a registered Indian quickly and efficiently.

**Q.11 Why and how often do Status cards need to be renewed?**

Renewals of current Status Cards and the new Secure Certificate of Indian Status are necessary to comply with international standards (International Civil Aviation Organization) and to meet the requirements of updating cardholder's personal information and photograph. Renewal dates for Status cards are automatically linked with the cardholder's date of birth. For those 16 years of age and over, the new Secure Certificate of Indian Status will be renewable every five years on or before the

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**Q.12 How will the secure card be an improvement?**

The enhanced version of the Status card incorporates modern national and international standards for document security. The prototype card has been designed as a result of a survey, focus group testing and several evaluations led by the Canada Border Services Agency. This secure version of the Status card will include specialized graphic design elements and enhanced security features that will protect the privacy of the cardholder while minimizing the opportunity for unauthorized alteration, duplication or use. Once we begin to issue the new Secure Certificate of Indian Status all earlier paper laminated versions will no longer be issued. Indian and Northern Affairs Canada will ensure that all cardholders are made aware of any potential changes in a timely manner. The new Secure Certificate of Indian Status represents the Government of Canada's continued commitment to strengthening its relationship with First Nations individuals and organizations. All partners continue to work to address concerns around the current Status cards and the broader goal of improving the overall quality of life of Canada's Aboriginal peoples by ensuring that those eligible to receive services and benefits are able to access them quickly and efficiently.

**Q.13 What are the accepted forms of identification required to obtain a new Secure Certificate of Indian Status?**

**Registered Indians 16 years and older will need:**

- ☐ Your old Status card;
- ☐ Your original birth certificate (long or short form); AND
- ☐ A valid passport (or other form of identification\*)

**Registered Indians 65 years of age and older with a valid status card (renewal date has not been reached) will be need:**

- ☐ Your old Status card;

- ☐ Other valid\* form of identification
- ☐ If a valid status card is not available, the individual will have to present two pieces of valid\* ID (one with photo).

**Children 15 years of age and under will need:**

- ☐ To be accompanied by a parent or legal guardian with a valid\* form of photo identification.

- ☐ Legal guardians will also require documentation of guardianship.

- ☐ The child will need to present an original birth certificate (long or short form).

**\*Other valid forms of identification include:**

- ☐ Driver's license (provincial or territorial)
- ☐ Student ID (with digitized photograph)
- ☐ Government-issued employee ID card (with digitized photograph)

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- ☐ Other federal, provincial/territorial ID card
- ☐ An ID card from one of the 29 INAC recognized self-governing First Nations (with digitized photograph)

These documents are used to verify an individual's identity. They will be viewed and matched with the entitlement information in the Indian Register for validation purposes only. Once completed, the application for a new Secure Certificate of Indian Status will be processed. For more detailed information on what documents are required please visit the application information section on our website at [www.inac-ainc.gc.ca](http://www.inac-ainc.gc.ca)

**Q.14 What are the advantages of introducing the new Secure Certificate of Indian Status?**

A broad range of potential advantages, both direct and indirect, will result from introducing the new Secure Certificate of Indian Status. Immediate benefits include improved client service, ease of use and fewer cards being rejected or questioned by service providers. Cardholders will have easier access to the

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programs and services they are legally entitled to receive. It also means faster processing of transactions, a reduction in identity fraud and misuse related to the existing card, and reduced complexity in accessing programs and services.

**Q.15 Will the new Secure Certificate of Indian Status contain a microchip or "smart card" features?**

No.

**Q.16 How is personal information appearing on Status cards protected under Privacy legislation?**

Privacy is a key element of all aspects of this project. Personal information contained in the Indian Register and maintained by INAC is protected under the federal *Privacy Act*.

Any concerns regarding this Act should be directed to the Privacy Commissioner of Canada at the toll-free number of 1-800-282-1376. Further information is available on web site for the Privacy Commissioner of Canada

[http://www.privcom.gc.ca/legislation/index\\_e.asp](http://www.privcom.gc.ca/legislation/index_e.asp)

Status cards containing personal information from the Indian Register are issued to individuals only with their consent in the form of a signed application for a Secure Certificate of Indian Status. Once a Status card is issued to an individual, like all other forms of identification (i.e. drivers license), it is then the responsibility of the individual to protect the card and the information it contains.

**Q.17 Does the information contained on the new Secure Certificate of Indian Status differ from the paper laminated version?**

No. The personal information contained on the new Secure Certificate of Indian Status includes the same data as the current paper laminated Status Card. The data fields included on the new Secure Certificate of Indian Status are the person's name, card number, registration number, gender and date of birth. Other features of the card,

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Secure Certificate of Indian Status and the information it contains.

**Q.18 Where are Status cards issued and will First Nations continue to be involved in the card issuance process? How long will it take to obtain a new Secure Certificate of Indian Status?**

Indian and Northern Affairs Canada Headquarters, Regional and District offices and about 485 Indian Registry Administrators (IRAs) located at First Nations' offices issue Status cards. Once the new Secure Certificate of Indian Status is in place the only change to the issuance process is that the actual cards will be printed at a National Print Centre. First Nation Indian Registry Administrators and INAC offices will continue to process the applications. Once printed, the cards will be mailed directly to the individual or sent to the First Nation Indian Registry Administrators and INAC Officers, who will contact the individual to arrange for pick-up, which should happen within a couple of weeks of an application being submitted for processing.

**Q.19 Will the new Secure Certificate of Indian Status enable First Nations persons born in Canada to travel to the United States to live or work without obtaining an alien registration card (green card) or work permit?**

Laws of United States Immigration and Naturalization require that First Nations persons born in Canada have at least 50 percent Aboriginal blood quantum to enter the United States to live or work without a green card or work permit. Canadian law is different in that registration as an Indian under the provisions of the *Indian Act* is not based on percentage of Indian blood quantum. Under previous *Indian Acts*, it was possible for non-Indians to gain Indian status through marriage. Under the current Act, non-Indians can gain status through adoption by registered Indians. As such, United States Immigration and Naturalization usually requests that an individual provide a letter of blood quantum from his or her First Nation or a letter from an INAC office verifying an individual's Indian ancestry. For further information, check the First Nations and the Western Hemisphere Travel Initiative Web site.

**Q.20 Is there a link between the new Secure Certificate of Indian Status and the Jay Treaty?**

No. The Jay Treaty of 1794 provided free border crossing rights for "the Indians dwelling on either side of the boundary line" between Upper and Lower Can-

ada and the United States, and exemption from duty or taxes on their "own proper goods" when crossing the border. After the War of 1812, the Treaty of Ghent between Britain and the United States was

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**Q.21 Can First Nations expect any changes concerning the ways the new Secure Certificate of Indian Status will be used?**

There are no changes planned as to how INAC will use the new Secure Certificate of Indian Status. This is largely a matter determined by service or program providers outside of INAC. However, INAC will take steps to raise awareness among cardholders, service providers and all government agencies of the new Secure Certificate of Indian Status as a valid and credible proof of Indian status.

**Q.22 How will stakeholders such as service providers and provinces/territories be made aware of the implementation of the new Secure Certificate of Indian Status?**

An information campaign will be launched to inform all stakeholders of the new Secure Certificate of Indian Status implementation plan.

**Q.23 After the new Secure Certificate of Indian versions of valid Status cards will there be?**

There will be a transition period while INAC and Indian Registry Administrators' offices are provided with the equipment necessary to process and activate the new Secure Certificate of Indian Status. As soon as the new processing equipment is available regionally and at the First Nation level, only the new Secure Certificate of Indian Status will be issued. During this transition period, four versions of the card will co-exist: the paper laminated version, the pilot Status



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cards and the new Secure Certificate of Indian Status. Older versions of the Status card will remain valid until their renewal date, or for a five year period after the new Secure Certificate of Indian Status is introduced.

**Q.24 Do service providers and other organizations have access to the information contained in the new Secure Certificate of Indian Status? What will they do with the information?**

Indian and Northern Affairs Canada has no ability to control how service providers and other organizations use the information. It is up to individual cardholders to decide if they want to voluntarily allow such organizations to have access to the information on their

card. Keep in mind that the Machine Readable Zone contains no more information than is already clearly visible on the card. Once a cardholder voluntarily allows a service provider or other organization access to the Status card, the information that is visibly present

on the card is then available to that business or organization.

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**Q.25 Can I apply for the new Secure Certificate of Indian Status by mail?**

Due to the security measures associated with the new Secure Certificate of Indian Status, mail-in applications will not normally be accepted. However, if circumstances prevent you from applying in person, please contact your Regional INAC office.

**Further Information**

For further information related to your eligibility to be registered as a Status Indian, or to obtain a new Secure Certificate of Indian Status once you are registered, contact any IRA or INAC office. Further information regarding the new Secure Certificate of Indian Status is available by telephoning toll-

free **1-800-567-9604**, emailing [InfoPubs@aincinac.gc.ca](mailto:InfoPubs@aincinac.gc.ca) or viewing the INAC Web site.

[gc.ca](http://www.inac.gc.ca) or viewing the INAC Web site.

**Further information relating to various benefit entitlements can be found at the following Web sites:**

Benefits Information, Non-Insured Health Benefits, First Nations and Inuit Health Branch,

Health Canada - <http://www.hc-sc.gc.ca/fniah-spnia/index-eng.php> or 1-800-259-5611

Status Indians, Aboriginal Peoples, Canada Revenue Agency - <http://www.craarc.gc.ca>

[gc.ca/brgnls/ndns-eng.html](http://gc.ca/brgnls/ndns-eng.html) or 613-598-2275

Dental -1-888-332-9222,

**Date: April 22, 2009**

**Approved by: PCO**



## Meeting on the River of Life Mohawk and Loyalist Exchanges

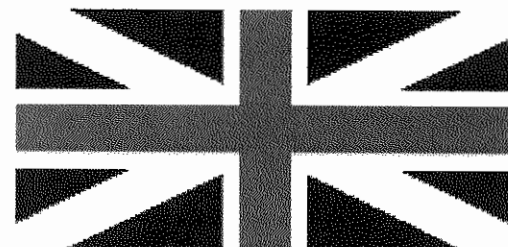
An Exhibition to be held from

**May 22 to May 30, 2009**

**The Tyendinaga Business Centre, Tyendinaga Mohawk Territory  
and**

**June 6 to July 6, 2009**

**The Archives and Collections Society, "The Victory", 205 Main Street, Picton**



This exhibition traces the 11,000 year history of human occupation along the Bay of Quinte and re-examines the relationship of the Mohawk and Loyalists neighbours who settled here 225 years ago. The exhibition will feature an extraordinary collection of Aboriginal art from this region, dating back to the earliest occupations and providing an overview of the First Nations relationship to this place as reflected by stone, ceramic and bone artifacts.

The secondary theme of this exhibition is to commemorate the special relationship between those of the Mohawk Nation, that settled at Tyendinaga, and the Loyalists who sought a new life in the County and the surrounding region. The two very different peoples were joined together in common interest in the original Mohawk homeland in the Mohawk Valley. United as allies, the Mohawk and Loyalists also shared the Silver Covenant of Peace, an alliance

that cemented their friendship together.

We will use historic illustrations, quotes by Mohawk and Loyalist leaders, as well as contemporary art that reflects upon that Covenant Chain relations to recall the social, cultural, economic and political ties between the two. These ties helped to shape the early history of this region and the anniversary of the arrival of the Loyalists gives us cause to reflect upon historic relationships and to re-imagine future prospects.

Importantly, this exhibition will provide a view of the centuries long relationship held by the original people to this place reflected in the James Heffernan collection of antiquities. In many ways the arrival of the Mohawks was a return to this place, as their ancestors have ties to the mighty St. Lawrence River that dates back prior to the arrival of Jacques Cartier.

The Mohawks made an agreement with the Dutch in 1613 that envisioned a relationship between the natives and the colonists as being symbolized by two vessels travelling together on the river of life.

The native canoe became tied to the colonial ship. The rope that tied them together was later replaced with a chain by the British when they took over the fur trade in North America.

That chain was transformed into the Silver Covenant Chain in 1677 and was incorporated into sacred wampum belt designs that linked the King of England to the Mohawk and their brother nations, collectively known as the Haudenosaunee, or Five (later Six) Nations Iroquois Confederacy. The protocols around the use of wampum for diplomatic purposes was firmly entrenched in both Mohawk and Loyalist tradition.

In the past, the Silver Chain was "polished" from time to time to reaffirm peaceful relations, resolve disputes and renew respect and friendship. It is in that spirit of polishing the chain that we present this exhibition to honour the ongoing relationship between the First Nations and the County, as the descendants of Loyalists represented by the Crown.

# ADMINISTRATION

## TYENDINAGA MOHAWK COUNCIL MINUTES APRIL 3, 2009

A meeting of the Tyendinaga Mohawk Council was held on Friday, April 3, 2009 at 12:40 p.m. in the Council Chambers.

Present: Chief R. Donald Maracle  
Councillors: Roy C. Maracle, Trevor Lewis and Velma Hill-Dracup (arrived at 1:00 p.m.). Barry Brant was absent due to sick family  
Staff: Brian Hamilton, CAO and Angela Maracle, AO

MOTION #1: Moved by Trevor Lewis, seconded by Roy C. Maracle that the Tyendinaga Mohawk Council Minutes of March 2, 2009 be accepted as read.  
Carried.

MOTION #2: Moved by Trevor Lewis, seconded by Roy C. Maracle that the Tyendinaga Mohawk Council Special Minutes of March 6, 2009 be accepted as read.  
Carried.

MOTION #3: Moved by Trevor Lewis, seconded by Roy C. Maracle that the Tyendinaga Mohawk Council Special Minutes of March 12, 2009 be accepted as read.  
Carried.

MOTION #4: Moved by Trevor Lewis, seconded by Roy C. Maracle that the Tyendinaga Mohawk Council Minutes of March 18, 2009 be accepted as corrected.  
Carried.

MOTION #5: Moved by Roy C. Maracle, seconded by Trevor Lewis that the Tyendinaga Mohawk Council Local Business Minutes of March 24, 2009 be accepted as read.  
Carried.

MOTION #6: Moved by Trevor Lewis, seconded by Roy C. Maracle that this Council acknowledge the Hastings/Prince Edward District School Board Trustee Report for March 2009 submitted by Mike Brant, Community Representative.  
Carried.

The following scheduled meetings were acknowledged:  
April 7 & 8 – Association of Iroquois and Allied Indians (AIAI) Joint Chiefs Council & Education Committee Meeting in Alliston  
April 9, 7:00 p.m. – Tyendinaga Mohawk Council Local Business Meeting  
April 15 & 16 – AIAI Joint Health/Social Advisory Board and Chiefs Retreat in Niagara Falls  
April 21 & 22 – Ontario Chief's Committee on Health in Toronto  
April 22, 9:00 a.m. – Tyendinaga Mohawk Council Regular Meeting  
April 22, 1:00 p.m. – AIAI Chiefs Council Meeting with Andrea Horwarth, NDP Leader re: Harmonization Tax  
April 29, 7:00 p.m. – Tyendinaga Mohawk Council Local Business Meeting  
April 30 – Ontario First Nations Policing Agreement Meeting in Toronto

MOTION #7: Moved by Trevor Lewis, seconded by Velma Hill-Dracup that this Council approve the following meetings outside the Territory: Chief Maracle – attending AIAI Chiefs Council Meeting with Minister Brad Duguid in Toronto on April 1, 2009 (formal approval); attending Ontario Chief's Committee on Health in Toronto on April 21-22, 2009; attending AIAI Chiefs Council Meeting with Andrea Horwarth, NDP Leader, in Toronto on April 22, 2009; attending Ontario First Nations Policing Agreement Meeting in Toronto on April 30, 2009; may attend Border Crossing Fundraiser in Six Nations on April 18, 2009  
Chief Maracle and Velma Hill-Dracup – attending Matrimonial Real Property Lobby in Ottawa on April 9, 2009  
Carried.

MOTION #8: Moved by Trevor Lewis, seconded by Roy C. Maracle that this Council acknowledge receipt of the letter announcing the new members of the Tyendinaga Pow Wow Committee and the copy of the constitution.  
Carried.

MOTION #9: Moved by Trevor Lewis, seconded by Roy C. Maracle that this Council approve to ask the other four Large Bands for approval to release the Five Large Bands Study so we can post the report on our website.  
Carried.

MOTION #10: Moved by Trevor Lewis, seconded by Velma Hill-Dracup that this Council defer the discussion on Band Employee Benefits 2009/10 until Monday, April 6, 2009 at 9:00 a.m.  
Carried.

MOTION #11: Moved by Trevor Lewis, seconded by Velma Hill-Dracup that this Council approve to send out a community notice regarding the tax harmonization issue and we will continue to update the community.  
Carried.

MOTION #12: Moved by Velma Hill-Dracup, seconded by Trevor Lewis that this Council defer the Draft Trespass By-law until the next Tyendinaga Mohawk Council Meeting on April 22, 2009.  
Carried.

MOTION #13: Moved by Trevor Lewis, seconded by Velma Hill-Dracup WHEREAS Economic Development is integral to the well-being of our community;  
AND WHEREAS the Mohawks of the Bay of Quinte have received funding and utilized Casino Rama funding totaling \$883,000 to build the Tyendinaga Mohawk Business Centre on the Tyendinaga Mohawk Territory;

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AND WHEREAS unexpected expenditures have occurred during the construction phase that has resulted in a cost overrun; THEREFORE BE IT RESOLVED that the Tyendinaga Mohawk Council approve to utilize the Casino Rama funds under the Economic Development component in the amount of \$16,041.01 to offset the cost overrun. MCR #2009/10-001

Carried.

MOTION #14: Moved by Trevor Lewis, seconded by Roy C. Maracle that this Council approve payment of invoices dated March 24, 2009 from Blaney McMurtry in the amount of \$1,669.18 re: Asphalt Plant and invoice in the amount of \$1,244.85 re: Police Building both for the period ending March 19, 2009.

Carried.

MOTION #15: Moved by Trevor Lewis, seconded by Roy C. Maracle that this Council approve the CFA 2008/09 Notice of Budget Adjustment #10 in the amount of \$35,283.11 for Mobile Computer Lab, \$2,500.00 for Band Employee Benefits Non-Status Employees, \$45,600.00 for Band Employee Benefits Status Employees, \$150,000.00 for Instructional Services (books & pay equity) totaling \$233,383.11.

Carried.

MOTION #16: Moved by Roy C. Maracle, seconded by Trevor Lewis that this Council approve the 2009/10 Insurance Renewals under the AFN Insurance Program in the amount of \$141,404.00.

Carried.

MOTION #17: Moved by Roy C. Maracle, seconded by Trevor Lewis that this Council approve to sign the Ministry of Community and Social Services, Ministry of Children and Youth Services amended Capital Funding Agreement identifying MBQ as a First Nations Territory instead of a corporation and revision to section 12.1 & 12.2 that identifies ownership of the land and building.

Carried.

MOTION #18: Moved by Trevor Lewis, seconded by Velma Hill-Dracup that this Council approve the Land Transfer from Marilyn Maracle to Joanne Glenda Tabobandung, the whole of Lot 20G-1, Concession 2 as shown on Plan No. RSO 2045.

Carried.

MOTION #19: Moved by Trevor Lewis, seconded by Roy C. Maracle that this Council approve the Land Transfer from Harvey Brant and Patricia Darlene Brant to Andrew Harvey Brant and Andrea Denise Brant-Higgins as joint tenants, the whole of Lot 22L-5-1, Concession A, as shown on Plan No. RSO 1011.

Carried.

MOTION #20: Moved by Trevor Lewis, seconded by Roy C. Maracle that this Council approve of Indian and Northern Affairs Canada conducting land appraisals for Agricultural and Rec-

reational Leases on the Tyendinaga Mohawk Territory.

Carried.

MOTION #21: Moved by Velma Hill-Dracup, seconded by Trevor Lewis that this Council approve to contract with Fisheries and Oceans for the operation of the Sea Lamprey Monitoring Project on the Salmon River for a 10 week contract beginning in April 2009.

Carried.

MOTION #22: Moved by Trevor Lewis, seconded by Roy C. Maracle that this Council approve payment of the following invoices from Alan Pratt: Inv. #3339 in the amount of \$448.34 – General Matters and Inv. #3340 in the amount of \$1,045.76 – Turton Penn Loss of Use.

Carried.

MOTION #23: Moved by Trevor Lewis, seconded by Velma Hill-Dracup that this Council acknowledge the letter dated April 1, 2009 from Indian and Northern Affairs Canada advising Council that Jos Dyck is replacing James Moxon on the Culbertson Tract Claim file.

Carried.

MOTION #24: Moved by Trevor Lewis, seconded by Roy C. Maracle that this Council approve to sign the Acknowledgement of Confidentiality declaration received from the Association of Iroquois and Allied Indians regarding information received from the Ministry of Northern Development and Mines re: Amending the Ontario *Mining Act*.

Carried.

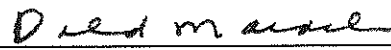
MOTION #25: Moved by Trevor Lewis, seconded by Roy C. Maracle to go in private. (3:00 p.m.)

Carried.

Summary of Private Minutes:  
Approval of Private Minutes: March 18, 2009 and March 24, 2009  
Local Business  
Acknowledged letter from insurance company re: accident on the Territory  
Approved two (2) Mortgage Discharges and Rewrites and three (3) mortgages paid in full  
Approve one (1) home renovation loan in the amount of \$7,900.00

Recorded by:  
Shelley Bowden

Brian Hamilton  
Chief Administrative Officer

  
Chief R. Donald Maracle

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



ADMINISTRATION

BOIL WATER REMINDER

As a reminder, in February 2008 Health Canada recommended the Tyendinaga Mohawk Council place a precautionary boil water advisory on the Tyendinaga Mohawk Territory.

Should your bacteriological water sample indicate a safe or adverse result please ensure the water is **boiled or disinfected and filtered**. The water sample may contain water born parasites such as Giardia or Cryptosporidium without proper filtration. **Please do no consume or serve the water to the public.**

For information on obtaining a water treatment system for your household, business or service building please contact a licensed plumber as each water supply varies. Ensure your plumber is aware that you must have filtration for water borne parasites.

If you have any questions please call Crystal Maracle or Liz Brant at the Mohawk Administration Office 613-396-3424.

HOW TO USE WATER SAFELY DURING A “BOIL WATER ADVISORY”

This fact sheet provides basic information only. It must not take the place of medical advice, diagnosis or treatment. Always talk to a healthcare professional about any health concerns you have and before you make any changes to your diet, lifestyle or treatment.

What are the reasons for a “boil water advisory”?

There are different reasons for issuing a boil water advisory.

1. A boil water advisory is **based on information other than bacteriological examination** indicating that the water is not safe to drink. (e.g. the lack or absence of disinfection residual in the drinking water)
2. A boil water advisory may be **based on bacteriological (microbial) examination**, including the finding of bacteria or parasites.
3. A boil water advisory may follow the occurrence of an **outbreak of illness** in the community that has been linked to consumption of the water.

The extent of restriction on water use depends on the situation and the reason for issuing a boil water advisory. Always follow your own health unit’s recommendations on water use.

General recommendations on how to use the water if a boil water advisory has been issued in your community.

How do I use water when the boil water advisory has been issued?

The water **should NOT** be used for drinking, *making infant formula and juices, cooking, making ice, washing fruits, vegetables or brushing teeth*. For these purposes, boiled water or bottled water should be used. The water should be brought to a rapid rolling boil and boiled for 1 minute. If there are children in the home, place the pot on the back burner to avoid scalds. Boil only as much water in a pot as you can comfortably lift without spilling. Discard all ice made previously and disinfect the ice cube trays. *Make ice using boiled, cooled water.*

Can I take a bath?

Adults and teens may shower with untreated water as long as no water is swallowed. Older children could also be given a shower with a hand held showerhead, avoiding the face. Younger children should be sponge-bathed instead of bathing in a tub because they are likely to swallow tub water.

Can I use the water for handwashing?

*If the boil water advisory has been issued as a precaution and there is no outbreak of human illness, there is no need for additional hand disinfection with bleach solution or alcohol using the measures described below.*

If the boil water advisory has been issued because of an outbreak, water can be used for handwashing after the following emergency water treatment: Place 1.5 oz (about 45 ml) liquid household bleach in 10 gallons (45 litres) water. Mix and let stand at least 10 minutes prior to use.

How else can I disinfect my hands?

You can use alcohol-based hand disinfectants, containing more than 60% alcohol. These products are widely used in the health care setting after washing hands or in situations when water is not available. Please refer to information on “Hand Hygiene”. The wet wipes used for cleaning babies at diaper change are not effective for disinfecting hands and should not be use for this purpose.

My child was ill with diarrhea. Should I clean/disinfect toys?

Yes, toys should be cleaned and disinfected. If the toys are visibly soiled, wash them first with soap and water and then disinfect with a

freshly prepared bleach solution (1/4 cup (about 60 ml) bleach in to 1 gallon (4.5 litres) of water). Dip toys in to this solution and air-dry them. Cloth and plush toys could be washed or dry-cleaned.

I have a dishwasher. It is safe to use?

If your dishwasher has a hot setting, it safely disinfects dishes. If your dishwasher does not have a hot setting, after finishing the cycle, soak dishes for 1 minute in a solution of 1 oz (30 ml) of bleach mixed with 3 gallons of lukewarm water (13.5 litres). Let dishes air dry.

I wash dishes by hand. How do I disinfect them?

You could use boiled water for washing dishes. Dishes washed in soap and hot water can also be rinsed in boiled water or disinfected with the following bleach solution. Mix 1 oz. (about 30 ml) bleach into 3 gallons (13.5 literes) of water at room temperature for at least 1 minute. Let dishes air dry.

What is disinfection?

Disinfection is a cleaning process which destroys most disease-causing micro-organisms (pathogens).

How do I disinfect countertops, chopping boards or utensils which have come into contact with raw meat?

Countertops, chopping boards or utensils which have come into contact with raw meat should be washed with soap and hot water first, then disinfected with a bleach solution stronger than that used for emergency hand disinfection. Mix ¼ cup (60 ml) bleach into 1 gallon (4.5 litres) water for this purpose. Do not reuse or store this solution, but make it fresh daily.

Should I change the way I am doing laundry?

No, continue doing laundry the way you usually do. If you have to launder sheets heavily soiled with faeces, carefully remove soil before you place the sheets into the washer, without much agitation of the cloth. Use rubber gloves when handling heavily soiled sheets.

Is the water safe to fill wading pools for children?

No, the water is not safe to use in wading pools. Water usually gets into the mouths of small children, providing a possibility for infection.

I have a water filtration device installed. Does this make the water safe for drinking or cooking?

No. Filtered water should also be brought to a rolling boil for 1 minute before drinking or using it for cooking.

My doctor told me I am immunocompromised. What should I do?

Always follow your physician’s and dietitian’s advice. You might be advised to use bottled water or to boil water for drinking/cooking, even in the absence of a boil water advisory.

What should I do after the boil water advisory is lifted?

- Run cold water faucets for 1 minute before using the water.
- Run drinking fountains for 1 minute before using the water.
- Flush all garden hoses by running cold water through them for 1 minute.
- Run water softeners through a regeneration cycle.
- Drain and refill hot water heaters set below 45°C (normal setting is 60°C).

# EMPLOYMENT

## EMPLOYMENT OPPORTUNITY INTERNAL POSTING

### *Nation Building - Policy Analyst* *Term to March 31 2010*

The Policy Analyst is responsible to work cohesively with the Policy Development Team (PDT) as well as the MBQ Executive Team, to research, develop and establish policies/procedures and guidelines to create service provision efficiencies throughout the MBQ.

#### **Education Requirements:**

proven graduation from a post secondary program in Public Policy, Administration, Political Science, Business Administration, or other related field  
AND

#### **Experience Requirements:**

➤ previous, proven and successful experience in an analytical position with knowledge specific to First Nations Initiatives  
OR

an acceptable combination of education, training and experience that allows the candidate to successfully complete the required duties of the position  
AND

Preference will be given to persons of Mohawk Ancestry

#### **Skills**

➤ excellent research skills  
➤ excellent organizational skills  
➤ high level of interpersonal, verbal and written communication skills  
➤ high level of computer skills, proficiency with MS Office  
➤ project/program management and staff management

#### **Knowledge:**

Knowledge of Band Administration programs  
Knowledge of community with respect to policy development needs  
Knowledge, enforcement and adherence to applicable Health & Safety guidelines

#### **Abilities:**

Political dexterity  
Must possess a valid class "G" drivers license and own transportation  
Ability to travel

#### **Duties & Responsibilities: Work Procedures**

1. Co-ordinates the development of policies and provides administrative support
2. Provide support to the Policy Development Team in Policy Meetings
3. Liaise with legal counsel on policy analysis where necessary
4. General areas of responsibility include respect of confidentiality and sensitive issues and ensure community consultation
5. Additional duties in respect of policy development and communication as required by the Director of Nation Building

#### **DEADLINE FOR APPLICATIONS:**

**May 14<sup>th</sup>, 2009 at 12:00 NOON**

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

Melissa L. Maracle, HR Staffing & Training  
Mohawk Administration Office  
(613) 396-3424 fax (613) 396-3627  
e-mail: melissalm@mbq-tmt.org

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

## EMPLOYMENT OPPORTUNITY INTERNAL POSTING

### *Community Wellbeing - Thayendanega Health Centre Community Health Representative* (term to March 31<sup>st</sup>, 2010)

The Community Health Representative works under the supervision of the Community Health Nurse to provide health information/education programs and services; for the delivery of community health services; evaluating the effectiveness of the health awareness programs and services available to the community; assisting in the development and maintenance of community based health promotion literature; and, works within the Community Wellbeing team to assess, plan, and implement coordinated services to the community.

#### **Essential Qualifications:**

- graduation from a post secondary program in a Health, OR Social Services OR First Nations and Inuit Health Branch recognized equivalent

#### **Preferred Qualifications:**

Post Secondary certification in Health Promotion experience in education preschool to adult

#### **Skills:**

excellent communication and interpersonal skills  
excellent organizational and time management skills  
excellent computer based skills, including Microsoft Office programs  
high degree of initiative, insight and self direction  
excellent analytical, discretionary and thinking skills  
excellent written, concise documentation skills  
excellent oral presentation skills  
high level of willingness and ability to work in a rigorous, diverse and often demanding work environment  
total compliance of confidentiality  
high degree of stress management skills

#### **Knowledge of:**

First Nations health issues

Knowledge and understanding of Native community value and issues  
Health and Social services and programs on Tyendinaga Mohawk Territory  
First Nations and Inuit Health programs and services  
Proposal and report writing  
Knowledge of and adherence to Applicable Health and Safety Act and Regulations  
Environmental Health Infection Control

#### **Other**

Current CPR, First Aid and WHMIS certifications  
Certification to train in the areas of CPR, First Aid and WHMIS are an asset  
Current immunizations  
Valid Ontario drivers license and vehicle insurance with dependable own transportation  
Clear criminal reference check  
Able to work flex hours as required for program delivery  
Must be able to travel for attendance at meetings, workshops and upgrading skills  
Preference will be given to persons of Mohawk Ancestry

#### **Duties & Responsibilities: Work Procedures**

1. Provides health education in conjunction with other service providers across the health continuum
2. Provides prevention and control of communicable diseases in the community
3. Promote and encourage prevention of a variety of current health issues across the health continuum by developing and delivering workshops, in-services and information sessions to community groups
4. Provide assistance to other health services programming
5. Establishes and maintains effective communication and good public relations
6. Ensure the organization of a functional, efficient work area
7. Provide day to day administrative duties
8. Responsible for other health related duties as may be reasonably required by the Community Health Nurse In Charge

#### **DEADLINE FOR APPLICATIONS:**

**May 14<sup>th</sup>, 2009 at 12:00 NOON**

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

Melissa L. Maracle, HR Staffing & Training  
Mohawk Administration Office  
(613) 396-3424 fax (613) 396-3627  
e-mail: melissalm@mbq-tmt.org

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

EDUCATION



BULLIED AT SCHOOL??

Are you having trouble concentrating at school? Are you feeling sad or scared because you think someone is going to try to hurt you? Maybe you think changing schools is your only option. Read on for some inspiration to help you take control of your life and prevent further bullying.

**To begin with, know that it is not your fault.** No one deserves to be hurt by anyone else and no one has the right to hurt you. You do not have to accept your current situation of abuse. You cannot control the person bullying you (so hoping they will just leave you alone one day is not going to work), but you can control your own behavior and monitor your own thoughts to try and keep a good mind. To do this, you must remember your teachings about the Great Law of Peace. The Kayenerakowa (The Great Law of Peace) is better translated to “The big warmth” or the “big harmony” or even “the great nice or kindness”. This message was meant to guide us in how to conduct ourselves in our everyday lives. This set of values or this law was brought to us by the peacekeeper. Over time, and for lots of reasons, that message has been lost to some of our people (including your bully). But if you can learn to forgive and practice kindness within all your relationships (including the one you have with yourself), then peace can start with you... and continue to spread, just like the peacemaker’s message.

**The first thing you must try and do is to focus on your good, positive relationships, whether it is with your parents, siblings, cousins, aunts, uncles, Grandparents, friends, coaches or teachers – maybe you are lucky enough to have good relationships with all these people!** Spend time with them, talking about what is going on in your life and find out what is happening in theirs. Plus, you will always have a relationship with Mother Earth. You can work on this relationship by going out for walks, cleaning up garbage or doing seasonal activities like tapping trees – always remembering to put down tobacco in thanks. Remind yourself of all the things you have to be thankful for. This will help you to keep a good mind and to be resilient in challenging times.

We all know that eventually you will have to go back to school. So here are a few practical tips to help keep you safe. **One way to prevent further bullying is to tell an adult you trust.** If it does not seem that you are getting the help you need from them and then tell another adult. You have a right to be safe at school and it is the job

of the adults there to help keep you safe. You are reporting a bully to keep yourself safe, so do not consider it ‘ratting’ or ‘telling on’ someone. Staying silent about your misery because you think no one can help or will understand will only allow the bullying behavior to continue.

Ok, so you have told your teacher what is going on and they are keeping an eye on you. Unfortunately, adults cannot be everywhere, all the time. So try and stay with a friend or with a group, because a bully is more likely to approach you when you are alone. **Really ask yourself, who are my true friends?** They are the people who care about you and enjoy spending time with you and are there for you when you need them. These are the relationships you must focus on and promote.

Also, you may want to talk to your teacher about setting up a “no-bullying” policy (or set of rules) in your classroom. Everyone wants to live peacefully and the one or two people who do not, could be kept in check by the rest of the class. A bully could be taught that their behavior is not acceptable. Chances are the bully is picking on other people as well, who are afraid to stand up for themselves. Just think; you could be the one who helps bring peace to the lives of others.

**Talk to your principal and parents about making a safety plan.** A safety plan means having a discussion with adults to come up with a plan for where you would go and who you would talk to in different situations. In fact, it is much like knowing what to do in case of a fire – such as which exits you must go to in different places within the school. It could mean assigning an older student to walk with you to and from the bus. These plans are meant to keep you safe.

You could enroll yourself at a training dojo or martial arts camp to learn a new discipline, along with some self-defense techniques. This would also help to improve your confidence and self-esteem, which will contribute to building your good mind. Or you could do some role-playing with your parents or a teacher, where they could pretend to be your bully and you could practice being assertive. Another good idea is writing in a journal. This is a good way to keep your own record of incidents with the bully, as well as how you felt at the time and how you dealt with it.

However, you may find yourself face to face alone with a bully despite all your best efforts to avoid him or her. What now? Stand up straight and try not to let the bully know they are getting to you. Say something like “NO!” or “GO AWAY!” **If they are taunting you, remember that it is only an invitation to feel badly or react. You can choose to turn that invitation down and walk away.**

If your bully is violent, and decides to take their aggression out on you, remember you have the right to protect yourself from harm. If you have self-defense skills, use them to counter an attack to prevent a bully from ever laying a hand on you in the first place. **Also keep in mind that you should never use lessons in self-defense to hurt a bully or to be a bully yourself.** You have

no right to hurt a bully, no matter how justified or deserved you feel your “revenge” or “getting even” actions would be. If you do not have any self defense skills, than get out of there! There is nothing cowardly about protecting yourself from harm. Everyone knows it is the bully who is the true coward.

**If your bully is twelve to seventeen years old, they can be charged under the Youth Criminal Justice Act** (so could you, if you bully back!), which means they would have to go before a judge and there will be consequences (example: a criminal record or probation/open-custody i.e. jail). **Remember, you have choices and peace starts with you.**

When the intermediate students at QMS were asked to come up with some suggestions on how to prevent bullying, here is what they said:

1. Don’t bully others!
2. Don’t beat people up
3. Don’t harass others
4. Don’t gossip/talk behind back
5. Don’t send angry texts
6. Don’t encourage or support a bully
7. Don’t lie
8. Don’t stand by
9. Don’t bully back
10. Don’t start arguments with a bully
11. Remind a bully there are consequences
12. Be kind, nice
13. Be a leader, not a follower
14. Be aware
15. Be a good friend
16. Respect others
17. Reason and talk it out
18. Support the victim
19. Avoid a bully
20. Walk away
21. Say no
22. Tell adults
23. Tell how you feel
24. Tell them to stop and be nice
25. Stand up for yourself

Tyendinaga Justice Circle  
Tontakaiê:rine

*(It has become right again)*

613.396.2122 ext. 166

d





## EDUCATION

### Trustee Report for April, 2009

The following is an update of the Ministry of Education's initiative on Voluntary Self-Identification for First Nations, Métis and Inuit people across Ontario. The Hasting Prince Edward District School Board has taken the view that this process will require a very close working relationship with Tyendinaga First Nations and other aboriginal groups throughout Hastings and Prince Edward Counties.

To this end an Ad Hoc Committee has been formed to move this process forward and has met several times and determined dates that representatives will meet with Aboriginal groups from at least five different areas across Hastings and Prince Edward Counties. These community forums will serve as a basis to guide discussions on such things as – why should students voluntarily self identify? What are the benefits of voluntary self-identification? etc. A schedule has been established to have this policy in place for September 2009. Community forums will take place in Trenton, Picton, Bancroft, Whitney and Tyendinaga First Nations. The date for the community forum at Tyendinaga First Nations will be announced next month.

For more details on committee meetings go to the Board Website [hpedsb.on.ca](http://hpedsb.on.ca).

Remember, if you have any questions or concerns please contact me at (613)962-3595 or [mbrant@hpedsb.on.ca](mailto:mbrant@hpedsb.on.ca).



### Tontakaiê:rine (It has become right again) Tyendinaga Justice Circle

Tontakaiê:rine is a Restorative Justice program assisting youth 12-17 years of age. It is funded by the Ministry of Children and Youth Services and is located at FNTI. Restorative Justice can be seen as a set of principles which guide agencies and practitioners rather than a particular practice. It offers alternative ways of thinking about crime by emphasizing the harm crime does to the community and how the community rather than the court system can respond to crime in more satisfactory ways. It may incorporate a variety of approaches, applied at various stages of the criminal justice process: pre-charge or post-charge. Restorative Justice places an emphasis on all those involved in an offense – victims, offenders and the community - and seeks to reconcile, restore and repair relationships and situations.

Tontakaiê:rine is supporting the community in exploring options for Alternative Dispute Resolution. Community members, who would like to build peaceful relations, are all welcome to participate. The working group is looking at strengthening capacity for Alternative Dispute Resolution, specific to the needs of the Tyendinaga Mohawk Territory.

For further information, please contact:

Mary Ann Spencer  
Tyendinaga Justice Circle Coordinator

613-396-2122 x 123

Email – [maryanns@fnit.net](mailto:maryanns@fnit.net)

### New Hours

#### New Open Hours

Monday, Tuesday, Wednesday

10:30 to 5:30

Thursday

12 to 7

### Kanhiote Library

Borrow magazines, books,  
videos, DVDs, books on CD

Karen: 613-967-6264  
[karenl@tyendinaga.net](mailto:karenl@tyendinaga.net)

### Games Room Rental

The games room is available for rent for  
Birthday parties, meetings or for family fun  
**Only \$30.00**

*(cleaning done by the group renting to keep cost down)*

Sports equipment & games available to use

For more information contact (613)396-3424 ext.107  
or (613)396-5339 24 hr. voice mail or email  
[darlenel@mbq-tmt.org](mailto:darlenel@mbq-tmt.org) or [www.mbq.tmt.org/](http://www.mbq.tmt.org/)

*Promoting Healthy Living & having fun doing it!*

# HEALTH CENTRE

NURSING MOTHERS' GROUP  
OF  
TYENDINAGA  
INVITES\*  
BREASTFEEDING MOTHERS  
AND BABIES  
AND EXPECTANT MOTHERS  
(\*Interested women and girls also Welcome)

To their ongoing series of meetings

FRIDAY May 8, 2009  
at Thayendanega Health Centre  
10:30 am - Noon  
& FRIDAY May 22, 2009  
At the park (Bayshore Rd.), weather permitting

*DISCUSSIONS ON A VARIETY OF TOPICS  
RELATED TO THE CHALLENGES AND JOYS  
MOTHERHOOD  
LIBRARY, & MOTHER-TO-MOTHER HELP*

BREASTFEEDING CLINIC AVAILABLE

FOR BREASTFEEDING HELP  
CALL HEALTH CENTRE: 967- 3603  
or 396-2942 when Health Centre closed



## BREASTFEEDING CIRCLE

Mommy I love your milk so sweet and yummy,  
It's the very best thing for my little tummy.

Mommy when your patience is running low at best,  
Sit down, take a few deep breaths and bring me to your breast.

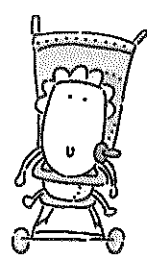
Mommy hold me close to your soft warm chest,  
Because being in your arms is where I like being best.

Mommy do not listen to those who say I am spoiled,  
It's just that you're my favourite person in the whole wide world.

Mommy when their negative comments put you to the test,  
Don't worry, trust yourself because, Mommy you know me best.

Mommy ignore them when they ask, "Isn't it time to wean?"  
Because when to stop is up to only you and me.

Mommy continue rocking me, sing another song.  
I am still a baby, but not for very long.



Make Your Own

Baby Food

Workshop

Wednesday, May 27,  
2009

@ Queen Anne Parish Centre

7:00 p.m. - 9:00 p.m.

A presentation by

Kim Reid ~ Registered Dietitian

also

experiment making your own baby food

All supplies provided



## PRENATAL CLASSES

September 14, 2005

7-9 pm

For more information Tel: 967-3603

or

To register for classes

May 2009

**Moms - In - Waiting**

Canadian Prenatal Nutrition Program

The Thayendanega Health Centre is offering **MONTHLY FOOD VOUCHERS** to women during their pregnancy. For more information please drop by or call the Health Centre and speak with the Community Health Nurses who will outline the program. Tel 613-967-3603

We want you to have a healthy pregnancy and a healthy baby!

Mary McCauley R.N.  
Community Health Nurse

## HEALTH CENTRE

# Youth Drop In Centre

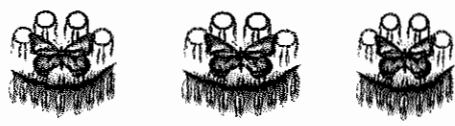
### Volunteers Are Needed at the Youth Drop In Centre

Recreation Complex-Ball Field on York Road

Every Tuesday and Wednesday evenings from 6:00 p.m. to 8:00 p.m.

If you have any questions regarding the drop In centre or have some spare time and would like to be involved with our youth please don't hesitate to forward you name and phone number to the Thayendanege Health Centre to Kathy Brant 613 967-3603.

Let's invest in our youth and build a healthy community together!



### DIABETES SUPPORT GROUP

ORAL CARE (teeth/gums)  
Michelle Clement

Tues. May 12<sup>th</sup>, 2009

7: 00 pm – 8:30 pm

Thayendanege Health Centre  
1658 York Road  
613-967-3603

Transportation Provided  
Please call Home Support: 613-962-6653  
Or Health Centre: 613-967-3603

Snacks provided

## Household Garden Survey

This survey is to determine the interest of our youth in participating in a garden project. This project will include taking part and planting a healthy vegetable garden for our interested community members.

The size of each garden will not exceed 10' x 10' and every household participating in the garden project will be able to choose up to 4 (four) vegetables of their liking. This gives the owner a wonderful opportunity to become more active by maintaining their own garden, as well as promoting a healthy diet.

It is our hope that this project will create an opportunity for some of our youth to volunteer their time and to give back to their community by making this project a huge success.

Do you have some community hours that you need to use?

Would you like to take this perfect opportunity to learn and have some fun while helping your community?

If you are interested and want to be a part of this project please let us know by May 8, 2009 if you would like your name on the list of volunteers. Please contact the Health Centre 613 967-3603.



### IS YOUR CHILD INTERESTED IN LEARNING HOW TO PLAY LACROSSE?

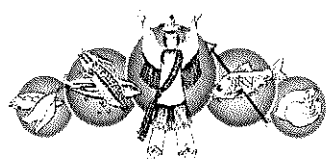
If you're child (ren) is between the age of 5 and 11 and is interested in learning how to play lacrosse, please contact Kathy Brant, Community Youth Worker @ the Health Centre (613) 967-3603 for a more details!

All participants will be responsible for their own face mask and helmet. Lacrosse sticks will be made available for use. There is no enrolment charge to play.

If we have enough interested participants, the lacrosse games will be taught on Wednesday evenings from 6:30 – 7:30 pm by our very own youth under the supervision of our experienced adult members.



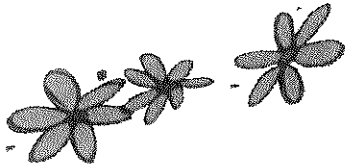
HOME SUPPORT



Tyendinaga Home Support Program  
1306 Upper Slash Rd  
Phone: 613-9662-6653 Fax: 613-962-1702

May 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>The Tyendinaga Home Support Program provides services that support and encourage independent living to seniors living in the community age 55+ and adults 18+ with physical disabilities.</b>					1 Breakfast Club (Continental) Meals on Wheels Handivan (Napanee)	2
3	4 Breakfast Club (Full) Ceramics Waterdrum Workshop	5 Breakfast Club (Continental) Meals on Wheels Fitness	6 Breakfast Club (Continental) Diner's Club Deseronto Bowling	7 Breakfast Club (Full) Shopping Trip (Belleville)	8 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto)	9 Supper Club
10 Happy Mothers Day	11 Breakfast Club (Full) Ceramics Waterdrum Workshop	12 Breakfast Club (Continental) Meals on Wheels Fitness	13 Breakfast Club (Continental) Diner's Club ELDERS LODGE Bowling	14 Breakfast Club (Full)	15 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Scrapbooking	16
17	18 OFFICE CLOSED	19 Breakfast Club (Continental) Meals on Wheels Fitness	20 Breakfast Club (Continental) Diner's Club Deseronto Bowling	21 Breakfast Club (Full) Humour Workshop	22 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto)	23 Supper Club
24	25 Breakfast Club (Full) Ceramics	26 Breakfast Club (Continental) Meals on Wheels Fitness	27 Breakfast Club (Continental) Diner's Club ELDERS LODGE Bowling	28 Breakfast Club (Full) BINGO	29 Breakfast Club (Continental) Meals on Wheels Handivan (Napanee) Scrapbooking	30
31	All activities are held in the Common Room of the Elders Lodge, unless otherwise stated. Also a nominal fee may apply for services. Please call the Home Support Office for more details.					



Maternal Child Health, Health Babies, Healthy Children & Early Childhood Development

Maternal Child Health, Healthy Babies Healthy Children  
& Early Childhood Development

1295 Ridge Road  
Queen Anne Parish Center (downstairs)  
613-969-1835 or 613-969-1649

May 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Mask making Workshop Cont'd 10-4	2 Yuk Yuks Community Cen- tre 7pm
3	4 Pre Natal Fitness 9:30-10:30	5 Adult's & Tot's 9:30-10:30	6 Adult's & Tot's Aqua fit 10-11 Napanee Pool	7 Kinder Gym 9:30-10:30  Ribbon Shirt Workshop 6-9pm	8	9
10 Mother's Day	11 Pre Natal Fitness 9:30-10:30	12 Adult's & Tot's 9:30-10:30	13 Scrapbooking 6-8  Adult's & Tot's Aqua fit 10-11 Napanee Pool	14 Kinder Gym 9:30-10:30  Ribbon Shirt workshop 6-9pm	15	16 Hiawatha Pow Wow 11:30 Celebrating all Nations
17 Hiawatha Pow Wow 11:30 Celebrating all Nations	18 Office Closed	19 Adult's & Tot's 9:30-10:30	20 Adult's & Tot's Aqua fit 10-11 Napanee Pool	21 Kinder Gym 9:30-10:30  Ribbon Shirt workshop 6-9pm	22	23 Pow Wow Yard Sale Subdivision
24	25 Pre Natal Fitness 9:30-10:30	26 Adult's & Tot's 9:30-10:30	27 Adult's & Tot's Aqua fit 10-11 Napanee Pool  Baby Food Workshop 6-9	28 Kinder Gym 9:30-10:30	29	30

Have curious kids and a kitchen? Try this easy experiment  
that looks like magic and introduce cool scientific concepts

Fun Foam

Age: 5 (with help) and up

You will need: Baking soda, dish soap, small clear plastic or glass bottle, large baking pan with sides, large  
measuring cup with spout, food coloring and vinegar

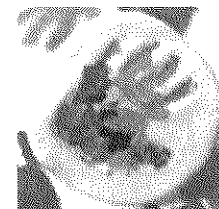
1. Place 1tsp of baking soda and a generous squirt of dish soap into the bottle.
2. Place the bottle in the middle of the large baking pan or a sink.
3. In the measuring cup, mix 10 or more drops of food coloring and 1 cup vinegar.
4. Pour the colored vinegar into the bottle.
5. Watch foam spew out of the bottle into the baking pan or sink. When it stops foaming you can restart the  
action by pouring in 1tbsp more of the baking soda and then the vinegar.

## Maternal Child Health, Health Babies, Healthy Children & Early Childhood Development

### Mother's Day Craft Idea's

#### Give Mom a Hand

*Kids grow up so fast! Here's a fun and easy handprint craft you can do with kids to forever remind Mom of just how small her little one once was.*

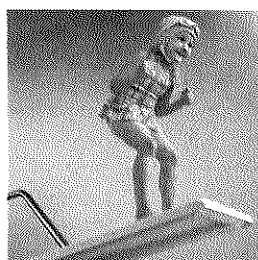


1. Combine 1 cup of all-purpose flour with 1/2 cup of salt and 2 tbsp. cream of tartar in a saucepan and stir together.
2. Combine 1 cup of water with 1 tbsp. vegetable oil in a measuring cup.
3. Stir the liquid into the flour mixture until smooth.
4. Cook over medium heat until the mixture forms a ball (around five minutes).
5. Place onto the countertop and knead until it feels dough-like.
6. Add food colouring to the dough if you'd like and mix thoroughly.
7. Roll the dough into a ball, flatten into a circle about one centimetre thick, to resemble a thick pancake.
8. Your child will then press the palm of his hand into the dough, but not too deep!
9. Let the handprint dry for a few hours and decorate with markers, paint, sparkles or whatever you wish!

### Adult's & Tot's Aqua fit classes

Starting Wednesday May 6, 13, 20 & 27, 2009

We will be offering Adult's and Tot's Aqua fit classes.  
These classes will take place at Napanee Pool  
10-11am



If you are interested in attending please call 613-969-1835 or 613-969-1649



**FASD can be prevented, don't drink alcohol during your pregnancy!**

### Adult's & Tot's

Every Tuesday Starting May 5, 12, 19 & 26, 2009

Queen Anne Parish Center (downstairs)

9:30-10:30am

0-6 with a parent / caregiver



We will be providing a chance for children and their parents or caregiver to get together and learn a new skill, prepare crafts, and just a chance to meet new people.

We are always looking for suggestions on what types of activities you would be interested in participating during this time together.

Healthy snack will be provided.

### Volunteers Needed

Volunteer tutors needed

We are presently looking for tutors for students ages 7-12. From 3:45-5pm at the Queen Anne Parish Centre (downstairs)

If you are interested in volunteering your time please call 613-969-1835 or 613-969-1649

### Upcoming Events

**Yard Sale**

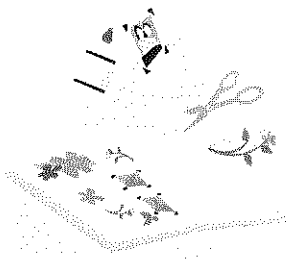
All proceeds going to fundraising for the Pow Wow  
May 23, 2009  
Top end of the subdivision

Different craft nights at the Canteen for the Youth Drop In Program.  
Keep watching for dates!



## Maternal Child Health, Health Babies, Healthy Children & Early Childhood Development

### Scrapbook Workshop



Wednesday May 13, 2009

Queen Anne Parish Center (downstairs)

6-8pm

\$2.00 per person

Bring your pictures and enjoy an evening preserving your memories.

Basic tools and supplies are available to use.

Please call ahead to reserve your spot

613-969-1835 or 613-969-1649

### Kinder Gym



Every Thursday May 7, 14, 21 & 28, 2009

Queen Anne Parish Center

9:30-10:30am

0-6 with a parent / caregiver

Healthy snack provided

Please call ahead to reserve your spot

### Ribbon Shirt Workshop for beginners

Thursday May 7, 14, & 21, 2009

Queen Anne Parish Center (downstairs)

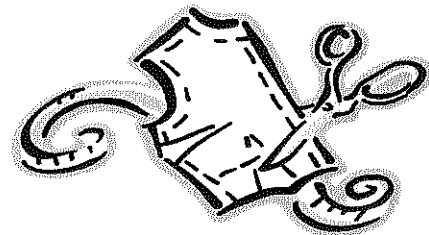
6-9pm

Instructor: Nikki Auten

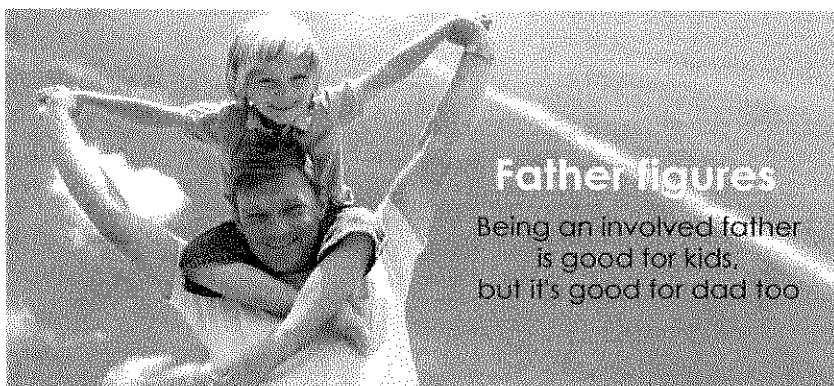
A material list will be provided to each participant.

Please call space is limited.

613-969-1835 or 613-969-1649



### Father Forum



Hey, dads! There is a new website for dads. Covering various parenting issues, ranging from tips for new dads to connecting with teens. The website is [www.dadstoday.org](http://www.dadstoday.org)

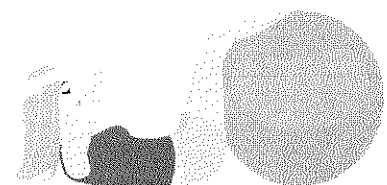
### Prenatal Fitness

Every Monday starting May 4, 11 & 25, 2009  
We will be offering a Prenatal Fitness Class.

Queen Anne Parish Centre

9:30-10:30am

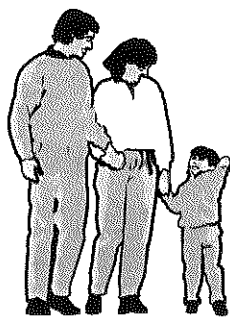
Instructor: Hollie Lloyd



If you are interested in attending this class please call as a form needs to be filled out prior to starting the class. 613-969-1835 or 613-969-1649

FAMILY SERVICES AND LIBRARY

TRIPLE P  
PARENTING  
SEMINAR



JUNE 8/09: THE POWER OF POSITVE PARENTING  
JUNE 15/09: RAISING CONFIDENT, COMPETENT CHILDREN  
JUNE 22/09: RAISING RESILENT CHILDREN

APPROXIMATELY 1 ½ HOURS PER SESSION  
HANDOUTS/QUESTIONS AND ANSWERS  
REFRESHMENTS

TO REGISTER OR FOR MORE INFORMATION  
PLEASE CALL  
BLAINE LOFT AT 613-967-0122 EXT 102

PLEASE NOTE: MUST HAVE A MINIMUM OF 5  
PARTICIPANTS IN ORDER TO RUN THE SESSIONS



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

Moon  
Ceremony



All Women Welcome!

Bring a lawn chair if you can!

WHERE: RED CEDARS

WHEN: May 8 at Dusk

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

Call for more  
information:

969-2215 or 967-2003  
POTLUCK MEAL SHARING

Facilitated by Red Cedars Traditional Practioner Program



KANHIOTE  
LIBRARY

967-6264 Tyendinaga Territory Public Library

Library Programming

The History of MBQ Councils 1800-1918  
with Trish Rae  
at Kanata Hall  
Saturday May 9th, from 2:30 to 7:30

Introduction to Digital Scrapbooking  
with Yvonne Comeau-Sexsmith  
at the library  
Tuesday May 12th, from 12:10 to 12:50

Karen Lewis  
Kanhote Tyendinaga Territory Public Library  
c/o MBQ Admin  
#13 Old York Road  
Deseronto, ON K0K 1X0

613-967-6264  
Fax 613-396-3627

Library Hours:  
Mon. Tues. Wed. 10:30 to 5:30  
Thurs. 12 to 7

OUR WAY FORWARD

What do you love about the  
library or books or reading?

Tell us

Please tell us!! Write a story about your favourite pro-  
gram, service, experience or memory of your First Nation  
library and what it meant to you..

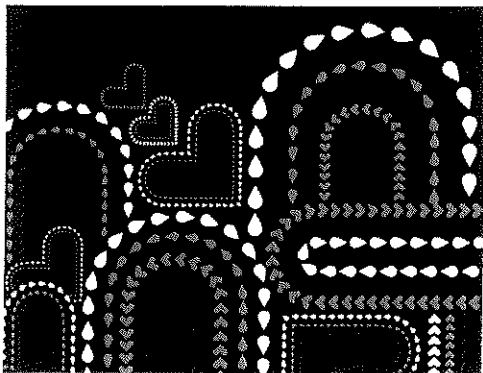
My First Nation library has helped me by.....

I love my First Nation Public library because....

My favourite program at the library was....

I remember one time at the library....

Stories may be published in a booklet to raise awareness  
of our libraries.



OUR WAY FORWARD

Send or deliver your story to  
your First Nation Public  
Library

Thanks for your help

COMMUNITY INTEREST

This article has been reprinted with written permission from the Author.  
Grace Woo

Canada's Forgotten Founders: The Modern Significance of the Haudenosaunee (Iroquois) Application for Membership in the League of Nations  
by Grace Woo

Abstract

In the 1920's the Haudenosaunee Confederacy, also known as the Iroquois Six Nations from Grand River Ontario, applied for membership in the League of Nations. They maintained that they were independent allies, not subjects, of Britain. In their view, Canada's Department of Indian Affairs was exceeding its jurisdiction under section.91(24) of the British North America Act when it tried to enforce its laws on their territory and the use of the Royal Canadian Mounted Police against them was an invasion. The international response to this incident set a significant precedent whose effects are felt to this day in the complaints of unrepresented peoples at the United Nations and in the constitutional dilemmas confronted by Canada concerning the political status of Aboriginal nations. This paper suggests that the final colonisation of the Haudenosaunee was the product of a malfunction during the decolonisation of Canada. Procedural decision-making was shielded from public scrutiny and left in the control of unelected officials, both within the British Empire and at the League. As a consequence, Duncan Campbell Scott, the Deputy-Superintendent of Indian Affairs whose policies were at issue, was able to manipulate elected representatives and avoid public accountability. The Haudenosaunee were never given an opportunity to formally present their case or to respond to Scott's allegations that were put forward as the official Canadian position. This left Scott free to depose their traditional government without raising the suspicions of a bewildered and misinformed public. The experience of the Six Nations Haudenosaunee impugns the integrity of the historical process through which Canada was defined as a modern state and raises serious questions concerning the need for reform, both internally, and at the international level.

Author's Note

The author is currently a doctoral candidate at the Universite de Mont-

real. This article is a resume of research conducted for a Masters in International Law at the University of Quebec, Montreal, Canada. She would like to thank the large number of people who have helped with the research. The opinions and perspectives developed are her own.

'England conquered half the world in successive fits of absence of mind.'

Sir John Seeley, Professor of History  
Cambridge University 1869 - 1895  
*Dawson (1937: 196) -*

1. Introduction.

Countries like Canada that are a product of the colonial process, are faced with a paradox. We have been attempting to reorient our laws to accord with modern equality rights without bothering to reevaluate the way our history was constructed during the age of imperial expansion and aggression. This paper seeks to address some of the resulting ambiguity by raising awareness of one pivotal event. Though omitted from most accounts of the 20<sup>th</sup> century, it deserves a prominent place in our collective memory, not only because of the light it casts on the development of Canada's national identity, but also because it provides a key to understanding why success eludes our well-meaning attempts to achieve both international peace and a solution for complex Indigenous rights issues.

In 1923 the Haudenosaunee Confederacy applied for membership in the League of Nations<sup>[i]</sup>. Better known to the English as the 'Iroquois Six Nations of Grand River' (now in Ontario), they were driven to take this initiative out of exasperation with the intrusive policies of Canada's Department of Indian Affairs. The Netherlands, Persia, Panama, Estonia and the Republic of Ireland all supported formal consideration of their application – or at least of the issue of whether or not it was receivable. However, Canadian officials did not want their actions subjected to external review. They were already facing court action for losing over CAD160,000 of Six Nations trust funds through unauthorized investments<sup>[ii]</sup> and they had difficulty finding the evidence they needed to defend the legality of their policies, so they played on popular stereotypes to ridicule the Haudenosaunee claims. Through these means, they were able to engage the intervention of Britain, which was also potentially liable for financial mismanagement<sup>[iii]</sup>. The international dominance enjoyed by the British Empire at that time gave it the power needed to pressure Haudeno-

saunee supporters and prevent formal presentation of the evidence and legal arguments that favoured their claims. As a result, both the Canadian public and the international community were excluded from the decision-making process and this influential Indigenous confederation was denied the opportunity to participate in world affairs on parity with other nations.

The facts surrounding this incident are difficult to untangle from presumptions that are firmly established in our cultural mythology concerning the foundation of both Canada and the modern international order. Those involved – the coloniser and the colonised – see each other in such radically different terms that we do not even use the same words to describe our past and present selves. Yet, the perspective of the colonised is confirmed by the coloniser's archival records. In considering the significance of what happened, it is worth remembering that most modern Canadians were born in or immigrated to Canada after the events recounted in this paper took place. We see ourselves as an alternative to the United States and we have few ties to people who can remember that back in the 1920's, the 'Dominion' still held colonial status under English law. In those years, the immigrant majority came predominantly from Britain. As 'loyal subjects', they had no desire to leave the protection of the imperial 'motherland'. Their submissive mind set and hierarchical belief system contrasted sharply with the egalitarian philosophy of the Haudenosaunee, who used archival evidence to substantiate their claim to full independence. As they argued in their petitions, the 'Six Nations' had never been conquered and they had never accepted alien sovereignty. Since the time of first contact, they had always insisted that they were allies, not subjects, of Britain.

Now that British imperialism has faded to a distant memory, scholars are taking a second look at the past. The primacy accorded to equality, both in the field of international human rights and in the Canadian constitution, casts a different light on how the modern world took shape and it appears increasingly likely that we have underestimated the depth of the philosophical conflict involved in early Anglo-Indigenous encounters. The League of Nations incident is just one of many points of cultural collision. Yet, with the perspective afforded by time, the broad significance of the actions taken by Canada's Department of Indian Affairs to depose<sup>[iv]</sup> the traditional Haudenosaunee government is becoming increasingly apparent. These events occurred at the very moment when the Dominion of Canada was taking its first tentative

steps towards establishing a limited autonomy of its own. And so, in this case at least, self-determination for Canada was achieved, not in cooperation with Indigenous peoples (contrary to Canada, 1993 Partners in Confederation), but rather at the expense of their traditional autonomy.

2. The Introduction of Decolonisation in International Law

The primacy now given to the principle of equality is a major component in the reorientation of the concept of legality that emerged during the 20<sup>th</sup> century. Following World War I, US President Woodrow Wilson captured international opinion by announcing that 'the day of conquest and aggrandizement is gone'<sup>[v]</sup>. The League of Nations was soon established 'for the purpose of affording mutual guarantees of political independence and territorial integrity to great and small states alike' (Covenant of the League of Nations; Walters, 1960). Instead of dividing the conquered German, Austro-Hungarian and Turkish empires among the victors, their constituent nations were either granted recognition as states, as in the case of Czechoslovakia and Yugoslavia, or placed under mandate with a view to eventual independence. This led to a redefinition of Canada's identity and the country began to look beyond the protection traditionally derived within the British Empire (Veatch, 1975; Lederman, 1984, p 340). Along with the other British 'dominions' (Australia, New Zealand, Newfoundland, South Africa and Ireland, which became a 'dominion' by treaty in 1920) Canada was finding it increasingly advantageous to emphasise its state-like qualities (Veatch, 1975). This had serious consequences for the indigenous nations living on the territory identified as 'Canada' on British maps.

From the Haudenosaunee perspective, their relationship was with Britain and it had been established under the principle of 'Guswentah', the Two Row Wampum. According to an analogy that indigenous sources say was British in origin (Weaver, 1975, p 279), the parties were to conduct themselves like two boats sharing the same river, and it was agreed that neither would attempt to steer the other's vessel. (Canada, 1996a). With the founding of the League of Nations, international organization shifted its definitional focus from imperial allegiance to territorial control by the resident population. Measures were instituted to help former colonies move towards independence and, though the implications of this reconceptualisation may not have been immediately apparent, Britain's 'dominions' found



## COMMUNITY INTEREST

themselves under increasing pressure to follow suit. Canada had not established formal relations with the Haudenosaunee or any other indigenous nation. The treaties and agreements that had been signed in British North America had always been made on behalf of the British monarch (for example, see Canada, 1871); but in the new world order that began to take shape following World War I, the Dominion presumed authority over all of the territory north of the United States' boundary. In terms of the Two-Row Wampum concept, which had previously governed Anglo-Haudenosaunee relations, it was as if the occupants of one boat laid claim to the whole river.

The conflict raised by this change in the international paradigm came to a head when the Haudenosaunee Confederacy applied for membership in the League of Nations. The few members of the dominant culture, who know of it; consider this incident an esoteric curiosity. However, specialists in the field have identified it as the origin of the modern international indigenous movement (Anaya, 1996, p 46) and it remains a beacon for indigenous-rights activists

(see: [Rikard, Sunkmanitu tanka Isnala Najin; Mapuche Documentation Center; Cheshire; Sun Singer](#)). What happened is almost impossible to reconcile with Canada's its proud humanitarian reputation, derived in part from Raoul Dandurand's pioneering work on minority rights at the League (Hamelin, 1967; Stacey, 1981).

Though Dandurand must have heard something about the incident, the Department of Indian Affairs was able to control the information he and his successors received, so Canadian decision-makers never fully understood the Haudenosaunee plight. In recent years, several accounts of what happened have been published (Veatch, 1975; Titley, 1986; Johnston, 1986; Rostkowski, 1987; Sanders, 1992); however, the implications are ignored. What happened simply does not fit with the cut and paste version of history we inherited from the colonial past. (See R. v. Marshall 1999; Dickinson and Gidney, 1987; Fisher, 1992; Ray 1990) Yet Canada depends on history to found the legality of its governmental structure. (Reference re Secession of Quebec 1998, at 49.)

This approach is difficult to reconcile with the reorientation of international law to found human rights on the equality of all peoples, including those indigenous to colonial states. From the modern international perspective, the treatment meted out to the Haudenosaunee in the 1920's is beginning to make the actual function of Britain's much vaunted legal system look like a hallucination from Alice in Wonderland (Carroll, 1865).

### 3. The Haudenosaunee Relationship with British North America

The particular indigenous people involved in the League of Nations application had a long and complex involvement in North American colonial development. By the 1920s, the seat of government for the Canadian branch of the Haudenosaunee Confederacy was on a territory known as the 'Six Nations Reserve', near Brantford Ontario<sup>[vii]</sup>. The 20<sup>th</sup> century produced a vast literature struggling with elusive concepts related to the idea of 'nationality' (Dallier & Pellet, 1999) and it was not until 1933 that international law established a positive legal definition for a 'state' (Dallier & Pellet, 1999, ch 1; Harris, 1991, p102; Castel, 1975, p 47). Following Article 1 of the Montevideo Convention on the Rights and Duties of States, it is now considered that a 'state' must have a permanent population, a defined territory, a government and the capacity to enter into relations with other states. As a division of the British Empire, Canada's international relations were handled by Britain when the League of Nations was founded and it did not meet these criteria. The Haudenosaunee Confederacy did. Their Grand River territory was one of the first parts of Upper Canada to be surveyed. Indeed, the history of the people on this 'reserve' is inextricably intertwined with the establishment of British North America. Their ancestors had been making treaties with European monarchies since 1643 (Jennings, 1984, p 55), becoming intensely involved in international relations during the colonial age. England, France and the United States all called the 'Iroquois' allies at times and Haudenosaunee ambassadors had visited the English court on several occasions. The eventual union of Britain's American colonies after they revolted from subject status was suggested by indigenous diplomats long before it was achieved and the United States' senate has acknowledged that it's constitution is founded on that of the 'Iroquois' confederation of the Kanienkehaka (Mohawk), Oneida, Onondaga, Cayuga and Seneca nations (US 1987).

Haudenosaunee attempts to remain neutral in the European conflicts that were carried to their soil during the colonial era met with limited success and they had a pattern of creating ties with both sides in any dispute (Richter, 1992). Following the American revolution of 1784, the part of the Haudenosaunee Confederacy that had allied with the British moved north with the Empire Loyalists. The League of Nations applicants were descendants of those accompanying the Mohawk war chief Thayendanegea. Known in English as

'Joseph Brant', Thayendanegea's older sister, Konwatsi'tsiaienni or 'Molly', was the widow of Sir William Johnson, the first British Superintendent of Indian Affairs. The Haudenosaunee were a matrifocal society in which women could remove public representatives from office and decide whether or not to go to war. In their efforts to keep their 'Indian allies' on side, the British continued to seek Konwatsi'tsiaienni's diplomatic support long after Johnson's death (Huey & Pulis, 1997; Thomas, 1996; Johnston, 1964). It was not until Europeans had established themselves as the majority in North America and the Anglo-American border was settled that the strategic importance of 'Indian allies' began to wane.

The territory occupied by the part of the Haudenosaunee Confederacy that led the application for membership in the League of Nations had been guaranteed to them by General Haldimand. It was seen as a replacement for the traditional homeland along the Mohawk River near Albany, New York that had been lost as a result of their British military alliance during the American Revolution<sup>[viii]</sup>. Originally designated as being six miles wide on either side of the Grand River from Lake Erie to its head, the 'Six Nations' territory cut through the heart of what was to become one of the richest parts of Canada, including the modern cities of Brantford, Waterloo and Kitchener. However, confusion over the legal status of this territory coupled with a laissez faire attitude towards squatters on the part of Upper Canadian officials led to the dissipation of most of the land during the 1800's under circumstances that can only be described as unjust (Harring, 1998). Despite these difficulties, the Six Nations people managed to maintain a functioning government. They adapted to the colonial environment, modifying their traditional institutions to manage all of the normal concerns of an agricultural community. At Six Nations, the Haudenosaunee Confederacy Council met regularly in their brick council house to look after a full range of community business, including tenders for road and school construction, dispute settlement and the welfare of orphans and the disabled. In the eyes of the Indian Department they were a model reserve under the authority of the Superintendent of Indian Affairs, though from their own perspective they were simply managing their own business independently as had always been their custom.

Despite either ignorance or wilful blindness on the part of Canadian officials, the 'Six Nations' had not forgotten the history of their relationship

with Britain. As previously mentioned, this had begun during the age when European diplomacy was conceived in terms of monarchies, not states. During the nineteenth century, colonial versions of history were compiled to defend the expansionist aspirations that prevailed in Anglo-American culture (Trigger, 1984; 1986), but modern scholars are beginning to realize that Indigenous diplomacy was geared towards self-preservation rather than imperial expansion (Jennings, 1984; Richter, 1992). Although they were constrained to serve as military allies to one side or another, the Haudenosaunee continued to define themselves on their own terms in the changing political environment created by European colonisation. As far as they were concerned nothing had happened to abrogate the Two Row Wampum Treaty that set out their relationship with Britain. The two polities remained separate in a shared environment and changes in the internal organization of the British Empire such as the revolt of colonists to found the United States or the creation of the Dominion of Canada did nothing to impugn their own political integrity.

Whether the British fully understood and accepted the concepts represented by the Two Row Wampum or not, they traditionally allowed subjects to rule themselves according to their local laws and customs (Pesklevits, 2002)<sup>[ix]</sup>. Thus, despite repeated attempts by colonial administrators to claim Indigenous peoples as subjects, the two societies managed to co-exist. However, as one generation succeeded the next in colonial Canada, knowledge of founding concepts both in the field of British constitutionalism and of Indigenous diplomacy began to erode. After the American boundary was settled following the War of 1812 the British transferred Indian Affairs from military to civilian control and with the creation of the Dominion of Canada by the British North America Act 1867<sup>[ix]</sup>, responsibility for Indian Affairs passed to Canada's federal government. After confederation, Canada passed a series of Acts on the advice of the Superintendent of Indian Affairs.

**Part 2 -  
To be continued  
in  
June's Newsletter**

COMMUNITY INTEREST

In Memory of  
**Jeannette Irene Sero**



Born July 13, 1938 passed away April 16, 2009 in her 71st year from a short battle with cancer. Loving wife of Peter Sero of 53 years. Adored by her children Rhonda Kunkel (James), Peter, Paul (Kathy) and Dawn Sero (Russ) Loved by 21 grandchildren and 23 great grandchildren. Survived by sisters Sheila, Linda, Nancy and brother Rick, Predeceased by sister Barbara. Loving Aunt of many nieces and nephews.

Special thanks to Dr. Griffin and nurses at Trenton Memorial Hospital, Dr. Goddard Hill and Rebecca Brown of Tyendinaga Home Care.

Special thanks to Russell and Delores Loft for all their meals and desserts for our parents. Your thoughts and actions were and are greatly appreciated by all of us.

In loving memory of a wonderful Father, Pa  
& great Grampa.

**DON CARR-BRAINT**  
**June 5, 1930—May 27, 2005**

*Although we smile and make no fuss  
No one misses you more than us  
And when old times we often recall  
That's when we miss you most of all.*

*It is hard to believe that 4 years have gone by  
You are so missed so much.*

*All our love, Carol, Harry, Betty, Billy, Mary Jean,  
Norman, Marilyn, Mike, Tracey & Families.*



Protective  
Observant  
Law enforcing  
Investigators  
Charismatic  
Earnest

Let us pray for all police this month

*In Memory of the Late  
Donald J. Maracle*

*My Husband who passed away on April 11, 2000*

*From his wife, Ivy Maracle  
Tyendinaga*

*In Memory of the Late  
Donald J. Maracle*

*Our Father who passed away on April 11, 2000*

*From your daughters,  
D.J. Maracle of Arnprior  
&  
Margie Maracle of Arnprior  
and the Grandchildren*

*In Memory of the Late  
Aunt Hilda Maracle*

*From  
Ivy, D.J. & Margie*

**CENTRE for FAMILY PRESERVATION**  
COUNSELLING FAMILIES TO WELLNESS

*Behaviour Modification for Children and Adolescents  
Techniques to Reduce Impulsivity  
Anger & Communication  
A little self control goes a long way  
Chronic Depression & Anxiety  
Cognitive Behaviour Therapy  
Marriage, Relationship & Family Therapy  
Learn how to save the most meaningful relationships  
Broken and Difficult Relationship  
Learning how to Communicate with your partner*

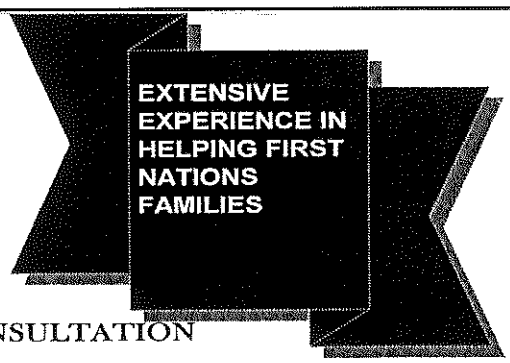
**PARENT CAPACITY  
ASSESSMENTS**

Call  
613-967-9944

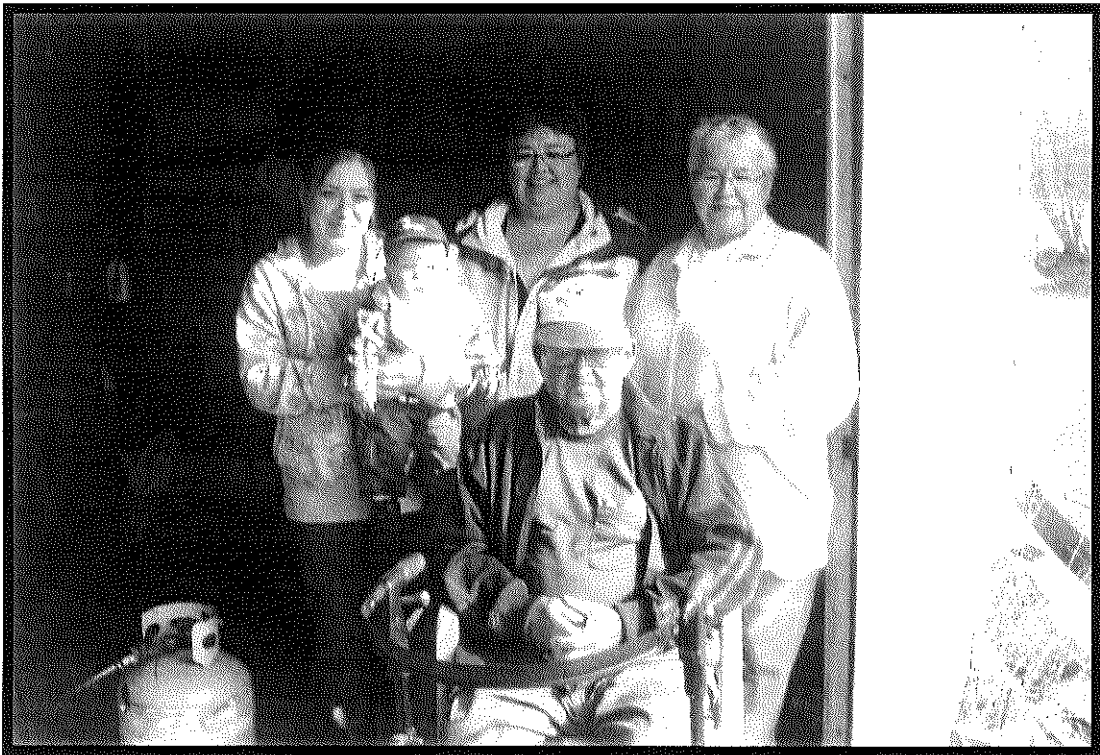
**For a Private &  
CONFIDENTIAL CONSULTATION**

TWO LOCATIONS TO SERVE YOU BETTER  
**BELLEVILLE & TYENDINAGA TERRITORY**

**COST MAY BE COVERED BY HEALTH CANADA  
OR OTHER EXTENDED HEALTH PLANS**



COMMUNITY INTEREST



*Five Generations*

Great Great Grandfather - Everett John  
Great Grandmother - Sam Reid  
Grandmother - Shelva Thompson  
Mother - Ashley Brinklow  
Son - Dawson Brinklow

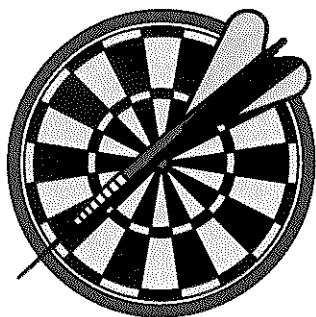
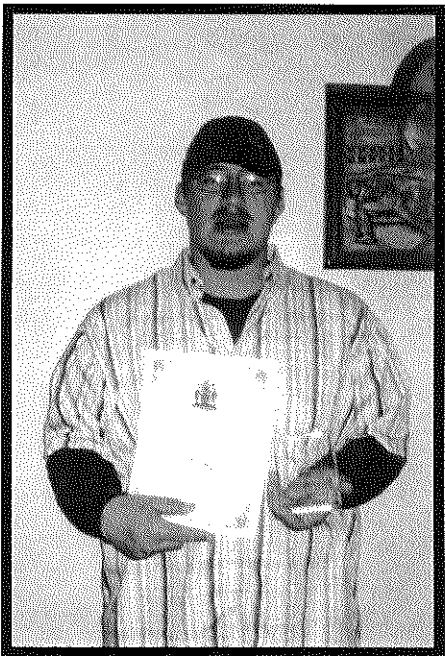
CORRECTION

In Issue 4 of the newsletter in the  
Community Interest Section.  
It should have read "Reegan Starr Maracle".  
Sorry for any inconvenience this may have caused.

*Congratulations!*  
*Tim Maracle*

on receiving an Athletic Achievement  
Award in Ten Pin Bowling from  
the Corporation of the City of Belleville.  
*Way to Go!*

Mom, Craig, Ashley, Lance, Dawson  
Gram & Clint



*Congratulations Samantha Loft*

for making Team Ontario for Provincial Darts in  
St. Catherines on Easter weekend.  
Sam beat Kim Whaley-Hilts in the top 32 and then went  
on to make the top 8 for a spot on Team Ontario. This is  
her first time making the team and she will represent the  
province at the National Dart Championships in St. Hyacinth,  
Quebec on June 15 19, 2009. She also made top 8 in the  
mixed doubles with her partner Paul Carlson.

*Way to go Sam!!* We are so proud of you.

Lots of love, Mom & Dad



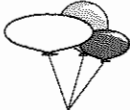
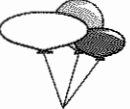










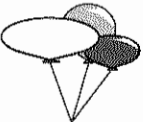














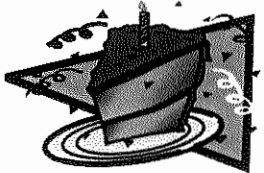
*Congratulations!*

Glenn and Arlene Maracle would like to take this  
opportunity to congratulate  
their daughter **Marlee Maracle**  
for making the  
under 14 Provincial Girls Soccer Team and having  
a terrific tournament in Florida over  
the March Break. We would also like  
to thank the Dreamcatcher fund for helping  
to make Marlee's dream a reality.  
Marlee we are so proud of you.

Love Mom & Dad



BIRTHDAYS

<p>Happy Mother's Day!</p> <p>To our Nan (Elaine Hill) &amp; Grandma (Kelly McMurter) &amp; Great Grandma (Audrey Brant)</p> <p>Love, Sadie William &amp; Elijah xoxoxox</p> 	<p>Happy Birthday!</p> <p>Travis Sager</p>  <p>Love Chip, Allison &amp; Kody</p>	<p>Happy 16th Birthday!</p> <p>Kody Brant May 12 Stay off the sidewalks!! Love Dad &amp; Allison</p> 	<p>Happy Birthday!</p> <p>Lisa &amp; Sandy @ the THC</p>  <p>From the Gang</p>
	<p>Happy 81st Birthday!</p> <p>Grandma Brant May 19</p>  <p>Love Brandi, Dale, Sadie, William &amp; Elijah xoxoxo</p>	<p>Happy 40th Birthday!</p> <p>James Heffernan May 18</p>  <p>Love always, Susanne</p>	<p>Happy Birthday!</p> <p>Aunt Dort May 15</p>  <p>Love ya, Linda, Angela, Jake &amp; Family</p>
<p>Happy Mother's Day!</p> <p>Mom</p> <p>Love Kody</p> 	<p>Happy Birthday!</p> <p>Stella Green May 17</p>  <p>from Tony, Dorothy Little Justin &amp; Little Tony</p>	<p>Happy Birthday!</p> <p>Dad May 18 Have a great day!</p>  <p>Lots of love, Sierra &amp; Ethan xoxo</p>	<p>Happy Birthday!</p> <p>Cindy May 29</p>  <p>Love Aunt Marilyn, Uncle Rick &amp; Sam</p>
<p>Happy Mother's Day!</p> <p>Gram (Norma) &amp; Aunt Edith</p> <p>Love Chip, Allison &amp; Kody</p> 	<p>Happy Birthday!</p> <p>Harry May 14</p>  <p>Love Marilyn, Rick &amp; Sam</p>	<p>Happy Birthday!</p> <p>Betty May 27</p>  <p>Love Marilyn, Rick &amp; Sam</p>	<p>Happy Birthday!</p> <p>Donald May 30</p>  <p>Love Aunt Marilyn, Uncle Rick &amp; Sam</p>
<p>Happy 1st Birthday!</p> <p>Dashane May 27th</p>  <p>from Nanny, Poppy &amp; Uncle Justin</p>	<p>Happy 1st Birthday!</p> <p>Dashane May 27th</p>  <p>from Heather</p>	<p>Happy Belated Birthday!</p> <p>Shae-Lynn (Punch in the Nose) April 25</p>  <p>from Poppa</p>	<p>Happy Birthday!</p> <p>Bill May 10</p>  <p>Love Rick, Marilyn &amp; Sam</p>
<p>Happy Belated Birthday!</p> <p>Shae-Lynn April 25</p> <p>from Heather</p> 	<p>Happy 1st Birthday!</p> <p>Dashane May 27th</p>  <p>from Poppa</p>	<p>Happy Belated Birthday!</p> <p>Shae-Lynn (Chief 2 teeth) April 25th</p>  <p>from Mommy</p>	<p>Happy Belated Birthday!</p> <p>Shae-Lynn April 25th</p>  <p>from Grandma, Grandpa &amp; Uncle Justin</p>
<p>Happy 1st Birthday!</p> <p>Dashane (Chief Birthmark) May 27th</p> <p>from Mommy &amp; Daddy</p> 	<p>Happy Birthday!</p> <p>Shae-Lynn &amp; Dashane (Guts)</p>  <p>from Auntie Leah</p>	<p>Happy Belated Birthday!</p> <p>Shae-Lynn (Half Pint) April 25</p>  <p>from Tony</p>	<p>Happy Belated Birthday!</p> <p>Shae-Lynn (Sisser) April 25</p>  <p>from Dashane Little Ko-Chief</p>
<p>Happy Mother's Day!</p> 	<p>Happy Belated Birthday!</p> <p>Dashane (Ko-Chief) May 27</p>  <p>from your Sisser</p>	<p>Happy Birthday!</p> <p>To all celebrating this month</p> 	



**COMMUNITY INTEREST**

**TYENDINAGA PROPANE**  
**5717 OLD HYW.#2, SHANNONVILLE, ONT.**  
**K0K 3A0**  
**PHONE:(613)967-7881; FAX:(613)967-7831**

Open letter to the Members of Tyendinaga Territory

Sekoh,

My name is Keith Maracle, owner/operator of Tyendinaga Propane in Shannonville. Six years ago we started the business with a customer base of fifty-five (55) and now serve in excess of twenty five hundred (2,500) customers. We started off with one truck and one driver, and now have three large trucks and a small four wheel drive with a fifth truck on order for this fall.

We are at a point with the business where we are now requiring our own propane storage facility. With this in mind, I approached Council to inform them of my intention to put the storage facility on my property in a residential area. Council asked if I would consider a more appropriate location, in the new Industrial Park being developed on Highway #2. I am now in negotiations with the Sustainable Community Development department to obtain a lot in the Industrial Park.

The storage facility will be completely enclosed with a six foot chain link fence with barbed wire at the top. The entrances will have two sixteen foot gates, one will be automatic, and both will be closed and locked at all times when no one is in the storage area. The facility will contain two thirty thousand (30,000) USWG propane tanks. Once designed, the proposed installation will be submitted to TSSA for their approval to ensure compliance with all of the latest regulations.

Following is my plan of action:

- 1) Obtain the lot.
- 2) Clear the lot.
- 3) Complete a site plan to be submitted to TSSA for approval.
- 4) Once approved, install fencing & gates.
- 5) Build driveway & prepare lot area.
- 6) Prepare area for location of tanks.

As requested by Council I will make all approvals and inspections available to the Community via the Newsletter. However, should any member of the Community have any questions or concerns regarding the proposed Storage Facility please feel free to contact me @ (613)967-7881 or stop in at 5717 Old Hyw.#2 any weekend to speak with me in person.

RECREATION



We Welcome Everyone  
To Come in & Visit  
Us This is an  
“Open House”  
For the month of May  
Taking The First Steps For  
Our Health!

We are inviting Community Businesses to “Show Case” their Special items  
During the Month (Call for details)  
Come Out & Support Your Community & Surrounding Area Fitness Resource Centre

You Are Invited  
To The  
“Spring Show Off”  
Of the  
Tyendinaga Fitness Resource Centre  
  
(613)962-2822

For the Month of May 2009 – 1pm to 7pm  
**Fast Freddy’s Plaza Unit #9 Shannonville**  
  
50/50 Draw & Door prizes  
Also Specials on Memberships

If you purchase 4 months membership & bring 5 non-perishable food items for the Food Bank – you get 2 months FREE

Refreshments being served on May 8<sup>th</sup>

We Have Special Offers for Current Members.

Gift Certificates & Confidential Sponsorship  
Available  
(Special prizes for 5 years & under)

Agenda of Events

May 1<sup>st</sup> – Contest “Who Can Lift the Most”  
2pm to 5pm (sign up today)

May 8<sup>th</sup> – Refreshments & Plaque Presentation  
1pm to 3pm

May 19<sup>th</sup> – Street Smart Demo by Fred Dracup  
1pm to 3pm

May 15 – “Okwaho Gifts” for Sale

May 22<sup>nd</sup> – Nutritional Health Drink Display

Membership Cost per Month:

Students & Seniors - \$10.00  
Single Adult - \$20.00  
Family (4) - \$50.00  
Drop in - \$3.00

Hours of Operation:

Summer (May to October)

Monday to Thursday: 6:30am – 7pm  
Friday: 6:30am – 5pm  
Saturday: 8am – 1pm

Winter (November to April)

Monday to Thursday: 7am – 7:30pm  
Friday: 7am – 6pm  
Saturday: 8am – 1pm

Special: Open during holidays if a certain amount of clients request it.

Childcare details:

**Active Child directed Games & Crafts**

\*We have Jr. Golf game, basketball and bowling  
\* Special craft nights  
\* For youth ages 9 & up we are fundraising for a Wii system & games – 50/50 draw done during the month of May. Every child that attends with their parent receives a free pair of elbow pads.

Childcare Hours

Monday	9:00am-3:00pm
Tuesday	11:00am-7:00pm
Wednesday	9:00am-12:00pm & 4:00pm-7:00pm
Thursday	11:00am-7:00pm
Friday	9:00am-3:00pm

\* Nia:wen / Thank you to current member’s we usually have the latest movies out .....It is great to lose weight & watch a movie (at no extra cost)

spring show off flyer.2009.doc / April 21/09

Personal trainer & Staff details

Personal trainer & Staff are available to show new members how to use the equipment properly.

The Personal Trainer will also assist clients with their workouts and healthy eating plan. This will help clients to achieve their fitness goal; the fitness trainer is able to work with you to create a plan specific to your needs.

The Personal Trainer can work on specific muscle groups or certain areas off your body (e.g. Abs),

If you require additional one on one service, this can be provided for an extra cost.

Calendar of Events:

May: Big Bike at Free flow Shannonville, 10am

April to July: Sports Specific Exercises / Prevention of sports injury / Team Training

September to December: Teachers program

October: Massage Teachings for mom & babes & couples

January to March: Lose to Win challenge – for teams, couples & singles

February: Hanio Oksa Healthy Lifestyles – workshops working with the mind & body.

We also follow Health Canada Calendar of Health Promotion Days

www.hc-sc.gc.ca

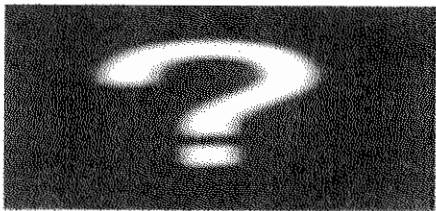
\* Currently no enrolment or administration fee.  
\* Announcement of the Move

**Project funded by:**

Ontario Trillium Foundation &  
Mohawks of the Bay Of Quinte

**Located at: Unit 9 / Fast Freddy’s Plaza**  
5379 Old Hwy # 2  
Shannonville Ontario  
K0K 3A0

RECREATION



(Your logo can go here!)

Discovering the Balance  
By Working the  
Mind, Body,  
Heart and Spirit

Phone:  
(613) 962-2822  
Or email  
tyfitnessres@yahoo.com

Summer Hours of Operation

Monday - Thursday  
6:30am-7:00pm  
Friday  
6:30am-5:00pm



THANK YOU, THANK YOU

A giant thank you goes out to all teams who entered the "Lose to Win" weight lose challenge. The challenge was a huge success, and three teams of four people paid an entry fee of \$140.00 per team to enter. The winning team received half of the initial profit, so \$210.00 was paid to the winning team. The four people on the winning team were; Patrick (Bub) Maracle, Laura Maracle, Jason Boomhour, and Melissa M. Maracle. They lost a total of 60.6 pounds between them, congratulations to their whole team on the great effort put in to this challenge. Nia:wen Kowa.

May 2009  
"What's News?"

Reception New:

Last month we kept the fitness centre open until 8:30pm for our clients to use; it proved to be ineffective and are returning to our regular hours closing at 7:00pm or 7:30pm.

We do have winter and summer hours for the centre, as weather seem: to determine the centre's usage. Our winter hours run from November to April, including Saturdays, and summer hours run from May to October, and do not include Saturdays.

"This month we begin our summer hours."

CHILDCARE

Our childcare hours are varied, to meet various client needs. The fitness centre childcare hours are as follows:

Childcare Hours

Monday 9:00am-3:00pm  
Tuesday 11:00am-7:00pm  
Wednesday 9:00am-12:00pm &  
4:00pm-7:00pm  
Thursday 11:00am-7:00pm  
Friday 9:00am-3:00pm

Last Months Updates:

We set up a display at the Community Centre, March 17, 18, and 19<sup>th</sup>, for the Katateronhsarons, "Proud To Be Me", Youth Conference. We held a draw for a fitness basket for the youth, and the winner of the basket was Tyler Gamble. Congratulations, the youth conference was a success.

A big thank you goes out to Fred Dracup. Last month Fred held a Smart Demonstration," for the youth, at Quinte Mohawk School. His techniques showed all ages of youth how to protect themselves in an everyday scenario "street fight". Nia: wen Fred your demonstration was exceptional, and very much appreciated by all who attended.

We recently lost our very first child that was in the childcare program. Congratulations to Landon Brant, he has recently left us to attend daycare regularly. Congratulations and good luck.

We still need entries for our LOGO contest. Please be sure and have them in on or before May 15, 2009. Remember entries are to be on an 8 1/2 x 11 piece of paper, and to be dropped off or emailed to the fitness centre. The winner will receive a free six month membership and be announced in the June newsletter.

Strength Training for Specific Sports

Trainer Tips:

Baseball

Strength training for baseball players helps to develop explosive power and helps to protect against injury (especially arm injuries).

Tips

- Train lower body with heavier weights
- Train upper body with lighter weights
- Always train core of body (hips, buttocks, lower back)
- Special care to train rotator cuff using light weights (3-5lbs)

Sample Exercises

- Push ups – help to strengthen rotator cuff and rest of shoulders, chest and arm muscles
- Side lying internal and external rotation with dumbbells – helps to strengthen rotator cuff muscles
- Lateral raises- helps to strengthen shoulder muscles

The following helps to strengthen the legs and the gluteus. Doing lunges at different angles and doing squats with changing the width of your stance helps to work your cores muscles as well.

- Squats
- Dead lifts
- Lunges at different angels

Golf

Strength training for golf players can increase driving distance by adding power to the swing. It can also provide greater control and consistency in all aspects of the game.

Tips

- Make sure core stability exercises are included in your workout
- Use light weights and high repetitions
- Strengthen foreman and rotator cuff muscles so they become more resistant to over use, tearing and inflammation
- Stretching helps with injury prevention and improves swing mechanics

Sample Exercises

- Core exercises – to improve muscles of the abdomen and back as back stabilizers are a power transport
- Leg press – driving power
- Biceps curl – driving power
- Lateral raise – club control

Wrist curl and reverse wrist curl – club head control and acceleration

## RECREATION & FITNESS CENTRE

# Tyendinaga Fitness Resource Centre



### Child Care Space

Unit #9  
Fast Freddy's Plaza  
5379 Old Hwy #2  
Shannonville, ON  
K0K 3A0  
(613) 962-2822

## Child Care Program

As of April 2009

Childcare hours will be changing

Child Care Hours:

Monday 11:00am - 3:00pm

Tues. - Thur. 11:00am - 7:00pm

Friday - 10:00am - 3:00pm

Children ages 0-12 years are welcome to join the child care program.



We have toys and active games for all ages. There is crafts, music & movement, we encourage child directed activities each day. You can complete your workout knowing your children are in good hands.



We are a non-profit Centre.

We require donations in exchange for childcare.

Thank You



YOGA to the Tyendinaga Newsletter

A lot of articles written lately on keeping up your New Years' resolutions recommend doing yoga. In the close to 20 years I've been teaching it, yoga keeps growing more popular. Hardly surprising. It is a gentle art, requiring no technology or expensive equipment. There are many, affordable classes. Some people are discouraged from starting, afraid they're not flexible enough to turn themselves into pretzels. This is an unfounded fear. When practising for some years many people get back their youthful flexibility, but it's amazing how quickly movement becomes easier even in the short term. People often say they feel taller. If you go to a yoga class once a week it feels like a good workout with the occasional twinge the next day. For him or her (and there are more him's in classes these days) who practise at home sometimes between classes, feeling more flexible is one reward. Stress reduction is another. Through easy breath awareness exercises, often as simple as deeply inhaling and exhaling while moving, or accompanying yoga exercises, we get increased oxygen, calmness, and reduced tension. This continues in our daily awareness and movements, bringing calm to tense situations. Muscle relaxation exercises help throughout the day to bring awareness and conscious realignment, release of contracted muscles, and relief from insomnia.

Lots of yoga DVDs and websites are now available. No longer need to be bored by a single routine. There are oodles to choose from, many sites have mini videos to guide your workout. A good starting place is [www.aboutyoga.com](http://www.aboutyoga.com)

There are also many classes available locally. It's no longer necessary to go to Kingston or Belleville. Tyendinaga, Napanee and area have several good teachers and some great studios. Teachers may be long term self-taught practitioners, or certified graduates of 200-400 hour yoga teacher training programs.

RIGHT NOW THERE'S A YOGA CLASS AT THE CANTEEN AT 1935 YORK ROAD FOR \$5 ON TUESDAYS FROM 5-6 (sponsored by the MBQ recreation department and pay as you go, don't need to register, just show up). There are 3 more classes left, to be held on Jan 27, Feb 3 and Feb 10. Filling out an evaluation form after class enters you into a draw for weekly PRIZES such as THAI YOGA MASSAGE AND FITNESS CENTER COUPONS.

Increased strength is another benefit of regular yoga workout. Flexibility and strength bring physical toning. Meditation helps slow down mind chatter. Yoga is actually an ancient healing art, and is known in today's scientific world to prevent disease, boost the immune system, and help reduce symptoms. In fact, many doctors recommend this gentle exercise. It may help avoid knee or hip replacement surgery. When in doubt, ask your doctor before starting any new exercise. For me, yoga brought relief from chronic backache. It can help tremendously for those working long hours at computers. Little mini stretches learned in class can bring welcome relief at work.

Today's yoga classes are more varied than ever. Some teachers follow a similar weekly routine, others' classes are highly varied, even introducing other movement forms, such as dance or t'ai chi, a fusion of sorts. Some have vigorous workout, including pilates or ashtanga (power yoga). Others have gentle flows. There are many possibilities scheduled at different times to meet your individual needs.

One exciting fun-filled new program is Laughing Yoga. Yes, you guessed it! An hour of silliness and gentle stretching -translates to an increased awareness and appreciation of laughter, spilling over into daily life. The Indian doctor who developed this class says that one minute of laughter benefits your heart and lungs the same way that 6-10 minutes on the treadmill does. Don't believe it? Check out Laughing Yoga on the internet. Then sample a class scheduled in Napanee Saturday, February 7th at 11-12, and Monday February 9th 6:30-7:30 at the Wild Orchid Health and Wellness Centre, corner Centre and Thomas. Class size is limited. Phone 613-354-7503 to register for Laughing Yoga or for information about other yoga classes.

Barbara Roch  
Certified Yoga Instructor since 1991  
Napanee

### Keeping Journals

Tyendinaga Fitness Resource Centre  
(613) 962-2822

Journals are a great way to keep on track with a fitness program. They keep you accountable to your goals and yourself. Journals serve as a recorded measure of you success, setback and progress.

#### Workout Journals

Workout journals help you plan your workout in advance. Check to see if you have any prior obligation or appointments and schedule you workouts around them. Once you have days and times planned out, write down what you are going to do on those days. After each workout write in your journal how it went, your feelings and your energy level. If something comes up don't worry, just schedule you workout for the next day, or use the day you missed as an 'off' day.

#### Food Journals

Food journals are logs that you record exactly what you put in your mouth and when. They keep you accountable for your food intake and high light patterns of emotional eating, indicate missing or excessive food groups and help you build a healthier eating plan. Keep a journal for one week and at the end of the week add up your calorie intake. You will be able to see where you can start cutting out extras, and have a good handle on what you need to do to lose weight. Expecting to eat perfect every single day is not realistic, but don't let it completely ruin your day. Try and eat clean the rest of the day and try and stay on track the next day.

Information shared from TFRC Personal Trainer  
Jan.-20-09



## UPCOMING EVENTS

# Mohawk Fair

Will be hosted August 21-23, 2009

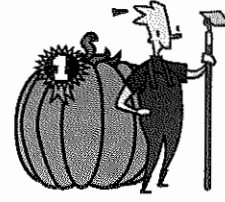
at the Mohawk Fair Grounds

## FEATURING:

Friday Night Demolition Derby

Saturday's Bucking Bronco Monster Truck Rides

Sunday's Classic Mud Drags Have Returned!



## WANTED

*\*Local Farmers\**

The Mohawk Agriculture Society will be hosting a

### Farmer's Market

this year at the  
Mohawk Fair Grounds  
on York Road in Tyendinaga  
beginning in June, 2009.

Farmers are welcome to set up a booth to  
sell your produce or agriculture based  
products.

For booth information please contact:  
Nikki Auten at 613-396-5255

## Plant Your Gardens For the Mohawk Fair – Garden Competition

Vegetable Garden – Youth  
Vegetable Garden – Adult

Flower Garden – Youth  
Flower Garden – Adult

Register with Jennifer Brant  
613-396-3308 or [jbmustang@sympatico.ca](mailto:jbmustang@sympatico.ca)



## TYENDINAGA THURSDAY NIGHT GOLF LEAGUE NOTICE

It's that time of year again! The Tyendinaga Thursday Night League golf league will start on May 7, 2009 at Briar Fox. The league fee this year remains the same at \$30/player. League green fees will be \$18. The only change this year is that **players will be required to phone ahead for tee times.** New players always welcome!

There will also be a sign up sheet in the clubhouse. Please ensure your name is on the list every week and don't forget to provide your phone number for future news and updates.

The 50-50 ticket raffles worked well last year to help offset year end tourney expenses so we'll be continuing the weekly draws. Good luck and remember you can't win if you don't buy a ticket.

Any questions or concerns please call Brant at 613-396-1862 or Kristin at 613-848-0151.



UPCOMING EVENTS

HIAWATHA FIRST NATION  
15<sup>th</sup> Annual Traditional Pow Wow  
May 16 & 17, 2009  
“Celebrating All Nations”

Emcee: Bob Goulais  
Head Veteran: Ron Howard Sr.  
Arena Director: Jim McCue  
Elders: Angus Pontiac and Susie Taylor  
Fire Keeper: Steve Sands  
Host Drum: Bilm Sko Noodin  
Lead Male: Sandy Benson  
Female: Amber Cook  
Junior Male: Dakota Lavery  
Junior Female: Katalin Miller

Grand Entry 12:00  
(Saturday & Sunday)  
First time dancers - 11:30

Drum and Dancers Registration  
11:30am- 1:30pm

Admission (Per day)  
6 & under - Free  
7 - 12 - \$2.00  
13 - 55 - \$5.00  
Seniors - \$2.00

Contact Information  
Jill Smith - (705) 927-3360  
Cara Cowie - (705) 927-7101

HFN is not liable for anything lost, damaged, stolen, or injuries to person(s) • No Drugs or Alcohol Permitted • No Pets

Saturday  
May 30  
2009  
@  
2:00 pm

Deseronto  
United  
Church  
(Fourth &  
Thomas  
Streets,  
Deseronto)

Tickets  
\$10.00  
Available  
At door

Light  
refreshment  
during  
intermission

The Quinte Singers  
present



“A Stroll  
Down  
Memory  
Lane”

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Kanatsiowareke Traditional Speaker Series

with

Jan Longboat

Herbalist, Six Nations

PLACE: Kanatsiowareke Mohawk Community  
4934 State Highway Rte 5  
Fonda, NY 12068

DATE: Saturday, May 16, 2009

TIME: 1:00pm – 4:00pm

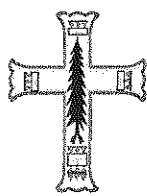
REGISTRATION: \$25.00 (US) – includes light supper

Planning to attend? Please be prepared to take a walk outside  
during this session. Please dress accordingly, walking shoes,  
hat, jacket, etc.

Limited accommodations are available. Please advise if a room  
will be needed. Room cost will be a minimal donation.

To confirm your attendance, please contact Bonnie Jane Maracle  
at 613-967-6316 or Tami Mitchell at 347-922-1345, or you can  
email us at [info@mohawkcommunity.com](mailto:info@mohawkcommunity.com)

UPCOMING EVENTS



THE ANGLICAN PARISH OF TYENDINAGA  
IN THE DIOCESE OF ONTARIO

Parish Priest  
Brad Smith  
Mohawk Rectory, 396-3797

SUNDAY SERVICES

All Saints' Church  
1295 Ridge Rd  
8:30 a.m.\*

Christ Church  
Her Majesty's Chapel Royal of  
the Mohawks  
52 South Church Lane  
10:30 a.m.\*

\*On 24 May, the only service is the  
Anniversary at the Cairn (and  
Christ Church) at 10:00.

REACHING OUT TO THE  
COMMUNITY

We believe that part of our  
mission as Christians is to make  
a difference in the world  
through reaching out. Recently,  
the people of the Parish of  
Tyendinaga have touched the  
lives of others through:

- Donating to the Primate's  
World Relief and Development  
Fund, which supports grassroots  
development efforts around the  
world.
- Giving to the Bishop's  
Discretionary Fund, which  
supports clergy in times of  
crisis.

UPCOMING EVENTS

WED 13 MAY, 7 P.M., ALL SAINTS'  
PARISH FUN NIGHT

WED 20 MAY, 7 P.M., ALL SAINTS'  
PARISH COUNCIL MEETING

FRI 22-SUN 24 MAY  
CELEBRATION OF THE 225<sup>TH</sup>  
ANNIVERSARY OF THE LANDING  
OF THE MOHAWKS

SUN 24 MAY, 10:00 A.M., THE  
CAIRN  
PARISH 225<sup>TH</sup> ANNIVERSARY  
SERVICE

IN THE NEWS

225 years ago, the Mohawks  
landed on the shores of the Bay  
of Quinte to settle at Tyendinaga.  
The elders tell us that one of the  
first things the newly-arrived  
travellers did was overturn a  
canoe and have the Church lay-  
reader offer prayers of  
thanksgiving to the merciful God  
who safely delivered them to this  
place. The Anglican Church has  
had a presence among the  
Mohawks since 1710 and has  
been a part of this community  
since 1784. Please join us as we  
celebrate the anniversary of the  
Landing and the founding of the  
Parish of Tyendinaga.

FOR THE MOST UP-TO-DATE INFORMATION, SEE OUR WEBSITE  
[WWW.PARISHOFTYENDINAGA.ORG](http://WWW.PARISHOFTYENDINAGA.ORG)

**HAVE YOU HAD YOUR  
WATER TESTED?**

Please call Liz Brant at the  
Mohawk Administration Office to  
arrange an appointment that's  
convenient for you.

**396-3424 ext. 129**

**TOPS ON #5258**  
Take Off Pounds Sensibly

No diets!!

When we **LOSE** we're **WINNERS**.

There's always room in the winner's circle for you.

"Give us your support" and we'll support your effort to lose weight  
in a sensible, healthy way.

**WHERE:** Elders Lodge, 301 Bayshore Rd. TMT

**WHEN:** Thursday 5-6pm weigh-in  
6-7pm meeting

**YEARLY MEMBERSHIP:** \$30. Spouse \$15.

For more info.....

**CONTACT:** Brenda Doreen (Leader)  
(613) 396-1482

**Open**

Alcoholics Anonymous  
Meetings  
Every Monday Night  
Queen Anne Parish Centre  
8:30 p.m.

**BEGINNER'S PAMPHLET**



Alcoholics Anonymous is a fellowship of men  
and women who share their experience,  
strength, and hope with each other that they  
may solve their common problem and help  
others to recover from alcoholism.

The only requirement for membership is a desire  
to stop drinking. There are no dues or fees for  
A.A. Membership; we are self-supporting  
through our own contributions. A.A. is not  
allied with any sect, denomination, politics,  
organizations or institution; does not wish to  
engage in any controversy, neither endorses nor  
opposes any causes. Our primary purpose is to  
stay sober and help others alcoholics to achieve  
sobriety.

**For more information please call: Bev/ Bill 613-962-5183**

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**GAS WATER HEATER**  
 - almost new 50 -gallon with 3800 BTU power vent.  
 - paid over \$1000, now only \$350  
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**MICROWAVE**  
 - small, wood-grain look  
 - \$20.00

Call: 613-396-3918

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 Mother's  
 Day!



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 - excellent condition, 2 yrs old  
 - metal frame with black wood ends  
 - very thick firm mattress and a blue Suede cover  
 - asking \$250.00

Call: 613-396-5077

## LAND FOR SALE

- 9.34 acres  
 - lot # 24G1-11  
 - located on the Airport Rd.

Call: (613) 396-1935

## HOUSE FOR SALE

1200 Sq. Ft. BUNGALOW  
 - single car garage  
 - 3 bedroom  
 - rec room, covered porch, treed lot  
 - located at 5904 Hwy # 2

For more info call Mike:  
 613-966-9657

## FOR SALE

**SPACIOUS 4 BEDROOM HOUSE**  
 - natural gas heating plus new fireplace  
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 - approx. 3/4 acre  
 - laminate flooring throughout  
 - municipal water and sewer supply  
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 - located on old Hwy # 2

Serious inquiries only:  
 Please call 613-396-5879

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**Play Station 2 game system**  
 Includes: game system  
 1 hand held controller  
 2 guitars for guitar hero  
 In excellent condition  
 Asking \$100.00  
 Contact Christine - 967-0410  
 and leave a message

## LAND FOR SALE

- 9 plus acres located on the York Road directly across from the proposed new Police Station Building.  
 - 70 acres located on the Lower Slash Road just east of the Road Shed Building and Office on the same (south) side of the road.  
 Contact Wm J. Brant: 613-967-1129 for further details.

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**Lyed Corn**  
 Beans, Potato Beans, Northern Beans, Navy Beans, Pork Hocks, Bulk White Corn by the quart  
 Ready made Corn Soup available  
 Call: 613-9625470

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**COMMERCIAL MEAT SLICER**  
 - good condition

Call: 613-962-5470

## FOR SALE

**BUILDING LOTS FOR SALE**  
 - Upper Slash Rd  
 (lots posted on South side of road)  
 - 1 acre lots with 150' of road frontage

For more information, please call Mr. Glenn Hill at 962-5470

## FOUND

**CELL PHONE**  
 - on the Church Lane around April 21

Please call: 613-396-5952

## FOR SALE

**ELECTRIC STOVE**  
 - 30" almond colour  
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LOCATED ON THE YORK RD.  
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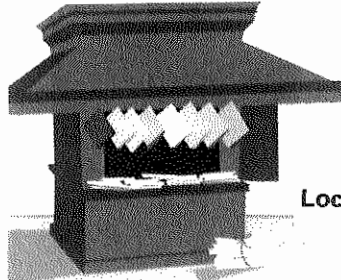
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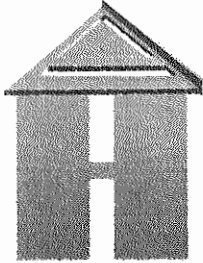
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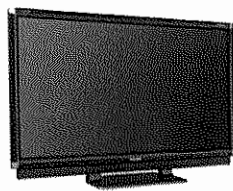
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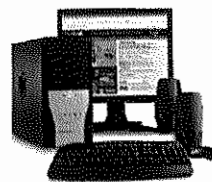
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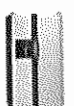
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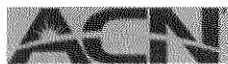
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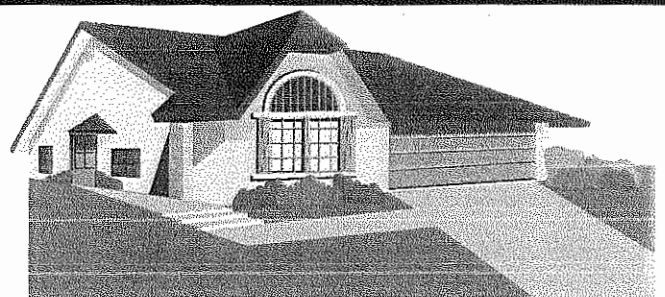


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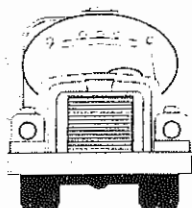
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