



TYENDINAGA

**SHEHSKE'KO:WA
(SEPTEMBER)**

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18/91



NEWSLETTER



TYENDINAGA NEWSLETTER

SEPT. ISSUE 184

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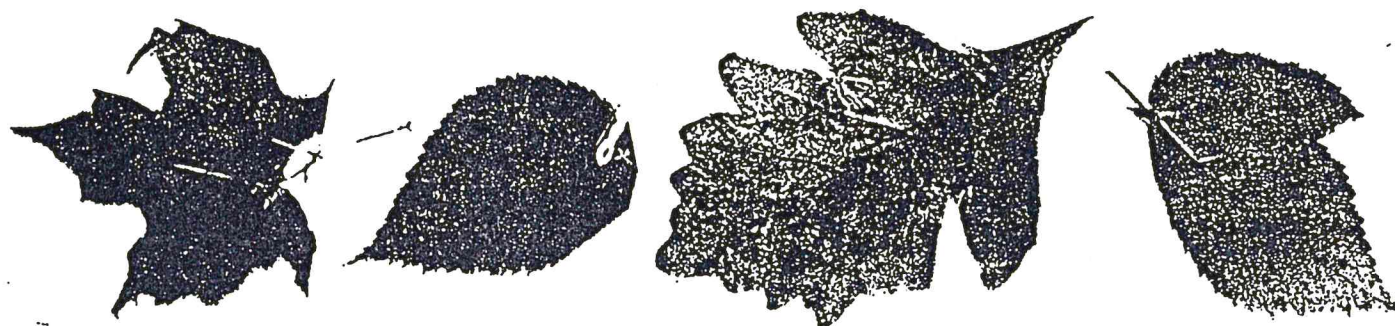
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UPCOMING MEETINGS

CONFEDERACY MEETING

SATURDAY, SEPT. 28
QUINTE MOHAWK SCHOOL

SUNDAY, SEPT. 29
MOHAWK COMMUNITY CENTRE

*** ALL WELCOME ***



CHIEFS OF ONTARIO

NATIONAL LEVEL:

AUGUST 29-30

AFN - HEALTH EFFECTS WORKSHOP
Walpole Island

SEP 16 1991

Lennox T.G.S.
Box 1000, Bath, Ontario
K0H 1G0

September 10, 1991

Chief Earl Hill
Mohawks of the Bay of Quinte
R.R. #1
DESERONTO, Ontario
K0K 1X0

Dear Chief Hill:

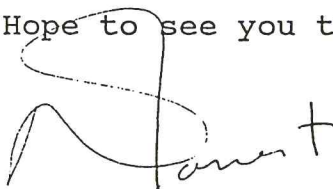
On behalf of Ontario Hydro and the employee's of Lennox Thermal Generating Station, I would like to extend to you, your family and friends, an invitation to attend our Public Open House.

Location: Lennox Generating Station
Highway 33 - .4 km west of Bath, Ontario

Date: Sunday, October 6, 1991

Time: 9 a.m. to 4 p.m.

Hope to see you there!



R.J. Forrest
Station Manager
Lennox TGS



**MOHAWKS OF THE BAY OF QUINTE
TYENDINAGA MOHAWK TERRITORY**

R.R. #1 DESERONTO, ONTARIO K0K 1X0

(613) 396-3424 Fax: 1-613-396-3627

**** PLEASE NOTE ****

**NIGHT HUNTING ON THE TYENDINAGA
RESERVE IS ILLEGAL**

AS PER BYLAW # 27-89

1. Purpose

Due to the hunting that has occurred in the evenings the Tyendinaga Mohawk Council has found it necessary to develop a by-law to protect the band members and their properties of the Tyendinaga Mohawk Territory.

2. In this By-law:

"band member" means a person possessing a status card and is a member of the Tyendinaga Mohawk Community.

"Act" means the Indian Act.

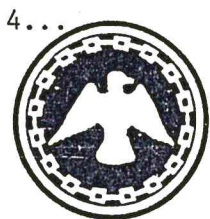
"Non-band member" means a person that is not a member of the Tyendinaga Mohawk Community.

"status card" means a certificate issued by the Department of Indian and Northern Affairs, or an identification card issued by the Tyendinaga Mohawk Council, showing status and membership in the Tyendinaga Mohawk Territory.

3. No band member or non-band member may hunt between the time of one-half hour after sunset and one-half hour before sunrise.

4. Penalty

Any person contravening a provision of this by-law is guilty of an offence and liable, on summary conviction, to a fine of \$250.00 for the first offence, \$500.00 for a second offence and \$1000.00 for a third offence.



**MOHAWKS OF THE BAY OF QUINTE
TYENDINAGA MOHAWK TERRITORY**

R.R. #1 DESERONTO, ONTARIO K0K 1X0
(613) 396-3424 Fax: 1-613-396-3627

**APPLICATIONS ARE NOW BEING ACCEPTED FOR
HOUSING RENOVATIONS**

Applications may be picked up at the ADMINISTRATION OFFICE between the hours of
8:30 - 4:00 , MONDAY - FRIDAY

FOR MORE INFORMATION CONTACT:

CHRIS MARACLE
HOUSING CO-ORDINATOR
AT
396-3424



DEADLINE FOR APPLICATIONS IS OCTOBER 4TH, 1991

*** NOTICE ***
FROM THE RECREATION COMMITTEE

***AEROBIC CLASSES
TUESDAYS & THURSDAYS***

STARTING: **THURSDAY, OCTOBER 10**

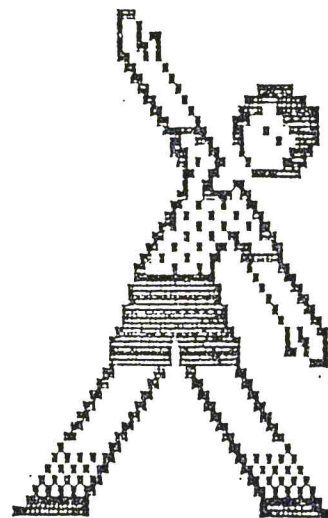
TIME: **7 P.M. - 9 P.M.**

COST: **\$3.00 PER NIGHT**

LOCATION: **QUINTE MOHAWK SCHOOL**

**** PLEASE NOTE ****

**AEROBIC CLASSES WILL BE STARTING ON THURSDAY AND NOT ON
TUESDAY AS SPECIFIED IN LAST NEWSLETTER.**



PLEASE NOTE



ALL THOSE PEOPLE WHO ARE REGISTERED IN THE:

**C.P.R. EVENING COURSE (OCTOBER 1 & 2)
AND
STANDARD 1ST AID (OCTOBER 8 & 9, 15 & 16)**

CLASSES ARE NOW BEING HELD AT THE:

**PARISH CENTRE
ALL SAINTS CHURCH**

IF THERE ARE ENOUGH INTERESTED PEOPLE THERE COULD BE AN

**(8 HOUR) EMERGENCY FIRST AID COURSE
WEDNESDAY. NOV.6 8:30 - 5:00 P.M.**

IF YOU HAVE AN INTEREST IN ANY COURSE

PLEASE CALL: 967-3603

THAYENDANEGE HEALTH CENTRE

Thank You

I would like to express my appreciation to the following people for their contribution to the construction of the **NEW PARK** on HURON BRANT DRIVE. (Located in the Subdivision).

**DAN MARACLE
ERIC MARACLE
ALVIN (SKINNER) MARACLE
DALE LEWEEN
PAUL (FIN) MARACLE
ROADS CREW
TYENDINAGA MOHAWK COUNCIL**

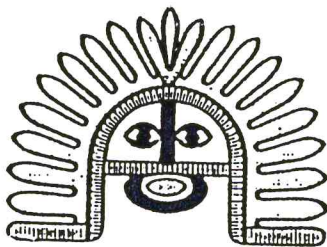
**RICK BRANT
SCOTT BAPTISTE
BRIAN (AL) MARACLE
KEVIN MARACLE
EARL (GREASER) HILL
KEN CROWE**

As noted above the Park is complete & ready for the enjoyment of the neighbourhood children. I encourage other community members to take the time to view this beautiful **PARKETTE**.

ONCE AGAIN THANKS TO ALL THOSE INVOLVED.

**CHRIS MARACLE
HOUSING CO-ORDINATOR**





The Year of the Indigenous Peoples

SACRED RUN

A special "Thank You" to everyone who came and assisted in greeting the SACRED RUN.

Runners were from SWEDEN, ICELAND, JAPAN, ARIZONA, CANADA AND U.S.A

Special Appreciation to:

*Nora Cupit, Keitha Barberstock & Helpers for the meals
Tyendinaga Singing Society
Orville Green & Victor Green
Steve Maracle
Tyendinaga Mohawk Council*

THE AMERICAS RUN 1992

Dennis Banks has been the coach and Director of many international Spiritual and Environmental relay runs since 1978.

During 1992 Sacred Run will run the entire length of the Western Hemisphere - dividing into two teams with one team beginning in May at the southernmost tip of South America, Tierra del Fuego and running north to Santa Fe, New Mexico. A second team will start on the Siberian side of the Bering Strait (USSR), cross the islands by boat and begin running where the strait touches Alaska (U.S.A.) and southward through British Columbia (Canada) and again in the United States to Santa Fe, New Mexico. Both teams will arrive on October 12, 1992 - the date and year being designated as the "Year of the Indigenous People".

Each day will begin with the burning of tobacco and cedar. Each Runner will carry a Sacred Staff and every mile, every kilometer will be filled with prayers for all living species, every plant, tree and flower. We will pray for our relations; the four-leggeds, the winged ones, the insects. We will give thanks to the Great Spirit for all that is given us and to pay daily respect to the Moon, the Stars, the Sun and to the Sacredness of our Women. Every evening we shall gather in a circle and offer tobacco in a ceremonial way. Purification ceremonies will be conducted along the way and evening sessions of storytelling will fill our time. It will be a good run for our younger generations, a time to respect our Elders and to prepare the direction of the Seventh Generation. We shall not be in the presence of alcohol or drugs, nor will we quarrel about faiths, religions or different beliefs. We will honor all races who join us in the Spiritual Run, the Sacred Run. That is how we will be.

FUTURE RUNNING EVENTS

1993	Australia & New Zealand
1994	Africa

SACRED RUN BACKGROUND

In 1977, *The Elder's Circle*, comprised of Elder Native Spiritual Leaders, Chiefs, Clan Mothers and Headsmen, gathered in Vancouver, British Columbia to meet and discuss the relationship between human-kind and this planet we call Mother Earth.

They issued a statement and a call for action to all people to be mindful of our duties and responsibilities to each other, of living in harmony with all that surrounds us, to be thankful on a daily basis to the Creator and to strengthen the Tobacco Ceremonies, the Sun Dance, Snake Dance, Drum Ceremonies, Pipe Ceremonies and to understand our relatives; the four-leggeds, the winged ones and even the insects. That we are to respect the Elders, and guide the younger generations to live with the environment without destroying the future.

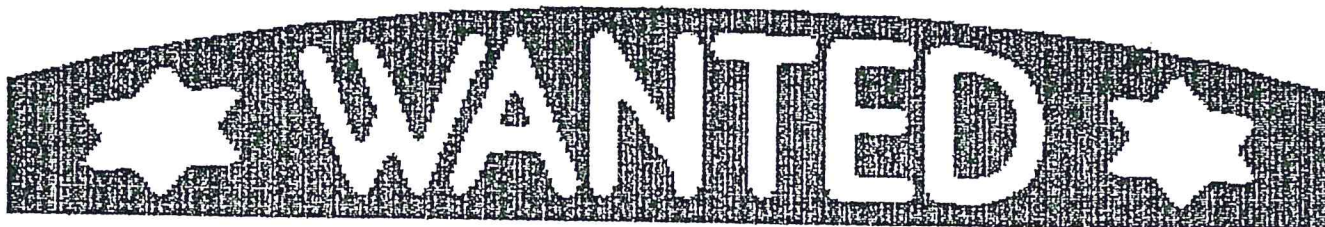
In 1978, Dennis Banks organized the first annual spiritual run in California. Since that time, the Sacred Run has covered more than 25,000 miles and has included runs across the United States, Japan, Europe, and Canada.

THE HISTORY OF SACRED RUNS

1978	Davis, CA	Los Angeles	500
1979	Los Angeles	Davis, CA	500
1980	Davis, CA	Los Angeles	500
1981	Los Angeles	Davis, CA	500
1982	Davis, CA	Los Angeles	500
1983	Los Angeles	Davis, CA	500
1984	New York, NY	Los Angeles	3,600
1985	Davis, CA	Los Angeles	500
1986	Los Angeles	Davis, CA	500
1987	Davis, CA	Los Angeles	500
1988	New York, NY	San Francisco	3,600
1988	Hiroshima	Hokkaido	1,800
1988	Los Angeles	Davis, CA	500
1989	Los Angeles	Davis, CA	500
1990	Davis, CA	Los Angeles	500
1990	London	Moscow	7,130
1991	Vancouver	Montreal	3,800

TOTAL MILES

25,930



MOHAWK RECREATION COMMITTEE MEMBERS

The Mohawk Recreation Committee is presently accepting applications to fill vacant positions on the committee.

The Mohawk Recreation Committee is a volunteer committee serving the Tyendinaga Mohawk Community. Our aim is to provide recreational services to community members of all ages.

Meetings are held regularly on a monthly basis, and also several times monthly throughout peak seasonal periods, for organization of special events, etc. All members are required to attend these meetings.

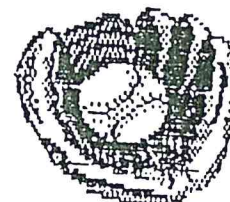
If you have some spare time on your hands, and also some good ideas for recreational services for our community, *this is the committee for you!*

If you wish not to be a Committee member yet have some free time to help out as a volunteer on some Special Events. Please contact us and we will place you on a list of Volunteers we can call when we need Extra Help.

FOR FURTHER INFORMATION OR TO FILL OUT AN APPLICATION, CONTACT THE MOHAWK ADMINISTRATION OFFICE.

396-3424

PLEASE SUBMIT YOUR APPLICATION BY SEPT. 30 1991.





FROM THE OFFICE OF THE EMPLOYMENT CO-ORDINATOR

Employment Opportunity for a FUTURES Student

There is presently an opening for a Tyendinaga Mohawk Community member to train through the **Futures Program**.

This position is available at **Roxanne's Place**, located in the Bayview Plaza, Hwy # 2, Shannonville, Ontario.

Please contact **Roxanne Storms** at 967-2145 to schedule a time for an interview.

Velma Hill-Dracup,
Employment Co-Ordinator.

COMMUNITY MEMBERS SEEKING GOVERNMENT EMPLOYMENT

To inform you that the Employment Program receives two bi-monthly publications that publish employment opportunities. These opportunities are sometimes local but they may occur in other areas. If you are looking for a **challenge** then this may be for you.

Positions are listed under sections such as **Administrative; Clerical; Operational; Professional and Technical**. The publications are Federal and Provincial.

In your search for employment, please feel free to come in and review these publications.

The following is an employment opportunity that is somewhat local and taken from the September 23rd, 1991 edition of **TOPICAL**. For a complete Job Description please come in and read the edition.

- 2 -

**CLERICAL STENOGRAPHER
\$16.42 TO \$18.02 PER HOUR
KINGSTON, ONTARIO**

MINISTRY OF GOVERNMENT SERVICES

This is a leasing services branch of the government. They are seeking an individual to provide secretarial and clerical support to the Manager and Staff of the Eastern Region. You will transcribe letters, reports and memos from dictatape and handwritten material; compose correspondence; receive calls and visitors.

Qualifications:

Typing and dicta to Ontario government standards; good knowledge of general office procedure; understanding of leasing and related technical terms; ability to operate computer with word processing program etc. Wordperfect 5.1; Lotus 1-2-3; aptitude for figures; good communication and organizational skills.

Deadline: October 4th, 1991

Apply to: File GS 247,
Ministry of Government Services,
Human Resources Services Branch,
Ferguson Block, 8th Floor,
Queen's Park, Toronto, Ontario. M7A 1N3

MINISTRY OF COMMUNITY AND SOCIAL SERVICES

PROGRAM SUPERVISOR

QUALIFICATIONS:

- Knowledge of principals and practices related to social services management and budgeting as well as experience in a wide range of human delivery systems; good knowledge of relevant legislation and practices; good communication and interpersonal skills; proven analytical skills in order to analyze complex situations and make sound recommendations regarding client needs, resources and priorities. Ability to work well with people and build consensus together with a facilitative management style.

LOCATION: KINGSTON

SALARY: \$50,551 TO \$61,533 PER ANNUM

CLOSING DATE: OCTOBER 3, 1991

SUBMIT TO: FILE # K.A.O. 27/91-d
HUMAN RESOURCES MANAGER
MINISTRY OF COMMUNITY AND SOCIAL SERVICES
1055 PRINCESS STREET, SUITE 103
KINGSTON, ONTARIO
K7L 4X8

**REGIONAL YOUNG OFFENDER TRAINING OFFICER
PERSONNEL ADMINISTRATION APL-17**

QUALIFICATIONS:

- Extensive knowledge, experience and skill in delivery of appropriate programs for Young Offenders. Extensive knowledge of relevant correctional and children's service legislation and their implications for service delivery; extensive knowledge of policy and program developments in secure services for young offender and related programs; knowledge of teaching methods and theories associated with adult education; ability to plan, organize, develop and present training program; excellent interpersonal, analytical and communication skills. Ability to function independently and as a team member, exercise good judgement, and work under pressure of deadlines. Willingness to travel.

DURATION: Temporary Assignment - Approx. 18 Months

SALARY: \$52,471 TO \$59,805 PER ANNUM

LOCATION: SOUTHEAST REGION
LOCATION OF OFFICE IS NEGOTIABLE

AREA OF SEARCH: Within the geographic boundaries of the
Southeast Region, Ministry of Community and
Social Services.

CLOSING DATE: OCTOBER 4, 1991

SUBMIT TO: FILE #R.O.K. 02/91'
REGIONAL HUMAN RESOURCES MANAGER
MINISTRY OF COMMUNITY AND SOCIAL SERVICES
336 ALFRED STREET
KINGSTON, ONTARIO
K7L 3S5

The Canadian Construction Association

is sponsoring a training program to prepare women and
Aboriginal people for employment in...

Mechanical Construction Trades

(Refrigeration/Air Conditioning, Plumbing, Sheet Metal)

TUESDAY, OCTOBER 1, 1991 AT 7:00 P.M.

COMMUNITY CENTRE, YORK ROAD

TYENDINAGA MOHAWK TERRITORY

The Resource Steering Committee will be in attendance

This is a joint project of the

**MOHAWKS OF THE BAY OF QUINTE
WOMEN'S ACCESS TO APPRENTICESHIP PROJECT
SKILLS QUINTE**

Tyendinaga Mohawk Family and Children Services

RR #1, Deseronto, Ontario

Telephone 967-0122

September 26, 1991

REMINDER!

The Youth Group will be starting on Monday, October 7, 1991. Our first meeting will be held in the gym at QMS. Parents are asked to drop the members off at 7:00 p.m. and pick them up at 8:30 sharp!!!

RESOURCE LIBRARY

We have a number of books, pamphlets and some videos on pregnancy, birth and parenting. Please feel free to drop in or call to reserve any of the items listed.

STRENGTHENING STEPFAMILIES

Are you a stepparent? Are you the natural parent in a blended family? Are there conflicts in your home over parenting each other's children? Do you ever question your decision about becoming involved with a partner that already had children? Are there conflicts between you children? Are conflicts over children affecting your marital relationship? Are you considering a life commitment with a person who already has children? If you can answer yes to any of these questions then give me a call and plan to join our group meetings entitled "Strengthening Stepfamilies".

The group will meet for five weeks of two hour sessions. The five sessions will cover the following topics: Understanding the Pitfalls and Potential of Stepfamily Living; Strengthening the Couple Relationship; Creating Effective Roles and Relationships; The Stepchild's Dilemmas; and The Stepfamily's Journey.

We need ten parents to make this group effective. There will be no charge unless you wish to purchase the workbook for future reference. Just bring yourself and a positive attitude.

DATE: OCTOBER 14, 1991
TIME: 7 - 9 PM
PLACE: FAMILY & CHILDREN SERVICES OFFICE
PRESENTER: LINDA LEFORT

PREGNANCY, BIRTH, PARENTHOOD

BOOKS

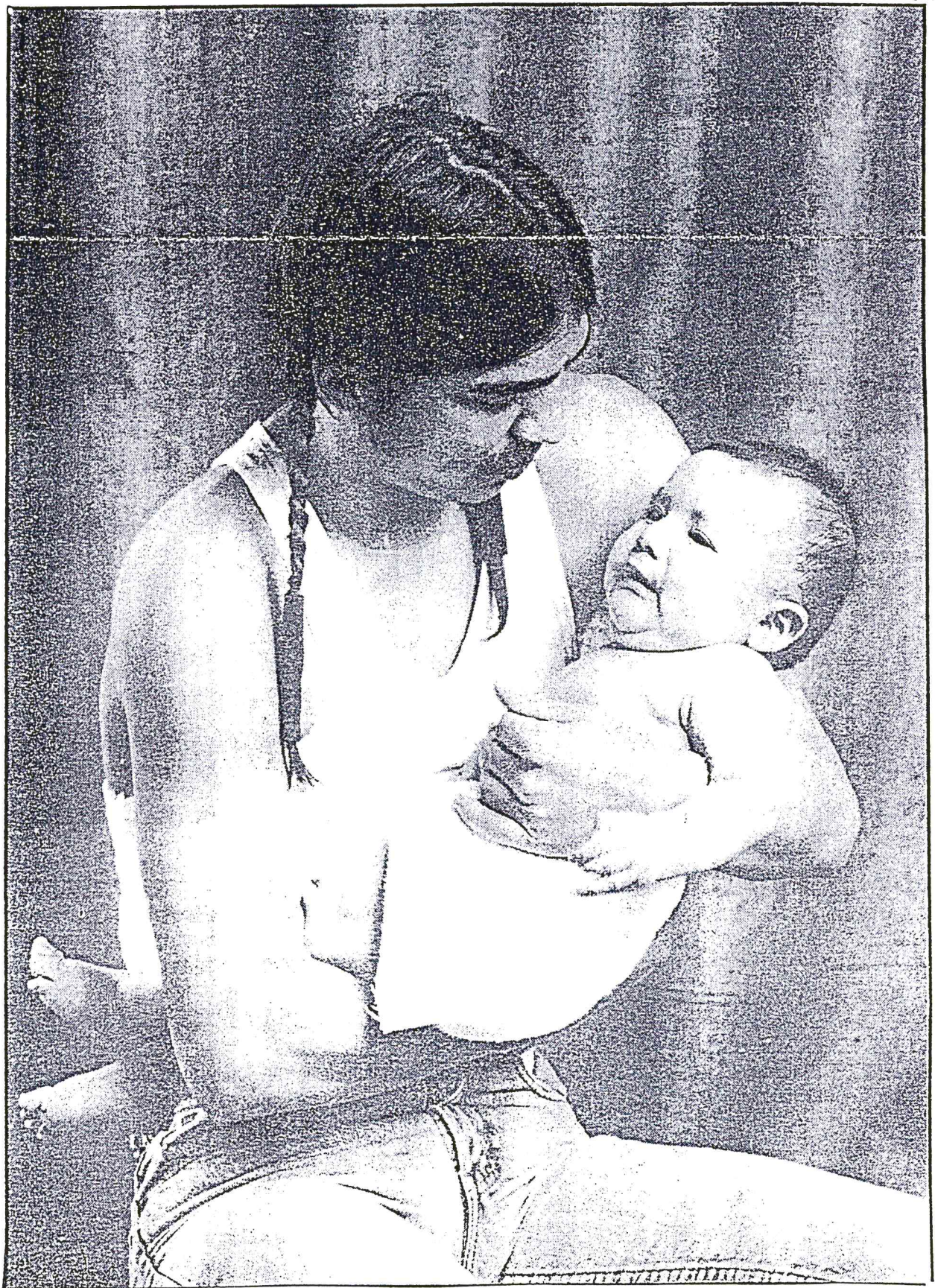
1. Coping with Being Pregnant
An easy to read book for all ages, which covers early pregnancy, choosing a doctor for yourself and your baby, and briefly touches on adoption and birth control.
2. Coping with School-age Fatherhood
Based on the experience of a young man who found himself in this situation. He writes about what happens when baby makes three.
3. Coping with School-age Motherhood
Personal life experiences of several young girls make up this easy-to-read book. Find out how they dealt with issues such as personal growth, school, personal and family crisis and the individual choices they made.
4. Everything You Need to Know About Teen Pregnancy
Discusses such aspects as nature of teen pregnancy, proper care for mother and baby, and alternative choices.
5. Everything You Need to Know About Teen Motherhood
Discussion of the practical aspects of becoming a teenage mother, including what to do, how to do it, where to go for help and what should be known about such topics as budgeting and baby care.

VIDEOS

1. You're Eating For Two.
2. Unremarkable Birth.
3. To Breastfeed Your Baby
4. Parenting
5. Pregnancy Workout

PAMPHLETS

1. Healthy Pregnancy
2. Life is Precious - Safety Seats



Today, we can learn much from the experiences of our ancestors. Although, the Indian way of life is different than it was in the past, in many respects, it remains the same. Especially when it comes to what we value.



THAYENEDANEGA
HEALTH
CENTRE

FLU

21 Remedies to Beat the Bug

Do you feel like a truck ran over you - repeatedly? Are you so sick you're afraid you'll die? More to the point, are you so sick you're afraid you won't die?

If your head throbs, your muscles ache, and your brow's on fire, you've probably been bitten by the flu bug. And it will continue to bite until it's good and ready to stop.

COLD FACTS ABOUT FLU

How can you tell a cold from the flu? This isn't a riddle. Or maybe it is. Although similarities exist between the two illnesses-and their treatment-they're caused by entirely different organisms. The worst part of a cold might last longer, but the flu generally causes more discomfort. Here, according to Ohio Northern University pharmacology and toxicology professor Thomas Gossett, Ph.D., is a comparison of common symptoms and the differences between them, depending on whether they are caused by a cold or the flu.

FEVER. With flu, it's characteristic and comes on suddenly; with a cold, it's rare.

HEADACHE. It's a prominent symptom of flu but rare with a cold.

GENERAL ACHES. In flu, aches are usual and often severe; in a cold, they're slight.

FATIGUE. Fatigue is extreme in flu and can last two to three weeks; a cold leaves you mildly fatigued.

RUNNY NOSE. Sometimes you'll have a runny nose with flu, but it's common with a cold.

SORE THROAT. A sore throat sometimes accompanies flu; it's a common symptom of a cold.

COUGH. It's common with flu and can become severe; a cold brings a mild to moderate hacking cough.

This insidious virus might better be called the beast of a thousand faces. Although there are just three main types (influenza A, B, and C), they have unlimited ability to mutate into different forms. So while it's true that a bout with one strain gives you immunity to that particular virus, its mutant offspring can lay you low next year - or even later this season.

Is there no escape? It depends. Yes, there are some precautions you can take to lessen future susceptibility (see "Outsmart the Flu Bug" on page 272). But no, when the flu's got you in its clutches, you're down for the count.

If you're counting on antibiotics for relief, you're out of luck. That's because the flu is a viral infection, and antibiotics simply can't kill viruses. The best you can do is ease your misery. Here's how:

STAY HOME. The flu is a very infectious disease that spreads like wildfire, says Pascal James Imperato, M.D., professor and chairman of the Department of Preventive Medicine and Community Health at the State University of New York Health Science Centre at Brooklyn College of Medicine. So don't be a workaholic or a martyr. Stay home from work--and anywhere else -- until at least one day after your temperature has returned to normal. And keep your children home from school until they have fully recovered.

GET SOME REST! You shouldn't have much trouble following this advice, since you're probably too sick to do much else. Bed rest is essential, says Dr. Imperato, because it lets your body put its energy into combating the flu infection. Being active while you're still quite ill weakens your defenses and leaves you open to possible complications.

DRINK UP. Liquids are especially important if you have a fever because dehydration can occur. In addition, fluids can provide needed nutrients when you're sick to eat. Thin soups are good, as are fruit and vegetable juices. Nutrition counselor Eleonore Blaurock-Busch, Ph.D., president of Trace Minerals International in Boulder, Colorado, favors beet juice and carrot juice, both of which are rich in vitamins and minerals.

Jay Swelberg, M.D., an associate professor of family practice at the University of Wyoming College of Health Sciences, recommends that you dilute fruit juice half and half with water. "A little sugar provides necessary glucose, but too much can cause diarrhea when you're ill," he says. "Also dilute ginger ale and other sugar-sweetened soft drinks. And allow them to go flat before drinking because their bubbles can create gas in the stomach and make you more nauseated."

REACH FOR PAIN RELIEF. Aspirin, acetaminophen, or ibuprofen can reduce the fever, headache, and body aches that so often accompany the flu. Take two tablets every 4 hours, says Virginia corporate-health consultant Donald Vickery, M.D., an assistant clinical professor at Georgetown University School of Medicine. Because symptoms are often most pronounced in the afternoon and evening, he says, take the medication regularly over this period.

DO NOT GIVE ASPIRIN TO CHILDREN. Be sure not to give aspirin or medications that contain aspirin to anyone under 21 who has the flu, says epidemiologist Suzanne Gaventa of the Centres for Disease Control in Atlanta, Georgia. Studies have shown that aspirin increases a flu-stricken child's risk of developing Reye's syndrome, a life-threatening neurological illness. Give children acetaminophen as directed by your doctor.

THINK TWICE ABOUT OTHER DRUGS. Over-the-counter cold medicines might give you some temporary relief of symptoms, says Dr. Imperato. Those with antihistamines, for instance, can dry up a runny nose. But be careful - these drugs may suppress your symptoms to the point where you have a false sense of recovering. Prematurely resuming your normal activities can bring on a relapse of trigger serious complication.

GARGLE WITH SALT WATER. A sore or scratchy throat is apt to accompany the flu. Get some relief - and wash out any secretions that are collecting in your throat - by gargling with a salt-water solution, says Philadelphia, Pennsylvania, nurse clinician Mary Ann Pane, R.N. Dissolve 1 teaspoon of salt in 1 pint of warm water. This concentration approximates the pH level of body tissues and is very soothing, she says. Use as often as needed, but try not to swallow the liquid because it's so high in sodium.

DO SOMETHING SWEET. Sucking on hard candy and lozenges can also keep your throat moist so it will feel better, says Pane. In addition, these products contain calories that your body can use at a time when you're probably not eating much.

HUMIDIFY THE AIR. Raising the humidity of your bedroom will help reduce the discomfort of a cough, sore throat, or dry nasal passages. "A humidifier or vaporizer may also be helpful if there is chest congestion or nasal stuffiness," says Calvin Thrash, M.D., founder of Uchee Pines Institute, a nonprofit health education facility in Seale, Alabama.

PAMPER YOUR NOSE. If you've been blowing your nose a lot, it's probably pretty sore. So lubricate your nostrils frequently to decrease irritation, says Pane. A product such as K-Y Jelly is preferable to petroleum jelly, which dries out quickly.

TAKE SOME HEAT. One characteristic of the flu is tired, achy muscles. Warm them and ease their pain with a heating pad, says Pane.

WARM YOUR FEET. Soaking your feet in hot water may help if you have a headache or nasal congestion, says Dr. Thrash.

BREATHE FRESH AIR. Make sure your sickroom has a good supply of fresh air at all times, says Dr. Thrash. But avoid a draft. And prevent chills by using warm, close-fitting bedclothes.

GET RUBBED THE RIGHT WAY. A back rub may help activate the immune system to fight the flu, says Dr. Thrash. And it's very comforting.

EAT LIGHTLY AND WISELY. During the worst phase of the flu, you probably won't have an appetite at all. But when you're ready to make the transition from liquids to more substantial fare, put the emphasis on bland, starchy foods, says Dr. Swedberg. "Dry toast is fine. So are bananas, applesauce, cottage cheese, boiled rice, rice pudding, cooked cereal, and baked potatoes, which could be topped with yogurt." For a refreshing dessert, peel and freeze very ripe bananas, then puree them in a food processor.

MEDICAL ALERT

DON'T UNDERESTIMATE THE FLU

Influenza can be as deadly today as it was in 1918, when the Spanish flu killed over 20 million people worldwide. So, advises Pascal James Imperato, M.D., see doctor if:

- Your voice becomes hoarse.
- You develop pains in your chest. ;
- You have difficulty breathing.
- You start bringing up yellow - or green colored phlegm.

Also be aware that prolonged vomiting can lead to dehydration, which is especially serious in the very young and in the elderly people, says Mary Ann Pane, R.N. And abdominal pain can be the sign of another problem, such as appendicitis. If the pain or vomiting don't subside after a day, see a doctor.

OUTSMART THE FLU BUG

Individual immunity and the particular strain of flu virus circulating in a given year play a large role in determining who will knuckle under to the flu. Still, there are steps you can take to reduce your susceptibility to this virulent bug.

GET A FLU SHOT Every year, scientists develop a vaccine against the most recently circulating strain of the virus. "So the best thing you can do to protect yourself against flu is to be vaccinated in the fall or very early winter," says epidemiologist Suzanne Gaventa. She particularly advises shots for residents of nursing homes, those with chronic conditions such as heart or lung disease, anyone over 65, and most medical personnel.

In cases where the shot doesn't prevent the flu, it considerably lessens the disease's severity. Don't wait until the flu's in town before acting, because the vaccine takes about two weeks to work. And don't get a flu shot at all if you're allergic to eggs-the vaccine is made from them.

AVOID CROWDS Because the virus spreads easily, stay away from movies, theatres, shopping centres, and other crowded places during an epidemic, says Pascal James Imperato, M.D. And keep your distance from people who are sneezing or coughing, even if it means getting off an elevator or giving up a seat on the bus.

COME IN FROM THE COLD Prolonged exposure to wet and cold weather lowers your resistance and increases your risk of infection.

GIVE UP BAD HABITS Smoking and alcohol can also impair your resistance. Smoking, in particular, injures the respiratory tract and makes you more susceptible to the flu, Dr. Imperato says.

KISS AT YOUR OWN RISK Kissing is one of the most efficient ways for the flu to spread. And just sleeping in the same room with a sick spouse is asking for trouble. So, if possible, move to another room for the duration, he advises.

KEEP UP YOUR STRENGTH Don't get tired or run-down. Paint the living room, clean the attic, or build a basement playroom some other time, not during the flu season.

PANEL OF ADVISERS

Eleonor Blaurock-Bush, Ph.D. is president and director of Trace Minerals International, Inc., a Clinical chemistry laboratory in Boulder, Colorado. She is also a nutrition counsellor specializing in the treatment of allergy and chronic diseases at the Alpine Chiropractic Centre there, and is the author of **THE NO-DRUGS GUIDE TO BETTER HEALTH**.

Suzanne Gaventa, is an epidemiologist in the Division of Viral Diseases of the Centres for Disease Control in Atlanta, Georgia.

Thomas Gossel, Ph.D. is a professor of pharmacology and toxicology at Ohio Northern University in Ada and chairman of the university's Department of Pharmacology and Biomedical Sciences. He is an expert on over the counter products.

By the editors of **PREVENTION MAGAZINE HEALTH BOOKS**.

RESIDENTS, GROUPS AND ORGANIZATIONS

The Heritage Research Project is still excepting donations towards the printing of the pamphlet and brochure.

The purpose of this pamphlet and brochure is to enhance the knowledge of all residents of the Reserve, people in the surrounding community and tourists that visit here every summer.

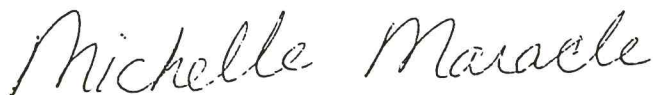
If anyone would like more information on the Heritage Research Project Brochure and pamphlet. Feel free to contact **MICHELLE OR MAY** at the Mohawk Administration Office.

396-3424

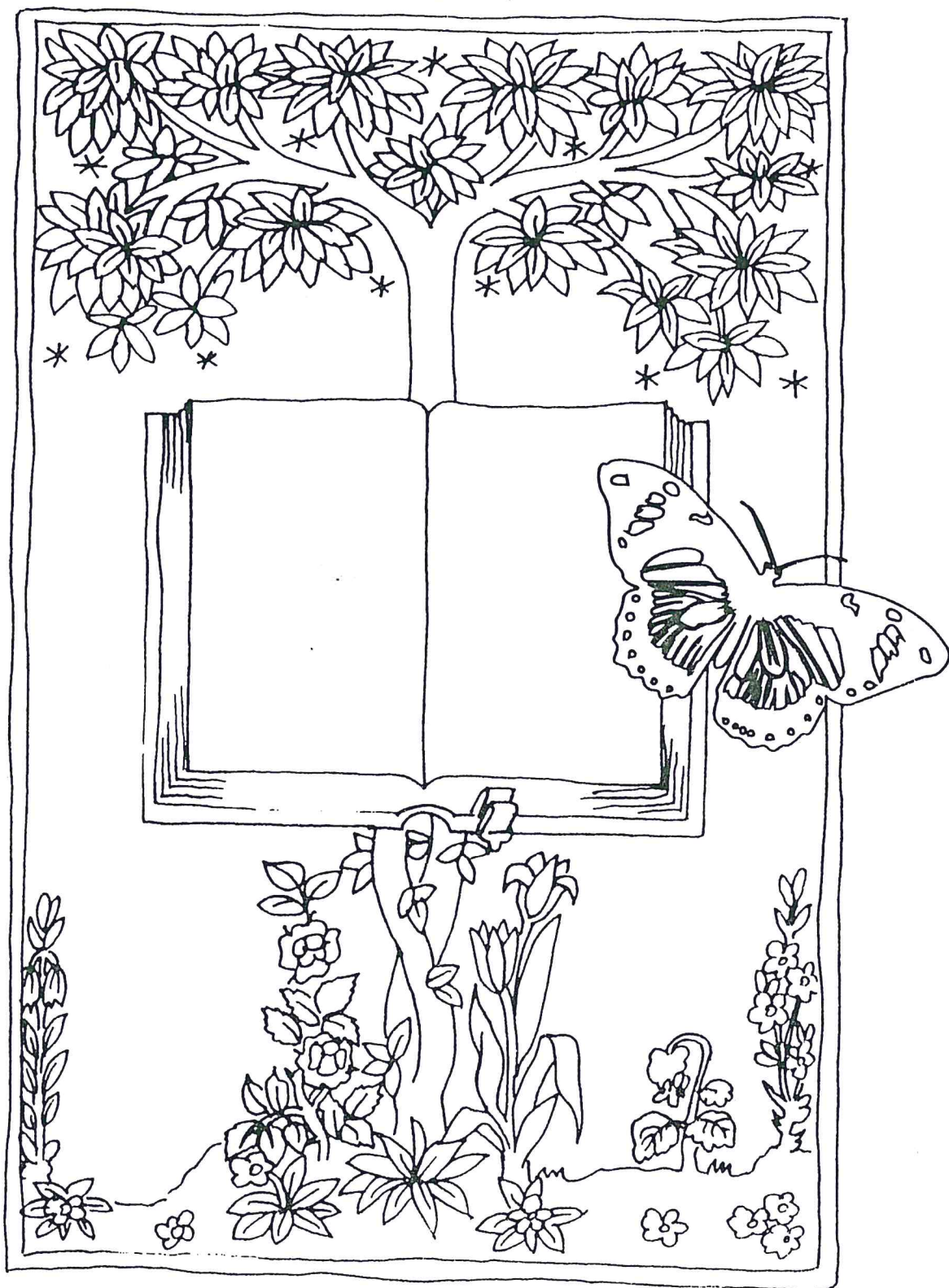
**WE ARE HOPEFUL THAT INTERESTED COMMUNITY ORGANIZATIONS WILL
CONSIDER MAKING A DONATION TOWARD THIS PROJECT.**

THANK YOU FOR YOUR CO-OPERATION !!!!!

SINCERELY,

A handwritten signature in cursive script that reads "Michelle Maracle".

**MICHELLE MARACLE
HERITAGE PROGRAM, PROJECT MANAGER**

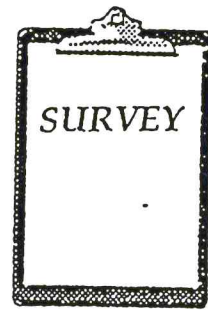


Libraries:

for the environment

ONTARIO PUBLIC LIBRARY WEEK

OCTOBER 14-20, 1991



" MOMENTUM IS BUILDING "

The Survey covering the entire territory is proceeding, but not as quickly as we would like. With a little more than two months to go we need to reach every household and hopefully every adult in the territory. We suspect that with both adults in the average family working many people are not easily contacted.

As well, some residents believe that the survey interview must take place at home and will take two hours. **NOT SO!** We can interview you at work (in the territory) and the average time to complete an interview is less than **45 minutes**. If you have an unlisted phone number or no telephone, call us or drop in and set up a time to give us your opinions. We are available on **MONDAYS AND FRIDAYS AT F.N.T.I. at 396-2122.**

Remember, your opinions can help shape the Future of our community. This survey will provide information for the capital needs study and can assist man of our service agencies in understanding our needs.

'REMEMBER, THE FUTURE IS NOT A PLACE WHERE WE ARE GOING, IT IS A PLACE WE ARE CREATING.'

THE INTERVIEWERS

SCOTT MARACLE
ALANNA MARACLE

EVELYNE MARACLE
WENDY MARACLE

TRANSITION

*Ere long history will record
With judicial absolution
The story of the natives
Of their cultural revolution.*

*When others came to these beautiful shores
They found the land of milk and honey
Alas, for them, they also seen
"Heathens" here aplenty.*

*Greeted by these natives
With welcome to our abode,
We'll share with you our land,
Our medicine and our food."*

*The key word here was share
Which they didn't understand.
For years the natives got contempt
While the others got their land.*

*The natives straight away was told
They had to give up their religion,
They had to learn the "Christian way"
To ever get to heaven.*

*They gave up a ... a lot of things
To their credit, they accepted Christ
They understood spiritually,
They lived it, everyday of life.*

*Their sacred pipe, their ceremonial dance
All a longtime gone...except
Whenever a native "passed away"
Friends still sang his spirit home.*

*One wonders, why it took so long
For christians, to accept the native way.
When we understand our Creators teachings,
We know each Prophet has His Day.*

*This is the Day of Justice
We will see what it bestows
On the latent, smouldering hurt
Of the collective native soul.*

Jacqueline E. Brant

KENTE HORSESHOE LEAGUE



Kente Horseshoe League Playoffs were held on SATURDAY, SEPT. 14 AT 12:00 NOON and these are the results of the playoffs.

OVERALL LEAGUE TROPHY

BIG O'S

"A" CHAMPS

TYENDINAGA HOME IMPROVEMENTS

"B" CHAMPS

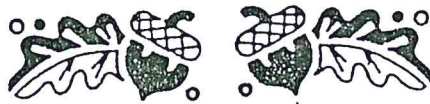
WHALEN'S SAND & GRAVEL

"C" CHAMPS

LEGION 2



CONGRATULATIONS TO ALL THE WINNERS !



Thank You

Loretta Bernhardt would like to Thank Friends & Family who had attended her 82nd Birthday Bash.

Your thoughtfulness, gifts of money and cards were greatly appreciated.

I LOVE YOU ALL !!!



MOHAWK PENTECOSTAL CHURCH



We CARE about you!!!!

Why not drop in for a church service with us.



WEEKLY EVENTS

SUNDAY SCHOOL - 10 AM - For ALL ages!!!
 SUNDAY SERVICE - 11 AM - Worship God together!
 SUNDAY PRAYER - 6 PM - Come expecting of God!
 SUNDAY SERVICE - 6:30 PM - Praise & Worship!

WEDNESDAY

6:30 PM - "Kid's Bible Klub" - ages 5-11 - FUN
 7:30 PM - Prayer & Bible study time.....

FRIDAY - 7:00 PM - "RADICAL YOUTH" (age 12-20)

SATURDAY - 7:30 PM - Prayer time for our reserve!!!!

OCTOBER'S EVENTS

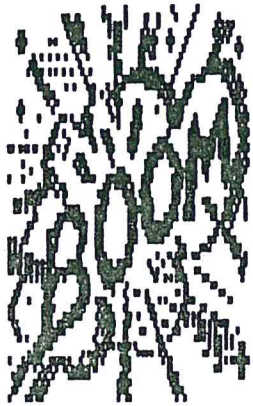
DON'T FORGET! The school BUS is running again to pick up all those coming to Sunday School...WATCH FOR IT!

OCT. 13th - Special "THANKSGIVING" service. Come on out & thank our CREATOR for the "Harvest".

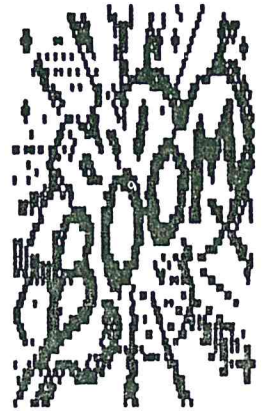
OCT. 27th - A special musical presentation by the 22 voice "CHOIR" of the NATIONAL NATIVE BIBLE COLLEGE!

MOHAWK PENTECOSTAL CHURCH

Pastor - Rev. Russell G. Bates - 396-5329



KID'S BIBLE KLUB



AT
MOHAWK PENTECOSTAL CHURCH
WEDNESDAY'S AT 6:30 P.M.

DON'T BE SAD

If you missed the first night of KBK, don't worry there are more yet to come. WE MEET EVERY WEDNESDAY NIGHT AT 6:30 P.M.

AND KID'S.....DON'T FORGET! We are starting a contest on OCTOBER 2, so you STILL HAVE TIME TO REGISTER TO BE A MEMBER OF THE "KBK".



SO COME ON OUT

TO THE

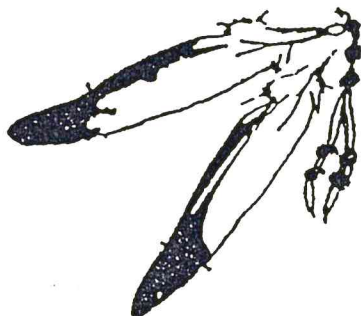
MOHAWK PENTECOSTAL CHURCH



WED NIGHTS AT 6:30 PM

POTLUCK DINNER

&



SOCIAL

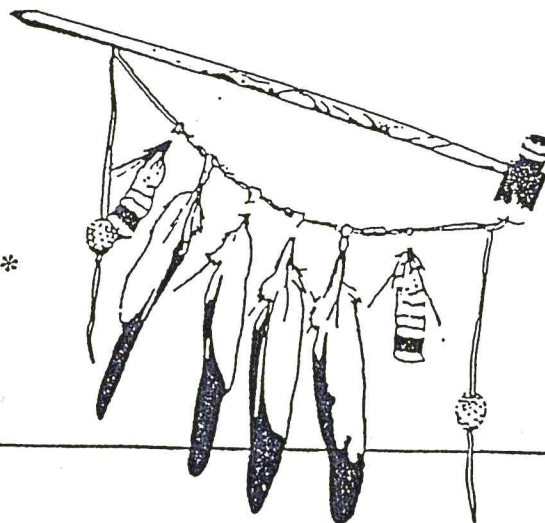
THURSDAY, OCTOBER 10TH

POTLUCK DINNER 6:00 P.M.

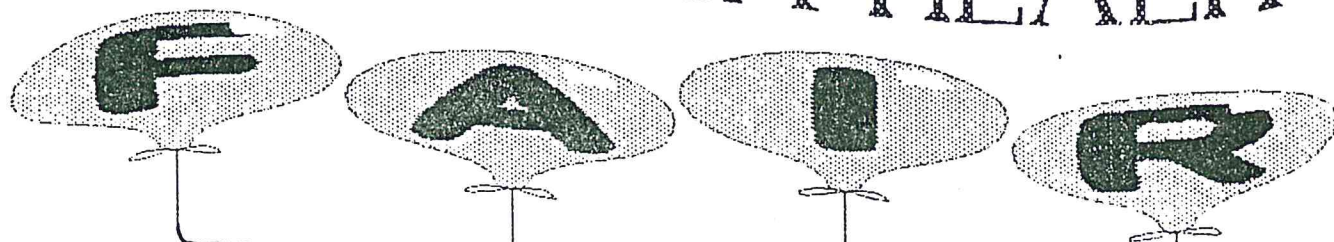
SOCIAL 7:00 P.M.

MOHAWK COMMUNITY CENTRE

**** BRING YOUR FEAST BASKETS ****



TYENDINAGA HEALTH



The Annual Health Fair will be held:

OCTOBER 3RD, 12:00 - 8:00 P.M.

QUINTE MOHAWK SCHOOL

Consideration for the General Public was one of the Major factors in planning this event.

Hours have been extended until 8:00 P.M. to enable and encourage more people to come out and visit our 30 Various Displays.

THESE DISPLAYS WILL PROMOTE SUCH AREAS AS:

**CANADIAN HEARING SOCIETY
NATIVE DRUG AND ALCOHOL INFORMATION
BREAST SCREENING CLINIC
DONCASTER HOME HEALTH CARE CENTRE
INDIAN AGRICULTURAL PROGRAM
IDENT-A-KID, ETC.**



Help your Health Centre make this a successful event by making a commitment to bring your family to view and seek available information.

**SENIORS NEEDING TRANSPORTATION
TO HEALTH FAIR PLEASE CALL:
CINDY MARACLE
396-3424**

NOTICE

Thayendanega Health Centre Staff will be available for

Blood Pressure and Blood Sugar Testing

at the new facility

on the following days:

Tuesday, October 8th 9:00 a.m. - 12:00 p.m.

Thursday, October 10th 1:30 p.m. - 4:00 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 at 396-3424 before October 4th.

IDENT-A-KID



Attached is a sample of the Ident-a-Kid form which will be available at the Health Fair this year.

This is the only form that will have your child's fingerprints on it. The form will be returned to you for safe keeping and future reference. NO INFORMATION WILL BE RETAINED BY ANY PARTY OTHER THAN PARENTS OR GUARDIANS.

This clinic will be available throughout the day, from 12:00 to 8:00 p.m. Consent forms will be available for families attending the Health Fair.

If you wish your child to participate during school hours, you should contact the Health Centre with a verbal consent. Completed forms will then be sent home with your child.

If you have any questions regarding this procedure, please contact Bev Hill, C.H.R., at 967-3603.



ROYAL CANADIAN AIR FORCE ASSOCIATION

418 BELLEVILLE WING

Last Name			First			Middle						
Street			City			Province		Postal Code				
Sex	M	F	Ethnic Origin			Skin Tone	Light	Med.	Dark	Height	Ft.	In.
Date of Birth		Mo.	Day	Yr.	Age	Social Insurance No.						

1 RIGHT THUMB	2 RIGHT INDEX	3 RIGHT MIDDLE	4 RIGHT RING	5 RIGHT LITTLE
6 LEFT THUMB	7 LEFT INDEX	8 LEFT MIDDLE	9 LEFT RING	10 LEFT LITTLE

LEFT FINGERS TOGETHER

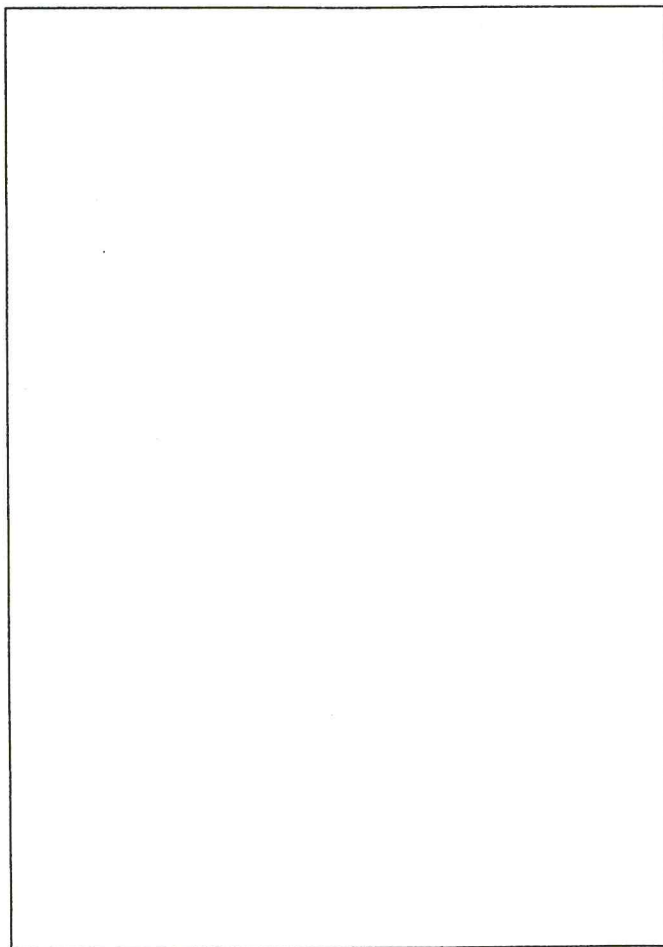
THUMBS

RIGHT FINGERS TOGETHER

IMPORTANT

This card should be kept in a safe place and should this youngster become missing or otherwise, you will have it to give to the authorities to possibly help in locating him/her.

ENSURE INFORMATION MATCHES CURRENT PICTURE



DATE _____

Residence _____

Place of Birth _____

Nationality _____

Age _____ Date of Birth _____

Height _____ Comp. _____ Hair _____

Weight _____ Eyes _____ Build _____

Identifying Marks _____

Glasses _____

ANY ADDITIONAL IDENTIFYING INFORMATION

MOHAWK WOMEN'S GUILD



**** TEA AND BAZZAR ****



SATURDAY OCT. 26, 1991

1:00 P.M. - 3:30 P.M.

QUEEN ANN PARISH CENTRE



COMITÉ INDIGÈNE 500COMMITTEE
MEMBERS:*Assembly of First Nations**Native Council of Canada**Inuit Tapirisat of Canada**National Metis Council**National Association of
Friendship Centres**Native Women's Association
of Canada**Indian and Inuit Nurses
of Canada*ADVISORY
MEMBERS:

UNESCO

*International Centre for
Human Rights and
Democratic Development**World Council of
Indigenous Peoples*

Indigenous 500 Committee

COMITÉ INDÍGENA 500

August 19, 1991

To All Non-Governmental
Organizations,Re: International Indigenous Beyond 500 Years
Conference, "Strengthening the Spirit", Nov. 10-14,
1991 in Ottawa - Hull

For the past several months now, the Indigenous 500 Committee, representing eight national aboriginal organizations of Canada (including the newest member, the National Association of Cultural Education Centres which joined in June) has been contacting various non-governmental organizations, including religious institutions and other support groups, in regard to our upcoming "Strengthening the Spirit" conference. Plans are now beginning to solidify, although we would feel much more confident if funding for the conference were to keep pace.

In order to hold this significant conference for the Indigenous Peoples of the Americas, we have been seeking funding from various government and non-governmental sources. Our peoples need an opportunity to discuss issues that have arisen since the arrival of Europeans to our continents 500 years ago. And we are inviting the indigenous leadership of North, South and Central America as well as the Caribbean to set this discussion in motion.

Once gathered for the November conference, the representatives of these organizations will initiate an ongoing discussion on a number of issues, many of which are held as matters of concern by the non-governmental organization community. Examples of topics planned for the indigenous working groups include: Indigenous women and colonization; health issues; self-determination; how to change relationships with nation-state governments; environment; and, solidarity in indigenous development issues.

We believe it would be important for non-governmental organizations to attend the Strengthening the Spirit conference, and have opened up the conference to your organizations.

2

Our conference's NGO working group--the only one open to non-indigenous participants (although observers will be invited to attend all working groups)--will deal exclusively with issues of concern for both NGOs and Indigenous Peoples. This includes development, the environment, spirituality, human rights and solidarity.

The Indigenous 500 Committee believes that these discussions, along with those to be carried out by the indigenous working groups, will provide your organizations with additional touchstones for cooperative activities with indigenous organizations and communities in the future. Furthermore, the conference will provide all who attend with a first hand view of indigenous issues--from those with a mandate from their peoples to discuss them and to follow up on them in the 1992 conference in Mexico which is linked to this process.

Already close to 100 invitations have been sent by the Indigenous 500 Committee for the 1991 conference in Canada to leaders of national and regional indigenous organizations in the Caribbean, South and Central America. Having begun there, we are now extending invitations to indigenous organizations in the U.S. and Canada.

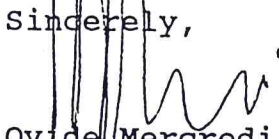
In order to have the best representation from the South possible, we must pay to bring in this delegation of 100 people. We will also be funding an important delegation of women, youth and elders from Canada. In total, our cost just for transportation, accommodation and food will run to, approximately, \$395,000.

While we expect federal and provincial sources to partially fund the indigenous participation, we are still hoping to obtain funds to assist in paying for the participation of these delegates and such on-site costs as printing, telephone and fax, translation, equipment rental and so on. Up to now, we have received funding from a few NGOs only. Oxfam donated \$3,000, the World Council of Churches gave \$3,500 and the International Centre for Human Rights and Democratic Development, \$100,000. But, in order to ensure that costs will be covered we must ask non-governmental organizations, including religious institutions, to contribute financially to these costs.

We believe that a real agenda for change will be developed through this process. For these reasons, and many others, we continue to request financial assistance from the NGO community. We hope we can count on the assistance of your organization.

Should you need any additional information on the conference or its funding, please contact our Coordinator, Louise Labrie, at (613) 236-0673. Should your organization be interested in attending the conference either as a delegate or observer, you can also contact Rodrigo Contreras, Program Officer for the World Council of Indigenous Peoples, at (613) 230-9030.

Sincerely,



Ovide Mercredi,
Chairman and National Chief
Assembly of First Nations

Indigenous Peoples Support Network

500 YEARS OF RESISTANCE AND SURVIVAL

Recovery not 'Discovery'

"For First Nations to celebrate the near destruction of our culture and identity would be insane."
- Assembly of First Nations

During the next year (1992), many international organizations and governments, including the government of Canada, will celebrate the 500th anniversary of the so-called 'discovery' of America by Christopher Columbus. Others will take the opportunity to condemn the same historical event as one which brought domination and disaster to the original inhabitants of this land.

OXFAM-Canada (Southwestern Ontario) is in the process of establishing the Indigenous Peoples Support Network, an information/support network intended to increase and make more effective the links between indigenous and non-indigenous and individuals. Through this network and in cooperation with First Nations organizations, we will attempt to coordinate the various campaigns, boycotts and media activities being planned for Ontario by the Assembly of First Nations, the World Council of Indigenous Peoples and other indigenous organizations for 1992.

If you or your organization would like to be a part of this network and:

- receive information about the events being planned for 1992;
- share information and ideas with other NGO's, labour, churches, women's groups and indigenous support groups on issues of concern to the First Nations and indigenous peoples internationally;
- share information with indigenous organization in Canada and internationally on how best to support their initiatives and be more receptive to their needs;

PLEASE FILL OUT AND MAIL IN THE FORM BELOW

NAME: _____

ORGANIZATION: _____

ADDRESS: _____

CITY: _____ PROVINCE: _____

POSTAL CODE: _____ TELEPHONE NUMBER: _____

Enclosed is my donation to help support the NETWORK \$ _____

oxfam CANADA

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J8X 2W3
TÉL.: (819) 778-0141

YOU ARE CORDIALLY INVITED TO ATTEND THE NATIVES LIVING OFF THE
RESERVATION FALL 1991 ARTS AND CRAFTS EXHIBITION AND SALE.

DATE: OCTOBER 19 & 20, 1991 (SAT. & SUN.)

TIME: 9 A.M. TO 9 P.M.

PLACE: THE HULL ARMOURY

188 BLVD. TACHE

HULL, QUEBEC. (3 BLOCKS FROM INDIAN AFFAIRS)

ESTIMATED ATTENDANCE AT THE EXHIBITION IS BETWEEN 20 & 30 THOUSAND
PERSONS. ARE AVAILABLE 110 BOOTHS. 8'x 8'. THE REGISTRATION FEE IS
\$25.00 PAYABLE IN ADVANCE OR ON ARRIVAL.

ALL EXHIBITS MUST BE HAND PRODUCED BY NATIVE PEOPLE; THESE INCLUDE
PAINTINGS, PHOTOGRAPHIC EXHIBITS, CRAFT WORK OF ALL KIND. ALSO ANY
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HULL, QUÉBEC
J8X 2W3
TÉL.: (819) 778-0141

REGISTRATION FORM

NAME: _____

RESERVATION/ADDRESS: _____

TELEPHONE #: _____

TYPE OF ARTS & CRAFTS TO EXHIBITED: _____

REGISTRATION FEE: ENCLOSED ____

PAYABLE ON ARRIVAL ____

SIGNATURE: _____

PLEASE COMPLETE AND RETURN THIS FORM SENT TO THE ATTENTION OF :

BOB AUGER
81 EDDY ST.
HULL QUEBEC.
J8X 2W3

PLEASE STATE THE RESERVATION YOUR FROM AND
CONFIRMATION ACCEPTED BY COLLECT CALL: (819) 778-0141

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ASK FOR CARTER MARACLE

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- Both in EXCELLENT CONDITION.

\$2100.00 FOR BOTH

CALL: 968-8397

*Happy
Birthday!*

*RANDY BRANT
SEPT. 12*

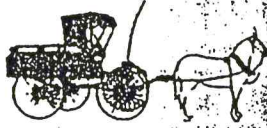


*from
CINDY*

**** DEADLINE ****

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

**MON. OCT. 7
AT NOON
396-3424**

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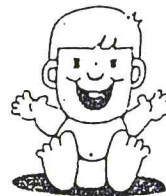
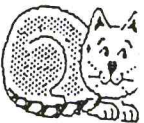
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NEWS

YOUR WATER IS NOT

...39

PURE SWEET ?

WHY ?

You have no treatment equipment.

You have equipment but still do not have PURE SWEET WATER.

Your water SMELLS leaving your fixtures BROWN and BLACK.

You can't stand the SMELL.

You have BACTERIAL CONTAMINATION and cannot drink the water.

Your water is very HARD and your clothes just will not come out white.

THERE IS A GUARANTEED ANSWER TO THESE PROBLEMS

You need what many people on the Tyendinaga Territory have.

A guaranteed PURE SWEET WATER SYSTEM.

DO NOT SETTLE FOR LESS

YOU DESERVE PURE SWEET WATER

FOR YOUR FREE WATER ANALYSIS

CALL PURE SWEET WATER CO. TODAY - YOU'LL BE GLAD YOU DID

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