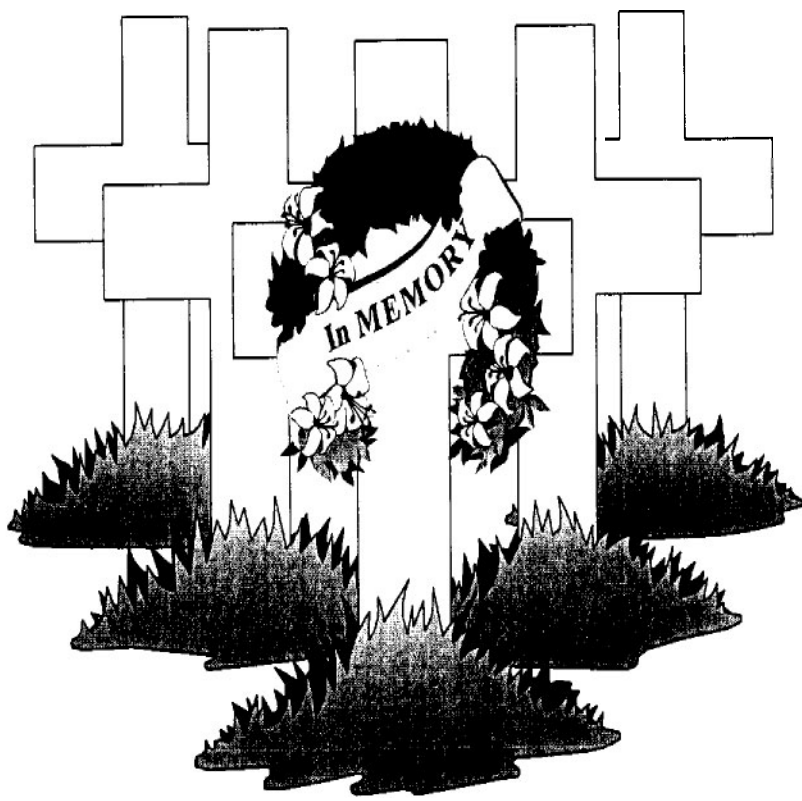


# TYENDINAGA

## NEWSLETTER



## ISSUE 11/04



### November 11

Let us not forget those who  
fought for our freedom.

The Administration Office will be closed on  
Thursday Nov, 11 for Remembrance Day!

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

Wednesday Nov. 17 (Regular)  
Monday Nov, 15 (Local Business) &  
Wednesday Nov, 24, (Local Business)

### In 'this Issue:

Administration Notices  
& Meeting Minutes - front - 9  
Education - 10 & 11  
Health Centre - 12 & 13  
S.O.D.I. - 14  
Red Cedars & Recreation - 15 & 6  
Community Interest - 17 - 22  
Upcoming Events - 23 & 24  
Classifieds - 25  
Business Advertisements - 26 - 28

Newsletter Deadline  
Wednesday, Nov. 24  
12:00 noon  
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



## MOHAWKS OF THE BAY OF QUINTE

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

To The Members of  
The Mohawks of the Bay of Quinte  
From the Chief

November 1,2004

Seken Sewakwekenh

I regret to inform you that I am unable to provide you with a comprehensive report in this issue due to the multiple meetings that have occurred in the past month.

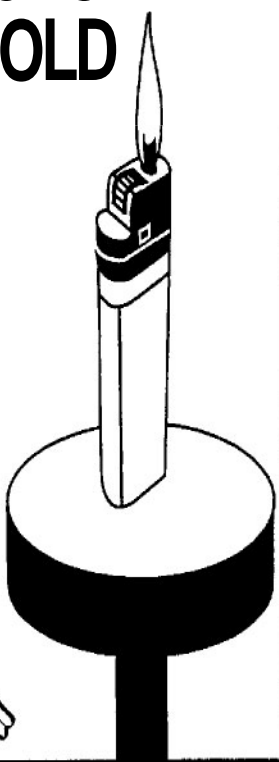
I will do my best to provide a comprehensive report in the next newsletter issue to inform you of the status of recent and ongoing issues that affect our community and Native people in general.

Your patience and understanding is appreciated.

Niawen;

R. Donald Maracle  
Chief

**WHERE DOES  
A 3 YEAR OLD  
FIND A  
LIGHTER?**



**On the kitchen table. If you  
smoke, have only one lighter  
or book of matches. Keep it  
with you at all times.**



### EXPRESSIONS OF INTEREST

#### Environmental Advisory Committee to Council

At the meeting on September 1,2004, the Tyendinaga Mohawk Council approved to establish an Environmental Advisory Committee to Council.

The Mohawks of the Bay of Quinte is receiving expressions of interest from community land members who wish to participate on the Environmental Advisory Committee to Council.

The purpose of this committee is to advise the Tyendinaga Mohawk Council on environmental issues so Council can implement an environmental stewardship regime. This work will ultimately culminate in a policy, standards and by-law regime that will safeguard the environment in an age of progress and balance the needs of development in conjunction with our interdependency with the environment.

It is the expectation that two community members will be selected to work with staff and Council on this most important initiative. Persons should have a keen interest in environmental stewardship and preferably have a background in environmental issues. Moreover, community representatives will recognize the need for development and economic prosperity for Tyendinaga Mohawk Territory.

#### Advisory Committee on Land Use Planning

At the meeting on September 1,2004, the Tyendinaga Mohawk Council approved to establish an Advisory Committee on Land Use Planning.

The Mohawks of the Bay of Quinte is receiving expressions of interest from community land members who wish to participate on the Advisory Committee on Land Use Planning.

The purpose of this committee is to advise the Tyendinaga Mohawk Council on land use issues so Council can assess the appropriateness, feasibility and need for a community and use plan. This work may ultimately culminate in a community land use plan so that the needs of residential enjoyment and industrial/commercial realities are balanced so that all needs are met.

It is the expectation that two community members will be selected to work with staff and Council on this most important initiative. Persons should have an interest in land use planning and preferably have a background in the same. Moreover, community representatives will recognize the need for development that is planned and respectful of all community interests.

The Tyendinaga Mohawk Council feels it most important to involve the community at all levels of these discussions. It is expected that community consultation will be extensive on both initiatives.

A request for interested members was sent out in the September 2004 Newsletter. Council has approved to re-post the expressions of interest for these committees.

Persons who are interested in participating on either of these Committees of Council should state, in writing, their interest to participate on the applicable Advisory Committee along with a resume or a letter demonstrating background and expertise in that area. Please submit to Angela Maracle, A/CAO, no later than Friday, November 19,2004 at 4:30 p.m. at the Mohawk Administration Office.

Any questions pertaining to either committee, please ask for Steve Mercer.



# 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

## ADMINISTRATION

### Honorarium Report September-04

Chief R. Donald Maracle	\$2,000.00
Councillor Velma Hill-Dracup	\$1,400.00
Councillor Willard Hill	\$1,900.00
Councillor Roy Maracle	\$1,600.00
Councillor Blaine Loft	<u>\$2,000.00</u>
	\$6,900.00
<b>Total T.M.C. Honorarium</b>	<b>\$8,900.00</b>

### LAND FOR SALE

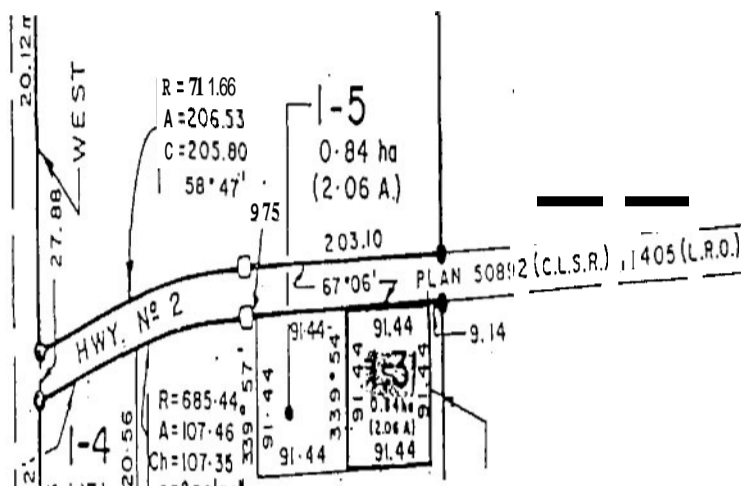
LOT 1-3, CONCESSION 1  
Approximately 2.06 Acres

Located on South side of Highway #2  
West of Diesel Gas Bar

For more information please contact  
Mr. Ken Brant in the Lands Department at 396-3424

### \* CLOSED FOR THE SEASON \*

The bathrooms and showers located  
at the Tsitkerhedodon Park  
will be closed as of Nov. 17/04



### HOUSING POLICY CHANGE

The Tyendinaga Mohawk Council issues loans to build or purchase existing homes once a year, The new deadline for making application is **January 15**. Mortgage applications can be picked up from the Housing Department starting October.

The Bank of Montreal has a mortgage loan program that eligible community members can access throughout the year. Enquiries regarding the Bank of Montreal should be directed to Carol Reynolds at 967-4320,

Please contact the Housing Department at 396-3424 if further information or clarification is required.

### LANDFILL HOURS



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

### NEW CONSTRUCTION 2005 NOTICE

We are now accepting housing applications for the **2005** building season, Completed applications must be returned to the Housing Department before **January 15, 2005**. Applications received after January 15, 2005 will not be considered.

Scoring is based primarily on credit and employment history.

Please call the Housing Department at 396-3424 for further information or to set up an appointment.



### MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in October responded to 3 calls:

- 1- Gas Smell
- 1- Truck Fire
- 1- Medical

**This brings our total to 45 calls for 2004.**

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

# ADMINISTRATION

## FROM THE HOUSING DEPARTMENT



### Communiqué to First Nations Communities

Assembly of First Nations Housing Secretariat

#### IMPORTANT INFORMATION ON VERMICULITE INSULATION

Date: September 23, 2004

Issue: Vermiculite insulation containing asbestos (**brand name Zonolite**) possibly used in the construction of **597** homes in First Nations communities across Canada.

Specific instruction for homeowners should be promoted by Chief and council and be strictly adhered to:

1. If you suspect vermiculite in your home, **self-identify**<sup>1</sup> and contact the appropriate authorities immediately.
2. DO NOT disturb the insulation for any reason.
3. Contact Health Canada's Environmental Health Office for sampling to verify asbestos content

Background: This issue first came to light earlier this year when a family from the Manitoba region experienced several diagnoses of mesothelioma (a rare cancer of the lining of the chest or abdominal cavity) A fifth diagnosis has recently been confirmed.

This incident prompted MAC to perform a national records search for potential Zonolite use. An extensive search of building supply lists was undertaken for the period between 1960 and 1990. The bulk of the hits were in Manitoba (234) and Saskatchewan(276). There were no hits in Ontario and the Atlantic.

The accuracy of INAC's record search is highly suspect, and cannot be relied upon. Communities are asked to take a proactive role in this potentially hazardous situation and encourage members to *self-identify*.

**DEVELOPMENTS:** Eagle Lake First Nation in Quebec was not identified in INAC's record search. However, homeowner/occupant *self-identification* has resulted in 21 homes being confirmed to contain vermiculite. As many as 254 people have potentially been exposed.

Chief Lance Haymond has taken a proactive role with this issue. Thirteen volunteers have gone through a rigorous training program and are now qualified to remediate homes for vermiculite. A converted school bus is the team's mobile headquarters. They hope to remediate six homes in Eagle Lake this year once funding has been secured. The remainder will be prioritized for remediation in subsequent years as funding becomes available.

Chief Haymond has offered his team's remediation services to any First Nations community that may need assistance.

#### NEXT STEPS:

1. We must assume there are significant gaps in INAC's building supply records. It is imperative that communities take the necessary measures to encourage homeowners and occupants to *self-identify*.
2. The AFN Housing Secretariat will continue to take a proactive and cooperative role with the responsible departments on this issue.
3. Minister Scott is committed to addressing the issue on a case-by-case basis.

The insulation should not be disturbed under any circumstances. The product poses no danger unless disturbed.

For questions or concerns please contact Erin Wolski, Senior Housing Advisor at (613) 241-6789 ext. 318.

<sup>1</sup> Identify yourself by notifying one or all of the following: Chief and council, Community Health Representative, Health Canada, or an Environmental Health Officer.

### ATTENTION ALL BUSINESSES

### AND BUSINESS OWNERS:

A Business Association meeting will be held Wednesday December 15, 2004 @ 7:30p.m. at the 59'ers building. If you have any questions or concerns please contact the Economic Development Office.

**396-3424**

## FOR SALE NP3050 CANON COPIER;

The above noted copier will be sold to the highest bidder. All bids must be handed to the Housing Department in a sealed envelope marked "Canon NP3050" by **November 12, 2004 at 2:00 p.m.**

The copier can be viewed outside of the Housing Department.

This copier is being sold **as is, with no warranty or returns.**

If you have any questions, please contact the Housing Department at 396-3424.

## NOTICE TO MEMBERS

Do you have family members living off the territory?

Does the Administration Office have their current address?

We are currently updating the addresses of our membership. This update is needed so that we may consult with the full membership on upcoming land issues.

Community Members please have your family living off the territory contact the Administration Office and provide their current address.

Please contact Twila Brant at 613-396-3424 or email at [twilab@mbq.tyendinaga.net](mailto:twilab@mbq.tyendinaga.net) to provide updated addresses.

## MEETING MINUTES


**TYENDINAGA MOHAWK COUNCIL MINUTES  
SEPTEMBER 15, 2004**

A meeting of the Tyendinaga Mohawk Council was held on Wednesday, September 15, 2004 at 9:00 a.m. in the Council Chambers.

Present: Chief R. Donald Maracle  
Councillors: Roy C. Maracle, Blaine Loft, Willard A. Hill and Velma Hill-Dracup  
Staff: Angela Maracle, AICAO; Kathy R. Brant, AIAO

Chief R. Donald Maracle and Velma Hill-Dracup arrived at 9:45 because of community business.

Chief R. Donald Maracle opened the meeting with prayer in Mohawk,

MOTION #1: Moved by Willard A. Hill, seconded by Velma Hill-Dracup that the Tyendinaga Mohawk Council Special Minutes of August 30, 2004 be accepted as corrected.

Carried.

MOTION #2: Moved by Velma Hill-Dracup, seconded by Willard A. Hill that the Tyendinaga Mohawk Council Special Minutes of August 31, 2004 be accepted as corrected.

Carried.

MOTION #3: Moved by Elaine Loft, seconded by Willard A. Hill that the Tyendinaga Mohawk Council Minutes of September 1, 2004 be accepted as corrected.

Carried.

MOTION #4: Moved by Velma Hill-Dracup, seconded by Willard A. Hill that the Tyendinaga Mohawk Council Local Business Minutes of September 7, 2004 be accepted as corrected.

Carried.

NOTE: Mowbrays Side Road Closure: Send letter to Daphne Rae and Margaret Walsh stating that there are wires that cross the Mowbray's Side Road railway track; to ask if the Tyendinaga Township Council consulted with the utility company; were there any comments made; and to request if the Township Council would be willing to share the comments. Send a letter to John Ross and the Ontario Assistant Deputy Attorney General informing them about the two lots in the Township and if the road is closed, does that cause a legal access problem as affected non-member landowners would have to use Mowbrays Side Road to access their property, which is adjacent to the Territory.

MOTION #5: Moved by Blaine Loft, seconded by Roy C. Maracle that the Tyendinaga Mohawk Council Special Minutes of September 13, 2004 be accepted as corrected.

Carried.

Council acknowledged the following meetings:

- September 16 - Ontario Chiefs Committee on Health Meeting in Toronto
- September 17, 10:00 a.m. - Meeting with Wayne Gay on Kente Bay Corporation
- September 20 - Grand Opening of the new National Museum of the American Indian at the Smithsonian Institute in Washington, D.C.
- September 20-23 - Association of Iroquois and Allied Indians Annual Elders Gathering at Oneida First Nation
- September 22, 7:00 p.m. - Tyendinaga Mohawk Council Local Business Meeting
- September 23, 10:00 a.m. - Housing Arrears Meeting - Blaine will be at Elders Gathering
- September 24, 10:00 a.m. - Conference Call on Turton Penn
- September 29, 9:00 a.m. - Tyendinaga Mohawk Council Regular Business Meeting

MOTION #6: Moved by Velma Hill-Dracup, seconded by Willard A. Hill that this Council approve to have a conference call with Alan Pratt on September 22, 2004 at 1:00 p.m. to discuss the Highway #2 Trust Agreement and a conference call on September 23, 2004 at 1:00 p.m. to discuss the Highway #2 Settlement Agreement.

Carried.

MOTION #7: Moved by Willard A. Hill, seconded by Blaine Loft that this Council approve to meet on October 29, 2004 at 10:00 a.m. with the negotiating team on the Culbertson Tract Claim.

Carried.

MOTION #8: Moved by Willard A. Hill, seconded by Velma Hill-Dracup that this Council agree to meet with the Tyendinaga Justice Circle at the Local Business meeting on September 22, 2004 at 7:00 p.m. in regards to their funding request.

Carried.

Council convened for lunch at 12:41 p.m. and reconvened at 2:30 p.m.

MOTION #10: Moved by Roy C. Maracle, seconded by Blaine Loft to approve the advance payment to First Nations Technical Institute (FNTI) in the amount of \$140,000.00 to be reimbursed when funding for FNTI comes from Indian and Northern Affairs Canada in October.

Carried.

MOTION #11: Moved by Velma Hill-Dracup, seconded by Willard A. Hill that this Council approve to purchase the DM350 Digital Mailer and Scale at a cost of \$7,120.36 for the Administration Office due to upcoming legislative requirements by Canada Post effective January 2006. The purchase at this time results in a cost savings of \$3,341.64

Carried.

MOTION #12: Moved by Willard A. Hill, seconded by Velma Hill-Dracup that this Council approve the business registration for Kanonhsa, Gregory P. Brant, owner as per recommendation from Economic Development.

Carried.

MOTION #13: Moved by Blaine Loft, seconded by Willard A. Hill that this Council approve the tobacco quota for Kahnien:ke Craft Products, Jana Hill, owner as per recommendation from Economic Development.

Carried.

MOTION #14: Moved by Willard A. Hill, seconded by Velma Hill-Dracup that this Council acknowledge receipt of the letter from Carla McGrath dated September 8, 2004 regarding the gas station spill and approve to contact Craig Brown, Environmental Lawyer, at Thomson, Rogers in Toronto as recommended by Carla McGrath.

Carried.

MOTION #15: Moved by Willard A. Hill, seconded by Velma Hill-Dracup that this Council approve to discuss the transfer station on Friday, October 17, 2004 following the meeting with Wayne Gay,

Carried.

MOTION #16: Moved by Willard A. Hill, seconded by Velma Hill-Dracup that this Council approve payment of the following invoices from Blaney McMurtry for services rendered:  
#312243 in the amount of \$1,138.82 to March 31/04  
#316515 in the amount of \$3,125.36 to June 30/04

Carried.

MOTION #17: Moved by Velma Hill-Dracup, seconded by Willard A. Hill that this Council approve to counter sue for costs on the defamation lawsuit.

Carried.

MOTION #18: Moved by Velma Hill-Dracup, seconded by Willard A. Hill that this Council approve payment of Invoice #13814 from XCG Consultants Ltd. in the amount of \$2,045.00 regarding the investigation of the fuel leak and approve to send a letter to Indian and Northern Affairs Canada requesting reimbursement for 2004/05 costs.

Carried.

MOTION #19: Moved by Blaine Loft, seconded by Roy C. Maracle that this Council approve payment of Invoice #2537 from Mary L. MacGregor, Dickson MacGregor Appell, in the amount of \$7,962.50 regarding the Highway 2 Trust Agreement.

Carried.

MOTION #20: Moved by Velma Hill-Dracup, seconded by Blaine Loft that this Council acknowledge receipt of the Statement of Defense and Cross-Claim re: The Corporation of The County of Hastings v. Jumping Johnnies and Stan Ferguson Fuels Ltd. et al.

Carried.

MOTION #21: Moved by Willard A. Hill, seconded by Velma Hill-Dracup that this Council approve the revisions to the Mohawk Handivan Policy as per recommendations from the Home Support Program and add an Appeal Process section.

Carried.

MOTION #22: Moved by Blaine Loft, seconded by Velma Hill-Dracup that this Council approves to appoint Brenda Asselstine, Community Health Nurse, as the Mohawks of the Bay of Quinte's representative on the Association of Iroquois and Allied Indians Public Health Emergency Working Group.

Carried.

MOTION #23: Moved by Blaine Loft, seconded by Velma Hill-Dracup that this Council approves to appoint Cindy Thompson, Health Services Coordinator, as the Mohawks of the Bay of Quinte's representative on the re-established Association of Iroquois and Allied Indians Health Policy Working Group.

Carried.

## MEETING MINUTES


 TYENDINAGA MOHAWK COUNCIL MINUTES  
 SEPTEMBER 22, 2004

MOTION#24: Moved by Blaine Loft, seconded by Willard A. Hill that this Council approves the land transfer from Richard Robin and Sharon Ann Maracle to Jennifer Lee Lambert, the whole of Lot 10A-A-13, Concession A, as shown on Plan No. 76095 CLSR, subject to a Right of Way in favour of Calvin Donald Brant under Registration #31093.

Carried.

MOTION#25: Moved by Blaine Loft, seconded by Roy C. Maracle that this Council approve the land transfer from Helena Brant to Helena Brant and Carolyn Yvonne Hentschel as per recommendation, the whole of Parcel A, Lot 27, Concession A. shown on Plan No. 5180 CLSR.

Carried.

MOTION#26: Moved by Willard A. Hill, seconded by Velma Hill-Dracup that the Tyendinaga Mohawk Council hereby supports the submission of the application for the Dreamcatcher Fund from the Recreation Department for the amount of \$7,039.00 for the hockey season year 2004/05. M.C.R. #2004/05-105

Carried.

MOTION#27: Moved by Blaine Loft, seconded by Roy C. Maracle that this Council defer a donation to the Napanee Swimming Pool for information on the number of adults and number of children from the community using the services, a breakdown of costs on an annual basis and would it be a benefit to the community.

Carried.

MOTION#28: Moved by Willard A. Hill, seconded by Velma Hill-Dracup that this Council approve to combine the Homeland Drive project and Ridge Road Project to result in a savings of engineering fees estimated at \$12,000.00.

Carried.

Wm. J. Brant, President, Mohawk Agricultural Society, attended Council at 4:00 p.m. re Midway for the Mohawk Fair. Midway cancelled out due to financial difficulties. Bill Brant expressed his appreciation for the help provided by Council for the Mohawk Fair.

MOTION#29: Moved by Velma Hill-Dracup, seconded by Blaine Loft that the Tyendinaga Mohawk Council hereby approve to utilize Casino Rama funds in the amount of \$5,000.00 under the Cultural Development component in support of the Mohawk Agricultural Society for the Annual Mohawk Fair. M.C.R. #2004/05-106

Carried.

NOTE: Funding is to enable the Mohawk Agricultural Society to provide Air Bounce Amusements for the Mohawk Fair due to the midway cancellation and proceeds received from the rides would be returned to the Mohawks of the Bay of Quinte but it's likely not all the \$5,000 will be recouped.

Chris Maracle attended Council re: agreement with FNTI requesting Council approval.

MOTION#30: Moved by Blaine Loft, seconded by Velma Hill-Dracup that this Council approve to sign the rental agreement with FNTI for the use of Portion of Lot 27, Parcel L, Concession 2, FNTI office building and Lot 16-6, 26-7, 26-8, Portion of Lot 26-9, Concession A, Plan No. RSO 144, Lot 17-3, 27-2 on Plan No. RSO 144, Lot 28, Lot 29 Concession A on Plan No. 5180 CLSR for the Aviation Program.

Carried.

MOTION#31: Moved by Velma Hill-Dracup, seconded by Willard A. Hill that this Council go in private. (4:54 p.m.)

Carried.

#### Summary of Private Minutes:

- Approval of Private Minutes: August 30, 2004 Special, August 31, 2004 Special, September 1, 2004 Regular and September 7, 2004 Local Business
- Request adjournment in Band member's charges by Ministry of Natural Resources so MBQ can consult their lawyer
- Consult with Assembly of First Nations Environmental Committee re: legal opinion
- Approved an emergency loan from the Emergency Loan Fund - \$931.01
- Reviewed draft Statement of Defense and Cross Claim, County of Hastings - paragraph needs to be checked before formalizing
- Approved a renovation loan for \$3,760
- Approved a Bank of Montreal Mortgage Increase to \$104,060
- Approved an interest free loan from the Renovations and Repairs Loan Program for Seniors - \$3,881
- Deferred mortgage allocation for more information on renovation needs
- Addressed two employment issues

Recorded by:  
Molly Kohoko

Angela Maracle  
AI/Chief Administrative Officer

Chief R. Donald Maracle

The meeting of the Tyendinaga Mohawk Council was held on Wednesday, September 22, 2004 at 7:00 p.m. in the Council Chambers for Local Business.

Present: Chief R. Donald Maracle  
Councillors: Roy C. Maracle, Willard A. Hill and Velma Hill-Dracup.  
Blaine Loft was absent, attending the AIAI Elders Conference.  
Staff: Angela Maracle, A/CAO

Chief R. Donald Maracle opened the meeting with prayer in Mohawk

Shirley Maracle requested that something be done about the parking area along All Saints Church, i.e. moving the fence to the other side of the trees.

MOTION#1: Moved by Velma Hill-Dracup, seconded by Roy C. Maracle that this Council approve to have Willard Hill check on the parking area at All Saints Church and provide costs on moving the fence, if necessary. The fence is in poor repair, with posts missing or broken.

Note: There needs to be extra caution taken with regard to moving the fence as there is concern with the possibility of encroachment on to unmarked graves.

Carried.

MOTION#2: Moved by Velma Hill-Dracup, seconded by Roy C. Maracle that this Council request a road alignment report on the entire length of Wyman's Road as to how much land will be required to be purchased to widen the road to 66 feet due to problems with ditching, shoulders and location of present poles.

Carried.

Marcel Maracle attended Council re: request for funding for Tyendinaga Justice Circle. Marcel provided a report on what the Justice Circle has handled to date. No funding anywhere for Justice Circles. Council approves to contribute \$25,000.00 for the period of October 1, 2004 to March 31, 2005 and asked the Tyendinaga Justice Circle provide a budget on a yearly basis.

MOTION#3: Moved by Velma Hill-Dracup, seconded by Willard A. Hill that this Council authorize the use of the Casino Rama funds in the amount of \$25,000.00 under the Cultural Development component for the Justice Circle Program until March 31, 2005. M.C.R. #2004/05-107

Carried.

Chief - send another letter to the Attorney General with statistics included. Chief raised funding issue with the Attorney General, Doug Carr.

MOTION#4: Moved by Velma Hill-Dracup, seconded by Willard A. Hill that this Council approve to send a letter to the Attorney General of Ontario, Minister Bryant, regarding funding for the Tyendinaga Justice Circle and David Hill to provide a statistical report on the Justice Circle to include in the letter and for future lobbying purposes.

Carried.

MOTION#5: Moved by Willard A. Hill, seconded by Roy C. Maracle that this Council approve to have meetings on the following dates:  
1. Regular Business on October 4<sup>th</sup> and 18<sup>th</sup>, 2004 at 9:00 a.m.  
2. Local Business on October 14<sup>th</sup> and 27<sup>th</sup>, 2004 at 7:00 p.m.

Carried.

NOTE: Chief Maracle will attend the Association of Iroquois and Allied Indians Rapport Building Meeting with Health Professional Associations and First Nations and Inuit Health Branch on October 20-21, 2004 in Toronto.

MOTION#6: Moved by Willard A. Hill, seconded by Velma Hill-Dracup that this Council approve an estimated cost of \$2,062.53 from the Tractor Account to repair the school tractor.

Carried.

MOTION#7: Moved by Willard A. Hill, seconded by Velma Hill-Dracup that this Council approve to pay the invoice from Richmond Ditching in the amount of \$16,860.40, showing a cost over-run of \$1,785.58 due to hard stone and rock chipper needed for the drainage installation at 64 Bayshore Road.

Carried.

MOTION#8: Moved by Willard A. Hill, seconded by Velma Hill-Dracup that this Council approve the Hydro pole installation on the road allowance at the end of Tom's Road at no cost to the Mohawk of the Bay of Quinte.

Carried.

MOTION#9: Moved by Roy C. Maracle, seconded by Willard A. Hill that this Council approve the additional costs for repairs to the Huron Brant Pumping Station in the amount of \$2,966.20.

Carried.

# MEETING MINUTES

MOTION#10: Moved by Velma Hill-Dracup, seconded by Willard A. Hill that this Council approve the \$7,100 fee from G.D. Jewell Engineering for aquifer pump testing during September and October 2004 to determine the ability of the aquifer to sustain the development at the proposed Industrial Park in Shannonville. Council requests that a letter be sent to Garry Jewell to take into consideration the Tyendinaga Township Residential Planning in that area and the impact on the ground water supply for our industrial park and the subdivision.

Carried

MOTION#11: Moved by Roy C. Maracle, seconded by Velma Hill-Dracup that this Council approve the revisions to the Health Related Contribution Policy and Guidelines.

Carried

MOTION#12: Moved by Willard A. Hill, seconded by Velma Hill-Dracup that this Council approve to sign the Association of Iroquois and Allied Indians/Mohawks of the Bay of Quinte (AIAI/MBQ) Memorandum of Agreement (MOA) for the Community Worker in the amount of \$60,303.00.

Carried

Note: Garry Jewell is to contact the Tyendinaga Township Office and to take into consideration their residential development plans.

MOTION#13: Moved by Roy C. Maracle, seconded by Willard A. Hill  
Whereas, the 1987 Fire Tanker requires significant repairs to the body and the motor requires replacement;  
Whereas, while the tanker remains inactive the Mohawks of The Bay of Quinte are in jeopardy of losing our superior tank shuttle accreditation that provides an insurance reduction for community members and Band Buildings;  
Therefore be it resolved that the Tyendinaga Mohawk Council approves to utilize the Casino Rama funds under the Community Development Component in the amount of \$191,731.52 to purchase a new Fire Tanker. M.C.R. #2004/05-108

Carried

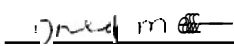
Council was inquiring on the number of tenants in rentals that have insurance per the lease agreements.

Summary of Private Minutes:

- Heard Community member's request re: road
- Rescinded motion on emergency loan request for \$2,062.42
- Approved revised emergency loan request for \$2,622.88
- Addressed Community member's housing issue

Recorded by:  
Molly Kohoko

Angela Maracle  
A/Chief Administrative Officer

  
Chief R. Donald Maracle

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



TYENDINAGA MOHAWK COUNCIL MINUTES  
SEPTEMBER 23, 2004

A special meeting of the Tyendinaga Mohawk Council was held on Thursday, September 23, 2004 at 10:00 a.m. in the Council Chambers,

Present: Chief R. Donald Maracle  
Councillors: Velma Hill-Dracup, Willard A. Hill and Roy C. Maracle.  
Blaine Loft was absent, attending AIAI Elders Conference.  
Staff: Angela Maracle, Kathy R. Brant, Shirley Brant, Sarah Bernhardt, Scott Maracle, Leslie Maracle, Bev Maracle, Carla Barnhardt, Michelle L. Maracle, Chris Maracle, Sue Maracle, Linda Maracle  
Guest: Steve Mercer

The Tyendinaga Mohawk Council met to review housing rental arrears. There are 39 cases of the 140 units who are in arrears and 20 have not made rental recovery arrangements.

MOTION#1: Moved by Willard A. Hill, seconded by Velma Hill-Dracup that the Housing Director provide Council with a construction cost estimate for 5, 10, 15 and 20 rent geared to income housing units with 40% being for handicap access and for housing to provide an analysis on rental needs for rent geared-to-income housing.

Carried.

MOTION#2: Moved by Velma Hill-Dracup, seconded by Willard A. Hill that Council approve to sign the Contribution Agreement with Health Canada for the installation of a solar heating panel at the Health Centre at no cost to the Mohawks of the Bay of Quinte.

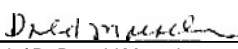
Carried.

Roy Maracle - abstained

MOTION#3: Moved by Willard A. Hill, seconded by Velma Hill-Dracup that this meeting be adjourned. (12:50 p.m.)

Carried.

Recorded by:

  
Chief R. Donald Maracle

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



TYENDINAGA MOHAWK COUNCIL MINUTES  
SEPTEMBER 29, 2004

A meeting of the Tyendinaga Mohawk Council was held on Wednesday, September 29, 2004 at 9:15 a.m. in the Council Chambers.

Present: Chief R. Donald Maracle  
Councillors: Willard A. Hill, Roy C. Maracle, Blaine Loft and Velma Hill-Dracup  
Staff: Angela Maracle, A/CAO and Kathy Brant, A/AO

Chief R. Donald Maracle opened the meeting with prayer in Mohawk.

Blaine Loft stated that he will be leaving at 12:00 noon to attend a funeral.

Chief Maracle reported on the police situation

Lynda Bryson, Executive Director, Quinte Regional Children's Foundation and Mark Kartusch, Director of Services, Hastings Children's Aid Society attended Council at 10:00 a.m. re: proclaiming October as Child Abuse and Neglect Prevention Month and the week of October 17 to be Canadian Foster Family Week. The official launch for Child Abuse and Neglect Prevention Month will be October 1, 2004 at 2:00 p.m. at Kindness Court at the Quinte Mall. Other events are scheduled throughout the month.

Lynda Bryson expressed interest in making a presentation to the Mohawk Recreation Committee and the Native Women's Organization regarding the Quinte Regional Children's Foundation "Playing for Keeps" Program.

MOTION#1: Moved by Blaine Loft, seconded by Velma Hill-Dracup  
WHEREAS child abuse is a complex and ongoing problem in our society, affecting many children in Mohawks of the Bay of Quinte; and  
WHEREAS every child is entitled to be loved, cared for, nurtured and secure and to be free from neglect, as well as verbal, emotional, sexual and physical abuse; and  
WHEREAS the Mohawks of the Bay of Quinte faces a continuing need to support community-based programs to prevent child abuse and neglect; and  
WHEREAS it is the responsibility of every adult who comes in contact with a child to protect that child's unconditional right to a safe, nurturing childhood; and  
WHEREAS the Mohawks of the Bay of Quinte has dedicated individuals and organizations who work daily to counter the problem of child abuse and neglect and to help parents obtain the assistance they need; and  
WHEREAS our community is stronger when all members become aware of child abuse and neglect prevention and become involved in supporting parents to raise their children in a safe, nurturing environment; and  
WHEREAS Mohawks of the Bay of Quinte members celebrate children, our community's greatest resource and the community leaders of tomorrow;  
NOW THEREFORE, we, the Tyendinaga Mohawk Council, do hereby proclaim the month of October 2004 as  
CHILD ABUSE AND NEGLECT PREVENTION MONTH  
in the community of Mohawks of the Bay of Quinte and commend this observance of the members of this territory. M.C.R #2004/05-110

Carried.

# MEETING MINUTES

MOTION#2: Moved by Blaine Loft, seconded by Velma Hill-Dracup WHEREAS the lives of many members of the Mohawks of the Bay of Quinte have been directly or indirectly impacted by the high numbers of children in care; and WHEREAS foster parents are individuals or couples with a genuine interest in children and a sense of community responsibility; and WHEREAS 164 foster parents in Hastings County provide a caring and safe environment for children in care; and WHEREAS foster parents of the Hastings Children's Aid Society (HCAS) provided approximately 77,434 days of care to foster children last year; and WHEREAS the number of children who received in care service from the HCAS was 651 for the year 2003/2004; THEREFORE BE IT RESOLVED that the Mohawks of the Bay of Quinte declares the week of October 17, 2004 to be CANADIAN FOSTER FAMILY WEEK; and THEREFORE BE IT FURTHER RESOLVED that members of the Mohawks of the Bay of Quinte are encouraged to support and embrace the community of foster parents during this special week. M.C.R. #2004/05-111

Carried.

Council acknowledged the following scheduled meetings:

- September 29, 2004 at 5:30 p.m. - FNTI Annual Membership Meeting at FNTI
- September 30, 2004 at 10:00 a.m. - CAO Screening
- October 4, 2004 at 9:00 a.m. - Tyendinaga Mohawk Council Regular Meeting
- October 5-6 - AFN Renewal Commission Public Hearings in Toronto
- October 5-6 - Health/Social Advisory Board Meeting in Batchewana
- October 11, 2004 - Thanksgiving, Office Closed
- October 13, 2004 - AIAI Police Governance Meeting in Toronto
- October 14, 2004 at 10:00 a.m. - Highway #2 Conference Call
- October 14, 2004 at 7:00 p.m. - Tyendinaga Mohawk Council Local Business
- October 15, 2004 - Presqu'ile Park Heritage Meeting - Chief and Todd to attend
- October 18, 2004 at 9:00 a.m. - Tyendinaga Mohawk Council Regular Meeting
- October 20-21, 2004, AIAI Rapport Building Meeting with AIAI Nations, Service Providers and FNIHB in Toronto
- October 26, 2004 - AIAI Chiefs Council Meeting in Toronto
- October 27, 2004 at 7:00 p.m. - Tyendinaga Mohawk Council Local Business
- October 29, 2004 at 9:00 a.m. - Meeting on Culbertson Tract Claim

MOTION#3: Moved by Willard A. Hill, seconded by Velma Hill-Dracup that this Council approve to meet on October 19, 2004 at 9:00 a.m. for the Six Month Financial Review.

Carried.

Lisa Maracle, Lands Researcher, was called to Council regarding John R. Green's fishing charges. Council reviewed the letter from Carla McGrath dated September 20, 2004.

MOTION#4: Moved by Roy C. Maracle, seconded by Velma Hill-Dracup that this Council directed a letter to John Green that the research is incomplete, the Mohawks of the Bay of Quinte is not ready to present a test case on the rights issue before the Courts, John Green should hire a local lawyer from Renfrew to deal with the criminal charges at his own expense and suggest John Green apply to legal aid. Council asked if John Green would share the advice received from the Renfrew lawyer with them.

Carried.

MOTION#5: Moved by Roy C. Maracle, seconded by Velma Hill-Dracup that this Council approve to send a letter to David Ramsey, Minister of Natural Resources, regarding the bias treatment of our people at the lack of funding for research. Also send letters to the Iroquoia Chiefs in Ontario and Quebec and include Oneida to suggest a meeting to discuss setting up an Iroquois Research Roundtable to address issues like developing a strategy to approach the Ministry of Natural Resources on charges, hunting and fishing in other communities, charges each community is facing and funding for research.

Carried.

Angela Maracle reported that the AFN Renewal Commission Public Hearings in Toronto are actually October 4-5, 2004.

MOTION#6: Moved by Blaine Loft, seconded by Velma Hill-Dracup to move the regularly scheduled Tyendinaga Mohawk Council meeting from Monday, October 4, 2004 to Wednesday, October 6, 2004 at 10: a.m. in order for Council to attend the Assembly of First Nations Renewal Commission Public Hearings in Toronto.

Carried.

NOTE: Blaine Loft left at 12:09 p.m. for a funeral.

MOTION #7: Moved by Velma Hill-Dracup, seconded by Willard A. Hill that this Council propose the following nominations to participate in policy discussions on the Canada-Aboriginal Peoples Roundtable as requested by the Assembly of First Nations. The Sectoral Discussion Topics are:

- Health - Chief R. Donald Maracle, Janet Brant Nelles and Cindy Thompson
- Lifelong Learning:
  - ECD and K-12 - Blaine Loft and Tracey Maracle
  - PSE and Skills Development - Blaine Loft and Murray Maracle
- Housing - Chief R. Donald Maracle and Chris Maracle
- Economic Opportunities - Chief R. Donald Maracle and LaShelle Brant
- Negotiations - Chief R. Donald Maracle
- Accountability - Chief R. Donald Maracle

Carried.

Council adjourned for lunch at 12:09 p.m. and reconvened at 1:52 p.m.

MOTION#8: Moved by Willard A. Hill, seconded by Roy C. Maracle that this Council propose to nominate Gordon Peters, Lorna Moses and Marlene Brant-Castellano as Elders to a Panel for Arbitration of Expenditure Disputes with MFN (Rama).

Carried.

MOTION #9: Moved by Willard A. Hill, seconded by Roy C. Maracle that this Council reviewed and approve to send the Evaluation Form for Delegates as a group versus individually to the Assembly of First Nations regarding an evaluation of the Assembly of First Nations 25<sup>th</sup> Annual General Assembly held in Charlottetown, P.E.I. on July 20-22, 2004.

Carried.

MOTION#10: Moved by Roy C. Maracle, seconded by Willard A. Hill that this Council approve to pay the following invoices from Alan Pratt: #2610 in the amount of \$5,823.22 for General Matters #2611 in the amount of \$7,494.47 for Johnson Brant Family Claim #2612 in the amount of \$5,930.72 for Culbertson Tract Claim #2613 in the amount of \$5,304.28 for Turton Penn Lease

Carried.

MOTION#11: Moved by Roy C. Maracle, seconded by Willard A. Hill that this Council approve to donate \$150.00 to the Kente Horseshoe League to purchase trophies from the Recreation Department fundraising account. Chief R. Donald Maracle and Willard Hill will attend to present the trophies.

Carried.

MOTION #12: Moved by Roy C. Maracle, seconded by Willard A. Hill that this Council defer the report on the honoraria increase for Council to the Six Month Financial Review meeting on October 19, 2004.

Carried.

MOTION #13: Moved by Willard A. Hill, seconded by Roy C. Maracle that this Council acknowledges receipt of the Statement of Defense and Crossclaim of Defendant John Maracle c.o.b. Jumping Johnnies sent to Soloway Wright, Insurance Lawyer.

Carried.

MOTION #14: Moved by Roy C. Maracle, seconded by Willard A. Hill that this Council directed that Brandy Hildebrand and Phil Gannon use the Sanitation Incentive Policy for reimbursement of water connection fees to the maximum of \$4,000.

Carried.

MOTION #15: Moved by Roy C. Maracle, seconded by Willard A. Hill that the Tyendinaga Mohawk Council hereby supports the Mohawk Fire Department's application to CORDA, requesting the amount of \$3,352.80 for absorbent materials for the prevention or suppression of accidental oil-based leak/spills, as the Mohawks of the Bay of Quinte has an inherent responsibility to protect our natural environment. M.C.R. #2004/05-109

Carried.

MOTION#16: Moved by Willard A. Hill, seconded by Roy C. Maracle that this Council approve to meet with Dr. Robert W. Webster and Janet Brant Nelles to discuss providing medical care several days per month on the Tyendinaga Mohawk Territory.

Carried.

MOTION #17: Moved by Willard A. Hill, seconded by Roy C. Maracle that this Council approve the land transfer from Dale Frederick Maracle to the Mohawks of the Bay of Quinte, the whole of Lot 28C-1-1, Concession 1, shown on Plan No. RSO for the purpose of road widening on Homeland Drive.

Carried.



# MEETING MINUTES

MOTION#18: Moved by Willard A. Hill, seconded by Roy C. Maracle that this Council approve the land transfer from Bonnie Marie Thompson to the Mohawks of the Bay of Quinte, the whole of Lot 27C-7, Lot 27C-5 and Lot 27C-2-1. Concession 1, shown on Plan No. RSO for the purpose of road widening on Homeland Drive.  
Carried

MOTION#19: Moved by Willard A. Hill, seconded by Roy C. Maracle that this Council approve the land transfer from Eric Wade Maracle to the Mohawks of the Bay of Quinte, the whole of Lot 26A-1-1, Concession 1, shown on Plan No. RSO for the purpose of road widening on Homeland Drive  
Carried

MOTION#20: Moved by Willard A. Hill, seconded by that Roy C. Maracle that this Council approve the land transfer from David Bradley and Angela Darlene Hill to the Mohawks of the Bay of Quinte, the whole of Lot 27B-2-1 and Lot 27B-3-1, Concession 1, shown on Plan No. RSO for the purpose of road widening on Homeland Drive.  
Carried

MOTION#21: Moved by Willard A. Hill, seconded by Roy C. Maracle that this Council approve the land transfer from Florence Brant to the Mohawks of the Bay of Quinte, the whole of Lot 268-3, Concession 1, shown on Plan No. RSO for the purpose of road widening on Homeland Drive.  
Carried

MOTION#22: Moved by Willard A. Hill, seconded by Roy C. Maracle that this Council approve the land transfer from Judith Yvonne Loft to the Mohawks of the Bay of Quinte, the whole of Lot 26B-2-1, Concession 1, shown on Plan No. RSO for the purpose of road widening on Homeland Drive,  
Carried

MOTION#23: Moved by Willard A. Hill, seconded by Roy C. Maracle that this Council approve the land transfer from Florence Brant, Irene Mae Brant, Shelby Jean Minaric, Evelyn Darlene Maracle, Clara Loretta Maracle, Estate of Marjorie Brant, Norman Isaac Brant, Shirley Ann Martin and Frank Maracle all undivided 1/9<sup>th</sup> interest to the Mohawks of the Bay of Quinte, the whole of Lot 26A-2-1, Concession 1, shown on Plan No. RSO for the purpose of road widening on Homeland Drive.  
Carried

MOTION#24: Moved by Willard A. Hill, seconded by Roy C. Maracle that this Council approve the land transfer from Jennifer Lynn Maracle & Janet Elizabeth Brant Nelles to Ronald Leslie and Deanna Fern Brant, that portion of Lot 10A-A-15, Concession A, shown hatched on the sketch and based on Plan No. 76095 CLSR.  
Carried.

NOTED: Velma Hill-Dracup arrived at 2:57 p.m. from a doctor's appointment.

MOTION#25: Moved by Willard A. Hill, seconded by Roy C. Maracle that this Council approve the land transfer from Jennifer Lynn Maracle & Janet Elizabeth Brant Nelles to Ronald Leslie Brant, that portion of Lot 12C-1, Concession A, shown hatched on the sketch and based on Plan No. 67159 CLSR.  
Carried.

MOTION#26: Moved by Willard A. Hill, seconded by Roy C. Maracle that this Council approve the land transfer from Carl Edward Maracle and Anna Mae Maracle to Calvin Wayne Brant, Donna Maurrie Crouse and Violet Joan Maracle, the whole of Lot 26E-4-1, Concession 2, shown on Plan No. RSO 4777.  
Carried

MOTION#27: Moved by Willard A. Hill, seconded by Velma Hill-Dracup that this Council approve the land transfer from Lorraine Hill to Victor Morgan Hill, that portion of Lot 8-1, and 8-2 in Lot 32, Concession A, shown hatched on the sketch and based on Plan No. 62997 CLSR.  
Carried

MOTION#28: Moved by Willard A. Hill, seconded by Velma Hill-Dracup Whereas approximately 308 youth and 134 adults as well as the Eksa O'kon:'a Childcare Centre, Quinte Mohawk School students and the summer camps utilized the Town of Greater Napanee Indoor Pool during the past year;  
Whereas the health and well being of our members are a priority; Therefore Be It Resolved that the Tyendinaga Mohawk Council hereby approve to utilize the Casino Rama funds under the Health component in the amount of \$5,000 to donate towards the continuation of the Town of Greater Napanee Indoor Pool. M.C.R 2004105-112  
Carried

MOTION #29: Moved by Roy C. Maracle, seconded by Velma Hill-Dracup that this Council hereby rescinds M.C.R. #2004/05-108, Tyendinaga Mohawk Council Minutes of September 22, 2004 regarding the purchase of a fire tanker as the amount indicated is no longer current,  
Carried.

MOTION #30: Moved by Willard A. Hill, seconded by Roy C. Maracle Whereas, the 1987 Fire Tanker requires significant repairs to the body and the motor requires replacement;  
Whereas, while the tanker remains inactive the Mohawks of the Bay of Quinte are in jeopardy of losing our superior tank shuttle accreditation that provides an insurance reduction for community members and Band Buildings;  
Therefore be it resolved that the Tyendinaga Mohawk Council approves to utilize the Casino Rama funds under the Community Development Component in the amount of \$208,072.00 to purchase a new Fire Tanker. M.C.R. #2004/05-113  
Carried.

MOTION #31: Moved by Willard A. Hill, seconded by Roy C. Maracle that this Council approve to utilize a used pumper from Darch Fire until delivery of the new fire pumper at a cost of \$3,000,  
Carried.

MOTION #32: Moved by Velma Hill-Dracup, seconded by Willard A. Hill that this Council request more information regarding a gas tank for the Road Shed.  
Carried.

Council suggested that MBQ should have a re-fueling station where all Band vehicles get fuel.

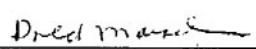
MOTION #33: Moved by Willard A. Hill, seconded by Velma Hill-Dracup to go in private (3:15 p.m.)  
Carried.

Summary of Private Minutes:

- Ypproved two renovation loans totaling \$37,000
- Ypproved to post the Healthy Babies/Healthy Children Home Visitor term position
- Approved to post the Hides Collector/Processor casual/on-call position
- Approved to sign contracts for MBQ Teachers and Education Assistants (11) at Quinte Mohawk School
- Approved Mohawk Language Instructor term positions (2)
- Approved to post the Mohawk Language Instructor position
- Approved to post for a casual Nurse at Home and Community Care
- Approved to re-post the Head Start Administrative Assistant/Teacher position
- Reviewed legal opinion on pump house issue
- Approved an emergency loan from the emergency loan fund totaling \$760.07

Recorded by:  
Molly Kohoko

Angela Maracle  
A/Chief Administrative Officer

  
Chief R. Donald Maracle

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

**PLEASE NOTE THAT**

**The Mohawks of the Bay of Quinte**

**now have new e-mail addresses**

**our e-mail is now**

**@mbq-tmt.org**

# EDUCATION



## Pie 4 QMS November Community Report

### Trustee Report October 2004.

During the last two months the Tri Board Transportation Department has been fine tuning the bus schedule to cut down on ride times on the buses for students and to make sure students are getting to and from school with a minimal amount of problems. I understand that with some minimal fine tuning our Mohawk Buslines are operating with no problems. Thanks to our Bus Foreman and Bus Drivers for making the necessary adjustments to meet the new school time schedules.

I continue to set on two committees for the Board, the Budget and Finance Committee and the Suspension Appeals Committee. These committees generally meet once per month along with the regular Committee of the whole and the Public Board Meeting the last Monday of the month.

The Ministry of Education is currently looking at a Discussion Paper: Proposed Amendments to Ontario Regulation 462/97 - Native Representation Boards. There is a lack of consistency of First Nations representation across Boards. Concerns have been raised by the Chiefs of Ontario regarding a number of issues that may in certain instances require two First Nations Trustees on a Board. Our situation at Tyendinaga will not change. We continue to have one Native Trustee represented on the HPEDSB. There are some implications within the Proposed Amendments for a Native Advisory Committee to be implemented if requested by a Band Council.

We will continue to monitor this proposal and will report to the community any changes that occur.

If you have any questions or concerns please call Mike Brant at 962-3595.

Respectfully Submitted  
Mike Brant, Trustee

On behalf of PIE 4 QMS I would like to apologize for omitting the community report for October's issue as well as the following names of volunteers who assisted PIE in our fund raising event at the Powwow this year.

Thanks to Kaity Shisheesh, Natasha Bardy, Chelsea Maracle, Samantha Spencer and Sara Bernhardt for selling tickets at our Backpack Fundraiser at the Powwow on August 14 & 15/2004

Thanks to Wayne Brant and Jake Brant for lending PIE a hose during the fair  
Thanks to Wilbert Maracle & the Fair Board members for allow PIE 4 QMS to host a booth at the fair this year in support of our efforts.

Thanks to Darran Doreen, Natasia Bardy, Rhonda Doreen, Venia Johnson and Kathleen Manderville for volunteering their time and faces towards a good cause.

Niawen Kowa to Darren, Verna, Rhonda, Natasha and Kathleen!

Special thanks to Murrell and Bev Maracle, Tammy Green and Bryan Volkmann for making runs to Tim Horton's coffee!

Thanks again to Pete Hill and Lisa Maracle for their wonderful ideas,  
Thanks to Rhonda & Dan Doreen for doing some shopping for us and lending a hand in the booth.

The fair fundraiser, which raised a total of \$200.00  
Thanks to Wendy Rogalsky for finding pie donations, lending an extension cord and garden hoses!

Thanks to Tammy Green and Darran Doreen for their ideas, assistance and Darran for allow people to throw lemon pie filling at his face.

Special thanks to everyone who either bought coffee, pie or played the lemon pie filling fling contest at either one of our three special participants or at the target.

Look for us to return at next years Mohawk Fair!!!!

Niawen kowa to all!!

We had a raffle on a beautiful basket of goodies, which has generously been donated to PIE 4 QMS from the staff at the Red Cedar's Shelter. We are honoured for their generous donation of such a wonderful basket. The raffle from the basket raised a grand total of \$354.00. Thank you to everyone who purchased a ticket. The winner of the basket was, Sliawn Sager. Congratulations to Sliawn! The money raised from the raffle will go towards QMS fundraising

Again on behalf of the PIE 4 QMS parents committee I would like to take this opportunity to thank everyone who has supported us in our fund raising efforts this year. We really do appreciate your support! We will be making announcements of purchases made with the money raised in upcoming issues of the Tyendinaga Newsletter.

PIE 4 QMS is proud to announce that we have printed pamphlets to inform the community of our mission, vision statement, goals and also to inform the community of events that we have accomplished to date. The pamphlets will be available at the Mohawk Administration Office and also at Quinte Mohawk School in the near future. PIE 4 QMS is in the process of setting up a Parent's Information Board at Quinte Mohawk School. The committee will be posting meeting minutes, offering PIE 4 QMS pamphlets, advertising future fund raising events. etc. We look forward to hearing from the community and as well as informing the community on ways in which we all can support Quinte Mohawk School.

PIE 4 QMS is still looking to add to our volunteer list. If you would like to just help out for one or two small events just write us at the following address, call or email. We will respond as soon as possible.  
Thanks for all your support.

PIE 4 QMS - next meeting date is Monday, November 8, 2004 at Quinte Mohawk School in the Library at 7:00-9:00pm.

**Everyone is welcome to attend!**

### TSI KIONHNHEHT NE ONKWAWENNA LANGUAGE CIRCLE

would like to take this opportunity to recognize and extend our admiration and appreciation to all the students of the Mohawk Immersion Program 2004/05

It will only be with the determination of people like you that Mohawk will continue to be a living language in the community of Tyendinaga

We wish you the best throughout the year and offer our support to you!

For more information on the Mohawk Immersion Program, please call: Callie Maracle,

Mohawk Language Coordinator  
Tsi Kionhnheht ne Onwawenna language Circle  
(613) 396-6742

Tanya Bardy PIE 4 QMS 990A Hwy 49 Box 101 Tyendinaga M.T., ON K0K 1X0 Email: <a href="mailto:tbardy@simpatico.ca">tbardy@simpatico.ca</a>	Rachel Volkmann Chairperson 968-4010 Gwen Maracle Co-Chairperson 967-1779	Gail Brant Information Coordinator 967-2529 Eric Aschmann Treasurer 396-5736
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Tanya Bardy  
Secretary 396-1562

## EDUCATION

INDIAN AND NORTHERN AFFAIRS



### QUINTE MOHAWK SCHOOL

1624 York Rd., Tyendinaga Territory K0K 1X0  
613-966-6984 Fax 613-966-6474

Oct. 25/04

Good News from Quinte Mohawk School Resource Room!

Our Resource Room would like to share with our community some wonderful news! We applied to The Dreamcatcher Fund, located in Ohsweken, for funding. The Dreamcatcher Fund is aimed at helping aboriginal organizations and individuals realize their dreams. Our classroom dream was to go swimming and bowling. The Dreamcatcher Fund said "Yes" to our application and have provided the much needed dollars for the Resource Room Kids to go swimming and bowling. We were granted \$2480.00! We'll be participating in the Aqua-Quest Swim program at the Rec Plex in Picton for 30 sessions! We'll sharpen up our 10 pin bowling skills at the Belleville Pro Bowl in Belleville! Without these funds our Resource Room Students would not be bowling or swimming. We promise to do our very best at swimming and bowling! We gratefully extend our Sincerest Thanks to Mr. Darryl Hill, Dreamcatchers' Fund Manager and to his dedicated committee members!

(Also Nia:wen kowa, in advance to Miss Tammy, who always makes sure we are transported safely,) From Mrs. Donna Green, Mrs. Nancy Leween and The Resource Room Students.

### Quinte Mohawk Update.

Greetings from the Quinte Mohawk School. On Fri. Oct. 8/04, we hosted our annual Harvest Festival. The children were divided into a variety of groups and attended culturally based workshops, Some of the workshops were oral legends, arts and crafts, and everyone's favorite, Native Dancing. Thanks to Chief Maracle and the Councillors for donating the Community Center for our lunch feast. The meal was provided by the Mohawk Ladies Guild. It was Fantastic! The workshops were led by volunteers from our community. It's wonderful to have this many people lend us their expertise! The children are very appreciative of this and learned so much from them. We're extending a very big Nia:wen Kowa to our workshop leader leaders, and please accept our apologies if we have forgotten to thank anyone. Our volunteers were Mike Grant, Verna Johnson, Ruby (Brad) Maracle, Christine Sliwa, Ruby Moon, Kathy Brant, Kathy Baptiste, Tammy Barberstock, Paul Latchford, Mandy Smart, Carlene Smart, Brandy Maracle, Angie Brown, Mary Leversedge, Gail Balla and the many high school students (QMS Grad's) who came to help out, and thanks to the QMS staff for their assistance and cooperation. Thanks to everyone who helped make our annual Harvest Festival a huge success!

Sincerely, Mrs. Reta Brant QMS Cultural Committee



*Learn how to make  
Native Crafts!*

**CLASSES STARTING SOON!**

Make: Dreamcatchers, Medicine Wheels,  
Jewelry, Smudge Feathers etc.

*Something different every week.*

*Supplies included,*

*Everyone welcome to join in on the fun.*

*For more information on dates and cost contact:*

***Teresa Brant at cell # 613-391-1617***

## Your Future, which road to



Aboriginal Representatives  
from Ontario's Post-Secondary  
Institutions will be in your  
community, Come and find out  
about options and opportunities  
with Higher Education,

**Where:** Council House - York Rd.  
Tyendinaga Territory

**When:** Wednesday November 24, 2004

**Who:** Colleges, Universities and Employers  
from across Ontario.

Please contact Paul Latchford at (613) 969-1913 ex. 2-250 or by email at [plath@loyalistic.on.ca](mailto:plath@loyalistic.on.ca) for more information.

# HEALTH CENTRE



The Tyendinaga Home Support program provides services that support and encourage Independent living to seniors living in the community age 55 plus and adults with physical disabilities. We are located at

Thayendanega Health Centre  
R.R.1, 1558 York Road  
Deseronto, Ontario  
K0K 1X0  
Phone: 613-967-3603

Home Support programs include:

**Meals on Wheels Program** - A hot nutritious meal is delivered every Tuesday and Friday between 11:30am and 12:30pm. Diabetic meals are also available upon request. Frozen meals are also available monthly. They are delivered the first Friday of every month.

**Diner's Club Program** - Every second and fourth Wednesday of each month a nutritious meal is prepared and served at the Elders Lodge at 12:00pm.

**Transportation Program** - The Home Support Mohawk Handivan is used to transport seniors living in the community to all Home Support and community activities. Every Monday and Friday between the hours of 9:30am and 12:30pm, the handivan transports seniors living in the community to Deseronto to do banking, shopping, etc.

**Home Maintenance Program** - Assistance is provided for household tasks beyond the individuals capability. Examples of this service would include: grass cutting, painting, window washing.

**Social and Recreational Programs** - Provides supervised activities for seniors in a group setting. Examples of this service include ceramic classes, bowling, monthly grocery shopping trip and special prearranged outings.

**Friendly Visits** - Provides "friendly visits" to seniors in their homes. Visits are made by staff and volunteers, under agency supervision.

Volunteers are always welcome and needed. Especially for Friendly Visiting.

The Home Support Team consists of:

- Tracey Bunnett, Coordinator
- Jessica Brant, Resource Person
- Gloria Brant, Cook
- Cubby Brant, Handivan Driver
- Oria Maracle, Meals on Wheels Volunteer
- Donald Loft, Home Maintenance Volunteer

For more information regarding the Home Support program, please contact Tracey or Jessica at 967-3603.



## NURSING MOTHERS' GROUP OF TYENDINAGA

INVITES

BREASTFEEDING MOTHERS AND BABIES

To their ongoing series of meetings:

2nd & 4th Friday mornings each month Thayendanega Health Centre

9:30 am BREASTFEEDING CLINIC  
10:30 - Noon DISCUSSION & LIBRARY TIME

NOVEMBER: MOTHER/BABY-FRIENDLY CELEBRATING

NOV, 12 : THE BEST GIFTS

NOV. 26 : HOLIDAY EATING

Small Children, Interested Women, Young Girls,, Welcome. Friendly Mother-to-Mother Support. Lending Library. Information. Help With Breastfeeding Problems. Baby Weight Check. Discussions. Nutritional Support for Breastfeeding Moms.

Lactation Consultant for November : Gale Hayward 396-2942 or 539-0144  
Or Call Health Centre 967-3603 to leave a message for Gale.

### BREASTFEEDING CIRCLE

#### Can a breastfeeding mother have the flu shot?

Yes. The following vaccines are considered compatible (safe) with breastfeeding. If needed by a nursing mother, they do not require her to stop or interrupt breastfeeding:

- |                             |               |
|-----------------------------|---------------|
| .cholera                    | .rabies       |
| .chicken pox                | .rubella      |
| .diphtheria                 | .RhoGam       |
| .influenza (flu)            | .tetanus      |
| .measles                    | .typhoid      |
| .oral arid injected polio   | .typhus       |
| .pertussis (whooping cough) | .yellow fever |

Are there other treatments that can help boost my immune system without affecting either my milk supply or my baby adversely?

Yes. Some traditional, natural, time-tested remedies that are safe to use while breastfeeding are: Vitamin C, Echinacea, Garlic, Red Raspberry leaf, Pycnogenol (pine bark extract) or Bilberry extract, and Colloidal Silver. Homeopathic remedies, such as *muccococcinum* (taken preventatively) and *oscilloccoccinum* (for flu symptoms), are safe, gentle and compatible with breastfeeding. Check with a licensed natural health practitioner for specific advice.

There is strong and growing evidence that chiropractic care can profoundly enhance immune system function.

Diets rich in whole, unprocessed foods including plenty of vegetables and fruits daily, (especially raw) strengthen the immune system and resistance to infections, sometimes dramatically. However, processed foods, junk foods, and foods containing sugar compete with, and undo, this benefit.

If you do get sick, very few maternal illnesses require a mother to stop breastfeeding. This is particularly true of infections. Most infections are caused by viruses. Most infections caused by viruses are most infectious before the mother realizes she is sick. By the time the mother has a fever (or cold, runny nose, diarrhea, vomiting, rash, etc), she has already passed on the infection to her baby. However, breastfeeding protects the baby against infection, and the mother should thus continue breastfeeding. Within 24 hours your milk has antibodies in it to help fight your specific illness. Weaning increases your baby's chances of getting sick, and your physical problems by causing engorged, painful breasts or even mastitis. Tuck your baby into bed with you, nurse lying down, rest, drink lots, and get help if possible. Generally, over-the-counter cold and flu medications and analgesics are compatible with breastfeeding, however many antihistamines will dramatically decrease milk supply. Fenugreek is an excellent alternative to antihistamines, since it actually boosts milk supply! Homemade chicken soup is a natural decongestant, and Ginger (real) safely helps settle nausea.

If your baby does get sick with diarrhea, vomiting, or respiratory symptoms, he is usually less sick than if breastfeeding had stopped and will get better more quickly on breastmilk. But often mothers are pleasantly surprised that their babies do not get sick at all.

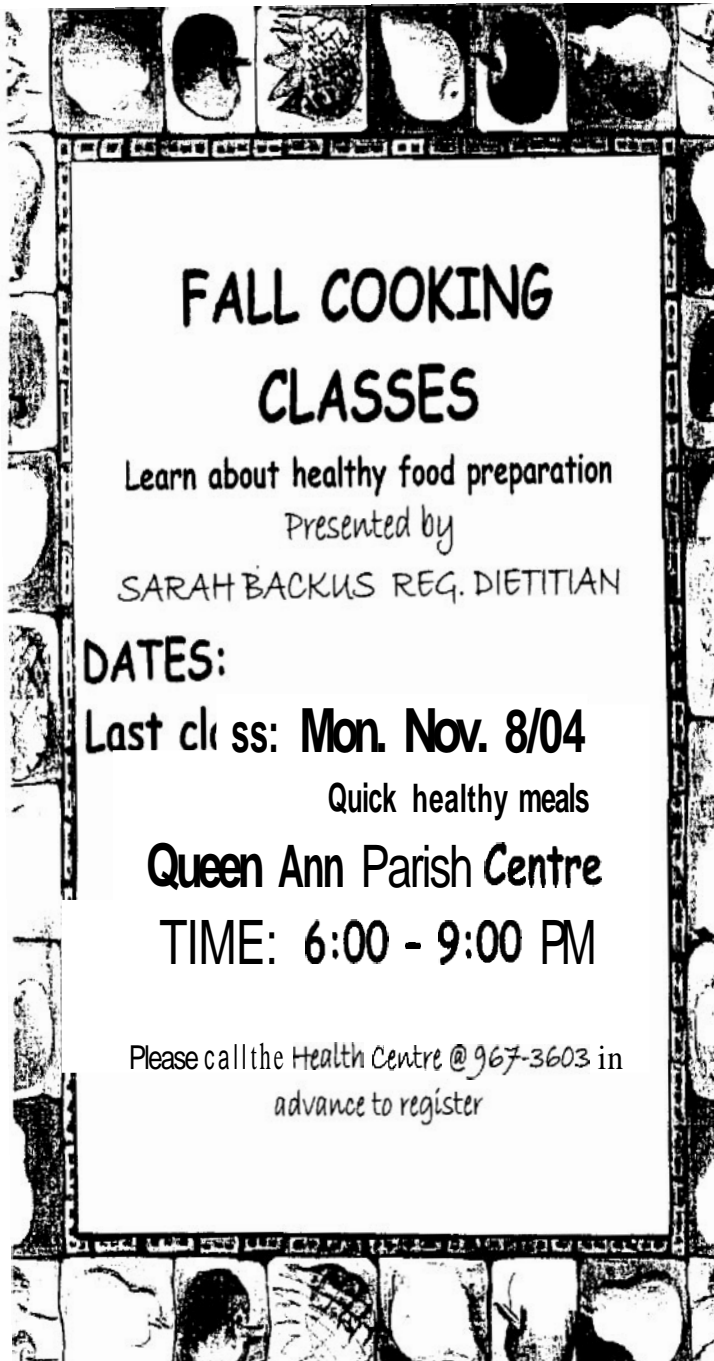
References:  
Auerbach & Riordan "Breastfeeding and Human Lactation" 1993: 144.  
La Leche League International "The Breastfeeding Answer Book" 1997: 457,516.  
Dr. Jack Newman MD, FRCPC "You Can Still Breastfeed" Handout #9, Jan 1998.

If you or someone you know is 55+ and isn't receiving the monthly Tyendinaga Home Support Seniors newsletter but would like too, please call Jessica or Tracey at 967-3603, We will be happy to add you to our mailing list to receive the newsletter monthly.

If you are currently receiving the newsletter but do not wish too, please call and we will remove you from our list,

Nia:wen

## HEALTH CENTRE



**FALL COOKING  
CLASSES**

Learn about healthy food preparation  
Presented by  
SARAH BACKUS REG. DIETITIAN

**DATES:**  
Last class: **Mon. Nov. 8/04**  
Quick healthy meals  
**Queen Ann Parish Centre**  
**TIME: 6:00 - 9:00 PM**

Please call the Health Centre @ 967-3603 in  
advance to register

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

November 2004  
*Moms - in - waiting*  
*The Canadian Prenatal Nutrition  
Program*

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

Tracy McCauley R.N.  
Nurse Assisistne R. N.  
Community Health Nurses

## Flu Vaccine Clinics

### THAYENDANEGA HEALTH CENTRE

The Ministry of Health & Long Term Care offers free vaccine for all persons in Ontario over 6 months of age.

A series of Flu Vaccine Clinics for Tyendinaga Territory are as follows:

Fri. Nov. 5/04 from 10:00- 1:00 PM @ FNTI on York Rd.

Wed. Nov. 10/04 from 1:00- 3:00 PM @ Flight School,  
Airport Rd

Wed. Nov. 17/04 from 4:00- 8:00 PM @ Health Centre

Thurs. Nov. 18/04 from 1:00 -3:00 PM @ Home &  
Community Care, Shannonville.

The influenza virus is a serious illness that can lead to death. Influenza leaves the body's immune system weak and open to infections. Today's influenza vaccine is very safe and most people have little or no reaction to the vaccine. **REMEMBER-** You cannot get the influenza virus from the vaccine.

For further information, or if you can not make it to the above mentioned clinics please contact the Community Health Nurses @ 967-3603

## Are you 59 years of age or older?

And you have

worked and payed into CPP?

Are you a widow or widower

between the age of 60-64?

Are you turning 65 within the next year?

If you answered yes to any of the questions.

You may want to meet with

Leona Somerville from HRDC Office.

If you are already receiving benefits

this does not affect you

unless you may have questions for Leona.

Leona will be visiting our community

November 29 & 30, 2004












Please contact Lesley at

Thayendanega Health Centre to set up

an appointment at 967-3603

**S.O.D.I.**

**November 2004 Diabetes Awareness Month**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	A person who is at risk for diabetes, does not necessarily develop this chronic disease	Try to drink several glasses of water daily. Water prevents dehydration 	Diabetes is a SERIOUS disease, don't ignore it! Type 1 or 2 diabetes can lead to the same complications	If you have Type 2 diabetes, it's important to take care of yourself to stay healthy and well	you have diabetes, it's important to wear a MEDIC ALERT bracelet at all times	<b>YOU</b> are the key person on your diabetes care team 
Managing your diabetes means healthy eating and keeping your weight under control. If you need to lose weight, eat smaller portions of food, and talk to a dietitian or your doctor	The risk for diabetes increases if you are of Aboriginal descent; overweight; have a family history of diabetes; had diabetes during pregnancy; have high blood pressure, etc.	Good nutrition provides needed energy. Limit high fat and high sugar foods in your daily meals. Food is not life itself. It's the fuel that keeps our bodies running so we can experience life	Monitor your blood sugar levels on a regular basis <b>and have your blood pressure checked often</b> 	Diabetes is a disease in which the body can't properly store and use fuel for energy. The fuel that the body needs is sugar (glucose)	Keep informed about diabetes! You can do this by reading, attending diabetes/health workshops or joining a diabetes support group 	It is important to teach our children the importance of choosing a healthy lifestyle. We are their role models, this will give them a better chance of a diabetes free life!!
Have your eyes checked by the eye specialist every year for any changes	Laughter and humor is important in our lives at anytime. Remember to laugh 	People who are diagnosed with diabetes experience different feelings, which range from fear, anger, denial to depression	A positive attitude is important to have, in dealing with diabetes 	People with diabetes have a high risk of developing blindness, kidney disease, amputation, foot ulcers heart disease and stroke	Age is no barrier in staying physically active every day of your life, Remember to see your doctor before starting any type of physical activity	See your dentist on a regular basis. Having diabetes can affect your teeth 
It's possible to lead a more active and full life, by understanding diabetes and how it affects your body 	Our life today includes unhealthy lifestyles such as lack of physical activity, unhealthy diets and an epidemic of diabetes	The target for blood sugar levels is: 4 to 7 before meals and 5 to 10 two hours after meals	Type 2 Diabetes in Youth: More Aboriginal children and youth are being diagnosed with Type 2	Try to move around more when you are at work. Go for a short walk, or run an errand at lunch time 	Talk with a doctor or dietitian about the use of alcohol. They will explain the effects alcohol has on diabetes and your health	A regular check-up with your family doctor 3-4 times a year is important. Have regular tests to check for complication of diabetes
Include a variety of vegetables and fruit in the meals and snacks you eat daily 	Traditionally our life included a healthy diet; being physically active; strong traditions and NO diabetes	Look after your feet, as the feet is affected by diabetes. Make sure you have regular foot care 				

Southern Ontario Aboriginal Diabetes Initiative — Eastern Region

**Carol Loft**  
 Regional Diabetes Worker  
 Southern Ontario Aboriginal Diabetes Initiative  
 Tel: 613-396-3900  
[www.soadi.ca](http://www.soadi.ca)

**UPCOMING EVENTS AT THE ORANGE LODGE**

 **BINGO NIGHTS**  
 Every Friday at 7:00 p.m.

**MONTHLY DANCES**

8:00 p.m. - 12:00 p.m.

Hall Rental  
 396-1059

\$9.00 per person includes lunch  
 1st, 2nd & 3rd Saturday of every month.

**TOPS**

Tyendinaga Mohawk Territory

TOPS (take off pounds sensibly)  
 Meets every Thursday at the Health Center  
 Weigh in is at 6:30 p.m. (private and confidential)  
 Meeting starts at 7:00 p.m.

All new members are invited  
 We share tips on weight loss, recipes, and a lot of fun.

Please contact Donna Crouse at 396-2229.

# RED CEDARS

## When you have concerns about your child's tobacco, alcohol or other drug use.

Despite our best intentions, as our children follow different paths, somewhere on that path there will be problems. Sometimes those problems will include the use of tobacco, alcohol or other drugs. A simple checklist of how to spot drug use cannot apply to each situation. There is no easy answer or single solution if you find that your child has used a drug. It may be helpful to consider three different stages of drug use and some possible responses.

### TEN QUESTIONS FOR PARENTS

1. Are curfews for this child suddenly a problem?
2. Do you detect a "who cares" attitude in a child who once was very involved or somewhat involved with school and family life?
3. Has this child neglected old friends you know well and who come to your home in favor of people whom she/he does not bring home and is reluctant to talk about?
4. Is there a secretiveness about this child's life that is different from what you relate to normal adolescent need for privacy or markedly different from what you have experienced with older children in the family?
5. Are their unresolved questions about money and this child, about requests for money, unexplained loss of savings or loss of your money?
6. Is your liquor supply dwindling or in question? Are there concerns about unchaperoned parties?
7. Are there phone calls for this child that bothers you—either because of sudden change in behavior or plans following these calls or unpleasantness when your child is not available and you ask for a message?
8. Are there significant declines in school performance (for example mathematics or English), attendance, or motivation to succeed?
9. Has your child's personality changed in extraordinary ways: unusual outbursts, sudden mood swings, unprovoked hostility, hostile language or acts that do not seem to fit the kid, such as aggression? Or is once aggressive child suddenly calm and non-threatening?
10. Has this child's sleeping and eating pattern changed beyond what is normal for an adolescent?

### STAGE ONE: "I JUST TRIED IT."

The experimental stage of any drug use—tobacco, alcohol or other drug—lasts only for a few tries. After that, the young person has learned the effects of the drug and has made a decision to use again or not. Most young adolescents who try a drug out of curiosity or immediate peer pressure find they do not like the effects and will not keep using it. In the case of alcohol, many will delimit using it until they are older.

The "buddy system" can help your children refuse offers of a drug. Having a dependable friend can help them stand up to peer pressure in situations where their peers are smoking, drinking or using other drugs.

When children have more than one set of friends for example, from a sports team or cultural group in addition to (school friends), they will have an alternative group to turn to for support if one set of peers starts to get involved with drugs.

### HOW DO I RESPOND?

- If you find your children have tried using tobacco, alcohol or another drug, let them know how glad you are they made the choice to not continue to use it. Talk about ways of refusing the drug when the situation comes up again—as it most likely will.
- Once more state your family standards and expectations, letting your children know that there will be consequences for further use of the drug if they go in that direction.
- State again your concerns about your children's health and safety and that there are risks for them associated with any drug use.

### STAGE TWO: "I JUST USE A LITTLE, IT'S NOT A BIG DEAL"

At this stage, adolescents are no longer struggling with whether or not to use tobacco, alcohol or another drug. They are choosing to use it in certain situations, likely in the company of friends, but limiting it to social use. This is a tough time in which to make a change, but you do not easily recognize the harmful costs or risks associated with using. Their use is not a goal of money or status rewards among their friends and use of the drug may actually be a relief for them.

Some young people are very insistent in denying their drug use and very clever in covering it up. Others will leave little signs (such as cigarettes, a red mark, or empty papers) for you as if they want you to detect their drug use and do something about it.

### HOW DO I RESPOND?

- Be calm but forceful, letting your children know that you do not find their behavior acceptable. Because you love them and are concerned about their safety and well-being you will do what you can to influence their decision about drug use.
- Let your children know that although they may not see the harm or risks associated with their drug use, you are well informed about the risks for physical, social and emotional harm associated with the use of alcohol, tobacco or another drug, at this stage of their lives.
- Don't support their drug use in any way—particularly in providing money that will go to buy cigarettes, alcohol or another drug. Don't rescue your children from the effects of their behavior, such as covering up for their school absences. However, let them know that the bottom line is that you will help them out if their safety is a concern.
- Keep an eye on your children's school attendance and each report card. Declining school performance is often a sign of increasing drug use. Don't be afraid to call the school principal or guidance department and talk about your concerns.
- Maintain your house rules regarding curfews, checking in and doing chores. With clear consequences for breaking these. If you see actual evidence of drug use, give consequences that are meaningful, such as grounding them for a number of days or not letting them drive the family car.
- Focus on changing obvious negative behavior, such as swearing or rudeness, rather than the drug use, which your children may deny.
- Do not let a consequence or your feelings of anger or frustration with your children's behavior interfere with their participation in a family outing or event. It is important to keep your children involved in positive family activities.

- Re-examine your relationship with your children, apart from their drug use. Are you giving enough responsibility? Too much? Is there enough independence or too much? Are you giving positive feedback about their good points or have you become so anxious that you are just focusing on negative behaviors? Make a point of communicating with your children every day about easy topics (the ones that don't lead to arguments).
- Make a point of reviewing the positive aspects of your children, your parenting abilities and your relationships.

### STAGE THREE: "IT'S MY LIFE AND I'LL USE WHEN I WANT. YOU'RE THE ONE WITH THE PROBLEM."

At this point the drug use is playing a very important role in helping young people cope with their feelings. They have become caught up in both their problems and the drugs. Helping them to recognize the extent of their involvement with drugs will likely require professional help. You may see evidence of other activities often associated with drug use, such as coming and going without explanation at all hours of the day or night. There may be evidence of selling drugs, such as late night phone calls and sudden departures from home. There may be signs of other emotional problems such as depression or extreme anger and aggression that requires professional intervention.

### HOW DO I RESPOND?

- Remember, you are not alone. There are other parents in similar situations, people who may be from the same background as you, people who share your values, people who have tried to be good parents—just as you have. Feelings of anger and guilt are normal in this situation.
- It is natural to want to make a change quickly in this situation, to "cure" your child of drug abuse. However, change is something that takes a long time and involves honest work on the part of every family member. Prepare yourself for small steps of progress, some backsliding and continuing to work through this problem for long-term positive change.
- Start with yourself. When you cannot directly influence your child's choices, make a positive change in your own behavior. Work on things like keeping your temper, doing something nice for yourself, doing an activity with another child in your home (who sometimes gets lost in all the attention being paid to the child causing problems).
- Look for help. There are support groups, mental health and addiction professionals who have experience with young people and their families. Keep looking until you find one that you're comfortable with and that will help your family.

### WHAT TO DO IF YOUR SON/DAUGHTER COMES HOME DRUNK OR STONED

#### WHAT TO DO THAT NIGHT

- DO try to remain cool and calm
- DO talk to them and try to find out what they have taken
- DO call a doctor or take them to the nearest hospital emergency department if they are seriously ill
- DO tell them, "we will talk about this tomorrow."
- DO check them often during the night if they are in a condition to be sent to bed
- DO NOT shout at or accuse or hurt them in any way. All this is useless and harmful when they are in this condition

#### WHAT TO DO THE NEXT DAY

- DO talk to them immediately
- DO have them assume responsibility for their actions including clean up
- DO try to find out what happened and whom they were with
- DO let them know you will not accept their behavior and you will be watching them closely in the future
- DO set them up guidelines for behavior with your child as well as curfews for going out with friends. Let them know you expect them to follow these guidelines
- DO talk to them about other activities and choices, so they can avoid taking drugs

- DO NOT have your discussion with them if you are too angry to talk about it without losing your temper. Wait until you can discuss it calmly. No one gains anything from angry words.
- DO NOT try to hide what happened from other family members. Everyone in the family should be aware of what is going on, especially when support and understanding can mean so much.

#### WHAT WE KNOW...

The job of parenting is a tough one, and it is one that never stops. However, when we focus on our family's strengths, and appreciate each child's unique contribution, it can be the most rewarding job of all.

### QUESTIONS PARENTS ASK

? So many teenagers have begun to drink at parties by the middle of high school. How can I prevent my teen from joining in?

4 You cannot necessarily "prevent" your teen from drinking or other activities! Teens make these decisions when their parents are not around. We do know that some underage drinking, especially in the older teenage years, is common. Parents can give a clear message to their teenagers about drinking ("I don't want you to drink at this stage of your life because it puts your personal safety at risk") can have a surprising amount of influence. Discuss with your teen what choices they have when they find themselves in a situation where some of their friends may be drinking. If you find that your teens are drinking at parties, you may want to focus on ways that they can increase their safety and responsible decision-making in these situations.

1 What are the dangers of teenage drinking, as long as my teen does not drink and drive?

4 There are many dangers associated with drinking during the teenage years. Even with just a few drinks, alcohol begins to affect judgment. Drinker then may make decisions that put their own and others' health and safety at risk. Teenagers themselves readily admit that when they drink they often behave in ways they later regret. This can range from "acting stupid" to saying something rude to a friend or getting involved sexually. Fights, damage to property, injuries, unwanted pregnancy, S.T.D.'s (sexually transmitted diseases), trying other drugs and riding with an impaired driver are all possible harmful outcomes of teenage drinking. Even young drivers who have not been drinking themselves (as "the designated driver"), can be affected by having drunk passengers. Their ability to drive safely can be seriously challenged.

# RED CEDARS & RECREATION

Sometimes party drinking takes the form of 'chugging' or "funneling" - power drinking or contests where young people drink as much as they can as quickly as they can. This is particularly risky, because drinking in this manner can cause severe intoxication ("alcohol poisoning") leading to stoppage of breathing and even death. Death can also occur because person becomes unconscious and chokes on his or her own vomit. Parents need to discuss with their teens about calling for emergency assistance when they find someone in this situation.

**? Isn't it better if teenagers are allowed to drink in their own home, so they do not feel it is something to "get away with"?**

A Many parents do feel that if alcohol is not made to be the 'forbidden fruit', it will lose some of its attraction for a teenager. In fact, most young people are introduced to drinking in their own homes. However, there is a clear difference between the underage (but legal) drinking in a family situation (such as at times of celebration or on a religious holiday) and the kind of drinking that underage teenagers do with their friends. This kind of party drinking tends to be unrestrained and is in fact, illegal. Having a parent present in the home when there is a teenage drinking party does not prevent the harmful or legal consequences of underage drinking. If a party is held at your home, you can be held legally responsible for whatever happens at that party. You are responsible even if you are not there or if you did not know about it or you did not provide the alcohol.

**QUESTIONS KIDS ASK**

**7 Wouldn't you rather I drink than take drugs?**

A I would rather you did not use any drug, including alcohol. Alcohol is a drug. Drinking can lead to serious problems, especially at this point in your life. If you choose to drink when you are older, I hope you will do so responsibly.

**7 What's the big deal, Mom! I only drink beer.**

A Some people think that beer is not as harmful as other forms of alcohol. However, one beer has the same amount of alcohol in it as a drink of liquor or a glass of wine. It's the amount you drink that affects you. You can definitely get drunk on beer.

**? What's the difference if I start to drink now or I wait until I'm 19 - it's only a few years difference?**

A The younger you start, the more inexperienced you are in handling the kinds of problems which often come up when kids get together and there is drinking. Situations you hadn't planned for can easily get out of hand. During these times, you need to rely on your own good sense! Take care of yourself and maybe even others. If you're drinking, you just can't think through problems the way you can when you are sober.

\*The above information was taken from PAD (Parents Action on Drugs) handbook, for more information on this topic, visit their website at [pad@parentactionondrugs.org](mailto:pad@parentactionondrugs.org)

## RENTAL OF THE 59'ers HALL

For rental information please call:  
**Gloria Idzenga - 962-8757**  
**Janet Jung - 396-1432**  
**Millie Maracle - 396-5316**

**Moon**

*All Women Welcome!*



k

RECREATION DEPARTMENT

# RECREATION NEWS

OCTOBER 28, 2004 (613) 396-3424 EXT.107 PROMOTING HEALTHY LIVING

## DREAMCATCHER FUND

The Dreamcatcher fund will lead the way to enhance First Nations communities and its people through contributions that will benefit socially, culturally, healthfully and economically in a wholistic manner. The Dreamcatcher Fund is independent and is governed by a board of Directors.

This funding is available for individual band members, Resident on First Nation Territory/ students/ community groups and organizations/minor sports

teams/special events/ elite adult teams/ must be non-profit. The Recreation Department has been instrumental in funding received by the Quinte Mohawk School, Tyendinaga Soccer and several community members who have applied on their own. The guidelines and forms are available at the Administration Office and if you have any questions about the application you are welcome to call me or leave your questions

on my 24 hour voice mail. *Nia:wen* again to the Dreamcatcher fund so many families are getting more active because of the funding. For further information on the funding you can also contact :Darryl Hill 1-866-508-6795 Other application deadlines:  
 November 30/04  
 January 31st/05  
 March 31st/05  
 Mail applications before the deadline date.

**SPECIAL POINTS OF INTEREST:**

**COMMUNITIES IN ACTION FUND**

The Rec. Department has submitted an application for the Communities in Action Fund for the Can/skate and Can/power program and to cover the cost of

the Tyendinaga Scouts program. The approval of the funding will be in January 2005. Check out the web. For more information [www.mbg-tmt.org](http://www.mbg-tmt.org)

- Family Festival Day / Saturday Dec.4/04
- Basketball night we need coaches for the winter months
- Napanee Pool is staying open, January 4th will be the opening day after the renovations.
- Break open tickets are available at the Rec. Depart. Proceeds towards sports.

**Tyendinaga Scouts / [www.scouts.ca](http://www.scouts.ca)**

The program is going great and we have 9 parent volunteers from Tyendinaga who are going to become Scout leaders. *Nia:wen* to these SPECIAL people. Also to Natalie Benson for the time she has shared with our community We have around 13 youth in the program and registrations are still available, Forms are available at the Office.



COMMUNITY INTEREST

**Thank You!**

We want to take this time to kindly thank you all for the tremendous support we received as new owners of "The Tater Crate" in Shannonville. Our first year was a very successful one. Thank you to all the support the community and areas we received!

Hope to see you all next summer.

Dale, Lorna & Derrick Vos  
"The Tater Crate"



**Brant**

*In loving memory of  
Connie Lorraine Brant  
who died November 24, 2003.*

*God saw you getting tired.  
A cure was not to be, so He put his arms around you  
and whispered "Come with me".*

*With tearful eyes we watched you and saw you fade away.  
Although we loved you dearly, we could not make you stay.*

*When we saw you sleeping, so peaceful and free of pain.  
We could not wish you back, to suffer that again.*

*A golden heart stopped beating, your tender hands at rest.  
God took you home to prove to us lie only takes the best.*

*Forever loved and always missed by your family.  
Frank, Michelle, Melissa, Amy, Brandy and Grandchildren*

**News & View from  
the 59'ers Club**

We offer a sincere thank you to everyone who came out to our Corn Soup Supper. It is heart warming for the member to see that their hard work and dedication to the club is appreciated by so many,

**DECEMBER 11TH: 9 a.m. - 2 p.m. Children's Shopping Day**

We still need men's items for the children to purchase as well as any thing else people wish to donate. Club will be open Tuesday, November 16th from 9 a.m. until 1 p.m. for donations to be dropped off. All proceeds will go to the Angel Tree Program, so we need your help to make this day a success. Free treats as well as gift wrapping will be provided for the "little shoppers",



**DECEMBER 16TH: 5 p.m. - 6:30 p.m. Annual Xmas Dinner**

Our annual Xmas Dinner with Turkey and all the trimmings, pie & beverage, 7 - 9 entertainment by Quite Gospel Singers Tickets are \$12.00 and are available now. They will be by advance sales only. We do not expect to have tickets left at the door so book early for a "Great Xmas Evening". Call for tickets: 962-8757, 3964316 or 396-1432

*Euchres* - Nov. 2 - 16th & 30th

*Meetings* - First Tuesday each month at 10 a.m.



TYENDINGAGA POWWOW COMMITTEE

This letter goes out to all volunteers and sponsors of this year's powwow.

The Tyendingaga Mohawk Traditional Powwow was a huge success and without your time, hard work and sponsorship this would not be possible. We would like to name you all but there is not enough room on paper. You know who you are so on that note we would like to express how much we appreciate your participation this year

We would also like to give a special *Nai:wen Kowa* for donations of gifts  
Lorraine Brant---beaded necklace and barrette  
Health Centre- health sheets  
Bonnie Miller----ribbon dress  
Debbie's Gas Bar ---- tobacco

We will be hosting an appreciation meal again next year for all the volunteers. You will be notified either by phone or advertisement in the news letter. Please watch for it!

Here are the winners:  
Native Raffle Basket -----Joanne Howie--Deseronto-- ticket no 221.  
Lithography Print donated by Doug Brant—Lorraine Brant--Deseronto---ticket no 45.

Special Thanks (*Nai:wen Kowa*) to Bayshore Variety, Native Renaissance, Kagita Mikam, Tyendingaga Computers, Mohawks of the Bay of Quinte Band Office, McMurtter's Home Centre, Ward's Gas Bar.

Also to Lorraine Brant for allowing a powwow sign in front of Chiefs Restaurant. Greg Loft for looking after sacred fire, Darlene loft for organizing and supervising youth volunteers.

If anyone has been missed we deeply apologize.

We hope everyone who attended this year's powwow had a lot of fun and hope to see you next year.

Tyendingaga Powwow Committee

## COMMUNITY INTEREST

### POSTCARDS FROM THE VISION QUEST

by Joseph Brant

#### ...Some Days Are Stones

It's that time of year again. The air has become crisp and a little less forgiving. There's no flu vaccine here in the States and, though I haven't had one in many, many years, the consumerist American in me is lamenting what I cannot have. Only now does it strike me that this time of year presents its own degree of paranoia in me.

This is the time of year when people develop the colds, the flus, the whatever it is that keeps people away from work or school. While I've long prided myself on my lack of susceptibility to these ailments, there are circumstances I create that make them more available to me.

Since about mid-July I've been working two jobs. **Three**, if you count the amount of time I volunteer. In times like these it becomes so much more obvious the importance of rest and a healthy diet than during leaner times. It only stands to reason and yet it feels odd why, when you're not doing anything, can you afford to make poor food choices and be so inactive? Likewise, why does the exertion of energy demand so much more focus on healthy eating and increased activity?

I envision a scale that just doesn't balance. It's an all-or-nothing scenario where "nothing" wins out. "**All**" is sometimes just too hard when it requires a committed 180-degree turn to get there. As I look back over the years, it seems October and November are the months out of the year when I stress most about my health. Perhaps it is related to the weather. Is there a way my body refuses to adapt to a new climate? Is it just the stumble that my body requires before it can adjust to cooler temperatures?

I've always used my Canadian upbringing as an explanation for my assumed degree of tolerance toward the temperature changes of late fall and early winter. After almost ten years, though, I guess anyone could safely assume I've been acclimated and that this is all psychological. We all want to be unique, though, right?

A few years ago, I took a part time job at FedEx. Outside in the boiling hot summer and the ice-cold winter, I loaded packages into **trucks**. If you're looking for a sense of accomplishment, by the way, go no further than truck-loading. Watching that huge box fill with sometimes tiny little packages in the span of only a few hours does make one proud.

The weather was the greatest impediment. In summer, those hollow boxes offered little protection from the humidity and the residual effects of a piercing sun. Winter offered an alternative dilemma. The internal heat that is built from all the body movement created its own warmth that, while not nearly enough, created a sense that one didn't need to over-bundle himself.

So: I got sick that year. I got way, mad, wild ass up-in-the-bed for a week sick.

Maybe I'm just crazy – and here's hoping – but, in my mind, when I get sick, I get sickening. I'm not the kind to whine to anyone who'll hear, I don't complain and baby myself until it's over. In fact, when anyone asks, I downplay it. I mean: I know my body better than anyone. A conversational diagnosis from a friend isn't gonna help me. Here's why,

When I'm sick I sit alone and stew over what kinds of life-threatening diseases I simply MUST have but haven't been diagnosed with. A cough isn't just a cough; it's pneumonia and it's invading parts of my body where people don't get pneumonia. That explains the unrelated ache. THAT'S how bad the pneumonia is.

As I sit here now, I can feel the upper-body ache that is related to the flu or a cold. I knew there was a problem yesterday at work when I noticed I was sweating after having done nothing to cause it. Now, of course, I know that upper-body ache means I'm a couple hours away from a heart attack. I blame myself for the cheeseburger and fries I ate yesterday, specifically.

Upon that thought, I tell myself, "Look, stupid! You're 28 years old! Put those baseless fears away for another twenty or thirty years and move on!"

That's usually what it takes to bring me back.

Until I get that ache again.

December 1 is World AIDS Day. I honestly, literally, sat in my living room one year watching a broadcast of a film documenting the first months of the AIDS epidemic in the US, "And the Band Played On," and I was entirely convinced that I was one blood test away from finding out I was HIV-positive. Of course, I took the test and it proved me wrong.

This is what happens in the latter part of nearly every year, I've noticed. Why? Maybe I actually AM the kind of person who whines when he gets sick but, because I hate the sound of whining, I find some other way to be annoying. That would make me a masochist, too.

So I'm one hour and fifty-eight minutes away from a heart attack AND now I'm a masochist!

History has shown that it is at moments like these when I kick myself in the pants, eat better, lose weight and, essentially, reverse every negative trend I've been reinforcing for the past six months or so. History has also shown that my interest in better living wears off around April or May.

It is perhaps not ironic that I've learned a lot about health issues over these past few years. Lord knows (and all of you too, now) that I practice this knowledge sometimes sporadically, but the curiosity – and the fear – has contributed to a better understanding of the situations people live in.

Until this year, I'd never known a person with HIV or AIDS. Not one. Health officials like to tout statistics that say more and more people are being diagnosed but it just didn't seem as though there was anecdotal proof to corroborate it. Until I pulled my head out of the sand.

Off the top of my head, I can list four people – all of whom are pretty good friends – who are "positive." I met them all within the past year and have grown close to each of them. The divisions between their post-diagnosis life experiences, though, are shocking.

The first man is a flat-out hedonist. I suspect he'd find an argument around this but, from what I gather, he sleeps with a lot of people a lot of the time. Shocking to me, I guess, because I'd (very) ignorantly assumed people with HIV couldn't have sex. Shocking and funny, when you think about it. The other proof to my ignorance is that protection is protection is protection. If you're protected, you're protected.

He enlightens me because his perspective is so different from mine. As a "negative" person, I find myself – in a knee-jerk fashion – thinking in terms of getting it (AIDS) and that's the end of the world. It's another all-or-nothing scenario. He continually proves to me that a diagnosis isn't quite so apocalyptic.

Here's the proof of that. Two other guys I know with HIV are partners. In Ontario, British Columbia, Quebec, one of those territories up North, Manitoba, Nova Scotia and Massachusetts, we'd call it marriage. You would NEVER know they're positive. EVER!!! (Same with the first guy I mentioned, too). They eat as healthy as possible and it makes a big difference. There, in fact, are some foods that will affect them physically, but not enough to change the course of a day (I don't think).

The last is not well. He's not bedridden by any means. There are good days and bad days. There are days when he looks bad and days when he doesn't. The sense of humor is as dry as my own and as fast as anyone's. That's all.

Three of these guys have been positive for at least ten years. All four are between the ages of 35 and 45.

Intimately knowing people who are both young and not at full health is a strange experience for me. It scares me into eating better and exercising more because I like to think I'm always safe in the boudoir (yes, it's pronounced oo-door) – but, obviously, I lose track of that health kick some time, like I did, in April or May.

Which brings us back to the psychological malaise and hypersensitivity of October and November.

You'll be glad to know that it's taken more than an hour to write this and, yes, I'm still here. I'm cool, but still: life is hard, y'all.

[shawkvisionquest@canada.com](mailto:shawkvisionquest@canada.com)

## Important Notice!!! New Location

















The Food Bank has moved to  
the 59'ners Club (back entrance)

Food Bank hours have not changed

Open on the  
2nd 3rd & 4th Friday

10:00 – 1pm

**BIRTHDAYS**

<p>Happy Belated Birthday!</p>  <p>Mommy (Ang) Oct. 22</p> <p>Love you lots! Love Lucas xoxoxo</p>	<p><b>50<sup>th</sup> ANNIVERSARY</b></p> <p><i>Best Wishes Only!</i></p> <p><b>Congratulations to Bruce &amp; Mary Loft</b> on their 50th Wedding Anniversary</p> <p>Family, Friends and Relatives are invited to drop in at the Marysville Church downstairs on Nov, 21 between 10:00 a.m. &amp; 2:00 p.m. to share in this happy occasion.</p>		
<p>Happy 27th (Belated) Birthday!</p>  <p>Ang Oct. 22 Sorry it's Qate!</p> <p>Love Mom &amp; Ric xoxox</p>	<p>Happy Birthday</p> <p>Mom (Kathy) Nov. 25</p>  <p>We love you! Hope your day is great! Love Ang &amp; Josh</p>	<p>Happy 50th Anniversary!</p>  <p>Mom &amp; Dad Nov. 20th</p> <p>Love Rick &amp; Marilyn</p>	<p>Happy 50th Anniversary!</p>  <p>Grandma &amp; Grandpa Nov. 20th</p> <p>Love Sam, Brad Maria &amp; Connor</p>
<p>Happy Belated Birthday Sweetheart!</p>  <p>Ang Nov. 22</p> <p>I love you Sweetcheeks! Love Josh xoxo</p>	<p>Happy 25th Anniversary!</p>  <p>Mom &amp; Dad Nov. 7</p> <p>Love Amy &amp; Daniel</p>	<p>Happy 25th Anniversary!</p>  <p>Connie &amp; Brad Nov. 17</p> <p>from Tammy, Steve, Samantha, Emily &amp; Jenessa</p>	<p>Happy 25th Anniversary!</p>  <p>Connie &amp; Brad Nov. 17</p> <p>Love Mom &amp; Dad</p>
<p>Happy Birthday!</p>  <p>Uncle Ron (Daddio) Oct. 2</p> <p>Love you! Ang, Josh &amp; Lucas xoxo</p>	<p>Happy Belated Birthday!</p>  <p>Uncle Billy Oct. 21</p> <p>We love you! Ang, Lucas &amp; Josh</p>	<p>Happy 10th Anniversary!</p>  <p>Bill Nov. 25</p> <p><b>"Who Needs Three Love Words"</b></p> <p>Who needs but three love words to understand? It's truly very evident when I hold your hand. The Magic within us, should I tease you or smile Or that reassuring little squeeze once in a while.</p> <p>Who needs love words when I always gaze at you Because I'm captivated by your beauty so true. When you tease me right back, say you don't care Your eyes tell lies reflecting true love buck there.</p> <p>Who need three love words we symbolize together? That every Anniversary, I'll hold your hand forever</p>	
<p>Happy Belated Birthday!</p>  <p>Ronnie Oct. 2</p> <p>Lots of love, Kathy &amp; Ric</p>	<p>Happy Birthday!</p>  <p>Billy Oct. 21</p> <p>Lots of love, Kathy &amp; Ric</p>	<p>Happy Anniversary!</p>  <p>Stacie Nov. 3</p> <p>Love Manson</p>	<p>Happy 10th Anniversary!</p>  <p>Mom &amp; Dad Nov. 25</p> <p>Love Jason &amp; Jeffrey</p>

# BIRTHDAYS

<p>Happy 14th Birthday!</p> <p>Shalafae Nov. 6</p>  <p>Love Mom &amp; Dad</p>	<p>Happy Belated Birthday!</p> <p>Kelsey Oct. 19</p>  <p>Love always, Aunt Bonnie Uncle Bill, Greg, Cassie Jared &amp; Haley oxoxoxo</p>	<p>Happy Birthday!</p> <p>Hann Nov. 9</p>  <p>Love Cass, Greg &amp; Jared</p>	<p>Happy Belated Birthday!</p> <p>Maddy Oct. 23</p>  <p>Love always Aunt Bonnie Uncle Bill, Cassie, Greg Jared &amp; Haley xoxox</p>
<p>Happy 50th Birthday!</p> <p>Pamie Nov. 30</p>  <p>Love from Arline &amp; Vernon</p>	<p>Happy Birthday!</p> <p>Baby Cakes</p>  <p>Love Wayne</p>	<p>Happy Birthday!</p> <p>Sonia Nov. 20</p>  <p>Love always, Bonnie, Bill, &amp; Haley</p>	<p>Happy 50th Birthday!</p> <p>Roger Nov. 6</p>  <p>Love Tammy &amp; Steve</p>
<p>Happy Birthday!</p> <p>Dad (Jack) Nov. 14</p>  <p>Love Dorothy, Jeremy, Leanna Ben, Amy &amp; Andrew</p>	<p>Happy Birthday!</p> <p>Tota Ada Doreen Nov. 6</p>  <p>Love all your Raisens!</p>	<p>Happy 50th Birthday!</p> <p>Son (Roger Green)</p>  <p>Love Mom &amp; Dad</p>	<p>Happy 50th Birthday!</p> <p>Uncle Roger Nov. 6</p>  <p>Love Boo Boo, Sassy girl &amp; Messy Messy</p>
<p>Happy Belated Birthday!</p> <p>Todd Oct. 22</p>  <p>Love Bonnie, Bill Cassie, Greg &amp; Haley oxoxoxo</p>	<p>Happy Birthday!</p> <p>Papa (Jack) Nov. 14</p>  <p>Love Owen &amp; Tehanennakhas</p>	<p>Happy Birthday!</p> <p>Kandice Oct. 31</p>  <p>We love ya! from Mom, Dad, Kyle, Greg &amp; Brian</p>	<p>Happy 50th Birthday!</p> <p>Dad</p>  <p>Love Anthony &amp; Mukwa</p>
<p>Happy Belated Birthday!</p> <p>Dave Oct. 23</p>  <p>Love Bonnie, Bill Cassie, Greg &amp; Haley oxoxoxo</p>	<p>Happy Birthday!</p> <p>Nicole Nov. 7</p>  <p>Love Aunt Marilyn, Uncle Rick Samantha, Brad, Maria &amp; Connor</p>	<p>Happy 40th Birthday!</p> <p>Sasdy Nov. 25th</p>  <p>Love Marilyn, Rick Sam, Brad, Maria &amp; Connor</p>	<p>Happy 50th Birthday!</p> <p>Hon (Roger Green)</p>  <p>Love Danielle xoxox</p>
<p>Happy 1st Birthday Jared! Nov. 23</p>  <p>Love you! Mommy &amp; Daddy xoxoxo</p>	<p>Happy 6th Birthday!</p> <p>Parker Nov. 28</p>  <p>Love you so much!!! Nanny, Glenn &amp; Aunt Jig</p>	<p>Happy Birthday!</p> <p>Uncle scottie Nov. 15</p>  <p>Love Mr. Baby Shoes</p>	<p>Happy Birthday!</p> <p>Hannah Nov. 9</p>  <p>Love always, Aunt Bonnie Uncle Bill &amp; Haley oxoxo</p>
	<p>Happy 1st Birthday!</p> <p>Little Man (Jared) Nov. 23</p>  <p>We love you! Love always, Gammy, Pappy &amp; Haley oxoxox</p>	<p>Happy Birthday!</p> <p>Scottie Nov. 15</p>  <p>Love Wendy &amp; Glenn</p>	<p>Happy Birthday!</p> <p>Aunt Son Nov. 20</p>  <p>Love Cass, Greg &amp; Jared</p>

# COMMUNITY INTEREST



## Tyendinaga lions Club

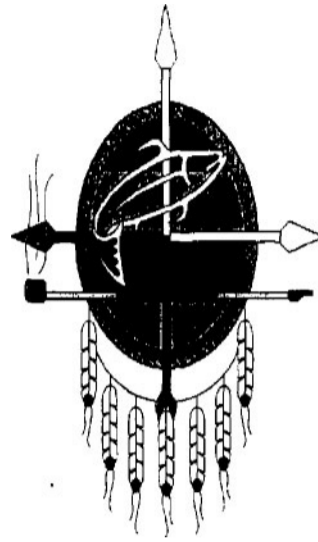
The Tyendinaga Lions Club would like to thank everyone who purchased tickets on our draw.

The winners were:  
**1st Prize - \$500.00 - Dawn Chase of Deseronto**  
**2nd Prize - \$300.00 - Jason Barkley of Deseronto**  
**3rd - \$200.00 - Michael (Mice) Maracle of Tyendinaga Territory**

# HWE RADIO

is still urgently seeking new volunteers for various positions and duties at the station. If interested call 967-0463 or 396-5364 Please leave a message or reach us at our e-mail address [kweradio@yahoo.ca](mailto:kweradio@yahoo.ca)

## KAWIS AABJIIBBAA WIN



### PROGRAMS

An Independent Anishinabe Owned Professional Service

Ojibwe  
 Douglas Pawis  
 Ahsaymah, Giigoonh Doodam

Shawanaga First Nation  
 R.R# 1  
 Nobel, Ontario  
 P0G /GO  
 Phone: (705) 366-2174

## WHO CAN REQUEST?

Any First Nation, Front Line Worker or Person on behalf of a group.

Professional  
 First Nation Health Worker

Professional Health Workers  
 in Urban Centres

Personal Requests

All TOPICS presented will utilize a combination of Euro-Western methods and the ANISHINABE TRADITIONS.



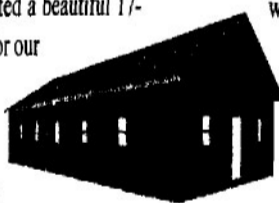
## Help Build the Mohawk Longhouse at Grand River

### About US

A core group of 30 people have been working for nearly three years to build a Mohawk-leaking longhouse at Grand River. Most of our group did not grow up in the longhouse so in addition to raising the funds to build a longhouse, we also have to learn all the speeches and songs that go into the ceremonies, as well as the background and protocol. It is a huge job but one we are committed to doing. One of our group has donated a beautiful 17-acre property for us to use for our longhouse.

### Our Building Plans

**Phase 1** the cookhouse and the longhouse shell will be built; closed-in so that we can conduct ceremonies and hold meetings. The longhouse will be 40' x 60' and will be built with lumber, not logs, to reduce costs. **Cost: \$75,000**  
**Phase 2** involves the completion of the longhouse interior—benches, flooring, etc. and parking. **Cost: \$50,000**  
**Phase 3** involves building the dining hall which will require a building, water, hydro and appliances. **Cost: \$ 100,000**



### What We Have Done

The women have held many fund-raisers over the past 32 months. To date they have raised more than \$43,000. We now have a 1500-foot gravelled laneway; an outdoor kitchen which we use to conduct ceremonies and hold meetings; a wooden sub-floor on a concrete foundation. We have buried one child at the site. We have planted a garden. We have inducted the Strawberry and Bean ceremonies in 2003 and 2004. We have just launched a major fund-raising campaign so that we can complete the longhouse shell this fall so that we can conduct the upcoming Mid-Winter ceremonies.

### How You Can Help

We are appealing to people here and in other Kanyen'kehaka communities to help us in this task. For a donation of \$25 you can buy a 2x6 stud that will be used to construct the longhouse. For a donation of \$200, you can buy a roof truss. For larger donations, you can buy an appliance or a hydro pole. A receipt for income tax purposes can be provided if necessary. Please make cheques payable to:  
**Kanyen'kehaka Kanonhses**  
 P.O.Box 16  
 Ohsweken, NOA 1M0  
 For more information, call: (519) 445-2478

**We are not building a longhouse for ourselves. We are building a way of life for our children,**

## TOPIC ..... STAGE 1 RECOVERY

- Breaking the Addiction
- The Twelve Steps
- Circle of Life
- Working a Program
- The Four Sacred Medicines
- Progression
- Maintenance
- Relapse
- Honesty
- Sharing
- Strength
- Kindness
- Faith
- Fear
- Anger
- Depression
- Forgiveness
- Grief
- Trust
- Self-Esteem
- How
- Tolerance
- Open Mindedness
- Personal Views
- Journaling
- The Seven Grandfathers
- A Topic of Your Choice

## Topics ... Stage 2 Recovery

- Life Beyond Addiction
- Co-dependency
- Detachment
- Letting Go
- Habits
- The Caretaker
- The People Pleaser
- The Tap Dancer
- The Perfectionist
- The Workaholic
- The Sufferer
- The Punisher
- Relationships
- Learning to Love Again
- Using Your Mind
- Working a Program
- A Topic of Your Choice
- Other Topics**
- Coal Setting
- Decision Making
- Personalities
- Gambling
- The Grief Process
- Debriefing
- and many more...

## Proposal Development Consultant

## COMMUNITY INTEREST & UPCOMING EVENTS



### Mohawks Of The Bay Of Quinte Tyendinaga Native Women's Association

BOX 280, SHANNONVILLE, ONTARIO K0K 3A0

October, 2004

#### AN OPEN INVITATION TO ALL OF TYENDINAGA'S NATIVE WOMEN

SAGO.

THE TYENDINAGA NATIVE WOMEN'S ASSOCIATION INVITES ALL NATIVE WOMEN TO JOIN US AT OUR MONTHLY MEETINGS. THEY ARE HELD ON THE FIRST MONDAY OF EVERY MONTH AT 7:00 P.M. @ THE 59<sup>ERS</sup> HALL ON HIGHWAY #2. UPCOMING MEETINGS ARE MONDAYS, DECEMBER 6<sup>TH</sup>.

WE INVITE YOU TO COME OUT TO A MEETING AND GET TO KNOW US. WE ARE A GROUP OF WOMEN WHO BELIEVE IN SERVICE TO WOMEN OF OUR COMMUNITY. WE DISCUSS ISSUES THAT ARE RELEVANT TO THE NATIVE WOMEN AND THEIR FAMILIES OF OUR COMMUNITY. A FEW OF THE ISSUES THAT WE HAVE DEALT WITH ARE:

- GENDER INEQUALITY IN THE INDIAN ACT
- THE CONNIE PERRON BILL C-31 LEGAL CASE ON BEHALF OF ALL NATIVE CHILDREN & GRANDCHILDREN WHO DO NOT QUALIFY AS "STATUS" BECAUSE OF THE INEQUITY IN THE INDIAN ACT
- POLITICAL ISSUES RELEVANT TO WOMEN
- FIGHTING THE FIRST NATIONS GOVERNANCE ACT THAT MINISTER NAULT UNSUCCESSFULLY TRIED TO PUSH THROUGH PARLIAMENT
- DIABETES PRESENTATION BY CAROL LOFT OF S.O.A.D.I.

WE ALSO HAVE CRAFT CLASSES AND AN INFORMAL TIME OF FELLOWSHIP AT EACH MEETING. CRAFT CLASSES, LEAD BY EVELYN (MARACLE) WHEELER, BEGIN AT 6:00 P.M. PRIOR TO EACH MONTHLY MEETING, WE ARE CURRENTLY MAKING ARRANGEMENTS FOR A TRADITIONAL "HEALING CIRCLE" FOR AN UPCOMING MEETING AND WILL BE HAVING A "WATER DRUM" WORKSHOP SOON.

THE NWA IS ABLE TO MAKE MONETARY DONATIONS TO COMMUNITY MEMBER AND ORGANIZATIONS. WE RELY ON FUNDRAISING INITIATIVES SUCH AS OUR BOOTH AT THE POW-WOW AND MOHAWK FAIR. WE ARE ABLE TO PREPARE AND SERVE FUNERAL LUNCHEONS FOR COMMUNITY MEMBERS. FAMILIES USUALLY MAKE A DONATION FOR THIS SERVICE. WE ALSO DO CATERING JOBS LOCALLY IN AN EFFORT TO RAISE FUNDS FOR DONATION PURPOSES. OVER THE YEARS WE HAVE BEEN ABLE TO MAKE SIGNIFICANT DONATIONS TO MANY COMMUNITY PROJECTS. WE ALSO PROVIDE ANNUAL SCHOLARSHIPS TO NATIVE STUDENTS FROM QUINTE MOHAWK SCHOOL, MOIRA SECONDARY SCHOOL AND LOYALIST COLLEGE.

HOWEVER, DEMAND FOR OUR TIME, SERVICE AND DONATIONS CONTINUES TO RISE. WE HAVE RECENTLY EXPERIENCING UNPRECEDENTED REQUESTS FOR DONATIONS AND SERVICES. THEREFOR, WE WOULD LIKE TO EXPAND OUR BASE OF MEMBERSHIP IN ORDER TO INVOLVE MORE OF THE NATIVE WOMEN (MATURE HIGH SCHOOL AND COLLEGE/UNIVERSITY STUDENTS ALSO INVITED) OF OUR COMMUNITY.

IF YOU WOULD LIKE TO GET TO KNOW US AND WHAT WE DO, PLEASE COME OUT TO OUR NEXT MEETING. WE WOULD ENJOY THE OPPORTUNITY OF GETTING TO KNOW YOU! EVERYONE HAS SOMETHING TO CONTRIBUTE, EITHER ADVICE, EXPERIENCE OR TALENT!

OUR EXECUTIVE TEAM ARE: DEBBIE SINCLAIR, CHAIRPERSON (396-3312), CHRISTINE CLAUS, VICE-CHAIR (396-3991), CAROL POTTS, SECRETARY (613-476-4539), EVELYN WHEELER, TREASURER (613-389-8846), DONNA CROUSE, HOSPITALITY CO-ORDINATOR—PLEASE CONTACT HER @ 396-2229 FOR FUNERAL LUNCHEONS & CATERING REQUESTS AND ELDER MEMBERS-AT-LARGE—ADA DOREEN 396-6362, ERMA GRAY 396-3728, VELMA HILL-DRACUP 967-4704. YOU ARE WELCOME TO CONTACT ANY OF US FOR MORE INFORMATION.

NIA; WEN—WE LOOK FORWARD TO MEETING YOU AT AN UPCOMING MEETING OF THE TYENDINAGA NATIVE WOMEN'S ASSOCIATION!!



### Tyendinaga Women's Association (NWA)

(submitted by Debbie Sinclair)

The Tyendinaga Women's Association invites you to attend a future meeting,

**Meeting Upcoming Dates:**

**Dec. 6/04**

**Time: 7 p.m. Sharp  
Place: 59'er's Hall**



### Craft & Yard Sale

Fundraiser for the Tyendinaga Parish

Saturday, Nov, 6

9:00 a.m - 2:00 p.m.

Queen Ann Parish

Anyone wanting a table, \$10.00 per table  
For more information call Bev 962-5183

## COMMUNITY KITCHEN

FRIDAY, NOVEMBER 15 &  
FRIDAY, DECEMBER 17, 2004  
9:00-1:00 @ THE SS'ERS HALL

- ☆ Learn tips for shopping on a budget
- ☆ Prepare a healthy meal, try new recipes
- ☆ Choose the meals you want to prepare and take some home

**LOTS OF GIVEAWAYS AND PRIZES!**

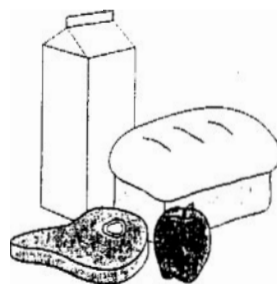
### EVERYONE WELCOME!

FOR MORE INFORMATION:

SARAH @ 967-3603

KAREN @ 967-6264

CAROL @ 396-3900



UPCOMING EVENTS

# NOTICE

Adecco Employment Services  
Will be Conducting  
an Orientation Session  
November 9, 2004 @ 9:30 am - Noon

For the hiring of Employees to Fill The  
Following Positions:

Industrial  
On- Call shifts  
8 Hour MAD Rotation  
12 Hour Continental Shifts

To Register Please Contact : Sandy Sero, Employment  
Counsellor at 613-396-3424 Ext 104 on or before Nov 8,2004

*Adecco - Dedicated to People*



## CHRISTMAS POTLUCK DINNER AND SOCIAL

FRIDAY, DECEMBER 10, 2004  
TO BE HELD AT THE COMMUNITY CENTRE  
DINNER TO BEGIN AT 5:30 PM  
SINGING AND DANCING TO BEGIN AT 7:00 PM

Our theme for December, of course is Christmas. We will be having a Potluck Christmas Dinner, as well as singing and dancing. We will also be having a *silent auction* to raise funds for the *Tyendinaga Food Bank*, in order to help our families during this special time of the year. *Please bring a non-perishable food item to donate to the Food Bank.*

EVERYONE WELCOME  
PLEASE BRING A DISH

**PLEASE NOTE THAT THIS IS A FAMILY EVENT.  
CHILDREN MUST BE ACCOMPANIED BY AN ADULT  
MIND ALTERING SUBSTANCES ARE PROHIBITED  
BEFORE AND DURING EVENT.**

**DONATIONS ARE NEEDED AND GREATLY APPRECIATED!**

FOR MORE INFORMATION ON THIS EVENTS, OR TO MAKE A DONATION  
TO HELP RAISE FUNDS FOR THIS EVENT, PLEASE CONTACT:

CAROL GREEN @ 967-0122  
OR  
SARAH BERNHARDT @ 967.3603



## USBORNE BOOKS

"The Books that Kids love to Read!"  
Is having a holiday



**Open House**  
Saturday, Nov. 13/04  
at 10:00 a.m.  
4:00 p.m. at the  
59'ers Club on Hwy #2

Start shopping for the kids on your  
Christmas list! or earn the books  
you want for "Free"

Teachers make sure you attend!  
We offer high quality educational books  
for all levels.



Excellent income opportunity just  
in time for the holidays.  
**Call: 3963030**



## 2nd ANNUAL FAMILY FESTIVAL DAY

The Healthy Babies/Healthy Children, Tahatikonhsotontie Head Start and  
The Recreation Department are organizing a family festival day for the  
Community.

This fun-filled free family event will take place on **SATURDAY DECEMBER 4TH  
2004 FROM 10AM TO 3PM AT THE COMMUNITY CENTRE.** Mark this date on  
your calendar and get ready for an **awesome day!!!**

**ACTIVITIES THAT WILL BE AVAILABLE ARE AS FOLLOWS:**

- |                       |                           |
|-----------------------|---------------------------|
| PROFESSIONAL MAGICIAN | INDIAN RIVER REPTILE FARM |
| FACE PAINTING         | CROW HAIRSTYLES           |
| TEMPORARY TATOOS      | NAIL PAINTING CENTRE      |
| MUSIC CENTRE          | CRAFT CENTRES             |
| INFORMATION BOOTHS    | ACTIVE GAMES              |
| KINGSTON THEATRE      | BALLOON TWISTING          |

DOOR PRIZES & GIVEAWAYS  
AND MUCH MORE!!



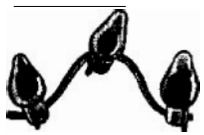
**\*\*Lunch and Snacks will be provided on this day\*\***

Donations will be accepted at the door  
Loonie Auction will be taking place at the event!

**TO HELP MAKE THIS EVENT SUCCESSFUL WE NEED VOLUNTEERS!!**

For more information call one of the programs listed above.

## UPCOMING EVENTS



*Christmas is Coming!*

**Craft Sale**  
at the  
**Elder's Lodge**  
Saturday, Nov. 13th  
9 a.m. - 3 p.m.

*Light Refreshments*  
*Everyone Welcome!*  
*Tables available, Call 391-1617*



Tea & Bazaar

Saturday, November 20, 2004- 1 PM - 3:30 PM  
LION'S HALL (Main St.) DESEXONTO

Sponsored by 'Love in Action' Outreach Group, Parish of Tyendinaga

whose goals are to establish and maintain outreach initiatives

that serve 1) ways to reach out to those in our church families,

2) needs in our community and working towards Christ driven solutions to make a difference,

3) reaching out to help others around our country and beyond by supporting projects that show we care,

DO COME, ENJOY THE WARMTH OF A CUP OF TEA OR COFFEE AND FRIENDLY CHIT-CHAT.

All Saint's Church  
Marilyn, 967-1129



Christ Church  
Helen, 396-6833



**Deseronto**  
**Upcoming Events**



**TREE LIGHTING CEREMONY:** Deseronto will hold it's Christmas Tree Lighting Ceremony on Friday, Nov. 26 in Rathbun Park (beside Town Hall). The Deseronto Lioness will provide free hot cider, hot chocolate, and cookies. We are hoping to have some carol singing - and it would be wonderful to have Mohawk carols as well as the traditional ones we are used to, Kickoff is planned for 7:00PM to sing carols, then the mayor will light the tree and we'll have refreshments. At this time I don't know if there will be other things happening.

**SANTA CLAUS PARADE:** On Saturday, Nov. 27, at 11:00AM. We are looking for floats, bands, singing groups (perhaps on a float?), and anything else that will make the parade a lot of fun for the young and the young at heart. We are also planning to hold a Christmas Bazaar that day in the Lions Hall on Main Street, We plan to have Santa there for pictures with the youngsters for a small fee. And we want people to sell crafts, baked goods, flowers, or anything else they'd like. Perfect time for shoppers to buy special gifts for Christmas. Tables are \$20.

**DONATIONS:** We would also be most appreciative of donations to help defray costs. We give out candy canes to everyone during the parade and many things, such as having the Shriners, require large donations to them.

Anyone interested in being in the parade, having a table in the Bazaar, or who can help with a donation (no matter the size - receipts provided) may contact me, **Diane Myers at 396-3139,**

## Rekindling the Fire Conference

Rediscovering the foundation and principles of the Great Law of Peace

December 3-5, 2004

**Tsi Snaihne Recreation Center**  
**River Road, Tsi Snaihne**  
**Akwesasne Mohawk Territory**

Over 1000 years ago a message of peace was brought to the Haudenosaunee, binding our nations as one. To strengthen these binds, we would like to commemorate the birth and survival of the Haudenosaunee Confederacy. Please join us as the Tree of Peace Society hosts a learning conference for the rekindling of a true democracy.

### Topics to be Addressed

- ✦ Birth of the Peacemaker
- ✦ Formation of the Haudenosaunee Confederacy
- ✦ Condolence Cane Oration
- ✦ Function and Protocol between Leaders and Nations
- ✦ Effects of Colonialization and the Breakdown of Cross-Cultural Dialogue between the Haudenosaunee and Non-Native Peoples using the Two Row Wampum Belt as an example.

Cost:

Adults \$150.00 us or \$180.00 cdn

Youth & Elders \$100.00 us or \$125.00 cdn

Seating is limited, please reserve your seat by contacting:

**The Tree of Peace Society**

Kahontineh Swamp / Leona Phillips

Ph/Fax: (518)358-2641 Email: [treeofpeace@earthlink.net](mailto:treeofpeace@earthlink.net)

Visit our website at: [www.treeofpeacesociety.info](http://www.treeofpeacesociety.info)



**CLASSIFIED**

**FOR SALE**

1997 GRAND AM SE  
 - 107,000 orig km  
 - excellent condition in and out  
 - V6 engine, 155 horsepower  
 - four door, white with grey interior. am/fm stereo cassette  
 - power steering, mirrors, door locks, windows  
 - auto floor shift with console  
 - utility trailer hitch, air conditioner, cruise, tilt, tachometer and remote auto starter, new abs brakes and limited slip differential  
 - fully certified and e- tested,  
 - brand new low profile tires BF Goodrich on special aluminum alloy mag wheels.  
 - back seat fold down 40160 for extra long items, tinted windows, rear window defroster and other options.  
 - asking \$5975.00

Call: 613-396-3957 for more



**LAND FOR SALE**

WATERFRONT LOT  
 - on the Bay of Quinte  
 - located along Cedar Glen Road across from #60  
 - 75 ft. frontage  
 - survey complete  
 - get it now before it's gone

Call Sam: 962-2439

**LAND FOR SALE**

WATERFRONT LOTS  
 - Hickory nut grove  
 - 100' frontage X approx. 460'  
 - serviced road and hydro  
 - will hold mortgage

Call: Glenn Hill 962-5470

**LAND FOR SALE**

- 250' x 350'  
 - located on Norways Rd Tyendinaga Reserve

Please call Bruce or Mary Loft at 962-7420 at B. & M. Variety Norways Rd.

**WANTED**

AGRICULTURE LAND  
 - for next season  
 - highest prices paid for good land

Call Eastern Canada Enterprises at 613-561-7512 or 354-7512

**FOR SALE**

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

CONTACT: Freda Baptiste 966 4846 for more information

**CHILD CARE PROVIDER**

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

Call Angela at 396-6564

**FOR SALE**

**2 BEDROOM MODULAR HOME**

- 100 X 200 wooded lot  
 - close to town  
 - city water and sewer  
 - lots of shade  
 - stove, washer & dryer if needed  
 - built in dishwasher  
 - all doors wheelchair accessible  
 - cathedral ceilings from front to kitchen  
 - 3 yrs old  
 - good starter home  
 - \$85,000.00 or Best offer  
 - serious inquiries only  
 - located 174 South Church Lane

Call: 396-2758

**FOR SALE**

2 COMPUTER DESKS/HUTCH  
 - located at the Library  
 - \$50.00 firm

Call: Karen 967-6264

**MILL TOWN MEATS**

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

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

(Call: Glenn Hill 962-5470)

**LAND FOR SALE**

MILLTOWN ROAD Tyendinaga

Call after 5 p.m. or leave a message 396-5216

**FOR SALE**

1993 25' PROWLER TRAILER  
 - excellent condition  
 - bedroom at front  
 - bunks at rear  
 - oak cupboards with etched mirrors, a/c, fridge, stove, shower, microwave

Call: 967-0152

**FOR SALE**

**WARDS GAS BAR & AUTOMOTIVE**

- full equipped garage  
 - auto lot  
 - storage bay  
 - restaurant  
 - 1 bedroom apartment  
 - gas bar  
 - large garage on the side  
 - 12.91 acres of land  
 - asking \$550,000.00  
 - Only the very interested call owner: 962-6429

**FOR HIRE**

- Devoted, companionate, reliable, PSW (personal support worker)  
 - looking to work on the Territory  
 - would like to take care of your loved one with the number one quality care and respect that they deserve.

Call 396-1902

**FOR SALE**

7 PIECE OAK DINING ROOM SET  
 - 4 ft. round table with a 2 ft. leaf  
 - 4 chairs  
 - buffet and hutch  
 - asking \$600.00 but open to offers

Call 396-3694

**BABYSITTING AVAILABLE**

- In my home located in the sub Division  
 - Mondays to Fridays (weekends on request)  
 - nutritious lunch  
 - outside activities  
 - any age

Please call Teddy: 396-1610

**LAND FOR SALE**

WATERFRONT PROPERTY

- on Sucker Creek  
 - 1.37 acres  
 Phone: 396-3239

**FOR SALE**

BUILDING LOTS  
 - located on Marks Rd & Ridge Rd  
 - 150' Frontage

Call: 968-3917

**FOR SALE**

**SWIMMING POOL**

- 15 ft. above ground  
 - solar & winterized blankets  
 - vacuum & pole, pump, chemicals ladder  
 - in good condition  
 - asking \$550. or best offer

Call Christine: 967-0410

**CHILDCARE AVAILABLE**

- Mother of three  
 - C.P.R. & First Aid trained  
 - Healthy meals & snacks provided  
 - Lots of room to play  
 - Central air conditioned

Please call Nancy: 396-3963

**FOR SALE**

DEEP CHEST FREEZER  
 - good condition  
 asking \$150.00

Call: 969-9608

**FOR SALE**

GIRLS SPEED BIKE  
 - fair shape  
 - \$20.00

Call: 396-2758

**LOTS FOR SALE**

- large lots with frontage on Sucker Creek  
 - approx. 100' frontage X 600'

Please call: 476-9900

**CAREGIVER**

- will babysit in my home  
 - children of all ages  
 - nutritious snack/lunch and activities in the Huron Brant area

Please call Gwen: 396-6331