



ONKWARIHWA'SHÓN:'A



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

NEWSLETTER OF THE MOHAWK COUNCIL OF KAHNAWÀ:KE



The Winter Akohserà:ke EDITION...



WHAT'S INSIDE...

CHIEFS UN-CUT

NEW HOUSING LOAN OPTION

PREPARED FOR THE WINTER

NAIG UPDATE



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WATKWANONHWERÁ:TON

by Sondra Karahkwenhá:wi Cross

The snowy season is here to stay for another month or two, let's enjoy it while it lasts.

We have had our fair share of snow, sleet and salt. Keeping warm and staying indoors is what we do best during the winter months.

This season, our newsletter includes articles reflecting the season such as winter emergency preparedness kit, the story of the Midwinter, the proposed occupational Safety and Health Law, and yet another option for accessing housing loan 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
Akohserà:ke
ia'káhewe**

**Winter
is here**



Winter Community Meeting

will take place on

Tuesday, February 26th, 2008

7:00 pm

at the

Golden Age Club





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ONLINE!**

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 - » Now Service Oriented
 - » Integrated Search Tool
 - » Find Merchants Who Accept / Refuse Band Cards
 - » Interactive Video Player
 - » New Photo Gallery
 - » Up-to-the Minute News
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- ...and MORE!

**ONKWAARÀ:KE
KAHNAWAKE.COM**

by Justus Polson-Lahache



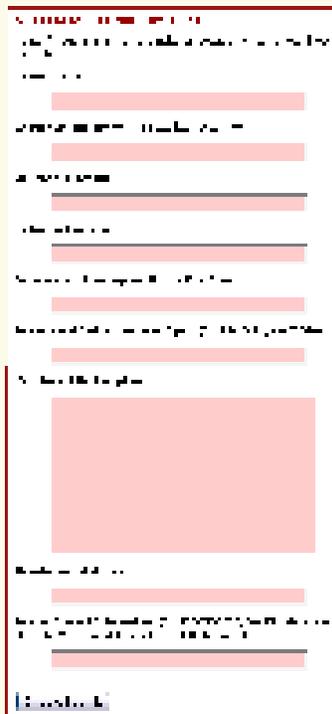
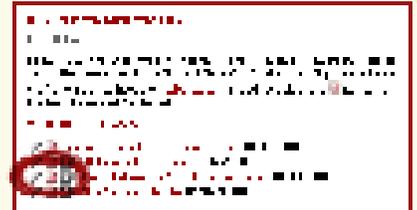
In October of last year the Mohawk Council of Kahnawá:ke re-launched its web site, Kahnawake.com with an entire new look, added

interactive features and community oriented information versed with Kanien'kéha menus and titling.

The Communications Unit assumed responsibility for Kahnawake.com in 2007 from the Information Systems Unit, who at the time, had other priorities that had taken them away from regular maintenance of the web site. Kahnawake.com was their initial creation and we salute them for their hard work.

Since re-launching, the web site is now updated on a daily basis for its 19,000+ visitors; many of whom view KTV Video segments, report border crossing complaints, sign up for the Mass Mailing list, or simply keep up-to-date with MCK releases.

Major updates are in the works to create additional ways to present and collect information with the community.



The border crossing page, for example, allows visitors to log those often inconvenient border crossing incidents. Simply fill in the form and submit. With these new features, visitors can surf in an interactive way. No more static pages of the past.

Look for more features like these to be added in the coming months.

Niawenhkó:wa for making Kahnawake.com a success!

TSI NÍ:IOHT TSI RONNONHTÓNNIION CHIEFS UNCUT

by Neil McComber

Chiefs Uncut began in the Fall of 2006 and airs every Friday, except during holidays. One Chief per episode is designated to be responsible for each show, with each Chief taking a turn on a rotational basis. Any other Chief wishing to go on any given show simply has to ask the Chief responsible if they can join that week. Millennium Productions films and edits the show, while Communications simply takes care of scheduling. Editing is limited to different camera angles for a better visual effect, but not for content. However, the Chief responsible may request Millennium to edit comments that have appeared if they wish. Only the Chief responsible for

the show can request edits from Millennium. Note: Since Chiefs Uncut began, only twice have Chiefs requested minor edits to comments they have made. Any and all comments made on Chiefs Uncut are the sole responsibility of the Chief who said them and the MCK is not liable for any comments made on the show.

The current Chiefs have committed to the show for the remainder of their term and will appear every Friday afternoon, usually beginning at noon. The show will be joined by KTV and includes a countdown, which tells the viewer how much longer Chiefs Uncut will be on for that particular loop. In July 2009, the next Council will decide if it is to continue. The cost of Chiefs Uncut is \$12,500 per year.



CHIEFS UNCUT ROTATION

CHIEF	2008	2008	2008	2008	2008/ 2009	2009
Johnny Montour	January 11	April 4	June 27	September 19	December 12, '08	March 20
John Dee Delormier	January 18	April 11	July 4	September 26	December 19, '08	March 27
Martin Leborgne	January 25	April 18	July 11	October 3	January 9, '09	April 3
Warren Lahache	February 1	April 25	July 18	October 10	January 16, '09	April 10
Rhonda Kirby	February 8	May 2	July 25	October 17	January 23, '09	April 17
Peter Paul	February 15	May 9	August 1	October 24	January 30, '09	April 24
OPEN	February 22	May 16	August 8	October 31	February 6, '09	May 1
Melvin Zachary	February 29	May 23	August 15	November 7	February 13, '09	May 8
Mike Delisle Jr.	March 7	May 30	August 22	November 14	February 20, '09	May 15
Peggy Mayo - Standup	March 14	June 6	August 29	November 21	February 27, '09	May 22
Ken McComber	March 21	June 13	September 5	November 28	March 6, '09	May 29
Mike Bush	March 28	June 20	September 12	December 5	March 13, '09	June 5

IEKENHNI'TAHSETÀ:THA CALENDAR

by Neil McComber

This is the third year the MCK has created a Community Calendar which is put into all mailboxes at Christmas time as a gift to you. This year's version is a salute to all those who put themselves in harm's way for the community. Some of whom do so 24 hours per day, 7 days per week. These are the men and women who put the Community first.

If you would like an extra calendar, stop by the MCK Communications Building or call 632-7500.



SKÉN:NEN AONSÓN:TON LOOKING FOR AN ALTERNATIVE

by Davis Montour

Restorative Practices Part 1: Justice

Ever been the victim of vandalism or assault? Are custody matters frustrating you? If you've been involved in the above, or similar situations, and are seeking justice by going to court, there's another option.

Restorative Justice is a way of dealing with matters outside of the courtroom, and views crime as resulting from the breakdown of relationships between people, and looks to repair those relationships. This approach looks past the western justice system that focuses on winning and losing, to creating a win-win situation for offender and victim.

In 1999, the Kahnawake Justice Commission began looking to develop a Community Based Justice program. A community consultation took place, and the response showed a clear lack of confidence and satisfaction with outside courts, citing value differences, lack of healing (offender and victim), and its' win/lose nature. Those consulted wanted to see a justice system that returned to, or was based on Kanien'kehaka values of accountability, responsibility, and community involvement. To feel they received justice, people needed to feel heard, safe, with their values and beliefs respected. People wanted to be involved in the justice process, and to have people held accountable for their actions.

Based on community response, the *Sken:nen A'onsonton* ("To become peaceful again") program was developed, putting Restorative Practices into action, and has been operating from the Kahnawake Courthouse since December 2000, headed by program coordinator Dale Dione-Dell. Cases are referred from



community members, court, or from organizations within the community such as the Peacekeepers, K.S.C.S., etc. A key element of the program is that both parties need to be in agreement to work with Sken:nen A'onsonton. From there, how the parties work together will be determined in order to come up with the best solution for their situation.

There are major differences between western and restorative justice practices. For one, the offender and victim get together with a facilitator present, and through talking, they determine their own solutions. With the court system, victim and offender are separated, with little or no contact. Lawyers do most of the talking in the courtroom, leaving the victim and offender without a voice. As a result, they may not feel they received the justice they were seeking. For example, a judge might sentence an offender to pay a fine, or community service, and the victim may feel the consequences don't fit the crime. The offender may never realize how their actions affected the victim, and both walk away angry.

Restorative justice has other advantages. It isn't as long as the regular court process, and nowhere near as expensive. Some may say it's an easy way out, and it is easier in that it avoids going to court. The difference is that it requires the people involved to work together. Things take place in a safe and respectful manner, without lawyers present, and people have to speak for themselves and their actions. This allows for more control over justice, rather than being at the mercy of the court.

Restorative Justice is one piece of the philosophy of Restorative Practices. For more information on Restorative Justice, call the Court of Kahnawake at 450-638-5647 to speak to Dale Dione-Dell, or Davis Montour.

IONTATHWISTANÍHAS AIONTENONHSÓN:NI MORE OPTIONS FOR THOSE LOOKING TO OWN THEIR OWN HOME

by Gene Diabo

After close to a year of negotiations, the Social Development Unit and the Caisse Populaire Kahnawá:ke have finally reached an agreement on Home Loans for Kahnawa'kehró:non accessing mortgages through the MCK "On-Demand" housing loan program. The two parties officially signed the agreement in a ceremony at the Caisse Populaire Kahnawá:ke on Thursday, January 31st.



Much like the deal struck with BMO last year, Kahnawa'kehró:non seeking financing for new home construction or renovations will now be able to head to their hometown bank for mortgages with down payments as low as 5%. With preliminary discussions already in the works, the next move will be to finalize a similar agreement with the Royal Bank of Canada. This will provide four mortgaging options; MCK, Caisse Populaire Kahnawá:ke, BMO and the Royal Bank.

"With all the positive changes to our loan programs, we're trying to give community members as many options as possible," stated Housing Coordinator Iris Jacobs. "The goal is for clients to get what they want at an affordable rate, when they want it, any time of the year, from a wider choice of loan providers."

The myriad of options offered with the new "On Demand" program include the original housing schemes where amounts that can be borrowed are fixed at \$60,000 or \$82,500 with a 10% down payment. This program still works for some, but those with larger families needing more space may find it difficult to build the size of house needed. With the Caisse and BMO agreements, clients can now negotiate financing required to build the size of home they need with an affordable down payment of 5%. Off-Territory banks not affiliated with the "On-Demand" program require down payments of 25%.

"The Caisse Kahnawá:ke is pleased to enter into this joint venture giving Kahnawa'kehró:non the option of selecting a community based financial institution to provide the resources to build homes for their families. Kahnawa'kehró:non serving Kahnawa'kehró:non," said Caisse Manager Mandie Montour.

For those seeking affordable housing, the "Semi-Detached Dwelling Project" may be the answer. The 14 double-unit buildings are presently at various stages of completion. The Housing Department is currently in the process of preparing the criteria for selection and they expect to begin a sales campaign by the beginning of April. Most likely, the sale of the homes will be finalized as they are completed. Interest has been very high, with a cross-section of individuals and families making inquiries about sales.

For more information on the Housing Department's many financing options, contact Iris Jacobs by email at iris.jacobs@mck.ca or call 450-638-0500.

The following chart outlines loan options for comparison purposes. Applicants must be members of the Kahnawá:ke Kanien'kehaka Registry, and have capacity to pay and are approved for financing.

Details	MCK Housing Loan Program		BMO & Caisse Populaire Kahnawake
	Program A	Program B	
Eligibility Criteria	Must not currently own a house or have ever owned a house *first time home owners only		Not limited to first time home owners
Eligible Loan Purpose	New Construction	New Construction	New Construction Renovations / Purchasing
Loan Amount	\$75,000	\$60,000	\$25,000 Min. - \$175,000 Max.
Down Payment	min. of 10%	0	5% of total loan amount
Interest Rate	6%	6%	prime lending rate
Monthly Payment	\$450	\$350	weekly/ bi-weekly/ monthly monthly payment depending on loan
Insurance Requirements	Life Insurance Construction / Homeowner's Insurance		Life Insurance Construction / Homeowner's Insurance Accident & Dissability Insurance (optional)



Tsi-iewhistaientahkwa
Caisse Populaire Kahnawake

RATITSÉNHAIENS TÁNON SHAKOTIIO'TÉNHSE WA'OIANERÉN'NE TSI IAHONTKENNÍSA CHIEFS AND OCC STAFF CALL MONT GABRIEL GATHERING A SUCCESS

by Joe Delaronde



The MCK Chiefs and their support staff – the Office of the Council of Chiefs – spent two days at Mont Gabriel, (January 15 and 16) to identify the current working relationships between the chiefs and the people who work for and with them, and to identify strengths and weaknesses.

Participants included ten chiefs, Executive Director Alana Goodleaf-Rice and (with the exception of one person on vacation) the entire OCC staff. The session was facilitated by the Center for First Nations Governance.

Because of the process being used, called the ‘open space concept,’ participants seemed more willing to share and, indeed, participate. In fact, the general consensus was that this was the most productive strategy session that the MCK has held. Though the work was hard and the intensity palpable, most came away with a strong sense of accomplishment.

Participants identified nearly 30 issues as “important.” In the end, five issues were identified as immediate priorities:

- 1) defining the roles of Council Chiefs.
- 2) incorporating our identity into government.
- 3) self-governance.
- 4) own-source revenue.
- 5) clarifying the roles and responsibilities of the chiefs and technicians.

As follow up, the participants have created working groups and have already begun working on these priorities - with goals, objectives and action plans that will be more formally presented within weeks.

A proposed economic development summit tentatively scheduled for autumn of this year will bring together Kahnawá:ke business people with ideas, Tewatohni’saktha and the Mohawk Council of Kahnawá:ke. More information will be announced in the weeks to come. At the January 29th Community Question Period, a community member expressed concerns about economic development opportunities and the need for leaders and community members to work together.

Note: the Center for First Nations Governance is the organization that former OCC technicians Don Patrick Martin and Tonia Williams now work for, though neither was involved in this project.



IT'S YOUR DECISION

KAHNAWÁ:KE TSI ROTIIO'TÉNHSTHA ATA'KARIHTÉTSHERA & KAIA'TAKEHNHÁHTSHERA KAIANERÉNHSERA PROPOSED OCCUPATIONAL SAFETY AND HEALTH LAW

by Gene Diabo

IT'S A COMMUNITY DECISION

In early January it was announced by the Social Development Unit that a proposal for legislation on the issue of Occupational Safety & Health was accepted by the Interim Legislative Coordinating Committee. The next step is to bring it to the community at large through the new Community Decision Making Process. It is at this stage where Community members will have final approval on whether such legislation should even be created. If the community gives the go-ahead, the actual creation of the law will then take place with the full participation and approval of the Community, through consensus.



Why propose this new law?

At a 1981 community meeting, the Community decided that it was time for the MCK to develop their own workers' compensation and oust CSST. This was done and in 1984, Mohawk Self Insurance was born.

Until recently, MSI has operated freely without interference from the Quebec Government. Of late, the political climate has changed between Quebec and Kahnawá:ke, specifically in the area of Workers' Compensation. The three year multi million-dollar Mercier Bridge Restoration Project has raised the jurisdictional issue between CSST and MSI.

For a very long time, CSST has turned a blind eye to MSI and Kahnawá:ke. However, that is no longer the case. CSST has been attempting to flex its jurisdictional muscle with thinly veiled threats of certain actions that could have a profound impact on jurisdictional issues, premiums, service and benefits of MSI.

CSST now insists that the MCK and all Kahnawá:ke businesses return to CSST and fall under their jurisdiction and inspections. If this occurs, it would mean that all businesses within Kahnawá:ke will be assessed a CSST premium fee and the return of CSST jurisdiction to Kahnawá:ke.

These actions have sparked the Social Development Unit to propose the creation of a law where Mohawk Self Insurance would have sole jurisdiction within the Territory of Kahnawá:ke.

How will a Kahnawá:ke Occupational Safety & Health Act help?

Designed for the well being of the Community, the proposed law will be a means for the average Kahnawá:keró:nnon to have access to a complete Health and Safety program. The program will protect workers and employers in the event of work related injuries, death and occupational diseases within the Territory of Kahnawá:ke, while exerting and confirming our jurisdiction on our Territory.



How will this be accomplished?

By providing insurance coverage to the worker, their spouse and children in case of a job related injury or death. Premiums are paid by the employer, NOT by the worker. There is no cost to the worker for this very vital coverage as it is the responsibility of the employer to protect their workers. Safety and accident prevention information, as well as health and safety inspections will also be provided to both workers and employers.

How will this proposed law be ratified?

It is the Community's decision to first decide if this proposal should become law. If the proposal passes this crucial first stage, the Community will then take on the task of creating the content of the law. Using the new Community Decision Making Process, the Community will be involved at every stage in the creation of this law with final approval coming by way of consensus.

IT'S YOUR DECISION



Why MSI over CSST?

MSI is specifically designed for Kahnawa'keró:non by Kahnawa'keró:non to protect injured workers, their spouses and children. The premiums are lower and the benefits paid out are higher. The service is superior with a faster response time, more personalized attention and without taxation issues. Best of all, it belongs to the people of Kahnawá:ke, keeping the Provincial Government off of our Territory and out of our businesses.



What exactly is workers' compensation?

A system of insurance that pays a weekly income replacement to an employee for an injury incurred during the course of employment. Also referred to as "workers' comp", this simultaneously protects the employer from possible litigation.

As you may or may not know, many employers in Kahnawá:ke do not protect their workers with any kind of insurance plan coverage. The same can be said for employment insurance coverage and other benefits. This means that if an employee who has been working for an employer for a long period of time is suddenly laid off, quits or gets fired, that worker is ineligible to receive any type of benefits and will likely be forced to rely on Social Assistance.

The worst-case scenario would be an employee being severely injured at work and having no coverage or benefits. How then will that worker and his family support themselves? It is also the responsibility of the worker to ask their employer if they are covered for "on the job injuries".

Let's compare!

Without worker's compensation, an injured worker with a wife and kids, mortgage, car payment and all of life's other expenses would likely be forced to apply for Social Assistance (welfare). Social Assistance provides a maximum of \$200.57 per week. Based on their salary, that same worker would receive a **minimum** of \$320 per week and up to a **maximum** of \$850 per week from MSI. If that same worker was on CSST, they would be forced to pay taxes on their benefits because there is NO provision for tax exemption for Native workers covered by CSST.

Compare premiums costs:

Occupation	MSI	CSST
Carpenter	7%	15.05%
Ironworker	9 to 13%	25.32%
Truck driver	4.45%	7.75%
Golf Club worker	1.31%	2.04%
Gas Station Attendant	1.39%	1.85%
Corner store worker	1.25%	2.34%

** MSI costs **LESS** and pays out **MORE**



NEW DECISION MAKING PROCESS

NEW COMMUNITY DECISION MAKING PROCESS ON THE WAY

by Linda Karonhienhawe Delormier

The MCK Interim Legislative Coordinating Committee held another “mock session” on the new Community Decision Making Process Saturday, January 12th, 2008.

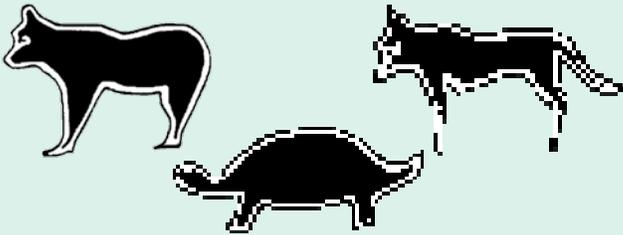
It is important to note, that no laws have been passed using this new Process, although it has been formally adopted, it has yet to be implemented. These “mock” sessions are being used as a tool to familiarize the community, step-by-step, with how the process works. These sessions are scheduled at different times and days of the week in order to get as diverse a representation of the community as possible and to provide many opportunities for people to participate.

This new Process is a major undertaking for Kahnawá:ke. It is intended to replace the current way major decisions are made within the Community. It is based on building consensus and is consistent with the Clan system meeting format.

“What does Kahnawá:ke base its decisions on? What are our Community Values and Principles?” was the topic of this last session. Although there was low community participation, there was a lot of good discussion, feedback and recommendations.

We are looking forward to greater community participation as participants share their experience with family and friends. It is only with community participation that we can expect more successful sessions. With the recent announcement of the first proposed piece of official legislation to use the new Process, the “mock sessions” have gained an even greater importance.

The community will be updated as information comes available. However, if you have any questions or comments, please contact Linda Delormier, Program Coordinator at 450-632-7500 ext 235, linda.delormier@mck.ca, Cell 514.770.3904



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SATATEWEIENNENTÁON NE THÉ:NEN TAKA'NIÓHSKEN'NE? IS YOUR FAMILY PREPARED FOR AN EMERGENCY?

by Wihse Stacey

Winter can be a fun time of the year. Kids can go sliding or play in the snow, while others may enjoy skating or snowmobiling. This time of the year can also be very scenic and picturesque. Some may wander out into the woods just to take in the beauty of the great outdoors. Afterwards, you can come in to a nice warm home and a steaming cup of hot chocolate after the day is done. Winter can be a very nice time of the year...until Mother Nature strikes!

Have you ever taken the time to think about what “not so nice” things can happen during the winter season? For instance, what if the power was out for days at a time because of a snow storm or your



basement flooded because the temperature suddenly went unseasonably high? How would you react if you went out for a walk in the woods and became lost or stranded? What would happen if your car got stuck in the snow? Are you prepared to handle these situations?

The fact is most people do not know what to do. It is everyone's responsibility to prepare for any eventuality.

Whether that is a car accident, a snow storm or a power outage, you need to be prepared.

This coming March the folks at Emergency Preparedness & Planning will be launching a year long campaign targeted at heads of households and their families to have a plan for such eventualities.

Watch for segments on KTV, public service announcements on K103 and in the Eastern Door newspaper as well as articles in this publication on how to better prepare yourself, your home and most importantly your family.

In the issue of Onkwariwa'shon:'a we have provided some tips on winter driving preparedness. Please check the Winter Safety Car Kit list and take a few minutes to put these items in your vehicle, it could end up saving you and your family from disaster. We sincerely wish everyone a wonderful winter season and remind you to be prepared!

Winter Safety Car Kit

- 1... Shovel
- 2... Scraper
- 3... Snow Brush
- 4... Traction Aid
- 5... Bag of Sand or Cat Litter
- 6... Flashlight and Spare Batteries, Candle and Matches
- 7... Booster Cables
- 8... Gas Line Anti-Freeze
- 9... Windshield Washer Anti-Freeze
- 10... Emergency Flares or Other Bright Warning Devices
- 11... Fluorescent Distress Flag
- 12... Warm Blanket
- 13... Winter Hat, Scarf, Socks And Mittens
- 14... Battery Powered Radio
- 15... Water
- 16... Snack food
- 17... First Aid Kit with Pocket Knife
- 18... Necessary Medications
- 19... Tow Chain or Rope



TSÁ:TA NIHÁ:TI TEHOTINONNIÁHKWEN/ONEKWÁ:TARA THE STORY OF THE SEVEN DANCERS

The Story of the Seven Dancers

Many Winters in the past the Mohawk Nation was camped on the Lake Keniatiiio. At that time, a group of children, seven in number, formed a secret organization among themselves.

In the night they would gather around their little council fire in the forest near the lake. There they would dance to the beat of their leader's water drum. One day their little chief suggested that they hold a feast at their next council fire. Each of the seven boys was to ask his mother for some food to take to the feast.

One boy was to ask for corn soup. One was to ask for deer meat. Another was to ask for green corn and so on. The next day each boy approached his mother and asked for the desired food. Each of the boys was refused the food. Each mother told her son that he has enough to eat at home, and that there was no need for him to carry away good food to the woods for a feast.

The little warriors were very unhappy because of their failure to secure food for the feast. They had empty hands and gloomy hearts.

That night, they returned to the dancing ground.

Their little chief said, "Never mind, my warriors. We will show our parents that it is not well to refuse us food. We will dance without our feast."

The little chief told his warriors to dance hard. He told them to look up at the sky while they danced. The chief

told them not to look back even though their parents might call for them to return.

Saying this, he took his water drum and while beating it, he sang a very powerful song, a witch song.

The boys danced and as they danced, their hearts became light. Their feet also became light. They soon forgot their troubles.

Faster went the song, and soon the boys began to feel themselves

dance into the sky.

Their parents saw them dancing above the tree top's and called for them to return.

One little dancer looked back and he became a shooting star.

The rest of the dancers became little flickering stars in the skies.

When the Mohawks see the Pleiades flickering and dancing during the cold winter nights, they say: "The little warriors are dancing hard tonight."

Forever they dance over the villages of the Iroquois. When they dance directly overhead, it is time for the Mid-Winter Festival, Our New Year.

This happens after the first new Moon of the Year, usually in January or February.

(source: The everything Development Company)

Tsá:ta Nihá:ti Tehotinonniáhkwen

Wahón:nise iá:ken, kí:ken ontionkwe'ta'shón:'a
sahoti'nikónhrhen tsi niionkwarihò:tens.
Wahontoríshen tsi tehontenonhwerá:tons ne
kanonhséshne tánon iah tehsonaterihwahtentiá:ton ne
kaié:ri niokwén:rare ne Atenonhweratonhtshera.



Ne wahón:nise, aronhátién ne onkwe'shón:'a tsi wahontoríshen ne tahontenonhwerá:ton, sha'té:ioht kí'tsi ronehiáhre né:'e ne rotikstenhokón:'a. Kí:ken rotikstenhokón:'a né:'e shens ronwatikaratón:nis ne shakonatero'okón:'a nó:nen o'karahsnéha nikahá:wis. Sok ne ratiksa'okón:'a wa'thonatonhontsóhse ne tho naonsahatí:iere tsi nitióhtón:hne. Akwé:kon tsi nihá:ti ne kaná:takon ratiná:kere ne ratiksa'okón:'a wahontenehrón:ni tánon wahonteri'wáhsehte, tánon iah tehonwatihró:ri ne ronwatiien'okón:'a.

Wa'thontatsnié:nen tsi wahonteweiéinhste tsi nahò:ten enhonní:ron, ne tsi tehonatonhontsó:ni ne akwé:kon aontakawennaié:rike tsi enhonterihwahténtia'te. Tsi niíó:re tsi tehotiweienhnrá:'on sok wa'thonwati'nikonhrá:ra'ne ne ronwatiien'okón:'a.

Khare ki ó:nen ia'káhewe tsi niieienthókwas. Kí:ken ronwatiien'okón:'a wahonwatihará:se tsi nahò:ten ronaterihwahserón:ni ne ratiksa'okón:'a. Sok wahonanatehssha'níhten. Wahonwatihró:ri tsi

enhonwatihré:wahte tóka sénha'k enhonterihwahtentiá:te ne atenonhweratónhtshera.

Akwé:kon kí:ken ratiksa'okón:'a wahonterien'tatshén:ri tsi nenhatí:iere ne ahati'niá:ken'ne, sok

ronateri'wahséhton tsi nón:we ia'thontátken. Ohén:ton kariwatékhwen tahontíe:renhte, thó:ne ó:nen wahonterennó:ten. Sha'té:kon nihá:ti kí:ken ratiksa'okón:'a. Tsi ratirén:note sok tontáhsawen wahonthará:tate. Ne tsi thonehtákhwen tsi tionhontsá:te ne karonhià:ke sok ki'ia'akoia'ténhawe. Iah thiehsonatkáthton ne ehtà:ke, kwah nek ne tahatikón:tahkwe tehotinonniáhkwén tánon ratirén:note. Ronatshennón:ni tsi wá:ts tenhsontátken ne karonhià:ke thatiná:kere ne shakotíhsothokón:'a.

Shaiá:ta ne raksá:'a Thawerarò:roks ronwá:iats. Akwé:kon ne ronwatiien'okón:'a wahotiná:khwen niá:re, thó:ne ó:nen wahoti'nikonhráksen. Nek tsi ne Thawerarò:roks ronwaién:'a é:so tsi ronwanorónhkhwa. Waho'nikonhráksen tsi kheh thahsakótká'we ne tsi tiótkon kí'wáhi tehonwahrhotón:nis. Sok kheh na'tontahaià:ten'ne.

Nón:wa nó:nen entewatkáththo takatsistóhkwen'ne ne karonhià:ke sok entewehiá:ra'ne kí:ken tsi nikakarò:ten. Ne ónhte tsi nihoti'nikonhrowá:nen tánon ronttókha ne ratiksa'okón:'a, tánon é:so wahotiíó'ten ne taontahonkeráhwe tsi nitióhtón:ne ne orihwaká:ion.

(source: Kanien'kehá:ka Onkwawén:na Raotitíóhkwa)

TÉSTAHT NE SÁ:SERE!
THE FACTS ABOUT IDLING YOUR CAR

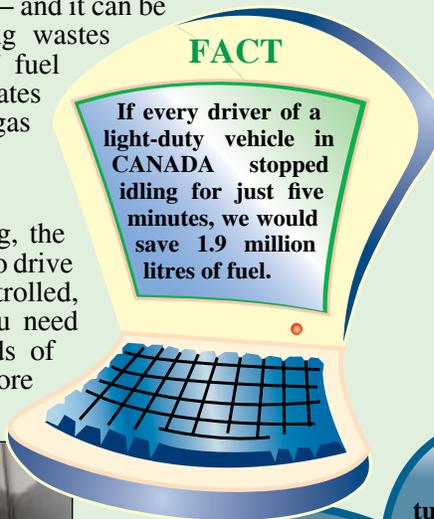
Idling gets you nowhere – and it can be costly. Excessive idling wastes an enormous amount of fuel and money and generates needless greenhouse gas emissions.

WARMING UP:

Once a vehicle is running, the best way to warm it up is to drive it. With computer-controlled, fuel-injected engines, you need no more than 30 seconds of idling on winter days before driving away.



Warming up a vehicle is the most common reason given for idling during the winter.



FACT

If every driver of a light-duty vehicle in CANADA stopped idling for just five minutes, we would save 1.9 million litres of fuel.

FACT: A poorly tuned engine uses up to 15% more energy when idling than a well-tuned vehicle. Keeping your vehicle in good condition is a key to fuel efficiency.

REASONS TO STOP IDLING

➡ Ten seconds of idling can use more fuel than turning off the engine and restarting it. If you're stopping for more than 10 seconds turn off the engine.

➡ Keep in mind that every litre of gasoline you use produces 2.4 kg of carbon dioxide.

➡ Excessive idling can be hard on your engine. Because the engine isn't working at peak operating temperature, fuel doesn't undergo complete combustion.

➡ Restarting a car many times has little impact on engine components such as the battery and the starter motor. The wear on parts that restarting the engine causes adds about \$10 a year.



(source: Natural Resources Canada)

FACT: A recent study suggests that in the peak of winter, Canadians voluntarily idle their vehicles for a combined total of more than 75 million minutes a day – equal to one vehicle idling for 144 years.

**THA'ONKWEHONWEHSERATÉNION TEHONTKÉNNIES - KAHNAWÀ:KE RAOTINÉN:RA
NAIG 2008 - EDN KAHNAWAKE CONTINGENT - ATHLETES & COACHES**

OPENING CEREMONIES

Sunday, Aug. 3 - 2:00 pm

TAE KWON DO (5)

Wednesday, Aug 6 - Friday, Aug. 8 - 9:00 am - 6:00 pm

Coaches: Diane Thomas and Mark Fraser

Juvenile: Mark Jacobs
Anna Lee Diabo
Brett Morris

Senior: Krissy Goodleaf
Kahente Norton

BADMINTON (4)

Wednesday, Aug 6 - Sunday, Aug. 10 - 9:00 am - 5:00 pm

Coaches: Sherri Diabo and Larry Jacobs

Senior: Sherri Diabo, Larry Jacobs

Juvenile: Shotehra Rice
Chris Diabo

U-14 SOCCER (GIRLS) (14)

Monday, Aug 4 - Saturday, Aug. 9 - 10:00 am - 2:00 pm

Coaches: Teken Diabo and Andrea Dickson

Avonlea Delaronde
Iakothahonni Delormier
Wahiakatste Deom
Jordan Diabo
Jamie Jacobs
Summer Lazare
Summer Martin
Kanekaroroks McComber
Ruby McComber
Marissa Paul
Emily Rice
Diandra Stacey
Emily Stacey
Karonhianoron Stacey

U-16 SOCCER (GIRLS) (5)

Monday, Aug 4 - Saturday, Aug. 9 - 10:00 am - 2:00 pm

Lisa Curotte
Kahente Leborgne
Kawennaro:roks Montour
Kawisenha:wi Diabo
Lauren Robertson
Nikki-Marie Cook-Paige

GOLF (8)

Tuesday, Aug 5 - Thursday, Aug. 7 - 7:00 am - 8:00 pm

Coach: Louie John Diabo

Trevor Lazare (1st Midget)
Kawehnohkwi:io Ireland (2nd Midget)
Raiatate Horn (1st Juvenile)
James Lazare (2nd Juvenile)
Kahsennenhawi Kirby (1st Womens)
Jeci Goodleaf (Senior Womens)
Josh Kirby (1st Mens)
Mack Kirby

ARCHERY (5)

Wednesday, Aug 6 - Friday, Aug. 8 - 9:00 am - 5:00 pm

Coaches: Raymond Phillips and Dave McComber

Karonhiio Curotte (Senior)
Ieteronni Beauvais (Juvenile)
Shakohahiiostha McComber (Juv.)
Owen Stacey (Juvenile)
Cheryl McGregor (Sr. Women's)

CANOE (27)

Wednesday, Aug 6 - Saturday, Aug. 9 - 9:00 am - 5:00 pm

Coach: Sharon Rice, Lanh Goodleaf

Bantam, Midget, Juvenile:

Joseph Jocks (B)
Cayla Patton
Kyle Patton (B)
Konwawennenhawi Diabo (B)
Tenni Stacey (B)
Ahonwakerane Stacey (M)
Katsenhio Skye (J)
Thorahkwaneken Rice (J)
Kahentiio Rice (J)

Senior – Male:

Mike Delisle
Corey Diabo
Jesse Rice
Kahonwase Rice
Danny Stacey
Joe Frank Thomas

Senior – Female:

Glenda Albany
Kawi Cross
Sondra Cross
Hayley Delaronde
Jillian Delaronde
Lindsay Delaronde
Falen Jacobs
Meaghen Laffleur
Margie Meloche
Lynn Rice
Chrissy Taylor
Terri Thomas

WRESTLING (MEN'S) (18)

Monday, Aug 4 - Tuesday, Aug. 5 - 9:00 am - 5:00 pm

Coach: Peter Montour, Garrett Jacobs, Watias

Cadet:

Joel Canadian
Tahasontaronkwas Diabo
Raoserahawi Hemlock
Aronhiatekha Jacobs
Katsirakeron McComber
Rashestonni McComber
Otiohkwanoron Montour
Kaienti:io Regis
Ioserontie Rice

Juvenile:

Nick Angus
Kenneth Canadian
Devin Kirby

SPORTS

Senior: Tatie Moses
Shawn Phillips
Adam Robertson
Kanerahitio Hemlock
Jonathan Rice
Jake Shilling

WRESTLING (WOMEN'S) (6) **Wednesday, Aug 6 - Saturday, Aug. 9 - 9:00 am - 5:00 pm**

Manager: Margie Canadian

Cadet: Laura Arsenneault
Mesa McComber
Juvenile: Cheyanne McComber
Konwahsennawi Phillips
Senior: Shannon Cross
Brenda Diabo

LACROSSE (6) **Monday, Aug 4 - Saturday, Aug. 9 - 9:00 am - 5:00 pm** **Head Coach/Asst./Mgr. Warren Goodleaf, Spencer Stacey**

Iohahi:io Goodleaf
Tokowirshon Goodleaf
Aennase Horne
Kanonsase Jacobs
Owen Mayo
Sose Regis

RIFLE SHOOTING (2) **Wednesday, Aug 6 - Saturday, Aug. 9 - 9:00 am - 4:00 pm** **Coach: Eddie Stacey**

Shakowennenhawi Deer
Bryan A. Deer

SWIMMING (5) **Thursday, Aug 7 - Saturday, Aug. 9 - 9:00 am - 3:00 pm** **Coach: Lisa K. Montour**

A:nen Montour
Kwahenta:se Montour
Tsa:sa Montour
Shakoeitha Phillips
Nathan White

BASKETBALL (4) **Monday, Aug 4 - Thursday, Aug. 7 - 9:00 am - 6:00 pm** **Coaches: Clayton McComber & Marvin McComber**

Anthony McComber
Dexter Tanner
Zack Zachary
Travis Phillips

GIRL'S SOFTBALL (7) **Monday, Aug 4 - Saturday, Aug. 9 - 9:00 am - 5:00 pm** **Coaches: (Akwesasne)**

Brianne Alfred
Kallie Diabo
Raven Dickson-Meloche
Kaheri:ne Kennedy
Dakota Mayo-Mercredi
Erin Robertson
Wahsontahawi Stacey

TRACK & FIELD (1) **Monday, Aug 4 - Wednesday, Aug. 6 - 9:00 am - 4:00 pm** Willie Whyte

CLOSING CEREMONIES **Sunday, Aug. 10 - 5:30 pm**

KAHNAWAKE MISSION STAFF

Dave Canadian, Bryan Deer, Putsky Rice, Frank Phillips, Chief Peter Paul, Chief Rhonda Kirby.

Kahnawake Coaches, Asst. Coaches, Managers & Athletic Trainers

Raymond Phillips, Viola Phillips, Dave McComber, Sherri Diabo, Larry Jacobs, Sharon Rice, Lanho Goodleaf, Louie John Diabo, Warren Goodleaf, Spencer Stacey, Eddie Stacey, Tekan Diabo, Andrea Dickson, Peter Montour, Garrett Jacobs, Margie Canadian, Lisa Montour, Peter Jacobs, Diane Thomas, Mark Fraser

We strongly suggest that all senior athletes and all parents start to book accommodations now as all Hotels and Motels in and around the area of Cowichan are booked solid. The closest suggested place to stay which is half hour away is the city of Nanaimo. Please visit the website for more information www.tourismnanaimo.com.

There are approx. 9000 participants.
- 5,000 Junior Athletes (ages 13-19) and Team Officials
- 1,000 Senior Athletes (ages 20 and over)
- 13 Provincial/Territorial Teams from Canada,
20+ State Teams from the U.S.
- 3,000 Cultural participants

We suggest you go to the official Cowichan website:
<http://www.cowichan2008.com> to find out more information of your sport locations.

For further information call the Sports Complex
at (450) 638-3311



MOHAWK COUNCIL OF KAHNAWÀ:KE

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Kahnawà:ke Mohawk Territory
JOL 1B0

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Email: communications@mck.ca



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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Kanien'kehá:ka Onkwawén:na Raotitióhkwa

And all Units that provided information for our articles.

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MCK
OFFICES
WILL BE
CLOSED
FRIDAY,
FEBRUARY
15

Esther Norton

School Bus Monitor, Public Works Unit

Amy Rice

Project Manager For Administration, Finance And Administration Unit

Rodney Thomas

Policy Development Coordinator/Land Code, Lands Unit

Sunshine Deer And Paula White

Recycling Depot Driver, Kahnawake Environment Protection Office

Peter Sarabella And Darlene Thompson

On-Call School Bus Driver (2), Public Works Unit



Know when to get help!

Make sure you're covered for on-the-job injuries with Mohawk Self Insurance.

«BACK-SAVING TIPS»

Half of all on-the-job injuries occur when lifting heavy objects improperly. To prevent injury, ensure you are lifting safely by following these tips:

- Observe object for weight, size, and manageability.
- Bend knees, keep back straight and gradually lift using your legs and arms - **Not Your Back.**
- Keep object near your body and without twisting, move feet to face the direction where the object will be placed.
- Bend knees and keep back straight when placing object down and be sure it's in a secure position.





MOHAWK SELF INSURANCE

“Providing a better quality of life for Mohawks of Kahnawà:ke”

Mohawk Self Insurance / Social Development Unit - (450) 638-0500