

TYENDINAGA NEWSLETTER





SEHSKE'KO:WA (SEPT.)
ISSUE 10/95

BACK TO SCHOOL TUESDAY, SEPT. 5

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Moccasin Trail News

School Bus Safety



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You need to know...

On October 1, 1995, there will be changes to social assistance rates.

Rates for people who are disabled or aged, and their families, will <u>not</u> be affected.

You can pick up a fact sheet about these changes at this office.

For more information, please call this toll-free number Monday to Friday during business hours: 1-800-461-2036. In Toronto, call (416) 327-7730.



Ministry of Community and Social Services

Ministère des Services sociaux et communautaires

You need to know...

Some changes are coming to Ontario's social assistance system.

On October 1, 1995, most Family Benefits and General Welfare rates will be cut by 21.6 per cent. If you are disabled or elderly, you and your family are *not* affected. Your cheque amount will remain the same.

These changes will mean that Ontario's social assistance rates are still about 10 per cent higher than the average of the other nine provinces in Canada.

Here are some examples of how monthly maximum rates will change:

Category	Currently	As of Oct. 1, 1995
Single, employable	\$663	\$520
Sole-support parent (one child)	1,221	957
Employable couple (no children)	1,150	901
Employable couple (two children)	1,549	1,214

You can earn back the difference

You might be getting a smaller cheque but you do not have to live with less. If you get a job and make some money, you will be able to earn back the difference between your new social assistance amount and the old one.

For example, the average reduction for single people is \$120 a month. If you get a part-time job, you can earn back this difference under the Supports to Employment Program (STEP) which will allow you to keep the first \$120 of your earnings and a portion of the remainder.

For more information, please call this toll-free number Monday to Friday during business hours: 1-800-461-2036. In Toronto, call (416) 327-7730.

(Version française au verso)

Ministry of Community and Social Services

Ministère des Services sociaux et communautaires

You need to know about changes to STEP...

What is STEP?

The Supports to Employment Program (STEP) helps people on Family Benefits (FBA) or General Welfare Assistance (GWA) to move into the workforce.

How does STEP work?

When you are working or attending paid training, STEP allows you to deduct certain amounts from your net earnings:

- a basic exemption
- an extra 25% exemption
- child care costs for children under 12
- work expenses related to disabilities

What are the changes to STEP?

The basic exemption has been increased effective October 1, 1995.

Category	Currently	As of Oct. 1, 1995
Single Person, GWA	\$50	\$120
Two Adult Family, GWA	\$100	\$200
Sole Support Parent	\$120	\$230

Where can I get more information about STEP?

Your welfare or family benefits worker can answer any other questions you have about STEP.

(Version français au verso)

4...



151 Bloor Street West Toronto. Ontario M5S 1T6 Telephone (416) 961-1660 Fax (416) 961-7796 Toll-Free 1-800-387-0058

151. rue Bloor ouest Toronto (Ontario) M5S 1T6 Téléphone (416) 961-1660 Télécopieur (416) 961-7796 Sans frais 1-800-387-0058

NOTICE TO FIRST NATIONS TRIBAL COUNCILS, BANDS AND ORGANIZATIONS

FIRST NATIONS ORGANIZATIONS PROJECT GRANTS

First Nations Organizations Project Grants is a granting program of the Community Arts Development Office of the Ontario Arts Council. Project grants are available to Ontario-based Native, Metis and Inuit organizations, such as Friendship Centres, Metis Associations, Band Councils, etc., for specific time based projects or events such as seminars, workshops, exhibitions, and performances with an emphasis on Native art forms.

Project grants are directed towards arts-related projects and may cover such costs as artists' fees and travel expenses, exhibition fees, or event advertising. Professional fees of facilitators conducting workshops during traditional powwows may be eligible. Costs of feasts/meals and honorariums for dancers, drummers or singers participating in traditional powwows are not eligible. Purchase of materials or equipment is not eligible. Non-traditional, competitive powwows are not eligible.

ELIGIBILITY REQUIREMENTS

Organizations applying for assistance must have been in existence for a minimum of one year. Committee are not eligible to apply.

The Ontario Arts Council will not fund the total cost of the project, there MUST be other sources of funding (e.g. the organization which is applying, the band council, fundraising, etc.), as well as contribution from the participants (e.g. workshop registration fee).

Recipients of project grants are required to submit a written report and financial statement of the project within 90 days of completion of the project. Failure to do so could result in the organization being ineligible for future funding from the Ontario Arts Council.

Decisions will be made by a jury composed of members of the Native community. Appropriate Ontario Arts Council staff will also be in attendance. In a program where a jury makes the decision, there are no appeals to Council. All juried decisions are final.

An agency of the Ontario Ministry of Culture, Tourism and Recreation. Un organisme du ministère de la Culture, du Tourisme et des Loisirs de l'Ontario. In the past, First Nations Organizations Project Grants have assisted such projects as:

Barrie Native Friendship Centre with an exhibition by Native artist Arthur Shilling;

Hamilton Regional Indian Centre with artistic fees for a single performance by De-Ba-Jeh-Mu-Jig Theatre Group.

Muddy Water Music Festival in Sandy Lake with artistic fees for professional artists performing at the annual festival.

Walpole Island First Nation with a series of traditional craft workshops;

These are just a few examples of projects previously funded through this granting program. If you would like more information, or an application form, please contact:

Community Arts Development Office
Ontario Arts Council
151 Bloor Street, West
Toronto, Ontario M5S 1T6
Telephone # (416) 969-7424
Toll Free Telephone # 1-800-387-0058

DEADLINE DATES: October 15th for projects starting after January 1st

May 1st for projects starting After August 1st

HEAD OFFICE:
Mississaugas of New
Credit Indian Reserve
R.R. 6
Hagersville, Ontario NOA 1H0
(905) 768-1601
FAX (905) 768-1762



TORONTO OFFICE:
22 College Street
2nd Floor
Toronto, Ontario M5G 1K2
(416) 972-0212
FAX (416) 972-0217

CHIEFS OF ONTARIO

NOTICE

TO:

ALL FIRST NATIONS, TRIBAL COUNCILS AND PTO ADMINISTRATIONS

FROM:

Andrea Chrisjohn

DATE:

July 17, 1995

RE:

SIGCO SPECIALTIES (Montreal)

- Questionable Business Practices

The Chiefs of Ontario Secretariat has been contacted by a First Nation about the questionable business practices of a Montreal-based company called SIGCO Specialties. SIGCO may be associated with another outfit called Incentive Promotions. The full address of the company is as follows:

SIGCO Specialties P.O. Box 188 N.D.G. Post Office Montreal, Quebec H1A 3P5 Tel: (514) 481-1640 Fax: (514) 481-1265

I thought it would be advisable to send out this notice, as it appears that SIGCO may be targeting First Nations in Ontario.

It appears that SIGCO uses a combination of two questionable practices. First, it falsely informs a potential "customer" that he/she has won a valuable prize; this is followed by a request for an order for the promotional items (pens, cards, etc.) that SIGCO handles. Second, SIGCO may invoice an individual or organization for promotional items that have not been ordered. It is likely that the promotional items (even assuming delivery) are grossly over-priced.

If you have any information about this company that you wish to share, please feel free to contact the office of the Chiefs of Ontario Secretariat. The office will be contacting the appropriate Canadian authorities (GST, police, Consumer Affairs) to advise them of SIGCO's activities in relation to First Nations.

From the Environmental Department:

We the Conservation Officers of the Mohawks of the Bay of Quinte would like to take this time to introduce ourselves to the Territory. We would like to thank Chief, Council and all community members that stood behind us during our training.

It is our goal to work for the community on Environmental, Fishing, Hunting and many other issues. If there any suggestions or questions please call us at the Administration Office at 396-3424.

Thank You

Bob Thomas Craig Clare Craig Brant



NIA:WEN

FROM THE CULTURE AWARENESS DAYCAMP

To all who supported our program and co-operated with us to make our summer program a successful one!

Community Centre Supplies

Anyone knowing the whereabouts of the cooking equipment from the Community Centre, please return to the Administration Office or the Community Centre.

The pots & pans and dishes are for use in the Community Centre ONLY.

EMPLOYMENT OPPORTUNITY

QUINTE MOHAWK SCHOOL SECRETARY (6 MONTH TERM POSITION)

We are now taking applications for the six (6) month term position of Secretary at Quinte Mohawk School.

This position will commence on the 9th of October and end on the 25th of April 1996.

Position Descriptions can be picked up from Bev Hill or Karen Brant-Jones in the Employment Department of the Administration Office.

Deadline for applications: September 15th, 1995 at 4:00 p.m.

Direct your applications to Bev Hill or Karen Brant-Jones
Mohawk Administration Office
R.R. #1
Tyendinaga Mohawk Territory, Ontario
K0K 1X0
(613) 396-3424

Flint and Feather Trading Post

Would like to hire someone to make Native Crafts
Hours will be from 10 am to 6 pm
Minimum Wage

If interested, apply in person with a craft sample to:

Darren or Deon Mohawk Plaza, Hwy 49 Tyendinaga Territory



AUG 15 1995

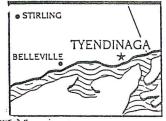
IROQUOIS INDIAN MUSEUM

P.O. Box 7, Caverns Road Howes Cave, NY 12092 518 296-8949 FAX 518 296-8955

Museum Educator Staff Position available. Full-time. Working with visitors, school groups, and tours. Possible teaching at SUNY Cobleskill. Will do research on Iroquois arts. Degree preferred, but not required. Write & send resume or call: Stephanie Shultes, Acting Director, Iroquois Indian Museum, P.O. Box 7, Howes Cave, NY 12092. (Tel.: 518-296-8949).

Loyalist College Continuing Education Classes at Tyendinaga First Nations

F.N.T.I. First Nations Technical Institute



		The state of the s						
COURSE	TIME	LENGTH	START	LOCATION	FEE (S-Seniors) INSTRUCTOR			
MONDAY	,	•						
Word	6:30 - 9:30 p.m.	12 wks	Sect 18	F.N.T.I.	\$95.40 (\$ \$34.20) T. Brant			
Adult Upgrading	7:00 - 9:00 p.m.	10 wks	A.B.T	Quinte Mohawk School	\$53.00 (\$ \$19.00) S. Reid			
TUESDAY			•					
Mohawk Language	7:00 - 9:00 p.m.	10 wks	Sect 19	Quinte Mohawk School	\$53.00 (\$ \$19.00) D. Lazore			
Flower Arranging	7:00 - 9:00 p.m.	10 wks	Seot 19	Quinte Mchawk School	\$53.00 (\$ \$19.00) M. Thomas			
WEDNESDAY								
·Excel	6:30 - 9:30 p.m.	12 wks	Sect 20	F.N.T.I.	\$95,40 (\$ \$34,20) T. Brant			
THURSDAY				2.5				
Tyendinaga History	7:00 - 9:00 p.m.	10 wks	Sept 20	Quinte Mohawk School	\$53.00 (\$ \$19.00) B. Bardy			
Traditions & Legends -	7:C0 - 9:C0 p.m.	10 wks	Sept 21	Quinte Mohawk School	\$53.00 (\$ \$19.00) J. Hill			

Registration:

For further information, please call 396-3424.

BY MAIL

Mohawks of the Bay of Quinte R.R. #1, York Road Deseronto, CN KOK 1X0

Make all cheques payable to Loyalist College Please use the form below. BY TELEPHONE

(613) 396-3424 Monday - Friday IN PERSON:

SEPTEMBER 4 & 5 4:30 a.m. – 5:30 p.m. rendinaga Administration Offic

DO NOT REGISTER AT LOVALIST COLLEGE FOR THESE COMMUNITY LOCATED COMPSES

OFF-CAMPUS REGISTRATION FORM

Mail-in Registrations must be accompanied by payment of full fees by either cheque, money order, VISA or MasterCard. *PLEASE PRINT CLEARLY*.

COURSE NAME			DAY	TIME	L	LOCATION	
COURSE NAME		DAY	TIME				
□ Mr. □ Mrs. □ Miss □ Ms.	First Name		Midale Name		Last Nam	:e	
-	Street	Address .	City		Prov.	Postal Code	
METHOD OF P	AYMENT: .		() Home Phone	()	ess Phone		
☐ M/C } ☐.Visa } ☐ Cheque ☐ Money Order	Account #: Expiry Date: Cardholder Name:	•	I am 60 years I am 19 years I have an OSS	of age or older	without an OSS	SD (Grade 12) <u>OR</u> :	

You will be informed if a course is not running. If you do not hear from us, clan to attend the first night of class, at which time receipts will be distributed.

In addition to the course fee fisted, a small additional charge may be applied in those courses which use supplies or materials. Students will be informed of this fee during registration.

Refunds are given until the beginning of the second class. An administrative charge of \$10 is withheld unless the course is canceled by the Evening Class Administrator.

NOTE: All course applicants must sign this document. Students must be 19 years of age or have successfully completed grade 12 (OSSD).

SIGNATURE

DATE



Mohawks of the Bay of Quinte Mohawk Family Services

BOX 132, TYENDINAGA MOHAWK TERRITORY

Phone (613) 967-0122 Admin Phone (613) 396-3424

Ontario K0K 3A0



Fax (613) 967-8990 Admin Fax (613) 396-3627

August 22, 1995

Dear Community Members:

There is presently a vacancy on the Mohawk Family Services Committee. This is a voluntary committee of Council that provides direction and input for the ongoing development of Mohawk Family Services. Meetings are held once monthly in the evening.

Applications may be picked up at the Mohawk Administration Office or Family Services Office. Kindly return application and covering letter outlining your reason for interest at either office by September 15, 1995.

Nia:wen

Linda LeFort Co-ordinator

LL/cp



Mohawks of the Bay of Quinte Mohawk Family Services 80X 132, TYENDINAGA MOHAWK TERRITORY

Fox (613) 967-8990

Fax (613) 967-8990 Admin Fax (613) 396-3627

Phone (613) 967-0122 Admin Phone (613) 396-3424

JANICE LONGBOAT

COMING TO TYENDINAGA

TO SHARE HER TRADITIONAL KNOWLEDGE OF

WOMEN'S ISSUES FROM PUBERTY TO

MENOPAUSE TO OLD AGE.

SEPTEMBER 22, 1995

9:00 AM - 4:00 PM

PLACE TO BE DETERMINED.

ALL COMMUNITY MEMBERS WELCOME

TO ATTEND. PLEASE CALL MOHAWK FAMILY

SERVICES AT 967-0122 TO REGISTER BY

SEPTEMBER 20, 1995.

LUNCH AND REFRESHMENTS SERVED!



lost women question whether they should drink en small amounts of alcohol while they are egnant.

cientific studies have not yet provided all the Iswers to questions regarding the effects of cohol on the unborn child. However, the results om many studies lead to the conclusion that babies we a better chance of being born healthy if their others do not drink during pregnancy. BIRTH EFECTS CAUSED BY ALCOHOL ARE DMPLETELY PREVENTABLE.

ow can the alcohol that the pregnant woman drinks ossibly harm her unborn baby?

hen a person drinks, the alcohol goes from their omach directly into their blood stream. In the egnant woman, the alcohol in her blood quickly ters the baby's bloodstream through the nbilical cord and placenta. When the pregnant oman drinks, her baby drinks! The result can be rmanent damage to the small developing baby.

an one or two social drinks harm the baby?

e do not yet know if there is a "safe" amount of tohol a pregnant woman can drink without risking rm to her baby. There may not be one. Likewise, do not yet know the effects of a single drinking age. Until we have the answers to these questions, oiding all alcohol is the safest thing to do.

it true that a glass of wine or beer is safer to drink uring pregnancy than hard liquor in a mixed drink?

! The usual serving of wine, beer, or hard liquor

Alcohol and Pregnancy

A few drinks in the evening can't be all that bad. And wine with meals can't hurt or can it?



Is there a time during pregnancy that it is safe to drink alcohol without risking damage to the baby?

No! Different studies have shown that the baby can be harmed at all times during pregnancy, even before the woman may know she is pregnant. Doctors now recommend that women trying to become pregnant stop drinking.

What are the possible effects of alcohol on the developing baby?

Harm to the baby can vary in type and seriousness. The risk of damage to the baby increases with the amount of alcohol used.

We do know that:

- spontaneous abortions, stillbirths, and death of the baby around the time of birth occur more often among women who drink heavily and even among moderate drinkers.
- women who are heavy users of alcohol during pregnancy have a high risk of having a baby that is born with a disorder called Fetal Alcohol Syndrome.

On Drinking

*We drank for happiness and became unhappy.

*We drank for joy and became miserable.

*We drank for sociability and became argumentative.

*We drank for sophistication and became obnoxious.

*We drank for friendship and made emenies.

*We drank for sleep and awakened without rest.

*We drank for strenght and felt weak.

*We drank medicinally and aquired health problems.

*We drank for relaxation and got shakes.

*We drank for bravery and became afraid.

*We drank for confidence and became doubtful.

*We drank to make conversation easier and slurred our speech.

*We drank to feel heavenly and ended up feeling like hell.

*We drank to forget and were forever haunted.

*We drank to ease problems and saw them multiply.

*We drank to cope with life and invited death.

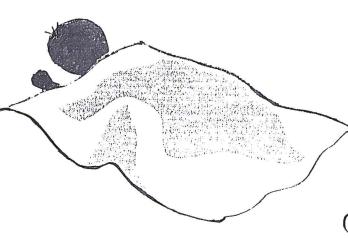
Submitted by Linda Roote

THAYENDANEGA HEALTH CENTRE



EXERCISE FOR MOM

NUTRITION



INFANT NUTRITION LABOUR AND DELIVERY

MOMS AND DADS
OR BRING A FRIEN

EVERY TUES. EVENING SEPT. 19 to OCT. 21 7PM - 9PM

> OFFERFD BY BRENDA ASSELSTINE R.N.



PLEASE RECISTER
IN ADVANCE BY
CALLING

967-3603





ATTENTION!! ATTENTION!! ATTENTION!!

As of October 1st, 1995 it will be mandatory by law to wear a helmet when bike riding.

Here's why doctors recommend



Remember that a few years ago, hockey players never wore helmets. Then a few players began to wear them. Then a few more. Now they're mandatory – even for professionals.

It's the same with bicycle helmets. Today fewer than 5% of Canadian children wear helmets while riding bicycles. But the trend has started. Because there is a danger.

In 1987 there were 75 bicycle deaths in the 0 to 19 age group in Canada, and hundreds of other bicycle-related injuries. Fewer than 20% of reported bicycle accidents involve collision with cars; most injuries occur in falls from bikes, or as a result of riders losing control. Kids need helmets at all times, not just when they're riding on the streets.

Bicycle accidents are the most common cause of head injury in children. Head injuries can be far more serious than injuries to other parts of the body. They cause 80% of bicycle-related deaths, are more likely to result in serious injury and can lead to brain damage.

Bicycle helmets can prevent injury. Up to 85% of serious head injuries could be prevented by wearing bicycle helmets. Cyclists who wear helmets are 8 times less likely to incur brain damage if they suffer head injuries.

Your children may resist the wearing of helmets. They may complain that helmets are "nerdy", or that the helmet is too hot, too heavy.

But today's bicycle helmets are lightweight, well ventilated and comfortable to wear. So remind them of the facts above, and of the experience of hockey players. And get your children wearing bicycle helmets today, whenever and wherever they ride.

Helpful Helmet Hints

The helmet should be approved by the Canadian Standards Association (CSA),or American National Standards Institute (ANSI) or Snell Memorial Foundation. Look for the approval stickers inside the helmet.

A good bicycle helmet should have:

- a hard outer shell
- an inner liner of shock-absorbent material
- foam pads inside the helmet which can be adjusted to ensure proper fit.
- an adjustable chin strap which should always be kept fastened.

Make sure the helmet fits properly. Don't store it in a closet. Attach it to the bicycle so that it is always ready to wear.

Join the Canadian Injury Prevention Program.



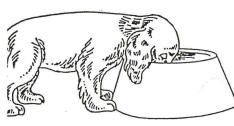
Sponsored by: A SANDOZ and





Activities & Information from the CHR Program





1995 RABIES CLINIC

Due to the fact that the surrounding communities have scheduled thier Rabies Clinics in September, we have been asked to postpone Tyendinaga's annual clinic until mid October.

The CHRs are presently making arrangements with the Belleville Vetrinarian Association for a date and time.

Please watch for more information in next month's newsletter.

Sorry for any inconvenience this may cause.



Get a flu shet!

Influenza vaccine in the fall can <u>prevent lost work time</u> due to influenza in the winter.



Remember These Facts and... Tell Your Friends

- Influenza is a serious illness that can lead to death.
- Anyone can get the flu.
- If you are age 65 or older, or you are unwell because of chronic illness, you are at high-risk!
- Influenza can be prevented with flu vaccine every fall.
- Modern "split virus" flu vaccine is very safe and effective.



GOOD NEWS!

Influenza can be prevented with a flu shot every fall!

BAD NEWS!

Only about 30% of high-risk people get a flu shot every fall.





HIGH MEDICAL RISK GROUPS

- anyone over 65 years of age
- residents of nursing homes or chronic care facilities
- anyone with chronic heart, lung or kidney disease
- anyone with diabetes, cancer or anaemia



When Should I Get a Flu Shot?



- Ask your doctor for a flu shot in the fall –
 September or October.
- If you forget to get a flu shot in the fall It's Never Too Late to Get One!
- Flu season can start as early as October and run as late as April in Canada.
- If you are over 65 or are in any other high-risk group, a flu shot could save your life.

Who Should Not Get a Flu Shot?

Anyone who is allergic to eggs or egg products should not get a flu shot. Tiny traces of egg protein which may be present in the vaccine could cause an allergic reaction in these people. Otherwise, the risk of the yearly flu epidemic is far greater than getting a shot of flu vaccine.

Who Else Should Get a Flu Shot?

OTHER CANDIDATES FOR FLU VACCINE:

- doctors, nurses and other health care workers who have contact with people in a high-risk group
- household contacts of people in a high-risk group
- people who provide essential community services like police and fire-fighters
- any healthy person under age 65 who wishes to reduce their chances of getting influenza





MOCCASIN TRAIL NEWS

September 1995

ATTITUDE & LIFESTYLE CHANGES

Key Focus Points

nce you have made the decision to make some lifestyle changes, ATTITUDE will be 99% of the reason you will succeed. Use the following as affirmations to be repeated frequently. They will help you to set your mind onto a positive track.

I like myself. I feel good about myself. I'm a worthwhile person no matter what anybody says or does. I'm going to have a great day!

I believe in myself and have the confidence that I can listen to my body. I know what to eat and when my body is hungry. I know the level of activity that is suited to me to allow physical activity to give me energy, not exhaustion.

When I feel like eating as a result of feelings, I will first stop, meet the situation head on, and attempt to deal with the reason for



"I preferred her bridge evenings. "

my eating. I will work at preventing the reason from happening again. I will look at ways of dealing with these feelings in those cases where the cause cannot be prevented or eliminated.

> I realize that eating only until I am satisfied may mean leaving something on my plate. In order for me to break the automatic habit of finishing everything on my plate. I will give myself permission to eat only until I am satisfied, and not feel compelled to eat

all the food on my plate, even if it means leaving something.

When I eat, I will stop, taste, savour and enjoy the food to the fullest.

When I walk or exercise, I will start with some deep breaths, fill my senses with the outdoors or the music in my walkman and enjoy

Use the above affirmations regularly to help move you forward on the road to healthy living.



HIEATTTI CENTRE

2

DON'T KNOW WHERE TO START?

Try this quiz to assess your lifestyle.

- 1. Do you generally have enough energy to do the things you want? Yes__ No_
- 2. Were you aware that physical activity does not have to be strenuous to be beneficial? Yes___No__
- 3. When someone suggests active recreation, are you likely to participate? Yes__ No__
- 4. Do you participate in a variety of activities? Yes__ No__
- 5. Do you make a point of incorporating activity into your daily routine, e.g. walking to work, gardening? Yes__ No __
- 6. Do you plan physical activity with friends and family? Yes __ No __
- 7. Do you usually plan recreation during leisure time? Yes__ No__
- 8. In general, do you enjoy being physically active? Yes__ No__

Count up the number of yes answers.

- 6-8 "yes" answers: GREAT!
- * activity is central to your lifestyle. You are making positive choices to help enhance your well-being.
- 3-5 "yes" answers: Great!
- * You are on the right track. Keep looking for opportunities to enjoy active living
- 0-2 "yes" answers: It's time to.....

MOCCASIN TRAIL NEWS

* Activate your lifestyle. Start by finding an activity that fits your lifestyle and that you can enjoy. Begin slowly...and you'll be on your way!

To help keep your go back to the affirmations at the beginning of this article.

FOR EVEN FURTHER ASSISTANCE & SUPPORT JOIN THE MOCCASIN TRAL WALKING PROGRAM.

The next mileage day is Tuesday September 5th, 1995 at the Thayendanega Health Centre

8:30 am - 7:00pm

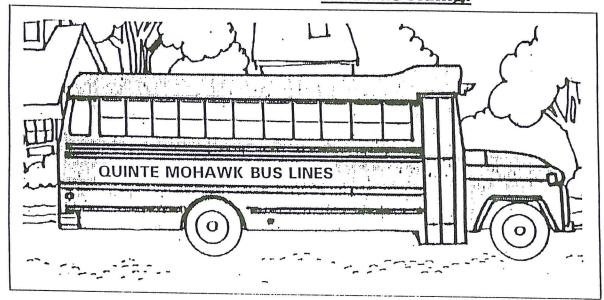


"Carrots! Jogging! Carrots! Jogging! Do you think it's <u>worth</u> trying to prolong our lives?"

Sources of information: Focus on Active Lving '92 & You Count Calories Don't, 1993.



Guess what kids..... it's almost that time again..... so here are a few reminders about <u>safe bus riding</u>.



SCHOOL BUS SAFETY

Get on the bus on time.

A last minute dash to the bus could take a child into the path of a speeding car. So be on time and wait in line for the bus on the shoulder of the road. Set a good example for younger children.

Take your seat promptly.

Make sure you are in your seat before the bus starts moving. Remain in your seat until you arrive at your destination. If you have to stand up because all seats are filled, hold on tightly.

Keep it quiet.

Driving a school bus is a big responsibility that calls for complete concentration. Noise and horseplay can be very distracting for the driver. Moreover, he must be able to hear traffic sounds to drive safely.

Don't throw things in the bus.

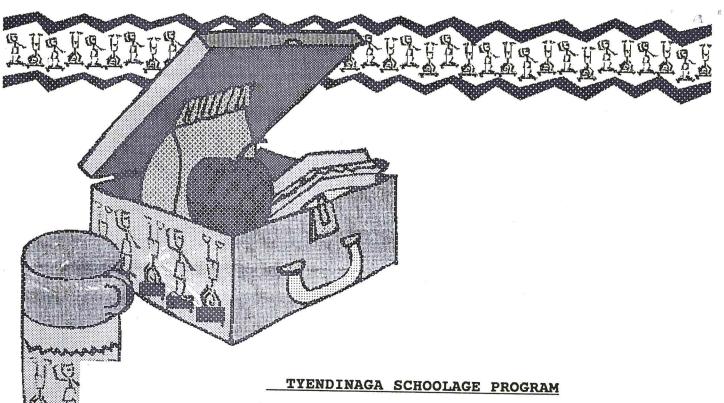
A school bus is no place for games. you could injure one of your schoolmates. Even a piece of pa per thrown at another student could distract the driver's attention from the road at a vital moment.

Keep the window closed.

Ask the driver's permission before opening a window. Never put your head or arms out of the window and never throw anything out.

Be careful when you leave the bus.

Stand well back when the bus drives away. If you must cross the road, walk ten feet in front of the bus so the driver can see you. Look both ways before you cross the street. If your school has safety rules, obey them.



The Ken ni hon na sa Childcare Centre is now offering an exciting schoolage program for children age 5 - 10 years of age who require before and after school care.

The program is designed to meet the needs of children who would otherwise be home alone while their parent(s) are working or at school.

The program has been designed to meet the development needs of the children through a variety of activities including Native Crafts, computer experience, cooking, science, drama, sports, legends, creative writing, games & cards, nature walks, visitors from our community, life skills.

A nutritional snack will also be provided during the morning and afternoon program.

PROGRAM HOURS 7:00 AM - COMMENCEMENT OF NORMAL QUINTE MOHAWK

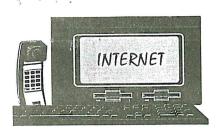
SCHOOL CLASS HOURS

3:30 PM - 5:00 PM

All children are to be registered prior to beginning the program. Parent's are encouraged to enrol their child \underline{now} as spaces are limited.

Your schoolage program counsellor is Tracey Gazley and Anne Keith supervisor.

FOR MORE INFORMATION PLEASE CONTACT THE KEN NI HON NA SA CHILDCARE CENTRE DURING NORMAL WORKING HOURS AT 967-4401.



Internet Communications

Many members of our community have heard of the Super Highway and have likely read or seen something about the Internet. The Internet is a computer network started in 1969 to allow the Military to communicate. It was picked up by major Universities and Colleges as a form of sharing research information. Today it is being used by Governments, Business and Individuals to pass e-mail, information, news, entertainment and advertisements.

Paul Green of QCS in co-operation with the Mohawks Of The Bay Of Quinte and FNTI is pursuing Industry Canada to provide funding to bring our community on line. The proposal is intended to provide some infrastructure dollars and to provide training for Community Business and individuals at minimum or no cost to the participants.

Any community based business or person who is interested can call Paul Green at 396-6055 for more information on the project. I would be pleased to provide you with information on Internet communications and the potential it represents as a business tool, research forum or just plain fun. Letters of support from the community would greatly enhance the Community Access Proposal.

Its



a Girl!

April and Isaiah have a new sister.

AMBER TERESA MARIE BORN: August 3 WEIGHT: 8 lbs. 9 3/4 oz. Lennox & Addington Hospital

Proud Parents: Greg & Darlene Loft

of Tyendinaga

Proud Grandmother: Iona Loft

of Tyendinaga

Birth

Announcement!

Hello Everyone!

My sister and I would like to formally introduce to you our baby brother Isaac Vaughn.

Isaac arrived on June 25195 at the Lennox and Addington County General Hospital at 7:00 a.m. weighing in at 7lbs 8oz.

Our proud parents are Vaughn & Leslie Andrew

Grandparents: Calvin & Evelyn Sparks of Tyendinaga and Glenn & Janice Andrew of Flinton Ontario.

Lots of Huas & Kisses. Bacharu & F.milu.

In Memory of

BETTY ELAINE SMART NORMAN (WAHIENHAWE)

1935 - 1994

We Miss You always and forever

Robert G. Robert L. & Wife and Grandchildren Kelly, Barbara Ann, Michael & Jodi



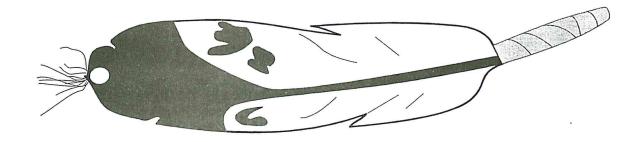


Thank You

I would like to thank all who came to visit me and sent flowers and gifts while I was a patient in the Belleville General Hospital.

Also a special Thank You to Shirley's Variety for the Lovely Floral Arrangement

Nia:wen Reta Bernhardt



Congratulations !!!! Tim Hill and Jamie Jones

Tim and Jamie travelled with the Six Nations Bantam Field Lacrosse Team representing Ontario, to participate in the 1995 North American Indigenous Games held in Minnesota. It was a great experience for the boys and overwhelming to come home with the Gold.

Once again, Congratulations Tim and Jamie, you made us all proud.

Karen, Dave, Natalie and Family Shelley, Jamie, Jesse and Family



Congratulations:

TIM F. MARACLE

in winning 3 Gold and 1 Silver in the Ontario Special Olympics summer Games in Windsor.

Golds were won in Shot Putt, High Jump and Long Jump.

Silver was won in the 50 metre race.

MOHAWK AGRICULTURAL SOCIETY PET SHOW REGISTRATION FORM

(OPEN TO ALL AGES)

	DR'S NO:
NAME: ADDRESS:	
CLASS:	

CLASSES:	A: Dogs 40 pounds and under B: Dogs 40 to 100 pounds C: Dogs over 100 pounds D: Cats and Kittens
JUDGING	ON: 1. Grooming 2: Tricks 3: Obedience 4: Health, liveliness
PRIZES:	First: \$10.00 Second: 7.00 Third: 5.00
RULES:	 Animals must be on a leash at all times. Animals must be vaccinated and have a record of recent vaccinations. Must notify the judge if the animal is professionally showed. All animals must be caged or returned home immediately after show and not allowed to run free.

...27

Gates Open/Midway 9:00 a.m.

Registration for Mud Drags (Ron John 968-9066) 10:00 a.m.

Buildings Open

Mud Drags Start

12:00 noon

11:00 a.m.

Downstairs, Community Centre Meal, York Road Restaurant

Pet Show, Main Track

12:30

including three-legged race, wheelbarrow race, etc. Listen Events throughout the afternoon kids scavenger hunts (two age will include kids tug-o-war family for the announcements. categories),

Co-Ordinator - Kim Maracle

Entertainment, Main Stage Napanee & District Old Tyme 1:ØØ p.m.

Fiddlers

Exhibit Removal from buildings (no removals before this time)

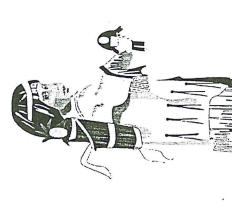
4:3Ø p.m.

FEATURES BANCROFT PIPE & DRUM SATURDAY'S PARADE ++++++++++

ENTER OUR PARADE FLOAT COMPETITION

(NNSSLVS)PETTING ZOO

Concessions, Games, Bingo Throughout the Fair Other Attractions and Morelll Crafts



MONUTER

SCHEDULE OF EVENTS

SEPT 8, 9,

WEEKEND PASS \$ 10.00 SENIORS (65 & OVER) \$ 3.00 CHILDREN 12 & UNDER \$ FREE ADMISSION \$ 4.00/ADULT

Remove this page and use for a schedule of events at the Fair! 10:00 p.m.

Buildings Close

7:00 p.m.

6:30 p.m.

SATURDAY, SEPTEMBER 9, 1995 \$

4:00 p.m.

		(Hegistration & Into Kim (Green) Davies (396-5520)	Registration for Demolition Derby Demolition Derby		Bicycle Races, Main Track (Ron John 968-9ø66)	Buildings Open .	11 and 12 13 to 15 16 to 21	Boys - 6 & under		Joanne Tabobandung Girls - 6 & under 7 to 10	Foot Races, Main Track Colleen Maracle	Gates and Midway Open Midway by Conklin
10:00 p.m.	9:00 p.m.	3:00 p.m.	. 2:80 p.m.		12:ØØ noon	11:30 a.m.	10:30 a.m.	٠			10:00 a.m.	9:00 a.m.
Buildings Close	Dance (Adult Only) Downstairs Community Centre \$5.00 per person Tickets Available, Main Office	Horse Pull, Main Track (Light & Heavy)	Old Tyme Contests (Log Sawing, Nail Driving, Step Dancing, Fiddiing) Main Stage (Val Maracle 962-6031)	Quinte Mohawk Dancers, Main Stage	Meal by York Road Restaurant Downstairs Community Centre	Parade and Welcome	Judging, South Hastings County 4H Calf Club, Main Track	Parade Marshall - Elmer Maracle	Parade Form Up & Judging of Entries (winners must participate in parade to be eligible for prize money)	Registration for Open Horseshoe Competition (Ron Maracle 396-2057)	(Livestock Pens)	

5:00 p.m.



DESERONTO AND DISTRICT MINOR HOCKEY



HOCKEY SEASON WILL SOON BE HERE AND WE WOULD LIKE TO WELCOME EVERYONE IN OUR DISTRICT TO THE 1995 / 1996 REGISTRATION AT THE DESERONTO ARENA SEPTEMBER 7TH 7:00 PM TO 9:00 PM SEPTEMBER 8TH 7:00 PM TO 9:00 PM SEPTEMBER 9TH 10:00 AM TO 2:00 PM

REGISTRATION FEES ARE:

1 CHILD \$110.00 + \$20.00 INSURANCE
2 CHILDREN \$ 210.00 + 40.00 INSURANCE
3 OR MORE CHILDREN \$275.00 + \$60.00 INSURANCE
A \$25.00 PER FAMILY CHARGE OR 4 HOURS OF CANTEEN
DUTY WILL APPLY TO ALL FAMILIES
PLEASE BRING YOUR CHILDREN WITH YOU WHEN YOU
REGISTER THEM AND A COPY OF THEIR
BIRTH CERTIFICATE



IF YOU HAVE ANY QUESTIONS ABOUT OUR DISTRICT COVERAGE, FEES, OR OUR ORGANIZATION PLEASE CONTACT

SCOTT MARACLE: 396-2617

DENNIS TOMPKINS: 396-2665



ATTENTION SENIORS



SEPTEMBER'S TRIP IS COMING!

Sainte Marie among the Hurons 1639 - 1649

"Come one, come all!! On September 10th Home Support has planned an overnight trip to Midland, Ont. to the Sainte Marie among the Hurons.

Accommodations will be made at The Comfort Inn (Journey's End Motels) in Midland with up to four people to a room.

Sound exciting? Well it is! Here is what's in store for us: a dinner theatre with 17th Century France and Native theme show, we will be entertained between the seven course meal by performers and musicians representing historic North American Indian and French personalities offering feats of courage and dexterity to entertain you (***our own Carol Ann Maracle is one of the performers there!!**).

The next day we will be given a tour of the village of Huronia where we can see the way the Hurons and the French Jesuits lived in longhouses and the mission.

Thanks to a generous donation from Tyendinaga Mohawk Council and the Recreation Committee the total cost of accommodations, dinner theatre, transportation and entrance onto the site will ONLY be \$55.85 based on single person. This cost can be split up to four ways should you wish to room with others ie. four people sharing a room the cost would be \$14.00 per person for everything!! You can't beat that price!!!

Come and enjoy this historic, exciting, and magically entertaining event!!

Booked on a first come first serve basis! Book Now!!

For more information please contact Tracey Moon at the Health Centre - 967-3603.

FOR IMMEDIATE RELEASE

, : 0

Catherine or Ron Indian Art-I-Crafts of Ontario Phone: (519) 751-0040 ...31

Fax: (519) 751-2790

ABORIGINAL TALENT HIGHLIGHTS FESTIVITIES DURING FIRST NATIONS DAY AT PARAMOUNT CANADA'S WONDERLAND

BRANTFORD, Ont. (July 6, 1995) - Paramount Canada's Wonderland will showcase unique and breath-taking aboriginal talent during its presentation of First Nations Day on Saturday, September 30th.

Indian Art-I-Crafts of Ontario, a non-profit First Nations organization, in association with Paramount Canada's Wonderland, are offering First Nations people the opportunity to enjoy Wonderland, along with the special presentation of First Nations dancers and entertainers, at less than half the regular price.

Admission for First Nations Day is just \$15.50 which includes more than 50 rides and attractions, in-park shows, and the special First Nations presentation at International Showplace. Guests purchasing a Pay-One-Price Passport may also enjoy TOP GUN, Canada's only looping inverted jet coaster, over 50 other rides, 10 acre waterpark, Kids Kingdom castle playland and live shows. Children can enjoy all the rides and attractions in Hanna-Barbera Land and Kids Kingdom.

A further special offer is being offered to First Nations organizations and groups. For each package of 20 tickets purchased at \$15.50, one free ticket will be included. To be eligible for the free ticket bonus, all purchases must be made prior to August 31, 1995.

The special First Nations Day at Paramount Canada's Wonderland is a fundraising effort on behalf of Indian Art-I-Crafts of Ontario to enable the organization to continue to offer the many special programs for First Nations.



FAMILY FEUD VOLLEYBALL TOURNAMENT SEPTEMBER 16th & 17th 1995

ROUND ROBIN

* GUARANTEED 4 GAMES
12 RELATED FAMILY TEAMS
4 CORPORATE FAMILY TEAMS

\$100.00 Entry Fee

CHIEFSWOOD PARK (Outdoor Courts) Ohsweken
Rain Location: Social Services Gymnasium

CONTACT THE COMMUNITY SUPPORT OFFICE

TO REGISTER OR CALL (519) 445-2950

FOR MORE INFORMATION of FAX (519) 445-0249

* MOST "SPORTSMANLIKE FAMILY" AWARD *
SERVING ACCURACY CONTEST

TO QUALIFY

EACH TEAM MUST HAVE 2 YOUTH (18 @ under 1 Male, 1 Female)
"FAMILY" TEAMS MUST BE RELATED (Extended Family to 3rd Cousin)
"CORPORATE" TEAMS MUST WORK WITHIN THE SAME AGENCY
(Immediate Family members accepted)
ROSTERS MUST BE SUBMITTED BY WEDS. SEPT. 13, 1995

sponsored by SIX NATIONS OF THE GRAND RIVER CHILD AND FAMILY SERVICES 34 . . .

Saturday, September 23, 1995



House Tour

▶ Self-Guiding Tour of Historic Homes in Adolphustown and South Fredericksburgh dating back to the early 1800's

▶ Tour at your leisure between 10 AM and 4 PM. → Adults only

▶Ticket Passbooks (\$20/person) contain a detailed map of the Tour Area

Light lunch available at the Loyalist Cultural Centre in Adolphustown Park (\$6/person)

- advance tickets only, limited tickets available, tour of museum included

Afternoon Tea served at the Loyalist Cultural Centre 2 PM - 4:30 PM (\$2/person)

▶ Funds raised will be used to support the operation of the Loyalist Cultural Centre

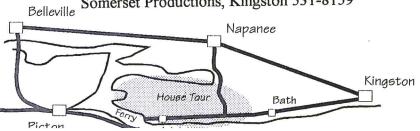
TICKETS AVAILABLE FROM:

The Loyalist Centre, Bath 352-5305 Lennox and Addington Museum, Napanee 354-3027 Norman Bell, Newburgh 378-2451 Doug Crawford, Hillier 399-2474

OR BY MAIL FROM THE LOYALIST CULTURAL CENTRE (Box 112, Bath, ON K0H 1G0)

Telephone 373-2196 for more information

Loyalist Cultural Centre, Adolphustown 373-2196 The Regent Theatre Box Office, Picton 476-7042 Somerset Productions, Kingston 531-8159



Here is a Handy Calendar

for your Fridge on Upcoming Community Events

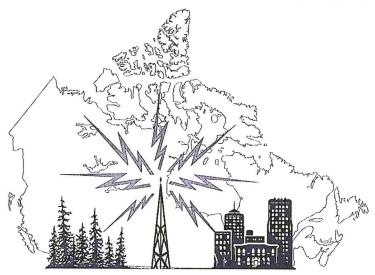
in September

September 1995

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Labour Day	5 Moccasin Trail Mileage Day! School Starts	6	7 Minor Hockey Registration	8 Minor Hockey Registration Mohawk Fair	9 Minor Hocke Registration Mohawk Fair
10 Midland Trip St. Marie among Mohawk Fair	11 he Hurons Jome support (overnight)	12	13	14	15	16 Volley Ball Tournament Six Nations
17 Volley Ball Tournament Six Mations	18	19 Prenatal Class [Health Centre]	20	21	22	23
24	25 Newsletter Deadline Date 12:00 noon	26 Prenatal Class (Health Centre)	27 Loyalist Culture House Tour	28	29	30 Indian Territory at Wonderland

Match Spirit Aline.

You'll Come Alive!



Would you like a free Subscription to our newsletter? Frontline Challenge is published quarterly.

♦ It's inspirational!

Comments from a reader. . .

9 was not able to put it down. very anointed. . touched my heart. . want to pass it out to others...please send 5 or 6 copies.

☐ Yes, please send me your free newsletter, Frontline Challenge, regularly.

I know that I'll be encouraged by reading and passing it along to a friend!

☐ Mr. Name	☐ Mrs.	□ Rev.
Address	S	
S		

Spirit Alive, P.O. Box 280, Deseronto, ON KOK 1X0 396-1435

Upcoming Programs & Guests

Gifts of The Spirit with Rev. Winston Nunes

Praise & Worship with Jonathon Maracle

The Best of Spirit Alive Music many anointed voices

"Whither Shall I Flee?" message by Ross W. Maracle

Sunday:

CKWS • 7 AM • Kingston

Nationwide, Vision Cable Wed. 6 AM Sat. 6:30 & 8 AM

Do you have a need? Call our praverline. We would like to pray for you. 396-1435

clip and post



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◆ Established in 1977

NNBC, Office of Admissions PO Box 478, Deseronto, ON K0K 1X0 For information, or to support NNBC in

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- Establishing and
- ◆ Equipping
 Native Americans, call today!
 396-2311



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At NNBC you will discover and learn how you can effectively help and train other Natives.

For a College catalogue, call the office today!

Adrian Jacobs

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10 GALLON FISH TANK

- with Stand
- Has "Heater, Air pump and water pump"
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396-1077 ask for Brenda

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1-607-583-2765 after 6 p.m. ask for Carol

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BUILDING LOT 150' x 150'

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- South Side of York Rd.
- Between Larry & Junior Brants
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- Property has been checked for water and has been found

CALL DON BRANT: 396-2424

For more information

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PLEASE CALL: 962-6379

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- Fulltime or part time weekdays
- Starting September 5
- Located on Shannonville Road

Call after 5 P.M. 969-0240

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4 PIECE BEDROOM SUITE

- 1 headboard & footboard
- 1 chest
- 1 dresser
- 1 nightstand

\$300.00

USED BOX SPRING & MATTRESS

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PHONE: 396-3960

NEWSLETTER DEADLINE DATE

MONDAY, SEPT. 25 / 95 at 12:00 noon 396 - 3424

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

LOST & FOUND

IF ANYONE HAS LOST ANYTHING AT THE SOFTBALL COMPLEX OVER THE SEASON PLEASE CALL: CARLENE SMART TO ARRANGE A TIME TO PICK UP THESE ITEMS 396-1459

MILL TOWN MEATS

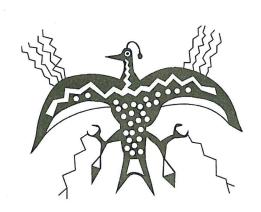
- Corn Fed Beef
- Quarters & Halfs of Beef
- Cut, Wrapped & Frozen
- Individual Pieces sold at Home

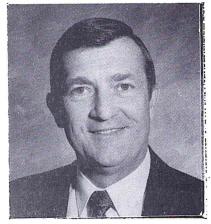
Make your Own Soup!

- 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





Bob Vrooman CLU CH.F.C. Chartered Financial Consultant

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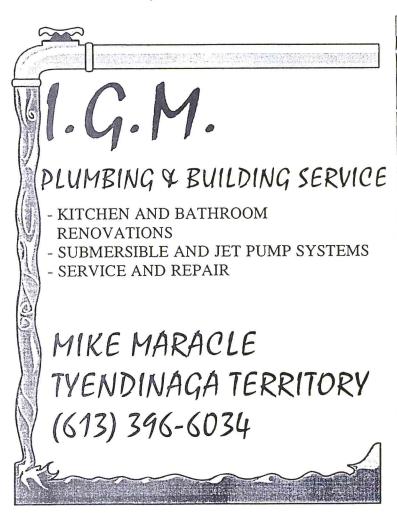
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Your car's brakes are trying to tell you something.

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!

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we are here to make your dreams come true. We can now offer you credit ,upon approval, for up to 10,000.00.

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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!

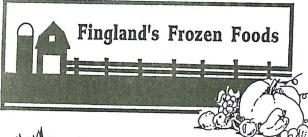
You will be able to pick-up building supplies at anytime and not have to pay for 30 days! You will receive a statement in the mail outlining the purchases that you have made during the month. You can either pay your account if full or make easy monthly payments.

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.



307 MAIN ST, MIND NO P.S.T. NO G.S.T. SOG-GABB



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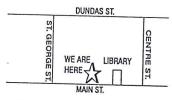
FUNDRAISING AND SPECIAL = EVENTS WELCOME

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"QUALITY FROZEN FOODS" AT A GREAT LOW PRICE

OPEN 7 DAYS A WEEK MON. - WED. 10-6 THURS. - FRI. 10-8 SAT. 10-6, SUN. 12-5



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Boneless Pork Loins
Pork Chops
Pork Souvlaki
Bacon
Breakfast Sausage
Oktoberfest Sausage
Bratwurst Sausage
Debrezeni Sausage
Knackwurst Sausage

Seafood Elites Alaska Pollock Haddock Loins Battered Fish Fish Sticks Shrimp Rings Jumbo Shrimp

Scallops

FAST FOODS

Plzza 5" Pepperoni or Deluxe Party Size Pizza Pep. or Deluxe Straight Cut Fries Crinkle Fries Spicy Fries Onion Rings Battered Mushrooms Potato Patties Waffles - Blueberry or Regular



SPECIALTY ITEMS

2 LB Vegetable Lasagna 2 LB Meat Lasagna 5 LB Meat Lasagna Shrimp or Meat Eggrolls Mozzarella Sticks Battered Vegetables Perogles Sausage Rolls Pogos
Bagel Bites
Cabbage Rolls
Minl Quiche
Turkey Sausage
Turkey Burgers
Tortellonl
Beef Fajita Kits

BEEF

Beef and Sirloin Burgers
Tasty Burgers
100% Pure Beef Burgers
Beef Sandwich Steaks
New York Striploins
Bacon Wrapped Filet Mignon
Boneless Sirloin Steaks
Bacon Wrapped Sirloin Steaks
Beef or Chicken K-Bobs
Lean Ground Beef
Blue Jay Franks
Wieners
Beef or Chicken Meat Pies
Meat Balls
Breaded Veal



CHICKEN

Boneless Skinless Chicken Breast
Chicken Fingers
Chicken Burgers
Chicken Sandwiches
Chicken Nuggets
Broccoli/Cheese Stuffed Chicken

Chicken Kiev Chicken Cordon Swiss Melt Hot & Spicy Wings Honey & Garlic Wings

Turnip

Cauliflower

Broccoli Cuttings

Asparagus Tips

Zesty Wings Raw Wings



VEGETABLES

Peaches and Cream Corn Petite Peas Regular Mix French Cut Green Beans Baby Carrots Stir Fry Mix Diced Squash



Mixed Fruit Raspberries Strawberries Peaches Blueberries Cherries



DESSERTS

8" PIES
Apple
Cherry
Blueberry
Pumpkin
Bumbleberry
Raspberry
Apple Crisp
Strawberry Rhubarb
Banana Cream
Chocolate Cream
Lemon Meringue
Coconut Cream

Black Forest Cheese Cake Amaretto Cheese Cake SQUARES 8"x7"
Butter Tart Bars
Date Squares
Nanaimo Bars
Carrot Cake
Double Fudge Brownies
Rocky Road Bars

COOKIE BATTER
Chunky Chocolate
Chocolate Macadamia-Nut
Honey Raisin Oatmeal

Apple Strudel Cherry Strudel



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Well-Mate Lifetime Warranty Fiberglass Pressure Tanks
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R.R. #6, NAPANEE

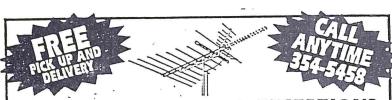
354-6080



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X'MAS SUPPLIES ALREADY IN

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PROP=JEAN & PENCER
TERRY AMEY

POLE LINE - CONSTRUCTION - VEHICLE INSPECTION STATION

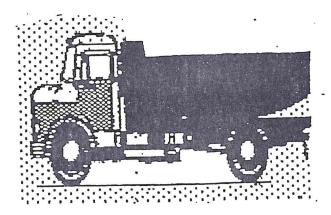
- * DRIVEWAYS
- * SEPTIC TANKS
- * WATER WELLS
- * BASEMENTS
- * SNOW PLOWING

* FULL TIME PHONE & RADIO CONTACT *

* REASONABLE RATES *

* FREE ESTIMATES *

969-7430 BUD OR JEFF



Loft's

Construction & Excavating

Friendly Expert Service

New Homes • Additions •

Renovations • Cement Work

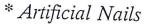
Drive Ways • Trucking & Backhoe

Lorne Loft 968-2180

Russell Loft 962-9348

Bayshore Rd. Tyendinaga Territory 396-2041

Maracle Nails Plus By Sherry



^{*} Repairs, Wraps

Gift Certificates!!

Call for an appointment. Telephone 396-2047

^{*} Manicures & Pedicures

^{*} Facials & Makeup

^{*} Waxing (Facial)

^{*} Professional Beauty Products

^{*} Reflexology (Relax, relieve stress, feel better session)

^{*} Exclusive Herbal Product Distributor

^{*} Herbs to aid in weight management, stress, P.M.S., energy, digestion, immune system, colds, allergies, arthritis, asthma, hayfever etc.

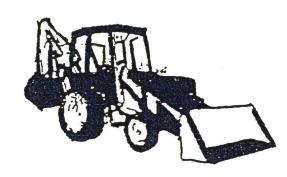
BUILD-ALL CONTRACTORS

HWY # 2 R.R. # 1 TYENDINAGA TERRITORY 969-1315

DESIGN * BUILD
COMMERCIAL / RESIDENTIAL

EXCAVATION

SEPTIC SYSTEMS





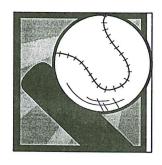
BASEMENTS

DRIVEWAYS

HAULAGE

REASONABLE RATES - FREE ESTIMATES

CONTACT - TOM MARACLE 969-1315



BLUE JAYS GAME

Tickets Available
Blue Jays VS Milwaukee
September 15, 1995
3rd Base Cine
Rows 8 - 11
Bus leaves FNTI at 4:00
Game starts at 8:05
Tickets \$40.00 each
Call **396-3100**



Happy 9th Birthday Nathan Sept. 22 Love from the family



Happy Anniversary M.J. & Bill Love Betty

Happy 31st Anniversary

Barb. & Elwood (Mom & Dad) Aug. 29



Love Dean, Lynda, Mindy, and Nathan

DATE OF BRIDE

Mike Sept. 26, 1995 Love, your Sister Betty

Happy Birthday

Mom (Nanny)!!! }ept. 17

love always 3etty & Jolie





Happy Birthday!

M.J. Loft Sept. 17

love Youn Sisten Betty

OPEN HOUSE

THE FAMILY OF EVA FRANCES MARACLE BRANT CORDIALLY INVITES YOU TO ATTEND AN OPEN HOUSE IN HONOUR OF OUR MOTHER'S 99TH BIRTHDAY.

WHEN:

SATURDAY OCTOBER 7, 1995

TIME:

1:00 P.M. TO 3:00 P.M.

WHERE:

ELDERS LODGE, COMMON ROOM
TYENDINAGA MOHAWK TERRITORY

BEST WISHES ONLY



MOHAWKS OF THE BAY OF QUINTE

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

URGENT NOTICE

TO

PARENTS OF CHILDREN

AT

QUINTE MOHAWK SCHOOL

Please note that the children will be picked up and delivered back to the child(ren)'s regular pick-up point.

Parents are responsible for the children to be delivered elsewhere should the child(ren) wish to go to a friend's house.

This will be implemented at the commencement of the school year as buses are filled to capacity.

If an emergency should arise, please notify the Bus Foreman (396-2000) or Quinte Mohawk School (966-6984) as soon as possible in order to arrange proper seating for the buses affected.

Thank you for your co-operation.

Art Brant Foreman Carol John

A/Chair

Quinte Mohawk School Committee

lt/letters/sam/qmsnoti

15:17 FAX 613 241 5807

NIB AFN

1002



National Indian Brotherhood

ASSEMBLY OF FIRST NATIONS

\$5 MURRAY ST., 5TH FLOOR OTTAWA, ONTARIO K1N 5M3 TEL.: (613) 241-5789 FAX: (613) 241-5808

MEMORANDUM

1U:

08/29/95

ALL FIRST NATIONS CHIEFS & COMMUNITIES

FROM:

GINA WHITEDUCK & ALFRED LINKLATER, SENIOR MANAGERS AFN

DATE:

AUGUST 25, 1995

RE:

AFN LOGO CONTEST

Please be advised that there will be a national contest open to all First Nations to submit a logo, which will be considered for use as the new logo for the Accembly of First Nations. The prize for the winner of this contest will be \$500.00. The winner will be selected by the AFN Executive members. The new logo will be used on all AFN correspondence and publications.

Closing date: September 20, 1995

Please submit your entries to:

"Logo Contest"
Assembly of First Nations
1 Nicholas Street
10th Floor
Ottawa, Untario
K1N 9M1

If there are further questions, please contact the AFN office at (G13) 241-8789.

Thank you.

HEAD OFFICE:

IEHHITORY OF AKWESASNE, R.R. \$3, CORNWALL ISLAND, ONTARIO K6H 507 TEL.: (613) 932-0410 FAX: (613) 932-0415



SAT. SEPT. 30, 1995
BUS LEAVING
MOHAWK SOFTBALL
COMPLEX
AT 8:30 AM
LIMITED TICKETS
\$21.00/PERSON

CALL ANDREW ALKENBRACK AT 396-3424