

New Cultural Center	Health Services	Annual Drinking Water Report	Beetles Invasion
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SRMT Kawennì:ios



Diabetes Center for Excellence Breaks Ground



Business Feature

Nature's Gift

Why buy ice cream and cake for your child's birthday party when you can have a delicious, fresh and nutritious fruit bouquet for your child's classroom or daycare?!

Diane Boots has expanded Nature's Gift, her fruit smoothie business by providing nutritious and eye-catching fruit bouquets. Everything is fresh and she tries to use as much organically grown produce as possible. She partners with Country Organics of Norfolk who specializes in hydroponically grown flowers, fruits and vegetables.

I'm sure you've heard of those other fruit bouquet companies that will ship your order right to your door, but what they don't tell you is that a preservative is sprayed onto the fruit. This technique is used to prevent the oxidization process (prevents the fruit from "browning") and your order is manufactured on a massive scale in an assembly line. Diane incorporates culturally relevant pieces into her bouquets!

She produces healthy smoothies to target specific health issues; ranging from high cholesterol/blood pressure, seasonal allergies, weight-loss and cancer! Her recipes are derived from a panel of doctors, nutritionists

and holistic health professionals; who've combined their knowledge and resources to develop an all-natural approach to health related and at-risk health issues. Please consult your physician prior to any lifestyle modifications.

Diane also has a smoothie that detoxifies your system of heavy metals like lead and mercury. Medical professionals are linking heavy metal exposure to Autism/ADD/ADHD in children and adults. If taken

on a regular basis, "children and adults may become more attentive, socially more interactive, make better eye contact." The cilantro in the smoothie naturally draws out heavy metals within the body's system.

"Diane, for the first time.... I was able to make eye contact with my son!" a father gratefully and tearfully revealed.

Diane and Caroline offer deliveries to local

businesses and organizations. Give them a call or email:

Nature's Gift

498 State Route 37 (J & J Insurance Plaza)

Akwesasne, NY 13655

(518) 521-4021

dianebsmoothies@yahoo.com ♦

(The Saint Regis Mohawk Tribe does not endorse any medical claims or statements in this article)



Kids Amazed by Fruit Bouquet

Good Words of Welcome



Shekon sewakew:kon Akwesashró:non,

First, let me start off by saying that I am proud and honored to be chosen by you, the people of Akwesasne, to be elected to the Tribal Council of the Saint Regis Mohawk Tribe. There are many issues facing the Tribe and its membership and I feel the decisions made that affect our community will be made with the best interests of Akwesasne.

I am proud to see that some of the projects I worked as a Sub-Chief, are finally coming to their completion. The *Tewathabitha* Walking Trail will be opening soon and it will be a place where all Akwesasro:non can go to walk and enjoy the outdoors without being worried about the traffic. I would like to acknowledge our Construction Department and local contractor, Loran's Construction, for doing what was necessary to get this Trail to its final stages. This half-mile trail will serve Akwesasne for years to come.

I was also very honored to have been invited to the Akwesasne Housing Authority's Grand Opening of the Sunrise Acres Expansion Project. The apartments in this complex are beautiful and any elder who moves into these apartments will feel like they just walked into a new home. The green technology used in these buildings should be used in all construction of new homes built in Akwesasne. If you haven't had a chance to tour these buildings you should go over and ask for a tour; you will be blown away by just how beautiful these apartments are.

In closing I would like to offer my assistance as a productive member of Tribal Council and to let you know that my door will always be open and I will be here to make sure your questions and concerns are answered in a timely manner.

Niawenko:wa,

Ron LaFrance, Tribal Chief

On the Cover: Sub-Chief Stacy Skidders, Health Services Director Deb Martin, Sub-Chief Shelley Jacobs, Let's Get Healthy Director Janine Rourke, Former Sub-Chief Pam Brown, Former Chief Monica Jacobs and Chief Randy Hart break ground for the new Diabetes Center for Excellence.

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Diabetes Center for Excellence Breaks Ground

By David T. Staddon, Editor



On Tuesday June 28, 2011, Saint Regis Mohawk tribal officials held a ground breaking ceremony for the long-planned Diabetes Center for Excellence. Many attended the ceremony including members of tribal council, health service staff, financial supporters and community members. Health Services Director Debra Martin and “Let’s Get Healthy” program Director Janine Rourke planned and delivered the ground-breaking event, which was followed by a reception in the Akwesasne Mohawk Casino’s Maple Room.

Members of the Saint Regis Mohawk Tribe are fighting diabetes on a daily basis, as are all other Native tribes in North America. American Indians suffer from a relatively high rate of diabetes when compared to the

general population. The “Let’s Get Healthy” program offers diabetes prevention and treatment and the new diabetes center will allow all the diabetes services to be housed under one roof.

Since 2006, tribal staff has raised nearly \$2.95 million of the \$3.8 million required to complete the project. The Akwesasne Housing Authority provided \$1 million, the tribe provided funds of \$750,000, the federal Department of Housing and Urban Development grant provided \$600,000, the U.S. Department of Energy provided \$100,000 the U.S. Department of Agriculture funded \$200,000 and private donors kicked in an additional \$283,000. An additional \$900,000 is needed to meet the anticipated expenses of phase 1.



Tribal Chief Randy Hart



Debra Martin, Director of Health Services



Former Chief Monica Jacobs Recognized for her Support

The center will emphasize both diabetes treatment and prevention. The first phase of the 14,000 square foot center will feature classes for prevention of diabetes, a fitness center and fitness programming. Other amenities will include a teaching kitchen so participants can learn health cooking and eating habits as well as a wading pool for water aerobics. The center will be located just off of State Route 37, adjacent to the Senior's Center and the new *Tewathabitha* walking

trail. Phase 2 will involve an indoor track which is necessary for year-round use, considering how harsh the winters are in the Akwesasne Territory.

The construction phase of the building will take about nine months to complete. The tribe has hired Beardsley Associates for the design and engineering of the center. The tribe expects to let bids in September or October in order to begin construction. ♦



Janine Rourke, Let's Get Healthy Program Manager



Akwesasne Communications Society, Board of Directors for CKON Presented a \$10,000 Check

Can't Spell it? It's Dangerous!

By Julia Jacobs, Environmental Outreach

Looking at the picture, do you know what items are harmful or contain pesticide or a toxic substance? You may be surprised what's in your kitchen.

Oven cleaner: the basic ingredient of oven cleaners is lye (either sodium hydroxide or potassium hydroxide). Lye is extremely corrosive, and can burn your skin and eyes. It is usually fatal if swallowed.

All purpose cleaner: cleaners can contain hazardous chemicals such as: ammonia, ethylene glycol monobutyl acetate, sodium hypochlorite or trisodium phosphate. Depending upon the ingredients, all-purpose cleaners can irritate the skin, eyes, nose, and throat. They can be highly poisonous if swallowed. Some of these chemicals have a sweet smell that attracts animals and poison them, too.

Insect sprays: pesticide chemicals commonly found in insecticides are permethrin, diazinon, propoxur and chlorpyrifos. Insecticides can hurt your eyes. They can make you really sick if you breathe their fumes, get some in your mouth or on your skin and you don't wash it off right away. They can also be fatal. How you are affected depends on your exposure.

Dish washing detergent and automatic dish washer detergent: both contain cleaning agents with "cationic," "anionic" or "non-ionic" in their names. The main ingredient is usually phosphate. Automatic dishwashing detergents have been known to produce skin irritations or burns. They are poisonous if swallowed. Hand dishwashing detergents are milder than automatic dishwashing detergents. If swallowed, it may cause irritation to the mouth and throat and nausea, but not death. They are generally safe to people and to the environment.



Window or glass cleaner: the basic ingredients of window/glass cleaners are ammonia and isopropanol. These products may be irritating to the eyes, skin, nose, and throat. If swallowed, they may cause drowsiness, unconsciousness or death. If you need to use these products, you need to be sure to always "Read the Label First."

Antibacterial cleaner: usually contain water, a fragrance, a surfactant and a pesticide. The surfactant breaks up the dirt, the pesticide kills the bacteria, and the fragrance makes it smell good. The water holds the cleaner together. In antibacterial cleaners, the pesticides are commonly quaternary ammonium or phenolic chemicals. They are known as antimicrobial pesticides. Antibacterial cleaners are very irritating to your eyes and skin and will burn your throat

Baits for ants and crickets: the insecticides commonly found in insect baits include abamectin, propoxur, trichlorfon, sulfuramid, chlorpyrifos and boric acid. Since the majority of insect baits are enclosed in containers you will not likely be exposed to the pesticides. But if you find them, leave them alone. Do not move them or open them or put them in your mouth. Keep your pets away from them too. If you should touch one, wash your hands with plenty of soap and water. Be sure that none of the pesticides that insects might have carried out of the container get onto your skin. And remember to never put anything in your mouth unless you know for sure what it is.

For more information, please contact Julia Jacobs at SRMT Environmental Outreach, 518-358-5937 or email julia.jacobs@srmt-nsn.gov. ♦

Portions taken from the EPA site: *Learn about Chemicals around Your House:* <http://www.epa.gov/kidshometour/products/atrap.htm>

Aftercare Component

By Tiffany Leabo, Prevention Educator

What is Aftercare?

One must remember that when a person completes rehab, it does not mean they are completely cured forever and never have to worry about their addiction ever again. Rehab is not a silver bullet for addiction and although life can improve in many ways after treatment, many challenges are ahead.

Aftercare is a comprehensive plan prescribed to individuals after their stay at an addiction rehabilitation treatment facility. It is designed to help those with addiction problems to cope with these challenges and to rehabilitate into a substance-free life. The goal of an effective aftercare program is to help prevent relapse. Aftercare is just as important as initial treatment to help individuals stop using substances in the long-term.

Aftercare is Essential

Aftercare is an essential part of recovery from an addiction. Those with addiction problems may face numerous challenges in the short-term after their stay in a rehabilitation treatment facility. These may include:

Tempting Situations. When an individual is in rehab, they are out of their everyday environment and this can make things easier. However, eventually normal life has to be resumed and this can present situation and relationships which offer the temptation to use substances again.

Stressful Situations. Returning and re-adjusting to normal life can be quite stressful. Stress is often a trigger for substance use. Rehabilitation, including aftercare, can help individuals develop new coping strategies for stress.



Counseling is only one component of Aftercare Treatment

Family and Friends. Meeting friends and family again after rehab can be both uplifting and upsetting. Some of those close to those with addiction problems may find it difficult to move on and forgive actions committed by the client while they were using. Aftercare helps the person to find ways to heal these relationships, and to accept others' feelings without letting

them affect their recovery.

The Saint Regis Mohawk Health Services Alcoholism Chemical Dependency Outpatient Program has an Aftercare Treatment Component that runs about four months in length. The Aftercare Component consists of the following: one-on-one counseling, group therapy, educational assignments on denial, the disease concept, family roles/rules, the 12 steps of recovery, spirituality, etc. Clients are also referred to A.A. and N.A. meetings for continued support.

If you need a drug and alcohol assessment, information, or just need to talk to someone about your alcohol and drug use or someone else's, please call the A/CDP Outpatient office at 518-358-3141 ext. 160. ♦

Smog

is Fog that's Smoke and Fog

By Angela Benedict, Air Quality Program Manager

We have all heard the word and it kind of sounds like fog but it isn't and it kind of sounds like smoke but it isn't. Smog got its name when it was used to describe a mixture of smoke and fog back in 1905 in London England. These days it is more air pollution or photochemical smog. Photochemical is the chemical reaction of different pollutants. An example is ground level ozone. Ozone doesn't just come out of smoke stacks or out of tailpipes. It is created when ultraviolet (UV) rays hit oxygen and nitrogen oxides. Nitrogen oxides + sunlight + hydrocarbons = Ozone. Smog seems to be generally in big cities because of all the industries, cars, other combustion and photochemical

processes. But really it is everywhere: some places just have more than others. Some years back, 1999, the news reported a brown cloud in Asia, called the Asian Brown Cloud. In 2002 a study published claimed that the cloud was not specific to Asia so it was renamed the Atmospheric Brown Cloud.

We are in a region called the Ozone Transport Region. The Ozone Transport Region (OTR) of the eastern United States covers a large area that is home to over 62 million people living in Connecticut, Delaware, the District of Columbia, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont and northern

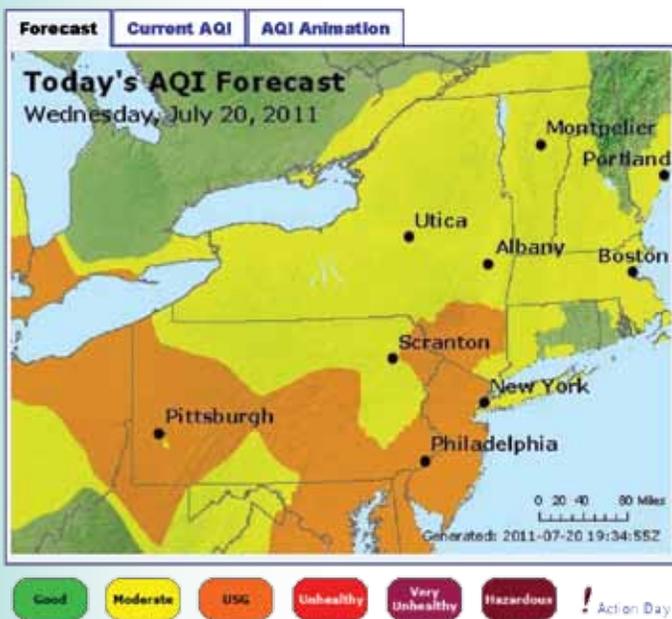


Industrial Pollution is Only Part of the Problem

Virginia. Each summer, the people who live within the Ozone Transport Region are subject to episodes of poor air quality resulting from ozone pollution that affects much of the region. During severe ozone events, the scale of the problem can extend beyond the Ozone Transport Region's borders and include over 200,000 square miles across the eastern United States. Contributing to the problem are local sources of air pollution as well as air pollution transported hundreds of miles from distant sources in and outside the Ozone Transport Region.

www.airnow.gov on 07-20-11.

Outside temperature: 89°



Moderate 51 to 100 Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution

In the past I have talked about the air quality index. This index gives a suggestion to people with respiratory problems whether they should go outside or not. It is color coded green being good and dark red being bad. There are 5 different levels: green (50), yellow (100), orange (150), red (200) and dark red (above 200). The numbers are concentrations of the pollutant in parts per billion, usually ozone and/or particulate matter values. To check levels in our area you can go to www.airnow.gov or call the environment office at 518-358-5937 and anyone in the air quality program can give you the level.

Smog is also referred to as haze. The days that our smog or haze is high are days that we cannot see the mountains. One day when you are driving over the bridge south, look over to the mountains. Some days you can see them, some days you cannot. A day you cannot see them is a hazy day. That means if you know someone with respiratory problems they should be careful when spending time outdoors and if they have medication for it make sure they have it with them. Now this can change. If it is hazy in the morning and we have rainstorms, it clears it out. Kind of like the chicken noodle soup song: "Let it rain and clear it out." It's the song that says, "Chicken noodle soup, chicken noodle soup, chicken noodle soup with a soda on the side." Sometimes the wind helps, too.

In an underdeveloped country, don't drink the water; in a developed country, don't breathe the air. ~*Changing Times Magazine*

It turns out the reason I wanted to write this month about this is because there have been some car purchases in my family. I am proud to say that we currently have four Toyota Prius in the family. No, I don't have one but I did just purchase a Kia Soul (guess what color) which has a pretty good greenhouse gas score of 6 (10 is best). Of course the best greenhouse gas score is the Toyota Prius which is 10. So next time you are out looking at cars, check out the scores on the labels posted. It usually gives you both the greenhouse gas score and the air pollution score. The greenhouse gas score reflects the amount of carbon dioxide emitted from the tailpipe. The air pollution score is the tailpipe emissions of smog-forming pollutants. The higher the score, the better. And it also helps that the higher the score the better the gas mileage and who doesn't want to save money on gas?

If you would like to check how your car rates, model year 2000 and higher, EPA has it online at: www.epa.gov/greenvehicles/. So, next time you are thinking about a new car, check out its scores, especially if you plan to pass it to one of the next seven generations. ♦

Bath Time for Pets, but Who Really Gets Wet?

By Jennifer Herne, Animal Control Officer

All pet owners at some point have given or tried to give their pet a bath. In the summertime, pets may spend more time outdoors and come into contact with some pretty stinky things! So this means bath time for your dog and possibly even you. Soap choice is where the confusion starts. There are so many products on the market now how do you know which one to choose? Harsh chemicals aren't necessary. A mild hypoallergenic soap that is formulated for veterinary use is all that is necessary. "For veterinary use" means a product that is designed for use on a dog or cat. Dish soap or your favorite shampoo may wash away the dirt and more importantly the odor, but it may also strip your pet of the natural oils from their fur and irritate their skin. All grooming products (human and animal) are designed to maximize cleaning and minimize irritation. Human products work best on human skin and veterinary products are designed to work best on dog skin. The chemistry of a dog's skin and fur are

different than the chemistry of a human's skin and hair.

A final insight pertaining to bathing your pet is to comb their coat prior to bathing. Wet fur mats more than dry fur, so a wet tangled coat is harder to brush out and will take longer to dry. This small detail can save you time and prevent an uncomfortable brushing for your pet.

After a bath your pet will smell good, look good and probably feel good. Make sure your pet is dry before you allow it back outside. Beware -- if it is feeling good it just may streak from the tub straight outside to find a new exotic aroma to frolic in and bring home to share. If you are not comfortable giving your pet a bath, many licensed groomers in the area that would be glad to help you out. ♦

(Some of this information is from the Washington State University College of Veterinary Medicine).





Dear Tinkle:

My name is Apollo. I am a dog and my owner uses Advantix® on me to prevent fleas and ticks and some biting insects. How long does it take for the drops to become effective? I also swim a lot; will swimming cause the drops to wash off?

Apollo

Dear Apollo:

It sounds like you are one lucky dog, and you have lots of fun with your owners. Advantix® halts the haematophagous (feeding on blood) activity of fleas in less than five minutes and starts to kill them within one hour. 98% of ticks are repelled within two hours. Advantix® also kills up to 98.5% of mosquitoes and reduces their consumption of feeds of blood by up to 95.2% within one hour. If you need a bath, do it before the product is applied, make sure you are totally dry before applying the product. Advantix® remains effective if the animal gets wet. However, prolonged, intense exposure to water should be avoided.

Tinkle

CAT FACT: Sir Isaac Newton, discoverer of the principles of gravity, also invented the cat door.

Don't Shop - Adopt



Kittens

All kittens are litter trained, dewormed and vaccinated. Call Animal Control Officers, Jennifer Herne or Ashton Adams at 518-358-2272 to adopt these cats.

The Tribe's Treasures

History Can Come Alive in Akwesasne

*By Lillian Barton, Records Management Officer and
Sue Herne, Museum Coordinator*

In the Kenténha 2010 issue of SRMT Kawenní:ios, David Staddon wrote a wonderful article about the return of the Wolf Belt. Arnold Printup, Tribal Historic Preservation Officer (THPO) did an amazing job of ensuring its safe transfer to the Akwesasne Museum. The belt is now housed in an environmentally appropriate display case at the museum, thanks to the museum and library staff. Preservation of these types of artifacts and sacred items is crucial to their continued existence.

I bet you didn't know that the return of the Wolf Belt was a collaborative effort of the Mohawk Nation Council of Chiefs, Mohawk Council of Akwesasne (MCA), and the Saint Regis Mohawk Tribe beginning in 2003. Many phone calls, letters, emails and agreements were made, and thanks to our previous THPO officer, Sheree Bonaparte. The Native American Graves Protection and Repatriation Act's (NAGPRA) review board officially approved the release of the Belt in 2004. In 2008 it was returned and housed at the Peace Tree Mall on Cornwall Island until September 2010.

This important piece of history has come alive in Akwesasne.....but wouldn't you enjoy seeing more of this? We definitely would!

We would like to be able to house more artifacts and collections and repatriate more items like the "Wolf Belt," but because we do not have the adequate space or funding we have to turn away many donations. Even the

records and archives storage conditions at the Tribe are not adequate for the proper preservation of historical documents. The library is in need of more room and some environmental controls as well. So, Sue Herne re-kindled a flame that started several years ago by some very enthusiastic individuals from MCA. Their dream was to build an archival facility for the entire community of Akwesasne. Now our dream is to build a new museum, library and archives facility that will do the same.

The Akwesasne Museum was awarded a grant from the Institute of Museum and Library Services to plan a conceptual design for a new museum, with the option of including library and archival space. The staff people involved in the project is very hopeful that we will be able to include the Saint Regis Mohawk Tribe's archives because of similar and great needs for climate controlled areas and larger space. The MCA as well as the Mohawk Nation Council of Chiefs will be consulted throughout the planning process with the intention that the new museum will continue to serve the entire population of Akwesasne. Project members would like to

see the facility used and supported by all councils to the greatest degree possible.

Our first community meeting was held on June 20, 2011 with approximately 12 people in attendance. Lisa Watt of "Tribal Museum Planners and Consultants" was our planner/consultant and Brian Porter of "Two Row Architect" was our architectural consultant. Our next community meeting will be held in August.



*Ionkwaio'te
Senha
Aioianerenhakie*

*We are working toward
better things to come*

What the consultants will provide us with is a final report and design brief that will show a clear vision of the various spaces needed for our complex. This will include more than one design option, with flexibility for phasing-in the library, while first building the museum and archives. The report will outline the programs and services it can provide specifically for our community members as well as programs for the visiting public.

Our next steps will be obtaining financial support from all governments as well as a long term commitment to help us sustain the new museum and archives. We will also be researching grants and donors throughout various phases of the project. We are in desperate need of funding for this project as well as a really good location for easy access. Our vision is having an interactive museum with dioramas, Mohawk-speaking



Beads can become brittle over time requiring special encasing to preserve these one-of-a-kind treasures



come alive again and tell the true story of our nation and our people. If all these governments can bring such an important part of history home like the “Wolf Belt” we can make this dream come to life as well. We are honoring our ancestors by caring for the objects that they have made, the documents that they have written and continuing the work that they have left for us. ♦

New facility will have more showroom space and allow more collections to be available for viewing

displays and to continue our current basket making and beadwork classes with larger classroom areas. Part of our larger vision is to have an outdoor walking trail to include a mini village with a true depiction of the early life of the Mohawks. Funding will determine the extent of the project to a great degree.

The “Akwesasne Museum” is a living, growing center of knowledge, preservation and education that serves the entire community. It is an active and useful source of history and culture that gives perspective to current events and future decisions. The “Archives” can be a wealth of information for students and community members doing research. We need the help and support of our community to help make our history



The large storage areas means the Cultural Center can accept more donations of bulkier artifacts like this pottery

How Are We Doing It?

Sustaining in Tough Economic Times - Part 7

By Laura J. Weber, Solid Waste Program Manager

We are continuing our series on sustaining in tough economic times. Last month, we introduced the fourth component of our sustainable model – financial health. This is part of the program that enables us to offer services to the community. We also gave you an “Action to Sustainability Challenge.” How did you do with last month’s challenge? Did you find ways to keep Akwesasne free from litter?

Monitoring is the fifth component of the program. Last month we discussed two software programs that we use: SMS and GPS tracking software. Both of these programs collect data that we use to systematically review all program components over time. In a sense, monitoring gives us a snapshot of how we’re doing and lets us know if we need to make adjustments for improvements.

We use data generated from both software programs to perform weekly cost analyses for our blue bag collection program. We have set target values

for several collection parameters and use the data to determine if we reached those target values. If not, then we look for ways to modify how we perform the collection in order to reach the target values.

Another example of how we use the data generated from the software programs is that we monitor the idling times for our trucks. Reducing idling times means a decrease in the amount of fuel consumed, thereby lowering our operational costs.

Let us ask you a question: have you ever been successful with a weight loss program without weighing in and taking measurements? We suspect your answer would be “no” because you’d have no way of tracking your progress and making adjustments along the way. It is the same with our monitoring component – we need to track and make adjustments in order to be successful. ♦

Action to Sustainability Challenge

(Applying knowledge learned to make sustainable decisions in your life).

Do you know how and what types of plastics are acceptable for recycling? Maybe you do know, but need a refresher in how to prepare the materials. See this link to learn more:

http://srmt-nsn.gov/news/detail/saint_regis_mohawk_tribe_publishes_household_hazardous_waste_manual

Begin to use these guidelines in recycling your plastics.

Housing Authority and Tribe Dedicate Elder's Housing

By David Staddon, Editor

A variety of officials were on hand on Thursday July 7, 2011 to dedicate an expanded housing project for tribal elders. The dedication included the grand opening, a ribbon cutting, speeches by tribal and federal officials and tours of the new units, followed by a luncheon. The weather was absolutely perfect when everybody were gathered in the newly-built pavilion for the dedication. The Akwesasne Women Singers (*Kontiennenha:wi*, or "Carriers of Words") helped with the dedication and sang two songs in the traditional Mohawk language.

The 20 living units in the Sunrise Acres project are specially designed for seniors and feature a wide array of green technologies. These features include high efficiency construction materials, cork flooring, water-saving devices, power-saving lighting and energy-star rated appliances. Solar power is another important feature in generating electricity, domestic hot water heating and providing natural lighting. Geo thermal heating and cooling systems tap into the earth to provide stable base temperatures for heating in the winter and cooling in the summer. In addition to the many high-technology energy-saving

features, the units were built to create a neighborhood. Although some of the ground around the pavilion was still waiting for finishing touches on landscaping, the setting is very natural and tranquil. During the tours, it was easy to see that each unit is constructed of high-quality materials displaying a high level of craftsmanship.

Each unit is roomy, well lighted with sufficient closet space and includes all appliances. The housing project is surrounded by trees and plants, as well as beautiful landscaping. A walking trail winds its way through the Sunrise Wetlands Preservation Project immediately adjacent to the project.



The Sunrise Acres project includes the Grand Pavilion for meetings and get-togethers with friends and families and entertainment events. Other amenities include a training center

and lighted, paved streets and parking. The project was completed on time and under budget.



For more information about eligibility for those elders considering living in these homes, the Akwesasne Housing Authority can supply that information at 518-358-9020. ♦

2010 Annual Drinking Water Quality Report

Saint Regis Mohawk Tribe - Public Water Supply ID # NY 1617071

Introduction:

The Saint Regis Mohawk Tribe will annually provide the community of Akwesasne, a report of the drinking water quality to your home or business to comply with federal regulations. The purpose of this report is to raise your understanding of drinking water and the need to protect and conserve the drinking water sources. Last year, your tap water met drinking water health standards, with a few exceptions in which unforeseen circumstances occurred. The circumstances were adequately assessed and addressed. We continue to assess and improve our operations to ensure that we continue to provide drinking water that meets health based standards. Details are provided below in the "Table of Regulated Detectable Contaminants" and in the "Notes" following the table.

What's in the Source Water?

The sources of drinking water are surface waters such as streams, rivers, lakes or ground water from wells that tap underground aquifers. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and can pick up substances resulting from the presence of animals or from human activity. Your drinking water comes from the St. Lawrence River.

A Source Water Protection Plan has been developed to help establish a way to protect any source of contamination to the river from upstream sources.

How does the water get to my home?

Water is pumped from the St. Lawrence River to the water treatment plant on Garrow Road. The water goes through treatment by dual-sand filtration, Powdered Activated Carbon (PAC) and chlorination. The treated water is then stored in a clearwell, pumped to the water tower on McGee Road where it is gravity fed to your faucets. It is also stored on State Route 37 for fire protection by way of booster pumps.

The system currently supplies water to residents of Akwesasne excluding Mohawk Lane.

The treatment plant is a dual-sand filtration system and uses Sodium Hypochlorite for disinfection. The plant has the capability of producing one million

gallons of treated water per day. We presently have 990 connections and produce an average of 400,000 gallons of water per day.

How can I get this chlorine taste and smell out of my water?

The water is treated with chlorine before it leaves the plant to protect public health and prevent microbiological organisms from growing. You can place a carbon filter (i.e. Brita[®]) on your faucet to remove the chlorine taste or allow a pitcher of it to sit on the counter before refrigerating. The facility will be undergoing an upgrade to add UV disinfection which will remove taste and odor as well as providing another layer of protection from possible bacteriological contamination.

To ensure that tap water is safe to drink, the Environmental Protection Agency provides guidance and prescribes regulations that limit the amount of certain substances in water provided by public water systems.

All drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the SRMT Environment Division or the Environmental Protection Agency Safe Drinking Water Hotline (1-800-426-4791).

Do I need to take special precautions?

Some people may be more vulnerable to certain contaminants in drinking water than the general population. Immunocompromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA and Centers for Disease Control guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Outreach Office at the

clinic and at the EPA Safe Drinking Water Hotline (1-800-426-4791).

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. SRMT is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for

several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

Regulated Detected Chemical Parameters

Inorganics

Contaminant	Violation Yes/No	Date of Sample	Level Detected (range)	Unit Measurement	MCLG	Regulatory Limit (MCL, TT, AL)	Likely Source of Contamination
Nitrate (as Nitrogen)	No	07-15-10	<0.1	mg/L	10	10	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
Fluoride	No	07-17-10	0.11	mg/L	4.0	MCL=2.2 NYSDOH standard	Erosion of natural deposits; water additive which promotes strong teeth; discharge from fertilizer and aluminum factories
Barium	No	07-26-10	.022	mg/l	2	2	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits
Lead ¹	No	October 2010	0.0011 (ND .001)	mg/l	0	AL= .015 mg/l	Corrosion of household plumbing systems; erosion of natural deposits
Copper ²	No	October 2010	0.013 (.002-0.16)	mg/l	1.3	1.3	Corrosion of household plumbing systems; erosion of natural deposits
Uranium*	No	2005	2.24	ug/l	0	30	Erosion of natural deposits

* Uranium determination was made by a radioactivity method. The last result was 1.5 pCi/L. The result was converted to mass (ug/l) by dividing 1.5 pCi/L by 0.67 = 2.24 ug/l.

Microbiological Contaminants

Total coliform	No	Monthly (5/mo)	0	Negative or positive	0	1 positive monthly allowed	Naturally present in environment
Fecal coliform and E.coli	No	Monthly (5/mo)	0	Negative or positive	0	None	Human and animal waste

Turbidity

Turbidity ³	Yes	Daily March 14	1.85	NTU	N/A	1 NTU maximum allowed	Soil runoff; stormwater
Turbidity ³	No	Daily March '10	.00 - 1.85	NTU	N/A	0.3 - 95% of samples -TT	

Disinfection By-Products

Total Trihalomethanes (TTHM) ⁴ Water treatment plant - WTP	No	Quarterly See Note	36.25 56.5 39.25 56.25 56 -WTP	ug/L	N/A	80	By-product of drinking water chlorination
Haloacetic Acids (HAA5) ⁴ WTP	No	Quarterly See Note	34.25 35.25 44.25 34.75 40.75 - WTP	ug/L	N/A	60	By-product of drinking water chlorination

Other Detected Contaminants

Contaminant	Level Detected	Unit Measurement	Guideline
Semi-Volatile Organic Chemicals	Non-detect	mg/l	See Note #5

Notes:

N/A - means not applicable

1 - The level presented represents the 90th percentile of the 17 sites sampled. A percentile is a value on a scale of 100 that indicates the percent of a distribution that is equal to or below it. The 90th percentile is equal to or greater than 90 % of the lead samples detected at your water system. There were no violations due to the 90th percentile being below the Action Level.

2 - The level presented represents the 90th percentile of the 17 sites sampled. There were no violations due to the 90th percentile being below the Action Level.

3 - Turbidity is a measure of the cloudiness of the water. We test turbidity because it is a good indicator of the effectiveness of our filtration system. Our highest single turbidity measurement was (1.8 NTU) for the year occurred on 8/29/09. Turbidity exceeded 1.0 NTU beginning on 8-29-09 for less than 4 hours while plant was running. Federal regulations require our system to have 95 % of our samples below .30 NTU and all samples to be below 1.0 NTU. We had one violation of turbidity in 2009. Operators shut plant down to contain clearwell water and began a vigorous flushing schedule in the distribution system. Chlorine residual was checked as well as turbidity in the distribution until levels were back to normal. Coagulant pumps failed and were repaired to allow clean water to be filtered and return it to the distribution system. All numbers were manually logged in to the operators logbook.

4 - This level represents the local averages calculated from the data collected on a quarterly basis at 5 sites. Routine flushing and disinfection management has kept the by-products in check.

5 - Organic chemical sampling was done after the interior of the water tower was repainted to ensure the water was safe to be distributed. EPA method 524.2 POC's, Vinyl Chloride, and MTBE was used.

Definitions:

Maximum Contaminant Level Goal (MCLG): The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLG's allow for a margin of safety.

Maximum Contaminant Level (MCL): The highest level allowed in drinking water. MCLs are set as close to the MCLG's as feasible using the best available treatment technology.

Action Level (AL): The level that, if exceeded, triggers a treatment or other requirement that a water system must follow.

Treatment Technique (TT): A required process intended to reduce the level of a contaminant in drinking water.

Health Effects Language:

Turbidity: Turbidity has no health effects. However, turbidity can interfere with disinfection and provide a medium for microbial growth. Turbidity may indicate the presence of disease-causing organisms. These organisms include bacteria, viruses, and parasites that can cause symptoms such as nausea, cramps, diarrhea and associated headaches.

Total Coliform Bacteria: Coliforms are bacteria that are naturally present in the environment and are used as an indicator that other potentially harmful bacteria may be present.

Fecal coliform: Fecal coliforms and *E. coli* are bacteria whose presence indicates that the water may be contaminated with human or animal wastes. Microbes in these wastes can cause short-term effects, such as diarrhea, cramps, nausea, headaches, or other symptoms. They may pose a special health risk for infants, young children, and people with severely compromised immune systems.

Lead: Infants and young children are typically more vulnerable to lead in drinking water than the general population. It is possible that lead levels at your home may be higher than at other homes in the community as a result of materials used in your home's plumbing. Additional information is available from the SRMT Health Services or the Safe Drinking Water Hotline (800-426-4791). ♦

Program Feature

Highlights from the Saint Regis Mohawk Health Services

By Debra Martin, Rob Cree and Vicky Jock, SRMHS Administration

June 28, 2011
An official groundbreaking ceremony was held for the new Diabetes Center for Excellence Building. The dedication, motivation and commitment from staff, community members, business owners in and surrounding the community of Akwesasne is very evident in this endeavor. We celebrate the start of a new project that will house all the staff of the Diabetes Programs in one building.



Health Services Building has been open 20 years

The Diabetes Center for Excellence building will provide support for diabetic patients in education, medication, emotional support, exercise and nutrition. Teamwork is essential to the success in any project. Our primary goal is to help our community members fight the disease known as “Diabetes.”

There is hope for our community. We are here because community has cared enough to donate money, time and support. Let’s continue to support each other with educated decisions, volunteering for events that raise money and where you are now part of a team to prevent Diabetes Type II.

In a few weeks, the *Tewathahitha* “Let’s Walk” walking trail will also hold a ribbon-cutting ceremony. This is also the result of community donations and fundraising efforts by the staff of the Saint Regis Mohawk Health Service. This walking trail will be a safe place to walk

without the worries of traffic.

The Outreach Chronic Care Nursing Service has been in operation for a little over a year and has grown tremendously. The Chronic Care Nursing Service has increased services by providing home health aide services and transportation services for those in need. The Outreach Chronic Care Nursing

also provides veterans with home based community services.

The Saint Regis Mohawk Health Service congratulates the following staff members for reaching milestones in their employment with the Saint Regis Mohawk Tribe:

Brad Haywood, A/CDP – 5 years

Melerena Back, Prevention Program – 10 years

Margie Tatlock, Chronic Care Program – 5 years

Alice Tarbell, Laboratory – 5 years

Sherry Roundpoint, Medical Clinic – 20 years

Dr. Benson Kelly, Medical Clinic – 25 years

This year marks the 20th year for the Health Facility. The health facility opened its doors for services on September 21, 1991 and still going strong in providing quality health care to eligible patients of the Akwesasne Mohawk Community. ♦

July Tribal Meeting

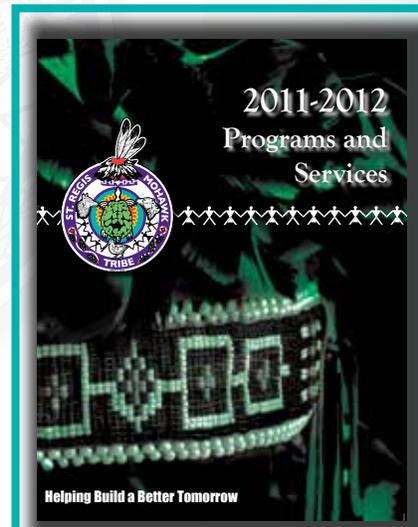
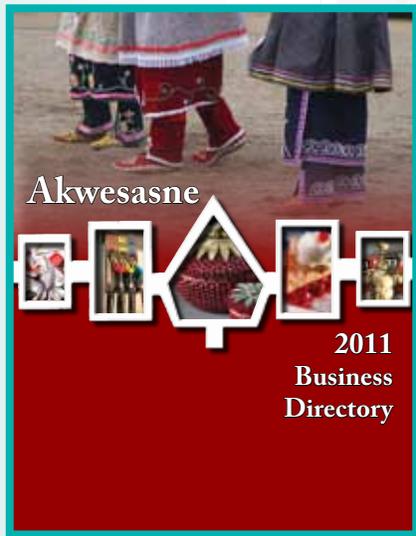
1. Introductions:
 - Welcome
 - Introduction of new Council Members
 - Reading of Action Items - Tribal Clerk
2. The Diabetes Center for Excellence:
 - Janine Rourke
3. Sunrise Expansion Project:
 - Retha Herne
4. N.Y.S. Tax:
 - Danielle Lazore-Thompson
5. Reading of Action Items - Tribal Clerk
6. Adjournment

Ohiarikwa / July 9, 2011
Chaired by Chief Randy Hart

Action Items from July Meeting

- Schedule Public Meeting to discuss/present the 2010 Tribal Audit
 - How we became three entities: MCA, SRMT and Mohawk Nation Council
- * No follow-up on the June action items as there was not quorum present. ♦

Stay Up to Date



The *2011 Business Directory* and *2011-2012 Programs and Services* brochures are still available. Copies are also available by mail, just contact the Public Information Office. These two documents and more are also available on our website at srmt-nsn.gov in the 'Publications' section.

If you know someone who would like to receive this newsletter, they can also sign up on the publications

page. We have a mailed and digital version.

Are you on Facebook? 'Like' the Saint Regis Mohawk Tribe for notices, announcements, meeting reminders and animal control updates.

The Public Information Office is located upstairs in the Community Building. You can contact us by phone at 518-358-2272 or by email to public.information@srmt-nsn.gov. ♦

Calendar

Seskéba / August 2011

6th - August Tribal Meeting - 10:00 am - Community Building Lobby

9th - Social Security Administration - 1:30 to 3:30 pm - Tribal Clerk's office

25th - 21st Annual Wellness Day & Tewathahitha Walking Trail Ribbon Cutting

10:00 am to 4:00 pm - Generations Park

New Faces

Summer Bero	Administration	Administrative Assistant
Chandra Caldwell	Individual Residential Alternatives	Habilitation Aide
Alyson L. Cole	Public Information	Administrative Assistant
Rio M. Cook	Environment	Environmental Intern
Stephanie Cook	Dept. of Social Services	Home Finder Caseworker
Jade Gabri	Environment	Environmental Intern
Cheryl Holmes	Office for the Aging	Bus Driver/Helper
Tsiawente Jackson	Dept. of Social Services	Administrative Assistant
Diane McDonald	Administration	Assistant Executive Director
Jerome McDonald	Tribal Gaming Commission	Gaming Inspector
Teresa Mitchell	JOM	Recreation Coordinator
Lorraine L. Pierce	Family Support	Habilitation Aide In-training
Jessica Tarbell	Environment	Environmental Intern
Linda Tremblay	Partridge House	Cook
Viktoria A. White	Individual Residential Alternatives	Habilitation Aide In-training

Giving Back

Sports - \$ 6,000

Community Events - \$ 3,800

Community Golf Events - \$ 10,000

Community Elders - \$ 4,500

Sports Associations - \$ 5,000

Community Assistance - \$ 8,752.95

Recreation/Public Centers - \$ 25,000

Jobs

Environmental Compliance Inspector - Environment

Construction Worker - Planning & Infrastructure

Admissions Officer/RN - Partridge House

Family Nurse Practitioner - Health Services

Licensed Practical Nurse - Health Services

Registered Nurse - Health Services

Data Clerk Specialist - Let's Get Healthy Program

Clerk - Health Services

Current postings and complete job descriptions are available online at: www.srmt-nsn.gov

A Bright Green Beetle with Purple Tint? Not an Ash Borer!

By Setanta O'Ceallaigh, Forestry Technician

Recently a number of community members have expressed concern over a beetle causing damage to their gardens and trees. It has been identified as an invasive insect, *Popillia japonica* Newman, commonly called the Japanese Beetle. The beetle first arrived on this continent sometime prior to 1916 and was first identified in New Jersey. Having no natural predators it soon made itself at home and began chewing on plants. The most susceptible plants in Akwesasne are fruit trees (apple, crab apple, plum), some maple and basswood species, roses, grape vines, sweet corn, tomatoes, beans, and over 300 other plants.

The beetle's life cycle begins when the female beetle lays eggs in the turf and soil. The female will lay between 40 and 60 eggs through the summer. The eggs hatch and the grubs spend the next 10 months in the soil and lay dormant during the winter. In late spring

the larvae will pupate and in two weeks will mature into adults to continue the cycle. While grubs, they will feed on small roots. As adults they will skeletonize or eat away the leaves of many plants, leaving only the harder leaf parts.

It is neither possible nor necessary to eradicate the beetles. However, unlike more devastating beetles, these have been around a while and effective control methods are widely used to keep populations small and relatively harmless.

The first line of defense should be traps. They are simple bags containing either a strong floral scent (food) and/or a pheromone (used by the beetles to find mates). The traps will catch about 75% of the beetles that approach them. Although the traps can attract more beetles than they can catch, especially in large



The Life Cycle of the Japanese Beetle

*It is not necessary
to eliminate the
beetle in order to
protect your trees,
plants and lawn.*

*Managing the Japanese Beetle: A
Homeowner's Handbook, USDA*



*A Pretty Pest: Less Than 1/2 Inch Long with a Shiny,
Metallic-Green Body*

populations, the traps can be set on the edge of the lawn and away from plants to be protected. This will lure the beetles away from gardens. If the trap takes a week to fill then the population is pretty low, if the trap fills in a day, the population is a problem. The traps can be useful on small populations, but were intended as a monitoring device.

If the population is out of control and chewing on everything in sight, biological controls are available that can be used to reduce the population of the beetles without affecting other organisms. These include several host specific parasites, fungi and nematodes. Unlike strong chemical insecticides these will not be instant. However they will last a longer time and not impact beneficial species in the environment the way an insecticide will.

Some biologic controls can only be applied by a licensed pesticide applicator. Several are commercially available to private homeowners. The two most effective nematodes (microscopic parasitic roundworms, eating only the target insect pest) are *Steinernema glaseri* and *Heterorhabditis bacteriophora*. The nematodes can be ordered from several suppliers, but don't keep long in storage. Once applied they will parasitize and eat the grubs in the lawn, reducing the population next year.

Since the nematodes are alive themselves they will continue to feed on beetle larvae year after year and will help to keep the population low. *Bacillus popilliae*, or milky spore fungi can also be applied to eat the grubs in the soil. This fungus can be applied as a powder (spores) and will be eaten by the grubs. They will then eat the grub from the inside until all of the soft tissue is gone. Then they will produce millions of spores to infect other grubs. Over time the milky spore fungi will increase as it eats the larvae until the food supply runs down. Other means of control are regulated and can be applied only by licensed applicators, but include several specific natural predators and insecticides.

Any of the biologic controls can be applied to reduce future beetle populations however are only effective on the area applied. They do not work on your neighbor's lawn or on beetles with wings that can easily move in when food is located. If you are having trouble with these beetles eating your garden before you do, or if they are eating everything in sight, the best course of action is to begin treating your yard to reduce the destruction.

If you have questions about forest health concerns contact Setanta O'Ceillaigh Forestry Technician at 518-358-5937 ext 137, or email setanta.oceillaigh@srmt-nsn.gov. ♦

Wellness Day - Again!

By Kim McElwain, RD

This year will be the 21st annual Wellness Day event. This event's attendance has been growing over the past few years. Each year we have been trying to have various activities to inspire the community to come out and check out all of the various programs that are available to them.

This year is a special year for Lynne Thompson and me. For the past year Lynne and I have been working on developing the half mile walking trail behind the Office for the Aging known as the *Tewathabitha* "Let's Walk" Trail. After much hard work and support from the community, the Planning and Infrastructure department and Loran's Construction we are

grateful that we will be having the grand opening at Wellness Day. We could not think of a better place to have Wellness Day than right at the trail.

Our theme this year for Wellness day is Michelle Obama's "Lets Move in Indian Country" campaign and with this will come more activities such as a foot race, skipping race for kids, watermelon smash, potato sack races and much more. We will be open from 10:00 am to 4:00 pm. We will have a ceremonial blessing at 10:00 am, followed by a



INDIAN COUNTRY

ribbon cutting and a walk around the trail. This event will be rain or shine so we look forward to seeing you on August 25, 2011. ♦



Saint Regis Mohawk Tribe
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