ONKWE'TÀ:KE

THE MOHAWK COUNCIL OF AKWESASNE NEWSLETTER

Volume 15 Issue 11 | FREE | Kentenhkó:wa/November 2026

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ORANGE SHIRT DAY IN AKWESASNE







Akwesasne came together on September 30, 2026, for its second annual Orange Shirt Day gathering, bringing survivors, families, youth, leaders, and community members together to honour residential school survivors and remember those impacted by the residential school system. The day included an honour walk, an opening ceremony recognizing Rick Oakes for his advocacy and support of survivors, a youth smoke dance competition, and a variety of cultural, wellness, and family activities. The gathering highlighted the strength, resilience, and cultural vitality of Akwesasne while reinforcing the importance of remembrance, healing, and supporting one another across generations. *Read more on page 3.*

UPCOMING MCA MEETINGS & SPECIAL DATES:

COMMUNITY CONSULTATION MEALS
FOR CHILD RIGHTS & RESPONSIBILITIES LAW

November 4, 2026 · 5:00 p.m.
Snye Homemakers

November 19, 2026 · 5:00 p.m.
Kawehno:ke Recreation Center

NOVEMBER DISTRICT MEETINGS

November 9, 2026 · 6:00 p.m.
Kana:takon & Tsi Snaihne
Recreation Centers

November 18, 2026 · 6:00 p.m.
Kawehno:ke Recreation Center

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
Ahkwesahsne 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

Stéphane Bissonnette
Comptroller

Tessa Jocko
Director
Department of Health

Leslie Papineau
Director
Dept. of Infrastructure, Housing & Environment

Cactus Cook Sunday
Director
Dept. of Justice

Ranatiiostha 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. **Save the date! The Snye Recreation Center will be hosting their annual Christmas Enchantment from Thursday, November 12 to Sunday, November 15, 2026. Stay tuned to the Snye Recreation Christmas Enchantment Facebook page for updates and more information!**

2. **Have you registered your child for Indian Status yet? The Office of Vital Statistics would like to notify community members that the application for registration can take up to 10 months to process, or up to two years in certain circumstances. Learn more information or how to book an appointment with OVS on page 12.**

3. **The Akwesasne Family Wellness Program is hosting their 26th Annual Celebration of Life Conference from November 18-19, 2026 at the Akwesasne Mohawk Casino Resort from 8:30 a.m. to 4:00 p.m. This year's event will explore the impacts of trauma, neurobiology, and domestic violence, while highlighting pathways toward healing and wellness. Learn more about keynote speakers and how to register on page 25!**

4. **The MCA Environment Program wants to hear from you! The team would like your feedback on how they can maintain a sustainable waste management service for residents in the northern portion of Akwesasne as the community continues to grow and waste volume increases. To learn more about the survey or how you can participate, check out page 27.**

5. **It's that time of year! The MCA Community Holiday Dinners are quickly approaching in all three districts and community members are welcome to attend! The first dinner will kick-off in Tsi Snaihne on Thursday, December 3 starting at 5:00 p.m. Bring your appetite on December 14 in Kana:takon and December 16 on Kawehno:ke. Holiday Dinners will be held at the Recreation Centers in each district. View the Save the Date on the back page.**

NEWS

ORANGE SHIRT DAY IN AKWESASNE: HONOURING STRENGTH & CELEBRATING COMMUNITY

On Wednesday, September 30, 2026, Akwesasne came together for its second annual Orange Shirt Day gathering, bringing survivors, families, youth, leaders, and community members together in a spirit of remembrance, honour, and connection.

The day began with an honour walk along Church Street, as Akwesasró:non gathered together and made their way toward Generations Park. The walk offered an opportunity for community members to carry their good minds into the day while walking together in recognition of residential school survivors and those impacted by the residential school system.

Following the walk, the opening ceremony welcomed community members for a time of reflection and remembrance. The ceremony honoured Rick Oakes for his work supporting and advocating for Akwesasne's residential school survivors. Oakes joined forces with local Elders to propose the idea of a community gathering dedicated to honouring survivors and recognizing their courage, strength, and resilience — qualities that continue to be carried forward through the generations of our community.

MCA and Saint Regis Mohawk Tribe leadership shared words with the community, along with Cornwall Mayor Justin Towndale, as the gathering reflected on the importance of remembering the experiences of survivors and continuing to support one another as a community.

Following the opening ceremony, the AMBE Mohawk Language & Culture hosted a smoke dance competition. Young dancers filled the space with energy and spirit, offering a wonderful display of regalia, talent, and culture as community members gathered around to support and celebrate them. Their presence brought a joyful energy to the beginning of the day and was a meaningful reminder of the strength and vitality of our youth.

Throughout the day, community members had opportunities to connect, learn, reflect, and take part in a variety of cultural, wellness, and family activities. Under the Travis Solomon Memorial Lacrosse Box, local organizations and activity providers offered teachings, resources, healing services, and opportunities for community connection. These spaces highlighted the knowledge, skills, and care that continue to exist throughout Akwesasne.

The day concluded with a medicine game hosted by Seven Dancers Coalition and the Akwesasne Child & Family Services Traditional Support Unit, bringing more laughter, movement, and spirit to the gathering.

Orange Shirt Day in Akwesasne continues to be an opportunity to honour residential school survivors, remember the children who were impacted by the residential school system, and recognize the strength that has carried through generations. This year's gathering reflected that strength through the voices of our leaders and Elders, the energy of our youth, the work of our community organizations, and the many Akwesasró:non who came together in support of one another.

Nia:wen to all of the survivors, families, speakers, youth, volunteers, organizations, cultural practitioners, artisans, and community members who helped make this year's gathering possible. Your presence, care, and continued commitment to one another are what make days like this meaningful.







BUILDING RELATIONSHIPS, SUPPORTING FAMILIES: THIRD ANNUAL TRUTH AND RECONCILIATION GATHERING

Sixty business executives, public servants, First Nations leaders, and allies gathered at Aiāna Restaurant in Ottawa on September 23, 2026, for an evening dedicated to reconciliation, relationship-building, and supporting Akwesasne families.

The third annual Truth and Reconciliation gathering brought guests together over conversation and dinner, creating space to strengthen relationships and explore the shared responsibility of advancing reconciliation.

The event was founded by Devinder Chaudhary, an Ottawa entrepreneur, community leader, and 2024 recipient of the Order of Ottawa. Through Aiāna Restaurant Collective and his broader community involvement, Chaudhary has made reconciliation and social responsibility an important part of his work in Ottawa.

Chaudhary assembled an organizing committee that included Natalie Jacobs, Liaison Officer with the Mohawk Council of Akwesasne (MCA); Alia Butt, Executive Director of the Canadian Human Rights Commission; Gina Wilson, former Deputy Minister of Indigenous Services Canada; consultant Aideen Nabigon; Chetan Sharma of OC Transpo; Suzanne Cooper of the Canadian Human Rights Commission; Devinder Chaudhary; and Raghav Chaudhary of Aiāna.

This year, net proceeds from the event were directed to the MCA's Akwesasne Family Wellness Program (AFWP), which provides emergency shelter, transitional housing, and healing services to individuals and families experiencing housing insecurity and other challenges.

AFWP supported approximately 300 children and adults last year, providing crisis intervention, safety planning, counselling, advocacy, and ongoing support to individuals and families facing difficult circumstances. The $71,350 raised through corporate and individual donations will support the construction of an onsite outdoor pavilion and kitchen.

The new outdoor space will provide opportunities for families to take part in cultural programming, family gatherings, workshops, teachings, and other community-based activities. It will also offer a welcoming environment where clients and families can connect with one another and with nature while continuing their healing journey in a supportive setting.

The support for AFWP continues a tradition established by the Truth and Reconciliation gathering. Previous events raised funds for Minwaashin Lodge, an Indigenous women's support organization in Ottawa that works to strengthen food security for families accessing its services.

The evening began with opening remarks from MCA District Chief Tesha Rourke. Terry Goodtrack, President and CEO of AFOA Canada, served as master of ceremonies, guiding guests through the evening. The keynote address was delivered by Gina Wilson, who spoke about the importance of continued engagement and relationship-building among Indigenous communities, governments, institutions, and the private sector. Guests also heard remarks from representatives of RBC and Jaime Beechey, MCA's Director of Community & Social Services, who spoke on behalf of AFWP.

Aiāna Executive Chef Raghav Chaudhary prepared the evening's dinner alongside Chef Anna Cote of Kitigan Zibi Anishinabeg. Cote returned for the third consecutive year, bringing her culinary expertise and individual flair to the evening's menu.

Among the guests were Ottawa Mayor Mark Sutcliffe and representatives from RBC, Meridian Credit Union, EY, Bell, the Ottawa International Airport Authority, Adirondak Information Management, Makwas Resourcing, and Stratus Vineyards. Allies from organizations including the Canadian Human Rights Commission, Employment and Social Development Canada, and Canadian Heritage also attended.

As the evening came to a close, the gathering reflected a broader message: reconciliation is not a single event or conversation, nor is it solely the responsibility of government. It is an ongoing commitment strengthened through relationships — each time people come together to listen, learn, support one another, and take meaningful action.

Through this year's gathering, that commitment translated into tangible support for Akwesasne families and the continued work of the Akwesasne Family Wellness Program.



COMMUNITY BELT CREATED IN HONOUR OF RESIDENTIAL SCHOOL SURVIVORS



Community Belt created by Fire Loom Creations with contributions from community members at the Akwesasne Orange Shirt Day event.

During Akwesasne Orange Shirt Day on September 30, 2026 at Generations Park, Kelly Back of Fire Loom Creations worked alongside community members to create a special belt in honour of residential school survivors.

Throughout the day, community members contributed to the belt, coming together to create a meaningful piece that reflects the strength, unity and support of our community.

The finished creation is truly stunning! Each contribution helped bring this special piece together, making it a collective expression of honour and recognition for survivors.

The completed belt will be proudly displayed at the Mohawk Council of Akwesasne's Administration Building #1 in Kana:takon for community members to appreciate.

MCA extends a sincere niawenhko:wa to Kelly for leading this activity, and to all the community members who took the time to participate and contribute. Your involvement helped make this meaningful creation possible.

COMMUNITY BELT CONTRIBUTORS:

Zoe Smoke, Audi Hopps, Kahtheronni Thompson, Blake Square, Crystal Mitchell, Annie Bero, Keyland Sunday, Tsiokwason Thompson, Tehorahkoion, Tesha Sunday-Rourke, Dean George, Emery Swamp, Everleigh Jackson, Loraine Oakes, Brenda Lafrance, Ariyah, Jackie Benedict, Noah Benedict, Nellie Benedict, Ieronhenehtha Lazore, Logan Lazore, Ieianerahsta Rourke, Dodie Smoke, Wendy Thompson, Breanne Herne, Levi Pyke, Wanda Thompson, Jasmine Pyke, Destiny Thompson, Jackie Fawn David, Aivah Back, Vivienne Back, Scott Peters, Marie Lazore, Kiera Pyke, Oteronhiatasehon John, Denita Ireland, Eric Sunday Jr., Seykorah Arquette, Avery Herne, Jowelle Smoke, Rockland Cook-Garrow, Ozzy Bucktooth, Seyhcia Cook-Square, Cayson Rodriguez, Abigail Munson, Kenzie Martin, Nola Back, Oliver Morrison, Bermie Donegan, Brayden Hill, Lilah Finnerty, Sonny White, Aryle Thompson, Teiohontathe Benedict, Ryver Ragaandd, Lilli Delormier, Tayen Thompson, Geraldine Jacobs, Dox Jacko, Vinny Back, Eli Thompson, Addy Back, Taylor Smoke, Rain Hill, Kalin Cook, Sara David, Kelly Pierce-Bayne, Teiotarathe, Liani Heiserman, Iewisaheakwas King, Jaxson Lazore, Allexis Printup, Anna Thompson, Cruz Lazore, Iliana Lazare, Vienna Thompson, Shara Francis-Herne, Laya Thomas, Lainee May Back, Osohkwahawi Jock, Jianna Lazore, Henry Thompson, Carrie Hill, Jessica Sargent, Ashley Tarbell-Johnson, Maggie Connors, Mary Herne, Jurni Lazore, Jayda Lazore, April Seymour, Teiotsitsiathe King, Kevin Lazore, Joelle Oakes, Kaiahtenhtas Thompson, Kelly Back, Nola Back, Tyson Back, and anyone else who contributed to this meaningful community creation.

Nia:wen to everyone who helped bring this community belt to life!

A DAY OF FAMILY FUN AT MCA FALL FEST

On October 10, 2026, Akwesasró:non families gathered at the A'nowara'ko:wa Arena for the Mohawk Council of Akwesasne's Fall Fest, hosted by the MCA Human Resources Program. The event brought together more than 1,000 community members of all ages for a fun-filled day of seasonal celebration, family activities and community connection, giving families the opportunity to spend quality time together and make lasting memories.

Children enjoyed exploring the petting zoo, bouncing between the many inflatable attractions and testing their skills on the rock climbing wall and zip line. Families also took part in a variety of activities, including face painting, caricatures, and Build-A-Bear experiences. Local food vendors offered a delicious selection of food and treats, while craft vendors showcased unique items inside the arena. The grounds were beautifully decorated by Luxury Events Akwesasne and Racine Johnson, whose contributions helped create a festive atmosphere.

Nia:wen to all the families who attended and helped make Fall Fest such a success! Special thanks to the MCA Human Resources team, A'nowara'ko:wa Arena staff, volunteers, AMBE Transportation, food and craft vendors, and event decorators for their hard work and contributions in creating such a memorable community event.

















COUNCIL WEEKLY MEETING REPORT

SUBMITTED BY: GRAND CHIEF LEONARD LAZORE



Seskehkó:wa/September 28, 2026

- MCA Executive Director provided an update

Presentation:

- Akwesasne Members Internal Rent by the Office of Vital Statistics

Discussion Items:

- Housing Strategy Session
- Portfolio Work plan
- Dedication Bench
- Investigation
- Border Security

MCRs: *Service Contract - Speech and Language Services; Services Contract - Psychoeducational Assessment Services; IIF IV; DFA Updating BMO Nesbitt Burns Wealth Management; Onkwhonwehneha Program Development – Section 84 Contact; Resignation from Health Advisory Board; Additional Office Space; Seaway Claim Negotiation Team; Space Needs Committee Policy and Procedure and Terms of Reference*

Kenténha/October 5, 2026

- MCA Executive Director provided an update
- Portfolio Updates: DIHE

Discussion Items:

- General Meeting Agenda – October 29, 2026
- Chiefs Travel Expense
- Legal RFP
- Sewer Leakage
- Cornwall High Schools
- Negotiation Protocol Agreement

MCRs: *World Indigenous Suicide Prevention Conference and Culture Exchange Youth Initiative; Assignment of Lease – Francis Island; Allotment – Chenail Range; Allotment – Cornwall Island; Bank of Montreal 'On-Reserve Housing Program'; Housing – Upgrade Application – Rescind Approved Renovation Loan; Housing – Upgrade Application; 2026-2027 Winter Clothing Contract; Parks Canada Guardians Top Up Funding 2026/27; Expiry of Internal Rent Reduction for Member Lesses; Contract Rescind MCR #2026/27 #198; Council Meeting Minutes – June 15, 2026; Council Meeting Minutes – August 10, 2026; Council Meeting Minutes – August 17, 2026; Council Meeting Minutes – August 24, 2026; Council Meeting Minutes – August 31, 2026; Emergency Council Meeting Minutes – August 31, 2026; AMPS Generator*

Kenténha/October 19, 2026

- MCA Executive Director provided an update
- Political Advisor gave an update
- Portfolio Updates: DIHE, PAT, Justice, Governance, OVS, Government Secretariat and DOH

Discussion Items:

- Seaway Litigation Letter
- Alto
- Funeral/Wake Protocol
- Bi-Weekly Claims Update
- Budget Increase 25/26 Tri-District/Youth Council
- DOH Presentation Next Steps
- Request from Thousand Islands Spirits
- ATR Process at Hopkins Point
- Audit Interviews Update
- First Nations Minister Meeting Update
- Canada Post

MCRs: *Proposal to Justice Quebec to Develop and Implement a Healing Court; Independent Prosector for the Akwesasne Justice Department; Assignment of Lease – Lot 18 Block C Hamilton Island; Assignment of Lease – Lot 22 Block C Hamilton Island; Allotment – Chenail Range (mortgage paid in full); Purchase of Dedication Bench through Chiefs Discretionary Fund; Acceptance of Letter of Engagement; April 2024 SPO – Services Agreement Amending Agreement; Registered Psychotherapist; Phragmites Management Funding from the Invasive Species Centre; DIHE Roads Program New Mid-Sized Truck; First Nations Children's Housing Fund – New Construction; Akwesasne Review Commission Member Appointment; Council Meeting Minutes – September 14, 2026; Council Meeting Minutes – September 21, 2026; Council Meeting Minutes – September 28, 2026*

TSI SNAÍHNE DISTRICT CHIEF SARAH SUNDAY-DIABO UPDATES



Portfolios:

Ahkwesáhsne Mohawk Board of Education, Akwesasne Rights & Research Office, Government Secretariat, Public Safety

Selected Committees:

CBSA, Governance, Hydro Quebec, Iroquois Caucus, JTBA Safety & Security Working Table, Chiefs of Ontario Elected Woman's Committee, AFNQL Emergency Management Working Table, AFNQL Elected Woman Committee, POM Partnership with OPG and MCA

She:kon Akwesaró:non,

As we begin the start of the winter season of 2026, the changing season reminds us that another year is slowly coming to a close. The leaves have fallen, the days are getting shorter, and we are preparing for the colder months ahead. It is a time to reflect on what we have accomplished, the challenges we continue to face, and the responsibilities we carry out for future generations.

With approximately eight (8) months remaining in my second term as Tsi Snaihne District Chief, I am mindful that our time in elected office is limited, but the decisions we make can affect our community for generations.

I remain committed to representing Tsi Snaihne and advocating for the collective interests of Akwesasne. My priorities continue to include protecting our land and inherent rights, building stronger community infrastructure, strengthening public safety, supporting education, and supporting collaboration and community priorities.

This month, I would like to share some reflections, provide updates on matters important to Akwesasne, and acknowledge the ongoing work and collective efforts that continue to strengthen our community.

REMEMBRANCE DAY: HONORING OUR MOHAWK VETERANS

November 11th is an opportunity to pause and remember the men and women who served in the armed forces, including the many veterans from Akwesasne.

Military service holds a special place in our community's history. Generations of our Mohawk men and woman have served with courage and dedication, often during periods when Indigenous/First Nations people faced discrimination and were denied equal recognition and opportunities.

My own family has a connection to this history. My great-uncle Alexander Jackson, served in the United States Army during the second World War and was held as a prisoner of war in North Africa. His story reminds me of the sacrifices made by our Mohawk veterans and the importance of preserving their experiences for future generations.

These individuals who served their county while retain their language, culture, identity, families and connection to Akwesasne.

As we recognize Remembrance Day, I encourage our community to share their stories of our veterans with their children and grandchildren. Their military services have helped shaped the history of Akwesasne.

To our veterans, past and present, and to the families who supported them, niawenhkó:wa for your service and sacrifices.

EDUCATION: INVESTING IN OUR YOUNG PEOPLE

Education continues to be one of my priorities as a member of Council and through my work with Ahkwesáhsne Mohawk Board of Education.

Our young people deserve access to quality education, safe learning environments, and opportunities that allow them to pursue their goals without losing their cultural identity.

I continue to advocate for long-term planning that addresses our students' educational needs, including the proposed new school development, improved facilities, and opportunities beyond secondary education.

An important development took place regarding access to U.S. federal student financial aid for Akwesaró:non students born in Canada. The case challenged immigration related requirements that created barriers for eligible Jay Treaty students seeking federal financial aid to pursue their post-secondary education in the United States.

This issue is particularly important to Akwesasne. Our community and our people existed long before the international border divided our territory, and Akwesaró:non continued to live, study, work, and maintain family connections across that border.

Recognizing the potential impact on our students, the Mohawk Council of Akwesasne filed an amicus curiae ("friend of the court") brief in support of the student plaintiffs. Through the work of the Akwesasne Rights and Research Office (ARRO), MCA's legal team, and the Saint Regis Mohawk Tribal Council and Legal team. The Amicus brief provided important historical and legal context regarding the cross-border rights of Akwesaró:non born in Canada.

The outcome is significant not only for the students directly involved in the case, but also for other eligible Jay Treaty students who may have faced similar barriers when applying for U.S. federal student financial aid.

From an education perspective, this is an important step toward ensuring our students have fair access to post-secondary opportunities while recognizing the unique cross-border realities of Akwesasne.

Another important consideration is the mental health and well-being of our youth.

Akwesasne youth have the opportunity to participate in an international, Indigenous led gathering focused on youth wellness, suicide prevention, cultural identity and leadership from November 4–11, 2026, twenty-one (21) Akwesaró:non will participate in the gathering and a cultural exchange in New Zealand.

COUNCIL AND MOHAWK GOVERNMENT

TSI SNAÍHNE DISTRICT CHIEF SARAH SUNDAY-DIABO UPDATES

Learning from Indigenous-led approaches to youth wellness and suicide prevention can provide valuable insight into how culture, identity and connection can support the well-being of our own young people. The cultural exchange will also provide an opportunity for our youth to learn about the traditions and experiences of other Indigenous peoples while sharing their own culture, experiences and connection to Akwesasne.

Through workshops, cultural activities and relationship-building, our youth will strengthen their leadership skills, confidence, and sense of identity. Most importantly, they will return home with new knowledge and experiences that can be shared with other youth, families, and our community.

PROTECTING OUR LAND AND INHERENT RIGHTS

Our land is central to who we are as Mohawk people. It connects us to our ancestors and carries responsibility to those who will come after us. The ongoing work of Akwesasne Rights and Research Office (ARRO) continues several important land claims and land-related matters affecting Akwesasne. The Nutfield Tract Survey Claim has moved into the negotiation stage with Canada, while ARRO continues research on other potential historical claims involving lands and areas such as Smith Falls, Pointe Au Beaudette, Sheep Island, Windmill Point, the Godmanchester Line, Loon Island, and Cairn Island. This research is important in documenting Akwesasne's history, land interests and potential claims before they are brought forward to the community and Canada.

Seaway Proceedings also remains an important file for our community. ARRO continues to document the long-term impacts of the Seaway, including interviews with Elders about their personal experiences and research into concerns raised by Kawehno:ke residents regarding vibrations from passing ships. In addition, ARRO continues to monitor archaeological and development activities within traditional Mohawk territory and respond to Duty to Consult matters to help ensure Akwesasne's rights, history and cultural interests are considered and protected.

PUBLIC SAFETY

Public safety remains a priority across all three districts of Akwesasne. I continue to support efforts to strengthen emergency response capabilities, fire protection services, and the resources and equipment needed by our first responders. I also continue to advocate for improvements to our marine emergency response, including appropriate rescue equipment and vessels that can safely operate on our waterways.

Akwesasne's unique geography presents challenges that require strong planning, coordination and cooperation between our emergency services. Ensuring our first responders have the resources to respond quickly and safely on both land and water remains important. I also want to acknowledge our law enforcement officers, firefighters, paramedics and EMTs, dispatchers, and emergency personnel who respond when our community needs assistance. Their service deserves our appreciation and continued support.

SUPPORTING FAMILIES THIS WINTER

As temperatures begin to drop, I recognize that the winter season can create financial pressures for individuals and families. The costs of groceries, heating, winter clothing, and other necessities can place a burden on household budgets.

I want to recognize the efforts being made to assist community members through seasonal support initiatives. These include the winter clothing initiatives for children and young adults from birth to age 26, with the involvement of the International Border Company (IBC), along with the assistance such as meat boxes from Seaway Valley Meat Cutting, heating assistance and our annual holiday community meals.

These initiatives reflect the importance of helping families meet their basic needs during the colder months. I encourage individuals and families to take some time to think about their own emergency preparedness. Winter weather can bring unexpected challenges, including power outages, difficult road conditions, and extreme cold weather. Simple steps such as keeping emergency supplies at home, ensuring medications and essential items are readily available, preparing vehicles for winter travel, and having a family plan can make a significant difference when an emergency occurs.

Preparedness is also about looking for one another. I encourage community members to check in on Elders, family members, neighbor's and anyone who may need additional support during severe weather or an extended outage. While our emergency services work hard to respond when needed, individual and family preparedness helps strengthen the safety and resilience of our entire community.

I also would like to say niawenhkó:wa to the employees, departments, and partnerships with our outside organizations whose work makes these programs possible and successful. The strength of Akwesasne has also included our willingness to help one another, particularly during difficult times.

REFLECTING WITH GRATITUDE

As another year comes to an end, I recognize the elders, families, educators, health professionals, first responders, volunteers, employees, and all residences whose contributions have strengthened Akwesasne.

I am grateful to the Tsi Snaihne community members who continue to share their concerns, ideas and words of encouragement. The needs, perspectives and priorities of our community help guide the work I carry out as a District Chief. My commitment remains to represent our people with integrity at external committees, talking circles and working task groups, while making decisions with the well-being and long-term interests of Akwesasne in mind.

As winter approaches, please check on your neighbors, elders and support families experiencing hardships, and extend kindness to those who may be struggling with this holiday season. The actions we take today will help shape Akwesasne children and grandchildren for generations to come.

Niawenhkó:wa for the trust you have placed in me and for allowing me the privilege of serving our community. I remain grateful for the opportunity to listen, learn, and work on behalf of Akwesasne.

SOCIAL MEDIA CONNECTION

FACEBOOK STATS

Facebook Posts with the Most Likes in October

1. Orange Shirt Day in Akwesasne: Honouring Strength & Celebrating Community
2. Orange Shirt Day in Akwesasne (Video Recap)
3. MCA Statement on Respect, Unity & Good Neighbours
4. 'The Golden Boutique' Open for Business: Providing a Shopping Experience for the Totas at Tsiionkwanonhso:te
5. Experiencing Life Through a Lens

Facebook Posts with the Highest Reach in October

1. Orange Shirt Day in Akwesasne: Honouring Strength & Celebrating Community — Reached 21,224
2. MCA Statement on Respect, Unity & Good Neighbours — Reached 14,454
3. MCA Support CBSA Recruitment Opportunities for Akwesasró:non — Reached 10,051
4. We're Hiring: ACFS Associate Director — Reached 8,702
5. First Responder Autism Training — Reached 7,848

YOUTUBE STATS

Highest Viewed Video on the MCA YouTube Channel for October

Orange Shirt Day in Akwesasne

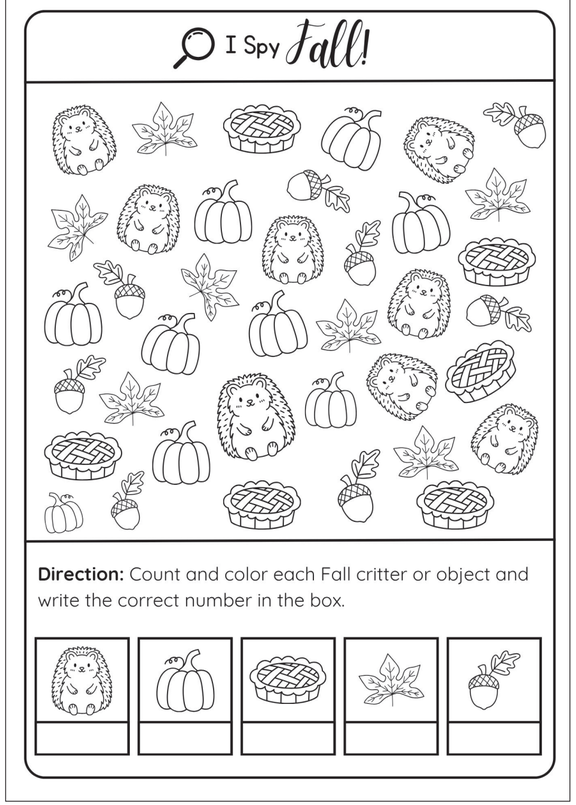
To view more videos, please visit:
www.youtube.com/MohawkCouncilofAkwesasne

Scan QR Code to view video!



CHILDREN'S PAGE





COLOR THE SCARECROW



YOU'VE GOT TO BE KIDDING ME!

What is the cutest season?
Aww-tumn!

What is a scarecrow's favorite fruit?
Straw-berries.

What kind of apple has a short temper?
A crab apple.

OFFICE OF VITAL STATISTICS (OVS)

ATTENTION!

HAVE YOU REGISTERED YOUR CHILD FOR INDIAN STATUS YET?

APPLICATION FOR REGISTRATION CAN TAKE UP TO 10 MONTHS TO PROCESS, OR UP TO 2 YEARS IN CERTAIN CIRCUMSTANCES.

OVS IS NOT ABLE TO ISSUE A STATUS CARD TO YOUR CHILD UNTIL THEY ARE REGISTERED AND ASSIGNED A NUMBER BY INDIGENOUS SERVICES CANADA (ISC).

1. Make an appointment to **apply** for Indian Registration at OVS.

   Phone 613-575-2250, ext. 1013 or email ovsclerk@akwesasne.ca.

2. Bring the child's birth document that contains both parents names.

3. The applying parent is to provide valid government issued ID.

4. Both parents must sign the application form. OVS will submit the completed application to ISC.

5. ISC will mail you a letter to confirm your child is registered and will indicate your child's Indian Registry Number.

6. Make an appointment to get your child's status card at the OVS.

   Call 613-575-2250, ext. 1013 or email ovsclerk@akwesasne.ca.

APPLY ASAP

Office of Vital Statistics
613-575-2250 ext. 1013
ovsclerk@akwesasne.ca

CIA #3 | 101 Tewesateni Rd.,
Kawehno:ke, ON

Parents can apply for the Secure Certificate of Indian Status when applying for Indian Registration. Contact the Office of Vital Statistics for more details.

OFFICE OF VITAL STATISTICS

OFFICE OF VITAL STATISTICS

Services provided by OVS:

- **Indian Status**
- **Lands**
- **Estates**
- **Membership/Residency**
- **Leasing**

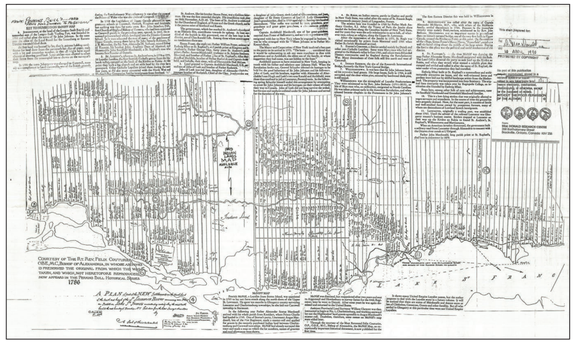
CONTACT US

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

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

THE NUTFIELD TRACT AND AKWESASNE

PART ONE: HISTORICAL OVERVIEW



1796 Plan of the Northbank of the St. Lawrence River

The Nutfield Tract is an important part of Akwesasne's history, reflecting the challenges the community faced during the expansion of British colonial settlement in Upper Canada in the late 18th and early 19th centuries.

Following the American Revolutionary War (1775–1783), Loyalist refugees and other settlers arrived in the region seeking land. A hunting reserve approximately two miles (roughly 25 acres) wide by 20 miles (roughly 505 acres) long and covering roughly 30,000 acres was surveyed between Charlottenburgh and Cornwall, and later between Kenyon and Roxborough. This area became known as the Nutfield Tract.

As settlers began establishing farms on the tract, leasing arrangements developed, providing rental income to Akwesasne. The earliest surviving lease identified in the historical records dates to 1792, although leasing may have begun earlier. By 1812, leases extended to the 14th Concession, and by 1820, most of the tract had been leased.

However, the arrangements faced several challenges, including surveying errors, disputes over rent collection, and uncertainty surrounding legal ownership. These issues created difficulties for Akwesasne in administering the leases and collecting revenue.

In 1809, a petition attributed to Akwesasne proposed leasing the entire tract to William McGillivray in exchange for an annual payment, subject to government approval. McGillivray, a prominent businessman and leading figure in the North West Company, later pursued proposals to acquire the tract.

In 1815, a proposed agreement sought to transfer the land to McGillivray for a nominal purchase price, with an annual payment to Akwesasne. The proposal raised concerns about the future of the community's income and the security of existing arrangements with settlers.

Akwesasne submitted petitions opposing the proposed sale in 1814 and 1815. These petitions expressed concerns about the loss of income and questioned the authority to make decisions affecting the wider community without broader consultation.

The proposed sale brought Akwesasne, the settlers, and colonial authorities into conflict over the future of the tract. Settlers sought secure ownership of their farms, while colonial officials questioned the legal authority to grant the land to McGillivray.

In 1816, the Upper Canada Executive Council concluded that McGillivray's proposed grant could not proceed as requested. However, the government continued to increase its control over the administration of the tract and moved toward selling the land to the settlers occupying it.

Sales began in 1847, and the final lot was sold in 1859. According to the historical records summarized in the research notes, the proceeds were invested in municipal and provincial bonds, with an annuity paid to Akwesasne.

AKWESASNE RIGHTS & RESEARCH OFFICE

THE NUTFIELD TRACT AND AKWESASNE

PART ONE: HISTORICAL OVERVIEW

Looking Ahead

The history of the Nutfield Tract involves several important issues beyond its leasing and eventual sale.

In Part Two of this series, we will examine the surveying errors and boundary issues that arose, along with their consequences for Akwesasne and the settlers.

The final installment, Part Three, will focus on the surrender of the Nutfield Tract and the historical records surrounding that process.

Together, these three parts will provide a clearer understanding of the events that shaped the history of the Nutfield Tract and Akwesasne.

1775-1783

American Revolutionary War

The war leads to the movement of Loyalist refugees and their families into British North America, increasing pressure for settlement lands in the region.

Before 1792

Settlement and Leasing Begin

Settlers begin farming land associated with Akwesasne's hunting reserve. Leasing likely begins before 1792, the date of the earliest surviving lease identified in the notes.

1808

Akwesasne Community

The supplied notes estimate Akwesasne's population at approximately 650 people, the community whose land, economy, and governance were affected by the developments surrounding the tract.

1809

Petition Concerning McGillivray's Proposal

A petition attributed to Akwesasne proposes leasing the entire tract to William McGillivray for an annual payment of $600 US, or £150 Halifax currency, conditional on the Upper Canada government granting him the tract. The original petition and a complete copy with signatures have not been located in the supplied research.

1810

Concerns over Surveying and Rent Collection

Akwesasne petitions Lieutenant Governor Francis Gore to address poor surveying and the refusal of some settlers to pay rent because of uncertainty surrounding title.

1812-1814

War and Community Concerns

The War of 1812 affects Akwesasne's agricultural activities and relationships with colonial authorities. By 1812, leases extend to the 14th Concession. In 1814, an Akwesasne petition opposes the proposed sale to McGillivray and supports maintaining existing arrangements with settlers.

1815

Proposed Sale and Growing Opposition

McGillivray submits proposals to acquire the tract for £1, with a proposed annual payment of $800 US or £200 Halifax currency to Akwesasne. Community petitions oppose the sale, questioning whether a small group of leaders could transfer the community's land and property without broader consultation.

1815-1816

Colonial Investigations and Decision

A committee reviews leases, rent records, surveying problems, and allegations of administrative misconduct. In 1816, the Upper Canada Executive Council rejects the proposed grant to McGillivray as presented and recommends greater government control over the land and its administration.

1819

McGillivray Renews his Efforts

McGillivray appeals to Lieutenant Governor Peregrine Maitland, emphasizing his previous efforts, expenses, and service to the Crown. The proposal continues to be considered within the broader colonial debate over land grants and compensation.

1820-1821

Settler Petitions and Administrative Changes

Settlers petition the government for secure title to their farms and protection for their improvements. Disagreements over who was authorized to collect rent expose divisions within Akwesasne that were exacerbated by colonial administration. The international boundary is finally determined in 1821, according to the supplied notes.

1825

Continued Calls for Correction

Akwesasne petitions Lieutenant Governor Maitland to correct surveying errors and compensate the community for lost revenue. William McGillivray also dies in 1825 without seeing the land associated with his separate grant.

1847

Sales to Tenant Settlers Begin

The government begins selling the Nutfield Tract lands to renters. This marks a major transition from the earlier leasing arrangements to the sale of individual properties.

1859

Final Lot Sold

The last lot is sold. According to the supplied notes, proceeds from the land sales were invested in municipal and provincial bonds, with an annuity paid to Akwesasne.

THE NUTFIELD TRACT TIMELINE

1775-1859

AKWESASNE JUSTICE DEPARTMENT

MEET THE JUSTICE LEAGUE

MARCY MCDONALD, GLADUE WRITER | AKWESASNE COMMUNITY JUSTICE PROGRAM



As a Gladue Writer with the Akwesasne Community Justice Program, Marcy McDonald continues to build upon her education and experience in Indigenous justice and advocacy, with a passion for Gladue, restorative justice, and culturally appropriate supports that is reflected in both her professional work and ongoing studies.

Marcy earned her Certificate in Psychology from Toronto Metropolitan University in 2022 and continued her education at Southern New Hampshire University, where she completed a Bachelor of Arts in Psychology with a concentration in Forensic Psychology. She fulfilled her degree requirements in December 2025 and graduated summa cum laude in May 2026. In addition, she completed her Gladue Writer certification in February 2020.

She is currently pursuing a Master of Legal Studies in Indigenous Peoples Law through the University of Oklahoma. The program explores topics such as the history of federal Indian law and policy in the United States, tribal sovereignty and jurisdiction, Indigenous governance and legal systems, and the relationships between Indigenous nations and federal and state governments.

Marcy is especially interested in learning more about Indigenous law and how different legal systems have influenced Indigenous peoples throughout history and continue to affect communities today. Coming from Akwesasne, a community that spans an international border, she believes that a stronger understanding of Indigenous law and legal systems on both sides of the border will enhance the work she does.

Looking ahead, she would like to continue working in Indigenous justice and advocacy and hopes to grow into leadership roles as she gains experience. She is especially passionate about Gladue and restorative justice, as well as ensuring that Indigenous people involved in the justice system have access to culturally appropriate supports and that their individual histories and circumstances are fully considered.

Her main goal right now is to complete her Master of Legal Studies. After that, she is considering pursuing a Juris Doctor and becoming an attorney. Although she has not yet decided whether she wants to take that next step, she would like to keep it open as an option after completing her master's degree. Ultimately, wherever her education takes her, she hopes to continue advocating for Indigenous people and contributing to positive change within the justice system.

Through her experience as a Gladue Writer, she hopes to continue learning as much as she can about the justice system and how Gladue can be used to better advocate for Indigenous people involved in it. One of the most important lessons she has learned from this work is that every person's story and circumstances are unique, meaning there is always something new to learn.

She also wants to learn more about the programs, resources, cultural supports, and services available within Akwesasne and surrounding communities so that she can better connect the people she works with to the supports they need.

She hopes to continue learning from her coworkers and others who have worked in Indigenous justice for many years. There is a wealth of knowledge and experience within Community Justice, and she believes that drawing on that expertise while applying what she is learning through her master's program will help her continue to grow in her role.

As an Akwesasró:non, being able to do this work for her own community means a great deal to her. She has worked with the Akwesasne Community Justice Program (ACJP) in various roles over the years, and those experiences helped her realize just how passionate she is about Indigenous justice and advocacy. Returning to ACJP as a Gladue Writer while pursuing her Master's degree in Indigenous Peoples Law feels like the culmination of everything she has worked toward over the past several years.

She is grateful for the opportunity to continue learning and growing in this role, and for the trust people place in her when they share their stories. She hopes to use her education and experience to advocate for her people and help create more positive outcomes for Indigenous people within the justice system.

DEPARTMENT OF HEALTH

COMMUNITY HEALTH SERVICES HOSTS SECOND ANNUAL BREAST CANCER AWARENESS WALK

On Saturday, October 17, 2026, community members came together for MCA Community Health Services' annual Breast Cancer Awareness Walk.

Beginning at the Kanonhkwa'thseri:io Health Facility, participants made their way through the District of Kana:takon, walking in support of breast cancer awareness and the people whose lives have been touched by the disease.

Among those taking part were supporters, survivors, and individuals currently facing breast cancer. Before the walk began, participants enjoyed coffee and refreshments, which were generously donated by the Akwesasne Cancer Support Group. Following the walk, everyone was welcomed back for a healthy lunch catered by Big Russ' Catering.

Special acknowledgment goes out to the Akwesasne Mohawk Police Service (AMPS) who joined the walk and also increased patrol during the walk to ensure walker safety. Also, thank you to our Compliance team who drove ahead of the walk to ensure there were no loose dogs along the route.

Niawenhkó:wa you to this year's organizers and to each person who showed up in support. Whether walking for yourself, a loved one, a survivor, or someone remembered, every step helped demonstrate the strength and compassion of our community.





HELP US KEEP YOUR CARE SAFE

SECTOR 4: CLINICAL CARE SERVICES

The MCA Department of Health's Clinical Care Services would like to provide a friendly reminder to all patients.

To help us provide safe, accurate, and quality care during your primary care visits, whether in-person or by telephone, please be prepared to confirm the following information with our providers, nurses and administrative assistants at every visit:

- Full name
- Home address
- Date of birth
- Health card

Verifying this information helps us ensure that we have the correct patient information on file and that you receive the appropriate care.

The DOH Clinical Care Services team appreciates your patience, understanding, and cooperation as we work together to provide safe, high-quality care for everyone in our community.

Thank you for helping us keep your care safe!

ADVANCED DIABETIC FOOT CARE MONTHLY TOPIC: INGROWN TOENAIL

SECTOR 4: CLINICAL CARE SERVICES · INTEGRATED SERVICES

THIS MONTH'S TOPIC: INGROWN TOENAIL

What is an ingrown toenail?

An ingrown toenail, Opens dialog is a toenail that has grown into the skin instead of over it. This usually happens to the big toe, but it can also happen to other toes. An ingrown toenail can get infected. It may be painful, red, and swollen, and it may drain pus.

Anyone can get an ingrown toenail, but adults get them more than children do. People who have curved or thick nails are more likely to get an ingrown toenail. This is more common in older adults.

What causes it?

An ingrown toenail can have several different causes. Cutting your toenail too short or rounding the edge of the nail can cause it to grow into the skin. Wearing shoes or socks that don't fit well can also cause an ingrown toenail. If your shoes are too tight, they might press the nail into the toe and cause it to grow into the skin.

You can get an ingrown toenail if you hurt your toe, such as stubbing it. This can cause the nail to grow inward. Repeating an activity that injures the nail, such as kicking a soccer ball, can also cause an ingrown nail.

What are the symptoms?

The main symptom of an ingrown toenail is the pain from the nail growing into the skin instead of over it. If the ingrown toenail gets infected, it might be swollen or red, and it might drain pus. The area around the ingrown toenail is often painful.

How is it diagnosed?

Your doctor will do a physical exam to diagnose an ingrown toenail. He or she will look at your toe where the nail has grown into the skin.

How is an ingrown toenail treated?

You can try the following steps at home to relieve the pain caused by your ingrown toenail and help the nail to grow out naturally:

- Soak your sore toe in warm water for 15 minutes 2 to 3 times each day.
- Wedge a small piece of wet cotton, Opens dialog, such as part of a cotton ball, under the corner of your ingrown nail. This will help lift the nail off of the skin.
- Soak your toe and change the piece of cotton each day until the nail grows out and can be trimmed.
- Do not use a sharp object like manicure scissors to dig under your nail, because the toe might get infected.
- Do not try to use a needle to drain the pus from your toe. This could make the infection worse.
- While your ingrown toenail is healing, wear comfortable shoes or sandals that do not press on your toe.

Use these home treatment steps for 3 days. If they do not help, you might need to see your doctor. Be sure to see a doctor if your toe gets infected. Your toe might be infected if it hurts more than it did before you tried the home treatment. Call your doctor if your toe is red, warm, swollen, or drains pus, or if there are red streaks leading from your toe.

Your doctor might give you antibiotics. If your toenail is very ingrown, your doctor might suggest minor surgery to remove all or part of the ingrown nail. He or she may refer you to a podiatrist.

During this surgery, the doctor will numb your toe. Then he or she will cut the edge of the ingrown toenail and pull out the piece of nail. To prevent the nail from growing into the skin again, your doctor might destroy all or part of the nail root. This is called ablation. If your doctor removes all or part of your nail but does not destroy the root, it will begin to grow back within a few months.

The clinic also offers Onyfix, which is completely pain free. Application of a polymer type paste is applied at the base of the nail and we hardened it with a blue light. This will grow out with your nail and stay on approximately 3 months. You can still do all activities sports, swim , wear nail polish just no lacquer.

How can you prevent it?

You may be able to help prevent ingrown toenails by wearing roomy and comfortable shoes and socks that do not press on your toes. If you work in a place where your toe might get hurt, wear sturdy shoes such as steel-toed boots to protect your toes.

Be sure to trim your toenails properly. You can do this by cutting your toenail straight across, not curved. Make sure you do not cut your toenail too short. You can also leave your toenail a little longer at the corners to help it grow over the skin.

If you have diabetes, or peripheral arterial disease, , talk with your doctor before you trim your own toenails. People with diabetes have a hard time feeling their toes and might cut themselves without realizing it. Peripheral arterial disease can cause toes to be very painful.

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 call 613-575-2341 ext. 3247.

DEPARTMENT OF HEALTH

MEASLES: ARE YOU PROTECTED?

Due to the declared state disaster emergency in New York for Measles, and the ongoing increase in measles cases, MCA's Community Health Services would like to share important information about measles, and how you can protect yourself and your loved ones. Please see the information below to learn more about measles and how to keep you and your loved ones protected.

WHAT IS MEASLES?

Measles is a severe illness caused by a virus. It spreads easily and is highly contagious.

WHAT HAPPENS WHEN YOU HAVE MEASLES?

Symptoms of measles, including a high fever, cold-like symptoms, pink-eye, and a bad cough start 7-21 days after infection. Koplik spots (tiny blue-white spots inside the mouth and throat) can also appear but may not always be present. This is followed by a red, blotchy rash on the face that spreads down the body. There can also be severe complications from having measles.

THOSE WHO ARE AT MOST RISK OF SEVERE COMPLICATIONS ARE:

- Non-immune children under 5
- Non-immune adults over 20
- Pregnant women
- People who are immunocompromised

SYMPTOMS OF MEASLES:

- Fever
- Cough
- Runny nose
- Body aches
- Rash
- Diarrhea
- Red eyes
- Feeling irritable or unwell

COMPLICATIONS OF MEASLES:

- Severe bronchitis, ear infections, diarrhea
- Pneumonia (1 in 10 cases)
- Seizures
- Death (1-2 in 1,000 cases)
- Swelling of the brain (1 in 1,000 cases - of these cases, 15% die and 25% have permanent brain damage)

HOW DOES MEASLES SPREAD?

Someone with measles can spread it when they cough sneeze, or talk. A person with measles is contagious four days before, and four days after, their rash starts. Measles is highly contagious and can be spread just being in the same room as an infected person. It can remain in the air for up to two hours after the person leaves. Nine out of 10 people who are not immune to measles will catch it if exposed.

HOW DO YOU PROTECT YOURSELF FROM MEASLES?

Immunization is the best way to protect yourself, your family, and your community. The MMR (measles, mumps, rubella) vaccine is readily available and a part of regular childhood routine vaccination. Pregnant women are unable to get the MMR vaccine and must wait until the baby is born.

WHAT DO YOU DO IF YOU THINK YOU HAVE MEASLES?

If you or your child develop measles symptoms, isolate at home and call your healthcare provider immediately.

FOR MORE INFORMATION:

If you have any questions or concerns about measles, please contact MCA's Community Health Services at 613-575-2341 ext. 3220.

PACKING FOR TODAY, BUILDING HEALTHY HABITS FOR TOMORROW

BY EMILY TEMPLETON, RD, CDE | SECTOR 4: CLINICAL CARE SERVICES · INTEGRATED SERVICES

November is Diabetes Month, and the 2026 World Diabetes Day theme, "Early Action on Diabetes," reminds us that prevention starts long before a diagnosis.

Many of the habits that support lifelong health are learned during childhood. Packing lunches and involving children in food choices may seem like small everyday tasks, but they provide opportunities to build food skills, encourage nutritious eating patterns, and establish routines that can support health for years to come.

Children who participate in choosing, preparing, and packing meals are learning more than what's for lunch. They're becoming familiar with a variety of foods, developing practical food skills, and gaining confidence in making food choices.

Building Lifelong Food Skills

School lunches are about more than what children eat at noon. Learning how to plan and pack meals is a life skill that can benefit children well into adulthood.

Even packing lunches a few times each week can help children develop habits they'll use for post-secondary education, sports, work, and other activities later in life. Bringing food from home can also help reduce reliance on take-out and restaurant meals, saving money while making it easier to include nutritious foods.

Children are often more likely to eat foods they helped choose, so involve them when possible. Invite them to:

- Pick a fruit for the week
- Choose between vegetable options
- Help pack lunches
- Help prepare simple snacks
- Decide how foods are packed and organized

These small choices help children build confidence and independence while learning valuable skills such as planning ahead, food safety, reducing food waste, and recognizing hunger and fullness cues.

If your child buys lunch from the school cafeteria on some days, these same skills can help them feel more confident navigating a buffet or lunch line and recognizing which foods help them stay full, focused, and energized throughout the day.

The goal isn't perfection. It's helping children develop a positive relationship with food and the confidence to make food choices as they grow.

Think Beyond Sandwiches

Not every child enjoys sandwiches, and that's okay. A balanced lunch can be built in many different ways.

A simple way to build a lunch is to include:

- About ½ fruit and vegetables
- About ¼ protein foods (eggs, cheese, yogurt, beans, meat, fish, tofu)
- About ¼ grains or starches (bread, crackers, rice, pasta, potatoes, bannock)
- Water
- An optional dip, sauce, or fun food your child enjoys

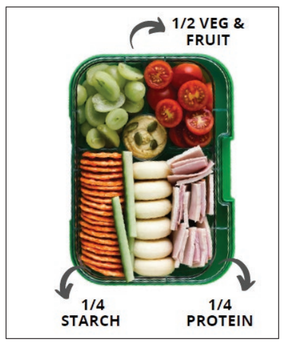


Image Source: Kids Packed Lunch Box, Dietitian Success Center Inc., 2026.

Sometimes offering familiar foods in a different format can spark interest.

Simple Lunch Ideas

- Turkey or egg sandwich, cucumber slices, and apple wedges
- Cheese, whole grain crackers, grapes, and cherry tomatoes
- Yogurt, berries, and a homemade muffin
- Hard-boiled eggs, crackers, pepper strips, and orange slices
- Hummus, pita wedges, cucumbers, and strawberries
- Mini pitas, naan, or bannock with cheese, vegetables, and fruit

DEPARTMENT OF HEALTH

PACKING FOR TODAY, BUILDING HEALTHY HABITS FOR TOMORROW

BY EMILY TEMPLETON, RD, CDE | SECTOR 4: CLINICAL CARE SERVICES · INTEGRATED SERVICES

Warm Lunch Ideas for Colder Days

- Chili with whole grain crackers
- Vegetable or chicken soup
- Beef and vegetable stew
- Fried rice with chicken and vegetables
- Macaroni and cheese with peas
- Leftover spaghetti with meat sauce

Keep Offering, Even When Foods Come Home

It can be discouraging to repeatedly pack foods that return home uneaten. However, seeing a food regularly is one of the ways children become more comfortable with it.

If your child doesn't eat something one day, it doesn't mean they never will. Continue offering a variety of foods alongside items they already enjoy. Remember, exposure counts, even when no bites are taken.

Include at Least One Familiar Food

A familiar food is something your child consistently enjoys and feels comfortable eating.

Examples might include cheese, yogurt, crackers, fruit, leftovers from a favorite meal, or a sandwich they regularly eat.

Including at least one familiar food can help reduce stress and increase confidence at lunchtime.

Reduce Food Waste

Finding uneaten food in a lunchbox can feel frustrating, but it doesn't always need to end up in the garbage. Many foods can be repurposed into meals and snacks at home:

- Leftover fruit can be added to fruit salad, yogurt parfaits, oatmeal, or smoothies.
- Raw vegetables can be chopped into salads or added to soups, stews, stir-fries, pasta dishes, or omelets.
- Cheese, crackers, fruit, and vegetables can become an after-school snack plate.
- Leftover meat can be added to wraps, soups, tacos, fried rice, or salads.
- Bread products can be used for toast, homemade croutons, or breadcrumbs.

Pack an ice pack to keep foods fresh and prevent spoilage. Packing realistic portions can also help reduce waste. If food consistently comes home untouched, try sending smaller amounts and adjusting based on your child's appetite.

Avoid the Lunchbox Interrogation

When children come home, it can be tempting to ask why they didn't eat their lunch.

Instead of:

- "Why didn't you eat your vegetables?"
- "You need to finish your lunch tomorrow."

Try:

- "How did lunchtime go today?"
- "Was there enough food?"
- "Anything you'd like packed again?"

A curious, non-judgmental approach can help you learn more about your child's experience at school while keeping food and mealtimes positive.

Small Steps, Big Impact

The World Diabetes Day theme, "Early Action on Diabetes," reminds us that prevention starts with everyday habits. Packing lunches, involving children in meal preparation, offering a variety of foods, and reducing food waste may seem like small actions today, but they help children develop food skills and healthy eating habits that can support lifelong health.

Last month, we discussed the Division of Responsibility, where parents and caregivers decide what foods are offered and children decide whether and how much to eat. School lunches are another opportunity to put this approach into practice.

By continuing to offer a variety of foods without pressure, involving children in lunch planning, and making the most of leftovers, we can help children build confidence around food while learning skills that will serve them well throughout life. Sometimes early action starts with something as simple as packing tomorrow's lunch.

EVERY CHILD HAS RIGHTS: THE UNITED NATIONS CONVENTION ON THE RIGHTS OF THE CHILD AND NATIONAL CHILD DAY

Every child deserves to feel safe, valued, heard and supported. These principles are at the heart of the United Nations Convention on the Rights of the Child (UNCRC), an international human rights agreement that recognizes the rights of every child and outlines the responsibilities of governments to protect and uphold them.

What is the UN Convention on the Rights of the Child?

The UNCRC is an international human rights treaty adopted by the United Nations on November 20, 1989. Canada ratified the Convention in 1991, committing to uphold the rights of children and support their well-being and development.

The convention applies to all children under the age of 18, regardless of their background, abilities, family circumstances or where they live. It contains 54 articles outlining the children's rights, including the right to safety, education, health care, family relationships, cultural identity, play, and participation in decisions that affect their lives. To learn more or view the full listing of children's rights, please scan the QR code.

What do children's rights look like in Akwesasne?

Children's rights can sometimes sound like big ideas, but they show up in everyday family and community life. Here are a few examples of how the Convention connects to families in Akwesasne.

The Right to be Safe and Protected

Every child has the right to protection from violence, abuse and neglect.

The Right to have Their Voice Heard

Children have the right to express their views on matters that affect them and adults should take those views seriously in ways that are appropriate to their age and development.

The Right to Culture, Language and Identity

The UNCRC recognizes children's rights to their cultural identity, language and traditions. Article 30 specifically recognizes the rights of Indigenous children to enjoy their culture, practice their traditions and use their language alongside others from their community.

The Right to Education, Health and Development

Every child has the right to education, healthcare and opportunities for them to develop to their full potential. This includes supporting children who are struggling academically, helping families access appropriate services, and ensuring children with disabilities can participate meaningfully in school and community activities.

The Right to Play, Rest and Participate in Community Life

Play is an important part of childhood. Article 31 recognizes children's rights to rest, leisure, play, and participation in cultural and recreational activities. In Akwesasne, this could look like children playing hockey, lacrosse, participating in arts programs or simply having time to play with friends.

The Right to be Treated Fairly

Every child has the same rights, regardless of their family circumstances, financial situation, abilities or background. For families in Akwesasne, this means recognizing that every child deserves respect and opportunities to participate, whether their family can afford expensive activities or supplies.

Why are we informing you about Children's Rights?

As part of MCA's Department of Community and Social Services, Akwesasne Child & Family Services (ACFS) is committed in sharing information about the UNCRC to help build awareness of the rights that belong to every child and encourages reflection on how these rights can be supported across our families, programs, and community.

At ACFS, children's rights connect closely with prevention, family support, child well-being and strengthening the resources available to caregivers. Understanding these rights can help us recognize the importance of early support, safe environments, cultural connection, family relationships and opportunities for children to express themselves.

Upcoming National Child Day Celebration event:

ACFS' National Child Day carnival is an opportunity for families, caregivers, service providers, and community members in Akwesasne to learn more about children's rights and how we can support them in our everyday lives.

Through family-centered activities and opportunity for connection, we hope to reinforce an important message: Every child deserves the opportunity to learn, play, grow, express themselves, celebrate their identity and have a sense of belonging. **Please join us on Sunday, November 22, 2026, from 1:00 p.m. to 4:00 p.m. at the St Regis Mohawk School.**

DEPARTMENT OF COMMUNITY & SOCIAL SERVICES

EXPERIENCING LIFE THROUGH A LENS

A few of our Akwesasró:non youth are exploring the art of photography through a 10-week workshop that introduces them to photography techniques, hands-on experience, and potential career opportunities in the field.

Made possible by the Akwesasne Child & Family Services (ACFS), and led by Laurie Gardner, the workshop gives participants the opportunity to develop their photography skills while learning to capture meaningful moments through the lens. To support their learning, ACFS has provided each participant with a Canon EOS camera and photography supplies, allowing them to gain practical experience throughout the program.

As the workshop wraps up at the end of the year, participants will take home their cameras along with the knowledge and skills they have gained. Beyond learning the art of photography, the youth are building a foundation they can continue to develop and explore in the future.

A niawenhkó:wa to the Akwesasne Child & Family Services for continuing to create meaningful opportunities that encourage our youth to learn, grow, and explore new possibilities for their future.









DEPARTMENT OF COMMUNITY & SOCIAL SERVICES

Akwesasne Family Wellness Program: 613-937-4322

DCSS Administration: 613-575-2341 ext. 3305

Community Support Program: 613-575-2341 ext. 3262

Akwesasne Child and Family Services: 613-575-2341 ext. 3139

2026-2027 AKWESASNE HEATING ASSISTANCE PROGRAM – UPDATED SCHEDULE

The Mohawk Council of Akwesasne is currently accepting applications for the Akwesasne Heating Assistance Program (AHAP). **The deadline to apply is Friday, December 11, 2026, at 4:00 p.m.** There will be no exceptions after the deadline, as the fuel distribution will commence.

The application process is open to Akwesasró:non who reside under the northern portion of Akwesasne, within 25 kilometers of Cornwall Island in Ontario, or within 25 kilometers of Tsi Snaihne in Quebec. One application per household.

The AHAP MCR has approved $2,000 per eligible household for the 2026-2027 winter heating season. This applies to both elders and non-elders.

Please be aware that the AHAP distribution every year is dependent on funding available and may be discontinued at any time.

All applicants will be required to provide documentation confirming their primary heating source that you would like paid. Documentation requirements may vary depending on the applicant's heating situation.

If you have any questions, please contact the MCA Community Support Program at 613-575-2341 ext. 3262.

NOVEMBER 2026		
Monday - Friday	Community Support Program Office *(Kanonhkwa'tsheri:io Health Facility)*	8 a.m. - 4 p.m.
Tuesdays	A'nowara'ko:wa Arena	8 a.m. - 4 p.m.
Thursdays	Snye Recreation Center	8 a.m. - 4 p.m.
Thursday, Nov. 19	Location Change: Akwesasne Homemakers	8 a.m. - 4 p.m.

DECEMBER 2026		
Monday - Friday	Community Support Program Office *(Kanonhkwa'tsheri:io Health Facility)*	8 a.m. - 4 p.m.
Tuesdays	Snye Recreation Center	8 a.m. - 4 p.m.
Thursdays	A'nowara'ko:wa Arena	8 a.m. - 4 p.m.

EXTENDED WEEKEND HOURS		
Saturday, Nov. 7	Akwesasne Homemakers	8 a.m. - 4 p.m.
Saturday, Nov. 21	A'nowara'ko:wa Arena	8 a.m. - 4 p.m.
Saturday, Nov. 28	Akwesasne Homemakers	8 a.m. - 4 p.m.
Saturday, Dec. 5	A'nowara'ko:wa Arena	8 a.m. - 4 p.m.

**Please note that intake dates may be subject to change.*



WRITE LETTERS/DRAWINGS FOR OUR TOTAS

Akwesasne Child & Family Services (ACFS) Traditional Support Unit is inviting community youth to create letters or drawings for our Totas, celebrating the important role they play in our community.

Our goal is to collect approximately 100 letters and drawings to include in the Elder Care Packages that will be distributed at a later date.

In your letter/drawing consider including:

- What makes a Tota special to you?
- What message would you like to share with our Totas to lift their spirits during the winter months?

Letter/Drawing Drop Off:

Where: Akwesasne Child & Family Services Office (Kanonhkwa'tsheri:io Health Facility)

When: 8:00 AM – 4:00 PM

Deadline for submissions: Monday, November 16, 2026

For more information, please contact ACFS Traditional Support Supervisor Alicia Thomas at:

613-575-5020 or alicia.thomas@akwesasne.ca

Make a Tota feel special by showing just how important they are to us.

26TH ANNUAL CELEBRATION OF LIFE CONFERENCE

The Akwesasne Family Wellness Program (AFWP) invites you to the 26th Annual Celebration of Life Conference! The event will take place from November 18–19, 2026 at the Akwesasne Mohawk Casino Resort from 8:30 a.m. – 4:00 p.m.

This year's theme, Braiding Culture & Science: Understanding Trauma, Neurobiology & Domestic Violence, will bring together Indigenous knowledge and science to explore the impacts of trauma, neurobiology, and domestic violence, while highlighting pathways toward healing and wellness.

The conference will feature keynote speakers:

Cher Obediah – An Ojibway and Mohawk author, filmmaker, speaker, and educator from Six Nations of the Grand River Territory, with roots in Alderville First Nation. Her work focuses on Indigenous culture, holistic health, domestic violence, and youth initiatives, inspiring others to recognize their worth and support collective healing.

Dr. Paul Van Donkelaar – A neuroscientist and professor at the University of British Columbia's Okanagan campus, whose research focuses on brain injury and dysfunction related to intimate partner violence.

Karen Mason – Co-founder and Executive Director of Supporting Survivors of Abuse and Brain Injury through Research (SOAR), to improve understanding and support for survivors of abuse and brain injury.

Guest Speakers will feature Sheldon Coté, Sateiokwen Bucktooth, and Bear Fox.

Participants will enjoy breakfast and lunch each day, plus snacks, door prizes, tea making, social activities, and swag bags.

Register by scanning the QR code.

For questions, contact AFWP at afwpoutreach@akwesasne.ca or at 613-363-2858.

SHELL-COME HOME: FROM NEST TO NEW BEGINNINGS FOR LOCAL TURTLES

As fall settles in across Akwesasne, we're looking back on a season of new beginnings for some very special residents.

Earlier this summer, multiple families in Tsi Snaihne reached out to the MCA Environment Program's Turtle Team after discovering nesting turtles on their properties and along the side of the road. The team helped protect the nests and carefully monitored the eggs throughout their incubation period.

After approximately 55–65 days of incubation, some of those tiny turtles hatched and were ready to return near the places where their journey began. Akwesasró:non families had the special opportunity to release the hatchlings near the sites of their original nests.

From nest to hatchling to home again, these little turtles have had quite the journey!

Turtles in our area are semi-aquatic, meaning they spend much of their time in the water but also travel across land. They can be on the move from April through October, with the busiest period occurring from mid-May to mid-July and peak nesting activity in early June.

Female turtles may travel far and wide in search of the perfect place to lay their eggs, sometimes finding that special spot right in our own backyards. When they do, our homes become part of their journey, too.

As we share this land with the many plants and animals that call Akwesasne home, we all have a role to play in caring for the world around us. Many turtle nests are vulnerable to predators, and less than one per cent of turtle eggs in the wild survive to reach adulthood. Incubation can increase the success rate from less than 1% to as high as 60–95%. Protecting these nests is one small way we can help give more hatchlings a chance to grow and become part of the next generation.

The MCA Environment Program's Turtle Team works to give local turtles a better chance. Depending on the circumstances, the team can install protective nest covers to help safeguard eggs from predators or carefully collect eggs for incubation.

HELP TURTLES ON THEIR JOURNEY

Although nesting season has passed, turtles remain active until late fall. You may still spot them travelling along roads, through yards or between wetland and shoreline habitats.

If you see a turtle:

- Slow down and watch for turtles crossing roadways.
- Give turtles plenty of space and avoid disturbing them.
- If a turtle is crossing the road and it is safe to assist, watch them for a minute to see which way help guide it in the direction it was already travelling.
- If you find a nesting or injured turtle, contact the MCA Environment Program Turtle Team at env.turtles.team@akwesasne.ca or through the MCA Environment Program Facebook page.
- Photos from a distance and detailed location information are always appreciated and can help the team respond effectively.

Every turtle has a journey to make — and with a little help from Akwesasró:non, we can help make sure more of them make it home.







YOUR INPUT MATTERS: CURBSIDE WASTE & RECYCLING SURVEY

The MCA Environment Program's Waste Management team is seeking feedback on how they can maintain a sustainable waste management service for residents in the northern portion of Akwesasne, as the community continues to grow and waste volumes increase.

One option being considered is the implementation of a household bag limit for curbside garbage collection. Before any decisions are made, the Waste Management team would like to hear your thoughts on this idea and how it could be tailored to best meet the needs of our community.

We encourage Akwesasró:non residing in Kana:takon, Kawehno:ke, and Tsi Snaihne to complete the survey and share their feedback. Your input will help us better understand community perspectives and guide future discussions.

The complete the survey, scan the QR code or visit the MCA website at: www.akwesasne.ca/news/posts/your-input-matters-curbside-waste-recycling-survey/

Survey closes December 11, 2026, at 4:00 p.m.

Participants will be entered for a chance to win one of three $50 grocery gift cards.

Your feedback is important and will help us better understand community perspectives as we explore options for the future of waste management in Akwesasne. Nia:wen for taking the time to participate.

2026 DEER HERD REDUCTION PROGRAM

The MCA Environment Program, in partnership with Parks Canada, is pleased to announce the dates for this year's Deer Herd Reduction Program on Hill Island in the Thousand Islands.

Dates: December 5-6, 2026

Are you an Akwesasró:non hunter interested in participating? To sign up, please contact Conservation Officer Craig Delormier at 613-575-2250 ext. 1047 or 613-551-1836.

Important Details:

- Must have Possession and Acquisition Licence (PAL) or have firearm registered with both Canadian and U.S. Customs
- Must not have any legal restrictions holding or being around weapons
- Must be a status card holder from Akwesasne
- Participants under the age of 18 may attend as observers only and must be accompanied by an adult.

Note: Hunters who do not have a Possession and Acquisition Licence (PAL) and plan to use their red Longhouse ID must obtain a Non-Resident Firearms Declaration Form. The form allows firearms and ammunition to be transported across the border for up to 60 days and costs $25 CAD. It is available at the Royal Canadian Mounted Police (RCMP) station at 501 Tollgate Road E, Cornwall, ON.

Deadline to sign up is Friday, November 27, 2026. Participants will be selected lottery-style and contacted if chosen.

4TH ANNUAL

National Child Day CARNIVAL

SUNDAY, NOVEMBER 22

ST. REGIS MOHAWK SCHOOL

1:00–4:00PM



Free admission!
Games, prizes, food and fun!

Special Needs PROGRAM

COMMUNITY Holiday DINNERS

The Mohawk Council of Akwesasne welcomes community members to attend the annual Community Holiday Dinners!

THURSDAY, DEC. 3
Tsi Snaihne Recreation Center | 5-7 PM

MONDAY, DEC. 14
Kana:takon Recreation Center | 5-7 PM

WEDNESDAY, DEC. 16
Kawehno:ke Recreation Center | 5-7 PM

Photos with SANTA

CELEBRATION OF LIFE

Braiding Culture & Science

Join us for the Akwesasne Family Wellness Program's 26th Annual Celebration of Life Conference!

This year's theme, **Braiding Culture & Science: Understanding Trauma, Neurobiology & Domestic Violence**, brings together Indigenous knowledge and science to explore trauma,domestic violence, and pathways toward healing and wellness.

November 18–19, 2026
Akwesasne Mohawk Casino Resort
8:30 AM - 4:30 PM | OPEN TO ALL

Special Highlights
SOAR Project: Paul Van Donkelaar and Karen Mason
Cher Obediah: Author, filmmaker & speaker

Guest Speakers
Sheldon Coté, Sateiokwen Bucktooth, and Bear Fox

Questions? afwpoutreach@akwesasne.ca or 613-363-2858

Scan to sign up!