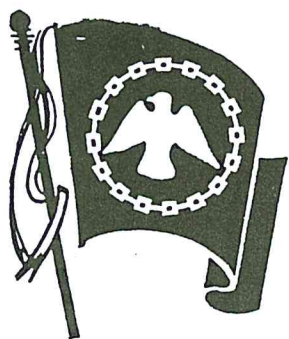


AUG 10 1995



TYENDINAGA NEWSLETTER



SEHSKE'KO:WA (August)
ISSUE 9/95

Don't forget the Pow Wow & the Vaughn Maracle Memorial Ball Tournament!

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MOHAWKS OF THE BAY OF QUINTE

R.R. #1, Tyendinaga Mohawk Territory, Ontario K0K 1X0
(613) 396-3424 Fax: 1-613-396-3627

NOTICE

AS OF JULY 15/95 THE TYENDINAGA MOHAWK COUNCIL HAS RETAINED THE SERVICES OF:

YARROW ANIMAL CONTROL, BOX 110 R.R. #1 TRENTON, ON. K8V. 5P4

PHONE: 613-392-7045

FOR ASSISTANCE WITH STRAY DOGS & CATS. THEY WILL ALSO ASSIST WITH EMERGENCY CALLS SUCH AS RABID ANIMALS, DOGS CHASING CATTLE, ETC.

MRS. AMY YARROW IS THE CONTACT PERSON.

THANK YOU!



Tyendinaga First Nation Police has moved to a new location. (Old Daycare Building, York Rd.)

Phone and Address have not changed

TYENDINAGA FIRST NATIONS POLICE

Month End Stats

AUGUST 1995

ACTUAL NUMBER

PROVINCIAL OFFENCES

Highway Traffic Act	54
Liquor Licence Act	2
Compulsory Automobile Insurance Act	4

CRIMINAL OFFENCES

Assault	3
Sexual Assault	0
Break and Enter	7
Thefts	6
Possession of Stolen Property	0
Impaired & Over 80	8
Weapons Offences	3
Fraud	0
Mischief/Vandalism	6
Narcotics	0
Other Criminal Code	11

GENERAL INCIDENTS

Intrusion Alarms	2
Motor Vehicle Accidents	0
Animal Complaints	2
12 Hour Suspensions	3
Domestics - Non Criminal Code	0
Missing/Lost or Overdue Persons	0
Assist Other Police Services	13
Other Provincial Stats	4
Other Federal Stats	4

TOTAL NUMBER OF OCCURRENCES 83

CMHC SCHL

Helping to
house Canadians

Question habitation,
comptez sur nous

JUL 10 1995

Kingston Office
471 Counter Street
3rd Floor
Kingston, Ontario
K7M 3L5
Fax: (613) 530-4187
Tel: (613) 547-0066

"PROTECTED"

July 5, 1995

Mr. Chris Maracle,
Mohawks of the Bay of Quinte,
R.R.#1,
Deseronto, Ontario.
KOK 1X0

Dear Chris:

Re: Transfer of Responsibilities

Effective July 24, 1995, our Ottawa Branch office will be taking the remaining RRAP files not fully advance by Kingston Office. All RRAP advance requests, and amendments after that date should be forwarded to Mr. Larry Kidd. The Ottawa Office address and phone number is noted below.

Canada Mortgage and Housing Corporation,
P. O. Box 3516, Station "C",
Carling Executive Park,
1565 Carling Avenue, Suite 300,
Ottawa, Ontario.
K1Y 4G1

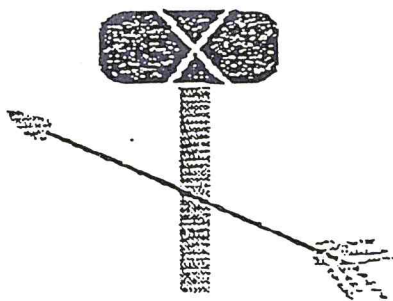
Phone (613) 728-6884 (Switchboard)
Fax (613) 748-5130

We at the Kingston office are sure the working relationship which we have developed in the past will continue.

Sincerely,



Marjorie Johnson
Acting Program Officer,
RNH / RRAP.

"OUR WARRIORS"**ATTENTION ALL FIRST NATIONS:**

OUR WARRIORS GROUP in association with the Museum of the Regiments, Canadian Forces Base Calgary, and the Siksika Nation are presenting a museum exhibit that is to open OCTOBER 16, 1995 at the Museum in Calgary.

The subject of the exhibit is Aboriginal Canadians and their contributions made to the Armed Forces.

We are asking that all First Nations prepare a list of the Persons from their Nation that have served in the Armed Forces so as an Honour Roll can be prepared as part of the Museum Exhibit.

We are also soliciting for photos to be lent to the Museum of Aboriginal Soldiers or Warriors so as we may display them and allow the public to honour their great service to our Nation.

Finally, are asking that if at all possible a donation of any amount be made to the Museum of the Regiments to assist us in funding this exhibit. Tax receipts will be issued by the museum as well as an explanation as to what your donation was used for.

The matter that concerns us the most is that the exhibit is to open in less than four months and expediency on part of the First Nations is important so as we can prepare the Honour Roll and arrange the display to include any photos lent by the First Nations.

Please forward all data, artifacts and donations to the attention of:

Jerry Svencicki, Chief Curator
Museum Director
Museum of the Regiments
CFB Calgary, Alberta
T3E 1T8

Telephone: 403-240-7002
Facsimile: 403-240-7190

I thank you in advance for your cooperation in this matter.



MOHAWKS OF THE BAY OF QUINTE

R.R. #1, Tyendinaga Mohawk Territory, Ontario K0K 1X0
(613) 396-3424 Fax: 1-613-396-3627

NOTICE TO THE COMMUNITY

The following were provided by Orval Brant the Landfill Custodian after Council requested an explanation for his actions on July 1st, 1995.

Concerning July 1st 95 I wish to
apologize to anyone that was inconvenienced
at that time

to council & Chief

Concerning the landfill site and my
action my concern was the amount
of outside waste that get in our landfill site

<u>DAY</u>	<u>HOURS</u>
Sunday	9:00 a.m. to 4:00 p.m.
Monday	CLOSED
Tuesday	1:00 p.m. to 5:00 p.m.
Wednesday	CLOSED
Thursday	1:00 p.m. to 5:00 p.m.
Friday	CLOSED
Saturday	8:30 a.m. to 5:00 p.m.



DIBAUDJIMOH ... BRINGING NEWS OF THE CHIPPEWAS OF NAWASH
FAX : 519-534-2130 PHONE: 519-534-5133

26 JUNE 1995 – DRAFT MEDIA RELEASE

For release July 5, 1995 to Assignment Editors and Environment Writers

A Number of Groups Protest Weekend Fishing Free-for-All

Neyaashiniigmiing – For the second year, the Ontario Ministry of Natural Resources (MNR) and the Ontario Federation of Anglers and Hunters (OFAH) have teamed up to turn Ontario into a giant fishing hole for the rest of Canada. On the weekend of July 8th and 9th, the MNR will waive all licensing requirements for anglers fishing in Ontario. It's an idea that originated with the Ontario Federation of Anglers and Hunters; it's an idea that is intended to promote the sport of fishing for fun – and profit, for angling in Ontario is a billion dollar business. The old NDP Cabinet went gone so far as to change the regulations in the Game and Fish Act to accommodate the "Ontario Family Fishing Weekend". Will the new Cabinet undo the damage?

As harmless as it seems, this weekend raises some not so harmless questions ...

How serious is the OFAH claim to be Ontario's oldest conservation organization if it pushes or a weekend that encourages unlicensed fishing.

How can the MNR claim to regulate the users of the fisheries when it waives one of the only controls it exercises over anglers?

Why didn't the MNR monitor last year's Weekend to make sure no damage was done?

Is the MNR monitoring this year's weekend or not (we received contradictory answers)?

If it turns out that there is a great increase in fishing pressure, will the MNR abandon this ill-conceived weekend? If there is no great increase, it means the weekend is not achieving its purpose, so why bother?

Why has the MNR sanctioned this idea and yet is slow at recognizing First Nations *right* to fish – a right that is Constitutionally protected and should not be confused with the licensed privilege given to anglers who fish for sport?

Here are comments from some organizations concerned about the environment and supportive of First Nations' struggles to rebuild their resource-based economies...

Buzz Hargrove, President of the Canadian Auto Workers says, "As a union representing thousands of workers in the fishing industry, the Canadian Auto Workers has always been committed to the conservation of fish stocks. We have also consistently supported and defended the historic rights of First Nations peoples to maintain an economy based on fishing. The CAW is appalled at the idea of a 'licence-free weekend' initiated by OFAH and the MNR. This is a classic example of a government department abrogating its regulatory responsibilities at the behest of a private lobby group that has falsely accused First Nations of threatening the fish stocks. Deregulation in this case is an affront to the historic rights of Aboriginal peoples but also one step closer to a 'fish-free future' for all Ontarians."

Mal Jacobs, former Vice Chief to the United Indian Councils, was personally involved in the negotiations that provided the seven First Nations signatories to the 1923 Williams Treaties with

community licences for food-fishing: "To have been around the table listening to *conservation* issues being raised by Ontario, on their own and at third-parties' insistence, about fish being taken for food, one is rather surprised that the free fishing weekend gets so much support from Ontario itself, conservationists and tourist camp operators. The community licences under which our First Nation communities operate have safeguards built in and ensure that, jointly, they and Ontario will table information, issues and concerns to be dealt with in the real interests of conservation. Is conservation the issue or is it *conversation*? Surprising what switching a few letters can do to words of commitment, isn't it?"

John Siebert, Head, Social Justice Office of the United Church of Canada says, "Where is the business common sense in supporting this kind of licence-free fishing event? Small businesses such as lodges and tackle supply outlets should be up in (non-lethal) arms. If you depend on healthy fish stocks for your livelihood, any effort that promotes over fishing, or largely unregulated fishing, will hurt the resource. The short term benefits will not outweigh the long term costs! It makes sense for dedicated sport fishing enthusiasts and those with a direct economic stake in fishing tourism to join us in protesting to the Ministry of Natural Resources."

Chief Ralph Akwenzie of the Chippewas of Nawash: "It's a real shame that the knowledge brought forth from the Nawash Fisheries Conference in March, 1995 has been greatly ignored. The recurring theme from scientists who presented papers at the Conference was as much about conserving and protecting habitat as setting quotas and developing regulations. Replaying the licence-free fishing weekend is senseless. The Weekend encourages over fishing in times when, as the fisheries Conference suggests, the resource has to be respected and conserved."

Kay Murphy from the Canadian Alliance in Solidarity with Native Peoples (CASNP) says, "How ironic that our Ministry of Natural Resources chooses to ignore its own priority of conservation with an open fishing weekend for all without licences. This especially highlights the hypocrisy of the open condemnation of the fishing rights of the First Peoples. The legal rights of the First Peoples have been recognized as second only to conservation but the MNR seems to be establishing its own priorities with open sports fishing taking first place."

Henry Martinuk of the Turtle Island Rod and Reel Club (a member of the OFAH): "I spoke to an MNR representative at the Ministry's Maple office who told me there would be no additional patrols or spot checks to monitor fishing during this licence-free weekend. This indicates a lack of concern for conservation and future stocks of fish which our children have a right to expect. Our Club is disturbed at the MNR's attitude when they should be protecting our resources against unregulated fishing."

Michelle Swenarchuk of the Canadian Environmental Law Association said, "Once again, MNR is not planning any credible monitoring of the catch during this event. When there are serious disputes about fish harvesting in various parts of Ontario, this unregulated free-for-all is irresponsible. We remain concerned about its conservation impacts."

4For More INFORMATION CONTACT ...

David McLaren, Chippewas of Nawash 519-534-5133 (fax) 519-534-2130

TransferLine



Ministry of
Natural
Resources
Ontario

A Newsletter of the Southern Region Science & Technology Transfer Unit

STTU

Vol. 2, No. 3

February 1995

Bullfrog Management In Ontario

Kerry Coleman
Terrestrial Biologist
STTU, Brockville

Bruuumm, bruumm, bruumm.....
Many of us have listened to the
mating call of the bullfrog on
a warm, summer's evening.

Are bullfrogs (*Rana catesbeiana*) declining? Many cottagers report hearing fewer bullfrogs than they did a few years ago. Sometimes it is quite a few years ago. Others say that bullfrogs are completely gone from their lake but were once very common.

The MNR has the responsibility for managing bullfrogs in Ontario—it issues commercial licences to harvest bullfrogs. Bullfrogs may also be taken for personal consumption by people who are in possession of a Resident Sport Fishing Licence.

The MNR conducted a bullfrog population survey in Lanark County in 1978. The survey was repeated in 1986 and again in 1994. The population surveys, although confined to a relatively small area, indicated there has been a general decline in the Lanark County's bullfrog population from 1978 to 1994. The research by Dr. Michael Berrill of Trent University on Nogies Creek, northwest of Peterborough, also indicates a decline in the bullfrog population from the mid-1970s to 1993. There was also a reduction in the average size of mature male bullfrogs.

To address these concerns, a bullfrog management workshop was held for ministry staff on October 13, 1994, in Kingston. The workshop was sponsored by the Kemptville and Tweed districts, and the STTU. The purpose was to increase staff knowledge and begin the process of determining if new management strategies are required in Ontario.

Dr. Francis Cook, the former Curator of Herpetology at the National Museum of Natural Sciences, gave a presentation on the life history of the bullfrog; the largest frog in North America. A female typically lays between 11,000 and 22,000 eggs. The eggs are laid as a film on the water's surface. This puts the eggs at risk from predation, and recent evidence indicates they may be at risk from ultraviolet radiation. The eggs hatch in the summer, and remain in the tadpole stage for two or three winters before transforming into frogs. The young bullfrogs become sexually mature in one to three years, and range in size from 90 to 200 millimetres (snout to vent measurement).

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1995
FEB 7 1995
BIOLOGY

Bullfrogs overwinter in the substrate of permanent bodies of water making them vulnerable to freezing. This can be a serious problem in bodies of water that experience significant water draw downs over the winter. Adult bullfrogs are harvested for their legs and many juveniles may be mistaken for green frogs (*Rana clamitans*) and taken for bait.

Bob Johnson, Curator of Reptiles and Amphibians at the Metropolitan Toronto Zoo, provided the group with a global perspective on amphibians. Global decline of amphibians may be due to environmental, viral, or genetic influences or a combination these factors. On the west coast of the United States, egg exposure to ultraviolet light has been documented as a cause of the bullfrog's decline. Low-level exposure to pollutants can cause a decline in frogs by making them more susceptible to cold winters. In Australia, a virus has been identified as causing the decline in a number of amphibians. Bullfrogs in Ontario may be threatened by the introduction of bullfrogs from Florida and Quebec. There is documented evidence that excessive harvest has caused the decline and disappearance of bullfrogs in other parts of the world. The population in Raine, Louisiana, which claimed to be the "bullfrog capital of the world," is virtually extinct due to over harvesting. Over harvest also appears to have decimated the populations in Bangladesh, Mexico, and more recently, Indonesia.

Dr. Ron Brooks, from the University of Guelph, discussed bullfrog monitoring in Canada and some of the results of his research work in Algonquin Park. Volunteer monitoring heightens public awareness, and is an excellent way of establishing presence or absence of frogs; however, it does not provide qualitative information. Effective qualitative monitoring is expensive and requires well-trained staff. He feels that a major reason for the apparent decline in bullfrogs in southern Ontario is loss of habitat from such things as cottage and shoreline development, farming, wetland loss, and increased nutrients in bodies of water.

Dr. Brooks used the following example to illustrate the importance of the breeding segment of the bullfrog population:

- ✓ 20 adult females can produce 400,000 eggs; 200,000 do not hatch
- ✓ 200,000 hatch; 197,000 die
- ✓ 3,000 juveniles; 2,960 die
- ✓ 40 adults; 15 males
- ✓ 25 females breed; up to 7 years after hatching

Ross Cholmondeley, Area Biologist, MNR, provided a summary of bullfrog management in eastern Ontario from the 1960s to the present. Regulations were introduced in 1967, with



commercial licences, and quotas for taking bullfrogs for personal use. There have been a few changes since 1967. They include: introducing a fee for the commercial licence; a size limit (50 millimetres tibia length) in Lanark County; reductions in personal-use quotas (10); and the introduction of a free personal-use licence in 1982, which was eliminated in 1990, when personal harvest for bullfrogs was included under the Resident Sport Fishing Licence. Commercial harvester reports indicate that fewer bullfrogs are taken now than in the early 1970s. There are also fewer harvesters and less habitat in which to harvest.

The afternoon session involved three groups discussing: bullfrog monitoring, research and management needs, and harvesting. Due to a lack of time, the groups were only able to define the issues related to these topics and create a general list of potential options. More discussion will be required to better develop management actions related to monitoring and harvesting.

Workshops such as this are extremely beneficial—everyone benefits from the experience and knowledge of others. The MNR will continue to work toward the goal of long-term sustainability of bullfrogs in Ontario.

Training

Training Aquatic Habitat Protection Training

Aquatic habitat protection training for MNR staff has commenced in various area offices across Southern Region. This training consists of five modules which can be taken jointly or separately. Training modules include:

- ♦ aquatic habitat and development impacts,
- ♦ policy and legislation,
- ♦ aquatic habitat protection guidelines,
- ♦ mitigation and compensation, and
- ♦ compliance.

Response to the training initiative to date has been quite positive. Although winter has set in, field trips which are components of some modules are still planned although they pose more of a challenge than is the case at other times of the year. We are now considering extending an option whereby a supplementary day-long field trip can be planned once all modules have been presented. Such a field trip would be used as a refresher and would be particularly relevant if any sessions were conducted during the winter months.

Although this training initiative has been designed to be delivered to ministry staff, some offices have used this package as a means of

involving other agencies in joint sessions. Undoubtedly the Planning Reform initiative has sparked much interest in this subject. The first priority, however, is to train MNR staff before doing likewise to those outside the ministry.

Any ministry offices in the Southern Region interested in making arrangements for training at their location should contact Norm Smith, STTU, London, 519-661-2746.

Internet Training

Stan Bischof (Aylmer District) and Norm Smith (STTU, London) have combined forces and have commenced delivery of an introductory course on Internet. To date, courses have been offered to MNR staff in Chatham, Kemptonville, Aurora, London and Cambridge. Although this course does not teach the participants all there is to know about Internet, it does provide enough information to allow access the "Net" and become comfortable using this information system.

Training on Internet will continue but will be limited due to the small number of staff who can be trained at any one time. For further information, contact Norm Smith, STTU, London.

Telephone: 519-661-2746;
EPO: smithno@epo@mhs@epo;
Internet: smithn@gov.on.ca.

EMPLOYMENT OPPORTUNITIES

FROM THE ENVIRONMENT DEPARTMENT:

TRAPPERS

CONTRACT POSITIONS

Experience preferred but not essential. The trappers would be required to work for a number of consecutive days. Traps and other equipment will be supplied.

If you are interested in trapping call Tom Northardt-Environmental Coordinator at 396-3424 for more information about this program.

To All Community Members

From the Employment Department

As we have mentioned in the past, the Job Bank is available for your use. In case any of you are not familiar with the Job Bank it is similar to the one at the Canada Employment Centre. It has a listing of Jobs that are available on a daily basis. The Job Bank is updated each night and Job Opportunities are posted on our job board for your information. We invite you to come into the Employment Office to have a look at the job postings, view the job bank and we can provide copies of jobs that you may be interested in.

ALSO

Anyone needing a resume or changes made to an existing one please feel free to come in and we will help you any way we can.

*Bev Hill
Karen Brant-Jones*



THE QUAKER OATS CO. OF CANADA LTD.
RICE CAKES PLANT EMPLOYMENT OPPORTUNITIES

The Quaker Oats Company of Canada Ltd. will begin the hiring process for the new Rice Cakes plant, located in Trenton Ontario, in August of 1995. Anyone interested in applying for a Manufacturing \ Packaging Associates position should submit a resume no later than August 24, 1995 to:

The Quaker Oats Co. of Canada Ltd.,
 106 Dufferin Avenue,
 Trenton, Ontario
 K8V 5R2
 Attention Brenda Graham

Successful applicants must:

- be willing to work in a team environment
- be willing to work 3 shifts
- have demonstrated leadership skills
- willing to learn up to six separate positions in a job rotation
- be self-motivated
- have well developed problem solving skills

The Quaker Oats Company offers a competitive wage and benefit package.

First Nations Technical Institute

Aboriginal Employment Skills Workshop

Unemployed and don't know what kind of job you want? • Do you need help with resumes and covering letters?
 Do you need to learn the latest interviewing techniques? • Did you know that life experience counts?
 Would you like to learn in a "teammaker" atmosphere? • Do you want to learn computer basics?

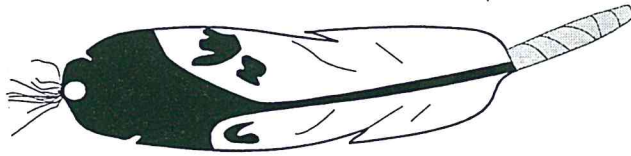
For more information contact:
 Stacey Maracle-Quigley or Heather Green

(613) 396-2122 or 1-800-267-0637

Instruction & support provided by First Nations Technical Institute

You must be eligible or in receipt of Unemployment Insurance
 Benefits by start day of workshop.

EMPLOYMENT OPPORTUNITY



Re-Construction of the Bailey Bridge (Near Airport)

The Tyendinaga Mohawk Council has approved that the Bailey Bridge re-construction project can proceed. Therefore we are now taking applications for the following positions.

Supervisor (1) must have:

- ⇒ complete knowledge and experience in the construction of bridges
- ⇒ minimum of three years supervisory experience

General Labourers (6) should have experience in:

- ⇒ building forms
- ⇒ finishing concrete
- ⇒ tying rebar
- ⇒ painting
- ⇒ reading blueprints
- ⇒ sandblasting
- ⇒ general construction knowledge
- ⇒ knowledge of construction safety practices

To apply or for a detailed position description please contact Bev Hill or Karen Brant-Jones at the Administration Office.

R.R. #1

Tyendinaga Mohawk Territory, Ontario

K0K 1X0

(613) 396-3424

Deadline for applications: **August 16th, 1995 at 4:00 p.m.**



JUL 28 1995

Children's Aid Society
OF LONDON AND MIDDLESEX

ANNOUNCEMENT

JOB VACANCY

POSITION: GENERALIST TEAM SUPERVISOR - NATIVE SERVICES

QUALIFICATIONS: M.S.W. - Preference for qualified Native candidate

START DATE: December 11th, 1995

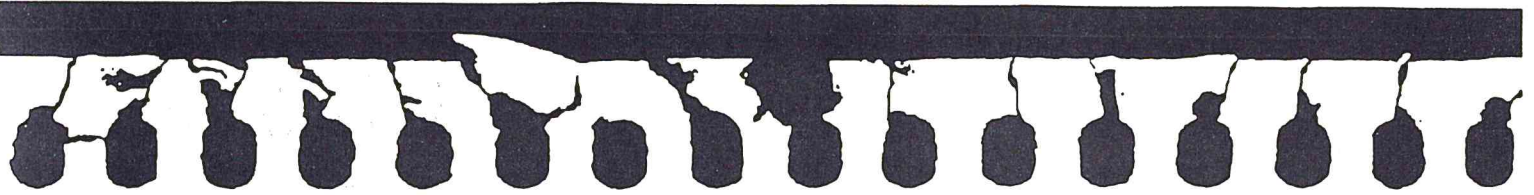
DUTIES: Please see Job Description attached

SALARY: Management, Grade 11
\$45,555 - \$58,140.

Applications should be sent in confidence to:

Mr. Terry West, Director of Human Resources,
Children's Aid Society,
P.O. Box 6010, Depot 1,
London, ON N5W 5R6

Closing Date: August 18, 1995



a story idea

from the Ontario Training and
Adjustment Board

July 20, 1995.

Peterborough Resident Gets Foot in the Door With Social Service Employment Program

Peterborough resident, Susan Taylor lost her family business a year ago and was left jobless, and hopeless about her future. She found out about the Social Service Employment Program (SSEP) which gave her a chance to get her foot in the door as a counsellor with the Peterborough Native Friendship Centre. She says it gave her her life back.

There is that stereotype of people on welfare -- that they are lazy and a failure, or that they just don't want to work. This program gives people time to prove what they really can do," says Taylor. It gives them a really good chance to make things better for themselves."

As a counsellor, Taylor has co-ordinated a women's and men's talking circle group. As well, she conducts one-on-one counselling, Alcoholics Anonymous counselling, and awareness workshops on such issues as Cultural Sensitivity. She has done so well the centre has hired her full-time.

The Social Service Employment Program provides individuals on social assistance with the opportunity to get on-the-job experience and income for up to one year. As well, the program will subsidize participant training costs 100 per cent for up to \$500. This is a program of the Ontario Training and Adjustment Board.

The Ontario Training and Adjustment Board (OTAB) is an agency of the provincial government which manages a number of programs that help people prepare for, or enter the workforce. They include JETURES training program for youth, Apprenticeship of skilled occupations, employment counselling for unemployed youth and adults, and literacy and basic skills training. For more information contact the OTAB Hotline at 1 800 387-5656.

-30-

You can contact Susan Taylor at (705) 876-8195. For more information about SSEP, please contact Mr. Charly Chiarelli at (613) 545-4536. For information about OTAB contact Rachel MacLean at (613) 314-4382 or Jennifer Bush at (416) 314-4389, OTAB Communications and Marketing.



Ontario Training
and Adjustment Board
Conseil ontarien de
formation et d'adaptation
de la main-d'œuvre



CULTURAL AWARENESS DAYCAMP INTRODUCTIONS:

Hi, my name is KELLY BRANT and I am one of the new Summer Students for this year. I was hired to be a Culture Awareness Day Camp Councillor and can hardly wait to get started. We have many great ideas and trips planned for the children attending the Culture Awareness Camp. So come out and participate in all of our fundraising activities (barbecues, 50/50 tickets, etc.) I hope to see you all there. Have a fun summer -- I know we will.

She:kon!

My name is Michael Green. This summer I am one of the counsellors for the Cultural Awareness camp here at Tyendinaga. I am really looking forward to a terrific summer session. The camp has a lot of great activities, guest speakers and trips organized for all the participants. The community is also invited to come out and enjoy BBQ's, various fundraisers and, of course, the BIG Variety show at the end of the summer. So, I hope to get the chance to meet everyone in the community. Have a great summer. See you all at our fun-filled events.

She:kon: My name is Tracey Gazley, I have been hired as Supervisor for the Cultural Awareness camp, which is being held at the Community centre. Our team has come up with wonderful plans for the summer, and we can't wait to implement them! During the summer we will be doing fundraisers to support the Cultural Awareness camp, we hope that you will assist us by participating. Together we can make this a super summer for your children! I am looking forward to meeting you, and having the opportunity to work with our community's children. Have a great summer!!

NOTICE

LOOKING FOR FORMER
MOHAWK INSTITUTE
RESIDENTIAL SCHOOL
CHILDREN
FROM THE YEARS 1920'S
TO 1970'S

CALL OR WRITE
GERONIMO HENRY
AT 1-519-445-2837 FOR MORE
INFORMATION
R.R. 1 OHSWEKEN,
ONTARIO N0A 1M0

Activities & Information from the CHR Program

July and August are the Months to Focus on the Safety of Our Children, So for the Sake of Our Children, Read On....

1 Elmer says:
Look all ways before you cross the street



There are two cars and Elmer in this picture. Can you find them?

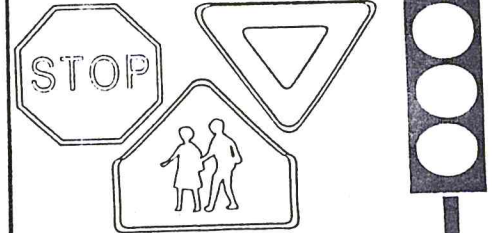
2 Elmer says:
Never play near parked cars.

Can you help Elmer find the safe way home?



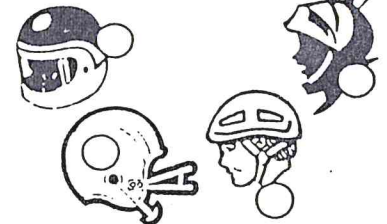
3 Elmer says:
Ride your bike safely and obey all signs and signals.

Colour the signs. One is blue. Two are red. One is red, yellow and green.



Who wears these helmets? Write the number of each helmet in the circles.

- 1 - Football. 2 - Knight.
3 - Motorcycle. 4 - Bicycle.



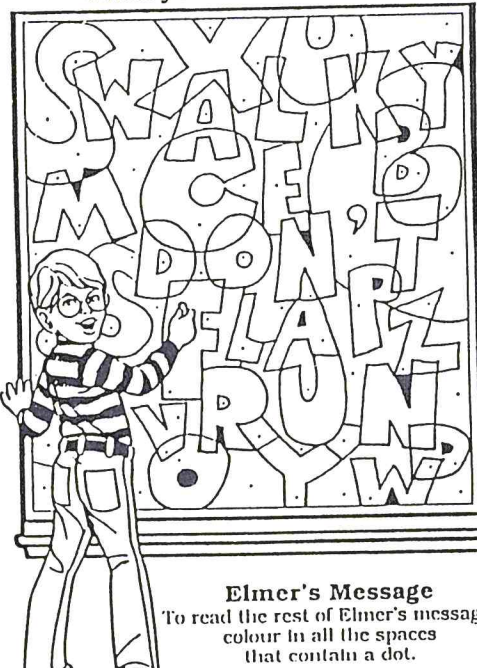
4 Elmer says:
Play your games in a safe place away from traffic.

Put a red X in the box beside the places that are not safe for playing. Put a green ✓ in the boxes beside the safe places to play.

- | | |
|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> Playground | <input type="checkbox"/> Park |
| <input type="checkbox"/> Street | <input type="checkbox"/> Train tracks |
| <input type="checkbox"/> Backyard | <input type="checkbox"/> River bank |
| <input type="checkbox"/> Sidewalk | <input type="checkbox"/> School yard |



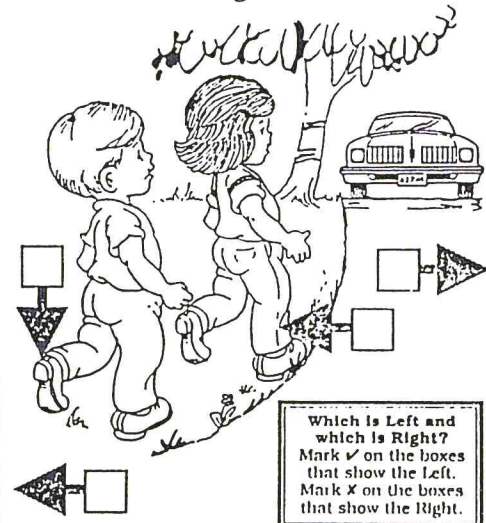
5 Elmer says:
When you cross the road ...



Elmer's Message

To read the rest of Elmer's message, colour in all the spaces that contain a dot.

6 Elmer says:
Where there are no sidewalks, walk on the left, facing the traffic.



Which is Left and which is Right? Mark ✓ on the boxes that show the Left. Mark X on the boxes that show the Right.

Make your own Elmer Book

1. Cut along fold 2. Place pages in order 3. Sew pages together



MOCCASIN TRAIL NEWS



THAYENDANEGE
HEALTH
CENTRE

HEALTHY PARENTING

&

FAMILY FITNESS

"TODDLER-OBICS???"

DOES FITNESS BEGIN AT BIRTH?

We're not talking about blaring Cindy Crawford tapes into the womb or anything, but evidence suggests that fitness begins just about when life does.

As Barney and video games become masters at keeping kids sitting, it's increasingly up to parents to see that kids stay active. That means getting out there with the kids. There's clear evidence that how active the parents are influences how active the children will be.

Don't let a bad back or a bum knee stop you. Lawn games like croquet or bocce ball keep kids running around to see where the balls land, yet can be soft on your aches and pains until you recover. If your totally sidelined, cheer from there---kids love to be watched and to show off what they can do. It's great for their self esteem.

Indoors, if possible, kids should have a place to play that's free of breakables. In bad weather, set up an obstacle course in that space. Or hold the edges of a sheet and use it to bounce a ball into the air.

Being active as a family has benefits beyond fitness. Kids who learn to do physical things not only become more skilled at those activities, but also develop more self-confidence.

SET AN EXAMPLE

We all learn by example. Whether you're a parent, child, aunt, uncle, or perhaps a family friend, you can be the person who motivates your loved ones to become more fit. Set an example by making fitness a priority in your life. Yes that means you!

MAKE FITNESS FUN

One reason people fail to exercise regularly is boredom. Children are very prone to boredom as well, so

FITNESS FOR THE ENTIRE FAMILY!

if you've chosen walking as a regular family activity, turn your family walk into an adventure. Try a "treasure hunt." List 5-10 items for each child to look for on their walk---a leaf, a twig, a bottle cap, etc.---and provide a paper bag to hold the loot. At the end of the walk, the

child with the most items selects a "theme" for your next adventure walk---a recycling race, perhaps (who can collect the most discarded pop cans?) or a road rally---(how many types of vehicles did you see?) and so on.

AGELESS ACTIVITY

Walking is an excellent aerobic activity, and can be done by practically anyone regardless of age or fitness level. Even a baby in a carriage can learn to appreciate the joys of being in motion. Family walks help keep you fit while providing time for conversation and relaxation with those you love most.

SNEAK IN ACTIVITY

If your family is suspicious of the whole fitness idea, you may have to "sneak" fitness into their lifestyles. When buying toys for children, select ones that require active participation---tyke bikes,

push toys, climbing structures for toddlers; sports equipment, roller blades, jump ropes for older children. Leisure-time events can also be planned around active recreation---a backpacking trip, a day-hike at a local park, or perhaps a bicycle or walking tour of your neighbourhood or road. Your family will have so much fun they probably won't even realize that their getting fit.

MAKE FITNESS A FAMILY LEGACY

Just like a cherished photo, a valued heirloom, or a family tradition, a love for fitness can be the treasure that you pass (yes, that means you!) from one generation to the next. The gift of physical health and vitality is a priceless one---one that you and your family will value for life.

DON'T FORGET...NEXT MOCCASIN TRAIL MILEAGE DAY IS TUESDAY AUGUST 1ST, 1995.

¹ Some ideas from Prevention Magazine April/95 and Health & Wellness Kopy Kit, 1987

You can help your children become more fit by encouraging active recreation.

Your whole family can benefit from the joys of movement, too. Make fitness your family legacy.



Make fitness your family legacy.



SUMMER'S HERE!

Summer is here! We all love to be outdoors after a long, cold winter and the sun's rays feel warm on our skin. But before your kids hit the beach, or park or even your own backyard---remember too much sun can cause irreparable damage to their skin. Read on to find out how you can not only prevent painful sunburns this summer, but how you may also significantly reduce your children's risk of developing skin cancer when they become adults. It is so easy to protect your family from the sun! Your kids can still have a great summer---while keeping their skin healthy.

A GROWING HEALTH PROBLEM

The sun is the main cause of skin cancer. Thanks to our love of a suntan and our outdoor-oriented lifestyles, skin cancer has become a significant and growing health problem in Canada, with more than 50,000 new cases of this disease expected each year. Our kids now face a one-in-seven risk of getting skin cancer during their lifetime.

HOW DOES THE SUN HARM OUR SKIN?

Although the sun emits various types of radiation, it is the ultraviolet range which most affects our skin. Ultraviolet rays damage the skin's DNA and cell function, and from a child's first sunburn or suntan, the damage just keeps on adding up, resulting in wrinkles, dark and unsightly blotches, leathery skin and possibly skin cancer years later.

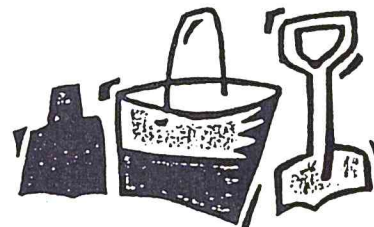


SOME SKIN CANCERS CAN BE DEADLY

Most skin cancers can, if left for a long time, cause disfigurement and pain but are rarely fatal. However, melanoma, a less common but potentially-deadly form of skin cancer, will be responsible for more than 500 deaths in Canada this year. A worrying trend is that the incidence of melanoma is increasing at a very high rate and is in fact doubling every 15 years.

CHILDHOOD SUN PROTECTION A MUST

Most of us do not realize just how long children are out in the sun, and the more sun we get, the more likely we are to develop skin cancers. During the long summer holidays, while adults might be at the office or indoors at home, kids are outside for hours on end. Most of our lifetime sun exposure occurs before the age of 18. It is especially important to avoid sunburns during childhood since the development of melanoma has been linked to severe sunburns at a young age.

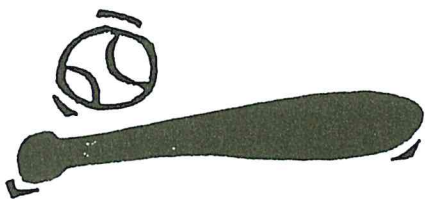


KIDS AT HIGH RISK

Although no one is immune to skin cancer, some kids face a higher risk than others of getting this disease later on in life. Children with fair skin, who usually burn and never tan when out in the sun, or kids with blonde or red hair, freckles or many moles, are at greater risk.

SEVEN SIMPLE STEPS TO SUN PROTECTION

1. Keep children out of the sun during the peak hours of 11 am to 4 PM.
2. It is not always possible to stay out of the sun, so use wide-brimmed or legionnaire-style sun-hats, as well as clothing, for sun protection. A closely-woven material will shield the skin best. Comfortable long -sleeve shirts and long pants will cover most of the body.
3. Children over the age of 6 months can wear a sunscreen. Apply a broad-spectrum, SPA 15 sunscreen to all exposed areas of skin (see choosing a sun screen for more details).
4. Watch out for reflected light since up to 85% of the sun's harmful ultraviolet B rays can bounce back at you from sand, snow, concrete and water adding to your dose of UV radiation.
5. Kids can get sunburnt on a cloudy day. Up to 80% of the sun's rays can penetrate light clouds, mist and fog.
6. Create a sun-safe environment for your children. Look at providing more shade, like trees or a shade structure, in your garden. Plan your kids play area in a shady spot.
7. Make sun protection a habit and set a good example. Teach children about sun protection so that they become aware of the dangers and can start taking precautions that will become lifelong, healthy habits.



SUNCARE FOR BABIES

We can all see that babies have delicate and sensitive skin which can be easily injured by the sun. Babies also have more skin surface area compared to adults, and therefore a sunburn will be more serious.

PROTECTING THE BABY'S SKIN

Keep babies under one year old out of direct sunlight, either in a covered stroller under an umbrella or in the shade. This will not only protect their skin against sun damage but will also prevent dehydration or sunstroke. Shield their skin with hats and loose-fitting clothing. Closely-knit fabrics block out most of the sun's rays. Long-sleeve shirts and long pants will cover up most of the body. It is recommended that you do not use sunscreens on babies under 6 months old.

CHOOSING A SUNSCREEN

Dermatologists advise using broad-spectrum, SPF 15 or higher sunscreens to screen out as much as possible of the sun's ultraviolet rays. Look for the Canadian Dermatology Association logo on sunscreen products to be on the safe side. Choose a milky lotion for young children. Sunscreens containing alcohol may burn or sting a child's skin and eyes. Use waterproof products for swimmers and beachgoers. Water proof sunscreens are formulated to stay on in water for up to 80 minutes. Apply an SPF 15 lip balm to the lips.



APPLYING SUNSCREENS

Children over the age of six months can wear a sunscreen. Always test a small amount of sunscreen on your child's inner forearm. Do not wash this area for two days and then check to see

if there are any signs of an adverse reaction. Remember to apply a sunscreen at least 15 to 30 minutes before your kids go outside. Use generous amounts of the product and don't forget the ears, nose, tops of the feet and backs of the knees. Apply carefully around the eyes. Reapply the sunscreen frequently and liberally. A word of caution: No sunscreen offers complete protection from the sun's rays. Try to limit the amount of time your family spends out in the sun, especially during peak hours of 11 am to 4 pm.

WHAT IS AN SPF

The SPF or sun protection factor of a sunscreen refers to the protection offered against the sun's ultraviolet B rays, known to cause both sunburn and skin cancer. The SPF of a product relates to the time it would take for your skin to burn when wearing a sunscreen compared to the time it would take for your skin to burn without any protection. In theory, you could stay out in the sun fifteen times longer without burning your skin if you used an SPF 15 sunscreen. In practice, people often don't use enough of the sunscreen or don't reapply it and its effectiveness is therefore limited. Bearing in mind how people use sunscreens and the products' ability to screen out ultraviolet rays, sunscreens with an SPF of 15 or higher are recommended. Most sunscreens are now labeled "broad-spectrum" and that means they offer protection against a wider range of the sun's rays, including part of the ultraviolet A rays. Recent research suggests that ultraviolet A rays contribute to skin aging, wrinkling and probably the development of skin cancer.

THE SHADOW TEST

You can get young children involved in sun protection by showing how to do the shadow test. It's important to stay in the shade when the sun is directly overhead and its rays are strongest (between the times of 11 am to 4 pm). While your toddler might not be able to tell the time, an easy test is to see if a person's shadow is shorter than they are, and if so it is time to come in or get under some shade. When the shadow is longer than the person it is safer to go out and play.

SUMMER CAMP TIPS

When you are packing backpacks for summer camp, don't forget to put in a hat, protective clothing and an SPF 15 sunscreen. Remind your kids to stay in the shade as much as possible on outdoor trips. This will not only protect their skin but will also keep them cool and will avoid dehydration.

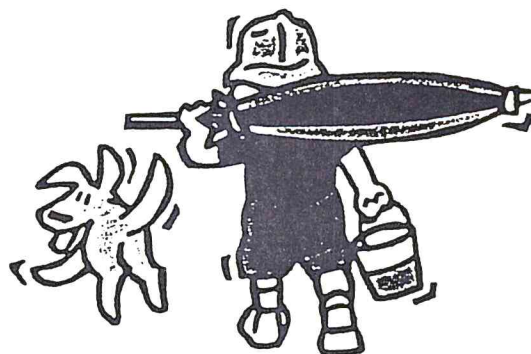


TREATING A SUNBURN

For babies under one year old, a sunburn should be treated as an emergency. Call your family doctor. If a child one year or older has a sunburn with severe pain, headache, blistering, lethargy or fever, call your doctor. To treat a mild sunburn: Give plenty of fluids. Acetaminophen may be given for the pain. Cold compresses can be applied to the red area. A mild cold cream or hydrocortisone 1/2 % may also be used.

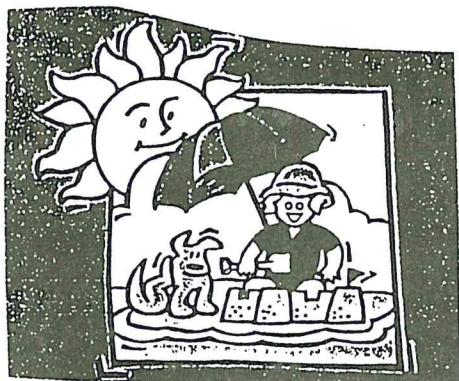
WHEN ON MEDICATION

If your children are on medication, check with your doctor before allowing them into the sun. Adverse reactions to sunlight, such as a rash, redness or swelling, can be a side effect of various drugs.



Your Kids and the Sun is published by:
 The Canadian Dermatology Association,
 774 Promenade Echo Drive,
 Ottawa, Ontario K1S 5N8





SUN SENSITIVITY TEST

Your risk of skin cancer is related to your skin type and the amount of time you spend in the sun. How vulnerable are you?

YES NO

I have red or blonde hair	<input type="radio"/>	<input type="radio"/>
I have light-coloured eyes - blue, green or grey	<input type="radio"/>	<input type="radio"/>
I always burn before I tan	<input type="radio"/>	<input type="radio"/>
I freckle easily	<input type="radio"/>	<input type="radio"/>
I have many moles	<input type="radio"/>	<input type="radio"/>
I had two or more blistering sunburns before I turned 18	<input type="radio"/>	<input type="radio"/>
I lived or had long vacations in a tropical climate as a child	<input type="radio"/>	<input type="radio"/>
There is a family history of skin cancer	<input type="radio"/>	<input type="radio"/>
I work outdoors	<input type="radio"/>	<input type="radio"/>
I spend a lot of time in outdoor activities	<input type="radio"/>	<input type="radio"/>
I am an indoor worker but like to get out in the sun as much as possible when I am able	<input type="radio"/>	<input type="radio"/>

- Score yourself 10 points for each "YES"
- Add an additional 10 points if you use tanning devices, tanning booths or sun lamps.

• SCORES •

(80 - 100) You are in the high-risk zone. Read on to find out how you can protect your skin from the sun. Examine your lifestyle to see what changes you can make.

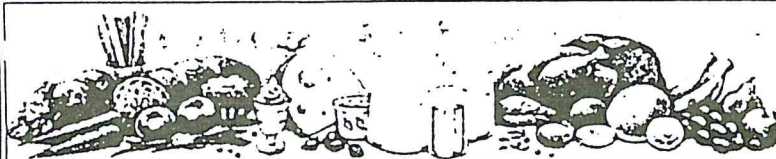
(40 - 70) You are at increased risk. Pick-up the following tips on sun protection and take all precautions possible.

(10 - 30) You're still at risk. Carry on being careful.

• Sun Protection Survey •

A recent survey conducted by the *Canada Health Monitor* for Health Canada provides a snapshot of what Canadians are doing right, and wrong, to protect themselves from the sun.

- One-in-four Canadians had one or more sunburns a year. (Sunburns increase lifetime risk of skin cancer).
- Men reported more sunburns than women.
- People in the 15 to 24 age group had the highest number of sunburns.
- Women were more likely to stay out of the sun, wear sunglasses and use sunscreen than men.
- Men were more likely to wear protective clothing when out in the sun than women.
- One-in-two men did not use sunscreen. *



Your Health Matters!

Beating the burger blues

As the lazy, hazy days of summer are upon us. It's a great time for visits with family and friends on the patio with the barbecue doing the work. Well, most of the work. Last summer, a KFL&A resident became ill after eating at a barbecue. What was the cause of the illness? The hamburgers were improperly cooked and the individual experienced "hamburger disease".

This disease is caused by a strain of E. coli bacteria that enters the blood stream and can cause a variety of side effects. Bloody diarrhea and severe stomach pain may occur. More serious side effects may include kidney failure, blindness, stroke, seizures or death. High risk groups include children, the elderly and people with weakened immune systems.

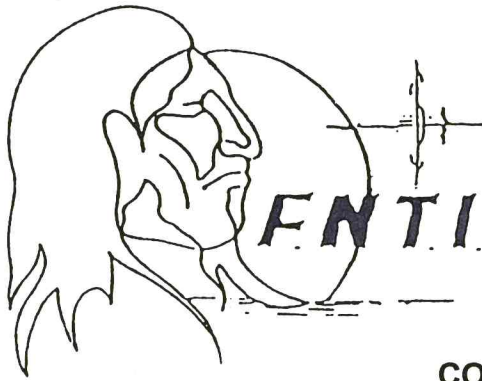
Tips for the barbecue:

- Because hamburger is ground, E. coli bacteria is present throughout the meat. To kill all bacteria, cook meat until there is no pink and juices run clear.
- With steak, any contamination will be on the surface only. When you cook steak, the bacteria is killed - even if the middle is still pink.
- Warm weather provides the perfect environment for bacteria to grow. Don't leave raw meat in the danger zone between 5 C (40 F) and 60 C (140 F) for more than two hours.
- Defrost frozen meat in the fridge, never on the kitchen counter.
- Put cooked burgers on clean plates instead of those used for raw meat.
- Place leftovers in the fridge right away.
- Use a probe thermometer to ensure the inside of the cooked burger has reached 68 C (155 F).

Don't let a bout of food poisoning ruin a good time. These suggestions will ensure that unwanted bacteria don't show up at your next barbecue!

Sandy Skrzypczyk, Dietetic Intern

HealthUnit



First Nations Technical Institute

R.R. #1

Deseronto, Ontario

K0K 1X0

COMMUNITY MEMORANDUM

TO: Territory Parents & Youths
 FR: Scott Maracle, Workshop Leader
 DT: August 1, 1995
 RE: Computer Introductions Workshop

"This is an opportunity - Don't miss it!"

First Nations Technical Institute is currently offering an opportunity to our community youth (between the ages of 13-18) to become more comfortable with computers and their wide-ranging possibilities through a **Computer Introductions Workshop**. Our goal is for this to be a hands-on learning experience in a fun and relaxed atmosphere. Any participant ideas or suggestions are welcome!

The workshop, located at FNTI, will run in three sessions of four days (Tuesday to Friday). Session 1 will begin August 8 and end August 11. Session 2 will begin August 15 and end August 18. Session 3 will begin August 22 and end August 25, 1995. Hours will be from 10 am to 3 pm. There is a limit of eight (8) participants per session and selection is done on a first come first served basis, **there is NO fee, so register now!**

Registration deadlines will be: Session 1 - **Filled**
 Session 2 - August 11, 1995 (before 4:30 pm)
 Session 3 - August 18, 1995 (before 4:30 pm)

For more information & registration contact:
 Scott Maracle, Human Services Department
 First Nations Technical Institute
 613-396-2122

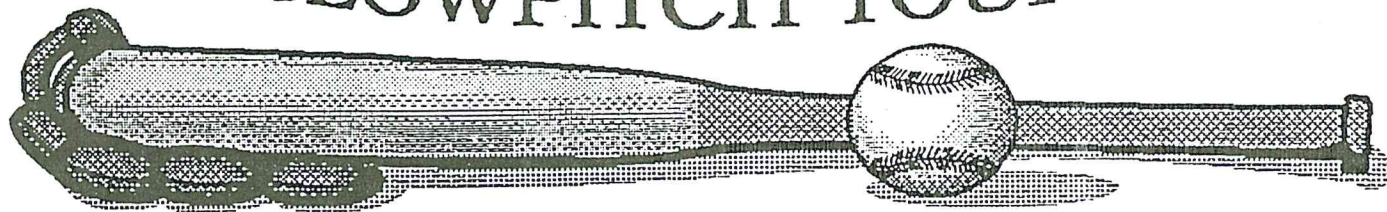
***Note:** All participants are responsible for their own lunch and transportation to and from FNTI.

TELEPHONE: (613) 396-2122

FAX: (613) 396-2761

1-800-267-0637

1st ANNUAL ALL NATIVE * VAUGHN MARACLE MEMORIAL * MIXED SLOWPITCH TOURNAMENT



AUGUST 11TH - 13TH
AT TYENDINAGA MOHAWK
TERRITORY

NOT TOO LATE!

REGISTRATION

FOR

SHANNONVILLE DAY CAMP

CAMP STARTS JULY 31, 1995--AUGUST 25, 1995

COST: \$ 10.00 / WKLY

CAMP TIME FROM 9:00AM 4:00PM

REGISTRATION FORMS

AT

MOHAWK FAMILY SERVICES SHANNONVILLE

OR CALL 967-0122

AGES 5-12 YEARS OLD LIMITED SPACE

ATTENTION

IMPORTANT NOTICE

FROM THE MOHAWKS OF THE BAY OF QUINTE
FOOD BANK

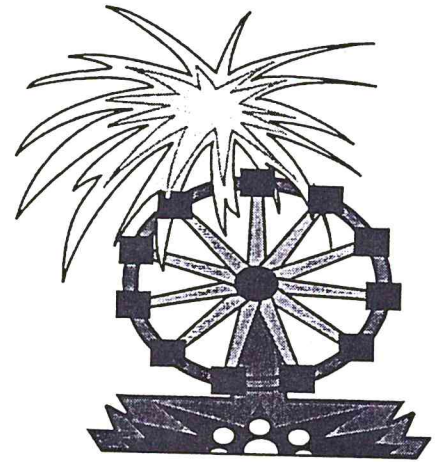
*We will be closed
for the Summer (July & August)
In case of an Emergency contact
Kate at the Health Center*

967-3603

*Will reopen Fri. Sept. 8th
10:00 A.M. - 1:00 P.M.*

Food Bank Committee

AGRICULTURE MEETINGS ARE
NOW WEEKLY EVERY MONDAY
NIGHT AT 8:00 P.M. UNTIL FAIR
DATE AT THE FIREHALL.



*PLEASE COME OUT AND SUPPORT
OUR COMMUNITY FAIR.*

**** ALL WELCOME ****

WARD'S

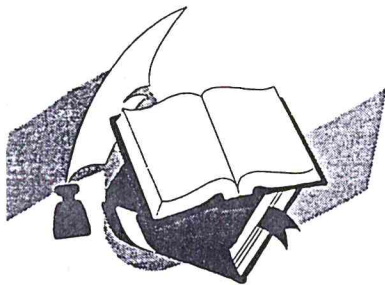
1 Km. S. of Shannonville
on York Road.

GAS BAR

COMMUNITY ANNOUNCEMENT:

WE NOW SELL PROPANE
FOR B.B.Q TANKS & TRAILERS

966-0393



*Kathleen Brant and Kate Brant ,
our Community Health Representatives worked hard at
their studies, while they were attending Mohawk
College in Brantford. It certainly has paid off, in
that they both made the "Dean's Honour Standing" in
the NCC:CD Program for 1994/95.*

*Kathy and Kate
Congratulations on Your Success!!*



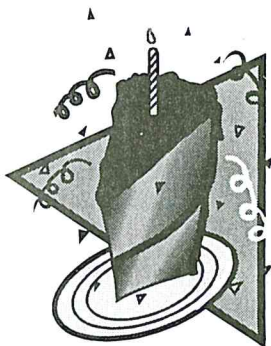
Happy 12th Birthday
Jesse Aug. 5
Love from the family



The Family of
Albert & Mary
Maracle
wish their Mom & Dad,
Grandma & Grandpa
Great Grandma & Great Grandpa
Happy Diamond (60)
Anniversary on August 15

Happy 2nd
Birthday!!!

Daniel Joseph Brodie Grills
July 27th
from Mom & Dad (Pete & Deb)
& Brother Dillan, Papa & Granny Brant



Happy Birthday!
Glenna
August 12
love from the Family

Congratulations!

Vanessa & Jennifer

for their win at Bobcaygeon July 28 & 29
for stepdancing.

Vanessa Won 1st Place

Jennifer Won 4th Place in the 18 & under
category.

Congrats! Mom, Dad & Kristin



Congratulations!

Jeffrey D. Hill on receiving your
diploma from O.B.C. in Sociology/Human
Service worker, graduating with Honours and
making the Deans List.

Best Wishes to you on your Future
Endeavours,

Love Mom & Dad

Welcome Home!

Barb, Kathy & Reta

Congratulations on your hard work at
Nippising University-- Teachers Assistant
program.

Love from the Family



RADIO UP-DATE

THE NEW TRANSMITTER IS HERE ! THE NEW TRANSMITTER IS HERE !

THAT'S RIGHT **KWE RADIO** IS NOW OPERATING AT **80 WATTS** WITH NEW DUAL BAY ANTENNAS. RECEPTION HAS IMPROVED SOMEWHAT OVER THE ENTIRE TERRITORY AND WE'RE STILL TRYING TO ACHIEVE PERFECT RADIO COVERAGE FOR TYENDINAGA SO PLEASE BEAR WITH US. KWE RADIO IS ALSO EXPECTING ANOTHER TEN FOOT EXTENSION ONTO THE ANTENNA TOWER WHICH WILL FURTHER IMPROVE RADIO COVERAGE.

KWE RADIO WELCOMES NEW VOLUNTEERS - KYLIE MARACLE, MIKE PROCUNIER, JASON BRANT, KEVIN BRANT, JUSTIN GREEN, OGWARI BRANT, JACLYN BRANT AND SAMANTHA HILL TO THE CREW.

WITH THE COMMENCEMENT OF THE YEAR LONG "**RECORDING ENGINEERING AND PRODUCTION FOR RADIO BROADCAST TRAINING**" PROGRAM, **KWE RADIO NOW** HAS THE PRIVILEGE OF BEING **ON THE AIR-WAVES FIVE DAYS A WEEK 7 AM. - 5 PM. (STARTING AUGUST 8TH) AND ON CERTAIN DAYS UNTIL 9 PM. PLUS WEEKENDS (PLEASE REFER TO THE SHOW SCHEDULE HERE IN THE NEWSLETTER)**. WEEKEND SHIFTS ARE DEPENDENT ON THE AVAILABILITY OF THE VOLUNTEERS SO IF THERE ARE "DEAD-AIR" SPOTS ON WEEKENDS PLEASE BEAR WITH US AS D.J.'S SOMETIMES HAVE OTHER OBLIGATIONS DURING THE SUMMER MONTHS.

THE DAY CREW OF KWE RADIO WENT ON A COUPLE OF DAY-TRIPS: ON JULY 19TH TO AKWESASNE TO VIEW THEIR CKON RADIO STATION AND ON AUGUST 2/95 TO SIX NATIONS TERRITORY TO TOUR THEIR CKRZ RADIO STATION.

KWE RADIO WOULD LIKE TO REMIND THE **TYENDINAGA TERRITORY NON-PROFIT ORGANIZATIONS** THAT YOU CAN **CALL KWE WITH ANY ANNOUNCEMENTS DIRECTLY AT 967-0463**

IF YOU'RE CURIOUS AS TO WHAT HAPPENS ON THE OTHER SIDE OF THE RADIO MICROPHONE DROP BY FOR A PEEK AND MAYBE EVEN SET-UP A TIME WHEN YOU CAN SIT IN ON A SHOW. THE KWE STUDIOS ARE LOCATED JUST EAST OF SHANNONVILLE ON HI-WAY # 2 - JUST LOOK FOR THE SIGN ON THE SOUTH SIDE OF THE ROAD.

TYENDINAGA BUSINESSES - KWE RADIO WILL SOON BE OFFERING AD SPACE ON-AIR

KWE RADIO REQUEST LINE CALL: 967-0463

Weekly PROGRAM Guide

Remember:
This is **your** radio station.
If there is something that
you wish to hear at **any time**,
call in your request at

967-0463



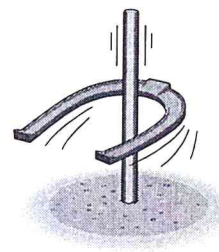
	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
7am							
8am	Native Content						
9am							Native Content
10am							Country and Native Mixed
11am	Country Music						
Noon							
1pm	Native Content						
2pm							New Rock and Alternative
3pm	Mixed Country Rock Pop	Pop/Rock				Mixed Country Rock Pop	
4pm							Alternative
5pm							Country Music
6pm	Volunteer's Needed			Native Content	Country Music		
7pm		Rock and Alternative	Native Content	Rock			Rock
8pm	Radio Committee Meeting, All Welcome Call CKWE for Location.						
9pm					Rock R&B Dance		
10pm							Volunteer's Needed
11pm	Volunteer's Needed						
12pm							

Tyendinaga Mixed League Standings as of July 25

TEAM	GAMES PLAYED	POINTS
1. Tyendinaga Computers	12	9
2. Pick O the Litter	13	5
3. Chiefs Inn	13	20
4. Eagle Ortho	13	24
5. McMurters	13	19
6. Silver Spur	13	14
7. F.N.A.S.	13	2
8. Biscuits	13	16
9. Curly's	12	9
10. Lil' Rascals	12	5
11. Mary's	12	15
12. Wards	12	14



Kente Horeshoe League - Team standings Week 17



TEAM	POINTS
1. G. & A. Water	4889
2. Tyendinaga Home	4789
3. Snooky's Hideaway	4589
4. G.T. Machine	4480
5. Mary Martha's Mudhens	4426
6. McMurter's Home Centre	4272
7. The Bitches	4010
8. Mrs. Herb's	3765
9. Legion	3708
10. Frost the Mover	3679
11. Mohawk Firemen	3437
12. B. & J. Poleline	3236



OJ.E.M. Tyendinaga Midgets Whitby Tournament Champions!



The Tyendinaga Midget Team, sponsored by J.E.M. Auto Sales, made a strong showing in the Whitby Tournament held July 1st and 2nd. and brought home a well-deserved Championship Title!

Game #1 Tyendinaga 7 - Gloucester 5

In their first game, Tyendinaga went up against Gloucester in an exciting match at Iroquois Park in Whitby. At the end of the first period, the score was an even 1-1. Tyendinaga turned on the power in the second period and advanced the score to 5-3. The third period saw each team score another two goals, bringing the final score to 7-5 for Tyendinaga! Scoring for Tyendinaga were Joe Brant (4 goals, 1 assist), Terry Maracle (2 goals, 3 assists), D.J. Maracle (1 goal), Ben Buxton (2 assists), and Kevin Smart and Jeff Hill (1 assist each).

Game #2 Tyendinaga 8 - Hamilton 1

The second game was held Saturday evening in Bowmanville. Tyendinaga had an easy time with the Hamilton team, and used the opportunity to practice their set-ups and passing plays. Hamilton's lone goal was scored in the first period, answered by 2 from Tyendinaga. The boys added another 4 goals in the second period and wrapped things up with 2 more in the third. Scoring in this game were Joe Brant (3 goals, 2 assists), Jeff Hill (2 goals), Terry Maracle (1 goal, 2 assists), Ben Buxton (1 goal), D.J. Maracle (1 goal), Alex Hobbs and Brian Sligh with 1 assist each. Then it was homeward bound to rest up for the 9:30 game Sunday morning.

Game #3 Tyendinaga 6 - Peterborough 6

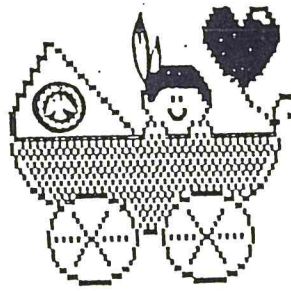
Sunday morning's game was played in Whitby at the Brooklin Arena. What a nail-biter! No doubt that Coach Harvey Maracle wore the soles right off his mascot running shoes while pacing on the bench! The teams kept the score even throughout the entire game. With less than three minutes of play left in the third period, the score was 5-5. Peterborough scored on the power play to tie, and then again with less than one minute left to take the lead 6-5. The coaches worked to slow the players down and get the job done. With only 32 seconds left on the clock, Terry Maracle pounded in the tying goal! One can only wonder what the dad said to the son! This team did not travel to Whitby to be beaten!! Scoring big for Tyendinaga were Terry Maracle (4 goals), Ben Buxton (1 goal), Jeff Hill (1 goal), D.J. Maracle (3 assists) and Joe Brant (1 assist). This cemented Tyendinaga's spot in the "A" Championship Game!

"A" Championship Game Tyendinaga 8 - Gloucester 7

Gloucester arrived ready to avenge the earlier loss to Tyendinaga. They wasted no time pulling ahead in the first period 3-1. Again, Tyendinaga turned on the steam and scored a big 5 goals in the second period, which brought the score to a 6-6 tie. Gloucester scored early in the third to pull ahead 7-6. Now, these guys can always get the job done, they just don't rush things along! With less than 2 minutes left in the game, they finally put the ball in the net to even the score at 7-7. Apparently deciding that an overtime period was out of the question, Tyendinaga's Joe Brant, Terry Maracle and Kevin Smart teamed up to score the winning goal only 13 seconds after the tying goal was scored! Too close for comfort! Scoring in the final game were Terry Maracle (2 goals, 2 assists), D.J. Maracle (2 goals, 1 assist), Joe Brant and Kevin Smart (2 goals each) and Brian Sligh (1 assist). Contributing with a strong team effort throughout the weekend were Goalie Angus Brant, Troy Gibbons, Ryan McMechan, Cory Storms and Ira Brant. Congratulations to all players!!

Coaches Harvey Maracle, Barry Sligh, Gord Hill and Glenn McMechan are very proud of the Midget Team for their concentration and team work during this tournament. The Midgets will be travelling to Windsor in August for their Provincials and have proven that they are a strong contender to come home with the Ontario Championship! Best of Luck, guys!!

It's a Boy!



Shelle Brant and Kevin Sweet are proud to announce the birth of their son:

NICHOLAS KEVIN JACOB

BORN JULY 4TH AT 6:08 P.M.

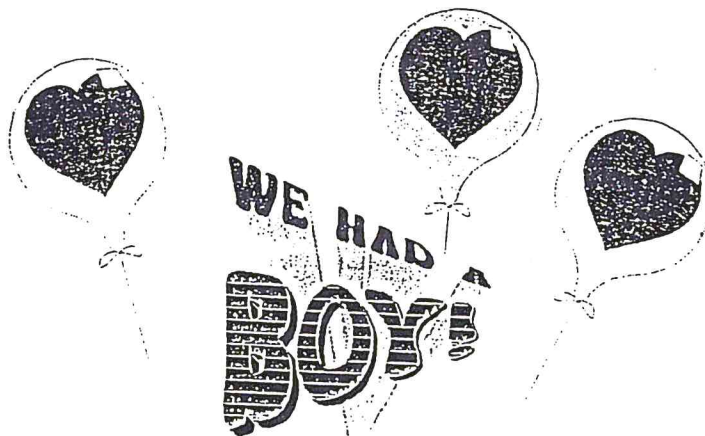
WEIGHING 9 LBS. 8 OZ., 22 IN. LONG

PROUD GRANDPARENTS :

Sharon Wood of Napanee

Don & Barb Sweet of Kingston

Vernon & Elaine Brant of Deseronto



ELTON & KATE BRANT are thrilled to
announce the birth of their first Grandchild!!!

SPENCER KEVIN CLAYTON SPARKS/KIMMERLY

Born May 21, 1995, Weighing 8lbs 6ozs

Proud parents are **MANDY SPARKS & COREY KIMMERLY**,

Other delighted Grandparents are

RALPH SPARKS & LINDA PETIPRIN

of Lavonia, Michigan,

ROB & DARLENE KIMMERLY

of Erinsville, Ontario

and Great Grandparents, **ARNOLD & SHIRLEY KIMMERLY**

of Deseronto!!!



ABORIGINAL HEALING AND WELLNESS STRATEGY LOGO CONTEST

OPEN TO ALL ABORIGINAL CHILDREN/YOUTH IN
ONTARIO AGES 5 - 18.

This is sponsored by the JOINT STEERING COMMITTEE which is made up of all Aboriginal groups in Ontario and the Ontario government.

Their purpose is to guide the ABORIGINAL HEALING AND WELLNESS STRATEGY, which is helping our communities to start their healing. Some of the different things in the Strategy are:

Offer activities to young people to fight drug and alcohol abuse

Help parents, aunts, uncles and grandparents to deal with their problems so they can have healthy homes

Having a safe place to go to when there are problems at home

Asking elders for guidance and sharing in storytelling and traditional healing

Hiring nurses and doctors to provide care to our communities

Offer training to community workers to help people in need

To make our communities healthy for children

We would like you to tell us how your logo helps people understand what we're trying to do!!

Please include your name, address and age. Send your logo to:

JOINT STEERING COMMITTEE
ABORIGINAL HEALING AND WELLNESS STRATEGY
35 McCAUL STREET, SUITE 305
TORONTO, ONTARIO
M5T 1V7

DEADLINE DATE: SEPTEMBER 15, 1995

FIRST PRIZE: \$120.00
SECOND PRIZE: \$ 50.00
THIRD PRIZE: \$ 30.00

The JOINT STEERING COMMITTEE will keep all the submitted logos and may make some small changes to the winning logo, if necessary.

GOOD LUCK AND MEEG WEETCH!



CanWest Global System Broadcasters of the Future Awards

The CanWest Global System "Broadcasters of the Future" Awards are a series of scholarship, internship and mentorship programs designed to encourage and aid talented and enthusiastic Canadians toward establishing or furthering careers in the Canadian broadcast industry. These annual awards reflect the CanWest Global System's commitment to the personal growth of Canada's future broadcasters.

CanWest Global System 1995-1996 Aboriginal Peoples' Internship Award

This internship award, valued at approx. \$10,000, offers eligible Aboriginal Canadians a challenging opportunity to work in private television. The internship is designed to encourage Aboriginal Canadians to pursue broadcasting careers, through invaluable hands-on experience. The award also covers transportation, hotel and attendance expenses at the Canadian Association of Broadcasters' annual convention, for the Awards Breakfast in October 1995, where the award will be presented.

Eligibility criteria for the Internship Award is as follows:

- Aboriginal Canadian.
- minimum secondary school graduate.
- good oral and written English-language skills.
- interest in, and aptitude for, a career in broadcasting.

References may be requested. CanWest Global System will interview top candidates prior to making final selection.

The Internship is awarded with the following guidelines:

- winner will intern at either of the following CanWest Global System stations: Global Television Network in Toronto (Don Mills), Ontario, or STV in Regina, Saskatchewan.
- award winner will be paid on a salary basis for 4 months, May through August, upon commencement of the internship. This is a gross salary, subject to applicable taxes.
- award recipient will intern in an entry level position, within an area determined by the CanWest Global System, and will be required to relocate to either Toronto or Regina. If award recipient must relocate to either Toronto or Regina for the internship period, CanWest Global System will reimburse up to \$1,000 for transportation and accommodation expenses.

Applications must include the following:

- completed application form.
- copy of most current secondary school transcript of marks or diploma.
- one-page written statement, 500 words or less, outlining applicant's interest in broadcasting, career goals and how this internship can help to attain career goals.
- résumé.
- other supporting documentation that may be helpful to the judging committee in assessing the application.

**The decision of the judging committee is final.
Deadline for submission of entries is August 30th, 1995.**

Applications available
at the Administration office!

!! ATTENTION SENIORS !!

The Mystery Matinee is Here

Come and join the fun! This month Home Support has planned a trip to Toronto's Old Mill for a fabulous Dinner Theatre.

This trip includes a delicious Hot & Cold buffet lunch then a hilarious, and thrilling Mystery show. You meet the characters, see the mystery unfold, and help solve the mystery. The mystery we will be watching is *The Trial of Sherlock Holmes*.

The price is \$32.00, and the date is August 30, 1995. That includes the bus ride, buffet lunch, and, the show. Confirmation and payment **MUST** be given by August 10th, on a first come first serve basis. Be sure to let us know if you are interested soon. There is a sign up sheet at the Elders Lodge or contact Tracey Moon or Kathy Maracle at the Health Center at 967-3603.

BUFFET MENU

Variety of Cold Salads with herbal dressings
Assorted Deli platters to include a variety of cold meats, pickles, olives and condiments
Hot entrees include beef, chicken, fish and pasta of the day
Choice of two soups
Assorted rolls and butter

Dessert Buffet which includes:
Fresh Fruit (in season); selection of imported and domestic cheeses
and a variety of cakes, trifles, mousses and finger pastries

Coffee, tea, and Decaf.

Dinner Theatre

at the Royal York Hotel, Toronto
Matinees at *The Old Mill*, Toronto

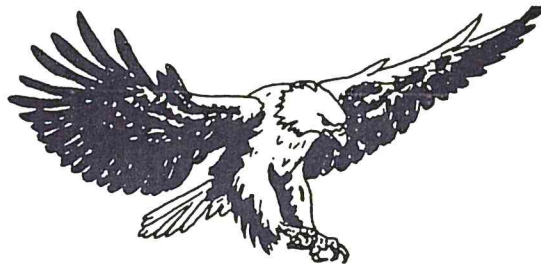
MURDER MYSTERY MATINEES AT THE OLD MILL

21 Old Mill Road, Etobicoke (Toronto), Ontario

Arrival for Lunch: 11:15am
(Main Dining Room)

*Mysteriously
yours...*
Balan Caws





"TRADITIONAL"

8th TYENDINAGA POW WOW

AUGUST 12 & 13, 1995
TSITKERHEDODON PARK

"ADMIST THE TREES"
Peacemaker Territory

Hwy. #401, Marysville Ext. #49 & #2

CALLING ALL DRUMS: Honourarium

HOST DRUM: Nani-gish-kung

LEAD DANCERS: Rob Mounts
Tonia Hill

HONOUR STAFF: Bill Wheatley

TOBACO CEREMONIES:
5:30 a.m. - Sat. & Sun.

HOOP DANCER: Cheyenne Kitchikake

MASTER OF CEREMONIES: Alan Brant

GRAND ENTRY: Sat. 12 noon
7 - 9 pm
Sunday 12 noon

SOCIAL DANCE: Saturday night

TRADER'S FEE: \$35/day

REGISTRATION: Sat. 10 a.m. - 12:00 noon
Sun. 10 a.m. - 12:00 noon

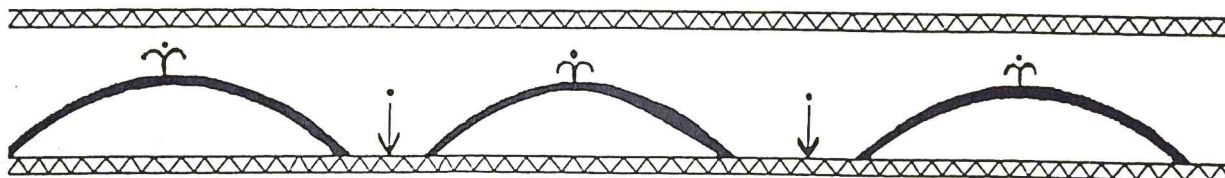
ADMISSION

Adults - \$5/day

Seniors - \$3/day

Children under 12 free

Native North American Traders Only



CAMPING AVAILABLE AT POW WOW GROUNDS

*Regular Admission to be paid by Campers - \$5 per day Electrical Hook-up
Washroom Facilities/No Showers*

For more information contact:

Sharon Asselstine
(613) 396-2553:

Robert (Brant) Lambert
(613) 396-5862

Robert Maracle
(613) 396-6037

Jean Brant
(613) 396-3194

**NO ALCOHOL OR
DRUGS**

Bring Your Own Chair

EVERYONE WELCOME

The Tyendinaga Pow Wow Committee is not responsible for personal loss or injury



Shawanaga First Nation Ojibway Territory

R. R. #1, Nobel, Ontario P0G 1G0
(705) 366-2526 • (705) 366-2576 • (705) 366-2598
Fax: (705) 366-2740

1ST ANNUAL ALL-ONTARIO ABORIGINAL GOLF CHAMPIONSHIP

Dear Competitor:

You are cordially invited to participate in the 1st Annual All-Ontario Aboriginal Golf Championship which will be held on Saturday September 2nd and Sunday September 3rd, with a shotgun start on both days, beginning at 8:00 a.m. Also will include the optional practice round on Friday September 1st.

It is imperative that all competitors will be able to respond in writing by 5:00 p.m. of August 4th, 1995. The enclosed Competitor Form #1 is attached for your consideration.

As Shawanaga First Nation is the host of this first ever prestigious event, we certainly would appreciate the return of the Registration Form #2 immediately and 50 or 100% of the entry fee before 5:00 p.m. of August 18th, 1995, which will guarantee you a tee-off time in this tournament. After this date, we will be accepting entries on a "first come, first serve" basis up to a limit of one hundred and fifty (150) golfers. There will be six categories of eligibility.

As a first time competitor, or a future competitor, Shawanaga First Nation is happy to extend to you a hearty welcome on September 2nd and 3rd, 1995. We hope you will enjoy the 18 Hole Championship Golf Course and the relaxing environment of the Parry Sound Golf and Country Club.

TOURNAMENT AGENDA

DATES:	Saturday September 2nd & Sunday September 3rd
ENTRY FEE:	\$100.00
SPONSORS:	Shawanaga First Nation
COURSE:	Parry Sound Golf and Country Club

36... INCLUDES:

- 2 rounds of golf and an optional practice round on Friday September 1st, 1995. (Please book your tee time for Friday's practice round with Pro Shop at (705) 342-5262)
- Steak dinner on Saturday (Extra dinner tickets available)
- \$7,825.00 in prizes (maximum)
- Longest drive
- Closest to pin

All entries must be accompanied by an entry fee or certified cheque made payable to: SHAWANAGA FIRST NATION
RE: 1st Annual All-Ontario
Golf Championship

SEND ENTRIES TO: Shawanaga First Nation
(No post-dated R.R. #1
cheques) Nobel, Ontario
POB 160

NOTE: Limited number of Golf Carts, priority arranged thru Pro Shop (705) 342-5262.

Please complete the address and postal section on your entry form. Thank you.

Seaside with the Saviour

Summer Vacation Bible Club

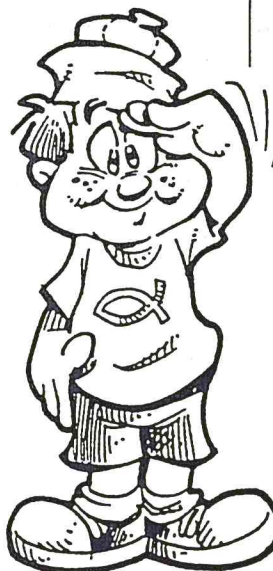
With the Highway Children's Ministry of the Anglican Church Army

Place: *QUEEN ANNE PARISH CENTRE*

Time: *1:30 p.m. → 3:30 p.m.*

Date: *MON. → THURS. AUG. 14 - 17th/95*

For Kids ages 5 to 12

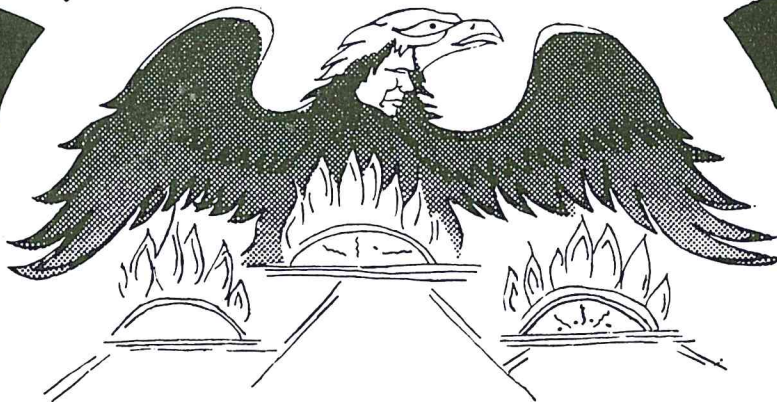


For more information,
please contact: *MARILYN BRANT*

Or 967-1179

MISSISSAUGAS OF THE NEW CREDIT
9TH ANNUAL

"Join us as we celebrate"
THREE FIRES
HOMECOMING



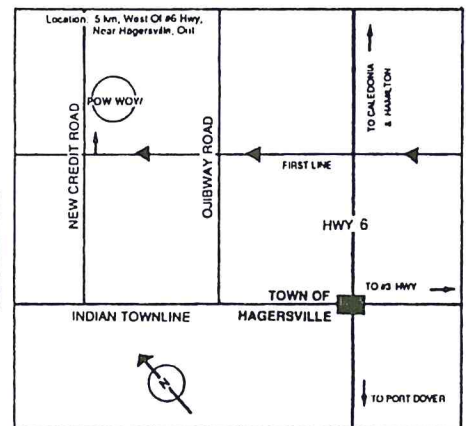
GAIL WILLIAMS

POW WOW
AND TRADITIONAL GATHERING
AUG. 26 & 27, 1995

FIRST NATIONS TRADERS

Join us as we celebrate our culture with
DRUMMING • DANCING • ARTS & CRAFTS
NATIVE LITERARY CIRCLES
POETRY READING • STORY TELLING
Speakers Forum: Saturday 7:00 p.m.
Theme: Honouring Our First Nation Veterans
Special Tribute: To the Late George Doxtator
Rough Camping - Bring your own Lawn Chairs

**Photography
& Art Show**



ABSOLUTELY NO ALCOHOL OR DRUGS

PROGRAMS	ADMISSION	TRADERS
Saturday Aug. 26	Adults (15+) \$5.00	Food \$40 per day \$60 weekend
Grand Entry 1:00 p.m.	Youth (7-14) \$3.00	Crafts \$25 per day \$40 per weekend
Sunday Aug. 27	Seniors \$1.00	
Grand Entry 1:00 p.m.		
Closing Ceremonies 4:00 p.m.		

FOR FURTHER INFORMATION
Dan Secord - (905) 768-1133
Cultural Co-ordinator
After Hours - Dan Secord (905) 768-8773
Carolyn King (905) 768-5147

TUC QUA SHIN

2ND ANNUAL TRADITIONAL

+ POW WOW +

AUGUST 19TH & 20TH, 1995
 9:00 A.M - 8:00 P.M SATURDAY
 9:00 A.M - 6:00 P.M SUNDAY
GRAND ENTRY 12 NOON

*** SUNRISE CEREMONY ***
 SUNDAY 5:30 AM

SPONSORED BY:
LOVESICK LAKE NATIVE WOMEN'S ASSOCIATION

MASTER OF CEREMONIES:
JIM JOHNSON

HOST DRUM:
NANIE SH-KUNG

LEAD FEMALE DANCER:
LIZ OSAWAMICK

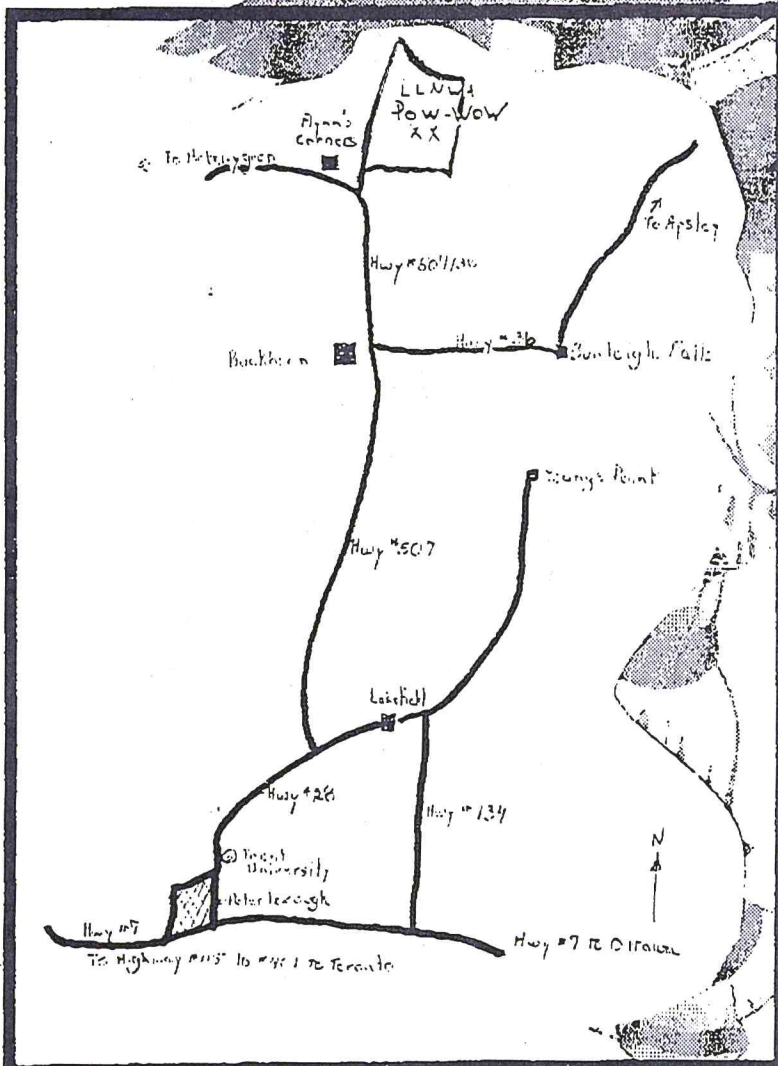
LEAD MALE DANCER:
WADE SMOKE

ALL NATIVE VENDORS WELCOME
\$50 PER DAY / \$75 WEEKEND
FREE ROUGH CAMPING
*** RAIN OUT PROVISIONS NOT AVAILABLE**

ADULTS - \$5
CHILDREN UNDER 12 / SENIORS - FREE

FOR MORE INFO CALL:
 (705 - 657-9456)
ASK FOR MARLENE KNOTT OR
MARJORIE BROWN

ABSOLUTELY
NO DRUGS OR ALCOHOL PERMITTED!!



HIGHWAY #507 NORTH OF BUCKHORN
AT FLYNN'S CORNERS



1995 ALL ONTARIO ABORIGINAL FASTBALL CHAMPIONSHIP

August 25, 26, & 27, 1995

Hosted by: Garden River First Nation



Entry Fee:

\$300.00 per team *plus* \$200.00 performance bond
(refer to Section 21 & 22 of Rules & Regulations)

Entry fee must be sent with player roster *no later than two (2) weeks* prior to the tournament.
CERTIFIED CHEQUE or MONEY ORDER payable to the Garden River First Nation

Prize Money: (based on 16 teams)



Men's Division:

1st: \$3000.00
2nd: \$1200.00
3rd: \$600.00

Women's Division:

\$3000.00
\$1200.00
\$600.00

**all entry fees will be given out according to the amount of teams entered*



TRUE DOUBLE KNOCK-OUT

Tournament regulated under *ONTARIO ABORIGINAL FASTBALL TOURNAMENT
OFFICIAL RULES & REGULATIONS (Revised March 1994)*

Game Duration: 1:15 min or 7 innings, whichever comes first

Tentative 3-Day Schedule:

Day 1: 9:00 am - 10:00 pm

Grand Opening : drum group, opening prayers, guest speaker

Day 2: 9:00 am - 10:00 pm

Noon Skills Competition: softball throw, IIR hits, & speed of pitch

Day 3: FINALS/CHAMPIONSHIPS

Closing Ceremony: awards to most IIR's, MVP's, 1st-2nd-3rd Place teams!

Arts & Crafts Booths are welcome! (\$50.00/day)



For more information, please contact: Candace, Janine, or Eileen
at (705) 946-6300 (Band Office)

Do You Know ???...

- There's a National T.V. Show based on Tyendinaga?
- It extends a Native Voice of Hope on over 696 outlets?
- Native people on traplines in Northern Ontario watch the program on T.V.'s operated with gasoline generators?

Watch! Spirit Alive This Sunday!

CKWS • 7 AM • Kingston

● *Be Refreshed!* ● *Be Inspired!* ● *Be Encouraged!*

Featured Guests:

Pam Thum, *Cherokee*
 Elsie Williams, *Chippawa*
 Harry Rusk, *Cree*
 Dale Lloyd, *Mohawk*
 & others!

Also...

**NATIONWIDE
 VISION CABLE:**
 Wed. 6 AM
 Sat. 6:30 & 8 AM

From the Desk of...

Ross W. Maracle, Host: *Spirit Alive*

My wife Linda and I are experiencing one of the greatest trials of our lives. On May 15th, Linda was rushed to Kingston General Hospital, and put on life support. Her pancreas had failed, she developed pneumonia in both lungs and her gall bladder became infected.

For two weeks her life hung in the balance. During the remaining weeks, we almost lost her three times, resulting in emergency surgery.

Through the last 64 days we have experienced periods of peace in the midst of pain. Linda and I are seeing God providing a deep well of His help to sustain us in the time of our need.

She is now out of Intensive Care, though her doctors have advised me that she will be in the hospital for several weeks. She is being fed intravenously. Through everything, we are believing God for a total recovery.

My wife and I want to thank you for your interest and for the many cards and telephone calls of concern that we have received, words of encouragement and prayers have been deeply appreciated.

Sincerely,
 Ross & Linda

N.N.B.C.

The place to be!

- ◆ To Receive New Direction!
- ◆ To Gain New Stability!
- ◆ To Add Focus to Your Life!



N.N.B.C.
...a life changer!

53 Subjects Offered!
Fall Semester Begins Aug. 28th.

Member of
 Evangelical Training Association &
 Association of Canadian Bible Colleges

To Register Call Today! 396-2311

National Native Bible College
PO Box 478, Deseronto, ON K0K 1Y6

*Think about further
 training to reach those
 who don't know about
 the Good News of
 Jesus Christ!*

CLASSIFIEDS

**** FREE ** TO A GOOD HOME**

**1 MOTHER CAT
2 KITTENS**

CALL: JAN AT 967-3888
OR 396-1883

**** PUPPIES FOR SALE ** SCOTTISH TERRIORS**

- Born June 16
- 3 males, 1 female
- \$150.00

CALL: 962-8344

FOUND

Almost new Baseball cap found
on the Ridge Road, July 16/17
near Jan Hill's house. N.H.L.
series.

PHONE AFTER 4:30 - 967-0793

BABYSITTERS OR CHILDCARE AVAILABLE

- experienced Senior Students available
to babysit

CALL: 962-9374

FOR SALE

- Like new girls Supercycle 10 speed
bicycle
- Purple with teal.
- Has water
bottle holder.
- Excellent shape



PHONE AFTER 4:30 - 967-0793

NEWSLETTER DEADLINE DATE

MONDAY , AUG. 21 / 95
at 12:00 noon
396 - 3424

FOR SALE

BUILDING LOT 150' x 150'
- Located 1 km. east of Community
Center
- South Side of York Rd.
- Between Larry & Junior Brants
- Across from the New Ball Field
- Property has been checked for water
and has been found

CALL DON BRANT: 396-2424
For more information

FOR SALE

- Lot with Mobile Home
- 2 bedroom 14' X 70'
 - Stove and Fridge included
 - Central Air
 - New Driveway
 - Located on Hwy # 2 across from
Bayview Plaza
 - Lot size 300' X 300'

For more information call:
962-7181 or 337-5735
Tom Maracle (Evenings Preferably)

FOR RENT

OFFICE RETAIL SPACE

- 800 square feet
- Located on Highway 2

Call 969-1315

FOR SALE

MOBILE HOME

- 2 Bedroom, Living Room & Kitchen
- Lot size 150' X 150'
- With additional Room 20 X 16
- Heat Pump for back up heating & Air conditioning
- Natural Gas Furnace
- Good Well & Septic System
- Located on the Corner of Belles Side Rd. and # 2 Highway
- Price is Negotiable

PLEASE CALL BRUCE WELLS:
1- 416-925-0511

MILL TOWN MEATS

- Corn Fed Beef
- Quarters & Halfs of Beef
- Cut, Wrapped & Frozen
- Individual Pieces sold at Home

Make your Own Soup!

- Lyed Corn, Beans, Special Pork
- Home Made Meat Pies!
- Approx. 6 oz.
- Turkey, Chicken, Beef Vegetable

Call: 962-5470

Glenn Hill R.R.#2 Shannonville

PRIME COMMERCIAL SPACE AVAILABLE FOR LEASE

Newly-constructed building
located on Hwy. 2,
west of Bayview Variety

Up to 2,000 sq.ft. available,
will finish to suit tenant's
needs

Contact Dale Lynn
for details:
396-1931 or 967-3429

Attention Community!!!

For Sale:

25 Used Computers

*Ideal for Beginners, for Word Processing &
Educational Applications*

✓ **286**

✓ **1MB RAM**

✓ **40MB Hard Drive**

✓ **512K Video**

✓ **VGA Colour Monitor**

✓ **1.2MB Floppy Drive**

✓ **Keyboard**

✓ **Power Bar**

\$275⁰⁰

For Details call: Ken Sparks 962-3100

Trevor Lewis 396-2122

Sale open to public until August 18th

Shirley's Variety



396-3536

fax: 396-1476



"Lottery Centre" over 1,000 Video Movies
"Magazines" Cigarettes & Tobaccos

FEATURING WEEKLY SPECIALS:

Sierra Solid Air Freshners	.99
Children's Short Sets.	6.99
Children's Videos	.99
Pudding Cups	.99
Batman Fruit Snacks	1.99
Aluminum Foil	.99
Plastic Wrap	1.99

GREAT SELECTION OF COOKIES
 GREAT SELECTION OF SNACK FOODS
 GREAT SELECTION OF POP & CANDY

**** LAST BUT NOT LEAST ****

GREAT SERVICE

COFFEE IS ALWAYS ON!!

SUMMER HOURS OPEN UNTIL 11:00 P.M.

46...

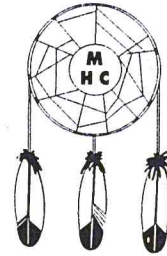
McMurter Home Centre

Lumber & Building Supplies

R.R. #1 Deseronto, Ont.

P.O. Box 755 K0K 1X0

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THERE HERE!

Our New

MCMURTER HOME CENTRE CREDIT CARDS!

At MCMURTER HOME CENTRE

we are here to make your dreams come true.

We can now offer you credit, upon approval, for up to 10,000.00.

"INTEREST FREE!"

*for up to 30 days **

To apply for your MCMURTER HOME CENTRE CREDIT CARD just stop by the store and fill out an application. Upon approval, you will receive your personal credit card in the mail, in about 2-3 weeks.

JUST IMAGE THE CONVENIENCE!

To be able to do that home repair when you have the time, not just when you have to money!

You will be able to pick-up building supplies at anytime and not have to pay for 30 days! You will receive a statement in the mail outlining the purchases that you have made during the month. You can either pay your account if full or make easy monthly payments.

STOP BY AND PICK UP YOUR APPLICATION TODAY!

* ALL ACCOUNTS WILL BE SUBJECT TO A 2.23% PER MONTH INTEREST CHARGE ON ACCOUNTS OVER 30 DAYS.

GRIND CRUNCH SQUEAL

Your car's brakes are trying to tell you something.

That noise you hear or the pulsating brake peddle is your car's way of asking for help. Stop in today for a free brake inspection. If your brakes need service we will clearly identify the problem and provide you with an detailed written estimate. The best part is that our prices won't make you squeal!

—DOREEN^{BROS.}

Motor Vehicle Services
Automotive, Motorcycles,



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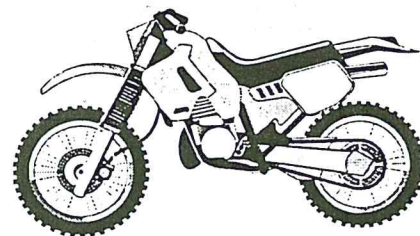
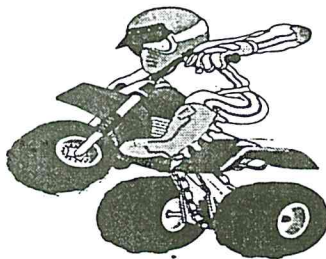
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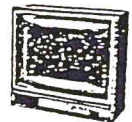
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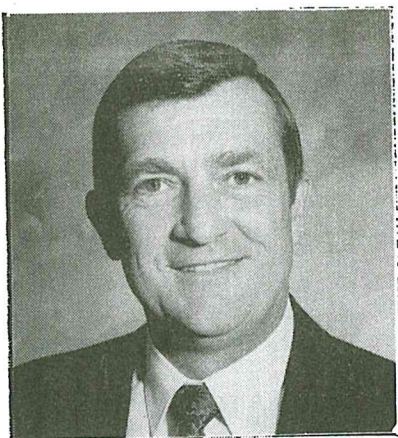
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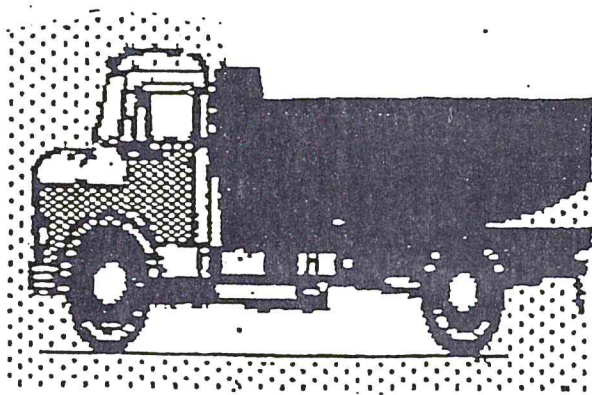
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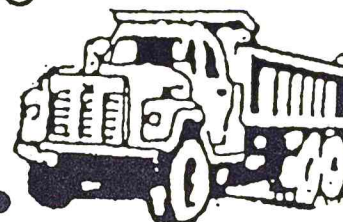
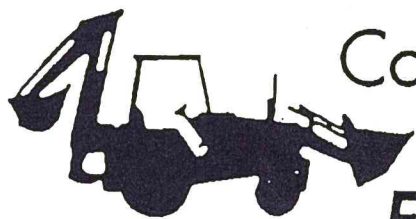
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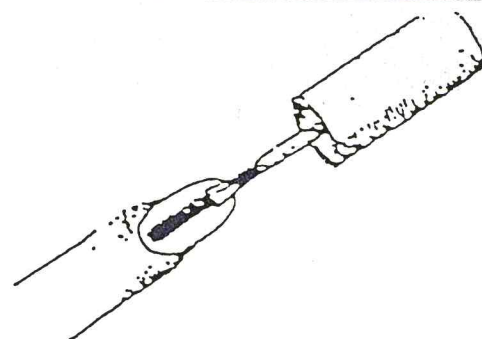
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