

# ONKWE'TA:KE

THE MOHAWK COUNCIL OF AKWESASNE NEWSLETTER

Volume 12 Issue 9

FREE

Seskehkó:wa/September 2023

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## HAVFD RECEIVES NEW FIRE TRUCK HONOURING MMIWG



MCA's Department of Infrastructure, Housing and Environment (DIHE) Associate Director Charmaine Caldwell presented a cheque to Fort Garry Fire Trucks for the manufacturing and delivery of a brand new fire engine to the HAVFD. Read more on page 25.

## UPCOMING MCA MEETINGS & SPECIAL DATES:

### AKWESASNE MEMBERSHIP BOARD ELECTIONS

Saturday, October 7, 2023 – 9 a.m. to 2 p.m.

Kawehno:ke – Tri-District Elders Lodge  
Tsi Snaihne – Tsi Snaihne Recreation Center

### AKWESASNE CANNABIS LAW AND EMERGENCY MANAGEMENT LAW REFERENDUM

Saturday, October 21, 2023 – 9 a.m. to 5 p.m.

Kana:takon – Kana:takon Recreation Center  
Kawehno:ke – Tri-District Elders Lodge  
Tsi Snaihne – Tsi Snaihne Recreation Center

### OCTOBER GENERAL MEETING

The Mohawk Council of Akwesasne's next General Meeting will take place on October 26, 2023 at the Tsi Snaihne Recreation Center at 6 p.m.

The MCA General Meeting will be a hybrid event (in-person and virtual).

To receive the Zoom link or submit your questions for Council, please email [meetings@akwesasne.ca](mailto:meetings@akwesasne.ca).

MOHAWK COUNCIL OF AKWESASNE 2021-2024

- Grand Chief Abram Benedict
- Kana:takon District Chief Fallon David, Chief Cindy Francis-Mitchell, Chief Julie Phillips-Jacobs, Chief Tim Thompson
- Kawehno:ke District Chief Vanessa Adams, Chief Jackie Benedict, Chief Edward Roundpoint, Chief Vince Thompson
- Tsi Snaihne District Chief April Adams-Phillips, Chief Sarah Lee Sunday-Diabo, Chief JoAnn Swamp, Chief Dwayne Thomas
- Administration Theresa (Tessa) Jocko A/Executive Director
- Heather Phillips Director, Dept. of Finance & Administration
- Leslie Papineau A/Director, Dept. of Infrastructure, Housing & Environment
- Cactus Cook Sunday A/Director, Dept. of Justice
- Joseph Morin-Lauzon Director, Dept. of Community & Social Services
- Amber Montour Director, Department of Health
- Donna Lahache Director, Ahkwesahsne Mohawk Board of Education
- Shawn Dulude Chief of Police/Director, Dept. of Public Safety
- Kylee Tarbell Director, Dept. of Economic Development

WAT'KWANONHWERA:TON/GREETINGS

She:kon and welcome to the Mohawk Council of Akwesasne's community newsletter, Onkwe'ta: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 and Indian Time Newspaper.

FIVE THINGS

OUR MONTHLY LIST OF FACTS, REMINDERS & IMPORTANT MESSAGES

- 1 A referendum is scheduled for Oct. 21, 2023 for the Cannabis Law and the Emergency Law. Copies of the draft laws were previously made to each household in MCA's jurisdiction and copies can be obtained during business hours at the Akwesasne Justice Department in the village of Kana:takon. You can also find them online at www.akwesasne.ca.
- 2 The Akwesasne Membership Board will hold an election on Oct. 7, 2023 for several seats. See page 5 for voting information.
- 3 October is Breast Cancer Awareness Month. Keep an eye on MCA announcements for any events or activities you can participate in. Or visit https://cancer.ca/en/get-involved/our-events for more ways to raise awareness.
- 4 On September 28, 2023, MCA held its September General Meeting. All MCA General Meetings can be viewed on our YouTube channel: www.youtube.com/mcakwesasne.
- 5 The Community Health Program will soon be rolling out its fall vaccination schedule and recommends both flu and COVID-19 vaccines. Visit www.akwesasne.ca/eohu-provides-update-on-covid-19-and-other-seasonal-vaccines for more COVID-19 information/updates and keep an eye out for an announcement when the vaccines are available.

NEWS

TSIIONKWANONHSO:TE CELEBRATES 29TH ANNIVERSARY

The Tsiionkwanonhso:te Long-Term Care (LTC) facility celebrated its 29th anniversary on August 17, 2023. 29 years ago, the LTC opened its doors to residents in need of long-term and daily medical care.

The LTC had a week-long anniversary celebration with several events throughout the week, such as:

- A performance by the local band, Crosswinds
- An ice cream truck on-site for residents and their families
- Entertainer Johnny M.
- Little Ray's Reptile Zoo
- Tota Bingo with the residents, their families, and community members
- Traditional teachings, storytelling, songs, and dances with the Native North American Travelling College
- An outdoor carnival with games, prizes, a dunk tank, and lots of food
- A week-long Mohawk Auction with proceeds benefiting the LTC resident's holiday activity fund

Tsiionkwanonhso:te would like to extend its sincere gratitude to all those who assisted in celebrating 29 years of caring and service. Your support and participation is greatly appreciated. The LTC would also like to thank their dedicated and caring staff for planning and implementing the many activities hosted throughout the week.



Tsi Snaihne District Chief Dwayne Thomas volunteered to go in the dunk tank during the carnival celebrations.



NEWS

SWEARING-IN CEREMONY HELD FOR KAWEHNO:KE DISTRICT CHIEF VINCE THOMPSON

On Thursday, September 14, the Mohawk Council of Akwesasne (MCA) held a swearing-in ceremony for Vince Thompson, the re-elected District Chief of Kawehno:ke. Chief Thompson was elected through a by-election held on September 2, 2023 for the district of Kawehno:ke.

Chief Thompson was sworn in by Justice of the Peace Alexandra David at the Kawehno:ke Recreation Center with family, Council and community members. His return was celebrated through speeches given by Acting Executive Director Tessa Jocko, Kana:takon District Chief Julie Phillips-Jacobs, and Kawehno:ke District Chief Edward Roundpoint.



Congratulations and welcome back, District Chief Vince Thompson — we look forward to the continuation of your good work for the community!

Niawenhkó:wa to all those who shared in the celebration and ceremony.



OFFICIAL RESULTS OF SEAWAY CLAIM REFERENDUM

“As a Voter of the Mohawks of Akwesasne, do you agree to and approve the terms and conditions of the Seaway Claim Settlement Agreement initialed by the negotiators for the Mohawks of Akwesasne, Canada, the Federal Bridge Corporation Limited, and the Seaway International Bridge Corporation Ltd. Which settles and releases the Seaway Claim?”

YES: 170

NO: 275

No appeal was filed by the deadline of Thursday, August 31, at 1:00 p.m.

NEWS

MCA GRAND CHIEF ATTENDS IROQUOIS CAUCUS IN KAHNAWÀ:KE

In early August, MCA’s Grand Chief Abram Benedict travelled to Kahnawà:ke, Québec to attend the regular Iroquois Caucus meeting. This forum provided an opportunity for elected Councils to discuss and strategize political matters that affect our communities. Assembly of First Nations Québec-Labrador (AFNQL) Regional Chief Ghislain Picard and Ontario Regional Chief Glen Hare attended the session to discuss formalizing a relationship between the Iroquois Caucus and the two regions. The leadership also extensively discussed Canada’s proposed legislation on Métis Self-Government Recognition with the Regional Chiefs. It’s always a pleasure to meet and engage in dialogue with our fellow elected Iroquois leaders.



Pictured L-R: Chief R. Don Maracle (Tyendinaga), Grand Chief Victor Bonspille (Kahnésatake), Québec Regional Chief Ghislain Picard, Grand Chief Kahsennehawe Sky-Deer (Kahnawake), Ontario Regional Chief Glen Hare, Grand Chief Mark Hill (Six Nations) & Grand Chief Abram Benedict (MCA).

OFFICIAL NOMINATION RESULTS FOR AKWESASNE MEMBERSHIP BOARD

An election will be held on Saturday, October 7, 2023 for the Akwesasne Membership Board in the Districts of Kawehno:ke (4-year Term) and Tsi Snaihne (2-year Term) from 9:00 a.m. to 2:00 p.m. at the following locations:

Tsi Snaihne — Tsi Snaihne Recreation  
Kawehno:ke — Tri-District Elders Lodge

Advance polls will be held on Wednesday, September 27, 2023 and Monday, October 2, 2023 by appointment only. To make an appointment, please call 613-575-2250 ext. 2406.

The Voters List will be posted on Kawehno:ke at Bank of Montreal (BMO) and Express Gas; Tsi Snaihne’s will be posted at Iohahi:io and Snye Life Convenience Store.

OFFICIAL NOMINATION RESULTS	
District of Kawehno:ke (2-Year Board Member)	Donna Delormier (Acclaimed)
District of Kawehno:ke (4-Year Board Member)	Joanne Jocko Ruth Seymour
District of Tsi Snaihne (2-Year Board Member)	Theresa Thompson Shannon L. Lazore
District of Tsi Snaihne (4-Year Board Member)	Darlene Adams (Acclaimed)
District of Kana:takon (2-Year Board Member)	No Nomination
District of Kana:takon (4-Year Board Member)	Nomination forms undeliverable by the deadline of Monday, September 18 at 12 p.m. (James Hemlock)
Chairperson (4-Year Term)	Esther Jock (Acclaimed)

# COUNCIL AND MOHAWK GOVERNMENT

## COUNCIL WEEKLY MEETING REPORT

SUBMITTED BY GRAND CHIEF ABRAM BENEDICT



### AUGUST 14, 2023

- Representatives from the Native North American Traveling College (NNATC) presented to Council on the current programming being offered by NNATC. They expressed a willingness to work with Council on future programs.
- The Border Collaborative Initiative (BCI) Preclearance Working Group provided Council with an

overview of the working groups scope of work for the upcoming year.

- Council received a briefing on a recent request from Kanesatake to meet regarding police services.
- A request for financial assistance from the Akwesasne Thunder Lacrosse team was discussed. Council approved a \$5,000 contribution.
- Council discussed the current structure of the Public Safety Department and agreed Grand Chief will follow up on possible assistance in a review of organization options.
- Council discussed the current Akwesasne Election Law amendment process.
- MCR's:** Approval of rescind (2)

resolutions for repairs loans; Approval of (2) Upgrade loans; Approval of (2) new construction loans; Approval of funding application for Community Emergency Measures; Approval of funding application for Community Fire-Smart Plan; Approval to request funding to host First Nations CEMC Conference; Approval of amendment to Canada Akwesasne funding agreement; Approval of 21/22 MAG Vulnerable Persons Report; Approval to proceed with planning for using planning for Sunday Warehouse; Approval to proceed with design preparation for shovel ready projects; Approval of contribution to Akwesasne Freedom School building fund; Approval of transfer payment for MCA Environment Program.

### AUGUST 21, 2023

- Representatives from Ontario Power Generation (OPG) provided the Council with an overview of the company's Reconciliation Action Plan and explained how they intend to collaborate with their partners to bring the plan to fruition.
- The Committee on Legislative Development provided Council with an overview of the latest changes to the draft amendment of the Akwesasne Election

Law. Council will determine the means of acceptance at next weeks meeting.

- A briefing note regarding a possible partnership with the City of Cornwall for housing was discussed and reviewed. Council requested the director responsible to present to Council on the request.
- Chief Tim Thompson was identified as the Council liaison with the Akwesasne Shonataren group.

- Council reviewed the agenda for the upcoming meeting with the Saint Regis Mohawk Tribe and agreed to add the New York claim and the Border Collaborative Initiative to the agenda.
- A concern about a sign located within the roadway easement was discussed, and administration will follow up on this matter.
- MCRs passed:** Approval of increase to MCA Fishing and Hunting Permit Fees; Approval of agreement for Preserving

# COUNCIL AND MOHAWK GOVERNMENT

Akwesasne Native Biodiversity agreement; Approval of Fish Identification Nearshore Survey Project Agreement with OPG; Approval to Proceed with Water Treatment Plant upgrades; Ap-

proval of application to Canada Mortgage Housing Corporation (CMHC) Housing Accelerator Fund; Approval of Commercial Lease between Community Members; Approval to Request

Additions to Reserve for Cairn Island; Approval of amendment to MCR for spelling error; Approval to rescind MCR for decline of a lease.

### AUGUST 28, 2023

- Dr. Brittany Jock presented background information on two projects she is involved in: "Integrated Indigenous Knowledge System into Health Research" and "Indigenous Community Mobilization within the context of COVID-19." Dr. Jock requested support from the Council and asked the Mohawk Council of Akwesasne (MCA) to participate. The Council agreed to provide support and have the MCA participate.
- Council reviewed material from Ratiweras Goup and agreed to provide a letter of support for the project and its funding submission.
- A request to explore the setting up a financial literacy day for community members was discussed and will be explore and with community financial partners.
- Council discussed the current draft of the Akwesasne Election Law and requested a special session with legal counsel to review.
- A request for support for First Environment program, further information will be sought.

- Council agreed that due to next Monday's holiday, no Council meeting will occur.
- A request was made to follow up with a community contractor on restoration of the water front in Kana:takon, follow up will also be done with environment and compliance on shoreline damages.
- Council discussed the community watch program and agreed to organize a joint meeting with MCA department to discuss program responsibilities.
- A request for donation was discussed and was referred to Executive Services for processing.
- Council discussed the current schedule to meet with the Akwesasne Mohawk Police Commission and agreed to move the meeting to quarterly.
- A request for the continued exploration and expansion of financial support for adults to attend Mohawk language courses was discussed and will be explored by Youth, Elders, Culture and Language Committee.

information will be shared once options are reviewed and considered.

- A request for assistance from the Tsi Snaihne Recreation was discussed. More information will be gathered regarding this request.
- MCRs passed:** Approval of 21/22 Long-Term Care Annual Report; Approval of amendment to Akwesasne Canada funding agreement; Approval of Notice of Budget Amendment to Akwesasne Canada funding agreement; Approval of final draft of Akwesasne Emergency Management Law to proceed to referendum; Approval of final draft of Akwesasne Cannabis Law to proceed to referendum; Approval of agreement and MOU for Cairn Island; Approval of additional HIV/AIDS prevention funding; Approval to participate in Indigenous Methodologies Study, Approval to participate in Indigenous Community Mobilization/ COVID-19 Study.



# COUNCIL AND MOHAWK GOVERNMENT

## KAWEHNO:KE DISTRICT CHIEF JACKIE BENEDICT UPDATES



### Monthly Report: August 2023

#### Portfolios:

Department of Community & Social Services (DCSS), Department of Infrastructure, Housing & Environment (DIHE), Government Secretariat, Department of Justice

#### Working Task Groups:

Green Team, Governance, Hydro Québec

She:kon all. Here is an overview of different projects and areas that I have been involved with.

#### JUSTICE PORTFOLIO

I am a member of the Justice Portfolio and in addition to our portfolio meetings, I sit on several committees. Below is an overview of some of the committees and working groups I sit on.

#### OVERSIGHT COMMITTEE

On the Oversight Committee, we meet once a month to receive updates on the laws that are being developed. We plan for the communication and consultation that takes place. In the month of September, members of the Oversight Committee will be on CKON's Tetewatharon to discuss the upcoming

referendums for Cannabis Law and the Emergency Management Law. Keep an eye out as the Laws will be mailed out to each household to help you make your decision for the referendums.

#### RESIDENCY LAW REVIEW

Our working group has been reviewing the Residency Law and making changes to update the Law as it is very outdated. It was developed in the late 80s, so a lot of the wording needs to be updated. All the laws that are being worked on have community members on the working group. I also attended a Legal Drafting Workshop in Ottawa last fall with several community members who are on the Oversight Committee.

#### ELECTION LAW REVIEW

The Election Law Working Task Group includes the Justice Coordinator and several community members. Council had a line-by-line reading of the Election Law at the beginning of the review, and there have been updates on it periodically. According to the Law Enactment Procedural Regulations, the consultation/comment period for the Election Law has passed. However, as a member of Council I have heard many comments from community members requesting that the Election Law be amended. Council had a meeting with Nathan Richards regarding the proposed amendments to date.

#### DEPARTMENT OF INFRASTRUCTURE, HOUSING AND ENVIRONMENT (DIHE) PORTFOLIO

##### Infrastructure Development

In addition to the regular Portfolio

meetings, I also attend regular meetings for Infrastructure development. These meetings include the contractors and DIHE Director and staff. Discussions are made for the priority areas in the community, and we are provided with updates on the phases we are at for construction.

In the Spring/Summer 2023, Wade Lafrance Road was repaved. The Hilltop Road construction also took place. Great job to those involved. Soon, the Hawthorne Road Tender is going to be submitted for construction, anticipated to begin in 2024. This will extend the road and lead to an area which will allow for the construction of additional rental units.

##### Environment Sector

I was involved in the planning for the Great St. Lawrence Cleanup. Great job to all the attendees and participants of this event and for keeping our rivers clean.

Unfortunately I was not able to attend the washing or release of the baby turtles in August, but I would like to say great effort and work done by those that participated.

Recently, at the Iroquois Caucus meetings, a concern was raised about the Ontario Wetlands Evaluation System. The proposed changes to legislation would make it easier to develop on wetlands and that they could be filled in for building developments. This is a huge concern for me as wetlands are so important to our ecosystems, so I invited the Environment Program Manager to attend the next meeting in November 2023.

##### Housing Sector

At the Housing Authority meetings, we

# COUNCIL AND MOHAWK GOVERNMENT

## KAWEHNO:KE DISTRICT CHIEF JACKIE BENEDICT UPDATES

approved recommendations to Council on Housing Loan Applications. We also discussed housing issues and received reports on housing developments and construction, renovations and applications for funding. We are looking forward to the creation of additional rental units in Tsi Snaihne with the Hawthorne Road extension.

#### AKWESASNE MOHAWK POLICE COMMISSION/AMPS/COUNCIL

I have attended the Akwesasne Mohawk Police Commission and Council meetings. Most of the meetings are regarding community issues that have been raised with Council or with the AMPS. Some of the issues we have discussed are fentanyl use and overdose problems. At a recent presentation, an officer discussed the increase of overdoses in the community, due to the high potency of fentanyl. There are a lot of people who have sadly lost a loved one in the community. Please make sure the people and youth in your life know drug use is dangerous; people can get addicted or overdose from just trying it once. This is not something to experiment with and trying it just one time can kill you. I encourage community

members to attend the Narcan trainings with AMPS or other programs within MCA or the SRMT. I attended the walk on August 31 for Overdose Awareness Day at Generations Park in memory of those we have lost to overdose.

Another area we discussed was how community members need to follow the speed limits in the community. We have looked at different ways to keep community members safe and secure, lowered speed limits, ordered new signs, and the purchase of cameras for each district is being researched.

#### OTHER AREAS OF IMPORTANCE

It was brought up at a district meeting in Kawehno:ke, that there is no one in charge of the cemetery upkeep. I arranged a meeting with Chief Sarah and Chief Cindy along with community members that are interested in recording plots and the maintenance of the cemeteries. Previously, there was some work done by the Genealogy Society and a summer student, so there are some records to start with.

I have been visiting the Tri-District Elders on Kawehno:ke to be available for community members to raise questions

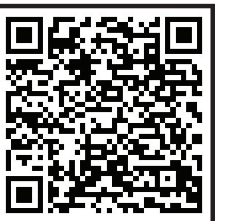
and concerns. I am usually there on Wednesdays during lunchtime when my schedule allows. I enjoy having lunch with our elder community members.

MCA has been affected by the COVID-19 pandemic, in that we are short-staffed in many areas, and this greatly affects our services. There are numerous job postings, and I encourage Akwesasronon to apply for the positions.

As a member of Council, I hear often comments/complaints/suggestions from community members. I do my best to bring forward questions and concerns, and to find answers/solutions. There are issues that are administrative and not political, and we report those to our administrative staff.

There is a Service Complaints process, and the forms to file a service complaint can be found on the website at [www.akwesasne.ca](http://www.akwesasne.ca) under Policies > MCA Service Complaint Policy.

Scan the QR code to access the Service Complaint Process online:



Contact Us!



## MOHAWK GOVERNMENT

To reach a member of Council, call the Mohawk Government Office:  
**613-575-2250**

Or, find phone numbers and email addresses for all Council members online:

[akwesasne.ca/contact-chiefs](http://akwesasne.ca/contact-chiefs) 🔍

# SOCIAL MEDIA CONNECTION

## FACEBOOK STATS



### Facebook Posts with the Most Likes in August

1. Elvis Impersonator Performed for Iakhihsotha Lodge Residents and their Families
2. Tsiionkwanonhso:te Announces Retirement of Lorna Francis
3. HAVFD Receives New Fire Truck Honouring MMIWG
4. Ottawa Redblacks and University of Ottawa Gee-Gee's Host Football Camp at A'nowara'ko:wa Arena
5. AMPS Media Release: Youth Curfew Remains in Effect

### Facebook Posts with the Highest Reach in August

1. Tsiionkwanonhso:te Dunk Tank Challenge (Graphic) – 22,758 Reached
2. Elvis Impersonator Performed for Iakhihsotha Lodge Residents and their Families – 14,222 Reached
3. AMPS Media Release: Youth Curfew Remains in Effect – 6,056 Reached
4. Congratulations and Good Luck Akwesasne Junior B Thunder! (Graphic) – 5,675 Reached
5. Tsiionkwanonhso:te Announces Retirement of Lorna Francis – 5,257 Reached

## YOUTUBE STATS

Highest Viewed Video on the MCA YouTube Channel for August

1. Elvis Visits Iakhihsotha Lodge



**FOLLOW US ON SOCIAL MEDIA!**

[www.facebook.com/akwesasne.ca](https://www.facebook.com/akwesasne.ca)

[www.youtube.com/MohawkCouncilofAkwesasne](https://www.youtube.com/MohawkCouncilofAkwesasne)

Twitter: @MCAkwesasne

Instagram: @mcakwesasne

# CHILDREN'S PAGE

## WORD SCRAMBLE

IPNMKPU \_\_\_\_\_  
UNAMUT \_\_\_\_\_  
SEAWETR \_\_\_\_\_  
SEALEV \_\_\_\_\_  
GNTIINGHAKSV \_\_\_\_\_  
RAENOG \_\_\_\_\_  
ALLF \_\_\_\_\_  
CRAON \_\_\_\_\_  
THO LHCCOETOA \_\_\_\_\_

### WORD BANK

AUTUMN	FALL	SWEATER
PUMPKIN	THANKSGIVING	ACORN
LEAVES	ORANGE	HOT CHOCOLATE

## YOU'VE GOT TO BE KIDDING ME!

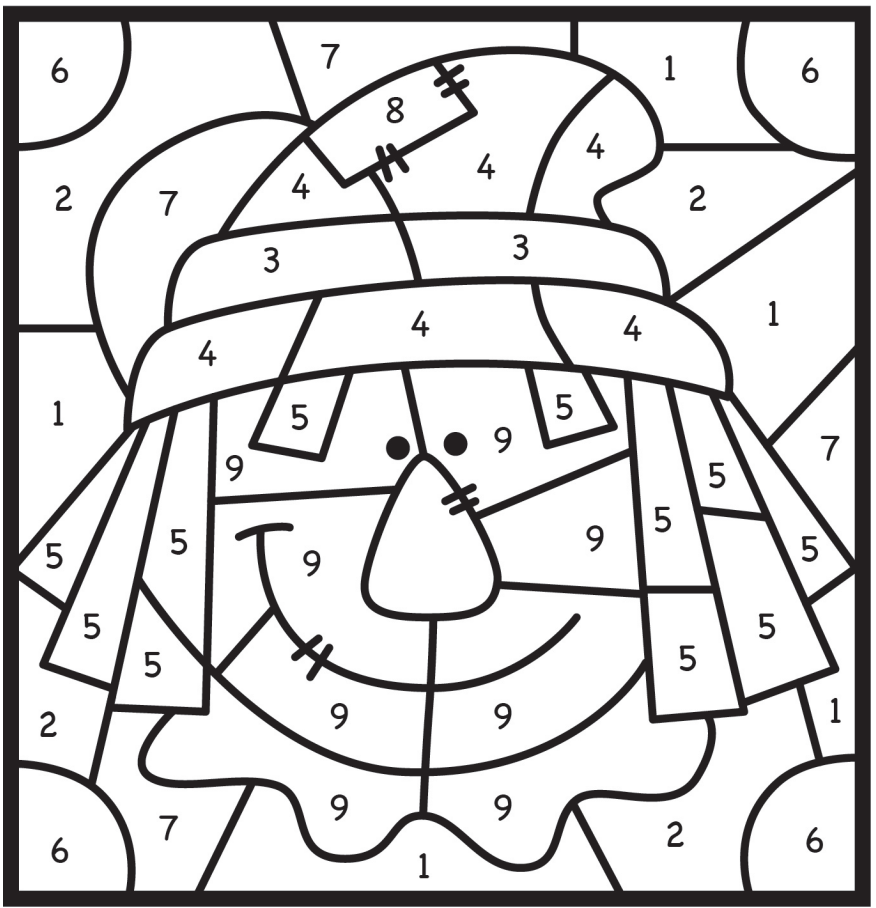
What did the Mama cow say to the calf?  
It's pasture bedtime!

Why did the cookie go to the nurse?  
Because he felt crummy.

Why was 6 afraid of 7?  
Because 7, 8, 9!

## FALL Color by Number

- |              |          |         |
|--------------|----------|---------|
| 1-Light Blue | 4-Brown  | 7-Blue  |
| 2-Violet     | 5-Yellow | 8-Green |
| 3-Purple     | 6-Orange | 9-Tan   |



## SPOT THE DIFFERENCES



1. Crow hat 2. Left straw hand 3. Top left overall button 4. Left patch stitching 5. Two rocks left side 6. Three straw on hat 7. Two cuffs on shirt 8. Tree bushes right side 9. Line on pumpkin stem

## WENTANORON (ARIANA) ROUNDPOINT VISITS KAWEHNO:KE CHILD CARE

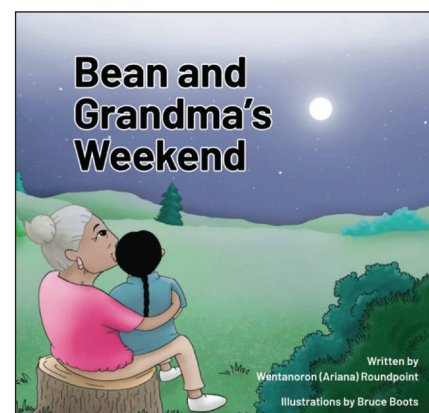
Parents often hear that it is important to read to their kids. Besides the obvious benefit of learning to read, this fun and important skill can teach and expose your children to a multitude of things. Reading can build language skills, teach them about the world, and can even help build empathy to teach children how to handle their feelings. It is also a great way to slow down and connect with each other.

Recently, two young authors from Akwesasne—Wentanoron (Ariana) Roundpoint and Arihohonni (Honni) David— released imaginative children's books which both have a tie to the culture and heritage of Akwesasronon. Community members are delighted when these local authors are able to make an appearance in Akwesasne, and on August 28th, the Kawehno:ke Child Care was elated to have a special visitor, Wentanoron Roundpoint!

Wentanoron brought in her book *Bean and Grandma's Weekend* and provided a book reading to the preschoolers (as well as the infant and toddlers). Wentanoron, with her soft-spoken yet commanding voice, kept the youth engaged and asking questions. She also taught them to pronounce certain Kanienkeha words that are included throughout the book.

For those who would like to embark on a magical journey, *Bean and Grandma's Weekend* is a charming tale that takes place between a grandmother and grandson Bean. This book bridges a generational gap, and sparks a conversation amongst readers about why it is vital to remember where we came from. For those who purchase the book, which is available on amazon.ca, there is a QR code that will permit you to listen to Wentanoron read her story.

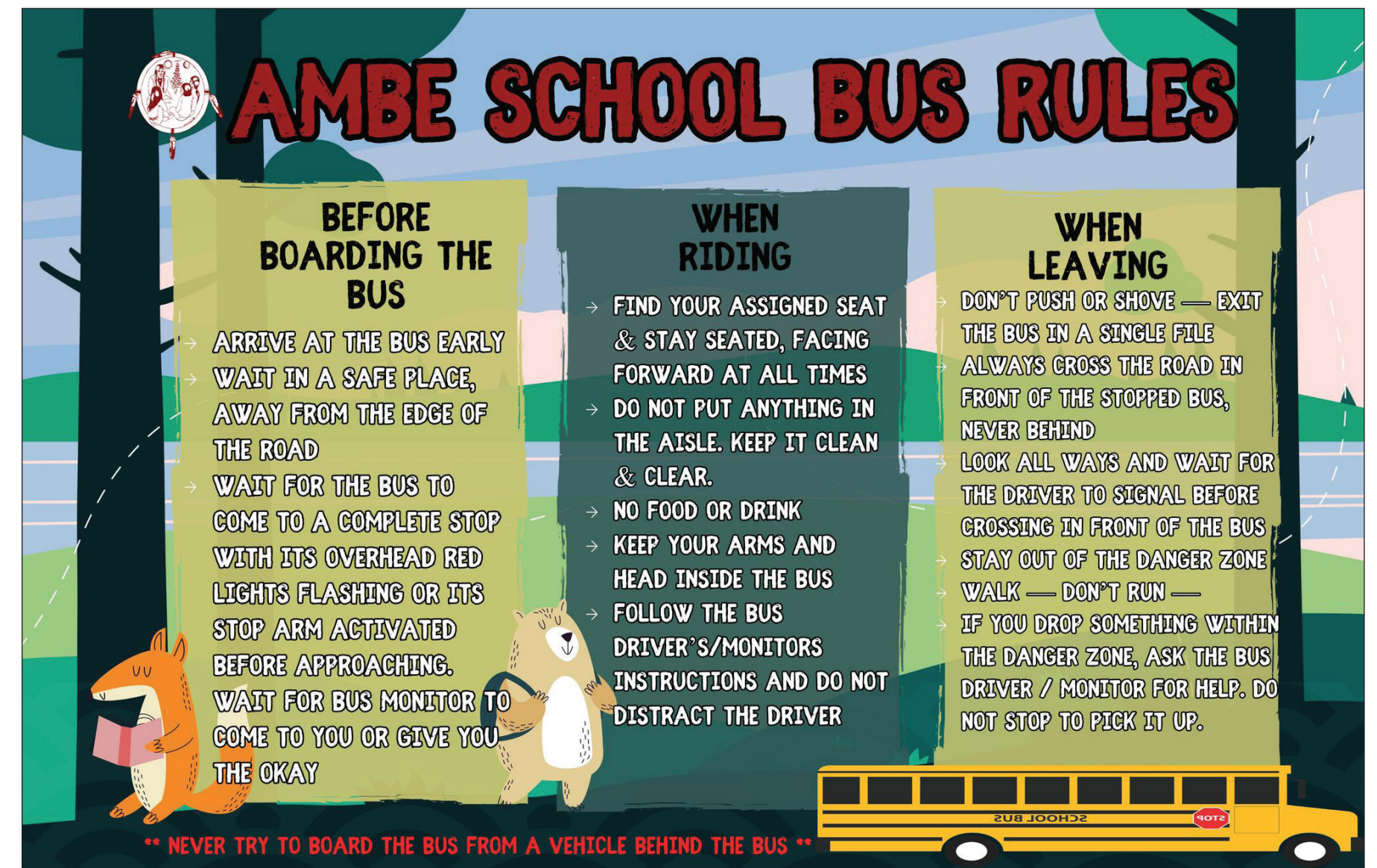
Nia:wen to Wentanoron for visiting the Kawehno:ke Child care and also for providing each of our families with a signed copy of *Bean and Grandma's Weekend*! We encourage everyone to read this captivating tale. Never stop reading and dreaming!



## ACFS COVERS THE COST OF AMBE STUDENTS HOT LUNCH

The Ahkwesahsne Mohawk Board of Education in partnership with the Akwesasne Child and Family Services (Prevention Unit) would like to inform AMBE families that the Hot Lunch Program will be paid in full for all enrolled students at Kana:takon School, Tsi Snaihne School and A.M.S. who are signed up for the Hot Lunch Program.

Niawenhkó:wa to ACFS for stepping up to cover the cost once again for the upcoming school year and continuing a great partnership!



## AKWESASNE JUSTICE DEPARTMENT

### MCA CONGRATULATES JOYCE KING ON RETIREMENT

The Mohawk Council of Akwesasne would like to extend congratulations and appreciation to longtime employee Joyce Tekahnawiiaks King on her retirement!

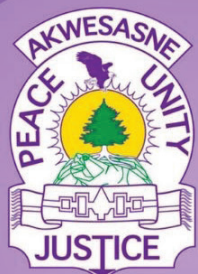
Joyce has served the community of Akwesasne in many capacities, from working with the Mohawk Nation Council of Chiefs to managing Indian Time newspaper to defending our environmental rights. In 2008, Joyce joined the Mohawk Council of Akwesasne as the Director of the Akwesasne Justice Department. As Director, Joyce oversaw the latathróna Raotiientáhtsera Couples Property Law Referendum, which was the first to utilize online voting in the community; assisted with the enactment of the Akwesasne Court Law, the first court in Canada to operate under an independent Indigenous legal system; was instrumental in the Technical Working Group on the Administration of Justice between MCA, Canada, Ontario, and Québec; and worked with the Canadian Institute for the Administration of Justice (CIAJ) to develop a training program unique to Akwesasne, which led to the confirmation and appointment of four new Justices. Along with holding her own federal appointment as a Justice of the Peace, Joyce has also served as the Director of the Haudenosaunee Environmental Task Force, tackling environmental degradation and restoration in our communities.

"Joyce was a true professional that led by example. She was always ready to stand up for our people and for the recognition of our laws and court system," said Kana:takon District Chief Julie Phillips-Jacobs. "Joyce's work ethic and character will be missed, but we will celebrate her legacy of achievements and commitment that she left behind and continue her fight to uphold the rights of our people. Congratulations on your retirement and all the new opportunities yet to come!"

We are very grateful for Joyce's continuous hard work through her 15 years at MCA. Congratulations Joyce and enjoy your well-deserved retirement!



## DEPARTMENT OF JUSTICE



### Contact Us!

Angus Mitchell Memorial Building,  
15 Akwesasne St., Akwesasne, QC H0M 1A0  
Phone: 613-575-2250 ext. 2400 Fax: 613-575-1726

**AKWESASNE MOHAWK COURT**  
CIA #3. 101 Tewesateni Rd., Akwesasne, ON K6H 5R7  
Phone: 613-575-2250 ext. 1026

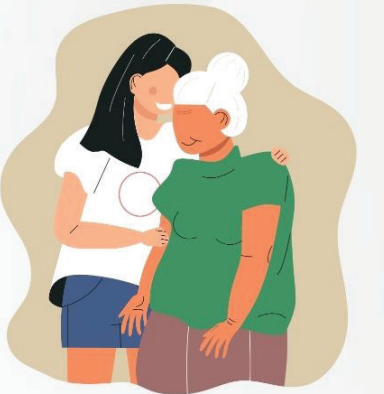
## DEPARTMENT OF HEALTH

WE'RE HIRING!

## EMPLOYMENT CALL OUT

Staff are currently sought for the following areas/positions at the Iakhihsotha Lodge:

- Nurses
- Laundry Workers
- RPNs
- Housekeepers
- PSWs
- Dietary Aides
- Meals on Wheels Delivery Drivers (Casual/Part-Time)
- Cook (Casual)



### DEPARTMENT OF HEALTH PROVIDES INFORMATION ON THE MEALS ON WHEELS PROGRAM

The Mohawk Council of Akwesasne's Department of Health (DOH) is providing the community with information on the Meals on Wheels Program. The Meals on Wheels Program delivers freshly prepared meals, Monday to Friday, for its registered clients. The meals are delivered directly to community members homes within the three districts of Kana:takon, Tsi Snaihne, and Kawehno:ke.

The Meals on Wheels Program delivers nutritious meals, as well as providing well-being checks and social visits to clients each weekday, Monday to Friday. Clients of the Meals on Wheels Program are seniors or adults with disabilities who are primarily homebound and unable to manage meal preparation. Delivery of meals can be expected between 11 a.m. to 1 p.m. Deliveries are hot meals that are easily heated up by the clients upon delivery to their home.

Criteria for the Meals on Wheels Program are as follows:

- Be a homebound person
- Have impaired mobility and/or incapacitated due to accident, illness, or frailty
- Lack of support from family members or neighbours
- Unable to prepare meals because of lack of facilities such as refrigeration, stove, etc.
- Inability to shop and cook for self
- Inability to safely prepare meals or lack of knowledge and skills

Client assessments and a 6-month follow-up assessment are required to be eligible for the Meals on Wheels Program.

For more information on the Meals on Wheels Program, or to register, please contact Leah Mitchell, Acting Health Management Coordinator, via email at [leah.mitchell@akwesasne.ca](mailto:leah.mitchell@akwesasne.ca).

## DEPARTMENT OF HEALTH

### TSIIONKWANONHSO:TE ANNOUNCES RETIREMENT OF LORNA FRANCIS

The Tsiionkwanonhso:te Long-Term Care Facility is announcing the retirement of Lorna Francis. The LTC and the Mohawk Council of Akwesasne would like to extend congratulations and appreciation to Lorna for her many years of service to our residents!

Lorna has dedicated 16 years of service to the elders residing at Tsiionkwanonhso:te, providing kindness, care, and support. Lorna served as the Finance Clerk for her entire career at Tsiionkwanonhso:te. Lorna has been the go-to person for any staff member who needed assistance with their time for payroll. Residents' families would consult Lorna during the emotional and stressful time of Admission of their loved ones to the LTC. Lorna really was amazing in her role.

"We are really going to miss Lorna," said Vincent "Barry" Lazore, Administrator of Tsiionkwanonhso:te.

"It is a great comfort knowing that Lorna is going to enjoy her retirement, healthy and happy, and we hope that she realizes what a great asset she has been to the staff and residents of Tsiionkwanonhso:te. We will miss her dearly!"

Please join us in wishing Lorna congratulations on her well-deserved retirement!



### ASSOCIATE MINISTER & MPP VISIT AKWESASNE TO HAVE HEALTH & ADDICTIONS DISCUSSIONS

Associate Minister of Mental Health & Addictions Michael Tibollo, and Member of Provincial Parliament (MPP) Nolan Quinn, paid a visit to Akwesasne on Friday, August 11, 2023. Associate Minister Tibollo and MPP Quinn's visit was specific to continuing to build a relationship between the Ontario Government and Akwesasne in regard to Mental Health & Addictions.

A tour of Akwesasne was provided, as well as presentations from the Sahatihahará:ne Detox Center, the Mental Health Program, Dr. Ojistoh Horn on behalf of Wholistic Health & Wellness, and the Department of Health's Land-Based Healing Program.

We thank Associate Minister Tibollo and MPP Quinn for their time and look forward to continuing to work together on improving services within Akwesasne for mental health and addictions.



## DEPARTMENT OF HEALTH

### ELVIS VISITS IAKHIHSOHTHA LODGE

On August 16, residents of Iakhihsohta Lodge and their families were all shook up by an amazing performance by Elvis impersonator Sylvain Leduc!

All those in attendance couldn't help but fall in love with this family-friendly event that was enjoyed by all. The show, which was a "Blue Hawaii" theme, enticed guests to have a little less conversation and a lot more dancing, smiles and fun!

Nia:wen to all that made this event possible, including the staff at Iakhihsohta and sponsors Dank Bank and Higher Ground. Thank you. Thank you very much.



## DEPARTMENT OF HEALTH

### DEPARTMENT OF HEALTH WELCOMES NEW LAND-BASED HEALING SPECIALIST

The Department of Health's Land-Based Healing Program would like to extend a warm welcome to the new Land-Based Healing Specialist, Steevi King. The Land-Based Healing Specialist will assist the Program Coordinator in working with community members and MCA programs to conduct small condolence fires, meditation, connection to the land, healing concepts and practices, and assisting with the Canoe Journeys Program.

Steevi was born and raised in the District of Kana:takon, where she continues to reside and raise her family. She is an advocate of healthy living and helping the community achieve a healthy lifestyle in all areas of their lives: physical, mental, and spiritual. Her passion for fitness, healthy living, and cultural practices have provided her with opportunities to

work with community members of all ages. Steevi is excited to use her 20+ years of experience in the health, fitness, and environment fields in her new venture within the Department of Health.

Please join the Department of Health in welcoming Steevi to the Department of Health team.



### HOME CARE/HOME SUPPORT PROGRAM OFFICES NOW LOCATED IN ALL THREE NORTHERN DISTRICTS OF AKWESASNE

The Mohawk Council of Akwesasne's Home Care/Home Support (HCHS) Program is providing the community with an update on their transition period. HCHS has now completed their transition from offices on Kawehno:ke to occupying office spaces in all three districts of Akwesasne. This transition was enacted to maximize the services accessible to their clients and to the Akwesasne community.

HCHS has offices located at Iakhihsotha Lodge, Kanonhkwa'tsheri:io Health Facility, and the Tsiionkwanonhso:te Long-Term Care Facility. HCHS will be resuming its regular program operations and services, such as home visits, Home Medical

Equipment deliveries, referral services, transportation services, etc.

For any questions, concerns, or for more information regarding Home Care/Home Support, please contact Program Manager Chelsy Plante, Program Manager, at 613-575-2341 ext. 3229, or Sabrina Jacobs, Administrative Assistant, at 613-575-2341 ext. 1618.

For any referrals to the Home Care/Home Support Program, please fax completed requisitions to 613-933-2076.

## DEPARTMENT OF HEALTH

### DR. BAIER TO CONTINUE MEDICAL SERVICES AT KAWEHNO:KE MEDICAL CLINIC UNTIL DECEMBER 26TH

The Mohawk Council of Akwesasne's Department of Health (DOH) would like to inform the community that Dr. Baier will be continuing her placement in the Kawehno:ke Medical Clinic (KMC), located in the District of Kawehno:ke, until December 26, 2023. Dr. Baier will also continue to assist with the Home Care/Home Support Program.

The Department of Health is overjoyed that Dr. Baier has chosen to continue to provide healthcare services to the community of Akwesasne. We look forward to her continuing to provide high-quality care to our community members. Please join us in welcoming Dr. Baier to the Akwesasne community. To schedule an appointment with Dr. Baier, please contact the Kawehno:ke Medical Clinic at 613-932-5808.

## Are you **pregnant** or have a newborn baby?



**HEALTHY PREGNANCY =  
HEALTHY GENERATIONS**

- The months before the birth of your baby is a great time to learn about what to expect during pregnancy.
- Regular visits to your health care provider are important for your health and your baby's health.
- It is important to learn about what services are available for pregnant women and families with newborns.

### THE MCA COMMUNITY HEALTH PROGRAM OFFERS THE FOLLOWING SERVICES JUST FOR YOU:

- One-to-one sessions to learn "what to expect" during pregnancy.
- Referral to Tahonata'karita'kie Healthy Arrivals Program, which provides food vouchers throughout your pregnancy.
- Referral to the Indigenous Healthy Babies/Healthy Children home visiting service.
- One-to-one sessions to help you prepare for labor and delivery.
- Breastfeeding education sessions and in-home support after the birth of your baby.

### HEALTHY TIPS FOR A HEALTHY PREGNANCY

- Keep your body strong. Exercise and stay active.
- Have a good mind. Think positively.
- Rest when needed.
- Early and regular prenatal visit.
- Food is medicine. Healthy food choices will help your baby grow strong.
- Making healthy choices during your pregnancy can help protect you and your baby.



**MCA Community Health Program (613) 575-2341 ext. 3220**

**Ask for a Community Health Nurse!**

# DEPARTMENT OF COMMUNITY & SOCIAL SERVICES

## ACFS HOSTS KIDS CREATIVITY CLUB

In August, the Akwesasne Child & Family Services (ACFS) held a creativity club for kids and their families to come out and learn how to make traditional crafts at Generations Park. During the course of four days, participants had the opportunity to learn how to make beaded medallions, medicine pouches, cornhusk dolls and braid sweetgrass.

Niawenhkó:wa to all the families that participated in each class. It was wonderful to see everyone working together and we hope to see you at future events! Please stay tuned on the ACFS Facebook page to see upcoming events and activities.



# 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

# DEPARTMENT OF ECONOMIC DEVELOPMENT

## WALKING TRAIL NOW OPEN AT A'NOWARA'KO:WA ARENA

The Department of Economic Development is pleased to announce the walking trail at the A'nowara'ko:wa Arena has been completed! Community members are welcome to come and enjoy the newly paved trail.

### Trail Distances:

Outer Loop – .59 Miles  
Small Loop – .25 Miles  
Big Loop – .43 Miles

**REMINDER:** ATVs, dirt bikes, side-by-sides (UTVs), etc. are strictly prohibited on the arena grounds. We have been working hard on upgrading the arena grounds for the community and we ask that it please be respected.



**Interested in starting a small business?**  
**We can help!**

Economic Development offers the Small Business Grant, Training Funds, and the Indigenous Initiative Fund (IIF), a matching grant through Quebec.

Questions? Please contact Troy Thompson 613-575-2250 ext. 1803

SEPTEMBER 2023



HOUSING SECTOR

# Home Maintenance Checklist

TIPS + TRICKS

## IMPROVEMENT ADVICE

- Prepare for back to school: supplies, clothes, backpacks
- Create family communication board for the school year
- Clean and store summer beach gear and toss broken items
- Clean counters, cupboards, fridge, freezer and dishwasher
- Deep clean floors, baseboards, and carpets
- Clean vehicle interiors
- Organize closet space
- Check roof and siding for any damage, now is the time to repair or replace
- Inspect home for pests and prevent infestation entrances
- Clean and organize garage
- Finish outdoor projects
- Host a back to school party
- Organize summertime photos
- Create a fall inspired wreath
- Clean bathroom exhaust fan
- Maintain the furnace
- Power-wash the deck
- Clean the gutters
- Replace weather-stripping
- Inspect and clean windows
- Clean dryer vents
- Clean and seal tile grout
- Prune trees and bushes
- Check spigots for leaks
- Examine exterior for cracks and seal them with caulk or weather-stripping
- Flush your hot water heater
- Feed your lawn before the frost
- Sweet chimney before first use

## MOLD PREVENTION

- Keep everything dry
- Ventilation
- Clean regularly
- Keep AC filters clean
- Monitor attic and basement
- Use mold resistant paints
- Increase air circulation
- Inspect gutters and repair any damage
- Use caulking around windows
- Check roof regularly
- Do not leave areas wet for long
- Remove wet materials
- Use most resistant dry wall
- Replace any cracked windows
- Keep water away from home
- Fix drainage or slope from home
- Use a dehumidifier
- Clean and replace bathroom vents regularly
- Invest in mold killing products

## MONTHLY CHECKLIST



- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Clean or replace the filter to the furnace and/or HRV | <input type="checkbox"/> Inspect all drains for debris; unclog if necessary | <input type="checkbox"/> Vacuum heat registers and heat vents               |
| <input type="checkbox"/> Clean faucets and shower heads from mineral buildup   | <input type="checkbox"/> Test smoke alarms                                  | <input type="checkbox"/> Check indoor and outdoor air vents are not blocked |

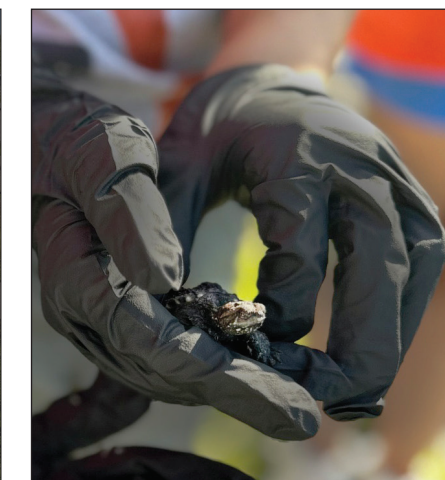
## SNAPPING TURTLE RELEASE PARTY

It was a turtle-y awesome time at the MCA Environment Program's turtle release party on August 24th!

Snapping turtles are an at-risk species and the Environment team works hard to protect eggs from vulnerable nests and enhance hatchling survival rates. Our program found this turtle clutch and relocated it

to an incubator, where they successfully hatched and were ready to return to their home.

Nia:wen/Thank you to all the community members who joined us as we celebrated our conservation efforts and released our turtle friends back into their natural habitat!



# DEPARTMENT OF INFRASTRUCTURE AND HOUSING

## HOUSING'S BEN BENEDICT EARNS CONSTRUCTION PIONEERING AWARD

On Wednesday, September 6, 2023, a special luncheon was held by Legalett Canada Inc. for Construction Pioneering Award recipients. MCA's DIHE (Housing Sector) Tenant and Maintenance Manager Ben Benedict was presented with the award and a jacket by Legalett National Sales Manager Ken Williams.

"The Construction Pioneering Award recognizes extraordinary achievements in the field of Energy Efficient building construction using Legalett's high performance building envelope solutions.

The individual or company that receives this award will have moved beyond the boundaries of the standard building code and been the first to successfully use cutting edge innovative equipment, building materials or building systems in their area and conform to either LEED, PH, NZE, R-200 or similar high-performance standard.

They would have freely shared their experience with anyone that asked, and the project will have been so successful that others would follow in their path to build projects of a similar type, having learned from the experiences of the "Construction Pioneer".

This award, with much appreciation was presented to Ben Benedict for his foresight and the outstanding successful achievements of many energy efficient

building projects in the Akwesasne community." Congratulations Ben on this great achievement! Keep up the great work, as it will influence and pave the way for others to follow.



Pictured is DIHE (Housing Sector) Tenant and Maintenance Manager Ben Benedict and Joshua Teixeira from HSP Engineering.

**DEPARTMENT OF INFRASTRUCTURE, HOUSING & ENVIRONMENT**

**ADMINISTRATION:**  
613-575-2250 ext. 1003

**MAINTENANCE PROGRAM:** 613-575-2250 EXT. 1022

**HOUSING:** 613-575-2250 EXT. 1056

**ENVIRONMENT:** 613-575-2250 EXT. 1038

**ROADS DEPARTMENT CENTRAL DISPATCH:** 613-575-2340 OR 613-938-5476

**WATER/WASTEWATER INFRASTRUCTURE EMERGENCY:** 613-575-2000

**AFTER HOURS PAGER:** 518-404-3352

**OFFICE HOURS:** MONDAY – FRIDAY 8AM-4PM 613-933-4924

**SOLID WASTE MANAGEMENT (GARBAGE AND RECYCLING):**  
613-575-2250 ext. 1002

# DEPARTMENT OF INFRASTRUCTURE AND HOUSING

## HAVFD RECEIVES NEW FIRE TRUCK HONOURING MMIWG

On Wednesday, August 23, the Mohawk Council of Akwesasne's Department of Infrastructure, Housing and Environment (DIHE) presented a cheque to Fort Garry Fire Trucks for the manufacturing and delivery of a brand new fire engine to the Hogansburg Akwesasne Volunteer Fire Department.

Fire Chief Issac McDonald accepted the beautiful new truck on behalf of HAVFD and Station #3. The fire engine is adorned with imagery to raise awareness and show support of Missing & Murdered Indigenous Women & Girls (#MMIWG).

MCA would like to extend a big nia:wen/thank you Fort Garry Fire Trucks, Wraptors Decals, Joe King, and Long Graphics for all of their work on this venture.

This project was made possible through funding by Indigenous Services Canada.



Pictured L-R: DIHE Associate Director Charmaine Caldwell, Peter Somerton and Barry Carpenter of Fort Garry Fire Trucks, HAVFD Fire Chief Issac McDonald, Kawehno:ke District Chief Jackie Benedict, DIHE Executive Assistant Theresa Jacobs.



# DEPARTMENT OF PUBLIC SAFETY

## OVERDOSE AWARENESS WALK

On August 31st, the SRMT Alcoholism/Chemical Dependency Program, MCA Wholistic Health & Wellness Program, and Akwesasne Mohawk Police Service teamed up for their annual event in honour of International Overdose Awareness Day.

Luminaries lit up the Tewathahita Walking Trail at

Generations Park as community members honoured their loved ones lost to overdosing and raised awareness of the opioid epidemic. Nia:wen/Thank you to everyone that attended and showed support to all those who have been affected by drug-related deaths. Together, we can work to reduce the stigma and #EndOverdoseAkwesasne.



# DEPARTMENT OF PUBLIC SAFETY

## AKWESASNE MOHAWK POLICE SERVICE LAUNCHING ELECTRIC POLICE FORCE VEHICLES

The Akwesasne Mohawk Police Service (AMPS) is informing the community that they are adding two electric vehicles to their fleet. The AMPS have been working with partners 7Gen and Cyberkar to equip the electric police vehicles. AMPS will be one of the first police forces in Ontario in Quebec, as well as the first Indigenous police force that will operate electric vehicles within their fleet.

An important effort to transition to electric vehicles was made to reduce emissions, and the AMPS hopes that other organizations will follow suit to make eco-friendly changes for the environment. Deputy Chief

O'Brien states "We are excited to be working with 7Gen and Cyberkar to be adding our first electric vehicles to our fleet. Reducing our emissions starts with minor changes like this one."

Note that AMPS' funding for these vehicles is earmarked for equipment only and cannot be used or transferred to any other program in Mohawk Council. The Akwesasne Mohawk Police are anticipating launching their new e-vehicles in the fall of 2023.

For more information, you can contact AMPS at 613-575-2340.

## AUGUST STATISTICS

336 August	2 1011 By-Law - Other	1 1045 Attempt Suicide
1 024 Break & Enter - Residence	5 1012 Civil Disputes	1 1046 Crisis Intervention
1 027 Theft - Automobiles	18 1013 Community Services	7 1050 Youth Complaint
1 037 Theft Under \$5000 - Bicycles	9 1014 Crime Prevention	1 1052 Shooting Complaint
2 040 Theft Under \$5000 - Other	3 1016 Domestic Dispute (Non-violent)	2 1056 Hazardous Conditions
3 061 Bail Violations	7 1018 Escorts - Prisoner	6 106 Provincial Statutes - Other
2 063 Disturb The Peace	1 102 Other Federal Statute Offences	16 1063 Marine Patrol
4 072 Mischief (Prop. Damage) Under \$5000	9 1023 Judge's Order (Court)	6 205 Assault - Level 1
1 073 Criminal Code - Other	2 1023 MVC - Non-Reportable	3 206 Assault Weapon/CBH - Level 2
2 100 Immigration Act	1 1027 Property - Found	1 210 Assault Police
8 1001 Alarms	9 1029 Suspicious Persons	2 212 Assaults - Other
7 1003 Assist Other Agencies - Ambulance	6 1030 Suspicious Vehicles	1 3030 Admin - Assist Other Agency
2 1003 Assist Other Agencies - Cornwall PS	16 1031 Suspicious Circumstances	1 705 Dangerous Operation MV
10 1003 Assist Other Agencies - Other	2 1032 Sudden Death	2 711 Impaired Operation MV
6 1003 Assist Other Agencies - Tribal PD	1 1034 Trespassing (Prov. Statute)	4 715 Fail to Stop/Remain (CCC)
85 1004 Assist Public	1 1035 Warrant - Committal	1 717 Fail to Stop / Remain (HTA)
7 1008 By-Law - Dogs	1 1036 Warrant - Bench/First	33 721 Traffic - Provincial Statutes
2 1009 By-Law - Noise	1 1040 Traffic Complaint	6 Incident Type Not Listed
1 1010 By-Law - Parking Occurences	3 1041 Mental Health Act	



## AKWESASNE MOHAWK POLICE SERVICE

➤ Non-Emergency Phone: **613-575-2250** ➤ Email: [info.amps@akwesasne.ca](mailto:info.amps@akwesasne.ca)  
➤ Emergency Phone: **613-575-2000**



## Wholistic Health & Wellness Prevention Program

# MENTAL ILLNESS AWARENESS WEEK

*October 1-7, 2023 is Mental Illness Awareness Week and the Wholistic Health & Wellness Program will be hosting some fun activities throughout the week!*

**02**  
OCT.

### Wellness BINGO Activity

MONDAY - FRIDAY

Participate in a Wellness BINGO Activity throughout the work week Monday - Friday to help improve our health! (BINGO sheet will be shared on social media and via email)

**05**  
OCT.

### Wear **GREEN** Day

ALL DAY

Wear green to show your support and bring awareness to Mental Illness Week 2023 and help break the stigma!

**03**  
OCT.

### Elder Enrichment Program

9:00 AM - 12:00 PM

Personalized Hand Embroidered Corner Bookmark making class! Open to elders ages 55+

**06**  
OCT.

### Mental Illness Awareness Walk

10:00 AM - 12:00 PM

Join us for a walk at the Generations Park Walking Trail. Program stations will be present to share information and resources.

**04**  
OCT.

### CKON Radio Tetewatha:ren Talk Show

10:15 AM

Listen to 97.3 FM and get more information on our events for Mental Illness Awareness Week, open on-air discussions, and program information regarding our mental health.



# Bling the Bra

Everyone welcome!

## WALK/RUN



## Wednesday, October 11

Tewathahita Walking Trail  
4:30 p.m. to 6:30 p.m.

Show off your design skills and raise awareness about breast cancer. Showcase your designs during the run/walk!

### Prizes

For the top 3 decorated bras!  
(Clothing must be worn underneath your bra)

Be creative, Remember pink, Add a catchy slogan

### FOR MORE INFORMATION:

Amanda Garrow at the Community Health Program  
613-575-2341 ext. 3220

