

TYENDINAGA NEWSLETTER



ISSUE 10 /97



Happy Halloween!

COMMUNITY BENEFIT DANCE FOR WILLARD HILL

Many of our Tyendinaga Mohawk Territory residents are aware that Willard Hill will be undergoing surgery for a liver transplant.

A special **BENEFIT DANCE** has been planned to take place at the **COMMUNITY CENTRE** on **SATURDAY, NOVEMBER 22ND, 1997.**

Tickets are being sold in advance at **\$5.00** per person and can be obtained by contacting either **Bud Maracle** of B. & J. Poleline (969-7430) or **Velma Hill-Dracup** (967-4704). Tickets can also be purchased at the door if there are any left.

Please mark your calendars now! Watch for posters in October for more information. The support of the community will be greatly appreciated. We are proud to be members of a very caring community and we want to make certain that Willard and his family are able to meet those out of the ordinary expenses that go along with this type of surgery.

BENEFIT DANCE ON SATURDAY, NOVEMBER 22ND, 1997

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Newsletter Deadline
FRIDAY OCT. 24 /97
12:00 noon
396-3424



EUCHRE NIGHT!

Do you have the time and like to play
Euchre and have fun?
Euchres Every 2nd Tuesday Evening at 7:30!
We have business meetings once a month!
If you are interested please call
396-6522 OR 967-4708
For more information

NEWS RELEASES AND ADMINISTRATION NOTICES

TENDER FOR THE CONSTRUCTION OF WATER AND SANITARY SERVICES FOR HWY # 2 AND CHURCH LANE

SEALED TENDERS on the forms supplied, will be received at the Mohawks of the Bay of Quinte Administration offices by the undersigned until **2:00 p.m. Local time on Friday Oct. 17, 1997** for the construction of approximately 3,355 metres of watermain and appurtenances as well as 2,946 metres of sanitary sewers and appurtenances. This work includes all labour, materials and equipment for the complete installation of the water and sewer services. Time is of the essence on this project which is to be completed prior to February 13, 1998.

Plans, specifications and tender forms may be obtained from The Greer Galloway Group Inc., Engineers and Planners at General Delivery, River Road South, Corbyville, Ontario. K0K 1V0 for a fee of fifty (\$50.00) dollars, Non-Refundable, Payable to the Greer Galloway Group.

Tender documents will be available for viewing only at local construction exchanges and the Administration Office.

A certified cheque, not less than the amount specified in the tender, and bonding requirements must accompany each tender and the successful bidder will be required to provide a 100% Performance Bond upon execution of the Contract Agreement.

Submitted tenders will be publicly opened at 2:00 p.m. on Oct. 17, 1997. The lowest or any tender will not necessarily be accepted.

Mr. S. Blakey, P. Eng.
The Greer Galloway Group
613-966-3068 Tel.
613-966-3087 Fax.

Chief R. Donald Maracle
Mohawks of the Bay of Quinte
R.R. # 1 Tyendinaga Mohawk Territory
613-396-3424 Tel.
613-396-3627 Fax.



BUCKINGHAM PALACE

5th September, 1997

Dear Chief Maracle

The Queen has asked me to thank you for your kind message of condolence on the sudden and tragic death of Diana, Princess of Wales which you have sent on behalf of the Mohawk People of Canada.

Her Majesty, The Prince of Wales, Prince William and Prince Henry, and all members of the family are most grateful for your thoughtful expression of sympathy at this sad time.

Yours sincerely

Simon Gimson

(SIMON GIMSON)

*** CALL FOR TENDERS ***

Tenders are now being accepted for snowplowing at the following locations:

CONTRACT #1

- Administration Office/F.N.T.I
- Bus Shed(Doorways will have to be cleared by hand)
- Firehall(Doorways will have to be cleared by hand)
- Community Centre
- Orange Lodge
- Food Bank
- Pumphouse(Airport)
- Hides Depot
- Fire Hydrants in Huron Brant Drive North
- Quinte Mohawk School

BUS TURNAROUNDS:

- Richard "Dick" Brant Driveway, Johnson Brant Lane
- Ken & Judy Loft Driveway, Homeland Drive

CONTRACT #2

- Health Centre
- Library
- Tyendinaga Police Service
- Mohawk Family Services, Shannonville
- Red Cedars Shelter, Dies Property (North Side of Hwy #2)
- Kagita Mikam Office, Shannonville
- Daycare

BUS TURNAROUNDS:

- Gord Barnhardt Driveway, Wyman's Sideroad
- Driveway on the East Side of Shannonville Gravel (just before the C.N. Tracks)

- The contractor is expected to maintain own equipment and have all areas accessible for buses, personnel and public before commencement of day.
- The contractor shall provide proof of insurance and a complete listing of equipment available to complete the work.
- Bids submitted will be on each contract with the contract number clearly identified on the sealed envelope.
- Please provide hourly rates for additional equipment when required to load and remove high snow banks.

Bus Schedule: Pick up: 7:00am
Return: 12:00pm and 3:00pm

**PLEASE SUBMIT YOUR PROPOSAL IN A SEALED ENVELOPE
CLEARLY MARKED BY THE " CONTRACT # SNOWPLOWING "
BY 1:00 PM OCTOBER 21ST, 1997.**

**NOTE: PRICING SHOULD BE ON A FLAT RATE BASIS
PER SNOWFALL FOR EACH CONTRACT.**

The lowest or any tender will not necessarily be accepted.

Remember if you have an EMERGENCY
CALL **911**

Deadline date for the Newsletter
Friday, Oct. 24/97 at noon



NEWS RELEASES & ADMINISTRATION NOTICES

MOHAWKS OF THE BAY OF QUINTE

R.R. #1, Tyendinaga Mohawk Territory, Ontario K0K 1X0

Phone: (613) 396-3424 Fax: (613) 396-3627

NOTICE

The Mohawks of the Bay of Quinte in conjunction with Kagita Mikam, are undertaking a demographic and Labour Force Survey. This survey will be administered door to door starting late September reaching every household on the Territory. The information being sought is designed to help us develop or obtain some very directed training programs. In addition, the resulting information will allow us to project our employment needs for the future.

The Council has retained Dan Brant to manage the project and he has secured the services of a data collection firm in Ottawa to compile the results of the survey. No one in the community will have access to the final completed survey forms. The people collecting the information will have signed confidentiality forms and will be required to seal the completed surveys in your presence. Any tampered forms will result in dismissal. If you wish, you can mail in the completed forms in a self addressed envelope.

The employment division of the Mohawks of the Bay of Quinte are also putting a data base of local skills in place. There will be a separate sheet requesting information on previous employment, your name and job skills. With this information, we will be putting a data base of job skills available from members of the Mohawks of the Bay of Quinte. With this data base, we will be able to easily access names of individuals when jobs become available. As an incentive to fill in this form and send it back, for every person entered, we will have a lottery type draw on December 10, 1997. The entry drawn at that time will receive a cash prize of \$250.

Your participation can only help the job situation. Thank you.

Congratulations!

THE MOHAWK FIRE DEPT WOULD LIKE TO CONGRATULATE
JAMIE MARACLE & KAYLA HARVEY
FOR WINNING THE NATIONAL FIRE PREVENTION POSTER CONTEST.

THE GIRLS EACH RECEIVED A CHEQUE FOR \$500 AND AN ALL EXPENSES PAID
TRIP TO VANCOUVER BC TO CLAIM THEIR PRIZE.

THIS CONTEST IS OPEN TO ALL SCHOOLS IN ALL THE NATIVE COMMUNITIES
ACROSS CANADA.

News Release
Communiqué

Ministry of Citizenship,
Culture and Recreation
77 Bloor Street West
Toronto ON M7A 2R9

Ministère des Affaires civiques,
de la Culture et des Loisirs
77 rue Bloor ouest
Toronto ON M7A 2R9

FOR IMMEDIATE RELEASE

September 16, 1997

(Version française disponible)

CALL FOR SUBMISSIONS

11th ANNUAL TRILLIUM BOOK AWARD/PRIX TRILLIUM

TORONTO - The Ministry of Citizenship, Culture and Recreation is inviting submissions for the Government of Ontario's 11th annual literary award. The Trillium Book Award/Prix Trillium recognizes writing excellence in both an English and a French language category, with a \$12,000 prize to each of the winning authors and a \$2,500 prize to their publishers.

This year, publishers have been asked to submit three copies of each title directly to the ministry by November 20th. A book of any genre, except for anthologies and translations, published in 1997 and written in English or French by an Ontario-based writer, may be submitted for consideration.

Submissions should be sent to: Ministry of Citizenship, Culture and Recreation, Cultural Programs Branch, 77 Bloor St. W., 2nd Floor, Toronto, Ontario M7A 2R9.

Two independent juries, one for each category, will review the books. Publishers of the short-listed titles, which will be announced at the end of January, 1998, will be given funds to market and promote each title. The winners will be announced early next spring.

Last year, the English-language prize went to Anne Michaels' *Fugitive Pieces*, published by McClelland and Stewart. There was a tie in the French-language category, with the prize shared by *Le Pied de Sapho* by Anne Claire, Éditions TROIS, and *Tintin au pays de la Ferveur*, Éditions Les Herbes rouges.

Previous Trillium Book Award winners have included Michael Ondaatje, Margaret Atwood, Wayson Choy and Alice Munro in the English-language category; Maurice Henrie and Andrée Lacelle in the French category.

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Media contact: Afroze Edwards
Communications Branch (416) 314-7240

Program contact: Jim Polk
Cultural Programs Branch (416) 314-7745

Memorandum

DATE: 09/02/97
FAXED

To: Editor, Tyendinaga Territory Newsletter

From: Eva Wilson, Repatriation Worker

RE: Search for First Nation Adoptee

Priority: [Urgent]

I am requesting your newsletter assist me in searching out the following individual who was adopted in Ontario in the 1970's, information is as follows:

Birth Name: Nelson Allan Longclaws

DOB: November 16, 1970

Hospital Born at: Women's Pavilion, Winnipeg, Manitoba Canada

Date of Adoption: Early 1970's

The family member seeking out the above adoptee is his birth mother, Phyllis Longclaws and birth sibling, Winston Joseph Gabriel. Birth father, Gilbert Ralph Gabriel is now deceased as of September 5, 1971.

Please contact Eva Wilson at the Manitoba First Nations Repatriation Program at 1-800-665-5762 for further more in being reunited with birth family. Our program is a non-profit organization which assists Manitoba First Nations Adoptee and their families in being reunited, re-instatement of treaty status, support groups, etc. Enclosed is our program brochure providing more information on services.

Meegwetch!

Eva Wilson

ADMINISTRATION NOTICES



Tyendinaga's

Second Annual Winter Clothing Exchange

Need a reason to clean out your closets?

The Thayendanega Health Centre is looking for donations for their
SECOND ANNUAL WINTER CLOTHING EXCHANGE!

Please drop off your clean and in good repair clothing
to the Health Centre anytime between 8:30-4:30, Monday to Friday
(until Wednesday, October 22, 1997)
for sorting and sizing.

The clothing exchange will be held on
Friday, October 24, 1997
from 9:00 - 3:30
at the Mohawk Community Centre.

For more information call the Health Centre,
(CHR Program) at 967-3603

*There is no cost, but for those who choose to,
monetary donations may be deposited
into an Angel Tree Donation Box.*

HOUSING DEPARTMENT

The Tyendinaga Mohawk Council is looking for responsible tenants to occupy existing and future vacancies.

If you, or someone you know, are looking for a rental home please come in and complete a rental application. If you have previously submitted an application please call us to update or receive information on the status of your application.

The Tyendinaga Mohawk Council is also in the process of constructing eight three bedroom homes and a four-plex on Huron Brant Drive North.

ATTENTION~~ATTENTION~~ATTENTION

TYENDINAGA DUG WELL UPGRADE PROJECT

A limited amount of funding has been secured to assist homeowners in upgrading "older dug wells", those constructed prior to sealing. These wells must be your primary source of water to your principle residence. If you would like to access this program, please contact the Thayendanega Health Centre - CHR Program at 967-3603. Bev Hill or Kathy R. Brant will arrange a time to do an assessment and complete an application form.

Due to winter approaching with ensuing weather conditions:

**THE DEADLINE FOR ASSESSMENTS AND APPLICATIONS IS
OCTOBER 17, 1997.**



Hunters, hides, hats and Aboriginal artisans combine each season to form a strong circle of co-operation and conservation.

Thousands of hunters make full use of their game (deer, moose and bear) by dropping the hides off at local collection depots each fall. In return, a hat emblazoned with a "Successful Hunter" crest is given in appreciation.

This exchange allows more hides to be accessible to Aboriginal artisans, who make fine crafts, moccasins, gloves and clothing.

Your local HATS FOR HIDES Depot:

TYENDINAGA HIDES COLLECTION DEPOT

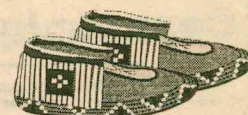
HWY 49 AT MARYSVILLE - BLUE BUILDING

Call your local Depot manager at:

(613) 396-5802

The HATS FOR HIDES Program is administered by the Union of Ontario Indians and funded by the Canada/Ontario Resource Development Agreement (CORDA).
For more information about the HATS FOR HIDES Program, call Mary Laronde at (705) 497-9127.

Moccasin Trail Walking Program



Moccasin Trail Walking Program is a program to encourage community members to be more physically active to prevent and manage diseases such as Diabetes, Heart Disease, High Blood Pressure. It's your part in taking responsibility for your health. So don't wait for the Doctor to try to fix you. You can do something too. Get Active, Make Healthy Food Choices As Often As Possible, and Maintain a Positive Attitude. Check in at the Health Centre the first Tuesday each month and we'll show you how. Moccasin Trail Check-in day is Tuesday October 7, 1997 from 8:30am to 6pm. A nurse, a dietitian, and a CHR will be there to advise and encourage you.

Diabetes Support Group is a gathering of people who are living with diabetes or have family or friends who are living with diabetes. We meet the second Tuesday of each month at the Health Centre from 7pm to 9pm. Our next meeting is Tuesday October 14, 1997 at 7pm. This month we will be having a presentation from Kelly's Home Health. Please come out and join us.

**FIRST NATIONS POLICE****POLICE PAGE
UNSOLVED CRIMES!**

ON 27TH AUGUST 97 BREAK AND ENTER TO THE DAYCARE, FOOD ITEMS TAKEN, INCIDENT #172906-3, INVESTIGATING OFFICER M.MARACLE

ON THE 13TH SEPTEMBER 97 BREAK AND ENTER, AND DAMAGE AT THE SHANNONVILLE FAIR GROUNDS, INCIDENT #175476-8, CST. M. MARACLE.

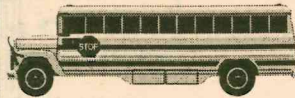
THEFTS

THEFT FROM A MOTOR VEHICLE AT THE MOHAWK FAIR ON SEPTEMBER 5TH 97, INCIDENT # 174496-9, CST. M. MARACLE.

THEFT OF FOOD FROM A MOTOR VEHICLE IN SHANNONVILLE, 31 AUGUST 97, INCIDENT #173498-0, CST. S. MARACLE

THEFT OF ATV, 91 SUZUKI, TAKEN FROM OWNERS YARD ON SEPTEMBER 2ND, CEDAR GLENN ROAD. INCIDENT # 173847-8, CST. T. MARACLE.

ANYONE WITH INFORMATION IS ASKED TO CONTACT THE TYENDINAGA FIRST NATION POLICE AT 967-3888 or via BELLEVILLE OPP COMMUNICATIONS CENTRE 1-888-310-1122.

**Bus Safety Tips**

1. Be at the bus stop Early.
2. Wait for the bus in a safe place - AWAY FROM THE ROAD.
3. Take your seat right away.
4. Stay seated at all times.
5. Keep hands, arms and head inside the bus at all times.
6. Listen to the bus driver and follow DIRECTIONS.
7. Leave the bus carefully, using the handrails.
8. Take 10 GIANT steps beyond front bumper before turning toward the road.
9. Look BOTH ways before crossing the road and wait for the driver's signal.
10. Keep away from the bus if you drop or forget something.

HOMEWORK For Parents To Go Over With Their Children.

Tyendinaga Police Service

TYENDINAGA FIRST NATION POLICE**Month End Stats**

JULY 1997

ACTUAL NUMBER**PROVINCIAL OFFENCES**

Highway Traffic Act	31
Liquor Licence Act	2
Compulsory Automobile Insurance Act	0

CRIMINAL OFFENCES

Assault	0
Sexual Assault	0
Break and Enter	3
Thefts	1
Possession of Stolen Property	0
Impaired & Over 80	1
Weapons Offences	0
Fraud	1
Mischief/Vandalism	1
Narcotics	0
Other Criminal Code	8

GENERAL INCIDENTS

Motor Vehicle Accidents	1
90 Day Suspension	1
Other Provincial Stats	6
Other Federal Stats	0

TOTAL NUMBER OF OCCURRENCES 60

**HALLOWEEN SAFETY TIPS**

1. WEAR MAKE-UP INSTEAD OF A MASK SO YOU CAN SEE PROPERLY.
2. GO TRICK OR TREATING WITH FAMILY OR FRIENDS. LET PEOPLE KNOW YOUR ROUTE!!!!
3. AN ADULT SHOULD CHECK THE TREATS YOU COLLECT BEFORE YOU EAT THEM.
4. WALK - DON'T RUN & LOOK ALL WAYS BEFORE CROSSING THE STREET --- TRICK OR TREAT ON ONE SIDE OF THE STREET, THEN THE OTHER SIDE!!!!
5. ONLY GO TO HOMES WITH THEIR LIGHTS ON!!!
6. DON'T GO ANYWHERE WITH A STRANGER!!!!!!
7. IF SOMEONE INVITES YOU ALONE INTO A HOUSE SAY "NO THANKS".
8. A FLASHLIGHT WILL HELP LIGHT YOUR WAY!
9. YOU'LL WALK MORE EASILY IN A SHORT COSTUME!! WEAR BRIGHT, FLUORESCENT OR REFLECTIVE CLOTHING.
10. IF POSSIBLE GO TO A HALLOWEEN PARTY, INSTEAD OF DOOR TO DOOR.

EMPLOYMENT & HEALTH CENTRE

RED CEDARS SHELTER

is currently seeking applications for:

CASUAL COUNSELLOR
(6 positions)

The casual counsellors will be required on an on call basis to monitor the activities within and around the Shelter.

All applicants must provide a Criminal Reference Check and proof of a valid Class "G" Drivers License. Some knowledge of Social Work, interviewing and counselling, and interpersonal skills would be an asset. **STRICT Confidentiality must be maintained.**

Successful candidates will undergo some initial training with the Staff of the Shelter.

Applications to: Bev Hill and/or Karen Brant-Jones
Mohawk Administration Office
R.R. #1
Tyendinaga Mohawk Territory, Ontario
K0K 1X0
(613) 396-3424

DEADLINE: OCTOBER 17, 1997

NOTE: As these are casual positions, informal interviews will be held with the Shelter Co-ordinator only to determine suitability.

The Mohawk Recreation Committee is now accepting applications for membership on the Committee. Meetings are the first Monday of each month and at least one fundraising event is held each month. Anyone interested in applying please complete an application available through the Administration Office

Nia:wen

WELCOME WELCOME WELCOME

If you are new to Tyendinaga and would like to know what businesses and services are available just call the Community Health Representatives at the Thayendanega Health Centre.
967-3603
8:30 - 4:30

"THE FLU VACCINE"
TO HAVE
OR
NOT TO HAVE ?

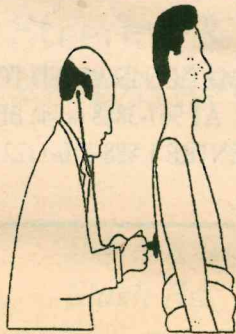
Fall is coming and the flu season will soon be among us. The "flu" or "influenza" can be a serious illness for some people.

The flu is caused by a virus which could make a person ill with symptoms of stuffy nose, sore throat, cough, fever, headache and muscle aches. This could lead to complications of pneumonia and death in some people with heart and lung problems. Anyone can get the flu but someone who is over 65 years of age or has a chronic illness such as kidney, heart and lung diseases, cancer, diabetes, a blood disorder or an immune problem should get vaccinated.

The vaccine is free for the above mentioned groups and should be administered during the months of October and November. Yearly vaccinations can prevent the flu in about 80% of people who get the flu shot. The Flu vaccine reduces the severity of the illness and saves lives.

It's time to take action ! Call the Thayendanega Health Centre @ 967-3603 if you have any questions or ask your Doctor. If there is enough interest we may have a "flu immunization clinic" at the Thayendanega Health Centre.

Brenda Asselstine Reg. N.
Community Health Nurse



PLANNING TO QUIT



Many of our Native people have quit smoking, and many of them did it without any help. They just made up their minds and said, "That's it - no more cigarettes!"

For most people it's a good idea to spend one or two days getting ready to quit.

1. *Decide on a date when you will quit.* The important thing is for you to pick the date - not your doctor, not your family, not your kids. It's your decision.
2. *Tell your family and friends that you are quitting.* Once you have told people you are going to quit, it will be harder for you to change your mind!
3. *Make your home smoke-free.* Don't let anyone smoke in your home. A small sign posted outside can help.
4. *Get help!* Ask someone to quit with you at the same time. Ask a friend or relative who doesn't smoke to support you and to be there when you need someone to talk to.

WORKSHEET

1. I am quitting on _____ (month/day/year)
2. I will tell the following family/friends/co-workers I have quit: _____

3. I will ask the following family/friends/co-workers to support me to quit: _____

4. I will ask them to do the following when I need help: _____

If you are interested in our 8 week Smoking Cessation Program, please call: THAYENDANEGA HEALTH CENTRE - 967-3603

This program will begin on Tuesday October 14, 1997



HEALTH CENTRE

TRAINING FOR FOOD HANDLERS

WHEN: November 6, 1997 Thursday

WHERE: Fire Hall on York Road

TIME: 9:30 am to 11:00 am

WHO: For anyone who prepares or serves food to the public



This training is provided by the CHR Program and the Environmental Health Officer from Health Canada.

Each participant will leave with information on:

- (a) food storage
- (b) food handling
- (c) serving food
- (d) handouts and posters

If you or a designate would like to attend, please call Thayendanege Health Centre, 967-3603 and register with one of the CHRs.

Nia:wen,

FIRST AID AND C.P.R. TRAINING

Interested in First Aid or C.P.R. certification or re-certification ?
If you are, please call Thayendanege Health Centre, and leave your name and telephone number. When we have 12 to 15 names on our list, we will contact you with the dates these courses will take place.

Nia:wen,

CHR Program



THAYENDANEGE HEALTH CENTRE
INVITES YOU TO

The Diabetes Support Group

People with diabetes and their families are invited for monthly meetings of the Diabetes Support Group. The group meets every second Tuesday of the month from 7:00-9:00 pm at the Thayendanege Health Centre.

Next Meeting:
TUESDAY OCTOBER 14 at 7:00 pm
Thayendanege Health Centre



PRODUCT NIGHT hosted by Kelly's Home Care

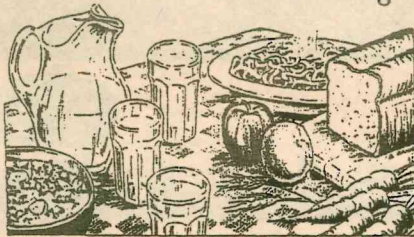
- * Check out the latest in glucometers and other equipment especially for of people with diabetes.
- * Prizes!
- * Refreshments!

Hope to See you there!



Cooking with Vitality

Turn on to diabetic cooking!



Discover new ways to make healthy cooking fun while learning about diabetes.

WHO CAN ATTEND:

Anyone with an interest in diabetes!

WHEN:

5 weekly sessions, Tuesday Evenings
Oct 21, Oct 28, Nov 4, Nov 11, Nov 18
Time: 6:00 pm - 8:30 pm

WHERE:

Queen Anne Parish Hall

FACILITATORS:

Nicola Smith, Community Dietitian
Kate Ann Follwell, Home Economist

TO REGISTER:

Call Thayendanege Health Centre
967-3603

*All Participants will receive a special gift package!
Sign up today! Registration is limited.*

Canadian Diabetes Association
Quinte District Branch

Annual Product Night

Monday, October 27, 1997 @ 7p.m.

Parkdale Community Center,
Belleville (near corner of Sidney St. & Maple Dr.)
(wheel chair accessible)

"YOUR DIABETES TEAM"

Panel Guests: @ 8:00p.m.

Mr. Bruce Milliken - Person living with Diabetes

Dr. Robert Bates - Family Physician

Ms. Nicola Smith - Dietitian

Mrs. Joyce Wardle - Nurse & Certified Diabetes Educator

Mr. Steve Casselman - Pharmacist

Dr. Y. Twum-Barima - Diabetes Specialist

Come with your questions.

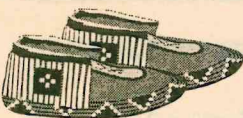
Info: (613) 962-6520

A variety of Diabetes Care product distributors will be on hand to display their products. Come and see what is new and available.....

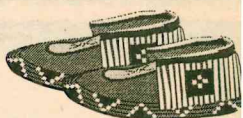
EVERYONE WELCOME!

FREE ADMISSION, DOOR PRIZES and COFFEE

HEALTH CENTRE



MOCCASIN TRAIL NEWS













Summer Activity Results ☺ Smiles ☺ Halloween ☺ Correction

Congratulations to all those brave souls who participated in the Moccasin Trail Summer Activities Club. I would also like to acknowledge those people who do not wish to sign up for these kind of health promotion programs, but are out there walking , cycling and being active. You are all demonstrating to the community that you are taking responsibility for your health. Your children and grandchildren are watching.

Just to give you some results of the Summer Activities Club, we had 17 valued community members signed up and 10 completed the goal of 150 kilometers from June to September.
The Value of a Smile!

- à It costs nothing, but creates such warmth.
 - à It enriches those who receive, without impoverishing those who give.
 - à It happens in a flash and the memory of it sometimes lasts forever.
 - à None are so rich they can get along without it, and none so poor but are richer for its benefits.
 - à It creates happiness in the home, fosters good will in a business, and is the countersign of friends.
 - à It is rest to the weary, daylight to the discouraged, sunshine to the sad, and Nature's best antidote for trouble. Yet it cannot be bought, begged, borrowed or stolen, for it is something that is no earthly good to anybody till it is given away!
 - à For nobody needs a smile so much as those who have none left to give!
- Source: How to Win Friends and Influence People by Dale Carnegie

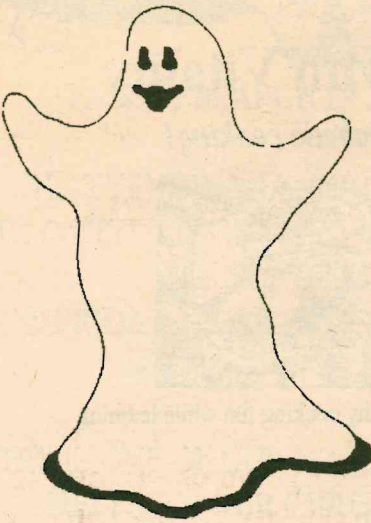



How To Survive Halloween In A Healthy World

Halloween Treat Alternatives











Homemade Healthy Cookies and Muffins for the family.
(Recipes available at the Thayendanega Health Centre)

Boxes of 100%Pure Juice
Nuts or sunflower Seeds
Small Boxes of Cereal
Popcorn
Dried Fruits
Fresh Fruits
Fruit Cups
Trail Mix
Cheese
Raisins



Fun Ideas

Cool Pencils
Dinky Toy
Stickers
Crayons
Hair Ties
Barrettes
Note Pads
Toothbrushes
Coloured Chalk
Florescent Shoelaces



Correction
In September's Go For Green Community Report there was a mistake made in the name of the office and daycamp who participated from the airport.
The report said First Nations Air Service office and First Nations Air service Day camp.

It should have read First Nations Technical Institute Aviation office and First Nations Technical Institute Daycamp.

My apologies for that error. I would also like to note that the First Nations Technical Institute Aviation office won the prize of a Southern Ontario Diabetes Initiative sweatshirt for each participant for having the largest number of people from one office participate in the 2nd Annual Go For Green Community Clean-up Day. Congratulations F.N.T.I. Aviation!



RED CEDARS SHELTER & HEALTH CENTRE

The Effects on Children Who Witness Family Violence!

- Very young children, even infants, are seriously affected, and may suffer problems with sleeping, weight gain and excessive crying.
- Preschoolers display effects such as anxiety, clingingness and aggressive behaviour.
- Children beyond the infant or preschool age often feel responsible to try to intervene in the abusive situation.
- Teenage children tend to be truant, run away or drop out of school and they tend to become involved in violent dating relationships. They will use denial as a coping method.
- Girls who witness violence have a greater tendency to become withdrawn and depressed, while boys have a greater tendency to act aggressively. These problems can also be present in both boys and girls.
- Boys, especially at age 11 or older, who identify strongly with their fathers may imitate his actions by being aggressive towards women.
- Children from violent homes are being taught that violence is an effective way to gain power and control over others.
- Children are more prone to accept excuses for violent behaviour, and have increased risk of acting aggressively toward peers and adults.
- Greatly increases the chances that a boy will grow up to act violently with dating and/or marital partners. For girls, it increases the chances that she will accept violence which occurs in her dating and/or marital relationships.
- Children who witness violence are being emotionally abused.
- Children frequently experience Post traumatic Stress Disorder (PTSD). The symptoms of PTSD include re-experiencing the trauma (nightmares, intrusive thoughts or images, flashbacks); fear, anxiety, tension and hyper-vigilance; irritability and outbursts of anger and aggression.
- Children display greatly elevated rates of depression, withdrawal, low self-esteem and other emotional problems.

(excerpt from The National Clearinghouse on Family Violence)

The Characters and events portrayed in this story are completely fictional. Any resemblance to actual events and people is purely coincidental.

This Story is a Continuation from Newsletter 9/97 (Red Cedars)

Rick decided not to come home till later that evening. Instead, he went over to the bar to talk to his buddy, Steve.

"Hey, Rick, how's it going?" Steve asked.

Rick said, "Not good. Sally's spending way too much time with her family, and I'm sick of it. Things are going to change."

"Well, you know how women are," Steve said. "Just don't put up with any of her ~~shit~~. Be firm and tell her the way it's going to be."

"You're right," Rick said.

After a couple more drinks, Rick decided to go home. The house was quiet. Sally was in bed. When Rick came in, he slammed the door, and told her to get up, he wanted to talk to her.

Sally said, "I'm not getting up. Rick, be quiet, Josh's sleeping."

Rick was furious. "I want to talk now!"

Sally replied, "No, we'll talk in the morning. Just come to bed."

Rick grabbed her arm and yanked her out of bed. "We're going to talk now! Come on!"

"Rick, what are you doing? You're hurting me!" Sally said, terrified.

"If you'd just do what I tell you, I wouldn't have to hurt you."

Just then, Josh woke up, and called out, "Mommy, what's wrong?"

"Nothing, Josh," Sally said. "Rick and I are just talking. Go back to sleep, everything's okay."

Sally tried to calm Rick down by saying, "Okay, for Josh's sake, let's just try to talk quietly."

Rick then said, "I'll say and do what I want. This is my house, too." Sally flinched, terrified, as Rick raised his arm and...

Although this story is fictitious, if you or someone you know is experiencing abuse **PLEASE CALL** our Counsellors at Red Cedars at 1-800-672-9515 or locally 967-8212

Nia:wen!

WE WOULD LIKE TO THANK EVERYONE WHO HELPED SUPPORT RED CEDARS BY EITHER DROPPING BY AND/OR PURCHASING TICKETS AT THE MOHAWK FAIR. NIA:WEN TO TMC, RUBY D. MARACLE AND TRACEY & JOHN GAZLEY FOR THEIR DONATION OF THE BEAUTIFUL PRIZES. ALSO, A SPECIAL THANKS TO TAMMY BRANT FOR HELPING OUT ALL WEEKEND. IT WAS APPRECIATED.

DRAW WAS HELD AND ANNOUNCED ON SUNDAY AT THE MUD DRAGS.

1ST PRIZE WINNER OF THE CHILD'S PARKA:

WANDA WELLS, TORONTO ONT

2ND PRIZE WINNER OF THE RIBBON SHIRT:

DOROTHY KING, NAPANEE ONT

3RD PRIZE WINNER OF THE DREAMCATCHER

MARY LOFT, TYENDINAGA TERRITORY

AGAIN, THANKS TO EVERYONE FOR THEIR SUPPORT.

National AIDS Awareness Week

September 29 - October 3

What is National AIDS Awareness Week?

Every year, the Canadian AIDS Society challenges all Canadians to use this time to learn and understand more about HIV/AIDS.

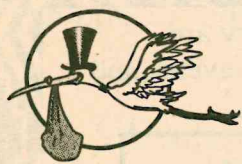
**This year, please take the time to:
become more knowledgeable about HIV/AIDS;
talk to someone who is living with the virus;
actively participate in stopping the spread of this disease;
and learn how to take care
of your own sexual health.**

**For information, please contact the
Thayendanega Health Centre, CHR Program
967-3603**

Remember...

Education is still our greatest defense.

COMMUNITY INTEREST



*It's
a Girl!*



*Pauline Maracle & Adam Chase are happy to
announce the birth of their daughter*

*" Kahentiio Dyneecha "
Born: June 22, 1997
Weight: 8 lbs. 12 1/2 oz.
Length: 21 1/2 inches*

*Proud Grandparents:
Carol Anne & Patrick Maracle
Harold & Dawn Chase*

*Proud Great Grandparents:
Millie & Reg Maracle
Elizabeth (Betty) McVicker*

*It's
a Girl!*



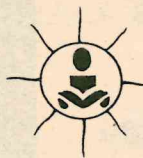
*" Hailey Lynn Loft "
Born: May 21/97*

Proud Parents are Russell & Sherry Loft

*Proud Grandparents:
Russell & Delores Loft
Jack & Lorretta Hill*

*Deadline date for the Newsletter
Friday, Oct. 24/97 at noon*

**Remember if you have an EMERGENCY
CALL **



**KA:NHIOTE
TYENDINAGA TERRITORY PUBLIC LIBRARY**
York Road, Tyendinaga Mohawk Territory

967-6264

HOURS

TUESDAY:8:30 - 4:30
WEDNESDAY:8:30 - 4:30
THURSDAY:12:00 - 4:00 & 6:00 - 8:00

MEMBERSHIP IS FREE

LOAN PERIOD IS 2 WEEKS

FINES ARE 5 CENTS/DAY

FOR YOUR CONVENIENCE

MATERIAL MAY BE RENEWED BY TELEPHONE
MATERIAL MAY BE RETURNED AT THE BACK DOOR MAIL SLOT

Thank You !

*to everyone who supported Kanhiote at our
Mohawk Fair Turkey Dinner*

*Our next Fundraising event is a Fashion Show
in November!*

*Ontario Public Library Week is Oct. 20 - 24
Come and visit Kanhiote!*

Come out & Support Your Public Library!

'97 All Ontario Fastball Tournament Update



The tournament was held at Sagamok First Nation (near Massey, ON) on August 29, 30 & 31. This year Tyendinaga was represented by one ladies team and one men's team. The tournament format was "double knockout".

This year's team Rosters were as follows:

TYENDINAGA LADIES FASTBALL

Dawn Brant	Sharon Hill	CarolAnne Maracle	Lisa Maracle
Feather Brant	Judy Loft	Colleen Maracle	Melissa Maracle
Glenna Brant	Angel Maracle	Kathy Maracle	Wendy Robotham
Melanie Hill	Callie Maracle	Laura Maracle	Karen Sandy

Coaches: George Hill, George Krieger

TYENDINAGA MENS TMT SPORTS

Dave Barberstock	Rick Brant	Eric Maracle	Ronnie Maracle Jr.
Rob Barberstock	Pierre Fuller	Lenny Maracle	Ronnie Maracle Sr.
Will Barberstock	George Hill	Mike Maracle	Tim Maracle
Ronnie Bowden	George Krieger	Patrick Maracle Sr.	Kevin Smart

Coaches: George Hill, Ron Maracle Sr.

Tyendinaga Ladies played 7 games and had a record of 5 wins and 2 losses with all games being very close (within one or two runs) except for one. The Ladies were victorious over Wiki, West Bay, Moraviantown, Six Nations Mohawks and Six Nations Storm Jrs. Heavy fog late on Sunday night cancelled the final game. Tyendinaga Ladies met Six Nations Mohawks in the final game on Monday morning September 1st (the two teams had played each other in two previous games with the Mohawks edging Tyendinaga 8-7 in an extra inning and the next game Tyendinaga defeating the Mohawks 4-2). Tyendinaga Ladies had lost the pep and drive they had the night before which resulted in The Six Nation Mohawks being victorious in the final game. The Tyendinaga Ladies placed very well as Tournament Runners-up in the Womens Division (2nd place out of 14 teams). Congratulations Tyendinaga Ladies!!!

Tyendinaga Mens TMT Sports Team played 4 games and had a record of 2 wins and 2 losses. Wins were against Bear Island and Big Dave's (from Curve Lake). The losses were against Mississauga and Six Nations Redmen. All scores were close. TMT Sports did well considering the majority of the men's team (all but a couple of players) hadn't played fastball during the '97 season.

Both teams would like to thank the Mohawk Recreation for its sponsorship and the men's team would like to thank TMT Sports for its support. Also a big Thanks to the Tyendinaga fans who drove all that way to cheer their teams on (great job - come out again next year!!!). As per usual a good time was had by all.

COMMUNITY INTEREST



Special Accolades go out to the
Businesses named below for
collecting the most money in their
Food Bank Donation Jars!

July: *Chiefs Inn Restaurant*
August: *Native Renaissance 2*
September: *Native Renaissance 2*

MOHAWKS OF THE BAY OF QUINTE FOOD BANK

The Mohawks of the Bay of Quinte Food Bank
Committee gives *thanks* to these businesses for
placing Food Bank Donation Jars in their places of
Business:

<i>Mrs. Herbs Restaurant</i>	<i>B. & M. Variety</i>
<i>Bayview Variety</i>	<i>Chief's Inn Store</i>
<i>Roxanne's Place</i>	<i>Native Renaissance 2</i>
<i>Village Variety</i>	<i>Maracle Mohawk Gift Centre</i>
<i>York Road Restaurant</i>	<i>Miracle Mart</i>
<i>F.N.T.I.</i>	<i>Deseronto Foodland</i>
<i>Band Office</i>	<i>Kagita Mikam</i>
<i>Chief's Inn Restaurant</i>	<i>Thayendanega Health</i>
<i>McMurter Home Centre</i>	<i>Centre</i>
<i>Shirley's Variety</i>	<i>Wards Gas Bar</i>
<i>Pat's Variety</i>	<i>Native Expressions</i>
<i>Family Services</i>	<i>Sunrise Shell Variety</i>

Thank You!

*I would like to take this opportunity to thank
Chief & Council
for the wonderful gifts presented to me
at the Staff luncheon on September 19, 1997.
This lovely gesture was in recognition of
my retirement (January 17, 1997)
as a homemaker after 25 years.*

Joan Barnhart

NIA:WEN KO:WA

We would like to extend our sincere gratitude for the great Buck & Doe party
held in our honour September 19, 1997. The support of our family, friends
and the community members overwhelmed us.

A very special thank you is extended to our wedding party:

<i>Kathy Maracle</i>	<i>Andrew Brant</i>	<i>Terrilou Crowley</i>
<i>Shelley Hill</i>	<i>Denise Leafe</i>	<i>Tania Bowden</i>
<i>Adam Brant</i>	<i>Jim Bowden</i>	<i>Dale Hill</i>
<i>Kevin Sparks</i>		

We would also like to extend a special thank you to Colleen and Carl for
tending the bar and Steve Garey for volunteering to collect bottles.

Three big Ko:wa's are extended to all those who contributed sandwiches
and volunteered to help out in any way needed.

We apologize for any names we have forgot to mention.

A good time was had by all and we enjoyed ourselves immensely.

Bub and Laura

Nia:wen
to Ruby & Brad
for their donation to the
Softball complex Canteen
during the past tournament
Your donation was
greatly appreciated.

From the Rec. Committee.

Thank You!

*Trevor and I would like to thank everyone who came to
share our wedding with us Aug. 2/97. We would like to
thank my Mom for everything she did, and helped us with,
and for the delicious meal we had. We'd like to thank
everyone who helped in the kitchen.*

It was greatly appreciated.



*We'd also like to thank Callie for the
wonderful job she did taking our pictures for us and Kathy
for the beautiful job she did on all our flowers, and to Barb
a big thanks for all of the beautiful decorations we had, and
a Special thanks to Uncle Dan for driving us on the
tractor and wagon it was fun!*

*Again Thanks to everyone who helped us we couldn't
have done it without everyone's help. It will always
be in our hearts and cherished always.*

Thanks Again!

*Love
Carrie and Trevor*

COMMUNITY INTEREST & UPCOMING EVENTS

Happy ??? Birthday! Ms. Wendy Oct. 3  Love from Your Jamaica Friends!!!	Happy Birthday! Grandma & Dad  Love Cole & Isaac	Happy 2nd Birthday! Jacob Oct. 7  Love Mommy & Daddy	Happy Birthday! Nana Oct. 13  Love Keelan
---	---	---	--

CORN SOUP SUPPER


Thursday, Oct. 23/96
5:00 P.M. - 7:00 P.M.
Tyendinaga Senior Citizens Hall
(Hwy #2)






Admission: Adults \$6.00 & Children Under 10 \$3.00

Proceeds going to Tyendinaga 59'ers Senior Citizens Club

Menu: Corn Soup
Homemade Bread
Dessert
Tea or Coffee

Tickets Available
Door Prize to
be Drawn!

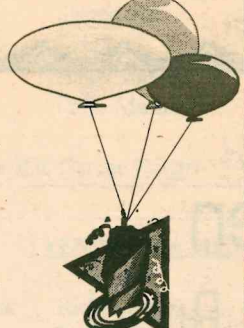
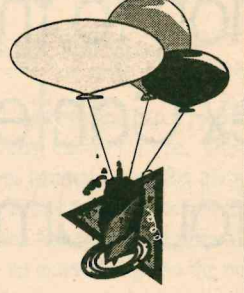





Happy *40th* Birthday! Carter Oct. 11  Love Colin, Brenda, Jesse & Travis	Happy Birthday! Auntie Oct. 15  Love Keelan
Happy Birthday! Todd Oct. 22  Love , Janet, Kelsey & Derek	Happy Birthday! Nana Oct. 11  Love Justin, Chelsey Murney, Corissa, Rheana & Chancelor
Happy Birthday! Phil (Osophical) Oct. 3 "Too Many to Mention" Love ,Connie (Honee) Laura & Bub, Lenny Kathy and Hagen	Happy Birthday! Kelsey Oct. 19  Love Mom, Dad & Derek

YARD SALE!

SATURDAY, OCT. 4 /97
8 - 4
SOUTH END OF NORWAYS SIDE RD.
(Just over Ridge Rd.)

Multiple Families
Lots of Bargains for Everyone!
Rain Date: Sunday Oct. 5 /97

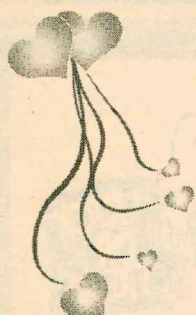
Happy 5th Birthday! Jennifer & Nicole Oct. 7 Love Mom, Dad & Jakey Man!  	Happy 20th Birthday! Missy Sept. 28  Love Dad, Mom & Shalafae
	Happy Birthday to All Celebrating! 

Remember if you have an EMERGENCY
CALL 

Do you Have a Birthday
you wish to put in the Newsletter?
Birthday Announcements are free!
Call 396-3424



UPCOMING EVENTS



*Family & Friends of
Ainsley Scott & Farrell Leween
are invited to celebrate their marriage
at a reception on
Friday, October 24, 1997
8:00 p.m. at the
Mohawk Community Centre*

*Music by Line Drive/D.J.
Late Night Buffet
Wishing Well*



SECOND BI-ANNUAL SENIORS PROM

Honouring our Elders
(Grand Ole Opry)

Held on Saturday, October 18th at 6:30pm at the Mohawk Community Centre. If you missed our first one, you don't want to miss this one! You will be entertained all night long by some familiar faces as well as new ones and strange ones! You will be line dancing/square dancing/tap dancing or however you like dancing, to some awesome music!! Put on your cowboy boots and hats and come out for a night of fun and excitement!! See you there!!!

Seniors Prom Committee



Oh My Goodness! 101 Yrs Old!

*You are Cordially invited to a
Open House for Eva to help us celebrate
her 101th Birthday.*

Sunday, Oct. 5

2 - 4 p.m.

Common Room Elders Lodge

Best Wishes Only! Thank You !

FESTIVAL OF NATIVE ARTS

OCTOBER 25th & 26th

SINGING * DRUMMING * ARTS & CRAFTS * TRADITIONAL FOODS AND MORE

at the Loyalist College Student Centre,
Loyalist College,
Wallbridge-Loyalist Road,
Belleville, ON

phone: 969-1913 ext. 250

fax: 969-0175

E-mail: PLATCH@LOYALISTC.ON.CA

DANCER & DRUM GROUP PRE-REGISTRATION REQUIRED BY OCTOBER 10/97.

Dancer Type:.....

Or

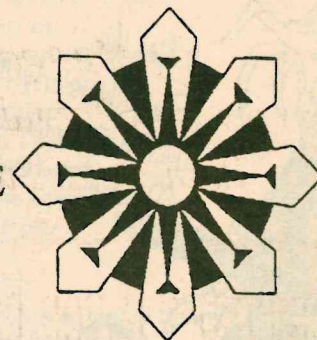
Drum Group Name:.....

Name:.....

Phone:.....

Address:.....

LOYALIST COLLEGE -
ABORIGINAL RESOURCE CENTRE
ROOM 1H13 Kente Building



Deadline date for the Newsletter
Friday, Oct. 24/97 at noon

ATTENTION SENIORS

*Canadian Aboriginal Festival in Toronto
(International Pow Wow)*

On Saturday, November 29th there will be a bus departing from the Elder's Lodge at 8:30am for the Canadian International Pow Wow held at the Skydome in Toronto. The cost for this outing is \$13.00 (includes transportation and entry into Pow Wow) and is due on Friday, October 24th. We will stop at our usual stop in Port Hope on the way to Toronto. You will be responsible for your own lunch at the Pow Wow. We will depart at approximately 3:30pm. We will stop for supper on the way home.

Grand Entry is scheduled for 12:00pm. There will be several craft and food booths set up. You will enjoy listening to singers and dancers from all over the world. If you would like to join us for a day full of fun and excitement, please call Tracey at the Health Centre no later than Friday, October 24th.

UPCOMING EVENTS

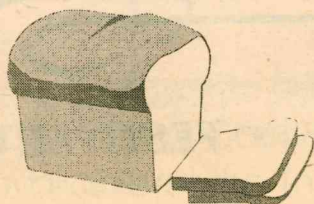
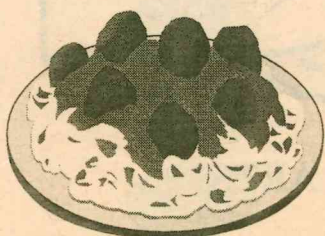
Spaghetti Supper

Oct. 22/ 1997

5 - 7 P.M.

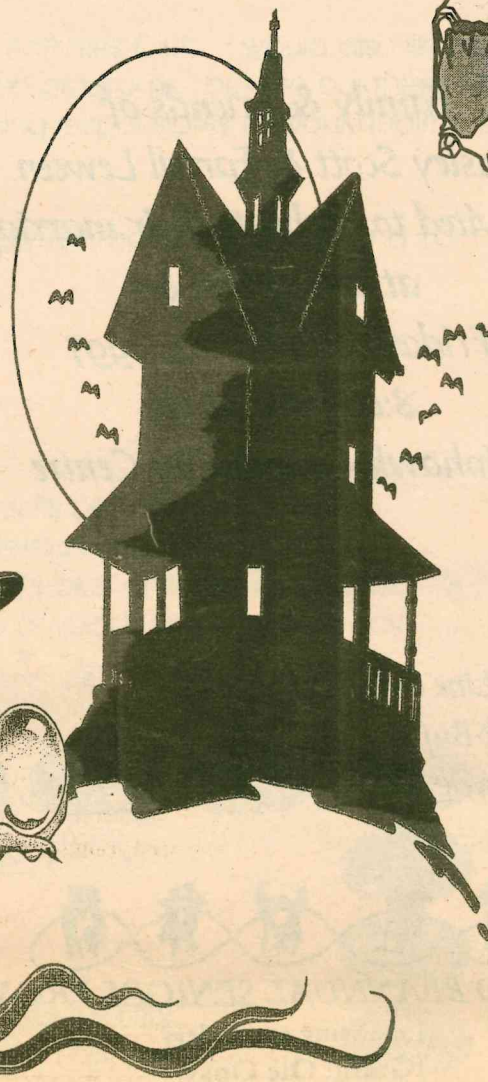
Downstairs of the
Community Centre

Sponsored by
The Mohawk Recreation Committee



\$5 ADULTS
\$4 SENIORS
\$3 10YRS & UNDER

Children's
Halloween
Party



October 31

Upstairs
at the
Community
Centre

6:30-7:30pm

Halloween Dance

Saturday, NOV. 1/96

\$5.00 per Person

9:00 P.M. - 1:00 A.M.

Mohawk Community Centre



I See the
Firefighters Auxiliary are
putting on another Great
Dance at the Community Centre



Mohawk Firefighters Auxiliary
(formerly known as Firemen's Wives)



TALENT SEARCH IN TYENDINAGA!

THE TYENDINAGA MOHAWK FOOD BANK
COMMITTEE IS GEARING UP FOR IT'S ANNUAL
FUNDRAISER

"FRIDAY NIGHT LIVE VARIETY NIGHT"

In Memory Of Margaret Brant

THIS IS ONE OF OUR MAJOR FUNDRAISERS TO
HELP FILL OUR CHRISTMAS BASKETS

SO

IF YOU ARE TALENTED OR IF YOU THINK YOU
ARE TALENTED THEN PLEASE CALL AND SIGN
UP OR PLAN TO ATTEND THIS FUN FAMILY
EVENING.

For booking your act or for more information call Kate
Brant at 967-3603 or 969-1920 after 4:30
Please don't be afraid to leave a message.

THE DATE HAS BEEN SET FOR NOVEMBER THE
14 1997 FROM 7PM TO 11PM
AT THE MOHAWK COMMUNITY CENTRE

In previous years this evening has been an evening of
competition. This year it will be an evening of a variety of
our local talent with no judging or competition..



CLASSISFIEDS

REWARD

for information leading to the recovery of one 1991 250 cc Suzuki Quad Runner

Call: 396-2138

FOR SALE

WATERFRONT PROPERTY GORDON'S POINT

- 2 Bedroom
- New Addition
- New furnance
- 2 Car garage
- Many Extras

354-3375: Hurbert Hogle

FOR RENT

UPPER THREE BEDROOM APARTMENT

- Located in Shannonville
- Approx: 10 minutes from Belleville
- Large eat in kitchen
- Living room, dining room
- Off street parking, new carpeting
- Appliances & cable available
- Nice size bedrooms and bath
- Availabe IMMEDIATELY
- First months rent plus equal damage deposit required along with references

Contact Ken Brant: 613-396-3957 for viewing or more information after 4:30 or leave a message

FOR SALE

1 TECHNICS STEREO

- Turntable
- Amplifier
- Cassette Player
- Single Disk player
- Radio
- Equilizer
- 2 (Realistic) Speakers
- \$2000.00
- With Oak Cabinet \$2500.00

TRUCK CAP

- Full size
- White Colour
- \$500.00

CALL: Ron or Michelle 396-2154

FOR SALE

BUILDING LOT

- 150' X (Negotiated depth)
- Located 1 km. east of the Community Centre
- 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: 396-3424 FOR MORE INFORMATION

LOT FOR SALE

WATERFRONT

- Located on Queen St. in Shannonville

CALL: Glenn Hill 962-5470

* LOST *

1 PAIR OF NIKE TEAR AWAY PANTS

- green check mark
- lost Aug 15 or 16 at the Ball Diamond

Would appreciate the return of these pants and no questions will be asked.

Phone 396-1459 or anonymously leave at the Administration office marked ATT: MANDY

FOR SALE

MOBILE HOME

- 2 Bedroom
- Lot size 150 X 150
- Additional room 20 X 16
- Heat pump for back up heating and air conditioning
- Natural Gas furnace
- Good well and septic system
- located at the corner of Belles Side Rd & hwy. # 2

PLEASE CALL: 905-839-3296 DENNIS OR 905-686-5818

TYENDINAGA OLD TYMERS GENTLEMEN'S HOCKEY

30 YRS & OVER

STARTED THURSDAY SEPT. 11 7 - 10 P.M.

DESERONTO ARENA

FOR MORE INFORMATION CALL:

GLEN MARACLE 396-2547

OR REX SOMERVILLE 396-5879

FOR SALE

1995 SKI-DOO TOURING SLE

- with reverse electric start
- two-up-seat with rest carrying rack with hitch
- low kilometres
- excellent condition not abused

1995 SKI-DOO TOURING E

- with reverse electric start
- single seat ideal for a lady
- low kilometres
- excellent condition
- not abused

1995 109' X 96' NORTH TRAIL

TRAILER

- wide tires
- tilt bed
- in excellent condition

- Good Price on Entire package

PHONE: 1 613-396-2424

LAND FOR SALE

- Approximately 1 Acre of Land located between Napanee and Belleville in Shannonville Ontario off Hwy # 2 and corner of Milltown Side Road.
- Drilled Well, Prime Location
- Price Negotiable

For More Information or to view the property contact: 613-396-3383 or 613-253-0978

WANTED

A Companion to Live with an Elderly Lady

- * Free Room & Board *

for more information call Vernon Hill 966-6108

FOR SALE OR LEASE

BUILDING

- Located on Hwy. # 2
- Formerly Larry's Auto

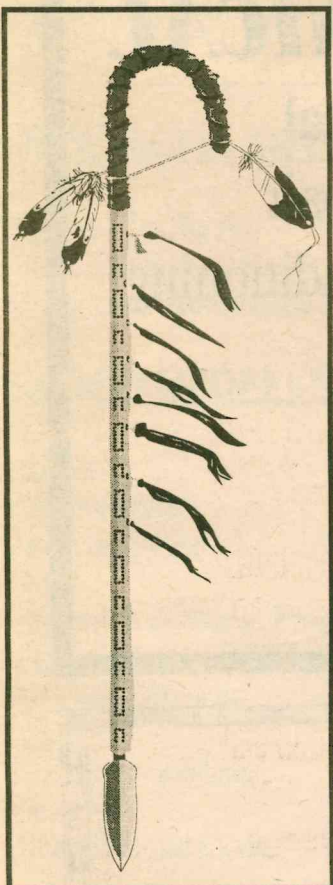
- \$125,000.00 for sale
- \$1500.00 a month for lease

Please call Larry Norman at 966-0276 for more information

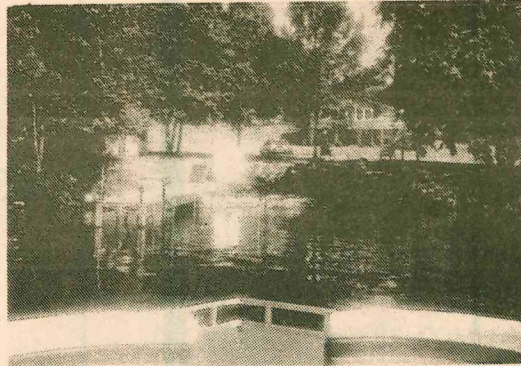
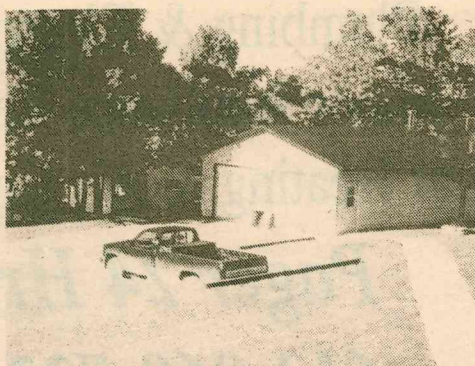
Newsletter Deadline

FRIDAY OCT. 24 at Noon

396-3424



HOUSE FOR SALE



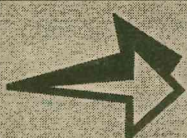
WATER FRONT
175 X 300

3 BEDROOMS (2 BATHROOMS) WITH DETACHED 2 CAR GARAGE AND SAUNA

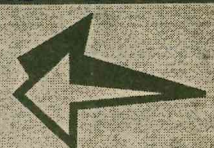
HEAT PUMP - CENTRAL AIR AND HEAT

2 FIREPLACES & FAMILY ROOM
CENTRAL VACUUM

BY APPOINTMENT ONLY
\$165,000 (FIRM)
613-967-0969



Do you have something for sale?
The Classifieds are free! Give us a call: 396-3424



COMMUNITY BUSINESSES

Mill Side Ceramics & Crafts

*Wow do you believe it, the summer
is gone already and
Fall is in the air.*

*A great time to start thinking of
what you want to do for
the long winter months
to come. Why not bring
a friend or neighbour
and join my Ceramic
classes starting up Now!*

*Join in the fun of
making your christmas gifts
and decorations
for Halloween. To make it
even cheaper on your pocket
book the classes
are free to sit in on.
Drop in or phone for
details, But hurry,
seats are limited!*

*Marlene Murphy
Milltown Road (Halfway down)
966-9640*

Hours

*Monday - Closed
Tues - 9 - 9
Wed - 9 - 9
Thu - 9 - 9
Fri - 9 - 5
Sat - 9 - 5
Sunday - Phone First*

MILL TOWN MEATS

- Corn Fed Beef
- Quarters & Halfs of Beef
- Cut, Wrapped & Frozen
- Individual pieces sold at home

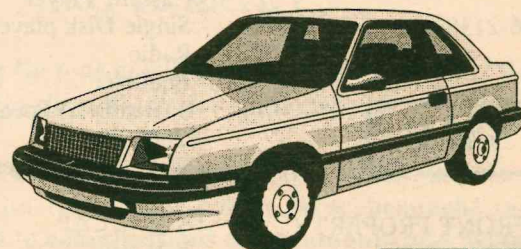
*Make Your Own Soup!
Lyed Corn, Beans Special Pork*

*Domestic Rabbit
- Low in Colesterol
Call : Glenn Hill 962-5470*

For your convenience post this
by your phone:

ADMINISTRATION OFFICE	: 396-3424
HEALTH CENTRE	: 967-3603
FAMILY SERVICES	: 967-0122
RED CEDARS SHELTER	: 967-2003
QUINTE MOHAWK SCHOOL	: 966-6984
CHILDCARE CENTRE	: 967-4401
LIBRARY	: 967-6264

← DOREEN BRO'S → AUTOMOTIVE SERVICE



- * Safety Checks
- * Tune - Ups
- * New Tires
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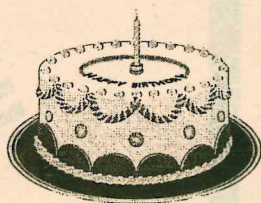
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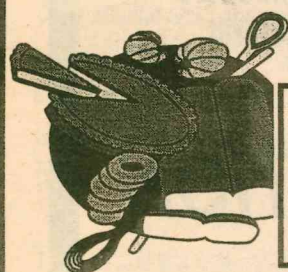
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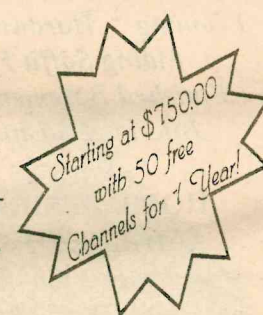
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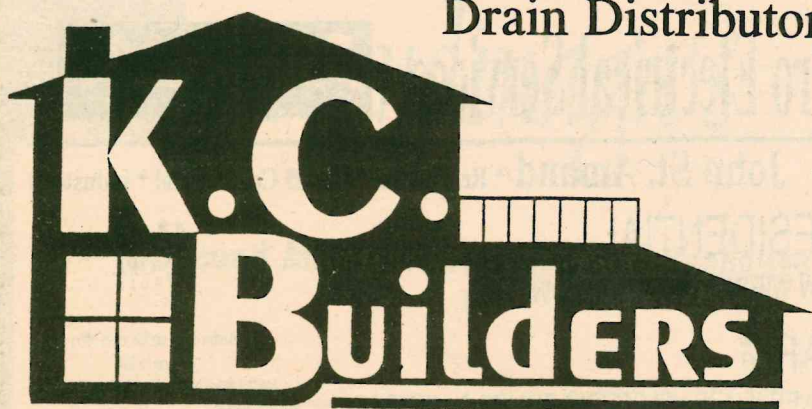


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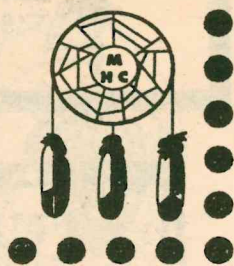
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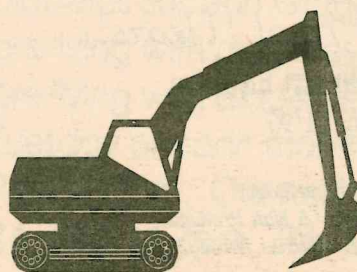
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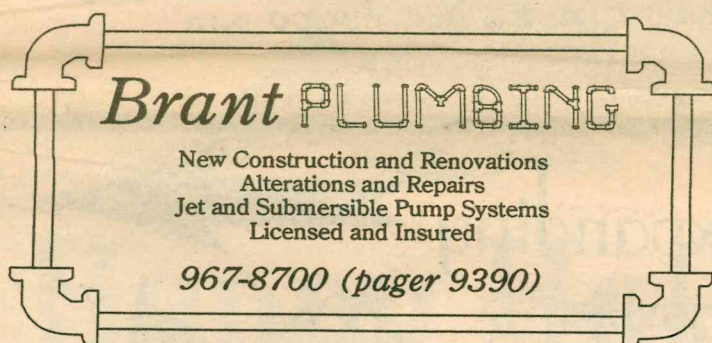
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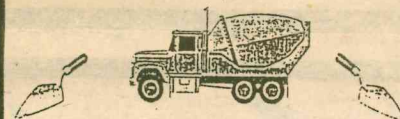
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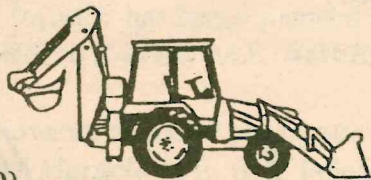
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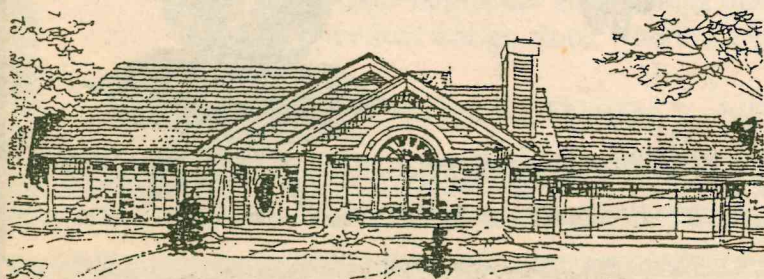
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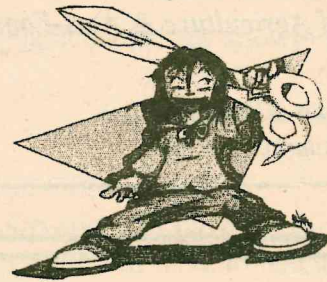
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