

Native Liaison Workers at the Native PARA-Judicial Services of Quebec

Valerie Metallic (caseworker)
Doreen Stevens (program worker)
Native Liaison workers assist Native federal inmates in Quebec penitentiaries in the Montreal area by:

- developing contacts with prison staff;
- liaising between inmates and the appropriate agency or persons in order to address their needs.
- providing help with pre release planning.

For more information, please call (514) 933-3638.

Native Courtworkers

* Patricia Eshkikob: Montreal, Kahnawake, Akwesasne (St. Regis)

* Robin Sky: Montreal, Kahnawake on Tuesdays and Thursdays and her phone number there is (514) 479-1743.

Telephone in Montreal: (514) 933-3638. Collect calls will be accepted.

Address: 3465 Cote-des-Neiges, Suite 102, Montreal.

Native PARA-Judicial Services of Quebec

If you are not certain about your Rights as well as our Responsibilities in matters concerning police, courts, and prisons, your Courtworker may be of help to you. Not many people know all their responsibilities and rights, because they are often very complicated. The Native Courtworkers are not lawyers. They are Native people trained to advise you about bail, about obtaining lawyers, about court procedures and about dozens of other matters, ranging from complaints against policemen to sentence appeals.

Nutrition News Curbing Chocolate Cravings

If you lay back and imagine the most sinful thing that you can eat, it will probably have chocolate in it. Chocolate is the nectar of the gods for many people. You probably like it because it tastes so good but feel guilty enjoying it because it is high in fat, calories, cholesterol, and sugar. Is eating chocolate all that bad?

Chocolate Research

For decades, women have reported craving chocolate during menstruation. Recent research confirms this finding but could not substantiate why. We still don't know if craving chocolate may be for the nutritive or pharmacological effects of the chocolate itself. We're not sure why chocolate is so loved but it is seen as the ultimate "reward" food for men and women alike.

Chocolate in Diet

To help dieters get a handle on

the craving, companies now market chocolate spray to give the mouth a hint of chocolate. Cocoa powder and sugar-free hot cocoa and pudding mixes can possibly appease the taste buds in a healthier way. But the best advice is to allow small amounts of chocolate in your diet (if you are not on a special diet that restricts chocolate) and then you may be satisfied with one or a few chocolate kisses. If you totally deprive yourself of chocolate, you may eat the whole bag when you finally succumb to the urge. No one food is "bad". It is the quantity that you choose to eat of it that can be the problem. A diet laden with chocolate will not be wholesome but if you only occasionally eat a mouth-watering truffle, close your eyes and groan. Food was made to be enjoyed to the fullest without guilt.

Kitchen Corner

Chocolate Cream Cheese Cake

Filing:

8 oz. cream cheese
1/4 cup sugar
1 egg, beaten
Cupcakes:
1-1/2 cups all purpose flour
3/4 cup sugar
1/4 tsp. salt
1/4 cup coca
1 tsp. baking soda
1 tsp. cinnamon
1 cup Milk
1/3 cup oil
1 tsp. vanilla extract
1 tsp. grated orange rind
1 tbsp. vinegar
chopped nuts

To prepare filing beat cream cheese, sugar and egg together until smooth. Set aside. In a large bowl combine flour, sugar, salt, cocoa, soda and cinnamon. In a separate bowl blend together Milk, oil, vanilla, orange rind and vinegar. Gradually whisk wet ingredients into dry, beating until smooth. Fill lightly greased muffin tins about 1/2 full. Top with a tablespoon of filing. Sprinkle with chopped nuts if desired. Bake in 350° F oven until cooked through.

AKWESASNE MOHAWK POLICE

Mohawk Police Occurrences for April 10-14/92

The Mohawk Police responded to the following calls:

Occurrence	Location
Domestic	St. Regis
Disturbance-ATV	Snye
Assist other Government Agency	Snye
Mischief - personal property	St. Regis
Mischief - personal property B.B. gun	Cornwall Island
Suspected	Cornwall Island
Mischief - personal property	Snye
Stolen Licence Plate	Snye
Domestic	St. Regis
Mischief - personal property B.B. gun	St. Regis
Suspected	St. Regis
Anonymous Calls	St. Regis
Mischief - personal property B.B. gun	Cornwall Island
Suspected	Cornwall Island

Over the past several weeks the Mohawk Police have received numerous calls relating to All Terrain Vehicles (four wheelers) and B.B. guns. Mohawk Council of Akwesasne's By-Law states:

For the safe and responsible use of all terrain vehicles, motorcycles and mini-bikes:

Whereas: There has been an increased amount of accidents reported by the Akwesasne Police Department involving three/four wheelers (ATV - All Terrain Vehicles) the following resolution has been introduced.

Therefore: The Mohawk Council enacts the following By-Law regarding the safety and regulating the above mentioned vehicles.

The Akwesasne Police Department will respond in the following manner:

(A) Any person identified driving reckless at high speeds that endangers the safety of others while driving on public roads and public property, or without benefit of safety attire, WILL BE CHARGED and their vehicle impounded and faced with a levy fine.

(B) 1st Offense:	\$50.00 fine
2nd Offense:	200.00 fine
3rd Offense:	500.00 fine and confiscation of vehicle

Any damage incurred as a result of property damage caused by operation of these vehicles, will be the responsibility of the operator or owner of the vehicle.

Recreational Vehicles Handbook

Ministry of Transportation and Communication has published handbook with very valuable information: contents to include: Snowmobile Safety information, registration, validation permit, driving your snowmobile (drivers licence), insurance, helmets, where you can or can't drive, local by-laws, speed limits, identification-enforcement, collision report, tow-bar use, land owner's liability trespassing, snowmobiling safety tips, various other topics. Also included is: You and your off-road vehicle, register for driving your off-road vehicle, all-terrain vehicle, accident statistics, insurance, helmets, collision reports, enforcements and safety tips. Information pertaining to Mopeds is also contained in the handbook.

For a copy of this handbook contact the Akwesasne Mohawk Police Department or your local Ministry of Transportation.



Composting

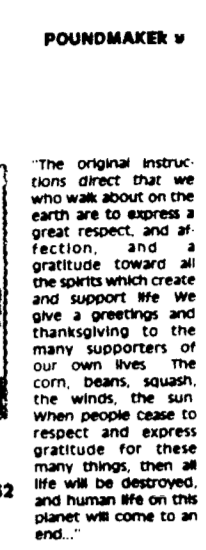
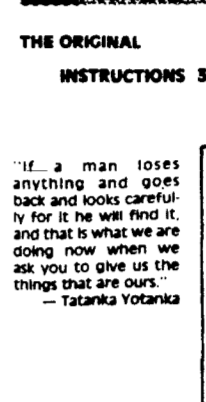
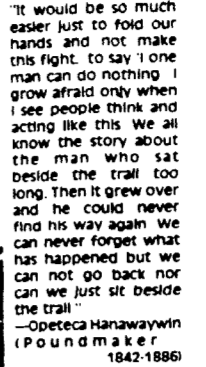
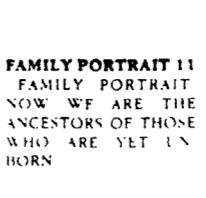
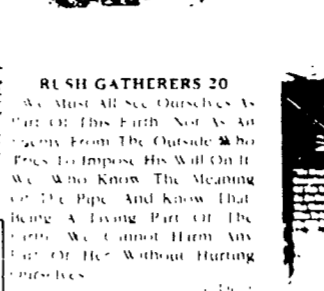
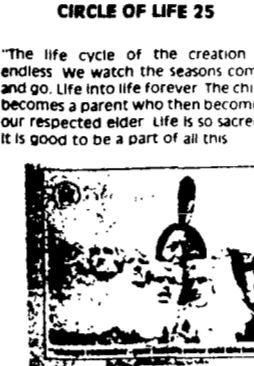
It's estimated that about 70% of the garbage we North Americans create is compostable. By bagging all this stuff in plastic and burying it in tightly packed landfill sites where no oxygen can reach, we're interrupting the natural earth-enriching cycle.

For a real neophyte we'd suggest buying a plastic compost bin, available at most garden centers and some supermarkets. It's quite a simple job, though, to make one yourself. It should be about 1m square, and the sides can be a piece of snow fencing or wire fencing lined with cardboard, or wood. Put some bricks, two-by-fours or stones on the bottom for air circulation. Put an opening in the front from which you can remove the finished product and turn over the contents. On the top you put heavy plastic or fiberglass sheeting to keep out the rain.

On the base of bricks or stones you start with a layer of coarse material such as grass cuttings, straw or cuttings from shrubs. Over that goes a layer of rotted manure (from the garden center unless you live on a farm) or garden soil or seaweed. Next comes the layer of kitchen waste and if you can cut it up small, all the better. Some examples: egg shells, tea bags, coffee grounds, vegetable and salad trimmings, facial tissue. Leave out: plastic, glass, foil, metal, fish, meat, grease and oil, milk. Keep repeating the layers, adding some soil, leaves and grass cuttings between the kitchen waste. Tumble it about with a garden fork every few days. It should not smell at all. The compost 'cooks' and if you have a thermometer the temperature about 25-30 cm from the top should be between 60° - 70° C. The temperature falls back to 40° - 45° C when it's done. Easy isn't it?
Source: News Canada

POSTERS

\$3.00 each or 2/\$5.00



These posters, tapes, and books are available in our bookstore. Stop by during regular business hours or send your check/money order to Akwesasne Notes Bookstore, Mohawk Nation, P.O. Box 196, Roosevelttown, NY 13683

CKON Radio

Bingo Is Back!!

Tuesday, April 21 at 7:00 p.m.

Card Colors:
Full Sheet - Pink and 50/50 Half Sheets - Yellow

Prize Money:
Game #1 Regular Bingo at \$50.00
Game #2 Regular Bingo at \$50.00
Game #3 Letter X at \$100.00
Game #4 Regular Bingo at \$50.00
Game #5 Regular Bingo at \$50.00
Game #6 Little Joe at \$100.00
Game #7 Regular Bingo at \$50.00
Game #8 Regular Bingo at \$50.00
Game #9 Jackpot - Big Joe at \$150.00
Total Prize Money: \$650.00

CKON Radio Bingo Card Distributors:
Atomic Place - Four Corners - Hogansburg - 358-2901
Buckshots Store - St. Regis
Burns Truckstop #9 - Rt. 37
CKON Radio Building - See Below
CT's Store - St. Regis Road
End Of The Trail - St. Regis - 575-2897
Hammill's General Store - Roosevelttown
Iakhihsothta - Snye
In and Out Convenient Store - Rt. 37
Jock's Store - Cornwall Island
MCA Admin. I - St. Regis
MCA Admin. II - St. Regis
MCA Admin. IV - St. Regis
Mitchell's Store - Snye
Mohawk Video - Rt. 37 Hogansburg
Village Bakery and Deli - St. Regis - 575-2598
White's Diner - Rt. 37 Hogansburg
Wolfpack Giftshop - Rt. 37 State Rd. - 358-4285

Price of CKON Radio Bingo Cards:
\$5.00 Canadian fund ONLY for the full sheets (Six blocks)
\$2.00 each Canadian or U.S. funds for the half sheets (Three blocks)
These cards are used for the 50/50 community bingo game.
Winner receives half of total money in from sales of this card.
50/50 Recipient: CKON BINGO FUND!

CKON Phone Nos.
613-575-2100 or 575-2101
518-358-3426 or 358-3427

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