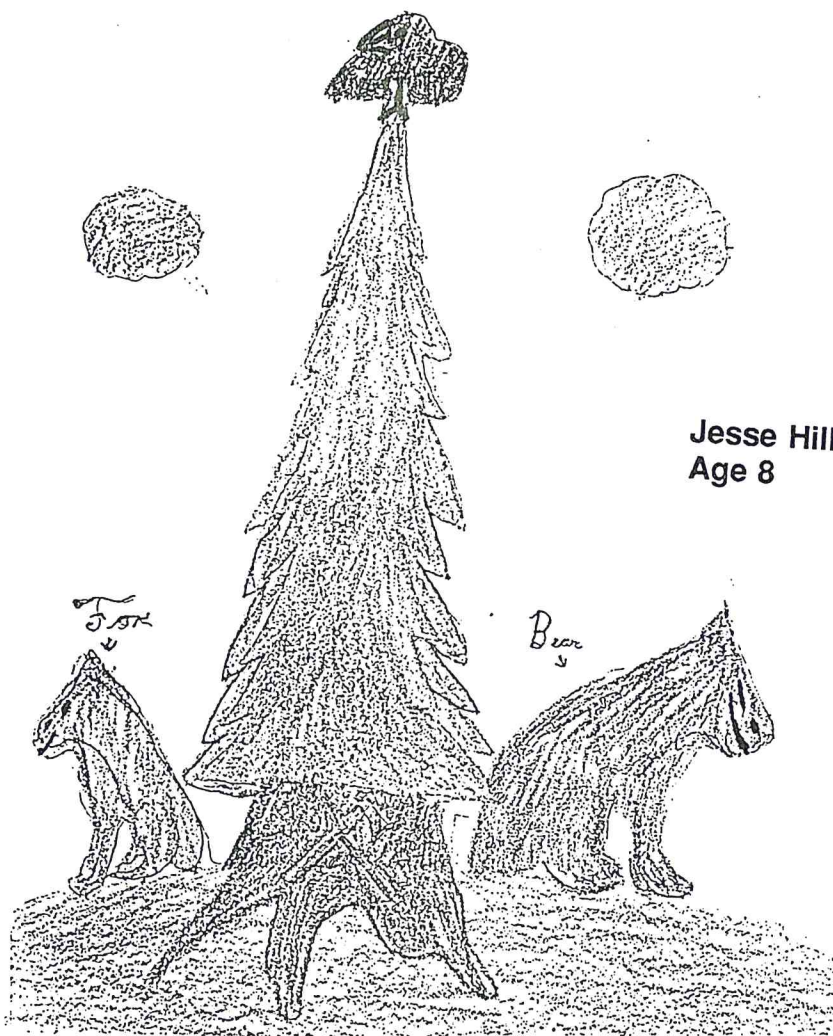


TYENDINAGA



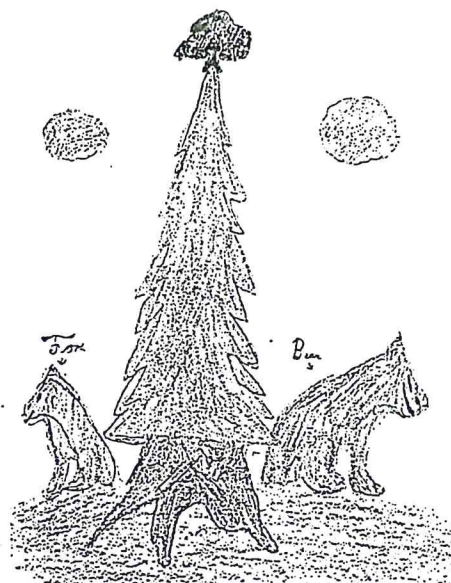
Jesse Hill
Age 8

KENTENHKO:WA'
(NOVEMBER) ISSUE 22/91

NEWSLETTER

Our Front Cover was Drawn by
Jesse Hill, Age 8
Quinte Mohawk School.

Thanks Jesse!



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JUST THINK!

**ONLY 35 MORE DAYS UNTIL
CHRISTMAS!**



RELIGION

24 Weekly Events & Decembers Events

UPCOMING EVENTS

25 Auction & Bake Sale &
K̓an:hiote Shopping Trip

26 Christmas Tea & Bazaar

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Matinees and Show times

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38 **BUSINESS DIRECTORY**



MOHAWKS OF THE BAY OF QUINTE
TYENDINAGA MOHAWK TERRITORY
 R.R.1, Deseronto, Ontario K0K 1X0
 Tel: (613) 396-3424

Chronological No.:

168

File Reference

MOHAWK COUNCIL RESOLUTION

NOTE: The words "From our First Nations Funds," "Capital" or "Revenue", which ever is the case, must appear in all resolutions requesting expenditures from First Nations Funds.

THE COUNCIL OF THE MOHAWKS OF THE BAY OF QUINTE	Current Capital Balance \$ _____ Committed \$ _____ Current Revenue Balance \$ _____ Committed \$ _____
DISTRICT SOUTHERN DISTRICT, BRANTFORD	
PROVINCE ONTARIO	
PLACE TYENDINAGA INDIAN RESERVE #38	
DATE <u>16</u> <u>October</u> AD 19 <u>91</u> DATE MONTH YEAR	

DO HEREBY RESOLVE: Moved by Paul J. Green Seconded by Willard H. Brant

WHEREAS it is necessary for the health & safety of community members that all sanitation sites receive a preliminary and final inspection by the Health and Welfare Officer;

AND WHEREAS all contractors must be licensed for the installation of wells;

THEREFORE BE IT RESOLVED that should deficiencies exist due to the breach of procedures that the deficiencies must be corrected to the satisfaction of the Tyendinaga Mohawk Council.

CARRIED.

A quorum for this First Nation
consists of

Council Members

[Signature]

(Chief)

[Signature]

(Councillor)

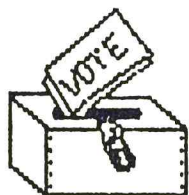
(Councillor)

[Signature]

(Councillor)

[Signature]

(Councillor)

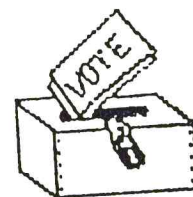


ELECTIONS

NOVEMBER 30 /91

9 A.M. - 7 P.M.

QUINTE MOHAWK SCHOOL



MOHAWK PEOPLE'S PARTY

GENERAL MEETING

SUNDAY EVENINGS AT 7:00 P.M.
NEXT MEETING NOV. 23

SENIOR CITIZENS BUILDING

**** *Everyone Welcome* ****

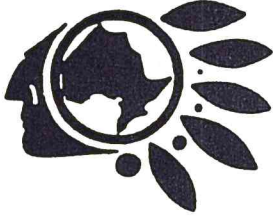
**** PLEASE NOTE ****

THE TYENDINAGA RESERVE POLICE HAVE NOW
RELOCATED AT THE THAYENDINEGA HEALTH CENTRE. IF YOU
WISH TO CONTACT THEM THE NEW NUMBER IS:

967-3888

OR

967-3889



CHIEFS OF ONTARIO

SPECIAL BULLETIN

NOV 12 1991

NOVEMBER 1991

CONSTITUTION UPDATE - #1/91-92

ONTARIO FIRST NATIONS LEADERSHIP FORUM

At a meeting of the leaders of the First Nations organizations in Ontario on August 6-8, 1991, there was agreement amongst the leaders to examine ways of ensuring greater participation of First Nations citizens, whether they live in First Nations communities or in urban areas, in the processes dealing with issues that impact on their inherent aboriginal and treaty rights.

At a subsequent meeting of the leadership on August 21-22, 1991, they further agreed to formalize a relationship between them by entering into a protocol containing principles that would form the basis of their participation in the forum. This protocol has now been drafted and is currently being considered by the organizations and will be ratified by each of them through their ratification processes. At this meeting, the leadership further agreed to pursue a cooperative approach in the constitutional process.

The participants in the Ontario First Nations Leadership Forum include:

- Association of Iroquois & Allied Indians
- Grand Council Treaty No. 3
- Union of Ontario Indians
- Independent First Nations

Page 2

- Nishnawbe-Aski Nation
- Ontario Federation of Indian Friendship Centres
- Ontario Native Women's Organization
- Urban Aboriginal Alliance
- Native Canadian Centre of Toronto

ONTARIO FIRST NATIONS CONSTITUTIONAL PROCESS:

The First Nations Leadership Forum, at their meeting held in Toronto on October 15th and 16th, 1991 agreed to the establishment of an "Ontario First Nations Constitutional Core Group" consisting of two representatives from each of the organizations that form the leadership forum. The Core Group has the overall responsibilities to develop First Nations constitutional positions for the consideration of the Ontario First Nations. Their responsibilities include:

- Developing draft First Nations Constitutional Positions
- Identifying and establishing priorities for discussion in the constitutional forums.
- Establishing a First Nations community education process on aboriginal & constitutional issues.
- Establishing a public education process on First Nations positions and priorities in the constitutional process.
- Reviewing existing aboriginal constitutional positions and determine their relevancy to current discussions.
- Reviewing and responding to federal and provincial constitutional positions.
- Providing direction to the Political Spokespersons who will be appointed from the Core Group, on issues to be advanced at the constitutional forums.
- Providing direction to the Technical Working Group on the preparation of documents, research, analysis and position papers.

Page 3

The meetings of the First Nations Leadership Forum and the Constitutional Core Group are open to members of the First Nations who may be interested in attending.

The next meeting of the Constitutional Core Group is tentatively scheduled for November 20, 1991 in Toronto.

Please contact Sylvia Thompson at the Chiefs of Ontario office for further information on the working groups and their proposed meeting dates.

TECHNICAL WORKING GROUP:

A Technical Working Group has been established to assist and support the work of the Constitutional Core Group. The Working Group consists of six members assisted by legal counsel and elders. They have the responsibility of participating in technical level discussions with Ontario and Federal government officials under the direction of the Constitutional Core Group. They are currently in the process of establishing a workplan and setting timeframes.

ASSEMBLY OF FIRST NATIONS PARALLEL PROCESS FIRST NATIONS CIRCLE ON THE CONSTITUTION :

The First Nations Circle on the Constitution has started to conduct public hearings to obtain the views of the citizens of the First Nations and the general public on the protection and implementation of the inherent rights of the First Nations, including their jurisdictions, treaties, lands and resources. Many of these hearings are being held in First Nations communities. An eight member Constitutional Commission, consisting of First Nations representatives from each of

Page 4

the regions has been appointed to conduct the hearings in approximately sixty locations across Canada. Rosie Mosquito from Bearskin Lake is the Ontario representative on the Commission. The Commissioners will report to the AFN in February, 1992.

FIRST NATIONS CIRCLE HEARINGS IN ONTARIO:

At their October 29 & 30th, 1991 meeting, the Ontario First Nations Constitutional Core Group recommended that the hearings of the AFN First Nations Circle planned for Ontario be rescheduled to a later date. It was felt that internal discussions on the process and intended results were required to ensure the contributions into this process will provide maximum results. By delaying the hearings until January, the leadership would have the opportunity to provide the First Nations communities with the most up-to-date information on the issues. It is understood that any changes must be directed by the grass-roots people. We view these hearings as being crucial in conveying to the general public our interpretation of our inherent rights. The hearings would be more productive by having the First Nations give a more detailed response to the issues.

The AFN has agreed to delay their hearings in Ontario until January, 1992. Several First Nations communities in Ontario have requested that hearings be held in their area, and these locations will be given priority when the Commission establishes their schedule. We had initially requested that a minimum of twelve hearings be conducted throughout Ontario.

The hearings will be held primarily in First Nations communities as well as major urban centres to allow First Nation citizens the full opportunity to express their views. First Nations who wish to host these hearings in their communities should contact the Chiefs of

Page 5

Ontario Office so that they can be included in the schedule. Further information on locations and dates of the hearings will be sent to you once this has been established.

ONTARIO ROUND TABLE ON CONSTITUTIONAL ISSUES

The Ontario First Nations Leadership and the Ontario Government have agreed to establish a Round Table on Aboriginal and Constitutional Issues. The participation of the Ontario First Nations will be based on the government to government relationship established in the Statement of Political Relationship signed on August 6, 1991 in Thunder Bay. The discussions at the Round Table are intended to address the constitutional positions to be taken by Ontario into the constitutional forum.

Participants in the Round Table discussions will be political spokespersons from the Ontario First Nations Constitutional Core Group and Ontario Government Cabinet Ministers. Technical level discussions are currently underway to identify the mandate, workplan and timeframes for discussions. The first meeting of the round table will be held during the third week of November, at which time an agenda and the issues of priority will be agreed upon.

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OTHER CONSTITUTIONAL PROCESSES THAT ARE CURRENTLY IN PROGRESS:

FEDERAL GOVERNMENT:

Special Joint Committee on a Renewed Canada:

On September 24th, 1991 the federal government released their proposals for amendments and new constitutional arrangements in a report entitled "Shaping Canada's Future Together". The proposals were rejected by the majority of the First Nations organizations across Canada. The First Nations analysis of these proposals are available at the Chiefs of Ontario office.

In order to obtain the views of the Canadian people, the federal government established a Special Joint Committee of the House of Commons and Senate to travel across Canada and hold public hearings on the proposals. This joint parliamentary committee is known as the Special Joint Committee on a Renewed Canada and is co-chaired by Conservative MP Dorothy Dobbie and Senator Claude Castonguay. There are thirty members, including ten Senators and twenty MP's. Aboriginal MP's Ethel Blondin and Wilton Littlechild are part of this committee.

This committee is scheduled to submit a report not later than February 28th, 1991 to the House of Commons.

FIRST NATIONS PARTICIPATION:

The Chiefs of Ontario Planning & Priorities Committee (PPC) have recommended that any presentations to the Special Joint Committee be held in abeyance until the Chiefs have had the opportunity to discuss this. Arrangements have been made for a Special AFN Chiefs Assembly which will be held in Ottawa on November 26 & 27, 1991.

Page 7

ONTARIO GOVERNMENT**Select Committee on Ontario in Confederation:**

The Ontario Legislature established the Select Committee on Ontario in Confederation in December, 1990. Their mandate was to seek the views of the citizens of Ontario on:

- the social and economic interest and aspirations of all people of Ontario within Confederation; and
- what form of Confederation can most effectively meet the social and economic aspirations of the people of Ontario.

The Committee has travelled throughout Ontario and held public hearings to obtain these views. They also hosted one conference entitled "Ontario in Confederation" in Toronto with 130 invited delegates from a broad cross-section of citizens and selected First Nations representatives.

The Select Committee has recently had it's mandate extended from November 25th, 1991 to February, 1992, at which time they will provide a final report to the Ontario legislature. They released an interim report in March containing a summary of their public consultations and their views on the input they had received to date. A copy of this report is available in the Chiefs of Ontario office.

Page 8

ROYAL COMMISSION ON ABORIGINAL PEOPLES:

The Royal Commission on Aboriginal Issues was announced by the Prime Minister in August to examine a wide range of issues pertaining to aboriginal people in Canada. This Commission is co-chaired by Georges Erasmus, former National Chief of the Assembly of First Nations and the Hon. Rene Dussault, Justice of the Quebec Court of Appeal. The terms of reference of the Royal Commission were recommended by former Chief Justice Brian Dickson after an extensive consultation process on the mandate of the Commission.

Although the issues to be examined by the Royal Commission will have a bearing on the issues currently in the constitutional process, it will not be a substitute for the processes that are currently established to address constitutional reform.

The Royal Commission will be conducting public hearings as part of their mandate and these are to be scheduled sometime in 1992. First Nations will be informed once these plans are in place.

FIRST NATIONS LEADERSHIP FORUM - UPCOMING MEETING

The next meeting of the First Nations Leadership Forum will be held at the Westbury Hotel, Toronto, Ontario, on December 2 - 4, 1991. The Royal Commission on Aboriginal Peoples will meet with the leadership forum on the afternoon of December 4th, 1991.

For Your Information:

The Chiefs of Ontario office have negotiated a special rate of \$59.00 per night at the Westbury Hotel for First Nations members who come to Toronto for meetings. Please contact Jackie Szkoda at the Chiefs of Ontario Office for further information.

News release



Ministry of
Skills
Development

NON-PROFIT NATIVE ORGANIZATION EARNS TRAINING AWARD

FOR IMMEDIATE RELEASE

November 12, 1991

Scarborough -- Native Earth Performing Arts Inc. has been recognized by the Ontario Ministry of Skills Development for making training a top priority in its daily operations.

Working with a training consultant from the Ministry's Ontario Skills Development Office at George Brown College of Applied Arts and Technology, N.E.P.A. staff received training in word-processing, financial record-keeping, office functions and fundraising.

The training consultant helped N.E.P.A. develop long-term plans, identified training needs not initially recognized and directed the organization to resource funding.

N.E.P.A. is a non-profit organization that enables native actors, writers, designers, directors and technicians to work together to produce quality theatre that is vital to their identity as Native People and development as artists.

Its artistic director and writer, Thomson Highway, has won many awards and received international recognition.

There are 47 Ontario Skills Development Offices throughout the province. Consultants help clients assess human resource and training needs, develop training strategies, select appropriate training and evaluate programs. They also identify sources of funding where needed.

The consulting service is funded by the Ministry of Skills Development and delivered in partnership with colleges of applied arts and technology.

-30-

For further information, contact: Angela Hislop, Media Relations Officer, Ministry of Skills Development at (416) 967-8407

NOV 12 1991

COMMUNIQUEECONOMIC DEVELOPMENT FOR CANADIAN ABORIGINAL WOMEN

The National Steering Committee on Economic Development for Canadian Aboriginal Women is pleased to announce the appointment of Ms. Patricia Baxter as their National Coordinator.

Ms. Baxter, an Ojibwa women originally from Manitoulin Island, in Ontario, brings several years of both federal Government and Aboriginal development experience to the position. Ms. Baxter capability demonstrates the negotiation and coordination skills required of the National Coordinator for Economic Development for Canadian Aboriginal Women Inc.

Under the direction of the National Committee, Ms. Baxter is responsible for establishing and maintaining a working relationship with the Canadian Aboriginal Economic Development Strategy Departments, to ensure that progress is made toward obtaining the objectives outlined in the 1990 Economic Development for Canadian Aboriginal Women. The National Committee has recommended the development of a relevant data base on Aboriginal women in business, education, training and employment. At the same time Ms. Baxter is responsible for maintaining the vital communication link with Aboriginal women across Canada as represented by their National organizations, the Native Women's Association of Canada (NWAC), the Inuit Women Association (Pauktuutit) and the Indian and Inuit Nurses of Canada (IINC).

Aboriginal women from across Canada can expect to see special efforts developed that will assist in the realizing of their economic goals.

The office of the EDCAW National Coordinator is housed within the Ottawa offices of NWAC. Ms. Baxter may be contacted at:

600 - 251 Laurier Avenue West
Ottawa, Ontario
K1P 5J6

Telephone: (613) 236-6057
Fax: (613) 235-4957



FROM THE OFFICE OF THE EMPLOYMENT CO-ORDINATOR

NOTICE TO COMMUNITY RESIDENTS APPLICANTS REQUIRED FOR

RESIDENTIAL/COMMERCIAL PAINTING PROJECT TRAINING PROPOSAL

\$7.50 Per Hour for 6 Weeks Training

The Residential/Commercial Painting Project is a sixteen week training program that will take place on Tyendinaga Mohawk Territory.

The program was submitted by the Mohawks of the Bay of Quinte to the Aboriginal Employment and Training Board of Eastern Ontario. The project is under the component of Job Development of Canada Employment, Canadian Job Strategy.

APPLICATIONS ARE NOW BEING ACCEPTED for this project. Aboriginal men and women are being asked to apply at their very earliest for consideration into the program. Those applications may be picked up at the Mohawk Administration office.

Participants of the program will, on completion of this program, be able to (a) recognize safety hazards and apply safe work practices (b) make simple trade calculations (c) read write and listen effectively (d) identify, select and use hand tools and equipment (e) selects paints and coatings and describes their chemical properties (f) prepare surfaces for painting and apply the correct coating on plaster, gypsum board, masonry, wood and metal (g) prepare surfaces and apply wall covering (h) state the principles of the colour wheels (i) discuss the history of the trade.

The program will follow the Painter-Commercial and Residential Training profile as outlined by the Ontario Ministries of Education and Colleges, Skills Development Division.

PLEASE SUBMIT APPLICATION BEFOR NOV. 27. COURSE TO BEGIN DEC. 2ND.

Further information can be obtained by contacting Velma Hill-Dracup at the Mohawk Administration Office.

MINISTRY OF THE ENVIRONMENT**OFFICE ADMINISTRATION 5
UTILITY CLERK**

QUALIFICATIONS: Demonstrated related clerical and filing experience; working knowledge of computer programs -D base 111 plus, Lotus 123, Professional Write; etc to access, input, and retrieve data: typing and data entry skills to Ministry standards; valid drivers licence.

LOCATION: **KINGSTON**

SALARY: **\$15.03 TO \$16.42 PER HOUR**

DEADLINE: **NOVEMBER 25, 1991 BY 4:30 P.M.**

SUBMIT APPLICATIONS TO: FILE EN/260/SE
MINISTRY OF THE ENVIRONMENT
133 DALTON AVENUE, BOX 820
KINGSTON, ONTARIO
K7L 4X6

WASTE & WATER PROJECT OPERATOR 1

QUALIFICATIONS: Relevant experience in a process or refinery environment; knowledge of mechanical/electrical equipment; some experience with personal computers; physical ability to perform manual labour; valid driver's licence, good driving record ; arithmetic and record keeping skills; working knowledge of basic chemistry; demonstrated verbal/written communication skills. Successful completion of Ministry basic water and sewage courses or successful applicant will be classified as Underfill Trainee Operator until required courses are successfully completed.

LOCATION: **TRENTON**

SALARY: **\$16.38 TO \$17.19 PER HOUR**

DEADLINE: **DECEMBER 2, 1991 BY 4:30 P.M.**

SUBMIT TO: FILE EN-275/SE
MINISTRY OF ENVIRONMENT
133 DALTON AVENUE, BOX 820
KINGSTON, ONTARIO
K7L 4X6

MINISTRY OF CULTURE AND COMMUNICATIONS**SECRETARY
OFFICE ADMINISTRATION 6**

QUALIFICATIONS: Knowledge of office practices and procedures; typing to Ontario Government standards; demonstrated knowledge of and experience using microcomputers and related software, e.g. Wordperfect and Lotus 1-2-3; Good communication skills; ability to perform basic mathematical calculations; good proof-reading skills; ability to organize work and work independently.

LOCATION: **TORONTO**

SALARY: **\$15.42 - \$16.82 PER HOUR**

CLOSING DATE: **NOVEMBER 26, 1991**

SUBMIT TO: HUMAN RESOURCE BRANCH
MINISTRY OF CULTURE AND COMMUNICATIONS
MINISTRY OF CITIZENSHIP
3RD FLOOR, 77 BLOOR ST. WEST
TORONTO, ONTARIO
M7A 2R9

**AREA MANAGER
MCZ 77/91**

QUALIFICATIONS: Sound Knowledge of current management principles and practices; demonstrated supervisory and administrative skills; strong coordination, analytical planning and organizational abilities; experience in Aboriginal program development, delivery and review ;superior interpersonal, communication and negotiation skills; superior judgement and excellent decision-making skills; experience in and good understanding of Aboriginal community development principals_and activities; excellent understanding Aboriginal Issues, circumstances and aspirations; experience in dealing with a wide variety of First Nations related government programs and First Nations communities and Aboriginal organizations.

SALARY: **\$50,551 - \$61,553/YEAR**

LOCATION: **TORONTO**

CLOSING DATE: **NOVEMBER 29, 1991**

SUBMIT TO: HUMAN RESOURCES BRANCH
MINISTRY OF CULTURE AND COMMUNICATIONS
MINISTRY OF CITIZENSHIP
3RD FLOOR, 77 BLOOR STREET WEST
TORONTO, ONTARIO
M7A 2R9

ASSEMBLY OF FIRST NATIONS**4 REGIONAL RESEARCH REPRESENTATIVES
EAGLE PROJECT**

KNOWLEDGE: Successful completion of secondary school. Post secondary degree in health science or Native Studies with some emphasis on ecology or environment is desirable. An equivalent combination of education and experience will be considered.

LOCATION: LAKE ERIE REGION
LAKE ONTARIO/ST. LAWRENCE REGION

TENURE: ONE YEAR, POSSIBLY UP TO 5 YEARS DEPENDING ON FUNDING

SALARY: \$29,000.00 - \$32,000.00 EXCELLENT BENEFITS PACKAGE

EXPIRY: NOVEMBER 29, 1991

SUBMIT TO: FORWARD UPDATED RESUME WITH 1-2 PAGE SAMPLE OF WRITING SKILLS AND COVERING LETTER
CAROLE MILLS, COORDINATOR
EAGLE PROJECT
ASSEMBLY OF FIRST NATIONS
55 MURRAY STREET, 6TH FLOOR
OTTAWA, ONTARIO
K1L 3M5

PLEASE SPECIFY WHICH REGIONAL POSITION YOU ARE APPLYING FOR.

ARE YOU INTERESTED IN A POLICE CAREER?

The Tyendinaga Mohawk Council are presently looking for Individuals who may want to train as Volunteer Auxiliary Constables. This involves on-the-job training with the Tyendinaga Mohawk Police with the possibility of future full time employment.

If you have some spare time and think a police career is for you. PLEASE LEAVE YOUR NAME WITH THE MOHAWK ADMINISTRATION OFFICE.

ST. THOMAS UNIVERSITY

FREDERICTON
NEW BRUNSWICK
E3B 5G3
CANADA

TEL: (506) 452-7700
FAX: (506) 450-9615

CALL FOR SUBMISSIONS

Anglophone, Francophone, Allophone and Aboriginal women in Canada are invited to submit short fiction for a possible publication, to be entitled *Canadian Women and Patterns of Transcendence*.

The editors, Jo-Anne Elder and Colin O'Connell and Associate Editor Uta Doerr are looking for short stories (15 - 20 pp. or about 4000 words) related to the idea of spirituality, conceived in the broadest sense possible of the word, and including (although not limited to) Aboriginal spirituality, goddess-worship, mothering as empowerment, sisterhood and covenant, lesbian experiences, ecofeminism, feminine symbolism and mythology, feminist theology, and alternative theories and practices of faith.

The anthology will have a multicultural orientation and the editors can provide translation from French, German, Spanish and possibly other languages.

We would prefer receiving your requests for further information, queries or submissions by December 31 and they will be carefully considered.

Contact Jo-Anne Elder, 180 Liverpool Street, Fredricton, New Brunswick, E3B-4V5.

SOUPBONE and SKAWNDAWG

by Ken Syrette



HAVING TROUBLE FINDING A JOB?

NEED A RESUME OR COVER LETTER

WOULD YOU LIKE SOME HELP?

Then come in and see us at:

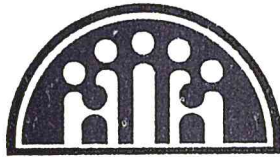
The Youth Employment Counselling Centre Office.
In the Mohawk Band Office
R.R.# 1
Deseronto, Ont.

Or call : 396-3424 or 969-0830 and make an appointment

We will help you with resumes, job search, education,
job leads, work training, and more.

Mondays And Wednesdays
9 A.M. - 4 P.M.





THAYENDINEGA
HEALTH
CENTRE

**** NOTICE ****

Thayendinega Health Centre Staff will be available for

BLOOD PRESSURE AND BLOOD SUGAR TESTING

AT THE NEW FACILITY
ON THE FOLLOWING DAY:

TUESDAYS 10:00 A.M. - 1:00 P.M.

PLEASE FEEL FREE to come in and visit the Centre and learn about the various programs available.

HEALTH PERSONNEL will be available to answer your questions!

FOR FURTHER INFORMATION PLEASE CONTACT **BEV HILL** OR **HELEN BREADMAN** AT THE HEALTH CENTRE.

SENIORS NEEDING TRANSPORTATION TO THE HEALTH CENTRE PLEASE CONTACT:

CINDY MARACLE 396-3424

***EMERGENCY OR STANDARD FIRST AID
COURSE OR C.P.R.
HEART SAVER PLUS COURSE***

PLEASE contact the Thayendinega Health Centre. Date to be confirmed after Christmas.

SKILLS REVIEW EVENING

FOR ANYONE WITH A VALIDATED C.P.R. CERTIFICATE.

DATE: TUESDAY DEC. 3
TIME: 6:30 - 9:30 P.M.
LOCATION: QUEEN ANN'S PARISH

***** THERE IS NO COST FOR SKILLS REVIEW, BUT PLEASE CONTACT THE THAYENDINEGA HEALTH CENTRE AND LEAVE YOUR NAME & PHONE NUMBER IF YOU PLAN TO ATTEND.***

967-3603

DIABETES

This month the Thayendanega Health Centre is focusing on Diabetes and Ileitis (Crohn's Disease) and Ulcerative Colitis as November is awareness month for both of these diseases.

What exactly is Diabetes?

It is a condition in which the pancreas, a large gland located behind the stomach, fails to secrete enough insulin to supply the body with energy.

The sugars and starches in the foods we eat are converted in the body to a form of sugar called glucose. The blood stream distributes this glucose to the body cells where, with the aid of insulin, it is converted to ready energy or stored for future use. Insulin is a natural hormone, one of many chemical substances produced by the pancreas.

When diabetes develops, the body either does not produce enough insulin or may not be able to use what is produced. Without insulin, glucose accumulates in the blood until some of the surplus is eliminated by the kidneys and passed off in the urine. Hence, sugar in the urine and too much sugar in the blood are signs of diabetes.

What causes diabetes?

No one knows exactly why the pancreas becomes ineffective, but it is known that there are several causes, among which are heredity, obesity and viruses.

Who can get diabetes?

Nearly everyone, children and adults alike, especially if there is a family history of diabetes, but even if there isn't. Juvenile-onset type is the more severe. Most cases of diabetes occur in people who are over forty and overweight. It may also surface under severe emotional stress, severe illness, surgery and with pregnancy.

Is insulin a cure for diabetes?

No. It is an aid — a priceless aid that has restored life to those who used to die from diabetes, prolonged the life-span of

diabetics, and enabled them to lead nearly normal lifestyles. Diabetes is especially prevalent in affluent countries such as ours, because affluence encourages obesity. Even 20 percent excess weight *doubles* the chance of getting diabetes.

What is insulin?

It's one of the many hormones the healthy body produces naturally.

What is referred to as "Insulin" — that product discovered by Canadian Doctors Banting and Best in 1921 — is animal insulin, derived from the pancreases of beef cattle and swine. Injected into the fatty tissue under the skin, it simulates the action of normal insulin. Its main drawback is that being a substitute, it cannot exactly duplicate the irregular flow of natural body-insulin.

What is the treatment for diabetes?

Diagnosis is the first step. After diagnosis, the treatment consists of nutritional diet, an exercise regime, and medication. Juvenile-onset diabetics always require insulin for medication. Many adult-onset diabetics require only proper diet and exercise; others require oral medication to stimulate the pancreas, or insulin, in addition to diet and exercise.

Does diabetes lead to inevitable complications?

While it is true that the high sugar level in blood directly causes the damage to eyes, kidneys and nerves, many of these complications are the accustomed disabilities of old age. Having diabetes does hasten the onset and progress of the complications, but early diagnosis and proper treatment can delay the complications or prevent them altogether.

What are the signs of diabetes?

Juvenile-onset diabetes is characterized by the sudden appearance of: frequent urination, continuing thirst, more or less hunger than usual, rapid weight loss, irritability, obvious weakness and fatigue, nausea and vomiting.

Mature-onset diabetes may include any of the above signs, or: drowsiness, itching, blurred vision, excessive weight, tingling, numbness or pain in the extremities, easy fatigue, skin infections and slow healing of cuts and scratches, and of course, a family history of diabetes.

Any of these signals can mean diabetes. Children usually exhibit dramatic and sudden symptoms and must receive prompt treatment. Many adults have none of these symptoms, and the disease is often discovered during routine physical examinations.

Is Diabetes preventable?

Very often, yes. Your best defence against it is bringing your weight down to normal and keeping it there. Your best defence against the complications of diabetes is early diagnosis of the condition and proper treatment.

Here's how YOU can help those with diabetes!

By joining the Canadian Diabetes Association.

By contributing funds to the Canadian Diabetes Association.

The Canadian Diabetes Association is dedicated not only to discovering the causes of and cures for diabetes, but to the equally important role of helping those who already have diabetes lead a longer and fuller life.



FOR MORE INFORMATION PLEASE CALL:

National Office;
Toronto Ontario,

Ileitis (Crohn's Disease) and Ulcerative Colitis.

Many people feel that it's improper to talk about bowel disease. But for hundreds of thousands of adults and children, bowel disease isn't a social issue, it's part of life. It doesn't go away and while we don't expect you to understand how they feel, there is something you can understand....The pain.

The Pain is real.

What are Ileitis and Colitis ?

Ileitis and Colitis are two forms of inflammatory bowel disease (IBD). IBD is a painful disease which can and does strike anyone regardless of age, sex or race. It is a chronic and non-contagious disease with no known cause or cure.

Colitis is sometimes known as ulcerative colitis or ulcerative proctitis. Ulcerative colitis attacks the inner lining of the large bowel (colon) with inflammation, ulceration, bleeding and scarring. It can cause sudden life-threatening illness, but the disease is usually controlled by drug and surgical therapies.

Ileitis is most commonly known as Crohn's disease. It is characterized by inflammation which penetrates the entire thickness of the bowel wall. It may attack at any point of the gastrointestinal system from mouth to anus.

The signs and symptoms of IBD are:

- Bloody Diarrhea
- Abdominal Pain
- Weight Loss
- Fever
- Fatigue
- Malnutrition

The physical and emotional impact on children can be particularly devastating as sexual and physical growth are often delayed.

THE WORD

*When a Holy Prophet comes
Disregarding human preconception
Is He greeted with open arms
Or a collective doubtful reception?*

*Since this ancient world began
God has coached us through all eras,
Not through "The Most High" direct
His "Transcendental Beings" imparted His perfections.*

*Before Abraham was, I am
Is given us by His Word
This Word is and always will be
The Spiritual Power manifested by our Lord.*

*To say this power is only held by One
Without an independent investigation,
We trample on the law of God
And hold our ego, up to scrutiny.*

Jacqueline E. Brant

*These Divine Gems of Holiness,
Repositories of celestial wisdom
Transmit a grace that's infinite
Reveal the truth about Gods Kingdom.*

Thanks, Thanks, Thanks!

Many thanks to all who donated Lyed or Dried Corn Soup, ingredience for scones and corn bread, baked goods, and juices to make the "Corn Soup Supper" a great success. Thanks to all who served, cooked and cleaned up in the Kitchen. A big thanks go to the **Seniors** for letting us use the Common Room.

*Congratulations!
To the Winners of the Draw*

1st Place - Potato Beans - James Maracle

2nd Place - Lyed Corn - Lisa Maracle

3rd Place - Dried Corn - Verna Johnson



Thank You !



We want to thank everyone who came out to our Halloween Dance. Thank you for your patience and understanding for an evening that started out as a nightmare but thanks to all the good people who went out of their way to get us some music, the evening ended up being a lot of fun for everyone (and a few bucks for us!!)

Again a very sincere thank you!!

Firemen's Wives Association





MOHAWK PENTECOSTAL CHURCH

The CHURCH that cares about you.....even at CHRISTMAS!!!

WEEKLY EVENTS!!!

SUNDAY SCHOOL - 10 AM - For the "WHOLE" Family!

SUNDAY SERVICE - 11 AM - Come & worship GOD!

SUNDAY PRAYER - 6 PM - Dynamic prayer!

SUNDAY SERVICE - 6:30 PM - Praise & Singing!!

WEDNESDAY:

6:30 PM - "Kids Bible Klub" Ages 5-11 F-U-N!!!!!!!

7:30 PM - Prayer & Bible Study....What the bible says!

FRIDAY - 7 PM - "R A D I C A L YOUTH!!! (Age 12-20)

SATURDAY - 7:30 AM - Prayertime for our families!



DECEMBER'S EVENTS



DEC. 8 - Morning of Music, Testimony, & Preaching with MARY LONGCHAP.....Don't miss this!

DEC. 15 - Our children of the reserve doing their best at the annual....SUNDAY SCHOOL CHRISTMAS CONCERT.....7:00 PM.....ALL INVITED!!!!

DEC, 24 - 7:00 pm - Christmas Eve Service.....
An informal evening of singing carols, testimonies, & the story of Christmas, & all by candlelight!!!!!! (Kid's, come out in your PJ's.....)

DEC. 31 - 10:30 PM - WATCH NIGHT SERVICE!!!
Come & worship with us, as we take this night to bring in the new year celebrating JESUS!

MOHAWK PENTECOSTAL CHURCH

Pastor: Rev. Russell Bates - 396-5329

AUCTION & BAKE SALE

SATURDAY NOVEMBER 23, 1991

STARTING AT 10:00 A.M.

SENIORS HALL

**** GOOD USED MATERIAL & SALEABLE ITEMS ! ****

Donations are greatly appreciated.

PLEASE CALL: BOB LAMBERT 396-5862

KA:NHIOTE

967-6264

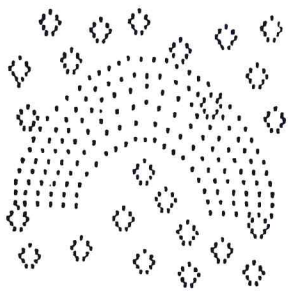
Tyendinaga Mohawk Library

ECOMART SHOPPING

WEDNESDAY NOV. 27/91

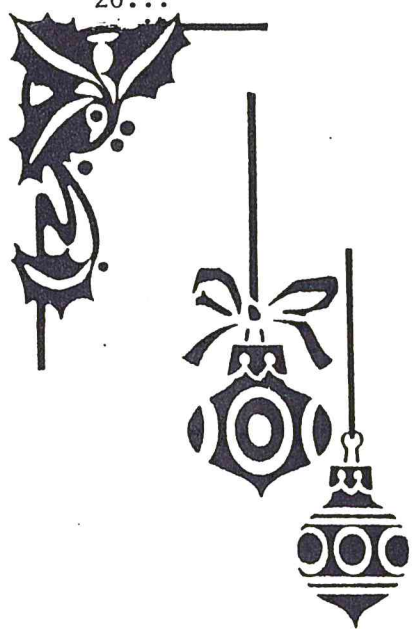
7:00 - 9:00 P.M.

ADDRESS: 400 FRONT ST.
BELLEVILLE



DUE TO THE LACK OF RESPONSE DINNER AT NORMA'S IS NOT AVAILABLE BUT DO JOIN US AT ECOMART BETWEEN 7:00 - 9:00. IT HAS BEEN BOOKED JUST FOR US.

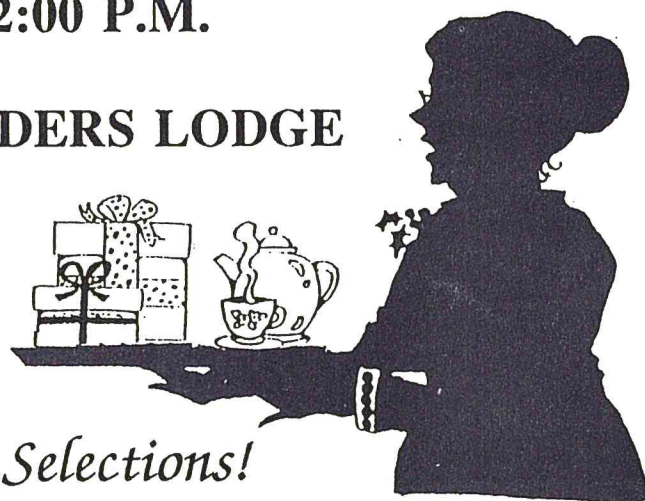
CHOOSE FROM THEIR WIDE ARRAY OF EARTH FRIENDLY PRODUCTS FOR YOUR CHRISTMAS GIFTS



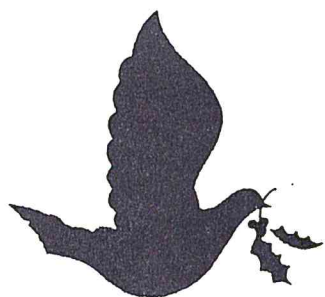
Christmas Tea & Bazaar

SATURDAY, DEC. 7/91
10:00 A.M. - 2:00 P.M.

TYENDINAGA ELDERS LODGE



Serving Three Selections!



#1
Cornsoup
Bun
Coffee/Tea
Pie
\$3.50

#2
Pie
Coffee/Tea
\$1.50

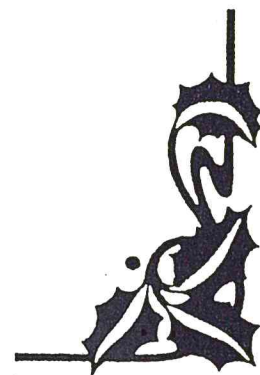
#3
Cornsoup
Bun
Coffee/Tea
\$2.00

Everyone Welcome!
Come & Enjoy

RAFFLES/DRAWS

- * GROCERY HAMPER
- * HOMEMADE RUG
- * \$ 50 - 50 \$

- * CRAFT TABLES
- * BAKE TABLES
- * WHITE ELEPHANT TABLES



2nd

Annual
Native
Craft

Sale !!



SATURDAY & SUNDAY, DECEMBER 7TH & 8TH

MOHAWK COMMUNITY CENTRE (UPSTAIRS &
DOWNSTAIRS)

9 A.M. - 5 P.M.

ADMISSION: ADULTS \$1.00
CHILDREN & ELDERS FREE

(Admission Fees will be Donated to the Local Food Bank)

** NATIVE VENDORS **

FOR MORE INFORMATION CALL: DICK BRANT 396-3339
OR
JOAN MARACLE 396-2333

*You are Cordially
invited to a*

***" NATIVE ISSUES "
WORKSHOP***

PRESENTED BY: GENERAL ARTS AND SCIENCE STUDENTS

*PLACE: LOYALIST COLLEGE
PIONEER BUILDING, ROOM p. 17*

DATE: TUESDAY, DECEMBER 10, 1991

TIME: 12:30 P.M. - 3:30 P.M.

****** TOPICS ******

*TRADITION AND CULTURE
TREATIES*

RIGHTS AND ENTITLEMENTS

BREAK: FOR CORN SOUP AND SCONE

SELF GOVERNMENT

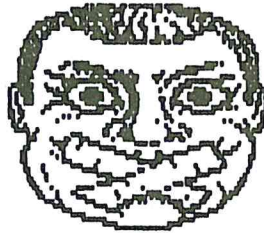
THE OKA CRISIS OF 1990

****** GUEST SPEAKERS ******

*JERRY MCDONALD - TRADITION AND CULTURE
SHAWN BRANT - TYENDINAGA
DAN PHILLIPS - AKWASASANE
LARAN THOMPSON - KANAWAKE*

HEY KID'S

DON'T TELL



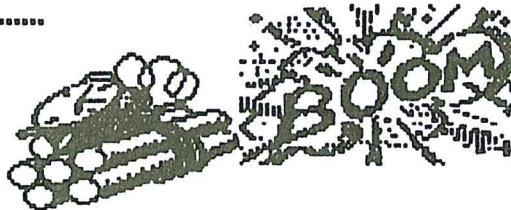
ANYBODY BUT!

KBK

IS ALMOST OVER FOR 1991.....

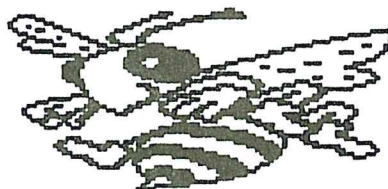
THAT'S RIGHT! December 11th is our last night.
And, a matter of fact, that last night will be our BIG
PARTY night.....

So, KBKer's.....Get cracking so you can get a lot of points
together, as that night we will be announcing our
CONTEST WINNERS.....



AND IF YOU HAVEN'T JOINED KID'S BIBLE KLUB
Y E T.....

DON'T



SAD!!!!

IT WILL BE STARTING UP AGAIN ON

JANUARY 8th, 6:30 PM
MOHAWK PENTECOSTAL CHURCH

ALL INVITED!

ANNOUNCING
AT
MOHAWK PENTCOSTAL CHURCH

DECEMBER 15th - 7:00 PM

THE
ANNUAL
CHILDRENS
SUNDAY SCHOOL
CHRISTMAS CONCERT

THAT'S RIGHT! The children of the reserve will be doing their best again this year to give us a great annual CHRISTMAS CONCERT.

They are practicing already. They are doing their best to learn their lines.

DONT MISS THIS NIGHT!!!!!!



DECEMBER 15th, 7:00 PM



MOHAWK PENTECOSTAL CHURCH

GARDEN RIVER**FIRST NATION**

PHONE (705) 942-4011
FAX (705) 942-7533

SHINGWAWK COMMUNITY CULTURAL CENTRE
Site 5, Box 7, R.R. No. 4
GARDEN RIVER, ONTARIO
P6A 5K9

Bozhoo!

The Garden River First Nation is proud to announce that they will be host to the 21st Little N.H.L. hockey tournament.

March 16th-19th (March Break) will see some 75 teams participate in this prestigious sport.

Four arena's will be used to house this 4 day event.

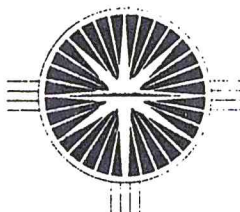
Your participant will only enhance the success and quality of this tournament. Deadline will be January 15, 1992 to enter the tournament, players list to be included.

Money orders or certified check payable to GARDEN RIVER HISTORICAL GROUP.

Head Office: NANDOO WEAN WIGWAM
Phone #: 942-1517
Contact Person: Janice Belleau
Co-ordinator: Morley Pine (Home # - (705) 945-8686

Thank-you.

Yours truly,



Native Earth Performing Arts Inc.

37 Spadina Road, Toronto, Ontario M5R 2S9 Tel. (416) 922-7616

91/92 SEASON

ALMIGHTY VOICE & HIS WIFE

Previews: Tuesday, February 11 & Wednesday, February 12, 1992
Opening: Thursday, February 13, 1992
Closing: Sunday, March 8, 1992

****Matinees****

Wednesday, February 19, 26, & March 14, 1992
at 1:30 pm
STUDENT PRICE \$8.00 (G.S.T. included)

NIGHT OF THE TRICKSTER

Previews: Tuesday, April 14 to Wednesday April 15, 1992
Opening: Thursday, April 16, 1992
Closing: May 10, 1992

****Matinees****

Wednesday, April 22, 29 & May 2, 1992
at 1:30 pm
STUDENT PRICE \$8.00 (G.S.T. included)

* Note: These matinees are for school groups only. Discussions following the matinees can be arranged in advance.

Regular showtimes are from Tuesday to Saturday at 8 pm and Sundays at 2:30.

Group rates are available for all regular performances at the discount price of \$9.00/person. A group must be a minimum of 10 people in attendance before curtain time.

All performances are at THE NATIVE CANADIAN CENTRE, 16 SPADINA ROAD (north of Bloor). Nearest subway Bloor/Spadina, nearest Municipal Parking lot Brunswick/Bloor.

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1 FISCHER GRANDPA BEAR WOOD
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1 SELKIRCK 0-CLEARANCE
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- includes insulated chimney

\$300.00

Both in very good condition

PLEASE CALL: 968-8397

**IN THE CLASSIFIEDS
FOR COMMUNITY
MEMBERS**

CALL: 396-3424

**** DEADLINE ****

**IF YOU WISH
INFORMATION IN THE
NEXT NEWSLETTER.
THE DEADLINE DATE
IS:**

**MON. DEC. 2
AT NOON
396-3424**

PRIME BUILDING LOT

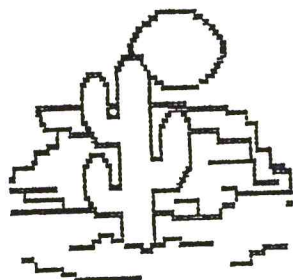
FOR SALE

- WATER & SEWER ACCESS
- PAVED ROAD
- CLOSE TO THE BAY
- PARK ON TWO SIDES

FOR FURTHER INFO. CALL:

396-2450 OR 969-8919 AFTER 6:00 P.M.

Join the Fiesta!



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349 MAIN ST. DESERONTO

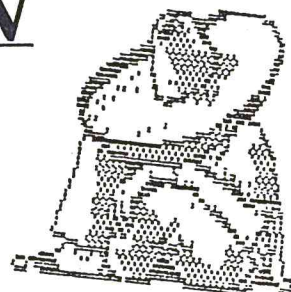
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NEW MINI-MEXICAN **APPETIZERS**

TAKE A DIP WITH OUR:

*NACHO NUGGETS!
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These amazing appetizers, along with our Mozzarella Sticks & Pizza Fingers , will add a delicious twist to your meal or all by themselves!

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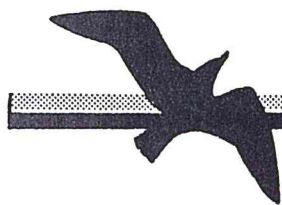
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- * BRIDAL WEAR

JANE

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AFTER 4:00

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could
Advertise in
this
Space for
a Small Fee!**

call: 396-3424

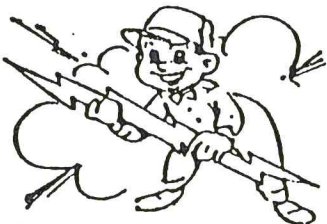
UNITED RESTAURANT

LIC. L.L.B.O.

349 MAIN ST. DESERONTO**396-3611***Presents!***" SWISS CHALET STYLE " CHICKEN DINNERS!****THIS SPECIAL AVAILABLE
ONLY****WEDNESDAY DEC. 11TH & THURSDAY DEC. 12TH
FROM 5 P.M. - 11 P.M.!!****1/2 CHICKEN & FRIES \$5.95****1/4 CHICKEN & FRIES \$4.75***** INC. P.S.T. & G.S.T.****EAT-IN OR TAKE-OUT (*WE DELIVER TOO !!*)****ALWAYS A FRESH IDEA, ONLY FROM****UNITED RESTAURANT !!**

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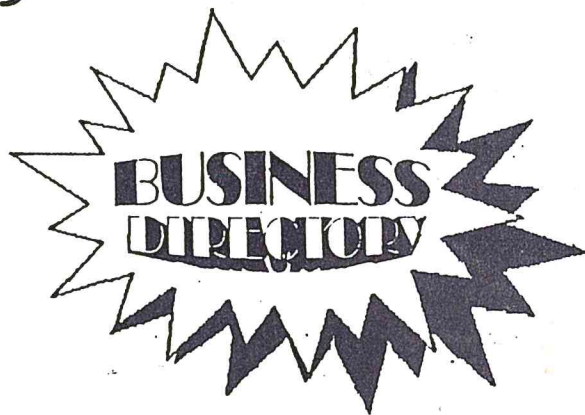
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