

ONKWE'TÀ:KE

THE MOHAWK COUNCIL OF AKWESASNE NEWSLETTER

Volume 15 Issue 8

FREE

Seskéha/August 2026

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MIND OVER MATTER: STORIES OF HOCKEY, HOPE & STRENGTH



The MCA Akwesasne Family Wellness Program was honoured to welcome former NHL player, author, and motivational speaker Jordin Tootoo to Akwesasne alongside hometown hockey star Carey Terrance Jr. for an inspiring afternoon of stories about resilience, mental wellness, culture, and pursuing your dreams. Hundreds of community members gathered at the A'nowara'kó:wa Arena to enjoy free activities, food, and refreshments, while 400 copies of Jordin's book, *Mind Over Matter: Hard-Won Battles on the Road to Hope*, were distributed. Read more on page 3.

UPCOMING MCA MEETINGS & SPECIAL DATES:

AUGUST DISTRICT MEETINGS

August 10, 2026 · 6:00 p.m.
Kana:takon, Kawehno:ke
& Tsi Snaihne Recreation Centers

MCA SERVICE DAY

August 20, 2026 · 2:00 - 6:00 p.m.
A'nowara'ko:wa Arena

ENVIRONMENT PROGRAM E-WASTE DRIVES

August 11-13, 2026
Snye Recreation Center

August 25-27, 2026
CIA #3, Kawehno:ke

Drop-off Time:
9:00 a.m. - 5:00 p.m.

MOHAWK
COUNCIL OF
AKWESASNE
2024-2027

Grand Chief
Leonard Lazore

Kana:takon District
Chief Cody David
Chief Fallon David
Chief Theresa Jacobs
Chief Teresa Oakes

Kawehno:ke District
Chief Lisa Francis-Benedict
Chief Lacey Pierce
Chief Tom Thomas
Chief Vince Thompson

Tsi Snaihne District
Chief Scott Peters
Chief Tesha Rourke
Chief Sarah Lee Sunday-Diabo
Chief JoAnn Swamp

Administration
Shannon Roundpoint
Executive Director

Donna Lahache
Director
Akwesasne Mohawk
Board of Education

Ashley Tarbell
A/Director
Dept. of Communications

Jaime Beechey
Director
Dept. of Community
& Social Services

Kylee Tarbell
Director
Dept. of Economic
Development

Heather Phillips
Director
Dept. of Finance &
Administration

Tessa Jocko
Director
Department of Health

Leslie Papineau
Director
Dept. of Infrastructure,
Housing & Environment

Cactus Cook Sunday
Director
Dept. of Justice

Ranatiostha Swamp
Chief of Police

WAT'KWANONHWERA:TON/GREETINGS

She:kon and welcome to the Mohawk Council of Akwesasne's community newsletter, Onkwe'tà:ke, which means "For the people." The primary goal of this publication is to deliver MCA's news and updates straight into the hands of community members. Should you wish to stay connected in other ways, the following channels are provided:

Contact: If you have any questions about MCA departments and services, please email info@akwesasne.ca or call 613-575-2250.

E-newsletter: Register for a weekly e-newsletter delivered straight to your email inbox. It's a great way to quickly stay up to date! Sign up by visiting www.akwesasne.ca/signup.

Social Media: Visit us on Facebook, Twitter, Instagram and Snapchat!

Mobile/Cell Text Alerts: Receive urgent or important messages right to your cell phone. Sign up by visiting www.akwesasne.ca/textalerts.

Website: News and general information can be found on our website at www.akwesasne.ca. This includes job postings and Council contact information.

Local Media: Find our news and information in Akwesasne's long-serving local media, CKON 97.3 Radio.

FIVE THINGS
OUR MONTHLY LIST OF FACTS, REMINDERS &
IMPORTANT MESSAGES

- 1 The Mohawk Council of Akwesasne invites community members to MCA Service Day — a convenient opportunity to access a variety of MCA services, programs, applications, and resources in one location during extended hours! Join us Thursday, August 20 from 2:00 - 6:00 p.m. at the A'nowara'ko:wa Arena. Check out the back page to see a few of the many services we will be offering!
- 2 Calling all artists, healers, cultural contributors and food vendors! Help bring this year's Akwesasne Orange Shirt Day to life by signing up to provide an interactive cultural booth, be a food vendor, or provide a healing station. The event will be held on Wednesday, September 30, 2026 at Generations Park. For more information on how to submit, view page 4. Deadline to submit is Friday, August 7.
- 3 MCA's Department of Health would like to remind community members to remain vigilant as reports of rabies continue to occur in the surrounding region. Learn about safety tips on how to reduce the risk of rabies on page 18. Remaining aware and taking simple precautions can help protect our families our pets, our livestock, and our community.
- 4 Did you know MCA now has a Special Needs Program under the Department of Community and Social Services? Wondering what type of supports are covered or how to apply? Go to pages 22 and 23 to see a list of frequently asked questions (FAQs) and how to get in contact with the program.
- 5 Have old electronics laying around? Don't know where to get rid of them? You're in luck! The MCA Environment Program is hosting an E-Drive event for you to safely dispose of your electronics at two convenient locations. Join us from August 11-13 (Snye Recreation) or August 25-27 (CIA #3, Kawehno:ke) from 9:00 a.m. - 5:00 p.m. More information on the page page regarding items that are acceptable or unacceptable.

NEWS

MIND OVER MATTER: STORIES OF HOCKEY, HOPE & STRENGTH

On July 7, the Akwesasne Family Wellness Program was honoured to welcome former NHL player, author, and motivational speaker Jordin Tootoo to Akwesasne, joined by our own hometown hockey star Carey Terrance Jr.

Despite the summer heat, community members of all ages gathered at the A'nowara'kó:wa Arena to hear two powerful stories of resilience, perseverance, and hope.

Carey spoke about his journey as a Kanien'kehá:ka athlete pursuing his dream of professional hockey, while Jordin shared his ongoing path of healing, the importance of mental wellness, and how reconnecting with culture has helped shape his life. Together, they reminded us that our identity, community, and traditions can be powerful

sources of strength — and that with determination and support, anything is possible.

Throughout the afternoon, hundreds of community members enjoyed free food, activities, and refreshments, while 400 copies of Jordin's new book, Mind Over Matter: Hard-Won Battles on the Road to Hope, were given away.

Nia:wen to everyone who attended and to the many volunteers, programs, and businesses whose support helped make this event such a meaningful success. Your generosity and commitment to our community made the day one to remember.



NEWS

BMO DONATION SUPPORTS AKWESASNE STORM MINOR LACROSSE

On June 23, the Mohawk Council of Akwesasne was pleased to welcome representatives from the Bank of Montreal (BMO) to the A’nowara’kó:wa Arena on Kawehno:ke for a presentation in support of the Akwesasne Storm Minor Lacrosse Association.

Troy Lalonde and Dominic Marceau, members of the BMO investment advisory team, presented a \$150,000 donation, to be distributed over five years, which was accepted by AMLA President Rhonda Aldrich and Girls Team Director Cheyenne Lazore on behalf of the association.

The Mohawk Council of Akwesasne extends sincere appreciation to BMO for this meaningful investment in our community. Contributions such as this help strengthen opportunities for youth engagement in sport, recreation, culture, and community program-

ming, while reflecting the important role external partners can play in supporting and investing in the next generation.

Nia:wen to BMO for your generosity and commitment to Akwesasne.



ARTISTS, HEALERS, CULTURAL CONTRIBUTORS & FOOD VENDORS CALL-OUT FOR AKWESASNE’S ORANGE SHIRT DAY 2026

The Mohawk Council of Akwesasne (MCA) and the Saint Regis Mohawk Tribe (SRMT) are seeking artists, healers, cultural knowledge holders, educators, and food vendors to help bring this year’s Akwesasne Orange Shirt day to life. The day will honour residential school survivors while supporting healing, cultural pride, and intergenerational learning through education and hands-on cultural experiences.

We are seeking community members to contribute to this 4-hour event with offerings such as:

Interactive Cultural Booths (for 200+ participants):

- Corn husk dolls
- Basket or tea making
- Beadwork demos
- Mini clay pots
- Loom demonstrations
- And more!

Food Vendors

Healing Stations:

- Massage, Reiki, Crystals

Event Date: Wednesday, September 30, 2026

Location: Generations Park

Submission Deadline: Friday, August 7, 2026

For full details, eligibility requirements, and to download the Proposal Submission form, please visit: www.akwesasne.ca/akwesasne-orange-shirt-day-2026-call-out. Completed Proposal Submission Forms can be emailed to ashley.tarbell@akwesasne.ca.

Let’s honour the past and uplift our future through culture, healing, and connection.



NEWS

PEACE TREE MALL BUSINESSES REMAIN OPEN

The Peace Tree Trade Centre on Kawehno:ke will soon undergo a series of improvements as part of an exciting revitalization project. The project is currently out for tender, with construction expected to begin within the next month, pending contractor selection and scheduling.

To address community safety concerns, construction fencing will remain in place along the front of the building throughout the duration of the project. While work is underway, all businesses will continue to operate during their regular business hours. The following businesses are:

- Akwesasne Economic Development Agency (AEDA)
- Bank of Montreal
- Peacetree Moccasins
- Hummingbird Gifts & Tobacco
- lakwa'shatste Youth Fitness

To ensure convenient and safe access for customers, designated openings will be maintained in the fencing at the left, centre, and right sections of the building frontage. These clearly marked access points will provide direct routes to business entrances.

We appreciate the community’s patience, understanding, and continued support as we move forward with these important improvements to the Peace Tree Mall.



ARENA GROUNDS CLOSED TO PUBLIC DURING SUMMER PROGRAM HOURS

The Mohawk Council of Akwesasne would like to advise the community that the A’nowara’kó:wa Arena grounds will be temporarily closed to the public during the MCA & Akwesasne Boys & Girls Club (ABGC) Summer Program.

To support the safety and wellbeing of participating youth, the following areas will be closed to the public Monday to Friday from July 8 to August 14, between 7:30 a.m. and 4:30 p.m. Access during these hours is restricted to program participants and staff only:

- A’nowara’kó:wa Arena (including the Turtle Room)
- Playground
- Splash Pad
- Skatepark

The safety of our youth remains our highest priority, and we thank the community for its understanding and cooperation in supporting a safe and positive environment for all children taking part in summer programming.

If you have any questions, please contact the A’nowara’kó:wa Arena Summer Program:

- Ogadesc Johnson: ogadesc.johnson@myabgc.com
- Lacey Chubb: Ichubb@myabgc.com
- Kyrsha Angus: kyrsha.angus@akwesasne.ca

We appreciate your continued support.

MCA CELEBRATES EMPLOYEE MILESTONES AT LONG SERVICE RECOGNITION & RETIREMENT AWARDS

On Friday, June 26, the Mohawk Council of Akwesasne (MCA) gathered at the Akwesasne Mohawk Casino Resort to recognize and celebrate employees during its annual Long Service Recognition & Retirement Awards.

The event honoured staff members who have reached significant years of service, as well as those beginning a new chapter in retirement. Each recipient was presented with a certificate and commemorative gifts, including handcrafted items created by local artisans, in recognition of their dedication and contributions to the organization.

Grand Chief Leonard Lazore and Executive Director Shannon Roundpoint shared their appreciation for the commitment, professionalism, and compassion demonstrated by MCA employees, acknowledging the important role they play in supporting the programs and services that benefit the Akwesasne community.

The Mohawk Council of Akwesasne is grateful for the dedication of its employees, past and present, whose hard work helps strengthen our organization and our community. Niawenhkó:wa and congratulations to this year's long service recipients and retirees!

The following employees were recognized for their years of service with the Mohawk Council of Akwesasne:

10 YEARS:	Lawrence Mitchell
Dennis Bero	Ivy Oakes
Janet Brant	Andi Phillips
Christie Cook	Michelle Ransom
Marlene Diabo	Jillian Roundpoint
Adam Jacobs	Tehrenhniserakhas Skidders
Anthony King	Loretta Smoke
Carlee King	N. Vaughan Starblanket
Kirsty Lafrance	Chelsea Swamp
Tieara Lafrance	Brandon Swamp
Leah Lamesse	Arlene Thomas
Jon Michael Lazore	Denise Thompson
Elizabeth Lazore	Tehaienkwarentos Thompson
Kyle Latour-Lagace	Dana White
Brooke Mitchell	

15 YEARS:	
Courtney Angus	
Evelyn Brunet	
Lorel Cook	
Patrick David	
Eugene David	
Courtnei Day	
Lawrence Jock	
Mark Martin	
Renee Oakes	
Charlotte Swamp	
20 YEARS:	
Evelyn Brunet	
Stanley Cook	
Michael Delormier	
Shealene Gibson	
Dawn King-Lazore	
Issac McDonald	
Taylor Mitchell	
Caroline Peters	
Stephanie Pierce	
David “Eddie” Thompson	
Sarah Thompson	

25 YEARS:	
Clayton Barnes	
Sabrina Jacobs	
Rachel Lazare	
Karole Mitchell	
Aronienens Porter	
Cheryl Rourke	
Lynn Tarbell	

30 YEARS:	
Lesley Bero	
Kyle Lazore	
Sheryl Lazore	
James Papineau	
Donna Ransom	
Michelle Rolfe	

35 YEARS:	
Keith Mitchell	

RETIREES:	
Jennifer David	
Connie Lazore	
Richard McDonald	
Phillip Mitchell	
Leah Tarbell	
Barbra Thompson	



COUNCIL WEEKLY MEETING REPORT
SUBMITTED BY: GRAND CHIEF LEONARD LAZORE



Ohiarí:ha/June 29, 2026

Discussion Items:

- Council Meeting – Monday, July 13, 2026
- Darryl Lazore Memorial Golf Tournament
- Women’s Auxiliary
- CBSA
- Political Protocol MCR
- AMA
- Insurance for Sports Teams
- Bills Spreadsheet
- Focus Meeting Debrief
- Iakhihsotha Lodge Donation Request re: Fireworks
- Donations

MCRs: Assignment of Lease – Hamilton Island; Permit – Stanley Island; Allotment – Cornwall Island; Allotment – Cornwall Island; Assignment of Lease – Colquhoun Island East; Service Contract with JB Enterprise & Repairs; St. Lawrence Regional Impact Assessment – Supplementary Grant; Approval of Cisco Secure Access (Security Service Edge) 5 year Agreement; Approval of a Cervical Health and HPV Prevention Program; ISC Amendment No. 186 to Funding Agreement

No. 1920-ON-000024; ISC Amendment No. 194 to Funding Agreement No. 1920-ON-000024; ISC Amendment No. 195 to Funding Agreement No. 1920-ON-000024; ISC Amendment No. 196 to Funding Agreement No. 1920-ON-000024; Capacity Building Costs for Participation Engagement on Strengthening; Regulatory Efficiency; Akwesasne Wild Allocation for Chiefs Discretionary Fund; Chiefs Allocation – Abandoned Homes in Kana:takon; Iakhihsotha Nurse Call System Replacement Project; MCA WWW Operators Salary Compensation Policy and Salary Grid; Version 4; FTTH Broadband Project – Quebec Release Agreement; Iakhihsotha Fireworks Donation

Ohiaríhkó:wa/July 6, 2026

Discussion Items:

- Banishment Law
- COO Update
- St. Regis Point Beach
- Beyond 21
- RFP 26-003 Legal Services
- Sunday Warehouse
- Legal fees
- AMA
- GM Agenda
- AMPS incident

MCRs: ACESS funds to run the 96-hour CWB Welding Program; Acceptance of Health Board Members 2026-2029; Political Protocol; Golf Tournament Allocation from Chiefs Discretionary Fund; Auxiliary Allocation from Chiefs Discretionary Fund; Renewal of Community Legal Services Agreements; Traditional Medicine Contract Renewal 2026-29; Contract 2026-29; Traditional Medicine Contract

Renewal 2026-29; Healer/Traditional Medicine Contract Renewal 2026-29; Traditional Medicine Contract Renewal 2026-29; Housing – Upgrade Application; Housing – Upgrade Application; Housing – Upgrade Application - Rescind Approved Ren/Rep Loan; 2025-2026 Audit Plan; Iakhihsotha Kitchen Renovation Construction Phase

Ohiaríhkó:wa/July 20, 2026

Discussion Items:

- CBSA
- Google Van
- IC Support Six Nation Litigation
- N. Ontario First Nations Fire Evac.
- Council Text Groups
- Rental Subsidy
- MTO – Eastern ON Transportation Planning Subsidy
- 2026-27 FNIIP Packages
- Pension
- Youth Council
- Equipment on Kawehnó:ke
- Public Safety Canada

Presentations:

- Executive Services Org. Chart by MCA's Executive Director
- Portfolio Terms of Reference Review by Governance Committee

MCRs: RedMane Technologies - Updated Agreement; Traditional Medicine Contract Renewal 2026-29; Assignment of Lease; Assignment of Lease; Student Bursary Allocation from Chiefs Discretionary Fund; Legal Fees; Extension of Community Trustees for the Akwesasne Community Settlement Trust

COUNCIL AND MOHAWK GOVERNMENT

TSI SNAÍHNE DISTRICT CHIEF TESHA ROURKE UPDATES



Portfolios:

Akwesasne Justice Department, Dept. of Community & Social Services, Dept. of Health

Committees:

Finance, Governance, Executive

External Committees:

Chiefs of Ontario Economic Development, Chiefs of Ontario Justice, AFNQL Elected Women's Council, AFN Women's Council - QC Region Representative, Jay Treaty Border Alliance Entry of Goods

She:kon Sewakwekon, oniotonhákie, ioianerá:ke,

I am thinking of each of you and sending my love, strength, and best wishes to you and your families.

As I write this update, my thoughts are also with the First Nations communities who remain displaced from their homes due to ongoing boil water advisories, as well as those who have recently been forced to evacuate because of wildfires. I know many families continue to face uncertainty while living in hotels or temporary accommodations, away from their homes, communities, and traditional ways of life. I hope they are able to return home safely soon; lets continue to keep them in our thoughts.

It is hard to believe that we are already entering our second year of this Council term. I am truly grateful for the opportunity to serve the people of the Tsi Snaihne District and the Akwesasne community. Every day brings new opportunities to learn, grow, and advocate for our people. While this role has challenged me in many ways, it has also allowed me to build relationships, meet inspiring people, and represent Akwesasne at local, regional, provincial, national, and international tables.

One of the greatest lessons I have learned is that meaningful change takes time, whether we are strengthening programs and services, updating our laws, or advocating with other governments, much of the work happens behind the scenes. Although progress may not always be visible, important work continues every day to build a stronger Akwesasne for future generations.

As your District Chief, I remain committed to advocating

for the well-being of our people while ensuring that our voices continue to be heard wherever decisions affecting our community are being made. With that being said, I would like to share some highlights from my portfolios and committee work over the past month.

DEPARTMENT OF COMMUNITY AND SOCIAL SERVICES (DCSS)

This month, discussions focused on strengthening supports for children, youth, and families while continuing to improve how services are delivered across the community.

Food security also remained a priority. Conversations focused on creating more consistent and sustainable supports for families, improving access to healthy food, and strengthening emergency preparedness during power outages, particularly for Elders, vulnerable households, and families with special needs.

DCSS continues to strengthen its internal operations through updated policies, improved referral processes, staff training, and leadership development.

Work is also moving forward on the Special Needs Program and Youth Wellness Hub; their focused on improving coordination between services, reducing barriers for families, and identifying future space and infrastructure needed to expand programs that support children, youth, and families.

Community engagement and communication continue to be an important focus. New communication initiatives will help keep community members better informed about available programs and services while improving transparency and making it easier to access supports when they are needed.

HYDRO QUÉBEC MEETING

Hydro Québec shared that power reliability has improved over the past year due to increased vegetation maintenance, resulting in fewer outages. Work included: trimming power line corridors, removing hazardous trees, and using helicopters to safely access remote wetland areas.

The preferred long-term solution is an underground cable that will provide a more reliable power supply while minimizing environmental impacts. Phase 1 is expected to be completed by late 2027, with a second phase planned to further strengthen the system. Several other options were explored but were not considered practical due to cost, environmental, and technical challenges.

The project will continue to prioritize environmental protection and community engagement. Discussions also highlighted the need to support future housing and infrastructure growth, while improving communication around property access and utility work within the community.

CHIEFS OF ONTARIO ASSEMBLY - RAMA FIRST NATION

I had the opportunity to participate in the Chiefs of Ontario Annual Chiefs Assembly. It was a valuable

opportunity to hear about the challenges many of our communities continue to face, while also sharing ideas and advocating for solutions that put First Nations first.

A key takeaway for me was the importance of meaningful consultation. Too often, First Nations are informed after decisions have already been made. True consultation means having our voices at the table from the beginning and ensuring our communities have the resources and capacity to participate in decisions that directly impact us.

There were many important discussions and topics including strengthening First Nations jurisdiction, supporting children and families, improving community safety, protecting our lands and waters, and ensuring economic development respects our rights, our environment, and future generations.

One discussion that has stayed with me was the situation in Kashechewan. It is hard to believe that in 2026, First Nations families are still being forced to leave their homes because they do not have access to clean drinking water. Families have been displaced from their community and are living in hotels for months at a time, imagine having to leave your home, your school, your job, your support system, and your community simply because one of life's basic necessities is unavailable.

This is something that should never become normal, clean drinking water is a basic human right, yet too many First Nations continue to face boil water advisories and aging infrastructure. Governments need to stop reacting only when there is a crisis and start working proactively with First Nations to prevent these situations from happening in the first place. Our communities deserve long-term investments, sustainable infrastructure, and solutions that are led by First Nations.

My heart is with the people of Kashechewan and every community facing these same challenges. These conversations remind me why it is so important that we continue to advocate for our people, support one another, and work together to ensure future generations do not have to face the same struggles.

More information:

www.chiefsmeeting.com/aca2026

AKWESASNE REPRESENTATIVE ADVOCACY PROGRAM MEETING WITH FNQLHSSC

I participated in discussions alongside MCA's Director of the Akwesasne Justice Department and Director of Community and Social Services, regarding ongoing child protection matters involving Akwesasne families and the Akwesasne Representative Advocacy Program (ARAP). Work is underway to improve communication and collaboration between the MCA, Quebec Youth Protection (DPJ), and the Court of Québec to ensure Akwesasne families receive appropriate support throughout the child protection process. A meeting is being arranged to discuss ways to strengthen communication, address ongoing concerns, and build a more collaborative approach when child protection matters involve Mohawks of Akwesasne.

COUNCIL AND MOHAWK GOVERNMENT

TSI SNAÍHNE DISTRICT CHIEF TESHA ROURKE UPDATES

FNQLHSSC AND MCA'S DEPARTMENT OF HEALTH

I attended a meeting with the First Nations of Quebec and Labrador Health and Social Services Commission (FNQLHSSC), and the MCA Department of Health Director, where we discussed several initiatives around Akwesasne. Some of the discussions focused on paramedic services in Quebec and training opportunities to continue building a strong and knowledgeable First Nations health workforce. Long-term care funding was another important topic, especially as Akwesasne has one of its long-term care homes located in the Quebec portion of our community. As our population continues to age, it is important that our Elders receive the care and supports they deserve while remaining connected to their families, culture, and community. We also received updates on initiatives that support healthy aging and help raise awareness of programs and services available to Elders.

MEETING WITH ORC BENEDICT AND MP BILLY MORIN

Council met with Ontario Regional Chief (ORC) Benedict and MP Morin to discuss some of the unique challenges Akwesasne faces as a community that spans Ontario, Quebec, and New York.

One issue that was raised was the barriers some of our members face when accessing health care. Many of our community members have a Quebec health card but travel for work, school, sports, and everyday life. If someone is injured in Ontario, they can run into challenges accessing care because their Quebec health card may not be accepted. These are barriers that our people continue to face because of provincial borders that were placed through our community, not by our choice. It was a good conversation and an opportunity to help others better understand the realities our community deals with every day.

BMO DONATION

Alongside Council, we had the opportunity to meet with representatives from the Bank of Montreal (BMO) as they announced a generous investment in support of the Akwesasne Storm Minor Lacrosse Association. BMO committed \$150,000 over the next five years to help strengthen our lacrosse program and continue creating opportunities for our youth.

Nia:wen to BMO for investing in our community and believing in our young athletes. A special shoutout to Chief Vince Thompson for helping secure this funding. This contribution will support our lacrosse families and help keep our game strong for the next generation.

BUDGET & AUDIT MEETING - KAWEHNO:KE

Finance committee held a Budget and Audit Focus Meeting on Kawehno:ke, where the MCA Executive Director and Comptroller provided an overview of the organization's financial statements, audit, and budget. These focus meetings are an opportunity for community members to ask questions, learn more about MCA's finances, and stay informed. If you were unable to attend, the meeting was recorded and is available on

the Community Portal for anyone who would like to view it by visiting: my.akwesasne.ca.

AFN WOMEN'S COUNCIL MEETING

As the Quebec Representative on the Assembly of First Nations (AFN) Women's Council, I took part in discussions on important issues impacting First Nations women across the country. We received an update on Bill S-228 regarding forced and coerced sterilization, talked about the Council's priorities moving forward, and discussed next steps leading into the upcoming AFN Annual General Assembly. We also reviewed the process for electing a new Co-Chair, with the vote taking place during the Assembly. I always look forward to attending these meetings because we as women all come together and bring different insight that are happening in our regions and try to come with solutions, it's very empowering to come together to talk about these national topics while advocating for the well-being of our women, families, and future generations.

GOVERNANCE MEETING

The Governance Committee has been working on updating the Portfolio Terms of Reference (TOR) to ensure roles and responsibilities are clear and reflect the work of Council. At upcoming Council meeting, we will be reviewing the document line by line, giving all Council members the opportunity to provide recommendations or friendly amendments in case there is anything we've missed before it is finalized. Once the Portfolio Terms of Reference is complete, the Committee will move on to reviewing and updating the Good Standing Policy and the Executive Terms of Reference.

REGIONAL INFORMATION GOVERNANCE CENTRE PROJECT INTRODUCTION

I met with the Southeast Area Lead from the Chiefs of Ontario to learn about the Regional Information Governance Centre (RIGC) project. We discussed how First Nations can strengthen control and stewardship of their own information and data, the project is gathering feedback from communities across Ontario to identify data priorities, challenges, and opportunities to support First Nations decision-making and self-determination. I will be bringing this information forward to Council for discussion to determine whether the Mohawk Council of Akwesasne is interested in participating in the project and future engagement opportunities.

MCA LONG SERVICE RECOGNITION AWARDS AND RETIREMENT CEREMONY

Council attended the annual MCA Long Service Recognition and Retirement Award Ceremony to celebrate employees who have dedicated many years of service and to recognized those beginning their retirement. Congratulations to all of this years long service recipients and retirees and nia:wen to the HR team for putting on the event, it was beautiful.

CHIEFS OF ONTARIO ECONOMIC DEVELOPMENT PROSPERITY TABLE - TORONTO, ON

I had the opportunity to attend the Chiefs of Ontario

Prosperity Table, where First Nations leadership met with provincial ministries and organizations to discuss economic development, trade, infrastructure, procurement, critical minerals, and financial opportunities for First Nations.

One of the main discussions focused on building stronger First Nation economies by creating more opportunities for our people, this included increasing support for Indigenous businesses, improving access to funding, creating apprenticeship and employment opportunities for youth, and building the capacity of First Nations so we can lead and participate in major projects instead of watching them happen around us. There was also discussion about creating long-term wealth for future generations through First Nation-owned investments and economic partnerships.

We received updates on trade between Canada and the United States, including the upcoming review of the Canada-United States-Mexico Agreement (CUSMA) and how tariffs continue to impact industries across Ontario. While these discussions often focus on large industries, they also have the potential to affect First Nation businesses, trade opportunities, and local economic growth.

Ontario also shared updates on its Critical Minerals Strategy and the growing demand for minerals used in clean energy, technology, artificial intelligence, and data centers. While economic opportunities exist, I believe development must never come at the expense of our lands and waters. I expressed that First Nations must be involved in decision-making from the start, with our rights, knowledge, and environmental responsibilities respected throughout the entire process. For Akwesasne, protecting our waterways, fish, wildlife, and future generations will always remain a priority and data centers are not the way.

The Building Ontario Fund presented on financing options that support First Nation participation in major infrastructure and resource projects. There was discussion about increasing Indigenous ownership and equity in projects rather than simply being consulted, we also heard about the Buy Ontario procurement strategy and how Indigenous businesses can be better included in government purchasing opportunities.

The Ontario Securities Commission also shared its Truth and Reconciliation Action Plan, which focuses on increasing Indigenous participation in capital markets, improving financial literacy, and building stronger relationships with First Nations. Leaders emphasized that Indigenous voices, values, and ways of knowing must be reflected in these initiatives, and that capacity building is essential so our communities can fully participate in these opportunities.

Nia:wen for taking the time to read my report, I truly appreciate your continued support and the opportunity to be there for the Tsi Snaihne District I represent and Akwesasne. I hope you and your family have a safe, relaxing, and enjoyable summer. Take time to make memories, enjoy our beautiful community, and I look forward to connecting with you again soon.

SOCIAL MEDIA CONNECTION



FACEBOOK STATS

Facebook Posts with the Most Likes in July

- 1. Stories, Smiles & Signatures with Jordin Tootoo
- 2. MCA Celebrates Employee Milestones at Long Service Recognition & Retirement Awards
- 3. Meet & Greet with Hometown Hero Carey Terrance Jr.
- 4. Mind Over Matter: Stories of Hockey, Hope & Strength
- 5. Ontario Lacrosse Association Provincial Tournament Support (Graphic)

Facebook Posts with the Highest Reach in July

- 1. Jordin Tootoo is in Town (Live Video) — 52,932 Reached
- 2. Stories, Smiles & Signatures with Jordin Tootoo — 28,585 Reached
- 3. Watch Jordin Tootoo’s Story on the Big Screen — 28,526 Reached
- 4. Meet & Greet with Hometown Hero Carey Terrance Jr. — 21,370 Reached
- 5. Severe Thunderstorm Watch & Risk of Tornado — 17,229 Reached



X STATS

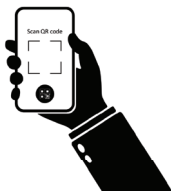
Top Post in July



YOUTUBE STATS

Highest Viewed Video on the MCA YouTube Channel for July

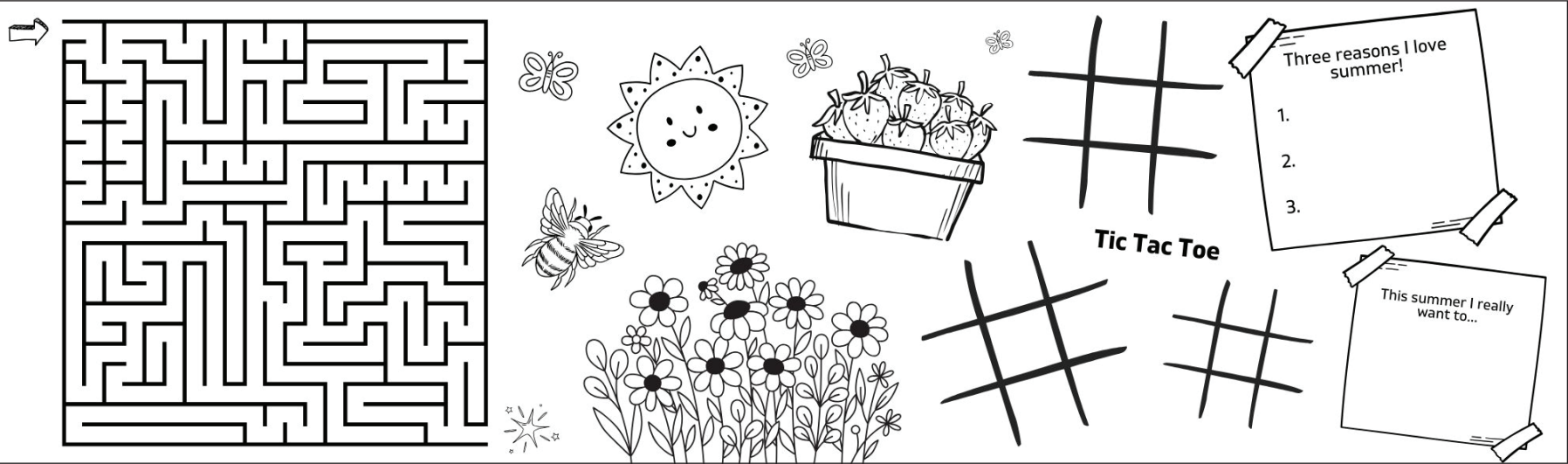
Avatar the Last Airbender Season 2 Screening



Scan QR Code to view video!

To view more videos, please visit:
www.youtube.com/MohawkCouncilofAkwasasne

CHILDREN'S PAGE



COLOR THE BEACH SCENERY



YOU'VE GOT TO BE KIDDING ME!

What do you call an ice cream cone that tells jokes? A pun-dae!

What did the ocean say to the shore? Nothing. It just waved!

What do you call a bear with no teeth? A gummy bear.

SUMMER Bucket List

- | | | | |
|--|---|---|--|
| | ☐ FAMILY HIKE | ☐ GO BOWLING | |
| | ☐ GO CAMPING | ☐ LEGO BUILDING | |
| | ☐ MAKE LEMONADE | ☐ ROAD TRIP | |
| | ☐ BIKE RIDE | ☐ VISIT GRANDPARENTS | |
| | ☐ GO TO BEACH | ☐ PICNIC LUNCH | |
| | ☐ GO FOR ICE CREAM | ☐ MOVIE NIGHT | |
| | ☐ SIDE WALK CHALK | ☐ BLOW BUBBLES | |
| | ☐ STAR GAZING | ☐ ART AND CRAFT | |
| | ☐ PLANT FLOWERS | ☐ GET DONUTS | |
| | ☐ READ A BOOK | ☐ PIZZA NIGHT | |
| | ☐ WATCH FIREWORKS | ☐ WATER BALLOONS | |
| | ☐ BAKING DAY | ☐ FEED THE DUCKS | |
| | ☐ BUILD A FORT | ☐ EAT POPSICLES | |
| | ☐ GO FISHING | ☐ GO SWIMMING | |
| | ☐ PLAY CARDS | ☐ GO TO WATERPARK | |
| | ☐ GO TO A FAIR | ☐ SPLASH PAD | |
| | ☐ PAINT ROCKS | ☐ FARMERS MARKET | |
| | ☐ LAWN GAMES | ☐ FLY KITES | |
| | ☐ GO TO THE PARK | ☐ VISIT A MUSEUM | |
| | ☐ FAMILY BBQ | ☐ SUMMER FESTIVAL | |
| | ☐ DO A PUZZLE | ☐ GO BOATING | |
| | ☐ PLAY MINI GOLF | ☐ MAKE S'MORES | |
| | ☐ OUTDOOR MOVIE | ☐ WATCH SUNSET | |

OFFICE OF VITAL STATISTICS



OFFICE OF VITAL STATISTICS

Services provided by OVS:



Indian Status



Lands



Estates



Membership/Residency



Leasing



CIA #3 Building
101 Tewesateni Road (Kawehno:ke)
Akwesasne, ON K6H 0G5

Tel: 613-575-2250 ext. 1013
Email: ovs.office@akwesasne.ca

OFFICE OF VITAL STATISTICS

CALL FOR LOGO CONTESTS — AKWESASNE MEMBERSHIP BOARD

The Mohawk Council of Akwesasne's Office of Vital Statistics (OVS) is inviting Akwesasne artists and creators to submit original logo concepts for the Akwesasne Membership Board.

Submissions should focus on original design concepts rather than completed artwork and may include hand-drawn sketches, digital concept sketches, and/or a written description of the proposed design.

One finalist will be selected to collaborate with OVS to develop the official logo for the Akwesasne Membership Board and will receive \$1,000 upon completion of the final design.

Submission Deadline: Friday, September 11, 2026 at 4:00 p.m.

BACKGROUND:

Our current logo has proudly represented the Board for approximately 35 years, and we are looking for a fresh visual identity that reflects the Board's important role within the community. The Akwesasne Membership Board is an independent decision-making body elected across our three districts (Kawehno:ke, Kaná:takon, and Tsi Snaihne). The Board's core responsibility is to uphold the Akwesasne Membership Code (enacted in 1987) and the Akwesasne Residency Law. Through these laws, the Board exercises Akwesasne's inherent sovereignty and self-determination to define our own citizenship, protect our lineage, regulate residency, and preserve the cultural and political integrity of our territory.

RULES & SUBMISSION GUIDELINES:

Eligibility

- Open to all Akwesasne community members.

Original Concepts

- All submissions must be the entrant's original work.
- Submissions may include hand-drawn sketches, digital concept sketches, and/or written descriptions of a logo concept.
- Stock artwork, traced artwork, and AI-generated images are not permitted.

Design Considerations

- Concepts should reflect the role, purpose, and values of the Akwesasne Membership Board.
- Artists should keep in mind that the final logo will need to be professionally developed for a variety of applications, including letterhead, official documents, websites, social media, and exterior signage.
- The final logo must be effective at both small and large sizes and remain recognizable in full colour, solid black, and solid white.

Selection Process

- The Office of Vital Statistics will review all submissions.
- The Office of Vital Statistics (OVS) reserves the right not to select a finalist if no submission sufficiently meets the objectives of the callout. All decisions of the OVS selection committee are final.
- One finalist will be selected based on the strength of their concept and invited to collaborate with the Office of Vital Statistics to develop a finalized logo design.
- The selected finalist may be asked to make reasonable revisions to the concept during the logo development process in collaboration with the Office of Vital Statistics.

Compensation

- The selected finalist will receive \$1,000 upon completion of the final logo concept developed in collaboration with the Office of Vital Statistics.
- The finalist must sign a Copyright Transfer Agreement, assigning ownership of the final logo to the Office of Vital Statistics, before the compensation is released.

Ownership & Rights

- By submitting an entry, participants acknowledge that, if selected, they will work with the Office of Vital Statistics to refine their concept into the final logo.
- Upon acceptance of the final logo and execution of the Copyright Transfer Agreement, all copyright and ownership of the completed logo will belong exclusively to the Office of Vital Statistics.

How to Submit

1. Submit your concept by email, postal mail or hand-delivered in a sealed envelope to:

Attention: Nola Benedict, Executive Assistant
Office of Vital Statistics
Mohawk Council of Akwesasne
101 Tewesateni Road
Akwesasne, Ontario K6H 0G5
Email: nbenedict.ovs@akwesasne.ca

2. Include: Your full name, phone number, and email address
3. Include a brief description (approximately one paragraph) explaining: The inspiration behind your concept, any cultural significance or symbolism, and how your concept represents the Akwesasne Membership Board.

Submit concepts and information listed above by the deadline of Friday, September 11, 2026 at 4:00 p.m.

AKWESASNE JUSTICE DEPARTMENT

MEET THE JUSTICE LEAGUE

AKWESASNE JUSTICE DEPARTMENT SUMMER STUDENTS



KAYAH PAPINEAU
Akwesasne Justice Department College Summer Student

Hello, my name is Kayah Papineau, and I am the Justice Department's new Summer Student. I am currently attending Algonquin College in Ottawa, where I completed a Human Services Foundations Certificate, which led me into the Community and Justice Services program that I am currently enrolled in.

I am anticipating graduating with my Community and Justice Services diploma in the fall of 2027. My future aspirations after graduating are to take a gap year to focus and gain more experience in the field before returning to university to pursue a degree in Criminology. I am also an aspiring Gladue writer and hope to become a support worker who assists individuals in navigating the court system.

In my free time, aside from working, I enjoy playing golf and volleyball. On nice days, I like spending time on the river boating or exploring new walking trails with friends.

I am very honoured to be working here and to have the opportunity to further develop my knowledge and experience. I believe this position will help me grow professionally while allowing me to contribute to the community and support others.



PATIENCE ARQUETTE
Akwesasne Justice Department High School Summer Student

Hello, my name is Patience Arquette. I am 15 years old and was born and raised in Akwesasne my entire life. This summer, I am working as an intern through the MCA Summer Student Program. I currently attend Salmon River Central School and have been a student there since the 7th grade.

I enjoy staying involved in school activities and am a member of the school's Mohawk Club, where we participate in trips, hold bake sales, and organize community socials. I also work hard to maintain my academics by staying after school when needed, asking for extra help, and studying whenever I have the opportunity.

As an intern, I hope to gain guidance for my future career and learn how to be a stronger leader when working as part of a team. I would also like to expand my knowledge of working with customers, organizing files and binders, and following instructions in a professional setting. One of the things I am most interested in learning is how to help organize community events and assist with hosting them.

Looking toward the future, I hope to attend a two-year Kanieh:keha language program after graduating from high school and possibly pursue a career related to language revitalization. Another career path I have considered is studying meteorology in college. Combining both of these interests, I would one day love to teach people about meteorology in Kanieh:keha through my own class.

Over the past eight to nine years, I have stayed active by participating in sports such as flag football, soccer, T-ball, softball, and volleyball. Volleyball has been my main sport for the past two to three years, and I hope to continue pursuing my passion for the game.

In my free time, I enjoy kayaking, whether it is early in the morning or later in the evening. I also help my mother cut prints, sometimes just to stay busy and other times to earn a little extra money. I enjoy volunteering at workshops and community events whenever the opportunity is available.

I am excited to learn as much as I can during my time with the Akwesasne Justice Department and to take the lessons I learn with me into the future.

AKWESASNE JUSTICE DEPARTMENT

MEET THE JUSTICE LEAGUE

AKWESASNE JUSTICE DEPARTMENT SUMMER STUDENTS



ANTHONY TILLMAN JR.
Akwesasne Justice Department High School Summer Student

Hi! My name is Anthony Tillman, but I prefer to go by Wayne. I am a student at Massena Central High School and a proud honor roll student who enjoys staying involved both in and out of school. I am a member of the Student Council and Link Crew, and I also help manage the Massena Girls Varsity Volleyball team. In my free time, I enjoy playing volleyball, spending time with friends, and staying active both in and out of the gym.

I am excited to work as an Office Assistant because I want to learn more about how an office operates, strengthen my communication and organizational skills, and gain experience in a professional work environment. I believe this opportunity will help me grow both personally and professionally. In the future, I hope to pursue a career in sports management or communications, where I can combine my passion for volleyball with my interest in helping and working with others.

I am looking forward to learning as much as I can through this experience, and I am very grateful for this opportunity.

BOAT AND ATV REGISTRATIONS AVAILABLE AT THE JUSTICE DEPARTMENT

The Akwesasne Justice Department main reception desk is here to assist you with registering your boat, watercraft or ATV. Before you come visit us at 45 Johnson Road in Kaná:takon, please make sure to bring the following with you:

For a boat or watercraft:

- A picture of your boat or watercraft
- The bill of sale
- A copy of your status card (front and back)
- \$50.00 Registration fee per vessel
- Application specs. (listed below)

Boat - Year, model name, color, type, serial #, length, breadth, depth, and weight.

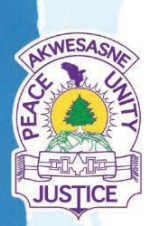
Motor - Type, year, horsepower, color, model name, and serial #.

For an All-Terrain Vehicle (ATV):

- Driver's license
- Insurance information if applicable
- \$25.00 Registration fee
- Applications specs. (listed below)

ATV - Vehicle Identification Number (VIN), year, company name, model name, body type, cylinders, empty weight, color, engine power, and model type.

If you have any questions, please contact the Justice Department at 613-575-2250 ext. 2240. Happy boating!



CONTACT THE AKWESASNE JUSTICE DEPARTMENT TO

REGISTER YOUR BOAT OR ATV TODAY!

613-575-2250 EXT. 2240



DEPARTMENT OF HEALTH

DOH CLINICAL CARE SERVICES · SECTOR 4: INTEGRATED SERVICES ADVANCED DIABETIC FOOT CARE

THIS MONTH'S TOPIC: Tips for a Great Pair of Shoes!

While flip-flops are comfortable, they are not ideal for supporting proper body alignment or foot health. Most flip-flops provide little to no arch support, and your toes naturally grip the toe post to keep the sandal in place. Over time, this altered walking pattern may affect your gait and overall body alignment, and it can also contribute to foot problems such as ingrown toenails.

Crocs are also a very popular footwear choice; however, the rubber material can trap heat and moisture in hot weather. This may increase the risk of fungal infections, including athlete's foot and fungal toenails.

Tips for a great shoe fit:

1. Go to a shoe store that measures your feet and wear the type of socks you will use for the specific activity.
2. Select shoes that match the shape of your foot (for example: high arch, flat arch or neutral arch).
3. Avoid trying on shoes in the morning. Your feet naturally swell throughout the day, shoes that fit well in the morning may feel too tight by evening. Shopping later in the day can help ensure a more comfortable fit.
4. Allow space 3/8" to 1/2" at the end of your shoe for your longest toe.
5. Make sure the widest part of your foot (the ball) fits comfortably.
6. Inserts or orthotics will affect the way a shoe fits. Make sure you bring these with you when trying on shoes.
7. If you have flat arches, high arches or a wide shoe

box (your toes get wider at the end), sore backs or knees, you should get custom inserts and shoes done. We can help you with that!

Different kinds of shoes for different kinds of activities:

- Running shoes gives smooth transitions and cushioning.
- Trails shoes focus on grip, protection and stability on uneven terrains.
- Cross training shoes emphasize lower profile and lateral stability.
- Walking shoes are built for durability, support and all-day comfort.

Have any questions give us a call. We can help assist you with a referral for custom shoes and orthotics!

Book an appointment with us:

Foot care services are available at two convenient locations: Kanonhkwa'tsheri:io Health Facility in Kana:takon and Tsiionkwanonhso:te Long-Term Care Facility on Kawehno:ke.

For questions or to book an appointment, please contact MCA Integrated Services/Diabetes at 613-575-2341 ext. 3247.



Healthy feet are the foundation of good health.

Make an appointment with us today!

CLINICAL CARE SERVICES | INTEGRATED SERVICES
ADVANCED DIABETIC FOOT CARE

613-575-2341 ext. 3247

DEPARTMENT OF HEALTH

AVATAR RETURNS TO AKWESASNE: LAND-BASED HEALING PROGRAM HOSTS SPECIAL SEASON 2 SCREENING

For the second year in a row, the Mohawk Council of Akwesasne's Land-Based Healing Program, in partnership with the family of Kiawentiio Tarbell, brought the community together for a special screening event celebrating Avatar: The Last Airbender — an evening where storytelling and community came together in perfect balance.

Community members gathered at Aultsville Theatre to watch the first episode of Season 2 before being treated to an exciting surprise. Joining Akwesasne's own Kiawentiio Tarbell, who portrays Katara, were fellow cast members Gordon Cormier (Aang), Ian Ousley (Sokka), and Dallas Liu (Prince Zuko), much to the delight of fans of all ages.

The evening was expertly emceed by CKON Radio's Reen Cook, who kept the audience entertained with fun and engaging questions about the cast's filming experiences and their visit to Akwesasne. Guests learned everything from their favorite moments on set to their favorite ice cream flavours from Sweet Treats!

Following the discussion, community members had the opportunity to ask their own questions before meeting the cast for photos, creating lasting memories for everyone in attendance.

It was an incredible evening for Akwesasne, and our community continues to take great pride in Kiawentiio, her accomplishments, and the remarkable work she is doing on the international stage.

If you haven't already, be sure to check out Season 2 of Avatar: The Last Airbender, now streaming on Netflix!



DEPARTMENT OF HEALTH

RABIES REMINDER: HELP PROTECT YOUR FAMILY, PETS, AND LIVESTOCK

The MCA Department of Health is reminding community members to remain vigilant as reports of rabies continue to occur in the surrounding region. Quebec Health has recently placed Akwesasne in a high geographic risk for Rabies.

This reminder comes following a previously confirmed cases of rabies in the southern portion of Akwesasne. These incidents highlight that rabies remains present in the region and reinforce the importance of taking precautions to protect yourself, your family, your pets, and your livestock.

Rabies is a contagious and fatal disease that affects all mammals and can be transmitted from infected animals to humans through bites, scratches, or contact with saliva. While raccoon rabies is a concern, other variants of the virus are also found in wildlife such as bats, foxes, and skunks. For this reason, caution should always be exercised around all wild and unfamiliar domestic animals.

Community members are encouraged to help reduce the risk of rabies by following these safety tips:

- Keep pets and livestock up to date on their rabies vaccinations, including indoor cats.
- Supervise pets while they are outdoors and feed them indoors whenever possible.

- Never approach or handle unknown wild or domestic animals, even if they appear friendly or injured.
- Never touch an animal carcass with your bare hands.
- Wash any bite or scratch immediately with soap and water and seek medical attention as soon as possible if you have been exposed to a potentially rabid animal.
- Reduce wildlife attractants by securing garbage, compost, birdseed, and pet food.
- Do not relocate nuisance wildlife or animals that appear to be orphaned, as relocating animals can spread diseases such as rabies to new areas.

If an exposure to rabies occurs, such as a bite, scratch (break in skin) or mucous membrane comes in contact with animal saliva, please go to your nearest hospital emergency room as quickly as possible for an assessment with a health care provider and to discuss Rabies Post Exposure Prophylaxis (RPEP).

By remaining aware and taking simple precautions, we can help protect our families, our pets, our livestock, and our community.

DEPARTMENT OF HEALTH

Akwesasne Non-Insured Health Benefits:
613-575-2341 ext. 3340

Community Health Services:
613-575-2341 ext. 3220

Jordan's Principle:
613-575-2341 ext. 2652

Addiction & Mental Health Services:
613-575-2341 ext. 3115

Land-Based Healing:
613-575-2341

Sahatiha'hará:ne Detox Center:
613-932-5050

Traditional Medicine:
613-575-2341 ext. 3100

Akwesasne Medical Clinic:
613-575-2341 ext. 3215

Kawehno:ke Medical Clinic:
613-932-5808

Home & Community Care:
613-575-2341 ext. 1618

Elder Services:
613-575-2341 ext. 1661

Iakhihsohtha Lodge:
613-575-2507

Tsiionkwanonhso:te Long-Term Care:
613-932-1409



DEPARTMENT OF HEALTH

SUMMER GATHERINGS : SMART CHOICES, PLANNING AHEAD & GRILLING WELL

Summer is a time for gatherings in Akwesasne; family BBQs, community events, and celebrations with friends and loved ones. Food is an important part of these moments, and with a little planning, you can enjoy everything summer has to offer while still supporting your health.

PLAN AHEAD FOR GATHERINGS

Summer events are often less structured, making it easy to skip meals and arrive overly hungry. A little planning can help you feel more in control, enjoy your favorite foods, and avoid overeating.

Before you head out:

- Eat a small balanced meal or snack, such as:
 - » Yogurt with fruit
 - » An apple with a handful of nuts
 - » Veggies with hummus
 - » A small handful of trail mix
- Offer to bring a dish that includes plenty of vegetables.
- Bring a reusable water bottle, especially for outdoor events.

These simple habits can help keep your energy steady and make it easier to enjoy the gathering without feeling overly hungry.

BE THE ONE WHO BRINGS THE VEGGIES

One of the easiest ways to support your health, and contribute something everyone can enjoy, is to bring a vegetable-focused dish.

Great options include:

- Greek salad or garden salad
- Coleslaw made with a light vinaigrette
- Bean salad
- Pasta/quinoa/barley based salad loaded with vegetables
- Grilled vegetables (zucchini, peppers, mushrooms, onions, corn)
- Veggie trays with hummus or yogurt-based dip (ex. tzatziki)

A simple strategy:

- Put out the vegetables while the grill is heating up.
- Fill about half your plate with vegetables before adding the rest of your meal.

Starting with vegetables helps increase fibre intake, promotes fullness, and can support steadier blood sugar levels.

GRILL SMART: HEALTHY & SAFE BBQ TIPS

Grilling is one of the best parts of summer and a great way to prepare delicious, balanced meals. A little preparation and a few food safety tips can make grilling healthier and easier.

MAKE BBQ PREP EASY

Before your guests arrive:

- Marinate meats ahead of time using oil, vinegar or citrus juice, herbs, and spices.
- Wash and cut vegetables in advance or assemble skewers.
- Portion proteins before grilling.

Preparing ahead reduces last-minute stress and helps foods cook more evenly.

BUILD A BALANCED BBQ PLATE

Aim to include:

- **Protein:** Grilled chicken, fish, shrimp, lean meats, tofu, or veggie burgers
- **Vegetables:** Grilled or fresh (aim for half your plate)
- **Whole Grains or Starch:** Corn on the cob, potatoes, rice, whole grains, or a bun

Meal ideas:

- Burger with a large salad and corn on the cob
- Grilled chicken with roasted vegetables and a small serving of potato salad
- Chicken or tofu-vegetable kebabs served with a veggie-packed grain salad (ex. Greek quinoa salad)

GRILL SAFETY

A few simple cooking techniques can help reduce potentially harmful compounds that form when food becomes heavily charred.

- Cook over medium rather than very high heat.
- Flip foods regularly.
- Avoid excessive charring.
- Trim excess fat to reduce flare-ups.
- Keep foods away from direct flames whenever possible.

QUICK TIPS FOR SUMMER GATHERINGS

- Don't arrive overly hungry.
- Bring a dish that adds balance.
- Start your meal with vegetables.
- Stay hydrated.
- Focus on the people around you; food is just one part of the celebration.

Summer gatherings are about connection, culture, and making memories with family and friends. With a little planning and a few mindful choices, especially around grilling and balanced meals, you can enjoy the season while supporting your energy, blood sugar, and overall health.

Article brought to you by the MCA Department of Health's Sector 4: Clinical Care, Integrated Services Registered Dietitian.

DEPARTMENT OF COMMUNITY & SOCIAL SERVICES

WHEN SUPPORT IS NEEDED: MCA PROGRAMS ARE HERE TO HELP

The Mohawk Council of Akwesasne (MCA) is committed to supporting community members experiencing housing instability, homelessness, mental health challenges, and other barriers to well-being.

While support and services are available, participation is always voluntary. Individuals have the right to choose whether or not to access available programs and assistance.

COMMUNITY PROGRAMS & SERVICES AVAILABLE:

Akwesasne Child & Family Services (ACFS)

- Support for caregivers and families with children.
- Emergency hotel stays and basic needs assistance through voluntary prevention services for families.
- Connection to services and supports that help strengthen family well-being.

Mental Health and Wellness Services

- Addictions services and supports.
- Mental health services and counselling.
- Referrals and ongoing support.

Akwesasne Family Wellness Program (AFWP)

- Support for victims of intimate partner violence and their children.
- Emergency shelter stays.
- Assistance with housing and income support applications.
- Transitional housing and ongoing safety planning.

Community Support Program (CSP)

- Emergency hotel stays and food assistance for individuals experiencing housing instability.

- Support with income assistance applications within MCA's jurisdictional territory.
- Assistance with employment and education goals for active CSP clients.
- Referrals to appropriate community programs and services.

WORKING TOGETHER TO SUPPORT COMMUNITY MEMBERS:

The Community Support Program (CSP) and Akwesasne Child & Family Services (ACFS) work collaboratively to ensure community members receive the most appropriate support. CSP primarily assists individuals, while families requiring emergency housing support are referred to ACFS.

OUTREACH IN ACTION:

Staff from Community Support and Addictions & Mental Health regularly visit temporary housing sites in Cornwall to connect with community members, provide information, and offer support.

MCA leadership, Directors, and Program Managers also meet regularly with City of Cornwall staff to identify challenges, collaborate on solutions, and strengthen support for community members residing in Cornwall.

HOW YOU CAN HELP:

If you know someone who may need support, contact MCA. Our staff can help connect individuals and families with the programs and services that best meet their needs.

Find more information at:
www.akwesasne.ca/services

DEPARTMENT OF COMMUNITY & SOCIAL SERVICES

DCSS WELCOMES NEW COMMUNICATIONS OFFICER, AUTUMN BENEDICT



The MCA Department of Community & Social Services (DCSS) is pleased to welcome Autumn Benedict as its new Communications Officer.

Autumn has been a valued member of the MCA Department of Communications team since February 2025, where she served in an acting capacity and supported the organization through event coverage, multimedia storytelling, and digital communications. In her new role with DCSS, Autumn will provide dedicated communications support to programs within the department, including Akwesasne Child & Family Services, Akwesasne Family Wellness Program, and the Community Support Program.

A lifelong member of Akwesasne, Autumn is the daughter of Tony and Jill Benedict. She attended Salmon River High School before continuing her education at Buffalo State University, where she earned a Bachelor of Arts in Media Production with a minor in Indigenous Studies in 2025.

During her time with the Department of Communications, Autumn has captured and shared stories that highlighted MCA's culture, community, programs, and events through photography, videography, and engaging digital content. Her creativity, storytelling skills, and passion for community engagement will continue to be valuable assets as she supports DCSS and the important work of its programs.

Please join us in congratulating Autumn on her new role and welcoming her to the DCSS team!

LOVE WINS: 2SLGBTQIA+ BEACH DAY

In June, the 2SLGBTQIA+ Beach Day was a wonderful afternoon of fun, sun, and celebration. Friends, families, and allies gathered at Barnhart Beach to enjoy a welcoming space where everyone could come together, be themselves, and celebrate Pride Month.

Nia:wen to everyone who joined the Akwesasne Family Wellness Program for this special event. The day was filled with great company, plenty of laughter, beautiful weather, and delicious food enjoyed by all.

A sincere thank you to everyone who helped make the event possible. Your support, dedication, and contributions helped create a positive environment where all felt welcomed and valued.



DEPARTMENT OF COMMUNITY & SOCIAL SERVICES

MCA SPECIAL NEEDS PROGRAM FREQUENTLY ASKED QUESTIONS

The MCA Department of Community & Social Services' Special Needs Program has responded to community questions regarding the program's services.

Please see the FAQ's below for answers to the most commonly asked questions, including information on eligibility, covered and non-covered supports, the application process, appeals, ongoing funding, and who to contact for additional assistance.

What is the Special Needs Program?

Under the Mohawk Council of Akwesasne's Department of Community & Social Services (DCSS), the Special Needs Program supports Akwesasne community members with disabilities or developmental needs by providing financial assistance for eligible services, supports, equipment, and adaptations that improve quality of life, safety and daily functions.

What does "Special Needs" mean within DCSS?

Within the Department of Community & Social Services, Special Needs refers to children, youth, adults, and Elders who require additional support due to:

- Developmental or cognitive disabilities
- Physical disabilities or medically complex conditions
- Mental health or behavioural needs that affect daily functioning
- Age-related limitations requiring extra care

What type of supports are covered?

- Home accessibility modifications (ramps, accessible bathrooms, widened doorways)
- Vehicle accessibility adaptations (wheelchair lifts, adaptive seating)
- Specialized therapies (speech, occupational, physiotherapy)

- Sensory equipment and adaptive technology
 - Medical equipment and specialized supplies
 - Respite support for caregivers
 - Specialized educational and behavioral supports
- Please refer to the policy for the full eligibility overviews.*

What type of supports are not covered?

- Vehicle purchases, repairs, or maintenance
- Home construction or general home repairs
- Generators
- Large household furnishings
- Items already funded by insurance, government programs, MCA programs, or Jordan's Principle
- Dietician or nutritional services
- General family expenses (food, clothing, non-medical travel)
- Toys or electronics without a professional recommendation

Who reviews the applications?

- Applications are submitted to the Special Needs Program Manager and DCSS Director for review
- Applications are checked to ensure all required information and documents are complete
- Some requests may be approved immediately
- Other requests may be reviewed by the Special Needs Fund Committee at the next scheduled meeting
- Urgent requests may be reviewed sooner if immediate consideration is required
- Applicants will be notified of the Committee's decision by the Special Needs Program

DEPARTMENT OF COMMUNITY & SOCIAL SERVICES

MCA SPECIAL NEEDS PROGRAM FREQUENTLY ASKED QUESTIONS

How do I apply?

Applications can be accessed through the DCSS Administration Office and the MCA Community Portal.

You will need to submit:

- A completed Special Needs Application form
- Must provide medical or clinical documentation
- Must provide quote or invoice for the service or invoice for the service or equipment requested
- Any additional documents outlined in the policy

How long is the application process?

Processing times vary depending on the completeness of your application and volume of requests. Applicants are encouraged to submit all documents together to avoid delays.

Can I reapply if my request is denied?

Yes, through an appeal form. An appeal form can be submitted to the committee with additional information to further support your application. This is recommended so the committee has full understanding of the request.

Is there an appeal process?

Yes. Appeals must be submitted in writing and are reviewed by the designated committee or administrative authority responsible for the program's appeals. Contact the Special Needs Program Office for an appeal form.

Does the program cover ongoing needs?

Yes. The Special Needs Program can cover approved partnership costs — including services or equipment purchased through approved vendors (such as mobility or accessibility providers) — as well as annual

respite care approved by the committee.

Does the program offer day programming or respite programs?

At this time, dedicated day programs are not available. Day programming is included in the program's future action plan, pending administrative steps and resource development. Respite support may be available depending on funding.

Is there a digital copy of the application available?

Yes. The Mohawk Council of Akwesasne has a fillable PDF version for the Special Needs Program application available to the community. Please visit: www.akwesasne.ca/services/dcass/special-needs/

Who do I contact for more information?

Alicia Hill
Program Manager
MCA Special Needs Program
alicia.hill@akwesasne.ca
613-575-2341 ext. 3305

Mindy Thompson
Administrative Assistant
MCA Special Needs Program
mindy.thompson@akwesasne.ca
613-575-2341 ext. 3308

Office Location
Kanonhkwa'tsheri:io Health Facility
31 Hilltop Drive | Kaná:takon
Akwesasne, QC H0M 1A0
Located: Third Floor



LEARN HOW TO CREATE A PLASTIC-FREE HOUSEHOLD

During the month of July, the MCA Environment Program held a Plastic-Free July campaign, promoting simple swaps you can make in your daily routine to help transition to a plastic-free lifestyle — without the stress! Check out their tips below and learn how you can say goodbye to single-use plastics.

1. Take Notice

Don't start swapping anything yet.

Start by paying attention to what you're throwing away for a few days. Get to know what your waste looks like so that, when you're ready to make swaps, you can make changes that make the most sense for you.

What shows up the most? What's unavoidable? What's just habit?

2. Swap the Easy Ones

Start with low-effort swaps.

This might mean bringing your own bags when you go to the store, choosing loose produce over packaged produce, keeping reusable straws and utensils in your bag or car, or refilling your soap.

3. Choose to Reuse

Choose to reuse what you already own instead of simply switching to "eco" items. Remember going plastic-free isn't as impactful if your swap is still single-use.

For example, instead of swapping out single-use plas-

tic cutlery for bamboo or biodegradable single-use cutlery, dine in when possible or keep a reusable set with you while you're on the go.

Focus on replacing plastic with products that are durable and can be reused again and again.

4. Rethink Convenience

Plastic waste can increase dramatically in a lifestyle based on speed and convenience, such as fast fashion and takeout containers.

Sometimes slowing down is the most impactful thing you can do to challenge the plastic culture we live in.

However, slowing down isn't always easy or practical. If you're on the go, be prepared and plan ahead. This way you don't get stuck having to use single-use plastics.

5. You're Doing Great, Keep Going!

Whether you have been passionately reducing your plastic use for years or if you're new to the journey, we are so proud of you!

Never stop learning, asking questions, and challenging the predominance of plastic in Akwesasne and around the world. Our choices and actions have real, lasting impacts. By staying informed, we can make better choices for the environment and our community.

Let's work together to keep Akwesasne clean and healthy!

ENVIRONMENT PROGRAM

613-575-2250 ext. 1038

613-938-6760 (Fax)

www.facebook.com/mca.environment

Contact Us!

FISHING FOR KNOWLEDGE, CASTING CONNECTIONS

On July 8 and 9, the MCA Environment Program welcomed Akwesasró:non to Learn to Fish Akwesasne in the beautiful district of Tsi Snaihne!

This free, two-day hands-on learning experience brought community members and families together to explore fishing techniques, environmental stewardship, and traditional knowledge connected to our waterways.

Participants had the opportunity to learn shoreline fishing techniques, try their hand at lure-making and

knot tying, take part in fish filleting demonstrations, and learn about local fish species. A Kanien'kéha speaker was also present throughout the event to provide language support and cultural insight, helping to strengthen our connection to traditional knowledge, language, and the land and waters.

Nia:wen to everyone who joined us and helped make Learn to Fish Akwesasne a success. This event was a great catch of culture, connection, and community — creating memories and sharing knowledge that will continue to flow for generations.



AKWESASNE MOHAWK POLICE SERVICE

COMMUNITY SAFETY NOTICE AT SHORELINES

The Akwesasne Mohawk Police Service (AMPS) has increased patrols in and around "The Point" for the summer months to help provide reassurance to families and support a safe, welcoming environment for everyone enjoying our community spaces.

As the summer season continues, we encourage everyone to do their part by respecting these shared public areas. Please be mindful of others, dispose of garbage properly, keep noise to a reasonable level, and help ensure these spaces remain safe and enjoyable for families, children, Elders.

Important Safety Reminder

Akwesasne Mohawk Police Service (AMPS) has also received reports of children swimming at the Kana:takon Recreation Beach, which remains an active construction site. For everyone's safety, this area is not yet open to the public and should not be used for swimming or recreational activities until construction has been completed and the area has been officially opened.

We ask parents and guardians to speak with their children about the dangers of entering construction zones and to help us keep everyone safe.

As families enjoy Akwesasne's beaches and water-

front areas this summer, AMPS encourages parents, guardians, and caregivers to actively supervise children at all times while they are near or in the water. Children should always remain within sight of a responsible adult, and younger children should be kept within arm's reach when they are in or near the water.

Nia:wen for your continued cooperation in making Akwesasne a safe and respectful community for all.

The Akwesasne Mohawk Police Service remains committed to focusing its efforts on the safety and well-being of our community. We encourage community support and involvement to report any suspected criminal activities. Anyone with information that would assist in any type of investigation can call Central Dispatch at 613-575-2000.



Kana:takon Recreation Beach

AKWESASNE MOHAWK POLICE SERVICE

- Non-Emergency Phone: **613-575-2250**
- Emergency Phone: **613-575-2000**
- Email: info.amps@akwesasne.ca



AKWESASNE MOHAWK POLICE SERVICE

SAFE BOATING THROUGHOUT THE SUMMER SEASON

The Akwesasne Mohawk Police Service (AMPS) is reminding all boaters to operate vessels safely and responsibly as marine traffic increases throughout the summer months.

AMPS Marine Patrol members will be conducting vessel safety checks, public education initiatives, impaired operation enforcement, and cross-border marine patrols throughout the waterways in accordance with the Akwesasne Small Vessels Act and the Canada Shipping Act. The safety of families, community members, and visitors remains our highest priority.

Boat operators are responsible for ensuring their vessel is operated safely at all times. This includes:

- Operating at a safe speed appropriate for weather and water conditions
- Maintaining a proper lookout
- Avoiding excessive wake near docks, swimmers, and smaller vessels
- Ensuring passengers are seated safely
- Never operating a vessel while impaired by alcohol or drugs
- Carrying all required safety equipment
- Ensuring required documentation is on board, including proof of competency

Pleasure Craft Operator Card (PCOC)

Under Canadian law, operators of motorized pleasure craft are required to carry proof of competency. The most common form is a Pleasure Craft Operator Card (PCOC). Anyone operating a powered recreational vessel in Canadian waters must carry valid proof of competency and have it readily available while operating the vessel.

Boating safety certification courses are available on-

line through Transport Canada–accredited providers. More information can be found through Transport Canada's Office of Boating Safety at: canadaboat-safety.com

Operators are encouraged to complete certification prior to operating a vessel and to carry their proof of competency while on the water.

Required Safety Equipment

Under Canadian boating regulations, most pleasure craft are required to carry:

- One approved lifejacket or personal flotation device (PFD) per person on board
- A buoyant heaving line
- A manual propelling device or anchor with sufficient rope
- A sound-signalling device (such as a whistle)
- Navigation lights when operating between sunset and sunrise or in reduced visibility
- A waterproof flashlight
- Fire extinguisher(s), where required
- Visual distress signals, where required based on vessel size and type

Operators are encouraged to inspect all safety equipment before launching and ensure lifejackets are properly fitted and readily accessible.

The Akwesasne Mohawk Police Service remains committed to focusing its efforts on the safety and well-being of our community. We encourage community support and involvement to report any suspected criminal activities. Anyone with information that would assist in any type of investigation can call Central Dispatch at 613-575-2000.



Save the Date: MCA SERVICE DAY

Your Community. Your Services.

The Mohawk Council of Akwesasne invites community members to MCA Service Day – a convenient opportunity to access a variety of MCA services, programs, applications, and resources in one location during extended hours!



THURSDAY, AUGUST 20, 2026



2:00–6:00 PM



A'NOWARA'KÓ:WA ARENA

- Boat & ATV Registration • Status Card Applications • Green Food Bag Sign-Up
- Voter Registration • Employment Applications • Post-Secondary Funding
- Notary Services • Special Needs Fund Applications • Open Call Outs ...and much more!



MCA ENVIRONMENT PROGRAM

E-WASTE DRIVE

Have old electronics laying around? Don't know where to get rid of them?

Bring them to our upcoming E-Waste Drives in August!



WHEN AND WHERE?

Tsi Snaihne | Snye Recreation Center August 11-13, 2026

Kawehno:ke | CIA #3
August 25-27, 2026

Time: 9:00 a.m. - 5:00 p.m.

WHAT DO WE ACCEPT?

- ☒ ON Computers, laptops, TVs, etc.
- ☒ ON Household appliances (microwaves, coffee makers, etc.)
- ☒ ON Printers, cameras, wired accessories (cords, plugs, chargers, etc.)
- ☒ ON Cell phones, tablets, MP3 players, etc.
- ☒ ON Car batteries

WHAT IS NOT ACCEPTED?

- ☐ OFF White goods (refrigerators, freezers, A/C units)
- ☐ OFF Lightbulbs
- ☐ OFF Lithium ion batteries

Limited in-home pickup spots are available for Elders and individuals with limited mobility.
To sign up or for more information, please email jayden.smoke@akwesasne.ca.