

## Solidarity Created with Nation-to-Nation Bike Tour



*Nation to Nation Bike tour participants gear up to hit the road. Mohawk Council of Akwesasne's Chief Brian David and Aboriginal Rights & Research Office representative Kelly Thompson sent the group off.*

From July 27th to July 31st, the Mohawk Council of Akwesasne welcomed a delegation of youth to Thompson Island as part of a two-week long nation-to-nation bike tour kicking off in Akwesasne and meant to bring together different cultures and communities. The group included three Akwesasnonon Waabi Tenansco, Harry Benedict and Carly Benedict, along with twelve individuals from across Canada that when united included representation from the four original peoples. This exchange of culture in Akwesasne marked the first stop on the Nation-to-Nation Bike Tour, a collaborated project between KAIROS and the Othesha Project to highlight the relationship between Aboriginal and non-Aboriginal communities.

Kelly Thompson, Researcher at the Aboriginal Rights and Research Office (ARRO) said, "The event went better than planned. The itinerary created for KAIROS went perfectly. Every presenter was well received and the bikers learned a wealth of information on the topics from them, as well as from

their peers...knowledge sharing is the best way to build a relationship."

The group will begin a two-week voyage that will lead them along the St. Lawrence River and end in Tyendinaga (in time for their pow-wow on August 14th). During the trip between the two First Nation communities, the group will make multiple stops to exchange culture, knowledge and teachings.

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# MOHAWK COUNCIL OF AKWESASNE

## Grand Chief

Michael Kanentakeron Mitchell

## Kana:takon District

Chief Larry King  
Chief Florence Phillips  
Chief Julie Phillips-Jacobs  
Chief Steve Thomas

## Kawehno:ke District

Chief Abram Benedict  
Chief Brian David  
Chief JoAnne Jocko  
Chief Louise Thompson

## Tsi Snaihne District

Chief April Adams-Phillips  
Chief Joe Lazore  
Chief Karen Loran  
Chief William Sunday

## Administration

Sheree Bonaparte  
Executive Director

Jay Benedict  
Director  
Technical Services

Joyce King  
Director  
Justice Department

Heather Phillips  
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Housing Department

Robyn Mitchell  
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Community & Social Services

April White  
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Department of Health

Dr. Barry Montour  
Director  
Akwesasne Mohawk Board  
of Education

Jerry Swamp  
Chief of Police  
Akwesasne Mohawk Police  
Service

James Ransom  
Director  
Tehotiennawakon

Onkwe'ta:ke - MCA's monthly, community newsletter, is published by the Communications Unit. For more information, or to provide feedback, please email our staff at: [communications@akwesasne.ca](mailto:communications@akwesasne.ca), call (613) 575-2348 Ext. 2210, or visit our Facebook page.

# Wat'kwanonweraton/Greetings

Greetings,

*I hope this month's Onkweta:ke finds you and your family in good spirits and health. It is my privilege to again provide the opening letter for MCA's monthly newsletter, in addition to the submission of my monthly report to the community.*

*Just as spring came to a close and the much anticipated summer months began, many of our children and youth graduated from their academic level of achievement, whether that was the early year's program, Grade 6, Grade 8, high school, college, or university. The Mohawk Council of Akwesasne congratulates all of this year's graduates. The special times we have witnessed and shared with our graduates are a milestone that will be proudly remembered for years to come. As our graduates embark on their journey to further their education or enter the workforce, we reflect on the path they have taken thus far and realize that much appreciation is due to their family and friends for the support they have given, which made all the difference. This unconditional support is something we all can relate to and appreciate. Niawen ko:wa to all the parents, grandparents, family, and friends who continue to support our graduates. We wish our graduates all the best as they continue on their path in life.*

*This year alone, thirty-three (33) Akwesasronon graduated from high school through Ahkwesasne Mohawk Board of Education tuition agreements. Over the last several years we have seen a steady increase in the number of Akwesasronon graduating from secondary institutions and a steady increase in the number of Akwesasronon attending post-secondary institutions. This year, the Ahkwesasne Mohawk Board of Education and the Mohawk Council of Akwesasne supported over 400 students in either full time or part time studies in a training institute, a college, or a university. We should all be proud of these accomplishments because this helps to build the capacity of our community and ultimately builds a stronger future for generations to come.*

*As the summer months continue to unfold a number of you will be enjoying the warm weather and sun, either at the local beach, on the boat or on a family vacation. I remind you to take care and be safe; too much sun without sunscreen can be very harmful to your skin and also very painful. For those of you who are boaters please operate your boat with caution and care and remember when you are operating a boat outside of the Territory of Akwesasne you are required to carry a valid Pleasure Craft Operator Card and required to have a copy of your boats registration with you. Failure to carry these two pieces of documentation can result in fines with outside agencies, so please remember to carry these documents with you when out boating.*

*In closing, I hope you find this month's Onkweta:ke very informative, filled with lots of information about what is going on within the Mohawk Council of Akwesasne and Mohawk Government. I hope that everyone in the community takes an opportunity to relax, enjoy the summer season and take in some sun, and please remember to be safe and have fun!*

Sincerely,

Chief Abram Benedict  
Kawehno:ke District



Box 579, Cornwall, Ontario K6H 5T3

## MOHAWK COUNCIL OF AKWESASNE OFFICE OF THE COUNCIL CHIEFS COMMUNITY ANNOUNCEMENT

Ohiarihko:wa/July 26, 2013

It is with a heavy heart that the Mohawk Council of Akwesasne has learned of the passing of Sakakohe Pemberton on Thursday, July 25<sup>th</sup>. Saka will be remembered for her unwavering dedication to our community; her dedication and hard work set the pace for everyone around her. She was strong when she needed to be and gentle and understanding at the right moments. She truly exemplified what it meant to be a loyal and dedicated employee and natural leader.

Saka had a natural proficiency for administration and management. Beginning in 1984, Saka held a number of executive positions within Mohawk Council of Akwesasne. With very short notice Saka could be counted on to fill any senior level position including Executive Director, formerly known as Chief Administrative Officer, and Special Projects Officer. Saka was thorough and dedicated to her work. She was instrumental in the development of MCA's Operational Planning process.

Grand Chief Mike Kanentakeron Mitchell noted, "Saka's dynamic personality and optimism helped MCA to survive some very rough periods in our governance development."

In 2003, Saka accepted a position as the Director of Health. The Department of Health is one of the largest service areas within MCA. Her ability to look someone in the eye and lay out the facts in question distinguished her as a keen negotiator. She routinely updated Council and was always forthcoming with the facts whether those facts were positive or negative.

Executive Director Sheree Bonaparte shared, "She lead the Department of Health through many hard times and rough waters. Both MCA employees and her community are thankful for all that she has done."

Saka was phenomenal when it came to debate. She defended and protected the things that were most important to her.

Kawehno:ke District Chief Brian David offered, "I first met Saka in the 1970s... I quickly recognized that she operated by a strong principle base. That never changed."

Saka is remembered for being a great woman. She pushed her fellow employees to become better people and a better community exists because of her. She will be missed. MCA extends our most sincere condolences to her family and offers our support at this time.

On behalf of Saka's dedication and loyalty the Kanonhkwasheri:io Health Facility will be closed on Monday July 29, 2013 to honor her.

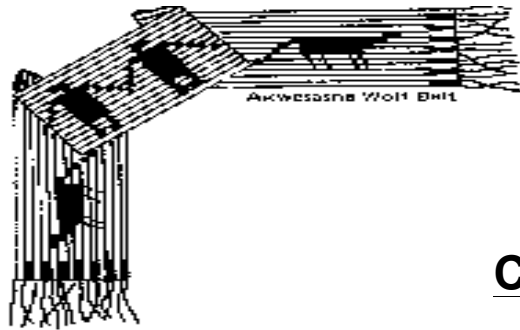
Mohawk Gov't Office 613 575-2348



Admin. Office 613 575-2250

Akwesasne - Land Where The Partridge Drums





## Community Notice

### Mohawk Council of Akwesasne Donations Policy

(Akwesasne Mohawk Territory – July 30, 2013) The Mohawk Council of Akwesasne wishes to announce that the Council has revamped its Donations Policy to reflect the current economic climate and to facilitate processing of donation requests.

The Mohawk Council of Akwesasne (MCA) receives many requests from community members and groups for financial donations to support their needs or projects. The Mohawk Council has identified two sources of funds from which they may provide financial support to community members and groups. The first is through a specific donations budget, and the second is through the *Akwesasne Community Fund* for groups and organizations.

#### Donations Policy

The MCA has always tried to support as many of the donation requests as possible by using discretionary funds not dedicated to programs and services. However, due to Canadian government cutbacks that have effected many MCA programs and the current economic climate, the Council finds that its ability to continue to support community members and groups by way of specific donations is being seriously diminished. The MCA's specific donations budget for the 2013-2014 fiscal year has been cut back significantly which will result in the MCA not being able to donate to many of the initiatives and projects that it has supported in the past.

On July 16, 2013, the Mohawk Council passed a resolution MCR – 2013/2014 – 120 to approve a revised Donations Policy. The revamped policy calls for anyone requesting a specific donation to complete a formal application form that will also include confirmation of membership on the Mohawks of Akwesasne Membership list as well as confirmation of Good Standing within MCA.

In order to receive a donation from the Mohawk Council, applicants must be members of the Mohawks of Akwesasne and must reside within the territory of

Akwesasne under the jurisdiction of the Mohawk Council of Akwesasne. Requests for specific donations are to be directed to the MCA's Executive Director who will determine whether to approve or deny the request or to refer the request to MCA's Finance Committee. In addition, the Finance Committee will act as an appeal body for decisions made by the Executive Director. In order to ensure that adequate time is provided for processing donation requests, the application must be submitted to the MCA at least thirty (30) days prior to the date that the donation is needed. The maximum limit for donations has been set at \$500.00 for individuals and \$1,500.00 for groups/teams. Also, in order to ensure that what limited funds are available for donations are spread out to cover as many requests as possible, donations will be limited to one donation per year to or for any individual or group.

The Mohawk Council will, however, continue its policy to provide donations for funeral costs related to the death of a family member.

#### Akwesasne Community Fund

Additionally, the Mohawk Council of Akwesasne also provides funding to groups and organizations by means of the *Akwesasne Community Fund* call out. This fiscal year, the Mohawk Council will be holding two (2) call outs for applications by groups/teams to obtain funding from the *Akwesasne Community Fund*. The Council expects and hopes that any groups who are seeking financial support for their projects, activities or events will seek such support through the *Akwesasne Community Fund* rather than making a request to the Council for a specific donation.

The Mohawk Council of Akwesasne apologizes for any inconvenience and distress this new policy may bring.

For further information, please contact the office of the Executive Director, Mohawk Council of Akwesasne at 613-575-2250 or by e-mail at [Brigitte.phillips@akwesasne.ca](mailto:Brigitte.phillips@akwesasne.ca)

Support a Drug Free Community!

## SUBSTANCE ABUSE EMERGENCY NUMBERS

 Wholistic Health & Wellness (Addictions & Counseling) (613) 575-2341 ext. 3100	 Mohawk Police & Ambulance (613) 575-2000	<b>CRIMESTOPPERS</b> (613) 575-2255	<b>ONEN'TO:KON TREATMENT SERVICES</b> (450) 479-8353
Ionkwanonhsasetsi Adolescent Treatment Center (613) 932-5050	MENTAL HEALTH CRISIS LINE 1-866-996-0991	Cornwall Hospital Withdrawal Management Services (613) 938-8506	Grandparent's Support Group (613) 575-2341 ext. 3100
IETHINISTEN:HA FAMILY WELLNESS PROGRAM (613) 937-4322	Akwesasne Eagle Watch Promoting a Safe and Drug free Akwesasne facebook	Akwesasne Child & Family Services (613) 575-2341 ext. 3139 (613) 575-2000 (After Hours)	<b>ASEO-STE0</b> ADDICTION SERVICES OF EASTERN ONTARIO (613) 936-9236 (800) 272-1937

An initiative of the Mohawk Council of Akwesasne's Substance Abuse Strategy



# Mohawk Council of Akwesasne Resolutions (MCRs) June/July 2013

## Ohiaraha/ June 18, 2013 Special Meeting

MCR 2013/2014 - #085 - Exception to the Preferential Hiring Policy  
Voting: For – 5, Against – 6, Abstentions – 0 CARRIED

MCR 2013/2014 - #086 - Permit – Portion of Lot 6-5 Clark Island – Department of Fisheries  
Voting: For – 8, Against – 1, Abstentions – 2 CARRIED

MCR 2013/2014 - #087 - To Accept F/Y 2011/2012 Primary Audit Package  
Voting: For – 11, Against – 0, Abstentions – 0 CARRIED

MCR 2013/2014 - #088 - Renewal of Native Inmate Liaison Officer Program and Services  
Voting: For – 11, Against – 0, Abstentions – 0 CARRIED

MCR 2013/2014 - #089 - Requesting Approval for Renewal of Mortgage Under CMHCs  
Voting: For – 11, Against – 0, Abstentions – 0 CARRIED

## Ohiaraha/ June 25, 2013 Special Meeting

MCR 2013/2014 - #089 - Approval of Special Meeting Minutes Dated May 28, 2013  
Voting: For – 8, Against – 0, Abstentions – 3 CARRIED

MCR 2013/2014 - #091 - Rescind Housing New Construction Loan  
Voting: For – 11, Against – 0, Abstentions – 0 CARRIED

MCR 2013/2014 - #092 - Rescind Housing New Construction Loan  
Voting: For – 9, Against – 1, Abstentions – 1 CARRIED

MCR 2013/2014 - #093 - Rescind Housing New Construction Loan  
Voting: For – 10, Against – 1, Abstentions – 0 CARRIED

MCR 2013/2014 - #094 - Housing Upgrade Application  
Voting: For – 10, Against – 0, Abstentions – 1 CARRIED

MCR 2013/2014 - #095 - Housing Upgrade Application

Voting: For – 10, Against – 0, Abstentions – 1 CARRIED

MCR 2013/2014 - #096 - Housing Upgrade Application  
Voting: For – 10, Against – 0, Abstentions – 1 CARRIED

MCR 2013/2014 - #097 - Housing Upgrade Application  
Voting: For – 9, Against – 0, Abstentions – 2 CARRIED

MCR 2013/2014 - #098 - Assignment of Lease – Lot C Block B Hamilton Island  
Voting: For – 11, Against – 0, Abstentions – 0 CARRIED

MCR 2013/2014 - #099 - Accept Recommendations For PAT to Deny the Purchase of Iroquois Water LTD  
Voting: For – 10, Against – 0, Abstentions – 1 CARRIED

## Ohiarihko:wa: July 2, 2013 Special Meeting

MCR 2013/2014 - #102 - ECE-Professional Technical Salary Grid  
Voting: For – 11, Against – 0, Abstentions – 0 CARRIED

MCR 2013/2014 - #103 - Recreation Center Annual Increase  
Voting: For – 9, Against – 2, Abstentions – 0 CARRIED

MCR 2013/2014 - # 104 - To Allocate Money to Executive Directors Budget  
Voting: For – 11, Against – 0, Abstentions – 0 CARRIED

MCR 2013/2014 - #105 - AFNQL-Quebec Fuel Tax and Social Assistance Clients Moved  
Voting: For – 11, Against – 0, Abstentions – 0 CARRIED

MCR 2013/2014 - #106 - Assignment of Lease-Lot 41 Block B Hamilton Island  
Voting: For – 8, Against – 0, Abstentions – 0 CARRIED

## Ohiarihko:wa: July 9, 2013 Special Meeting

MCR 2013/2014 - #107 - Nation Building Negotiation Work Plan For Fiscal Year 2013/2014  
Voting: For – 8, Against – 0, Abstentions – 0 CARRIED

MCR 2013/2014 - #108 - Permit to DFO for portion of Lot 6-5 Clark Island  
Voting: For – 8, Against – 0, Abstentions – 0 CARRIED

MCR 2013/2014 - #109 - Ministry of Community Safety and Correctional Services Contract  
Voting: For – 8, Against – 0, Abstentions – 0 CARRIED

MCR 2013/2014 - #110 - St. Lawrence River Fish & Water Quality Assessment Project  
Voting: For – 6, Against – 2, Abstentions – 0 CARRIED

MCR 2013/2014 - #111 - Special Needs Funding for 2012/2013 Shortfall Coverage  
Voting: For – 8, Against – 0, Abstentions – 0 CARRIED

MCR 2013/2014 - #112 - Appointment of Community Consultant for Cornwall University  
Voting: For – 8, Against – 0, Abstentions – 0 CARRIED

MCR 2013/2014 - #113 - Contribution to Cornwall University Feasibility Study  
Voting: For – 8, Against – 0, Abstentions – 0 CARRIED

MCR 2013/2014 - #114 - Ministry of Attorney General Contribution Agreement for Akwesasne Community Justice Program  
Voting: For – 8, Against – 0, Abstentions – 0 CARRIED

## Ohiarihko:wa: July 16, 2013 Special Meeting

MCR 2013/2014 - #115 - Approval of Funding For Tree Limb Debris Removal For Districts of Kanatakon and Tsi Snaihne  
Voting: For – 8, Against – 2 Abstentions – 0 CARRIED

MCR 2013/2014 - #116 - Rama Funding Allocation  
Voting: For – 8, Against – 0, Abstentions – 0 CARRIED

MCR 2013/2014 - #117 - Memorandum of Understanding and Non-Disclosure Agreement with AECON  
Voting: For – 8, Against – 2, Abstentions – 0 CARRIED

MCR 2013/2014 - #118 - The Whole of Lot 4-18 Bittern Island Range  
Voting: For – 10, Against – 0, Abstentions – 0 CARRIED

MCR 2013/2014 - #119 - Approval to Proceed With Purchasing Lot 52-2  
Voting: For – 8, Against – 1, Abstentions – 1 CARRIED

MCR 2013/2014 - #120 - Donation Policy  
Voting: For – 10, Against – 0, Abstentions – 0 CARRIED

## Ohiarihko:wa: July 22, 2013 Special Meeting

2013/2014 - #122 - Special Meeting minutes Dated

April 23, 2013  
Voting: For – 5, Against – 0 Abstentions – 1 CARRIED

2013/2014 - #123 - Special Meeting minutes Dated April 30, 2013  
Voting: For – 5, Against – 0 Abstentions – 1 CARRIED

2013/2014 - #124 - Special Meeting minutes Dated June 4, 2013  
Voting: For – 7, Against – 0 Abstentions – 0 CARRIED

2013/2014 - #125 - Access To Territory For Community Member  
Voting: For – 7, Against – 0 Abstentions – 0 CARRIED

2013/2014 - #126 - Access To Territory For Community Member  
Voting: For – 6, Against – 0 Abstentions – 0 CARRIED

2013/2014 - #127 - New Construction Application for Community Member  
Voting: For – 6, Against – 0, Abstentions – 1 CARRIED

2013/2014 - #128 - New Construction Application for Community Members  
Voting: For – 6, Against – 0, Abstentions – 1 CARRIED

2013/2014 - #129 - Renovation Loan for Community Member  
Voting: For – 6, Against – 0, Abstentions – 1 CARRIED

2013/2014 - #130 - Repair Loan for Community Members  
Voting: For – 6, Against – 0, Abstentions – 0 CARRIED

2013/2014 - #131 - Repair Loan for Community Member  
Voting: For – 6, Against – 0, Abstentions – 0 CARRIED

2013/2014 - #132 - General Referendum Regulations  
Voting: For – 6, Against – 0, Abstentions – 0 CARRIED

2013/2014 - #133 - Accept Amendment No. 0003 to Financial Arrangement, ARFA 2013/2014  
Voting: For – 6, Against – 0, Abstentions – 0 CARRIED

2013/2014 - #134 - Akwesasne Pension Plan – Retirement from Plan Without Retirement From Employment  
Voting: For – 4, Against – 3, Abstentions – 0 CARRIED

2013/2014 - #135 - Bank of Montreal 'On Reserve Housing Program'  
Voting: For – 6, Against – 0, Abstentions – 0 CARRIED

2013/2014 - #136 - Diagnostic Wellness Centre  
Voting: For – 7, Against – 0, Abstentions – 0 CARRIED



# Mohawk Conversation and Song

Wahsaterò:roke kenh ne tewa'à:raton  
tehontshikwà:eks ?  
Did you watch them play lacrosse?

Hen. Ion'wesénhne.  
Yes. It was fun.

Ónhka wahontkwé:ni?  
Who won?

Indians/Redmen/Storm/Muskees wahontkwé:ni.  
Indians/Redmen/Storm/Muskees won.

"Everyday Mohawk" brochures and CD's are available at the Ahkwesahsne Mohawk Board of Education office for \$20. These were created through collaboration between Taiiaike Alfred of the University of Victoria and Kaweienon:ni Peters, AMBE Kanienkeha Specialist.

-Submitted by Kaweienonni Peters

Wakatshennón:ni Tsi Wakenonhshión:ni  
I'm Happy to be Haudenosaunee

Wakatshennón:ni tsi wakenonhshión:ni  
I'm happy to be Haudenosaunee  
Katá:tis ne Kanien'kéha  
I speak Mohawk

Wakera'sès:ton tsi konkwehón:we  
I'm proud to be Onkwehón:we  
Ahkwesahsró:non na'kia'tò:ten  
I'm Ahkwesahsró:non

Teioswáthe ne Ahkwesáhsne  
It's bright in Ahkwesáhsne  
Teiakwatatenorónhkhwa  
We all love each other  
Skahwatsí:ra lakhinorónhkhwa  
We love our family  
Iakwatá:tis ne Kanien'kéha  
We all speak Mohawk

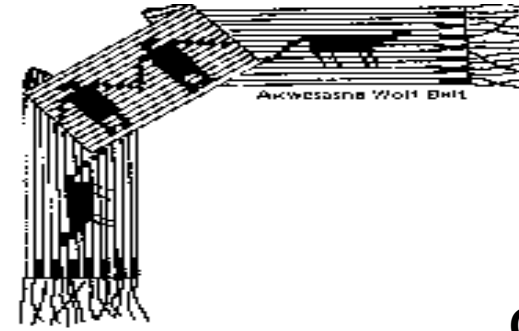
Written by Kaweienón:ni Peters (sung to the tune of You are my Sunshine)

Tóhsa lonkwá:ti  
Kanien'kéha Tewatá:ti

Let's Not Lose It  
Let's Speak Mohawk



MESSAGE BY THE MOHAWK COUNCIL OF AKWESASNE  
PROMOTING OUR MOHAWK LANGUAGE



## Community Notice

### Akwesasne Community Fund

(Akwesasne Mohawk Territory – August 1, 2013) The Akwesasne Community Fund Review Team, on behalf of the Mohawk Council of Akwesasne (MCA), is pleased to announce a new call out for applications for funding from the **Akwesasne Community Fund**.

The Mohawk Council of Akwesasne has set up the Akwesasne Community Fund to provide financial support for community based, not-for-profit organizations and groups who are located and/or operate in the portion of Akwesasne coming under the jurisdiction of the Mohawk Council of Akwesasne. This is the first of two (2) separate call outs that will be made this year with the second call out to take place in January of 2014. Each call out will have \$150,000.00 available for distribution.

The Akwesasne Community Fund guidelines and application forms may be picked up at the Mohawk Council of Akwesasne Administration 1 Building located at 12 Akwesasne Street in Kanatakon (St. Regis Village). The forms and information are also available on-line at the website of the Mohawk Council of Akwesasne at [www.akwesasne.ca](http://www.akwesasne.ca).

**The deadline for receipt of applications will be 2:00 p.m. on Friday, August 30 the, 2013 – No Exceptions will be allowed, late submissions will not be accepted.** Completed applications are to be delivered to the MCA's Administration 1 Bldg. in Kanatakon (St. Regis Village).

Please note that organizations who have received funding from past call outs of the Akwesasne Community Fund must have submitted a final report for that funding in order to be eligible for funding under this new call out.

Requests for information concerning the Akwesasne Community Fund should be directed to Lewis Morris, Special Projects Officer at the MCA Administration 1 Building or by phone 613-575-2250 extension 2121 or by e-mail at [lewis.morris@akwesasne.ca](mailto:lewis.morris@akwesasne.ca).



# Update: Kawehno:ke District Chief Abram Benedict

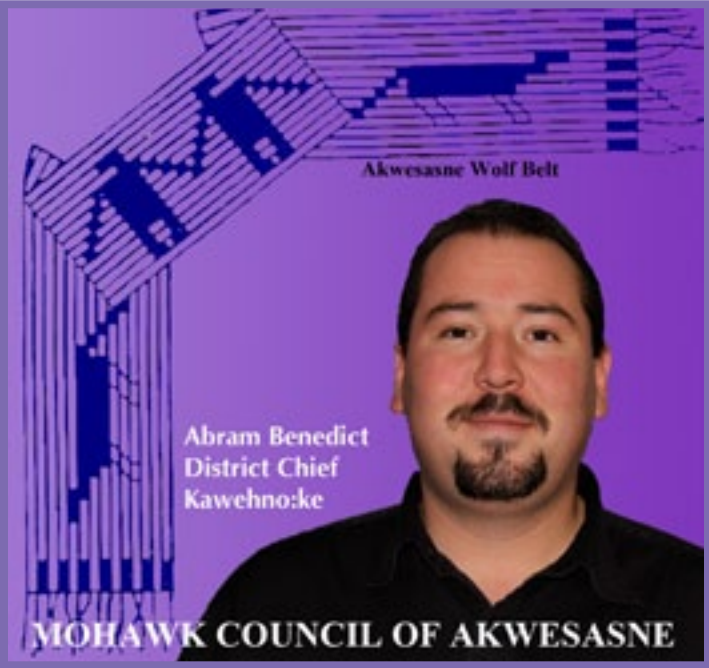
## EDUCATION

On June 6 and 7, 2013 Chief Phillips-Jacobs and I traveled to Toronto to attend a two day workshop on ‘Parental and Community Engagement’, which was offered by Andrew Elias Management System. The workshop provided us with various ideas, techniques, and strategies that could increase the involvement of parents and the community in our education system. The workshop also provided us with a documented process for the development and implementation of a comprehensive parental and community engagement program. Although the workshop was mainly around engaging parents and community in the education system a number of the techniques and strategies described can be used broadly in order to engage the community on a number of community issues and or decisions.

On June 17, 2013 Grand Chief Mitchell, Chief Phillips-Jacobs, and I attended a presentation at the Cornwall Best Western which was hosted by the steering committee established to bring a university to Cornwall. We heard from the committee about the work accomplished so far to bring a university to Cornwall. The Committee requested political support from the Mohawk Council for their proposal submission to the Ministry of Training, College and Universities and a financial contribution to assist with the cost of conducting a feasibility study. The committee is certain that the establishment of a university in Cornwall would provide much-needed access to local higher education services and would also add to the overall local economy.

## INDEPENDENT FIRST NATIONS (IFN)

On June 10, 11 & 12, 2013 I attended the Independent First Nation (IFN) quarterly meeting in Toronto. At these meetings, which take place every three months in various locations across Ontario, leadership representatives for each of the twelve independent First Nation communities within Ontario come together to discuss issues of common concern. Over the course of three days, the attendees were provided with updates on each of the areas that the IFN Coordinator is involved with on behalf of the IFN leadership. An entire day was devoted to health issues and the two health coordinators each provided updates on various health initiatives. The



IFN leadership provided direction to IFN staff on a number of issues.

On June 14, 2013 the IFN was invited to participate in an Aboriginal Children and Youth Strategy First Nation Leadership Roundtable with the Minister of Children and Youth Services and the Minister of Aboriginal Affairs for Ontario. The purpose of the meeting was for the Ministry to begin discussions about the creation of an Aboriginal Children and Youth Strategy and to hear about the key issues and priorities (identified by First Nations) that relate to an Aboriginal Children and Youth Strategy.

A number of First Nation organizations were invited to make presentation to the Ministers. The IFN was provided with 45 minutes in order to provide a presentation and Akwesasne was given 15 minutes of that time. I attended this meeting along with Robyn Mitchell, Director of the Department of Community and Social Services and together we presented to the Ministers. I thanked the Minister for the designation of our Children Aid Society [through Akwesasne Child and Family Services (ACFS)] and also spoke about some of our challenges and the financial impacts we have encountered over the last couple of years as we worked to achieve our designation.

I also spoke about our need to develop our own community law for the protection of our children and youth. Currently ACFS is governed by two pieces

of legislation, namely the Child and Family Service Act of Ontario and the Youth Protection Act of Quebec. Over the course of my presentation to the Ministers, I outlined the complexities involved with being a multi-jurisdictional community that delivers children and youth services under two separate legislation acts, in order to further build our case for our need to have one law for the community. At this gathering, I also extended an invitation to the Minister to tour Akwesasne and further discuss the concept of one law.

## PUBLIC RELATIONS

On June 20, 2013 by personal invite received from the Bank of Montreal, Chief Phillips-Jacobs, Chief

Jocko and I attended the Igniting the Spirit Gala fundraiser for the Wabana Centre for Aboriginal Health. The Wabano Centre for Aboriginal Health provides a wide range of medical clinics, social services and support, and youth programs for Ottawa’s 35,000 Aboriginal people. The evening began with a silent auction followed by number of traditional dances over dinner. The evening ended with a live auction on several pieces of Aboriginal art and sculpture which were up for bid. The event was expected to raise funds in excess of \$70,000 for the capital expansion project at the Wabano Centre.

# Notice: Kawehno:ke Residents

**The pathway on the North Side of Cornwall Island will be closed starting August 6th to August 16th for RSS wall construction. It will be reopened once the work is finished.**

**This should not interfere with the normal traffic on the the bridge.**



## Contact Information for Wesley Benedict MCA Community Advocate on CBSA Complaints

Wesley Benedict is the MCA Community Advocate on CBSA Complaints. He can be reached by calling his office at (613) 575-2250 or (613) 936-1548 ext. 1031 or by calling his cell phone at (613) 551-2573. His office is located at CIA III on Kawehno:ke. His office hours are Monday through Friday from 8am to 4pm. Weekend and afterhour meetings can be scheduled by phone. You may also reach the CBSA Aboriginal Liason Officer James Marchand at (613) 937-2701.



# Council Roundtable Reports - July 2013

## Roundtable Report July 2, 2013

### Chief April Adams-Phillips

-Attended Quebec Protocol meeting  
-Met with Entewetathawi staff and Chief King for briefing  
- Attended Akwesasne Mohawk Police Management salary review

### Chief Karen Loran

-Attended Quebec Protocol meeting. I found it very promising. We're going to have a meeting on health and social services, and I'm happy to see where this is going because it's not just a broad protocol anymore, we're really getting into specifics.  
-We have to get together with the director at the Ormstown Hospital. We need to sign that MOU and also that working relationship so that it strengthens  
-Attended Executive Committee Meeting. Information Services gave presentation on the webpage. They're revamping it. Programs can have direct access to update their own information instead of going through Communications then Computers.  
-Visited community member regarding issue brought to Council  
-Need update on Healthy Homes Initiative and if they're still doing intake. Also would like to know what emergency funds are available for elders for housing

### Chief Joe Lazore

- Attended Quebec Protocol meeting and it looks like there is light at the end of tunnel. We keep talking about this Quebec link and a bridge from Kana:takon to Snye and we're not ready. We keep saying where is it going to be, how is it going to be structured, are the streets wide enough, where will it land and are there land disputes? Maybe we can put together a working task group to push this forward. Quebec is willing to help but we have to do our homework. I think it looks promising.  
-I asked our staff to put together a working task group with DTS to discuss air conditioning for the schools.

### Chief William Sunday

-Travelled with Tri-District Elders to Tuscarora and Tonawanda Indian reservations. We were well received they invited us to their community center. They fed us and told us history about their community

and then we had a gift exchange.

-Received complaints from community members with clogged driveways, will talk to our DTS crew

### Chief Brian David

-Attended Quebec Protocol meeting. Drafted letter on agreement. We have a protocol agreement in place but there haven't been any products as a result. We want the new agreement to have results. We are concerned Quebec funding all goes north but Akwesasne should have the same priority from Cabinet. The agreement we are looking at now will set milestones and have clear objectives. It will go to cabinet for review and approval before the Minister signs it. Hopefully sometime in September.

The meeting we had last week was just on infrastructure but we talked about broadband, the hospital, various projects and things we're doing in economic recovery. Also discussed old agreement of \$25 million with Quebec in the 90s, but our community has grown and it's time to reexamine that amount and Quebec is willing to discuss it.

-Having discussions with community member and his business and how they have ideas for the old Customs compound on Cornwall Island. Another meeting is scheduled for today.

### Chief Steve Thomas

-Attended Quebec Protocol meeting. (See previous chiefs report on meeting)

### Grand Chief

-Attended Ontario First Nations Limited Partnership (OFNLP) Meeting. Discussed budgets and forecasts for the future, Akwesasne gets over four million dollars annually from Ontario gaming revenues.

-Attended Chiefs of Ontario meeting. 43 chiefs showed up out of 133. Many resolutions presented to chiefs, lots of discussion on health and education. I sponsored a couple of the resolutions that I thought were important to our community as well as other communities. We had a long discussion on First Nations education strategy, youth and violence against women. I moved or seconded these resolutions, debated them on the floor and got them passed.

### Chief Larry King

-Attended Quebec Protocol meeting. Nicholas Tremblay has been tasked with putting together the Quebec Political Agreement with us.

-CBSA looking to rent the wait time signage rather than purchase. The ball is in their court and I'm supposed to get an update today

-Discussed an issue with community member and sent an email to Council for follow up

## Roundtable Reports July 9, 2013

### Chief Louise Thompson

-Finished Collectiva applications. We do not yet know how many from Akwesasne applied.

-Assisted community member whose car was seized for the second time. Referred her to Justice to make a statement, which will be sent to our lawyer.

### Chief Karen Loran

-Visited Droulers, delivered \$10,000 donation check. Pascal wants to come and meet the new Council members.

-Attended Finance Committee Meeting, MCR is forthcoming. I understand where we have to go with our budget, it's crunch time, but I'm leery about taking away from the community and I'm wondering if we can do cutbacks in areas other than what goes to the community.

-Met with AECON and Jim Ransom for update on bridge and as far as AECON is concerned they are on target with the bridge. But FBICL and SIBC have to hold up their end in construction, tendering, paving, etc.

-Quebec Health Contribution is still an issue. I've told community members Council is still trying to look at how we get the exemption. I asked our staff to compile a list of who has paid it so we can assess and keep track of how much it's affecting our community. I'd like to do a community notice letting people know to please provide us copies of their notice of assessment. Last year was \$100, this year was \$200 and I think it's going to go up to \$500 per family unless your income is under \$14k.

Grand Chief comments: I think we should out what Kahnawake and what Kanasatake are doing and we should get together and if they're not doing anything we should contact our lawyer because we can't fight this alone because now it's on reserve and you're talking taxation so there is the whole question of can they legally do it? And I don't know if anybody has really made an issue of it.

Chief Abram Benedict comments: For Ontario there is a fee like that but it's on taxable income for Indians.

Their on reserve income is not taxable so had it been an Indian working off reserve they would have to.

### Chief Larry King

-Attended Joint Implementation Meeting with OPG. Had a nice dinner for Elvera Sargent. Also had discussion on a few issues such as erosion. In 2006 we did a study with OPG on erosion but nothing transpired so we have it back on the table now. The International Joint Commission should also be at the table and happen to be coming to Akwesasne. Henry Lickers also suggested OPG consider being on board as partner for Species at Risk Project. Also a possibility that OPG has \$35k a year for three years to assist in capacity building so we may be able to help them spend that.

-Going to be speaking to our lawyer to discuss the decisions in New York on Akwesasne's land claim. According to news articles they are saying that the judge is going to adhere to the magistrate's recommendations.

-We are hoping to have some resolution to the Dundee/Sugar Bush issue. For some reason Sugar Bush was never registered as reservation status. It's our land but the change in the books needs to be made so later this month there is supposed to be an update.

### Chief Joe Lazore

-We are trying to get paperwork/letters for contractors like lumberyards to be able to deliver to Snye. Our Justice Dept said as long as we invite them, there shouldn't be an issue so we are hoping to get something in writing to give to the people delivering goods here. Some have been threatened by Customs saying they're going to charge them tax on the goods they delivered to Snye.

Council Comments: MCA is working to have a remission order at the Dundee port similar to the Cornwall port to be exempt from tax on goods but we need to make a Quebec contact. US Border Patrol will ask business people for their papers from Canada Customs if they are in Snye. The individual purchasing would have to go to Customs and prove they were receiving the goods and for what purpose and certain standards have to be met such as there isn't another service provider available for the area. It's an aboriginal rights issue.

-Attended Snye District Meeting. Discussed Death Benefits, which was something in place in the past that is being revived. In January 2014 the two funeral

homes we deal with will require payment, no credit given. We are trying to negotiate prices with them. Some people are just going to do cradleboards instead of caskets, but in Canada there is a law that it has to be a closed box before cremation. They can use a cradleboard in the home but for transportation a box is required. So there will be more Death Benefits meetings to discuss details. The money used to come from donations and when someone died they would go door to door before and after and build the pot and it revolves.

Comments: Information should be shared at the General Meeting

**Chief Bill Sunday**

-Attended a meeting at Tyendinaga last week with ARRO staff to review free trade MOU and tobacco law. It was brought up that using Akwesasne for a test case might not be a good idea because of the uniqueness of Akwesasne; it will not be a good template for other reserves. Chief Whiteduck came to present on an Algonquin land claim. It was a good presentation and they asked him about the overlapping claim and he stated that they have a certain clause that AIP would be without prejudice to any other overlapping interests of other nations.

**Chief April Adams-Phillips**

-Spoke to community member concerned their housing loan was rescinded. Trying to find out how the miscommunication occurred.

**Chief Steve Thomas**

-Attended Finance Committee meeting  
-Met with FBCL's Glen Hewus to present alternative reporting concept. He offered to provide a canopy for the alternative reporting site. He said the old CBSA building would come down in order for traffic flow. They are going to ask for a traffic study to look at the canopy and flow. He said he would keep his commitment to have Mohawk contractors remove the existing buildings when they're demolished. I mentioned that it's not just our traffic, but all traffic that has to be accommodated such as Modular home deliveries, large deliveries, lumber trucks, etc.  
-Met with CBSA's Ariana Reza. AECON has said new port will not be done in time for the new bridge to open. FBCL said there would be a temporary, interim setup. We are concerned that the bridge demolition project, which is part of our economic recovery strategy, is going to be impacted by the delays. FBCL and CBSA

were both in support of alternative reporting. We also asked about our alternative reporting border cards and what CBSA's requirements would be. We had good discussion.

**July 16 Roundtable Reports**

**Chief April Adams-Phillips**

-Attended meeting with health staff and Community Support client regarding how the program operates  
-We are in the middle of the Climate Survey – Employees need clarification on what it's about. Formal email will go out.

**Chief Bill Sunday**

-Request from Iroquois Caucus for us to host the next meeting in September. They want to talk about border issues. At the last meeting we discussed the Algonquin claim over land in Ontario. There will be future meetings  
-Complaints from community members about going to the hospital in Cornwall and they're being asked to come up with up front money or credit cards. Chief Loran is aware and going to bring it up at a Health Board meeting. We are making arrangements to use the Ormstown Hospital in Quebec.

**Chief Joe Lazore**

-Attended meeting at the tribe on the ins and outs of the dam in Hogansburg and what's going to happen to it. They're going to present to Council.  
-Community members still asking about Quebec Health Contribution. We are supposed to be exempt. Some people have it taken automatically from their returns. We are still trying to move forward on how to address it.

**Chief Karen Loran**

-Attended Ec Dev portfolio meeting  
-Attended Ec Dev tobacco technical table which was really interesting  
-Received an email regarding community elders feeling uncomfortable with co-ed rooming at the Cornwall Community Hospital. I contacted the hospital. They're going to be sending an explanation. Apparently a lot of hospitals have already been doing this. CCH has been phasing it in, due to high intake in recent years. They said they will try to accommodate individuals who are very uncomfortable. In regard to the credit card form at the hospital, you can just waive it. They know our situation here and how we have a non-insured program etc. so you just waive the

credit card form.

-We need to take a stronger stance on this Quebec health contribution. I reached out to Kanesatake and Kahnawake to see what type of stance they've taken and where AFNQL stands. They're taking it out of child tax, refunds, etc.

Chief Louise Thompson comment: I asked people in Kahnawake to find out if they paid the Quebec Health Contribution and they said no. They said their Council took care of that.

**Chief Larry King**

- Update on signage for bridge wait times, etc. We're ready to go forward with renting signs. We are asking for a letter from a community member so we can access his land. He is still on board.  
-Attended Akweksko:wa Meeting – getting back on track and this Council is going to be tasked with addressing it ultimately with choices of representation on that board  
-Attended meeting with Parks Canada in regard to Cairn Island. Went to island by boat. We were very, very close at one time to having that island come back to us. It's been stagnant but it's coming back up, having discussions. Remains have been found on the island in the past, which is a concern for us. Hopefully this will be back on the front burner and we will see a conclusion in the near future.

**Chief Brian David**

-Still corresponding with professor working on proposal for funding from Washington to put together a problem-solving table with diplomats from Washington, Ottawa and Akwesasne. It would identify what the critical border issues are and the people at the table would have decision making capacity to make decisions right there. It would be a senior level table. Some of the critical issues are specific to Akwesasne as a community or as a territory, and some are specific to the Nation; some are specific to the Haudenosaunee. There are different categories. We can identify some critical issues but it's not our responsibility to bring them forward although we are impacted. It might be another level of government that has to do that. She asked for us to do some preliminary consultation with the different groups to find out how receptive they are in putting a consolidated group together from Akwesasne, the Nation, and I was thinking the Iroquois Caucus. We're working on that and it's definitely on the go.

-There is another development going on with the MacDonald Laurier Institute. We will be meeting with Dawson Strategic this Monday to discuss new projects. I have a feeling it might have an impact on our tobacco strategy.

-Assisting an individual whose car was seized by CBSA for not reporting years ago. Individual has receipts to show he did report. I will be advising this person to contact the Ministry of Public Safety.

**Chief Steve Thomas**

-Attended Ec Dev portfolio meeting. Discussed projects and status of projects.  
-Attended Ec Dev technical table in the morning and Tobacco technical table in the afternoon. These are ongoing meetings held every two months. Quebec is at the table at both of these so we are moving pretty well, pretty quickly. We're accessing funding dollars. We have another application in that should produce positive results soon.  
-Met with SRMT Environment Division about the Hogansburg dam. License expires in September 2015. Instead of reapplying for license with company– because the dam is so small it doesn't generate enough power for the casino – they're going to transfer the property to the tribe and decommission it but they must meet federal regulations. It's not to be used to regenerate power. There are environmental impacts of the removal. The project size is 100 feet upstream and 100 feet downstream. A proper plan will be developed and they may use stop blockages because Fort Covington almost flooded their neighborhood when they decommissioned their dam. We had a long discussion on the silt and sand in the St. Regis River and the impacts it would cause there. There may need to be a retaining wall placed. The effects will be a cleaner St. Regis River.  
-Met with Canadian Human Rights Commission investigator. Picked her up in Cornwall. She was here to investigate a complaint about the ambulance's access to Cornwall through the port. The new bridge is going to make it worse, as traffic will be backed up even more onto Kawehno:ke. She got a thorough understanding of the reality of our problems here.  
-This week we have a Public Safety portfolio meeting. I need the Public Safety Committee to review the two Police Commission charters. Needs to be passed soon. They're waiting on this.



**Chief Louise Thompson**

-Spoke to Collectiva regarding the Quebec Fuel Tax Settlement. Acknowledgement letters should be sent soon. The checks will not be processed before January.

-Attended Justice Portfolio Meeting.

-Met with Justice director, staff and Quebec agents on the issue of justice. Regarding first time offenders we are asking if they can be turned over to the Neh Kanikonriio Council. Spoke about recognition of marriages performed on territory of Akwesasne. Quebec is willing to recognize those and will be sending forms for Quebec registrar. They will also look into individuals with one name on birth certificates and find out if it can be done. They will also acknowledge non-hospital births such as emergency births or midwife births. They will recognize those as births in the province of Quebec and it would just need to be witnessed by someone and the forms signed. We discussed Gladue, which Quebec courts don't recognize. Also discussed transportation for court and people in jail. We spoke on the recognition of court orders. Quebec said they will come back with an outline for solution to some of these issues.

-Received complaint from community member but I declared a conflict of interest and sent the notice to the supervisors of the respondent and Chief Abram Benedict was made aware.

-Attended Entewatatawi advisory meeting with Micha. They are preparing street language for the Agreement in Principle. Reviewed what next steps will be in the Nation Building process. Next meeting is July 23rd.

-Sent community member to Justice Dept who had complaint regarding CBSA seizure.

**July 22 Roundtable Reports**

**Chief Steve Thomas**

-Attended Akweks:Kowa meeting. Discussed: composition of the board of directors, new type of development corporation, board of directors composition, types of corporation and advantages, tax implications of each. Next meeting will be at the end of July

-Attended Tobacco Manufacturing Law review. Discussed: review of draft law, contact for Grand River Enterprise, Mr. Steve Williams, bonded warehousing, drivers, manufacturers, wholesalers, licensing and permits, legislation in both Provinces on use of roads

-Attended Monthly Public Safety Portfolio meeting.

Discussed: updates from Environment, AMPS, Conservation, Emergency Measures, Ambulance, Community Advocate

-Attended monthly Public Safety Portfolio Committee meeting. Discussed: police commission charter, Council and past Council versions discussed and explained. Select one and return to commission for vote, ratification and resolution. Also discussed expanding the duties of the Chairperson, Bargaining Unit member, Terms and Conditions of Quad-Party Agreement and amended Charter, vote to accept new combined draft of charter – passed.

**Chief Larry King**

-Attended Akwekskowa meeting

-Attending powwow meetings, going good. African drum group might come in to address Council and introduce their selves.

-Discussions regarding Seaway file. Community member will be key witness.

-Land claim on US side – Magistrate ruled to dismiss claim on islands and keep Hogansburg Triangle. Still likely to be appeals. Will be discussed General Meeting.

**Chief April Adams-Phillips**

-Attended Waterline meeting along with AANDC, other Council and staff. Engineer looked at existing waterline. Upgrades here and there needed in homes. Sewer system in Snye needs overhaul.

-Attended Health Portfolio meeting. Ambulance and pharmacy discussed. Kanonhkwatsheri:io parking lot construction had continued.

**Chief Karen Loran**

-Attended Public Safety portfolio with other Council/ staff. We want to have a tour set up of the new ambulance location on Boundary Road in Cornwall, to see their layout.

-Attended Health Portfolio meeting. Will have a meeting regarding Ambulance and contract. Ministry of Health and Longterm Care have a whole new team of players, which caused things to come to a halt. It's very difficult and they are becoming very stringent on their criteria and funding. -Trying to make contact with local LHINS representative. US billing is still an issue. Received update on Prescription Drug plan. What we are missing is the detox to get into a facility, and the aftercare. We need to discuss this when we talk about our space needs.

-Going to be having Pascale from the Droulers site

come in and give information on the Mayor's Meeting of last November at which it was voted to expropriate the property. They haven't moved on it yet.

**Chief Joe Lazore**

-Went to Fraser Point where an artifact was found. It's a flat rock with complete circle and Droulers staff looked at it and said the rock had been used for mushing. Right now we're leaving it, not upsetting it. Looking at options for doing scope of whole area around where rock was found.

-Attended meeting with International Joint Commission team with the Great Lakes. They loved our presentation. Henry Lickers talked about fish, water levels, water temperature. We want to sit on their commission.

**Chief Louise Thompson**

-Attended Water legislation meeting. MCA and Tribe have reviewed plan for New Year. Presentation made by non-Native opposing plan mainly because the water levels would be dropping during peak boating season. MCA and Tribe have carefully reviewed plan and said it would benefit us. I'm thinking it would benefit us with the erosion. If the water levels are lowered, there won't be so much erosion.

-Residential Schools Starvation Study – I was very alarmed. Individuals we interviewed about their experiences in residential schools would say they didn't recall certain abuses but they really were traumatized by always being hungry. So now I'm thinking some of them were put through this study. They would get in trouble, because they were hungry and it would lead them to steal etc. It's very alarming and I think we should push AFN for another settlement. The first settlement only talked about physical and mental abuse and didn't allow them to talk about their hunger.

-Waterline – some homeowners wont' allow waterline to come through their property. Announcement needed. MCA is behind waterline but there are these breakdowns.

-Health bill – There are some bills that are estate issues, which just need to be sent to the hospital with notification that the person has passed and it will be closed.

**Grand Chief Mike Mitchell**

-In the past three weeks, I have attended Chiefs of Quebec meeting, Chiefs of Ontario meeting, AFN National Chiefs Assembly in Whitehorse, Yukon. As

important as it is to keep in touch with other Nations and what we're all doing, I'm finding that it's almost back-to-back. It's helpful when other chiefs can travel for me at times. National Premier's meeting is being held this week in Niagara Falls and I'm hoping other chiefs can go.

-Economic Development options: I want to work with your Ec Dev department and portfolio chiefs to look at the Hamilton Island location for community possibilities such as international conference centre, high stakes bingo, mixed martial arts and possibly gaming venue. Other things need to be looked at such as employment at all levels for this venture, positive and negative effects on all of the above. I think we should have a special general meeting on this topic when we have gathered all the information.

-Cornwall University proposal – They're looking at using the Nav Can building in Cornwall and turning it into a university.... it has 72 class rooms, 89 acres of property, Olympic size swimming pools and sleeping accommodations for hundreds of people. A steering committee has been formed with Peter Garrow and myself on their board.

-AFN Meeting – People in our community are concerned about cutbacks, policies that affect us, etc. Two national chiefs meetings were held. One was in Saskatchewan and the other in White Horse, Yukon. Extra attention is being given to treaty relations with Canada. Present AFN leadership set-up is not very strong. We did breakout sessions on various topics of concern to First Nations communities. Concentration on Canada's new education proposed law and identifying our alternative plans plus discussion future funding formulas, criteria, understanding what is Nation Law,etc. We all gave presentations and shared strategies. I sat in the governance and education sessions. West Bank is doing a private hospital, commercial buildings, and buying land for future investment, looking at self-funding, interested in meeting with us to share information.

-Quebec Chiefs meeting – They met with the Quebec Premier and reported back on ongoing talks of resource sharing. It was announced that Akwesasne is having protocol relations with the government of Quebec and that is ongoing. Chiefs and staff are working on it. They're interested because many First Nation communities don't have a relationship like that. We want to make it work so I'm really glad there is ongoing effort.



*Continued from Cover.*

Grand Chief Mike Kanentakeron Mitchell recognized that “the bikers carry an important message of peace and brotherhood...we hope that they will be great ambassadors of our people for years to come.”

Before the group began their journey to Tyendinaga, they travelled to the Native North American Travelling College for a “lift-off” where they could share stories and memories of their experience in Akwesasne with the community. Akwesasne Youth Waabi Tenansco, who is a supervisor and Co-facilitator of the Nation-to-Nation bike tour said that she is, “very honored to be a representative from our community... I am so happy how everyone came together. The entire trip is very exciting!”

Grand Chief Mike Mitchell and Kanatakon District Chief Florence Phillips had words of encouragement to share with the guests. Eddie Gray, Medicine Man at Traditional Medicines and Kawehno:ke District Chief Brian David presented the bikers with medicine pouches to keep them safe during their travels and were reciprocated with many different gifts to the community such as tea, tobacco, feathers



*The visiting cyclists join in on the Friendship Dance.*



*Grand Chief Mike Kanentakeron Mitchell Greets the Nation-to-Nation Tour Bike Tour participants.*

and two walnut trees, which will be planted on Thompson Island. Chief David, who provided insight, humor and the transportation for the group during their stay, noted “the incredible sense of curiosity, cooperation and courage to understand and learn,” from the members of the bike tour.

Every individual that stayed on Thompson Island had only good things to say about their visit to Akwesasne. All of the participants were moved by the hospitality of the coordinators, presenters and all involved. Bob Stevenson, who stayed with the group during their visit, said that when they have visitors on Thompson Island, they “try to carry the message that we must work together.” That idea seemed to carry through to the participants as they noted the solidarity that was created during their very short time together. Matt Shaft, co-organizer of the Nation-to-Nation Bike Tour said that because of the hospitality of Akwesasronon, the bike group “arrived as strangers and are leaving as a family.” The Mohawk Council of Akwesasne wishes the bikers a safe voyage and is excited to hear all of the participants’ stories. ❖



*Eddie Gray, presented each cyclist with a leather medicine pouch to protect them on the journey*



*Kawehnoke District Chief Brian David gave an emotional speech and hug to each participant of the Nation-to-Nation Bike Tour.*



*Akwesasronon greet each cyclist before they depart.*



*The Akwesasne Mohawk Womens Singers gave a wonderful performance and explain the history of song to the participants.*

## MCA's New St. John Ambulance In-Plant Instructor

Adrian McDonald, Training Coordinator, is now the Mohawk Council of Akwesasne In-Plant Instructor for St. John Ambulance certified to teach First Aid, Cardiopulmonary Resuscitation (CPR) and the Automatic External Defibrillator (AED). Adrian has been a St. John Ambulance instructor for the Hogansburg Akwesasne Volunteer Fire Department for over fifteen years and recently joined MCA in November as the Training Coordinator for Human Resources.

The journey to being an instructor began in February with Adrian taking Standard First Aid, CPR with AED Level C (FSC) through the Operational Support Program. The next stage was successfully completing the 30 hour Instructor Development Program at St. John Ambulance (SJA) in Cornwall. Adrian then had to sit in a Standard First Aid course put on by a certified SJA Instructor. The next step was to co-teach a Standard First Aid course with another certified SJA Instructor.

Once Adrian felt comfortable enough to teach on his own he requested to be monitored. During the month of June Adrian taught a Standard First Aid class over the course of four nights successfully graduating 13 First Aiders and three CPR renewals at the SJA facility in Cornwall. The class was monitored by an SJA Instructor Trainer and the recommendation was for Adrian to be certified as an Instructor which occurred in July. Adrian will be



*Adrian McDonald, MCA Training Coordinator, is now a St. John Ambulance CPR and AED Instructor.*

teaching his first Standard First Aid class as the MCA In-Plant Instructor at the end of July.

St. John Ambulance was founded in Canada 130 years ago and is led by a highly skilled network of medical and health care professionals. St. Johns Ambulance Canada (SJAC) has 25,000 members and is a national leader in first aid, CPR and other life-saving skills. SJAC works with other organizations, such as WSIB, in setting the standards for training in first aid. Volunteers from coast-to-coast carry out the humanitarian services of the Most Venerable Order of the Hospital of St. John of Jerusalem. ❖



## Akwesasne Mohawk Court

The Akwesasne Mohawk Court has been in operation since the early 1980's, it first began as an Indian Act s. 107 court. The Justices of the Peace at the time were given their authority under the Indian Act. To this date we still have Cecelia Square and Joyce King who are s. 107 Justice of the Peace.

In the early 1990's the Akwesasne Mohawk Court changed and began operating as an 'Inherent Rights' based court in which the Akwesasne Justice Department developed a intense Justice training program, whereby two successful candidates from the program were selected and appointed by the then Mohawk Council of Akwesasne, Justices Shannon Hall and D. Darlene Francis continue to sit on the bench for the Akwesasne Mohawk Court to this date with well over 10 years of experience.

Akwesasne Mohawk Court is held every second Wednesday of the month. The Akwesasne Mohawk Court session begins at 6:00 pm. Individuals wishing to speak to the Duty Counsel are strongly encouraged to get to the court by 5:00 pm to speak with Duty Counsel. Our Duty Counsel is an experienced 'Mohawk' lawyer and his service is provided for free.

The Mohawk Council of Akwesasne recently granted Mrs. Bonnie Cole, B.A., LL.B, of Akwesasne the authority to fulfill the role, responsibilities and duties as the Akwesasne Mohawk Court Prosecutor. She prosecutes the cases brought before the court in which the vast majority of charges are traffic related offences and other charges brought before the court include local community laws and by-laws.

Being that the vast majority of charges presented before the court are Traffic related, what we as Akwesasne should always be reminded of is; 'to drive within the Territory is a privilege granted and attached to the license you carry'. In the carrying of a Driver's License you are subjected to the law associated with the license.

In carrying a driver's license you are subjected to the law and rules of the roads, which we must all comply with. If you are found not to be in compliance, you are subject to traffic tickets, which may lead you into court. Always remember to read the back of your uniform traffic ticket carefully.

If you are convicted in the Akwesasne Mohawk Court and do not pay your fines within the specified

timeframe, the MCA Good Standing Policy will have a direct impact to you when or if you ever need specific services offered by MCA programs or services associated with the Good Standing Policy.

The MCA Good Standing Policy seeks to ensure that community members are in good standing with their responsibilities to loans, rent, fines and other types of service accounts owed by community members to the Mohawk Council of Akwesasne.

The Akwesasne Mohawk Court Administration works with community members and offers a payment plan that you may set up with the Court on any outstanding fines owed, remember your name is not placed in a 'Good Standing' status until your fines are paid off completely.

Other services offered by the Akwesasne Mohawk Court for a nominal administrative processing fee are: Peace Bond Hearings and Mediation sessions. Both services require a nominal filing fee of \$35.00. An intake session is conducted by the Court Administration staff.

A Peace Bond hearing is held if enough evidence is presented through the intake process to warrant the hearing to commence. A Peace Bond Hearing is a hearing which is primarily based on the applicant having a sense that another person will cause injury to him or her or to his spouse or common-law partner or child or will cause damage to his or her property.

Mediation sessions are also coordinated once an intake has been taken by the Court Administration staff, it is very important to note that mediation is on a strictly 'voluntary' basis, and the respondent has two weeks to respond back to the court if he/she wishes to participate.

Mediation is used in Akwesasne for a variety of reasons; however the most common reason is for family related issues such as; access to children and child custody.

The Akwesasne Mohawk Court does not hear and civil matters (contract law, etc.) or land disputes, the Mediation sessions also do not hear land disputes. The Court Administration hopes you find this information helpful and if you have any questions about the Akwesasne Mohawk Court you can contact the Court Administrator at 575-2250 ext. 1025. ❖

## St. Lawrence River Institute Summer Employees

Three young women from Akwesasne are working in collaboration with Mohawk Council of Akwesasne's Environment program and the St. Lawrence River Institute (SLRI) on a number of projects. MCA has funded two out of three employees and the Akwesasne Area Management Board has committed to funding one employee. April Terrance, Neena Miller, and Katsiaroroks Mitchell-Smoke began work on July 15th and are supervised by Peggy Pyke-Thompson, Environment Manager and Jeff Ridal, SLRI Director.

They are working on four main projects. Cutlip Minnow project includes seining at Rotary Creek to monitor spawning and location of Cutlips nests. This project also consists of observing, recording and videotaping the nests, as well as the minnow's movements.

The Map Turtle project is setting up traps in hopes of catching Map turtles. They weigh, measure and notch all turtles caught. Map turtle have a transmitter attached (if size permits) and are released. They also radio track at Guindon Park and along the St. Lawrence River in hopes of finding the Map turtles/fish that have transmitters already attached.

The summer students are also assisting in a Walleye-Mercury project. They set Gill nets out in hopes of catching Walleye. The Walleye that are caught are brought back to SLRI to be weighed and measured. The Walleye that survive tagging are labeled with



James Ransom, Tehotienawakon Director; Peggy Pyke-Thompson, Environment Program Manager; Katsitsiaroroks Mitchell-Smoke; Neena Miller; April Terrance; Alley Bero, Summer Student Coordinator; and Jeff Ridal, Director of St. Lawrence River Institute

the zone they were caught in. If the Walleye dye they are frozen and used for testing of Mercury levels and undergo individual organ analysis.

Their final project, which is the Eel project, is still in the planning phase. The purpose of the project is to gain traditional knowledge as to where the eels were located before as opposed to now, they hope to discover why there is a decline in the eel population in the St. Lawrence River.

Each of the summer students are keeping daily journals of their findings and experiences. The data collected will be shared with the community through the St. Lawrence River Institute. ❖

## Department of Tehotienawakon New Hires

There have been staffing changes at the Department of Tehotienawakon. Margaret "Peggy" Pyke-Thompson has been named Environment Manager. Pam Brown has joined the team as an emergency hire as a Compliance Officer. Her duties ensure that the local convenience stores and smoke shops have a tobacco holder's permit. Ryan White has been hired as a Tobacco Policy Analyst. His position was made possible by way of a 2 year grant funded by Ontario. His duties include implementing and evaluating Akwesasne Tobacco Ordinances Laws and Regulations. Troy Thompson has also been hired as a Special Projects Officer. His main duty is to assist Director James Ransom with the Economic Recovery Strategy. ❖



New hires include: Troy Thompson, Ryan White, Peggy Pyke-Thompson and Pam Brown



# Healthy Homes Initiative Update

The Healthy Homes Initiative is addressing a need that community members have identified for many years. That is, the repair and refurbishing of homes that has been or may be deemed uninhabitable due to health and safety issues. The Healthy Homes Initiative ensures that the people in most need of support are able to live in homes that are safe and healthy environments.

To date, approximately 600 homes have been assessed in the three districts; of those, 70 homes required immediate attention to ensure the health and safety of the occupants of the house. If you have not yet had your home evaluated, you should contact the housing department for an assessment.

While working diligently on the Healthy Homes Initiative, the Housing Department also tries to maintain full capacity at the housing units. The goal is to have all the rental units occupied by October 2013. Currently, there are several vacancies at the apartments on Kawehno:ke available and a housing unit available for purchase in the Tsi Snaihne District

Over the last few months, there have been some minor changes within the Housing Department. Please note that the services the Housing Department provides to the community have not changed.

*Here are the updated administration modifications so you will know whom to contact for what.*

Heather Phillips: Housing Director

Leanne Thomas: Administration Assist-Please contact if you would like more information and/or would like to fill out a new construction or rental repair application.

Sharleane David: Administration Assist-Please contact if you would like more information and/or would like to fill out a the elders emergency fund or rahp (Rehabilitation Assistance Housing Program)

Healthy homes Project Manger: Darcy Jackson

Healthy homes Construction Manager:  
Ben Benedict



## HOUSE FOR SALE

**OPEN HOUSE August 15, 2013 2:00-6:pm 51 Woodland Rd**

For more information, please contact Teena Thompson Executive Assistant at 613-575-2250 ext 2304. Information and photos are available on Facebook and the MCA webpage, Akwesasne.ca

**Bidding starts at \$130,000.00**

Deadline to make offer  
August 30, 2013 at 3:00pm.

Submit bid in a sealed envelope marked "51 Woodland" Include: name, address, phone number, amount of offer, intended form of payment to: Mohawk Council of Akwesasne Housing Department Administration Building 4, located at 13 Hilltop, Akwesasne QC H0M 1A0

Property type: Single Family  
House Style: Bungalow with garage  
Bedrooms: 3  
Bathrooms: 2 full bath  
Features: Air exchanger, Forced Air, Electric Furnace  
House Size: 1336 sq ft  
Lot Size: 72ft wide x 213ft deep (1/3 acre)  
House is on MCA waterline

## Mohawk Council of Akwesasne Office of Vital Statistics Lands

### Buying, Selling or Transferring Land in the Mohawk Territory of Akwesasne

This information is designed to help the Community of Akwesasne understand the process of lawful possession and buying, selling or transferring land. Since we are a First Nation Community still under the Indian Act, Indian and Northern Affairs Canada has certain procedures by which members may transfer or purchase lands.

1. To own land within the Territory of Akwesasne you must be a Member of the Mohawks of Akwesasne;
2. A member purchasing land should verify with the Office of Vital Statistics as to the present holder of the Certificate of Possession, the acreage and any right of ways or easements attached to the land;
3. All land bought and sold must be registered with the Mohawk Council of Akwesasne, Office of Vital Statistics, in order to transfer possession of the land;
4. If you do not have a Certificate of Possession (C.P.) you may not be the legal possessor of the land;
5. In order to transfer land to another person, it must be free of any encumbrances;
6. A land transfer must be completed by the seller/holder of the C.P. in the Office of Vital Statistics, both parties should be present to transfer the land;
7. A Certificate of Possession (C.P.) must be re-issued to the Member receiving the land.

**Certificate of Possession:** The Minister may issue to a Member of Akwesasne who is lawfully in possession of land in the Mohawk Territory of Akwesasne, a certificate, to be called a Certificate of Possession (C.P.) as evidence of their right to possession of the land.

Anyone receiving a PORTION of a LOT, a Certified Canada Lands Surveyor (CLS) is needed to survey the Portion of the Lot you are to receive. The cost of the Canada Lands Surveyor is at your own expense. Your Certificate of Possession (C.P.) will be received in approximately a year. No specific time can be determined.

If you are receiving a Whole Lot, it will take approximately two (2) months for you to receive your Certificate of Possession (C.P.).

Community Members may contact the Office of Vital Statistics, located at the Cornwall Island Administration Building (CIA) #3, 101 Tewasateni Road, Kawehnoke, 613-936-1548 if they have any questions and would like further information.



# All About: Kawehno:ke Recreation Center

The Kawehno:ke Recreation Center first began in 1974 when Grand Chief Mike Kanentakeron Mitchell, then the Director of the Travelling College, approached Gloria Thompson with his desire to have a recreation committee on Kawehno:ke. When the program first started, it was initially a homemakers club. Although the committee folded soon after, in the mid-1990s, Grand Chief Mitchell again mentioned to Gloria his desire to revive the program.

The Kawehno:ke Recreation center was once again established; however, money and funding was an issue. The Recreation would receive a yearly 500-dollar grant from the Mohawk Council of Akwesasne, but that amount of money was not nearly enough to maintain the activities for the community. The Kawehno:ke Recreation Committee worked diligently to fundraise for the Recreation through raffling and selling dinners, but the Recreation had bigger plans for the future.

Through community input, the Recreation started up a daycare program. This program was operated under the recreation for several years before the Mohawk Council of Akwesasne took it over. The daycare remains at the Recreation Center today, although it is run through MCA. MCA also became very involved with the recreation and contributed 50,000 the first year with additional contributions made yearly. MCA also maintains the upkeep of Recreation and takes care of all general maintenance and plumbing.

The Kawehno:ke Recreation continued to grow and now has several events or programs that the community looks forward to every year. During the summer, through MCA and the Area Management Board, the Recreation has a summer program for students that teaches the Thanksgiving

Address, gets them out and active, and brings them on many different field trips. In the autumn, a fall-fest is held where pumpkins are given away. Also, in collaboration with the Anowarakowa Arena, students are invited to skate and eat for a Halloween party! At wintertime, a very special guest-Santa Claus- visits day-care and Pre-kindergarten classes at the Recreation. Students hear a very special story from his Elf, and (if they have been good) get to bring home a present! The Recreation has many different activities and always wants the community to come out and visit.

In the future, Gloria Thompson, Coordinator of the Kawehno:ke Recreation, hopes to have more equipment (such as volleyball courts and basketball nets) incorporated for the youth. The Rec is available for rent, and it utilized frequently as a convention center or for workshops. Although the Rec has expanded events and activities, Gloria Thompson noted that community member participation has, “dwindled down to three or four members. We want more community participation.” If you would like to become a member of the Kawehno:ke Recreation, please Contact: Jenny Boots at 613-575-2250 ext. 2411 Gloria Thompson at 613-932-9452 ext.223

Turtle Café Lunch Menu August 2013						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Corn Soup & Fried Bread	2 <b>Closed</b>	3
4	5 <b>Closed</b>	6 Wraps & Chips	7 Pulled Pork & Tossed Salad	8 Tacos	9 Hamburger & Potato Salad	10
11	12 Chicken Noodle Soup & Sandwich	13 Italian Sausage & Linguine Salad	14 Hamburger & Fries	15 Corn Soup & Fried Bread	16 Hot dogs, Chips & Dessert	17
18	19 Goulash & Roll	20 Grilled Chicken Cesar Salad	21 Tomato Mac Soup & Sandwich	22 Tacos	23 Fish Burger & Fries	24
25	26 Spaghetti & Meatballs	27 Hash & Corn	28 Subs & Chips	29 Corn Soup & Fried Bread	30 Hot Dog Macaroni Salad	31

# Police vs Students Lacrosse Game

Despite the heat and humidity the Akwesasne Mohawk Police Service, Royal Canadian Mounted Police, and Saint Regis Mohawk Tribal Police Department officers enjoyed an “end of the year” fun challenge of Field Lacrosse with Ahkwesasne Mohawk School students on June 24th. Before facing off, the two teams met and exchanged players to even up the teams. This was a fun-filled event enjoyed by the students and staff at AMS. Akwesasne Child and Family Services supplied the referees, and played music from their new “events trailer”.



Local Police Officers spend time playing lacrosse with the kids.

### Tetewatskà:hon Green Food Box Program

Place your order and pay \$10 at the beginning of the month, and then pick up your fresh fruits and vegetables on the arranged pick up day.

It's that simple!

**Important Dates:**

Deadline to Order:	Kanatakon Pick Up Day:	Kawehnoke Pick Up Day:
Aug 2 <sup>nd</sup>	Aug 20 <sup>th</sup>	Aug 21 <sup>st</sup>
Sept 6 <sup>th</sup>	Sept 17 <sup>th</sup>	Sept 18 <sup>th</sup>
Oct 4 <sup>th</sup>	Oct 15 <sup>th</sup>	Oct 16 <sup>th</sup>
Nov 1 <sup>st</sup>	Nov 19 <sup>th</sup>	Nov 20 <sup>th</sup>
Dec 6 <sup>th</sup>	Dec 17 <sup>th</sup>	Dec 18 <sup>th</sup>

All you need to do is stop in at Kanonhkwatsheriio and place your order at the Community Health Office. For further details, please contact **Kyle Thompson at 613.575.2341 ext. 3220**

### Stroller Fitness<sup>+</sup>

Are you a mom of an infant or toddler? If so, are you looking for a chance to exercise, stay healthy, and connect with other moms in the community?

Then **STROLLER FITNESS<sup>+</sup>** is for you!!

**Who:** Mothers and their infants/toddlers. Mothers must be at least 8 weeks post-delivery (otherwise a Physician's note is required).

**What:** An outdoor class for Moms and babies. The + is for nutritious snacks and healthy eating tips for mom & baby.

**When:** 8 weeks long starting July 15th - September 3rd, classes are offered 2 times each week

Monday 11:00-12:00    Hogansburg  
Wednesday 11:00-12:00    Hogansburg  
Please show up 5-10 minutes early

**Where:** Tewathahita Walking Trail @ Generations Park

**Why:** It's a great way to get back in shape and meet other new moms! Plus it offers a safe place to ask questions, share thoughts and support one another

The class combines cardio & strength training to help new moms regain their strength and work out the mommy muscles they use every day.

All fitness levels are welcome. Strollers and carriers are available for loan during the class but are in limited supply.

Please **register now** to secure a place and stroller/carrier, as they are available on a first come, first served basis.

**To register please call Kim at 613-575-2341 EXT 3244**

**Fit moms = Fit families**

**Take care of your family by taking care of YOURSELF FIRST!!**



## A'nowara'ko:wa Arena News

The A'nowara'ko:wa Arena is a very busy place this summer during the day with the summer sport and fitness program, special training for Senior men's lacrosse and the Scanlan Creek hockey Academy dry land training camp. In the evenings there is Akwesasne minor lacrosse, Jr. B Indians, Redmen Sr. B, Masters lacrosse, Hotinonhson:ni cultural youth group dance classes, soccer & volleyball in the sport fields.

The Sport and Fitness program athletes are currently training for the A'nowara'ko:wa arena Jr. Olympics event to be held Tuesday, August 6th at the A'nowara'ko:wa arena sport field. Sporting events are volleyball, soccer, relay races, obstacle course, and fit-a-thon. Invited to compete are the Snye recreation ACFS program and the Kawehnoke summer recreation. If everyone shows up we should have at least 150 kids competing and enjoying the outdoor fun.

The Scanlon Creek hockey Academy Staff have been here at the arena since July 15th and will finish August 9th coaching and training young hockey players to perfect their game and to improve their physical fitness abilities. They run their program Monday to Friday 8:00 a.m.- 5:00 p.m. with grueling workouts, running drills and strengthening exercises.

Senior men's lacrosse hits the turf in the early morning around 9:00 a.m. -12:00a.m. doing running drills, strengthening exercises and stick skills. We get the opportunity to watch former pro-lacrosse player Brandon Francis practice his faceoff moves.



*Sport and Fitness program athletes on their morning walk.*

Then you have all the evening lacrosse programs practicing and working hard to get in shape to be in top form to compete at high levels by following a consistent practice schedule each week. In the turtle room you have girls ages 3-19 dancing powwow and hoop dancing in preparation for the September 7th International Powwow. The arena invites everyone to stop in and watch an exciting game of lacrosse before the season ends, come out to the Sport & Fitness Jr. Olympics, try one of the cultural dance classes and bring your kids to play on the sport fields set up with soccer and volleyball, before the summer is over. One last chance to watch a good lacrosse tournament will be September 14th-15th for the "Mann Jacobs" Memorial Master tournament.



The Hotinonhson:ni Cultural Youth Group was given the opportunity to perform at the "Diamonds are Forever" fashion show. The fashion show was held at the former IGA building in Hogsburg and was to benefit Akwesasne Attack, a girls lacrosse league.

The Hotinonhson:ni cultural youth group train out of the A'nowara'ko:wa Arena. Monday is Fancy dance, Tuesday & Thursday is Hoop dance and on Wednesdays they do smoke dance, 6:00-9:00. Instructors are Kyla Thompson and Feryn King, Cultural program manager is Maegan Thomas.



*Hoop dancers: Mercedes Rourke-Rodriguez, Kaia Swamp, Dannalee Thompson, Kylie David, Lenni Thompson-Terrance, Chanel Thompson*

## Iakhihsotha Residents Send Quilt to Donor

Iakhihsotha has built a wonderful friendship with someone they have never even met; her name is Nancy Bonvillain, from New Marlborough, Massachusetts. She became a friend of Iakhihsotha through some mutual friends, the late Mr. Ernest Benedict and his daughter Ms. Salli Benedict.

Back in the 1970's, Nancy lived among us in Akwesasne. She stayed on Kawehno:ke while working on a Mohawk language dictionary. She worked alongside a number of Akwesasronon, namely Beatrice Lazore, Florence Benedict, Gloria Thompson and the late Beatrice Francis. These ladies worked hard to put our language into a written dictionary.

In 2011 when Ernie Benedict passed away, Salli Benedict and Nancy Bonvillain rekindled their friendship, especially while Salli was in the hospital. Salli mentioned to me that Nancy wanted to make a donation to Iakhihsotha, in memory of Ernie. Little did they know at that the donations would be made in both their memories. Nancy contacted the Iakhihsotha staff and has been making donations to Iakhihsotha and the Mohawk Council of Akwesasne Home Support program for the past three years.

Iakhihsotha has been so blessed by Nancy's generosity, and are very thankful for her friendship. Since receiving her donations, they have combined it with fundraising dollars to purchase some big-ticket items such as the Cedar gazebo, our 6-passenger golf cart, propane fireplace, and outdoor patio furniture. Without their help, dream purchases would have taken much longer to acquire. The residents and staff at Iakhihsotha truly appreciate the generosity of Nancy and Ruth.

To reciprocate a mutual love and friendship The Iakhihsotha staff will be sending Nancy a quilt. The quilt was commissioned by Iakhihsotha Activity

and made by the Snye Recreation Committee. We truly appreciate all the hard work and time that the ladies put into making this quilt. We also wish Nancy and Ruth all the best.



*Iakhihsotha Residents hold the sign they made thanking Nancy and Ruth.*



*Iakhihsotha Residents proudly display the quilt that will be given to friend and frequent donor, Nancy Bonvillain.*

### Ononhkwaon:we Traditional Medicine Program News

Ononhkwaon:we Traditional Medicines Program is only dispensing medicines during Eddy Gray's Office hours which is Monday-Friday from 8:00am to 12:00 noon. In order to receive medicine your file must be up to date, this means that you must have had an assessment within the last two years. The Ononhkwaon:we office is open to 5:00pm to for all your other Traditional needs.

Ononhkwaon:we will be starting medicine walks with Eddie Gray on Friday July 19, 2013 rain or shine every Friday 10:00am to 12:00 noon for the duration of Summer with exception of August 30th. Please dress accordingly for bush walking and bring plenty of water to stay hydrated. You are allowed a camera to take pictures of the identified medicines. Rain dates are under the Arbour for medicine teachings.



STARTING APRIL 1ST, THE MOHAWK COUNCIL OF AKWESASNE WILL BE CHANGING PROVIDERS FOR RECYCLING. HERE IS WHAT IS ACCEPTABLE AND NON-ACCEPTABLE:



**Glass**

Clear and coloured food and beverage bottles, jars and containers.

Dishes, porcelain and ceramics, window panes, light bulbs or mirrors.

**Metal**

Aluminum and steel food and beverage bottles and containers, foil and plates, EMPTY aerosol cans and dry empty paint cans (recycle lids separately).

Aluminum foil with food scraps, laminated foil, takeout food lids, candy and cigarette wrapping, metalized chip bags, scrap metal, small appliances, full and partially full aerosols should be treated as hazardous.

**Plastic**

Bottles, jugs, tubs, lids and rigid packaging and containers from food, beverage and household products i.e.: shampoo, yogurt, margarine, ice cream, clear shells, trays and BBQ chicken containers (#1 through #7).

Styrofoam cups or packaging, film, bags, laminated packaging, toys, hoses, durable plastic products, seed trays, plant and garden packaging (please return to local nursery).

**Paper and Cardboard**

Paper cups, fine paper, bills, flyers, envelopes, newsprint, magazines, boxboard, paper back books, egg cartons, craft paper, phone books, rolls, brochures and polycoat containers i.e.: milk and juice cartons, gable top, Tetra Pak and frozen juice containers.

Tissue, paper towels, napkins, waxed paper, laminated, lined and metallic paper, contaminated paper and the hard cover on books (please remove).



Cardboard: keep separate.

**PLEASE REMEMBER:**

Rinse and flatten containers.

Recycle caps separately.

No need to remove labels.

Don't stuff materials into containers.

Keep your cardboard separate.

Use your blue recycling bin and keep excess recyclables in clear (not black) bags. All recycled items must be clean of food scraps and other materials.



THIS MESSAGE IS BROUGHT TO YOU BY THE MOHAWK COUNCIL OF AKWESASNE'S ENVIRONMENT PROGRAM



Conditions of extreme heat are defined as summertime temperatures that are substantially hotter and/or more humid than average. Humid or muggy conditions also add to the discomfort of high temperatures. People suffer heat-related illness when their bodies are unable to compensate and properly cool themselves. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly.

Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly.

Monitor Those at High Risk

Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others, such as:



- Infants and young children are sensitive to the effects of high temperatures and rely on others to regulate their environments and provide adequate liquids.
- People 65 years of age or older may not compensate for heat stress efficiently and are less likely to sense and respond to change in temperature.
- People who are overweight may be prone to heat sickness because of their tendency to retain more body heat.
- People who overexert during work or exercise may become dehydrated and susceptible to heat sickness.
- People who are physically ill, especially with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation, may be affected by extreme heat.

Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.

What YOU can do!

- Drink plenty of fluids.
- Replace salt and minerals.
- Wear appropriate clothing and sunscreen.
- Adjust to the environment.
- Do not leave children or pets in cars.
- Use common sense and think safety first.



Brought to you by MCA's  
Emergency Measures

For more information contact:  
Centers for Disease Control and Prevention  
[www.cdc.gov](http://www.cdc.gov)





Please contact Kyle at 613-575-2341  
ext. 3220 for further details

# Community Health Events

## August 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<sup>1</sup> Breastfeeding Support Walk 11:30-1:00	<sup>2</sup> Immunizations 8:30-3:30  Deadline to order Green Food Box	<sup>3</sup>
<sup>4</sup>	<sup>5</sup> CIVIC HOLIDAY	<sup>6</sup> Circuit Training 5:30-6:30	<sup>7</sup> Immunizations 8:30-3:30  Stroller Fitness 11:00-12:00	<sup>8</sup> Circuit Training 5:30-6:30	<sup>9</sup> Immunizations 8:30-3:30	<sup>10</sup>
<sup>11</sup>	<sup>12</sup> Stroller Fitness 11:00-12:00	<sup>13</sup> Circuit Training 5:30-6:30	<sup>14</sup> Immunizations 8:30-3:30  Stroller Fitness 11:00-12:00	<sup>15</sup> Circuit Training 5:30-6:30  Celebrating Families Day Massena Town Beach	<sup>16</sup> Immunizations 8:30-3:30	<sup>17</sup>
<sup>18</sup>	<sup>19</sup> Stroller Fitness 11:00-12:00	<sup>20</sup> Circuit Training 5:30-6:30  Green Food Box Pick up day Kanatakon 11- 4	<sup>21</sup> Immunizations 8:30-3:30  Green Food Box Pick up day Kawehnoke 11- 4	<sup>22</sup> Circuit Training 5:30-6:30	<sup>23</sup> Immunizations 8:30-3:30	<sup>24</sup>
<sup>25</sup>	<sup>26</sup> Stroller Fitness 11:00-12:00	<sup>27</sup> Circuit Training 5:30-6:30	<sup>28</sup> Immunizations 8:30-3:30  Stroller Fitness 11:00-12:00	<sup>29</sup> Circuit Training 5:30-6:30	<sup>30</sup> Immunizations 8:30-3:30	<sup>31</sup>



# GET FIT+

Community Health Group Fitness

Monday	Tuesday	Wednesday	Thursday	Friday
Stroller Fitness  With Kim 11:00- Noon Tewathahita Walking Path	Circuit Training  With Lorrie 5:30-6:30 Snye Rec Center	Stroller Fitness  With Kim 11:00- Noon Tewathahita Walking Path	Circuit Training  With Lorrie 5:30- 6:30 Snye Rec Center	

Sponsored by: Community Health

AUGUST 2013

## AKWESASNE MEDICAL CLINIC

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<sup>1</sup> NO DOCTOR	<sup>2</sup> CLOSED FAMILY ACTIVITY DAY 	<sup>3</sup> WALK-IN 8:30-11:30 DR. FORSON
<sup>4</sup>	<sup>5</sup> CLOSED CIVIC HOLIDAY	<sup>6</sup> BY APPT. 9:00-11:15 DR. FORSON	<sup>7</sup> LIFE LABS 8:30-10:00 20 PT. LIMIT	<sup>8</sup> NO DOCTOR	<sup>9</sup> BY APPT. 9:00-11:30 DR. FORSON	<sup>10</sup> WALK-IN 8:30-11:30 DR. FORSON
<sup>11</sup>	<sup>12</sup> WALK-IN 9:00-11:30 DR. FORSON DR. LEVAC BY REFERRALS	<sup>13</sup> BY APPT. 9:00-11:15 DR. FORSON	<sup>14</sup> LIFE LABS 8:30-10:00 20 PT. LIMIT	<sup>15</sup> NO DOCTOR	<sup>16</sup> BY APPT. 9:00-11:30 DR. FORSON	<sup>17</sup> WALK-IN 8:30-11:30 DR. FORSON
<sup>18</sup>	<sup>19</sup> WALK-IN 9:00-11:30 DR. FORSON	<sup>20</sup> BY APPT. 9:00-11:15 DR. FORSON	<sup>21</sup> LIFE LABS 8:30-10:00 20 PT. LIMIT	<sup>22</sup> NO DOCTOR	<sup>23</sup> BY APPT. 9:00-11:30 DR. FORSON	<sup>24</sup> WALK-IN 8:30-11:30 DR. FORSON
<sup>25</sup>	<sup>26</sup> WALK-IN 9:00-11:30 DR. FORSON	<sup>27</sup> BY APPT. 9:00-11:15 DR. FORSON	<sup>28</sup> LIFE LABS 8:30-10:00 20 PT. LIMIT	<sup>29</sup> NO DOCTOR	<sup>30</sup> BY APPT. 9:00-11:30 DR. FORSON	<sup>31</sup> WALK-IN 8:30-11:30 DR. FORSON

Ph.#

613-575-2341

ext. 3215

Fax #:

613-575-1169

Life labs in Cornwall  
Mon. to Fri.  
8:00 to 4:00  
Closed Saturday's

## Kawehnoke Medical Clinic 932-5808

August 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN.
*JOELLE REGNIER WILL BE ON VACATION AUGUST 1 <sup>ST</sup> -6 <sup>TH</sup> AND AUGUST 22 <sup>ND</sup> - SEPT. 3 <sup>RD</sup>	*REMINDER* DR. YOUNG'S CLINICS HAVE A 40 PT LIMIT	JOELLE REGNIER'S WALK-IN CLINICS HAVE A 15 PT LIMIT	<sup>1</sup> NO CLINIC	<sup>2</sup> NO CLINIC	<sup>3</sup> NO CLINIC	<sup>4</sup>
<sup>5</sup> CLINIC CLOSED  CIVIC HOLIDAY	<sup>6</sup> DR. YOUNG 8:30-11:30 WALK-IN	<sup>7</sup> DR. YOUNG 8:30-11:30 WALK-IN JOELLE REGNIER, NP 1-4 BY APPT. 5-8 WALK-IN	<sup>8</sup> JOELLE REGNIER 1 pm -4 pm BY APPT	<sup>9</sup> DR V UDOEYOP 10 am- 3pm BY APPT	<sup>10</sup> JOELLE REGNIER WALK -IN 8 am – 12 pm	<sup>11</sup>
<sup>12</sup> DR. TREMBLAY WALK-IN 8-11 am JOELLE REGNIER, NP 1pm – 4 pm BY APPT	<sup>13</sup> DR. YOUNG 8:30-11:30 WALK-IN	<sup>14</sup> DR. YOUNG 8:30-11:30 WALK-IN JOELLE REGNIER, NP 1-4 BY APPT. 5-8 WALK-IN	<sup>15</sup> JOELLE REGNIER 1 pm -4 pm BY APPT	<sup>16</sup> DR V UDOEYOP 10 am- 3pm BY APPT	<sup>17</sup> JOELLE REGNIER WALK -IN 8 am – 12 pm	<sup>18</sup>
<sup>19</sup> DR. TREMBLAY WALK-IN 8-11 am JOELLE REGNIER, NP 1pm – 4 pm BY APPT	<sup>20</sup> DR. YOUNG 8:30-11:30 WALK-IN	<sup>21</sup> DR. YOUNG 8:30-11:30 WALK-IN JOELLE REGNIER, NP 1-4 BY APPT. 5-8 WALK-IN	<sup>22</sup> NO CLINIC	<sup>23</sup> NO CLINIC	<sup>24</sup> NO CLINIC	<sup>25</sup>
<sup>26</sup> DR. TREMBLAY WALK-IN 8-11 am DR LEVAC 1-4 pm BY APPT	<sup>27</sup> NO CLINIC (DR.YOUNG ON VACATION)	<sup>28</sup> NO CLINIC (DR.YOUNG ON VACATION)	<sup>29</sup> NO CLINIC	<sup>30</sup> NO CLINIC	<sup>31</sup> NO CLINIC	



[www.akwesasnepowwow.com](http://www.akwesasnepowwow.com)

# AKWESASNE INTERNATIONAL POWWOW

DANCE, DRUM, SMOKE DANCE COMPETITION  
TRADITIONAL CRAFT & FOOD VENDORS

SEPTEMBER 7th - 8th, 2013

Saturday & Sunday

10 am ~ Gates Open to Public

Noon ~ GRAND ENTRY

Dance & Drum Competitions

throughout the day

Early Sunday Evening ~

Prize Monies &  
Honorariums Awarded

FEATURING



REMESHA DRUMS

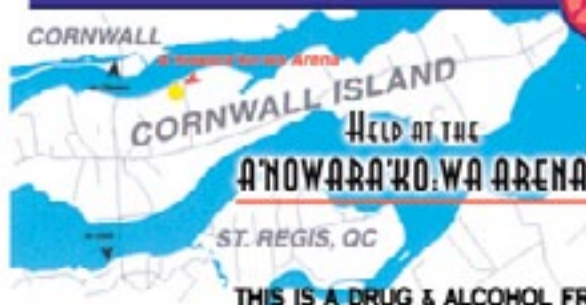
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