

Community Notice

Ononhkwaon:we / Traditional Medicines Program

As native people, we are well aware that traditional medicine (Indian Medicine) has been here since the beginning of time. Due to the colonization process, our people were left with no alternative but to take the ceremonies and medicines underground to be practiced discreetly by ceremonial people. Now, we must constantly strive to recover, restore, revive and reinforce the knowledge and teachings that our ancestors left for us to pass on to the next seven generations.

Our mother earth has supplied our people with a medicinal plant for every possible illness or disease that we may encounter, and it is up to us, as the caretakers of this land to utilize the abundance of resources that is available to us. The medicines were always here to help cure us from disease that we become stricken with throughout our daily lives. It is our obligation to learn these methods of growing, harvesting, and preparing the medicine and also, to constantly practice these routines on a daily basis so that we may take a preventative approach to avoid numerous visits to the doctors and hospitals.

Herbs and user

Herbs are used in many different ways, yet they all achieve their effects through one means- by interacting directly with our body chemistry. Whether herbs are used for food, for medicine, for cosmetics, or for relaxing fragrance, their active constituents must first be absorbed in the body before they can be beneficial. Once the herbs reach the blood stream, they can circulate to influence our whole system. The herbalist uses these effects to balance and strengthen the body's own responses, not to suppress or disturb them as many modern products tend to do.

Strong circulation

As long as you can keep your circulation system free from obstruction and keep your blood flowing freely, you dramatically reduce your risk of suffering a heart attack. The slow accumulation of fat and plaque deposits inside the blood vessels eventually chokes off the blood supply and hardens veins and arteries that need to be strong yet supple. The major culprit is usually the out-of-balance diet.

These are a few remedies that can be used to start with your cleansing process

Ononhkwa'on:we tanon Thika:te Iakotsientahkwa Traditional Medicines Program

Cholesterol Remedy

White grape juice 2 cups
Apple juice 2 cups
Cranberry juice 2 cups
1/3 cup Apple Cider Vinegar
Add together using unsweetened juices
Drink 8oz cup 2 times a day

Fatigue, High Blood Pressure, Asthma

1 tsp of honey and 1 tsp of Apple cider vinegar add to herbal tea and drink 3 times a day

Obesity

1 tsp of honey, 1 tsp of Apple cider vinegar, 1 glass of Grapefruit juice, mix together and drink one glass before meals

Arthritic Pain

1 tsp of apple cider vinegar, 1 tsp of honey in warm water or herbal tea take four times a day, it helps to alleviate pain.

Kawehnoke Medical Clinic 932-5808

Dr. Brian Young - Monday 9am to 4pm
Dr. Ronald Tremblay - Tuesday 8:30am to 12 noon
Wednesday 8:30am to 11:30pm (at Akwesasne Clinic)
WALK IN CLINIC means just that, an appointment is not necessary. Just walk in with your Ohip or Qhip in hand and before you know it you will be out the door without having to wait for hours to see the doctor. Please check us out!
In addition to his regular schedule Dr. Tremblay will be at the Akwesasne Medical Clinic every WEDNESDAY from 8:30 a.m. to 11:30pm.

Foot Specialists

Gary Easton, D.Ch./Mike Turcotte, D.CH.

Every Tuesday at Tsiionkwanonhso:te Chronic Care Facility on Cornwall Island.

Services offered:

- Professional Foot Care
- Surgical & non-surgical options
- Preventative medicine (Diabetes)
- Custom Orthotic devices
- Biomechanical & Dynamic Gait Analysis

If you are diabetic then you know how important it is to take care of your feet from complications and the first step is to have your feet checked by a health provider. Please take advantage of the foot specialists we have available to you. Call now for an appointment or for information at 575-2341 and ask for Diane King or leave a message.

Happy Ads



If you see this young woman on Wednesday, May 3rd wish her a Happy Birthday! From your True Friend! p.s. Miranda made me do it!!



Happy 16th Birthday on May 1st to Micki from Mom, Dad & Lou.

WANTED:

Office space in or nearby Akwesasne (U.S. only) 518-483-3176

FOR RENT:

Apartment in Fort Covington, New York. Water Street. Phone 518-358-9613.

SUNY Potsdam to hold student information and advising session on the St. Regis Mohawk Reservation

The SUNY Potsdam Office of Continuing Education will hold an information and advising session for current and prospective SUNY Potsdam students on Tuesday, May 2, from 4:30 to 5:30 p.m., in the first floor conference room of the St. Regis Mohawk Tribal Community Building located on Route 37 in Hogansburg.

To make an appointment for the information and advising session, call either the Office of Continuing Education at SUNY Potsdam at (800) 458-1142 or call Rod Cook, director of the Tribal Higher Education Program, at (518) 358-2272.

Mohawk Council of Akwesasne TENDERS

"The Department of Technical Services of the Mohawk Council of Akwesasne requests submissions from all non-native trades, and general contractors to complete numerous upcoming projects."

"In order to compete for MCA projects non-native contractors must meet pre-qualification criteria established by Mohawk Council. Each non-native contractor will be evaluated according to company experience, company qualifications, personnel experience, willingness to hire local trades-people and to enter into joint ventures with native contractors.

The 2000 Mohawk Council of Akwesasne Tendering Policy will take effect immediately. Deadline for pre-qualification is May 19, 2000 at 2:00 p.m.

For more information or to request a copy of this policy please contact Jay Benedict, Director, Department of Technical Services at (613) 575-2250, extension 115; or Vladi Kovinich, Engineer, Department of Technical Services at extension 113. Or write to us at Box 579, Cornwall, Ontario K6H 5T3.

25th Annual Fiddler's Fling Sunday, April 30th at 2:00 p.m.

Come celebrate as the senior citizens of Brushton, Moira, Bangor and Brandon hold their 25th Annual Fiddler's Fling at the Brushton-Moira Central High School on the Gale Road in Brushton.