



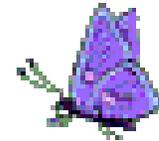
TOWERÓ:TON NEWSLETTER

Volume 3, Issue 2

July in Toweró:ton

We hope that you enjoyed last month's edition of the Toweró:ton Newsletter. This month we will be talking about safety tips for children lost in the woods, community activities, fishing practices, sale of cabins, recycling and much more.

We would like to encourage Community Members to submit articles, article ideas or pictures to include in the Newsletter. So, if you have pictures of fun times or old memories, please feel free to drop them off with Tara McComber, Toweró:ton Administrator located in the Technical Services building on the second floor.



Inside this issue:

<i>Lost in the Woods</i>	2
<i>Community Meeting & Activities</i>	2
<i>Sun Protection</i>	3
<i>Sales of Cabins</i>	3
<i>Blues Jays</i>	3
<i>Recycling</i>	4
<i>Fishing Practices</i>	4
<i>BBQ Recipes (Insert)</i>	

Blue Green Algae (Cyanobacteria)

Lets **prevent** this from forming in our waterways!

There were reports of blue green algae forming in lakes in the surrounding area last summer. (As close as St. Donat.) Fortunately, this algae hasn't found its way to Toweró:ton and can be prevented by doing a few simple things.



First, lets take a look at what this algae is and does. It is actually a bacteria that grows in terrestrial, fresh, brackish or marine waterways. It has been linked to human and animal illnesses around the world, including North and South America, Africa, Australia, Europe, Scandinavia and China.

Health issues from the algae include: (information from the Center for Disease Control & Prevention - www.cdc.gov/hab/cyanobacteria/facts.htm)

- Getting it on the skin may give people a rash, hives or skin blisters.
- Inhaling water droplets can cause runny eyes & nose, sore throat, asthma-like symptoms or allergic reactions.
- Swallowing water can cause severe gastroenteritis, liver toxicity (symptoms include abdominal pain, diarrhea, vomiting), kidney toxicity, neurotoxicity (symptoms can appear within 15 - 20 minutes and may cause numb lips, tingling finger & toes or dizziness).



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Fortunately, it's pretty easy to prevent this algae from forming in Toweró:ton. It's as simple as keeping levels of phosphorus and nitrogen down and restoring or not changing shorelines. Phosphorus free soap, shampoo/conditioner will be made available for purchase AT COST with the Caretakers. They are also available at dollar stores, Giant Tiger, grocery stores, etc.



Children

Lost in the Woods – The 9 Rules for Survival



1. **Stay together, do not separate – if with a friend or pet.**
Cuddling up to a large dog or friend will keep you warm. If with a dog do not let it run loose, it can help you by providing heat and companionship.
2. **Stay in one place or area. DO NOT WANDER!**
This is the most important rule of all. If you wander – we cannot find you. People looking for you move very slowly while searching for clues. If you are out front running along, we won't be able to catch up. Another reason for not wandering is the possibility of falling and hurting yourself while traveling.
3. **Keep Warm.**
This rule means to keep warm with the clothes you are wearing. Never take any clothes off. Cover up all the exposed skin you can. If you are wearing a sweater or jacket, do it up. The most important part of your clothing is a hat or something that covers your head. Over 70% of all your body heat escapes from your head.
4. **Find a Cozy Waiting place, not a hiding place.**
This means find a warm place out of the wind and rain but not a place where searchers cannot see you.
5. **Put out something bright.**
Make a flag using what you have, but Do Not Take Off Any Clothes to do so. Some suggestions are white paper, money, hair ribbons, a strip from an orange garbage bag etc. Spell "HELP" or "SOS" on the ground using rocks and sticks or make a large arrow with them, pointing to where you are. Do anything to attract attention.
6. **Look Bigger for Searchers.**
If possible, your waiting place should be near an open space. When you hear someone coming, move to the middle of the clearing and call. Do not run in the direction of the noise. If it is an aircraft you heard, lie down in an open space so the pilot has a bigger target to look at. Then wave with both your arms and legs, like making an angel in the snow.
7. **Do Not Lie on the Bare Ground.**
The only exception to this rule is the one above. Lying on the cold ground for a very short period of time (attracting attention) is OK. You want to prevent body heat loss.
8. **Do Not Eat Anything you are not sure of.**
Do not eat any berries, mushrooms or anything else unless you are 100% sure what they are.
9. **Stay Away from Large Rivers and Lakes.**
You must have drinking water to survive, but be careful where you get it from. Do Not go near any large bodies of water. Instead, drink from a water supply that is smaller than you are, so you cannot fall in. Another source of water can be found on leaves in the form of dew.



We are pleased to announce that this year's Tioweró:ton Community Meeting will once again be held in Tioweró:ton. Although a date has not yet been confirmed, the meeting will take place in August. Hope to see you all there!



Community Activities

The Tioweró:ton Caretakers would like to invite you on a nature walk and picnic at a Lake on July 14, 2007. This is the first of a series of activities organized by the Caretakers for you to enjoy. Should you be interested, please confirm your attendance with one of the Caretakers by Friday, July 13, 2007. You will be required to supply your own snacks and lunch.





Sun Protection

Wearing Sun Block can help protect you from the excessive sun exposure that can result in painful sunburn, and that can also lead to other serious health problems, including Melanoma, a life-threatening form of skin Cancer.

In addition to melanoma, excessive UV exposure can lead to premature aging of the skin, Cataracts and other skin cancers.

Here are some tips in reducing Sun Exposure:

- Wear Sun glasses with ultraviolet protection
- Wear a hat with a wide brim to protect your eyes, ears & face
- Always use Sunscreen with a SPF 30 or higher
- Avoid Midday sun, UV rays are strongest between 10-4
- Avoid sun lamps and tanning parlors



Research has shown that the majority of most people's sun exposure occurred before the age of 20. It is important to protect children and teenagers from overexposure to UV radiation by wearing sun block.



Sales of Cabins



Please be reminded that the sale of cabins must be presented to the Tioweró:ton Committee for registration. Persons purchasing a cabin MUST be on the Mohawk registry and persons selling their cabin must wait a minimum of 3 years to reapply for a new cabin site.

Blue Jay



The Blue Jay is one of the beautiful birds found in our Territory. It's habitat ranges from southern Canada, east of the Rockies down to the lower US states. This bird is migratory and northern populations will move south in the winter.

The blue jay is between 9 and 12 inches long. It is bright blue on top and white to gray on its throat, chest and belly. It has a blue-gray crest on its head and black and white bars on its wings and tail. Its bill, legs and feet are black. It also has a black 'necklace' on its lower throat.



The female lays four to six eggs in a nest made of sticks and twigs and lined with grass. Nests are made in trees and shrubs. The female incubates the eggs, although sometimes the male will help. The eggs incubate for about 17 days. Both parents will bring the chicks food. The blue jay is omnivorous. It eats fruits, acorn seeds, nuts, insects, mice and frogs. Sometimes blue jays will raid a nest for eggs and young birds. When it eats nuts, it holds the nut with its feet and cracks it open with its bill. This bird is a seed spreader. It often buries food to eat later. Some seeds and nuts are never recovered and grow into trees and other plants.

Their behavior is very aggressive and territorial. Groups of blue jays often attack intruders and predators. They often drive other birds away from bird feeders. They are also very vocal and make a number of different calls including its distinctive 'jay-jay'. It also growls, whistles and chatters. They also have quiet, almost subliminal calls, which they use among themselves in proximity.





RECYCLING



SO WHAT EXACTLY HAPPENS TO THE STUFF I RECYCLE?

Last month, we learned some interesting facts about recycling. Hopefully, this sparked some interest about the process and made us all a bit more aware of why it is so crucial to participate in Tioweró:ton's recycling program. So, what exactly happens to the things we recycle? Let's take a look.

Paper

Every year, we throw out over 32,000 metric tons of newspapers, magazines and flyers. Only about 20,000 metric tons of this material is recycled. That means about 30% of this material is still being land filled, burned or littered. **What a waste!** Did you know...

- About 40,000 trees are cut down each day just to produce the newsprint for Canada's daily papers.
- One metric ton of recycled newspapers and magazines reduces the need for mining clay soils, which is used to make newsprint pulp.
- The newsprint collected in our community-recycling program is made into new newsprint (so the Sunday comics you're reading now may be the Sports pages you read two months ago!)



Aluminum

Each year, we throw out about 1,400 tons of aluminum cans. Last year, only about 30% were recycled in community programs. **What a waste!** Did you know...

- Recycling one aluminium can saves enough energy to run your television for 3 hours.
- Aluminium takes 500 years to break down.
- Once aluminium cans have been melted down, they can be used in any product made from aluminium.
- Aluminium is the most valuable (\$\$\$) recyclable material. Help our community. **Don't trash cans!**



Glass

Every year, we throw out about 14,000 tons of glass jars and bottles. Last year, only about 4,700 tons were recycled. **What a waste!** Did you know...

- It takes one million years for a glass bottle to break down in a landfill.
- In Quebec, most recycled container glass is used as material in roads and sidewalks.



This saves recycling programs energy and money because the glass doesn't have to be shipped to distant markets. Just think You

Fishing Practices



Throughout the summer months many Kahnawá:kehró:non/Kanehsatá:kehró:non will travel to the Tioweró:ton territory for fishing purposes. In this month's newsletter, Portions of the Tioweró:ton Policy, will be presented as a reminder of the acceptable fishing practices in the territory.



- It is discouraged to fish in early spring and during the fall times so that spawning and maintenance of healthy stock of fish may be accomplished each year.
- A daily limit of 12 trout per family is allowed to avoid depletion of current stocks available at the lakes. There is no limit for other species of fish.
- **Fishing derbies** or contests are **prohibited** for conservation purposes
- Only worms or artificial lures may be used for bait. Live bait that escapes can grow into predator fish that will feed on trout minnows; possibly killing off the trout!!

