

Community Notices

"Get Moving Day"

Saturday, May 4, 1996

Noon - 4 pm
Helena Road @ the Old Pines Inn Road

COME WALK WITH ME

I may be your Neighbor
I may be your Co-worker
I may be your Elder
I may be your Team-mate
I may be your Friend
I may be your New Friend

Turn off the TV for awhile.
Take a few minutes with your Family.

Walk - Jog - Bike - Roller Blade
"HAVE FUN"!!

Door prizes - Snacks - Refreshments

Sponsored by the Health Promotion Disease Prevention Committee
- a group of Akwesasne community organizations promoting well-ness.

For more information - please call Edith McDonald - Lynn Cook or
Vanessa Lavare @ (518) 358-3141.

Annual Water Samples

The Community Health Representative will begin the collection of private home water samples in the Cornwall Island and Chenail Districts, starting on Tuesday, April 9, 1996.

Community members who have working hours during the day are encouraged to call the CHR's at 575-2411 to schedule a date/time for when the water sample may be taken.

Dog owners are also asked to please make sure that their dogs are tied up.

If there are any questions, please contact the Community Health Representatives at 575-2411 or stop by their office at the Kanonhkwa'tsheri:io Building in Kanatakon. Office hours are Monday-Friday from 8:30 am - 4:00 pm. Thank you.

BEREAVED FAMILIES OF ONTARIO CORNWALL

The Cornwall & Area chapter of Bereaved Families of Ontario will hold their monthly (2nd Thursday except July & August) Support & Share Night on May 9th in the Library at C.C.V.S. school, 437 Sydney St., Cornwall from 7 - 9 pm. An informal information and library night for parents and families who have lost one through death.

Theme: "Venting Anger"

For more information please call the office at (613) 936-1455.

OTTAWA HOME EXPO

At the Nepean Sportsplex
Woodroffe South, Nepean, ON

Week-end of May 3,4,5 1996

Everything for Home Furnishings, Garden, Cottage & Backyard

\$10,000 down payment on a new home, \$20,000 in door prizes, do-it-yourself, designer rooms and gourmet kitchen/cooking area.

Show Hours

Friday, May 3rd 1 pm - 9:30 pm
Saturday, May 4th 10:30 am - 9:30 pm
Sunday, May 5th 10:30 am - 5:00 pm

Admission:

Adults 18 +	\$4.99
Youths 12 -17	1.99
Children 11 & under	FREE
Senior Citizens	FREE on Friday, May 3rd, 1 pm - 4 pm

For more information contact:
Terry Rodgers, Show Manager
OTTAWA HOME EXPO
(613) 798-7469 Fax (613) 798-2103
1078 Wellington St., Suite 23
Ottawa, ON K1Y 2Y3

Parenting Begins In The Heart Not The Head

ACFS Needs Your Help

We are in need of Foster Homes.

Call Lynn or Marty at (613) 575-2015 for more information
on how to become a Foster Parent.

Bake Sale

May 4th, 1996
10:00 am - ?

At Kanatakon School

Donations are needed and will be greatly appreciated.

Onondaga Women's Singing Society

Onondaga Women's Singing Society invites your singers to come and share songs at the Onondaga Nation Longhouse on Saturday, May 11, 1996.

11 am - Lunch
12 pm - Sing begins
Dinner, Social

All Native People are Welcome!

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Quinn J. Benedict 938-1237 / 575-2194