

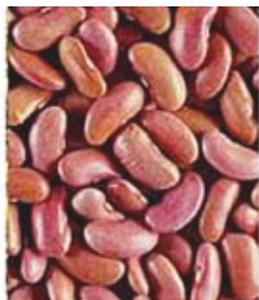


ONKWARIHWA'SHÓN:'A



The Issues and Business Affairs of Today, Which Affect Our People

NEWSLETTER OF THE MOHAWK COUNCIL OF KAHNAWÀ:KE



The Fall Kahnenna'ké:ne EDITION...



WHAT'S INSIDE...

HARVEST FAIR

NEW DECISION MAKING PROCESS

100TH ANNIVERSARY

HARVEST STORY



Performance to deliver process	Phase 1: Consultation	Phase 2: Research/Development	Phase 3: Decision Making
Identify/Completion	Community consultation based on survey	MOCK community hearing	Community hearing
Complete/Strategy/Facts/Identify all	MOCK community hearing	MOCK community hearing	MOCK community hearing
Draft/Identify New	MOCK community hearing	MOCK community hearing	MOCK community hearing



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WATKWANONHWERÁ:TON

by Sondra Karahkwenhá:wi Cross

Once again, change has come with the season as the cold is coming slowly but surely.

The leaves are falling, the frost has come, harvest is here, and halloween has come and gone.

This season, our newsletter includes articles reflecting the season such as a collage from the Annual Harvest Fair, Winterizing Your Garden & Your Home also featuring the New Community Decision Making Process, a Collage from the Quebec Bridge 100th Anniversary just to name a few.

Aiá:wens kí:ken tsi niwakénhnes ne aiesewata'kari:take tánon skén:nen ahsanonhtonniónhake.

Sewatate'nikónrarak tánon sewate'nikonhró:ri kí:ken tsi niwakénhnes.



Ó:nen
Kannenna'ké:ne
ia'káhewe
fall
is here



visit the new

KAHNAWAKE.COM

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...and **MORE!**

ONKWAHÓNTSA WATENÍHEN SEIGNEURY OF SAULT ST. LOUIS

by David Lahache

Another phase of community consultations on the Seigneury of Sault St. Louis land grievance is underway.

In mid-October, the MCK hired a group of Kahnawá:kehró:non to undertake this important project. They have been given the task to provide community members with an update on the Seigneury file, as well as, listen to any feedback and solicit comments or suggestions they may have on our outstanding land grievance. The Seigneury Community Consultation Group is headed up by Trina Skye-Norton. The other members of the group include, Melvin Diabo, Valerie Delisle, Peter Taylor and Karlie Goodleaf.

Over the next few months, they will be very visible within the community, using various methods to contact Kahnawá:kehró:non.

At the end of February 2008, The Seigneury Community Consultation Group will compile its findings into a report, which will be presented to Chief and Council. That report will play an important role as Kahnawá:ke enters the political phase of the negotiation process, and as well as provide direction and strategy for the Seigneury Technical Team and MCK.

All Kahnawá:kehró:non are being urged to participate in this consultation process.

Other Seigneury Tidbits:

September Update

Chuck Strahl, the newly appointed Minister of Indian Affairs, was in Kahnawá:ke on September 21, for a groundbreaking ceremony at the site of the new Kahnawá:ke Survival School. Mr. Strahl also met with Chief and Council to discuss several important issues, including the Seigneury of Sault

St. Louis. The Minister was given a brief tour of some of our Seigneury lands.

John Lemeiux, the new Chief Federal Negotiator on the Seigneury file met with Grand Chief Mike Delisle Jr, to discuss several important issues, including a different approach on how this file should be negotiated.

October Update

On October 12, Mr. Lemeiux was back in Kahnawá:ke for a meeting with members of the Seigneury Team and Grand Chief Mike Delisle Jr. Mr. Lemeiux was given a brief tour of the community, as well as some of the surrounding communities located within Kahnawá:ke's Seigneury lands.

The Seigneury Technical Team, along with Grand Chief Mike Delisle Jr., met with a group of elders at the Turtle Bay Elders lodge on October 17. The gathering began with a nice lunch, and discussions soon got underway. Other such meetings will be held in the future, as the Grand Chief assured our elders that they will be kept up to date on the file, and that their input, knowledge and history play an important part in the negotiation phase. Kahnawá:ke now enters the political phase of the negotiation process, and will provide direction and strategy for the Seigneury Technical Team and MCK. All Kahnawá:kehró:non are being urged to participate in this consultation process.



If you would like more information, please contact Trina Skye-Norton, coordinator of the Seigneury Consultation Group at 514-588-8368.

HARVEST FAIR

STAY INFORMED!

Stay Informed on the latest MCK News updated daily.
Make us your 1st Source for MCK Information!



Call the Info Line at
(450) 632-9595

or

Sign up for the Mass Mailing List online at:
www.kahnawake.com

ÉNSKA NE TSÓHSERA KAIENTHÓHKWEN NIKAHÁ:WI WATERIHWÁ'TENTIÀ:TON "AHSÉN NIKONTENÖ:SEN"

THE ANNUAL THREE SISTERS HEALTH AND HARVEST FAIR



The Harvest fair was a huge success with high attendance, the best ever in approx. 15 years.

The Independent Living Centre was the fundraising organization at the Door. They were raising funds for field trips and activities such as their Christmas party.

The Kahnawake Singing Society provided a traditional lunch, fundraising for a trip to a "sing" they will be attending shortly.



The EcoMuseum was present to do a *Species at Risk* presentation with live animals that was a hit with the kids



HARVEST FAIR

ĒNSKA NE TSÓHSERA KAIENTHÓHKWEN NIKAHÁ:WI WATERIHWÁ'TENTIÀ:TON "ÁHSEN NIKONTENŌ:SEN"

THE ANNUAL THREE SISTERS HEALTH AND HARVEST FAIR

Various craft vendors were present to display their creations.



Homemade jams, salsa, ketchup, and preserves of all sorts.



Corn, Beans and Squash, along with many other fresh fruits and vegetables from the Jardins Bio-Santé.



Tons of baked goods such as muffins, cookies, pies, cakes, breads, and unique creations by our talented Kahnawake'hró:non.

NEW DECISION MAKING PROCESS

NEW COMMUNITY DECISION MAKING PROCESS ON THE WAY

by Joe Delaronde

Over the past several months, community members were given several glimpses of the future of Kahnawá:ke's way of making decisions and creating laws.

A group of Chiefs and technicians were given the mandate from the Council Table to move forward with this ambitious project. The Interim Legislative Coordinating Committee has been slowly building community awareness. The new process (for the time being, simply called the "Community Decision Making Process") will see the community involved every step of the way, not just in the consultation phase. Kahnawa'kehrónon will have the opportunity to actually propose new laws; it will no longer be the sole domain of Chief and Council.

Because of its importance – and because it will obviously take time for everyone to get used to the process – the Committee will hold a so-called Mock Session of the **Community Decision Making Process on Wednesday, November 21st, which will be held at the Peacekeepers Community Room from 9am to 3pm (with lunch included).**

The Committee hopes to have between 30 – 50 community members participating in the Mock Session. Anyone wishing to take part is being asked to contact either **Caroline McComber at the MCK offices (450-632-7500)**. Additionally, the Committee will actively recruit community members in an attempt to gather people of different backgrounds, interests, ages, political beliefs, etc.

"For years the community has said it wants a direct say in how laws are developed," said Chief John Dee Delormier. "Even though this is going to be a practice session, it could be one of the most important events in recent history in terms of how this community makes important decisions."

The Mock Session will use a non-existent law as a basis for discussion (such as "Should the community have a law disallowing cell-phone use while driving?"). Those participating will be seated in Clans, though it should be noted that one does not need a Clan to take part.

The Mock Session takes on added importance when one realizes that the first law to use the process is scheduled for early in 2008.

(TYPE I PROCESS) LAWS OF GENERAL APPLICATION OR LAWS THAT AFFECT THE ENTIRE COMMUNITY OF KAHNAWÁ:KE

by Linda Delormier

1) PREPARATION AND RESEARCH TO INITIATE PROCESS

2) PHASE I

PURPOSE: Information dissemination. Determine need for proposed law.

ACTIVITY: Community Consultation, Community Hearing, Legislative Session

RESULT: Decision to (or not) develop law; Confirm scope, purpose and intent for law; and, identify community representatives.

3) PHASE II

PURPOSE: Planning/Deliberation/Development of the Law.

ACTIVITY: First Reading, Community Consultation, Community Hearing, Legislative Session, Second Reading, Community Consultation, Community Hearing, Legislative Session, Third Reading, Community Consultation, Community Hearing, Legislative Session

RESULT: Three drafts/reading completed. Impact/Operational/Financial requirements developed. Agreement in principle on the law reached.

4) PHASE III

PURPOSE: To approve, sanction or enact the Law.

ACTIVITY: Community Consultation, Community Hearing, Legislative Session

RESULT: Distribute/publish and enact the Law

NOTE:

TYPE II and TYPE III Processes are very similar the Type I Process, but less comprehensive in nature. For further information, please contact Caroline McComber, at caroline.mccomber@mck.ca or 450. 632.7500.

Type II Process: Regulatory Laws or Laws that affect a specific sector or portion of the community.

Type III Process: Fiscal or Administrative Laws.

NEW DECISION MAKING PROCESS

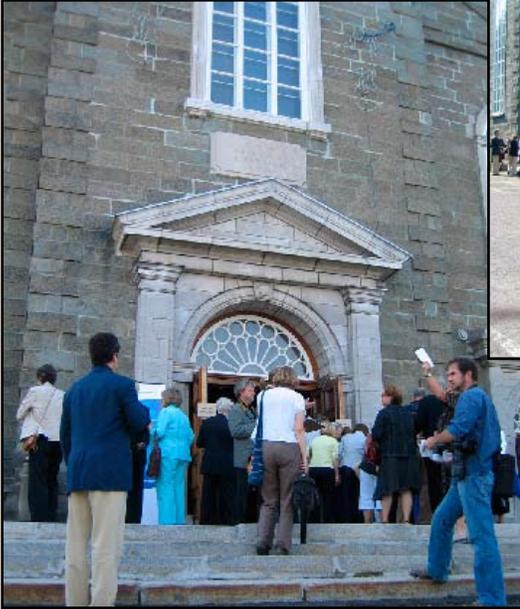
TRANSITIONAL COMMUNITY DECISION MAKING MODEL FLOWCHART (TYPE 1 PROCESS)

Prep/Research to initiate process	Phase 1: Information Dissemination		Phase 2: Planning/ Deliberation/ Development			Phase 3: Approval/ Enactment			
	Community Consultation	Community Hearing	MCK Legislative Session	Community Consultation 1st reading	Community Consultation 2nd reading	Community Consultation 3rd Reading	Community Consultation	Community Hearing	MCK Legislative Session
Issue Introduced	community outreach & invite to hearing	Determine need for law yes/no	Present report to MCK	Community Hearing recap and 1st draft	Community Hearing Budget and 2nd draft	Community Hearing and Implem. and 3rd draft	community outreach & invite to hearing	Final Review of Legislation	Enactment of Law Through MCR
Information Compilation	community outreach & invite to hearing	if yes, scope, purp intent, assign 3	MCK determines priority	MCK Legislative Session	MCK Legislative Session	MCK Legislative Session	community outreach & invite to hearing	Final Review of Legislation	Enactment of Law Through MCR
Compile Statistics Facts, history, etc	if no, stops here	ILCC generates report	ILCC schedules to agenda	ILCC review and revise legislation	ILCC review and revise legislation	ILCC review and revise legislation	community outreach & invite to hearing	Final Review of Legislation	Enactment of Law Through MCR
Draft Briefing Note	ILCC generates report	Legal Review and complete first draft	ILCC schedules to agenda	ILCC review and revise legislation	ILCC review and revise legislation	ILCC review and revise legislation	community outreach & invite to hearing	Final Review of Legislation	Enactment of Law Through MCR

Learn more & Stay informed!
 Mock session on Community Decision Making Process on Wed., Nov. 21st, which will be held at the Peacekeepers Community Room from 9am to 3pm (with lunch included).

QUEBEC BRIDGE 100TH ANNIVERSARY

THONENHÉ:ION 100 NIIHSERÁ:KE TSI NÁHE SHONTÓNHSKWEN'NE NE TIANONTARI:KON THE QUEBEC BRIDGE 100TH ANNIVERSARY



Quebec City Day of Events.



The Anniversary commemoration in Kahnawà:ke started with a parade beginning at the tunnel, including floats from different organizations.



Jimmy Goodleaf climbs the cross to hang the flag.



QUEBEC BRIDGE 100TH ANNIVERSARY

At exactly 5:37 p.m., the time the bridge collapsed 100 years ago, a bell went off while everybody stood in silence. At the same time the MCK granite monument was unveiled.



The ceremony continued with speakers, Rita McComber, Donald Angus, Mike Delisle Jr., Kanien'kéha speakers Tiorakwathe Gilbert, & Akwiratehka Martin. Many descendants were present to place stakes into the ground where trees will be planted to represent the 33 men who passed & the three survivors.



Three ancestors raised the Quebec bridge banner, which was considered to be their last job as ironworkers and their final topping out.



Ó:NEN IEIÓHE AIONTEWEIEN'TÓNNIÓN NE KAHENTÀ:KE IONTSTHÁ'SHÓN:'A PUTTING YOUR TOOLS AWAY FOR THE WINTER

by Alana Kane



Plan your Garden Out

- Before you start your preparations, take a moment to review what worked and did not work in your garden over the past season. Fall is an ideal time to move plants (or remove plants) if you feel that they are not working in their current location.



Choosing Flower Bulbs

- When deciding which type of bulb to purchase, think about timing. Are you looking for color for early spring? Mid-summer? Perhaps you would like several types of bulbs that bloom at different times so that you have color extended throughout spring and summer? Good bulbs should be firm and should not exhibit signs of external damage, such as cracks and deep scratches. Avoid bulbs that are already cracked.
- Bulbs should be planted in the fall (roughly early to mid-October). You want to get the bulbs in the ground about six weeks before the ground starts to freeze.



Cleaning and Storing Tools

- You face a more daunting garden preparation chore in the spring. It's well worth spending some extra time in your garden on a crisp autumn day to snugly tuck-in your garden before winter takes hold.

Fall Community Meeting
Tuesday, November 27 (7 pm)
Tentative
Golden Age Club, for info call 458.632.7500

AKOHSERÀ:KE ENSEHSEHONTSA'RONHSTE WINTER COMPOSTING = BLACK GOLD FOR SPRING

by Alana Kane



Composting

- Use a large garbage bin or a smaller rubbermaid bin to leave on your porch all winter long.
- An important thing about compost is air. Pile sticks at the very bottom to help with the aeration.



Ice Cream Pail

Keep a small ice cream like pail on your counter and throw all your vegetable and fruit peelings in on a regular basis. To avoid fruit flies, throw fruit scraps in the garbage or keep a lid on it.



½ Brown and Green Matter

Compost Needs:

- **Brown:** Hay, Leaves (use lawn mower to mulch), Paper, Sawdust, Straw, Wood Chips.
- **Avoid:** Meat, Fish, and Dairy Products.
- **Green:** Eggshells, Flowers, Fruits & Veggies, Coffee Grinds



Turn it and Water it.

Be sure to turn it at least once a week and water it once a month, just so it stays a little moist like a wrung out sponge. Make sure it's not wet, just a bit moist.



The Worm

Put a worm in your compost and it will help with making air holes. When worms are in dirt, they will make little tunnels which will help the compost tremendously. Perfect soil for you garden.

SHAHONTÓ:RATE NE WAHKWARI'TOWÁ:NEN – KANENNA'KÉHKHA AOKÁ:RATHE HUNTING OF THE GREAT BEAR

From Indigenous People's Literature

There were four hunters who were brothers. No hunters were as good as they at following a trail. They never gave up once they began tracking their quarry.

One day, in the moon when the cold nights return, an urgent message came to the village of the four hunters. A great bear, one so large and powerful that many thought it must be some kind of monster, had appeared. The people of the village whose hunting grounds the monster had invaded were afraid. The children no longer went out to play in the woods. The long houses of the village were guarded each night by men with weapons who stood by the entrances. Each morning, when the people went outside, they found the huge tracks of the bear in the midst of their village. They knew that soon it would become even more bold.

Picking up their spears and calling to their small dog, the four hunters set forth for that village, which was not far away. As they came closer they noticed how quiet the woods were. There were no signs of rabbits or deer and even the birds were silent. On a great pine tree they found the scars where the great bear had reared up on hind legs and made deep scratches to mark its territory. The tallest of the brothers tried to touch the highest of the scratch marks with the tip of his spear. "It is as the people feared," the first brother said. "This one we are to hunt is Nyah-gwaheh, a monster bear."

"But what about the magic that the Nyah-gwaheh has?" said the second brother.

The first brother shook his head. "That magic will do it no good if we find its track."

"That's so," said the third brother. "I have always heard that from the old people. Those creatures can only chase a hunter who has not yet found its trail. When you find the track of the Nyah-gwaheh and begin to chase it, then it must run from you."

"Brothers," said the fourth hunter who was the fattest and laziest, "did we bring along enough food to eat? It may take a long time to catch this big bear. I'm feeling hungry."

Before long, the four hunters and their small dog reached the village. It was a sad sight to see. There was no fire burning in the centre of the village and the doors of all the long houses were closed. Grim men stood on guard with clubs and spears and there was no game hung from the racks or skins stretched for tanning. The people looked hungry.

The elder sachem of the village came out and the tallest of the four hunters spoke to him.

"Uncle," the hunter said, "we have come to help you get rid of the monster."

Then the fattest and laziest of the four brothers spoke. "Uncle," he said, "is there some food we can eat? Can we find a place to rest before we start chasing this big bear. I'm tired."

The first hunter shook his head and smiled. "My brother is only joking, Uncle," he said. "We are going now to pick up the monster bear's trail."

"I am not sure you can do that, Nephews," the elder sachem said. "Though we find tracks closer and closer to the doors

of our lodges each morning, whenever we try to follow those tracks they disappear."

The second hunter knelt down and patted the head of their small dog. "Uncle," he said, that is because they do not have a dog such as ours." He pointed to the two black circles above the eyes of the small dog. "Four-Eyes can see any tracks, even those many days old."

"May Creator's protection be with you," said the elder sachem.

"Do not worry. Uncle," said the third hunter. "Once we are on a trail we never stop following until we've finished our hunt." "That's why I think we should have something to eat first," said the fourth hunter, but his brothers did not listen. They nodded to the elder sachem and began to leave. Sighing, the fattest and laziest of the brothers lifted up his long spear and trudged after them.

They walked, following their little dog. It kept lifting up its head, as if to look around with its four eyes. The trail was not easy to find.

"Brothers," the fattest and laziest hunter complained, "don't you think we should rest. We've been walking a long time." But his brothers paid no attention to him. Though they could see no tracks, they could feel the presence of the Nyah-gwaheh. They knew that if they did not soon find its trail, it would make its way behind them. Then they would be the hunted ones.

The fattest and laziest brother took out his pemmican pouch. At least he could eat while they walked along. He opened the pouch and shook out the food he had prepared so carefully by pounding together strips of meat and berries with maple sugar and then drying them in the sun. But instead of pemmican, pale squirming things fell out into his hands. The magic of the Nyah-gwaheh had changed the food into worms.

"Brothers," the fattest and laziest of the hunters shouted, "let's hurry up and catch that big bear! Look what it did to my pemmican. Now I'm getting angry."

Meanwhile, like a pale giant shadow, the Nyah-gwaheh was moving through the trees close to the hunters. Its mouth was open as it watched them and its huge teeth shone, its eyes flashed red. Soon it would be behind them and on their trail.

Just then, though, the little dog lifted its head and yelped.

"Eh-heh!" the first brother called.

"Four-Eyes has found the trail," shouted the second brother.

"We have the track of the Nyah-gwaheh," said the third brother.

"Big Bear," the fattest and laziest one yelled, "we are after you, now!"

Fear filled the heart of the great bear for the first time and it began to run. As it broke from the cover of the pines, the four hunters saw it, a gigantic white shape, so pale as to appear almost naked. With loud hunting cries, they began to run after it. The great bear's strides were long and it ran more swiftly than a deer. The four hunters and their little dog were swift also though and they did not fall behind. The trail led through the swamps and the thickets. It was easy to read, for the bear pushed everything aside as it

HARVEST LEGEND

ran, even knocking down big trees. On and on they ran, over hills and through valleys. They came to the slope of a mountain and followed the trail higher and higher, every now and then catching a glimpse of their quarry over the next rise.

Now though the lazy hunter was getting tired of running. He pretended to fall and twist his ankle.

“Brothers,” he called, “I have sprained my ankle. You must carry me.”

So his three brothers did as he asked, two of them carrying him by turns while the third hunter carried his spear. They ran more slowly now because of their heavy load, but they were not falling any further behind. The day had turned now into night, yet they could still see the white shape of the great bear ahead of them. They were at the top of the mountain now and the ground beneath them was very dark as they ran across it. The bear was tiring, but so were they. It was not easy to carry their fat and lazy brother. The little dog, Four-Eyes, was close behind the great bear, nipping at its tail as it ran.

“Brothers,” said the fattest and laziest one. “put me down now. I think my leg has gotten better.”

The brothers did as he asked. Fresh and rested, the fattest and laziest one grabbed his spear and dashed ahead of the others. Just as the great bear turned to bite at the little dog, the fattest and laziest hunter levelled his spear and thrust it into the heart of the Nyah-Gwaheh. The monster bear fell dead.

By the time the other brothers caught up, the fattest and laziest hunter had already built a fire and was cutting up the big bear.

“Come on, brothers,” he said. “Let’s eat. All this running has made me hungry!”

So they cooked the meat of the great bear and its fat sizzled as it dripped from their fire. They ate until even the fattest and laziest one was satisfied and leaned back in contentment. Just then, though, the first hunter looked down at his feet.

“Brothers,” he exclaimed, “look below us!”

The four hunters looked down. Below them were thousands of small sparkling lights in the darkness which they realized, was all around them.

“We aren’t on a mountain top at all,” said the third brother. “We are up in the sky.”

And it was so. The great bear had indeed been magical. Its feet had taken it high above the earth as it tried to escape the four hunters. However, their determination not to give up the chase had carried them up that strange trail. Just then their little dog yipped twice.

“The great bear!” said the second hunter. “Look!”

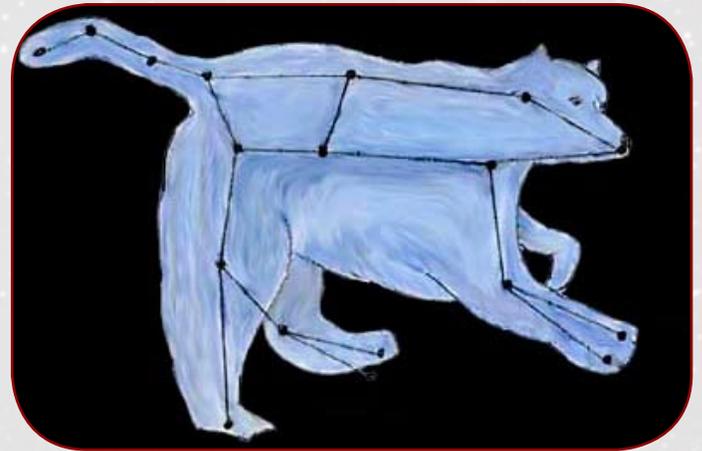
The hunters looked. There, where they had piled the bones of their feast the Great Bear was coming back to life and rising to its feet. As they watched, it began to run again, the small dog close on its heels.

“Follow me,” shouted the first brother. Grabbing up their spears, the four hunters again began to chase the great bear across the skies.

So it was, the old people say, and so it still is. Each autumn the hunters chase the great bear across the skies and kill it. Then, as they cut it up for their meal, the blood falls down from the heavens and colours the leaves of the maple trees scarlet. They cook the bear and the fat dripping from their

fires turns the grass white.

If you look carefully into the skies as the seasons change, you can read that story. The great bear is the square shape some call the bowl of the Big Dipper. The hunters and their small dog (which you can just barely see) are close behind, the dipper’s handle. When autumn comes and that constellation turns upside down, the old people say. “Ah, the lazy hunter has killed the bear.” But as the moons pass and the sky moves once more towards spring, the bear slowly rises back on its feet and the chase begins again.



SEWEIENNĒN:TA'N TSI SANÓNHSOTE KÍ:KEN AKOHSERÀ:KE TÁ:WE WINTERIZING YOUR HOME

by Sondra Karahkwenhá:wi Cross

Getting the House Ready for Winter

It's time to think about winterizing your house.

Seal Leaks around Doors and Windows

- Add or replace worn weather-stripping around doors and windows.
- Caulk gaps where necessary.
- Replace worn door stops at the bottom of doors.
- If you have them, install storm doors and windows. Don't forget to winterize basement windows.
- Replace old windows with energy efficient windows.



Seal Other Leaks

- Use caulking and weather stripping around entry points for all pipes and ducts that travel through an exterior wall.
- Install insulating kits behind electrical plugs that are on a wall with an exterior side.

Heating System Checks

- Have a heating professional do a routine-check before cold weather arrives.
- Vacuum the vents and other heating components.
- If it has one, replace the furnace filter. Make future replacements as needed or directed by your furnace manufacturer.
- Consider installing a setback thermostat. It regulates the temperature, allowing the home to be cooler when you are away or asleep.
- Fill oil or propane tanks.



Check the Fireplace

- Have the chimney inspected and cleaned.
- Close the fireplace damper when not in use.
- Read more about woodburning fireplaces and gas log fireplaces.



Check the Roof & Its Neighbors

- Replace loose shingles.
- Make sure the flashing around the chimney or vent pipes is watertight.
- Check the bricks and mortar.
- Install a screen at the top of the chimney to keep leaves and other items out.
- Clean drain gutters and point downspouts away from the house.
- Trim tree limbs that are hanging over or touching the roof.



Winterize the Plumbing

- Take care of known issues with pipes that freeze. Heat tape can be used to keep them warm during extremely cold weather.
- Learn how to turn off water at its source so that you can stop leaks immediately if they start.
- Drain water from outdoor faucets when you think a hard freeze is coming.



Winterizing Outdoor Items

- Give decks an additional coat of sealer.
- Check the foundation and siding for cracks or gaps. Repair as necessary.
- Drain garden hoses, roll them up, and store them inside.
- Close and cover the swimming pool.
- Prune shrubbery and add mulch to perennial flower beds. Cover outdoor furniture or store it inside.



SOURCE:

<http://www.cmhc-schl.gc.ca/en/index.html>

http://homebuying.about.com/od/buyingahome/qt/92607_WinterHom.htm

TSI NÍ:IOHT AIESAIA'TAKÉHNHA NE Ó:NENHSTE, OSAHÈ:TA TÁNON ONON'ÓNSERA THE HEALTH BENEFITS OF CORN BEANS AND SQUASH

by Sondra Karahkwenhá:wi Cross



Ó:NENHSTE: Sweet corn: Sweet corn is an excellent source of dietary fiber and complex carbohydrates. It is also a good source of iron and supplies small amounts of protein and many minerals and vitamins.

Health Benefits: Thiamin (vitamin B1) which is used in the metabolism of carbohydrates. Pantothenic acid (vitamin B5) which helps with physiological functions. Folate which helps the generation of new cells? especially important before and during pregnancy. Vitamin C, which fights against diseases.

ONON'ÓNSERA'KO:WA: Pumpkin: Although some varieties have been valued for their nutritious seeds, the flesh of pumpkin is also a rich source of carotene, which is converted to vitamin A in the body.

Health Benefits: They are also good sources of vitamin C and provide dietary fiber and potassium, as well as some iron.

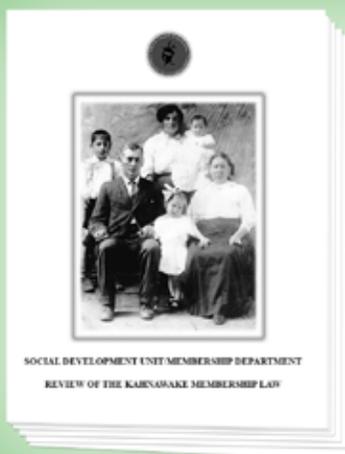
ONON'ÓNSERA: Squash: Squash is a good source of vitamin C and provides some dietary fiber as well as a selection of other vitamins and minerals. Squash is low in kilojoules.

Health Benefits: Squash is very high in vitamin A, and also contains fiber, vitamins C, B6, B1, potassium, and folate. It has been found to contain phytonutrients, which may help prevent cancer. Pumpkins and squash contain high levels of antioxidants and carotenes, notably vitamin C and E and therefore, may lower cancer risk, heart disease, cataracts and strokes.

OSAHÈ:TA: Beans: Green, french or string beans are a good source of vitamin C and provide some iron, other vitamins and minerals, as well as dietary fiber.

Health Benefits: Beans can reduce the risk of heart disease, stabilize blood sugar levels and are an important source of vitamins, minerals (potassium in particular) and phytonutrients. They can also help to prevent or combat anaemia (low blood cells).

MEMBERSHIP LAW UNDERGOES REVIEW



The MCK Membership Department has submitted a report to the Mohawk Council of Kahnawá:ke outlining issues and concerns in regards to the Membership Law. The report is entitled:

A Review of the Kahnawá:ke Membership Law: Overview of Issues and Concerns

Copies of the document can be picked up at either the Main Reception of the Mohawk Council of Kahnawá:ke, Social Development Unit (located in the Services Complex) or online at:
www.kahnawake.com (Click Services, then Membership)

LAST WORDS...

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ONKWARIHWA'SHON:'A

Through this publication, the Mohawk Council of Kahnawà:ke seeks to promote awareness and dialogue by informing the community on its activities and by analyzing the important issues affecting Kahnawà:ke.

The editorials serve to provide a forum for commentary from the Mohawk Council and/or its staff, while serving as a catalyst for community input. The editorial views expressed are the sole responsibility of the author, and may not represent those of the MCK or those of the editorial staff. Please direct all correspondence to the Communications Department.

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Farewell To Alwyn Morris, Andrew
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