

Featured Programs

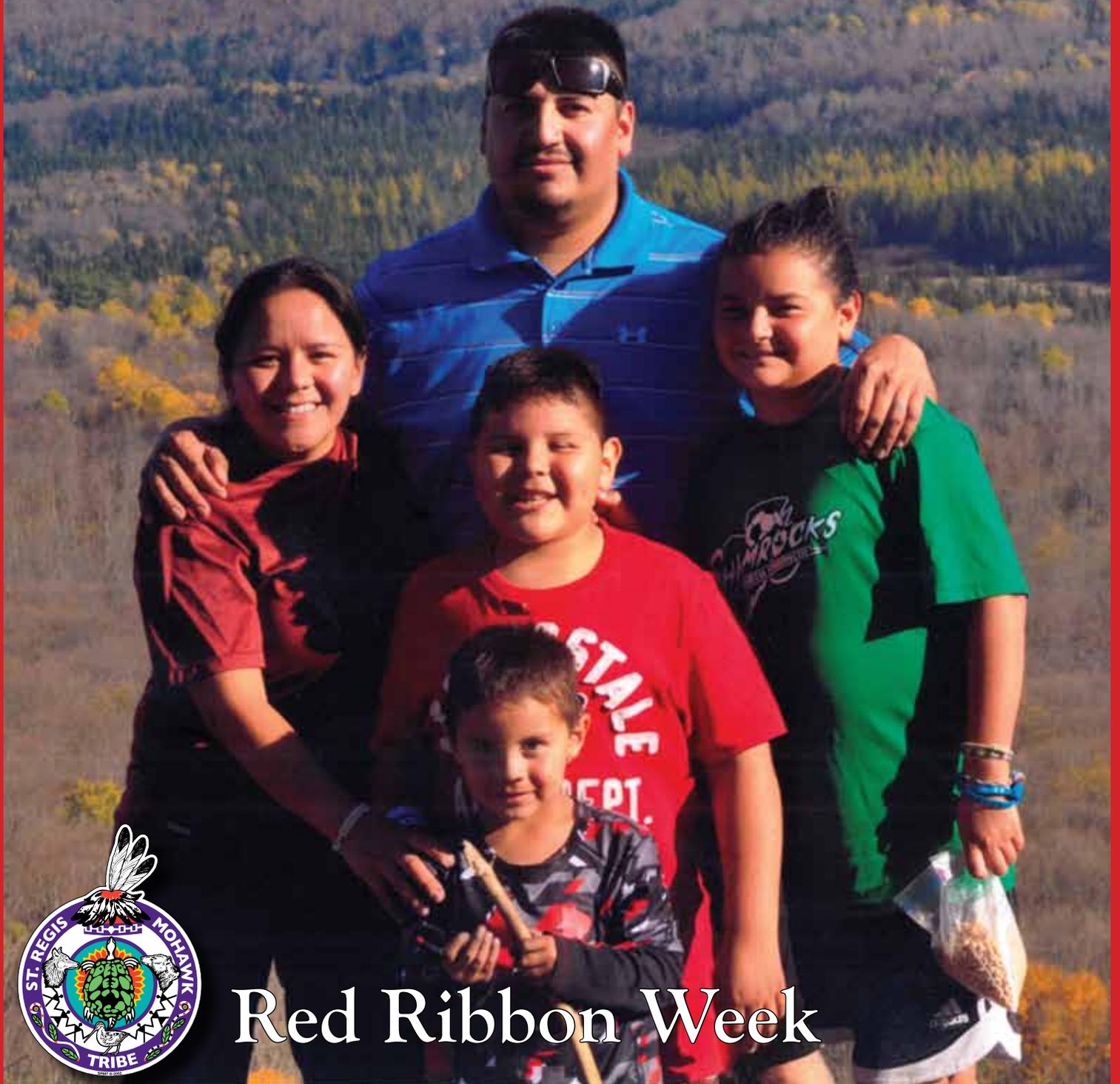
Pesticides

Workforce
Investment Act

Police
Commission

Kids'
Recreation

Kawennì:ios



Red Ribbon Week

SRMT Seeking Artists to Design Akwesasne Mohawk Code Talkers Medal

Reprinted with Permission from Indian Time

The Code Talkers Recognition Act of 2008 requires the United States Mint to design, strike and issue medals to recognize the unique role code talkers played in U.S. history. There are 17 medal recipients from Akwesasne. What's great about this medal is that the US Mint allows the people to design the medals so they are made specifically honoring *Akwesashe:non*. So, the Saint Regis Mohawk Tribe is seeking assistance from our Mohawk artisans to help design the Akwesasne Mohawk Code Talkers Recognition Congressional Medal.

To be clear, this is not a tribal project. It was originally a project headed by the American Legion and interested veterans but due to a change in personnel, the tribe is now helping coordinate it and get the word out.

There is a specific set of parameters and one individual cannot be put on the medal. A gold medal will be presented to the Tribe and 17 silver medals will be presented to the Code Talkers or their next of kin.

The design theme is below:

Examples of Designs from Other Tribes



Obverse Design (Front): The obverse design shall feature an image representative of the Code Talkers' dedication to military service.

Obverse (Front) Suggested Inscription: Tribe Name; Code Talkers; language unique to the tribe
Reverse Design (Back): The reverse design shall feature iconic symbols or elements unique to the tribe. This could be the tribe's seal/logo or selected elements of the tribe's seal/logo.

Reverse (Back) Inscription: World War I or WWI; World War II or WWII; and Act of Congress 2008.

For ideas, artists can search Google Images for Native American Code Talkers medals. Designs should be submitted to the Saint

Regis Mohawk Tribe by Friday December 20, 2013. Designs can be submitted digitally or by hard copy. For more information, call the Communications Department at 518-358-2272. ◇

Good Words of Welcome



Shé:kon Sewakwé:kon Akwesashró:non,

I hope this opening reaches you in good health and spirits. It's hard to believe that the year is almost over with a new one soon to begin. My, how the time flies! As we close out the year, I remind everyone to sign up for the 2014 Tribal Home Heating Program set to begin on *Tsiothóhrha*/December 1, 2013.

I am proud to announce that the Broadband Project the Tribe has taken on is near completion. Soon, Akwesasne will advance into the 21st Century with affordable high speed internet. The days of dial up, hot spots and DSL will be gone and lightning speed access to the World Wide Web will be at our finger tips. This opens the door to economic opportunities for our community to take advantage of. I extend my thanks to the Tribal Council and the Broadband team for making this long process become a reality for our community.

Economic development is leading our community to self-sufficiency. Congratulations to our very own Akwesasne Mohawk Casino and Resort on the expansion earlier this year. Our construction crews

and project management completed this enormous task on time and under budget. Our community has built a beautiful resort and gaming destination that I'm incredibly proud of.

Our Annual Christmas Basket Drive will be quickly upon us. If you'd like a hot and delicious breakfast, I will be manning the grill for another fun filled event. I'm expecting to be placed in jail for a fundraiser. Please, this time, help me out people! I think it's important to remember that in this day and age there are less fortunate people in our community. Let's give a little extra this year and make it possible for everyone to enjoy the holiday season.

From my family to yours, have a safe and happy holiday season.

Niaswenkó:wa

Chief Ron LaFrance

On the Cover: Red Ribbon Week Contest: What My Family Does to Keep Us Healthy and Drug Free!
Winner: Hiking at Owl's Head. "What works for us is sports. Simply put... sports, sports, sports. My husband and I both play softball together, the kids are in hockey, lacrosse, soccer, football and softball. If they were able to play more, they would!" The Seymour Family.

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Allyson Doctor - Director of Communications
Aimée Benedict-Debo, Publications Manager
Alyson Cole - Interim Editor and Production Assistant

Polly Wants A Cracker!

By Angela Benedict, Air Quality Program Manager

From the depths of the earth to flying high in the sky, birds have been used for many years to protect human life. Now people have birds as pets. There are thousands of types of birds people have as pets. Some examples are from extra small to extra large: Canaries or Finches, Cockatiels or Lovebirds, Large Parakeets or Lorikeets, African Greys or Mini Macaws and Large Cockatoos and Macaws. I have never been a bird owner and don't think I ever will be but I know there are some of you out there that love birds.

Many years ago when I was living in South San Francisco, I worked at a pet store called Doctor Pet Center. We had all types of animals and birds. One

of my coworkers became ill and it was said to be *Psittacosis*. I was like, what is that? Well, it is not good. This usually comes from inhalation of bird feces but can also be spread through the feathers or eggs. The symptoms of this are those like pneumonia but mimic the symptoms of Typhoid Fever with high fevers, diarrhea and conjunctivitis. It can easily be treated with antibiotics. There are not a lot of cases of *Psittacosis* reported but if you have a bird, you are at risk.

Other risks with birds are the feathers. I have an allergy to feathers. I cannot use a feather pillow or a down comforter. Birds molt (lose feathers so new ones can come in) and it is not something you can stop. The key to keeping you and your pet healthy is keeping the cage clean. When cleaning up the mess in the cage you should wear a mask in order to prevent the inhalation of bird feces dust.

It's not only pet birds that can spread disease, all birds can. So if you have birds getting into your attic, garage or basement and they leave feces, it can be just as harmful. The best thing to do in that case is to

block their access then clean up the feces wearing the appropriate personal protection so as to not get exposed. If illness occurs within 14 days, see a doctor and be sure to explain that you may have been exposed to bird feces dust.

So for now and the next seven generations, lets enjoy our pet birds in nice clean cages to prevent the exposure of disease. ◇

Keeping a clean cage is critical for you and your bird's health. Be sure to clean your cage once a week, with a more thorough disinfecting monthly



Pesticides Outreach

Environment Division Program Feature

By Julia Jacobs, Environmental Outreach Educator

Our Pesticide and Poison Safety Program hosts exciting seasonal events throughout the year. We believe in continuing education to provide our community with resources and plan events to share our knowledge with all age groups. We hope you enjoy reading about our 2013 highlights:

Spring: For our little ones, we took a field trip to the Early Childhood Development classroom. The children watched age appropriate safety videos and we provided hands-on activity to reinforce their learning experience. (Image of kids doing a hands on activity???)

We discussed the National Poison Control Hotline number and shared both a sticker and a magnet with the kids. We strongly encouraged the magnets be put on the refrigerator and the sticker be put on the home phone.

Each year, we celebrate Earth Day and Seed and Tree Give Away, held at the SRMT Senior Center. This event is always a huge success and we are already planning next year's events. Interested community members should contact us for more information.

Summer: Our Wellness Day is hosted in the summer. During this event, we distribute information to community members.

We were fortunate to have Jessica Tarbell as a summer intern. Jessica worked diligently on our pesticide survey with pesticide applicators in our community. She spent her hours sprucing up the Saint Regis Mohawk Tribe's Transfer Station, which we are very thankful for.

Winter: My last presentation will be for Akwesasne Housing in December 2013.

Continuing Education for Our Staff

The Environment Division was represented at the New York State Pollution Prevention Institute: How

Green Is Your Green workshop, held in Massena, NY. This series of workshops, free to the community, provided us with information on every day products and pesticide awareness: How Green are Your Cleaning Products, Safer Home Products, Hazardous Waste products and Potential Hidden Dangers of Personal Care Products.

Continuing education is important to us. We've had the opportunity to participate in Pesticide Safety Webinars through the Environmental Protection Agency and share this information with our community at planned events.

United States Environmental Protection Agency On-Site



Earlier this year, we were fortunate to have a representative from the United States Environmental Protection Agency's Pesticide Department visit our local school. While onsite, Aarti Reddy and her Assistant conducted an integrated pest management educational session with our Maintenance Department. The USEPA Representatives maximized their impact during their trip by visiting the following education centers: St. Regis Mohawk School, Salmon River Central, Massena District Schools and Early Childhood Development Center and Home Daycare Center.

We were encouraged to hear the results, which revealed minimal pesticide concerns.

The Environment Division shares event dates on the Tribe's Facebook page and through community announcements. Please be on the lookout for upcoming events. If you are interested in volunteering or learning more about any of our events, please don't hesitate to contact us at the SRMT Environment Division at 518-358-5937 or by email, julia.jacobs@srmt-nsn.gov. ◇

Workforce Investment Act

Education Division Program Feature

By Marie Benedict, Director

The Workforce Investment Act (WIA) program provides assistance to eligible clients who wish to obtain a diploma, training certificate, or college degrees. The services that are provided through the WIA program assist clients with a stipend while attending an accredited institution. We receive funding to provide a six week summer program for eligible students to work with tribal departments.

The objective of the WIA program is to provide support for attendance in a classroom setting. The end result helps individuals obtain long term employment after training or education. This is not a tuition program. There are requirements for the WIA program including household income per Department of Labor guidelines. Recipients must be a member of a federally recognized tribe. We currently serve nineteen clients.

Our 2013 Summer Youth Program employed eight students for a six-week session. They worked with various programs such as the Akwesasne Boy & Girls Club/Johnson O'Malley Summer Program, Intensive Preventive Program, Head Start, Senior's and Alcohol/Chemical Dependency Prevention (A/CDP). The Head Start Program students were aides in the classroom and worked with teaching staff to assist in classroom activities. The students who were placed with the Senior Citizen center did maintenance, meal deliveries, assisted our elders on shopping excursions and were involved with the daily activities of the center. The students are placed in areas of interest, such as recreation leaders, future teachers and maintenance. Student training includes management skills, curriculum development, personal budget and work ethic.

WIA is open from 8:00 a.m. to 4:00 p.m., weekdays or by appointment by calling 518-358-2272 Ext 217

“A Syracuse University graduate shares her story of gratitude for the support received as an undergrad:

“Attending University was an amazing experience. So wonderful, I cannot wait until grad school. When first arriving to University I was shy, nervous and overwhelmed being amongst many people I did not know in a brand new environment. I was able to get out of my comfort zone because I needed to obtain signatures every two weeks from my professors for attending classes in order to receive my WIA allowance. The instructors were able to see me on a regular basis which allowed me to open up to form better relationships, make it easier to ask questions, and became more than just a number in the audience. Over the years of school, I became an entirely different student. The WIA checks required interacting with my professors that led to significant relationships where I could seek advice regarding almost anything and use them for references when starting my job search. WIA has contributed to my unforgettable experience during my undergrad as well as helping me gain an internship and start my career due to the job I received by being involved in their program. Thank you WIA.”

“I have been working with IPP since the summer of 2013 and I have learned how to do landscaping on my own and work the phones in the office. I not only learned a lot but I was able to share my story to teach others. I really enjoy seeing what the program does for families. I wished my family was in the program when I was younger. I am also grateful for IPP letting me do my co-op here from my school so I can finish school and work at the same time.



Thank you for your time." Isaac ◇

Traditional Support Workers

Division of Social Services Program Feature

By Kawenniiosta Jock, Traditional Support Worker

The Traditional Support Program offers alternative therapies for mental health treatment. The purpose is to provide our clients and families with the opportunity to develop mental and spiritual self-awareness through the teachings of our ancestors. The Program is part of the Division of Social Services.

The Traditional Support Workers partner with existing community support networks on a referral basis. By design, the program connects the Traditional Support Workers who have a traditional background with cultural experts, and most importantly, our elders. Referrals to our program are received through the Division of Social Services support programs:

- Preventive
- Foster Care
- Child and Adult Protective Services
- Indian Child Welfare Act Program
- Intensive Preventive Program
- Three Sisters Program
- Akwesasne Group Home
- Community Schools

Our Traditional Support Workers are Ian Clute and Kawenniiosta Jock. They are committed to extending the teachings of our elders through their strong relationships within our community. "Our goal is to educate families about our cultural identity through teachings, workshops and various activities that go on throughout the year in the longhouse. We want to provide our clients with the

Mission: Reviving our traditional Kanienhkeha values through education, advocacy and guidance.



necessary tools and guidance needed to become confident and have pride in their culture", stated Kawenniiosta. Ian shares his vision, which is to "re-open peoples' eyes" to our traditional way of life. The Traditional Support Workers started building the program in late 2013, with plans to begin accepting clients in early 2014.

When the Akwesasne Group Home (AGH) opened in 2000, the intention was to provide spiritual guidance for clients during their progression through the program. Adolescents came to the program lost, with a sense of confusion over their identity and the direction of their life. AGH envisioned the establishment of a journey for our clients, a life lesson based on traditional teachings of respect. Our Youth Workers were committed to our mission and shared a respect for our cultural values, but we had insufficient knowledge about the history of our traditional teachings. "I am relieved and excited; after thirteen years our

vision is a reality", states Francine Thompson, AGH Program Manager.

The Traditional Support program curriculum is being developed to provide education and training through individual counseling sessions, workshops and eventually in our community schools. The strength of this program relies on our traditional teachings, shared by our respected elders. ◇

Dental Screenings

St. Regis Mohawk Elementary School 2011 - 2013

Submitted By SRMHS Dental Clinic Staff

Dental staff from the Saint Regis Mohawk Health Services Dental Clinic and the Nashville Area Dental Support Center visited the St. Regis Mohawk Elementary school on May 31, 2013; 186 children between the ages of five and ten were screened.

Beginning in the 2012/2013 school year, the Dental clinic staff has provided on-site dental preventive services at the school. This has made dental care more convenient for students and parents and has increased the number of children who have received dental preventive services. The purpose of the screening was to determine if school age children have benefited from the on-site dental services, to identify children with unmet dental needs and to inform parents of their children's dental needs.

Findings

The percentage of children with protective sealants has increased in each age group. In the most recent State of New York survey, 27% of third-grade children had sealants. The children of St. Regis Mohawk Elementary far exceed the percentage of children throughout New York with protective sealants.

In 2013, untreated decay is much less for every age group compared to 2011. Untreated decay can lead to pain, infection and lost school days.

Urgent care needed means that the child has signs of dental infection or pain. In the youngest age group, the percentage of children with urgent needs increased slightly, Urgent needs decreased in grades 1-4. Children in Grade 5 had no urgent needs in 2011 or 2013.

Conclusions

- Children at St. Regis Mohawk have less dental disease and more protective sealants in 2013 compared to 2011.
- Urgent dental needs have slightly increased in the youngest age group.
- Urgent dental needs have decreased in grades 1-5.
- Because urgent dental needs have decreased in grades 1-5, fewer children may miss school due to dental pain or infection.

Recommendations

- Continue to provide on-site dental preventive services at St. Regis Mohawk School.
- Assist families make dental appointments for children with unmet dental needs.
- Continue to consult teachers and school administrators to facilitate dental preventive services for the children.
- Encourage parents of young children age 0-3 to visit the dentist for screening and preventive services. Early dental prevention may decrease the urgent needs found in the Pre-K and Kindergarten children.

Acknowledgements

Dental Clinic staff thank the teachers and administrators of St. Regis Mohawk Elementary school for their support and assistance in the dental program.

The clear improvement in the children's dental health is a testament to the school's dedication to the health and well-being of the students. Without the ongoing support of the school staff, this program would not be possible. ◇

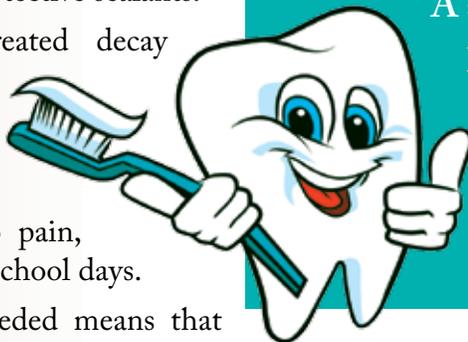
Findings at a Glance for 2013

Compared to 2011:

Many more children have protective dental sealants in each age group.

Fewer children have untreated decay. Untreated decay may lead to pain, infection or lost school days.

A slightly higher percentage of Pre-K and Kindergarten children have urgent dental needs.



Police Commission

Program Feature

By Rowena General, Commissioner

The Saint Regis Mohawk Tribe has inherent sovereign authority to govern and provide for the health and safety of its members, residents, visitors and territory. The Police Commission Act of 2013 remains in draft form. The Police Commission currently follows Tribal Council Act 94-G. On October 24, Saint Regis Mohawk Tribal Chief Judge Peter Herne swore in the fifth member of the Police Commission, Mr. Andy Cook, at a ceremony held at the Saint Regis Mohawk Tribe.

Mr. Cook retired from the St. Lawrence Seaway as a Tug Boat Captain in 2005. He served in the United States Army from 1966-1969 and is a Vietnam Veteran.

He and his wife, Irene, own Cook's Greenery in Akwesasne. They have two children, Derek and Stephanie, and are proud grandparents of Andrew. Andy continues to serve on the Akwesasne Communication Society Board, is a 28-year board member of Mohawk

Indian Housing Corporation, a Chamber of Commerce President, a former member of the Boys and Girls Club Board and is on the Diabetes Center for Excellence Board. "He loves to give back to our community. That's why he serves," states Stephanie, Executive Director of Education for the Saint Regis Mohawk Tribe.

The Tribal Chiefs and Sub-Chiefs welcomed Mr. Cook to his position. After the ceremony, he addressed the small crowd and shared his enthusiasm and commitment to upholding responsibilities of his position. In attendance were two Police Commissioners, Rowena General and Wendy Adams.

The appointed Police Commissioners are responsible

for providing independent supervision of the Chief of Police through the implementation and enforcement of tribal laws, regulations and ordinances. Their oath reflects commitment to provide the community with a professional and effective law enforcement agency that is responsive and respectful while serving the community. Chief Paul Thompson stated, "Andy has served our people in professional and community leadership roles for decades. His character is reflected in his dedication to Akwesasne. We welcome him to the Police Commission."

Current Police Commission members, Wendy Adams, Rowena General, Rudy Hart, John Ransom and



Wendy Adams (left) and Rowena General (right) in Attendance for Andy Cook's (center) Swearing-In

Robert Cole were sworn in on July 1 of this year for five-year terms. Mr. Robert Cole resigned from his position. The Police Commission acknowledges and thanks Mr. Cole for his service. Adams will act as Chairperson in the first year with Ransom, General,

Hart and Cook each serving respective one-year terms as Chairperson from 2014 to 2018. The Commission meets on a monthly basis on the second Wednesday at 3:00 p.m. in the SRMT Executive Boardroom; the public is welcome to attend the first 20 minutes to review:

- A report by the Chief of Police;
- Review of any policies and procedures; and
- Public comment period.

The Office of the Police Commission will be located at the Saint Regis Mohawk Tribal Justice Building, 545 State Route 37. We can be contacted directly at 518-521-7229 ◇

Higher Ed

Higher Education Program Hosting Financial Aid Night

The Saint Regis Mohawk Tribe's Higher Education Program, along with NCSTEP and SUNY Potsdam's Center for Diversity, will be hosting a financial aid workshop on January 9, 2014 from 7:00 to 9:00 p.m. It will be held at the Akwesasne Senior Citizen's Center and will feature discussion on the financial aid process, sources of funding, and financial aid issues specific to Akwesasne. High school seniors and their parents are invited to attend. Food and beverages will be provided. For further information, please contact Rod Cook, Director of Higher Education or Samantha Phillips, Administrative Assistant at 518-358-2272 extension 247.

Reminder from the Higher Education Program

The deadline for the Spring 2014 semester is December 31, 2013. Students will need a copy of their Fall 2013 grades. Reapplications for New York State Indian Aid and fall grades will also need to be mailed to Adrian Cooke by December 31, 2013 to be eligible for spring funding.

JOM

Activities in Tsiotóhrha/December:

- 19 - Alight at Night Field Trip for Grades 7-12
- 20 - Edible Architecture in all JOM rooms
- 23 - Lake Placid Tubing Trip
- 27 - Lake Placid Bobsled Experience

JW Leary Beadwork Class (after-school in JOM room) every Tuesday and Thursday until Christmas Vacation

FMI: JOM Program at 518-358-2272

Get Involved!

Meetings in *Tsiotóhrha*/December:

- 2 - Mohawk Education Committee Meeting
- Casino HR Building at 4:30 p.m.
- 3 - Salmon River Central Special Election (Board of Education) - Auditorium from 12:00 to 8:00 p.m.
- 5 - Massena Central School District Board of Education Meeting at 5:30 p.m.
- 9 - Salmon River Central Board of Education Meeting at 6:00 p.m.

Tutoring

The Education Division is looking for community members to provide tutoring services to students in grades K-12. If you are an individual in the community of Akwesasne and are willing to provide remedial services to students in grades K-12, please contact us so that we may begin to compile a list of tutors available within our community.

Please include the following information: Name, phone number, grade level, subject area and hourly rate. Please contact Samantha Phillips in the Higher Education office at 518-358-2272 or by email at: samantha.phillips@srmt-nsn.gov to add your name to our database. *Niawen:kówa* in advance for your assistance! ◇

Kids' Recreation

Community & Family Services Program Feature

By Melissa Jock, Acting HCBS Waiver Supervisor

The Family Support Kids' Recreation Program and the *Tsi Tekaiénon:ni*/Foot Prints Program were developed through our Family Services Department of the Saint Regis Mohawk Tribe to create enrichment programs that focus on the individual needs of developmentally disabled *Onkwéhon:we* children.

The Kids' Recreation Program includes a specialized after-school recreational program designed to match the special needs of each child. We work on person-centered planning for individual children's goals. Special considerations are made for consumers from different age groups with different needs. The Kids' Recreation Program focuses on developing social skills in a safe environment. We learn from one another's skills and challenges every day in environments like parks and community resources that offer an enriching experience. Children enjoy a variety of fun-filled activities. Our Habilitation Aides have a responsibility to explore new ideas and experiences for these children and take the time to coordinate arts and crafts which helps to develop fine motor skills. Our children participate in arts and crafts, gardening and ceramics. One of the favorite activities is woodworking class provided by Dori Adel. Our children create works of art from their imagination! Children experience the

YMCA, Slash Pad, the Wild Center in Tupper Lake and Parc Safari as part of our planned activities.

We serve children who attend both Salmon River Central and the Saint Regis Mohawk schools. The youth we are fortunate to work with range in age from 3-21 years. We provide services after school, Monday through Friday, and on occasional weekends. On days that school is not in session, we take the kids on day trips. Recent excursions include trips to Canada, Watertown, Plattsburgh, Tupper Lake and Burlington. Our program's success relies on the dedication of our Habilitation Aides, Joan Clark, Harmony Love, Cora Brothers, Jennilee Jacobs, Todd Robinson and John Cayea and the assistance of Nancy McMahan also acting as HCBS Waiver Supervisor.

Tsi Tekaiénon:ni/Foot Prints, specializes in working with children on the Autism Spectrum. Applied Behavior Analysis (ABA), is a systematic instruction and reinforcement procedure that teach functional life skills, communication and social skills. Special techniques and drills are worked on every 15 minutes. ABA focuses on the reliable measurement and

objective evaluation of observable behavior. Specially trained to apply these skills are Darline Phelps, Teresa Pryce, Tiann White and Cherrie Lazore. ♦



Encouraging Activities Like Guitar Playing

Habilitation Aides and Youth Attend Kids for Fishing Event



SRMT Contributes to Cultural Restoration Projects

By Mary LaFrance, Environmental Health Educator

Akwesasne has experienced the harms of environmental contamination in many different ways. One overall effect has been a disruption of traditional practices that allow for the continuation of a Mohawk way of life. The release of contaminants into the natural environment has forced Akwesashro:non to drastically reduce all traditional resource harvesting activities. The Saint Regis Mohawk Tribe recently announced a settlement with Alcoa Inc. for the injuries caused to the natural resources. The Tribe has received a total of \$8.4 million to support the restoration of cultural practices, including an apprenticeship program incorporating the Mohawk language and traditional teachings. A portion of these funds will also support

existing cultural programs that meet specific criteria to enhance or revitalize traditional cultural practices.

A number of existing programs have begun the work of responding to the cultural harm caused by contamination. A call out to the community has already occurred and all proposals were evaluated based on a set of criteria. Proposals were ranked according to their strengths and the degree to which they address the main areas of harm: fishing, hunting, trapping, gardening, medicine and basketmaking.

Based on specific criteria, prioritization and amount of funds available, the following four projects will receive funds for a five year period:



Ionkwa'nikonri:io Cultural Youth Camp - \$110,740

The Akwesasne *Ionkwa'nikonri:io* Cultural Youth Camp located on Thompson Island provides opportunities for Akwesasne youth as well as surrounding communities to receive outdoor educational experience. It is a natural and safe location for traditional teaching,

respect for the land and survival skills. *Ionkwa'nikonri:io* Cultural Camp will improve access for guests, upgrade facilities and infrastructure and provide additional staff serving the camp.



***Akwesasne Freedom School -
\$128,333***

The Akwesasne Freedom School incorporates Mohawk language, traditional Mohawk culture and the natural environment into daily activities. With stable funding, this restoration project ensures the regeneration of Mohawk language and culture in Akwesasne. The Freedom School will extend their curriculum beyond the 8th grade as well as implement a Language Nest Program for babies and preschool age children.

Kana'tsiohare:ke - \$20,000

Kana'tsiohare:ke Mohawk community is committed to the preservation of Mohawk Language, traditions, culture, and beliefs and serves as an educational center, a living community and a spiritual retreat. *Kana'tsiohare:ke* will continue to conduct their annual Strawberry Festival as well as many workshops including storytelling, wampum teachings, drum making, basketmaking and medicine plant teachings that benefit Akwesasne.



***Healthy Heart Raised
Bed Garden Project -
\$4,519***

The Healthy Heart Raised Bed Garden Project will provide materials, plants and nutritional information for raised bed gardens to community members.

Healthy Heart will also hold various workshops such as canning garden vegetables and incorporate traditional knowledge such as the significance of the Three Sisters.

Monthly Tribal Meeting

Kentenhkó:wa / November 9, 2013
Chairperson Chief Ron LaFrance

Agenda

1. Welcome
 - Reading of Action Items - Tribal Clerk
2. ACSA Report
 - Chief Ron LaFrance
3. Gold Medal Recipient Announcement
 - Chief Ron LaFrance
4. Code of Judicial Conduct Announcement
 - Chief Ron LaFrance
5. New Business
6. Reading of Action Items
 - Tribal Clerk
7. Adjournment

7. Information on the 1099 form..
8. Does SRMT Council have legal authority to rescind land deeds in accordance with TCR 2009-69?

Follow-up on Action Items from October Meeting

1. To call for a special broadband meeting to be able to discuss network providers.
Follow-up: A signed agreement is required with Wideband Networks before a presentation can be scheduled.
2. To have Jason Hall look into extending hours for those who work/attend school during the day, to be able to access internet station in the evening.

Follow-up: Sub-Chief Shelley Jacobs will follow up on this.

3. To have Tribal Council meet with the Akwesasne Convenience Store Association to discuss Canadian money at par; Monopolies in Akwesasne; Discounted gas process for Tribal members; and have this action item first on next month's Tribal monthly meeting agenda.

Follow-up: The meeting between Tribal Council and ASCA is scheduled for October 28, 2013.

4. To have Elliott Lazore, Compliance Director look into setting up a meeting with ACSA and Tribal Council prior to the schooled date of October 28.

Follow-up: Due to scheduling conflicts, this could not be arranged. ◇

Action Items from November Meeting

1. Information on how the agenda is set and how the time and length of the monthly meeting is determined.
2. Why does the AMC have both a NYS & SRMT liquor license and not just a SRMT liquor license?
3. Does the SRMT have an Eminent Domain Law?
4. Issue a press release on the SRMT's stand on the Michigan vs. Bay Mills Indian Community.
5. Presentation on the MBP building and parking lot (will it be used for anything?).
6. An update on the Ethics Commission board.

Calendar

Tsiothóhrha / December 2013

7 - Tribal Monthly Meeting - 10:00 a.m. - Community Building lobby

10 - Social Security Administration - 1:30 to 3:30 p.m. - Tribal Clerk's office

11 - Police Commission Monthly Meeting - 3:00 p.m. - Executive Boardroom

25 - All offices and programs closed for Christmas holiday

Tuesdays - Tribal Council Work Sessions - 9:00 a.m. - Tribal Council Boardroom

New Faces

Mary Frances Arquette

Chantelle M Beeson

Doris Burns

Jamie C Cole

Tiffany J Cree

Beula Ann Deer

Allyson M Doctor

Kristin J Jock

Steven King

Christopher Lazare

Tyson Lazare

Michelle L Mason

Leigh-Ann Mitchell

Joseph Robinson

Larry Roundpoint

Lori M Tarbell

Carl G Thompson

Jordan Thompson

Kenneth J Thompson

Cultural Researcher

Parent Advocate

Registered Nurse

Network Technician

Budget Analyst

Tutor

Director

Receptionist

Advocate

HIP Laborer

Dispatcher

Parent Advocate

Nutrition Assistant

General Practice

Maintenance Laborer

Resident Aid

Carpenter

Education Specialist

Outreach Driver

Environment Division

Intensive Preventive Program

Office for the Aging

Broadband

Finance

Johnson O'Malley Program

Communications Department

Office for the Aging

Intensive Preventive Program

Home Improvement

Law Enforcement

Intensive Preventive Program

Health Services - Nutrition

Health Services - Medical Clinic

Home Improvement

Health Services - Partridge House

Home Improvement

Johnson O'Malley Program

Health Services - Outreach

Donations

Sports 3,500

Community Events 3,180

Cultural 2,300

Funerals 4,000

Jobs

Safe Home Advocate - Three Sisters Program

Teacher - Head Start & Child Care

Substitute Teacher - Head Start

Teacher Aide/Bus Driver - Head Start

Program Coordinator - A/CDP Outpatient Program

Nutrition Coordinator - Office for the Aging

Bus Driver - Office for The Aging

Current tribal job postings at www.srmt-nsn.gov

Akwesasne Mohawk Casino Resort positions are posted at www.mohawkcasino.com

Akwesasne and surrounding area positions are posted at www.myaerc.org

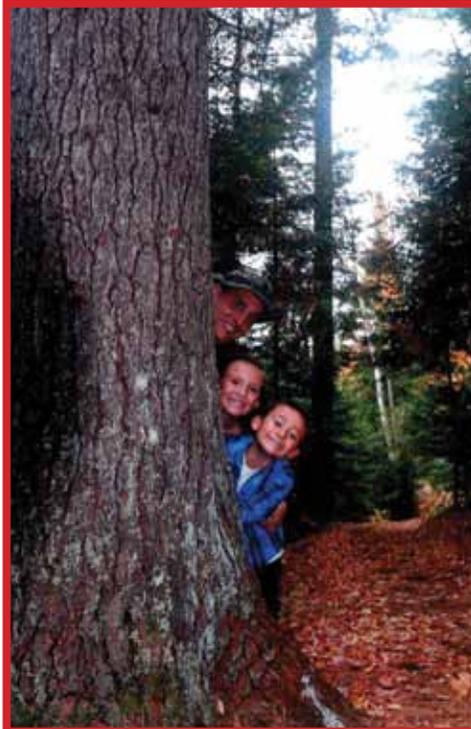
Red Ribbon Week

By Megan Bushey, Prevention Specialist

It's a tongue twister but what does it symbolize and why do we celebrate it every year? Today, the Red Ribbon serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities. It was begun in honor of Enrique (Kiki) Camerena, a U.S. Drug Enforcement Agent, who was tortured and killed in Mexico in 1985. When he decided to join the US Drug Enforcement Administration, his mother tried to talk him out of it. "I'm only one person", he told her, "but I want to make a difference."

In response to his murder, angered parents and youth in communities across the country began wearing Red Ribbons as a symbol of their commitment to raise awareness of the killing and destruction caused by drugs in America. Community coalitions used him as their model and embraced his belief that one person can make a difference.

Red Ribbon Week is celebrated every year from October 23 – 31. During this time, the Alcoholism/Chemical Dependency Prevention Program plans and coordinates



Walking in the Woods

Our family likes to go hiking, this keeps us active and healthy. It also keeps us close. My mom says it helps to keep us close so we are able to talk to each other.



Storytelling of the Backyard Adventures

Our family lives a healthy and drug-free lifestyle by sharing stories and spending quality time together.

activities in the schools and community to recognize the importance of living a healthy drug free life.

To raise awareness in the community, the Prevention Program ran a photo contest. Participants were to submit a family photo of what their family does to celebrate a healthy drug free life and describe how their activity keeps them drug free. Seven families submitted photos which were placed on the Saint Regis Mohawk Tribes' Facebook page. The photo that received the most "likes" at the end of the week was the winner. All families were awarded prizes regardless

of how many votes were received. The winning submission was from the Seymour family. Their photo was titled "Hiking at Owl's Head." Many participants stated that they did not care if they won or not because the discussions they had as a family during this experience was more valuable than winning. Hearing the stories from the families was great for all of us at the Prevention Program as we felt that we helped make a difference.

Red Ribbon Week activities were also

Over 100 Youth Participated in the Second Annual Zombie Infested Obstacle Course



planned at the local schools. Saint Regis Mohawk School, Salmon River Elementary, Middle and High School and Saint Regis Mohawk Headstart and Daycare all participated in theme days to show their commitment to leading healthy, drug free, violence free lives. Monday was Wear Red Day. Students wore red to symbolize the beginning of Red Ribbon Week. Tuesday students wore jerseys to support the theme "Team up Against Drugs." Wednesday was a neon theme and the slogan was "I'm too Bright for Drugs." Thursday students wore crazy hats or crazy hair to school to support the theme "Put a Cap on Drugs." The Prevention Program ran a contest to increase awareness and participation during red ribbon week in the elementary classrooms. Teachers entered their names into a drawing if 75% of their class participated with the theme day. Names were drawn randomly and the winning classrooms received gift baskets containing a movie, popcorn, fruit snacks, juice and kleenex.

The Red Ribbon theme days were announced every day on the radio as well as a pledge asking community members to take a stand against drugs and violence.

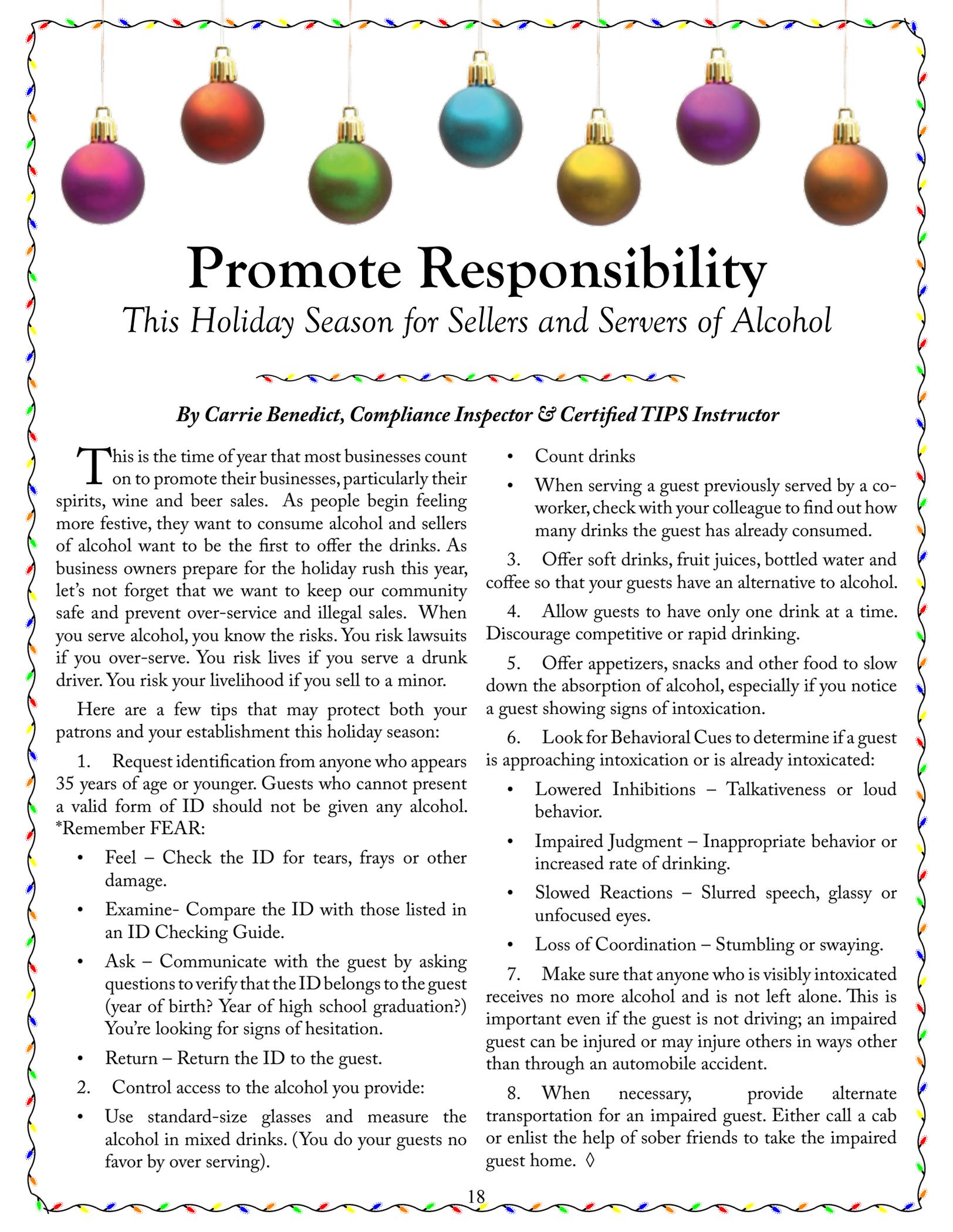
The Akwesasne Coalition for Community Empowerment hosted the 2nd Annual Zombie Infested Obstacle Course. The meaning behind the obstacle course is that in life people come across obstacles and it is up to them to make the right choice and avoid all the negative influences that try to steer them in the wrong direction. This is where the zombies came into play. The event was a great success with over 100 participants and volunteers.

The A/CDP Prevention program is currently working on planning future trips and activities for the holiday season. During this time, we want to remind you to drink responsibly and always have a designated driver. Stay safe and Happy Holidays! ◇

"Don't Be Insane, Save Your Brain. Stay Drug Free"



Participating Youth Received T-Shirts Before Entering the Course



Promote Responsibility

This Holiday Season for Sellers and Servers of Alcohol

By Carrie Benedict, Compliance Inspector & Certified TIPS Instructor

This is the time of year that most businesses count on to promote their businesses, particularly their spirits, wine and beer sales. As people begin feeling more festive, they want to consume alcohol and sellers of alcohol want to be the first to offer the drinks. As business owners prepare for the holiday rush this year, let's not forget that we want to keep our community safe and prevent over-service and illegal sales. When you serve alcohol, you know the risks. You risk lawsuits if you over-serve. You risk lives if you serve a drunk driver. You risk your livelihood if you sell to a minor.

Here are a few tips that may protect both your patrons and your establishment this holiday season:

1. Request identification from anyone who appears 35 years of age or younger. Guests who cannot present a valid form of ID should not be given any alcohol.

*Remember FEAR:

- Feel – Check the ID for tears, frays or other damage.
- Examine- Compare the ID with those listed in an ID Checking Guide.
- Ask – Communicate with the guest by asking questions to verify that the ID belongs to the guest (year of birth? Year of high school graduation?) You're looking for signs of hesitation.
- Return – Return the ID to the guest.

2. Control access to the alcohol you provide:

- Use standard-size glasses and measure the alcohol in mixed drinks. (You do your guests no favor by over serving).

- Count drinks
- When serving a guest previously served by a co-worker, check with your colleague to find out how many drinks the guest has already consumed.
- 3. Offer soft drinks, fruit juices, bottled water and coffee so that your guests have an alternative to alcohol.
- 4. Allow guests to have only one drink at a time. Discourage competitive or rapid drinking.
- 5. Offer appetizers, snacks and other food to slow down the absorption of alcohol, especially if you notice a guest showing signs of intoxication.
- 6. Look for Behavioral Cues to determine if a guest is approaching intoxication or is already intoxicated:
 - Lowered Inhibitions – Talkativeness or loud behavior.
 - Impaired Judgment – Inappropriate behavior or increased rate of drinking.
 - Slowed Reactions – Slurred speech, glassy or unfocused eyes.
 - Loss of Coordination – Stumbling or swaying.
- 7. Make sure that anyone who is visibly intoxicated receives no more alcohol and is not left alone. This is important even if the guest is not driving; an impaired guest can be injured or may injure others in ways other than through an automobile accident.
- 8. When necessary, provide alternate transportation for an impaired guest. Either call a cab or enlist the help of sober friends to take the impaired guest home. ◇

Saint Regis Mohawk Tribe Names New Director of Communications

Allyson Doctor Brings 15 Years of Experience Home

The Saint Regis Mohawk Tribe announces the new Director of Communications, Allyson (Mitchell) Doctor. She brings us 15 years of strategic development and operations experience, most recently as an Assistant Vice President at Carolinas HealthCare System in Charlotte, North Carolina. “We are happy to have her working with us, returning home and supporting Akwesasne,” states Chief Paul Thompson.

As Director of Communications, she will be responsible for the coordination of all public information and public relations efforts on behalf of the Saint Regis Mohawk Tribe.



“I’m honored to be working for the community that raised me. My job is to ensure our people have timely access to information and to develop a deeper understanding of how we can work together to strengthen our community for future generations.”

She received her BA from SUNY Oswego and is pursuing her MS in Health Communications from Boston University. Allyson is a member of the Saint Regis Mohawk Tribe and is the daughter of the late William “Buster” Mitchell and Marie Mitchell, who resides in South Carolina. She lives in Lake Placid with her husband Jeff and their daughter, Chloe.



The Communications Department was formerly known as Public Information. Our mission remains the same. It is our job to ensure our community has every opportunity to receive timely information from the Saint Regis Mohawk Tribe and your elected officials, Tribal Council. The change in our name reflects the new direction we have chosen, which is to further develop the way we communicate with our tribal members and our surrounding communities. It is our vision to enhance our award winning Kawenniios by featuring tribal program highlights and community accomplishments while developing our social media presence.

Interactivity between our website, our Facebook page and our newsletter is on the horizon for 2014. Our leaders are keenly aware of the importance of timing our enhancements with the broadband efforts. Ensuring our community is included in our vision is key. To promote community ideas, we will be inviting interested community members to join a focus group early next year, email or call our office for more info.

Niawen:kówa for the opportunity to work for you.

Allyson Mitchell Doctor ◇



Akwesasne Business Directory

2014 Edition Coming Soon

By Alyson Cole, Production Assistant

The annual edition of the Akwesasne Business Directory is in production. We need the participation of local organizations, businesses, artisans and service providers to make it a success. The 2014 version will help to inform Akwesasne and surrounding communities about the services you or your business can offer as well as how to seek you out. The main objective of the Business Directory is to promote commerce in Akwesasne and provide people with a publication to find businesses and services here. Last year 3,000 copies were printed and distributed across Akwesasne and to the Chambers of Commerce for Massena, Malone, Cornwall and St. Lawrence County.

Over the next several weeks, businesses already listed in the directory should receive a phone call during regular business hours to confirm their information. If the caller does not receive an answer or answering machine, the business will be removed from the directory. New and existing businesses should be prepared to provide the following information:

- phone and fax numbers
- email addresses
- website addresses
- physical addresses and map location
- hours of operation
- brief description of products or services

The directory also includes a map of Akwesasne with

your exact location and provides consumers with an easy way to find your business. Each edition features updated local emergency numbers and a list of the departments and services of the Saint Regis Mohawk Tribe (SRMT) and the Mohawk Council of Akwesasne (MCA).

For easy reference, businesses and organizations will be included in one of the 20 business categories. Examples of these categories are arts, entertainment, construction services and health.

The annual Akwesasne Business Directories are a joint project brought to you by the SRMT and MCA Offices of Economic Development. The form is available at either of the Economic Development offices or online at:

www.srmt-nsn.gov

www.akwesasne.ca

Please return forms to:

- Jenna Herne at the SRMT Office of Economic Development located at the Akwesasne Business Center. Her email address is: jenna.herne@srmt-nsn.gov. Telephone: 518-358-2835.
- Cathy Mitchell at the MCA Department of Economic Development. Her email address is: cathy.mitchell@akwesasne.ca. Telephone: 613-575-2250.

The deadline for applications or to make changes to a current entry is *Tsiothóhrha* /December 27, 2013. ♦



Pharmacy News

Health Services Program Feature

By Tom Saxby, Pharmacist

Shék:kon from the Saint Regis Mohawk Health Services Pharmacy.

Do you know why it is important that we know the names of the medications you take?

When a product is discontinued it may stay on your file as an active prescription. If you ask the pharmacy to fill what you need, we may not know exactly what you need. It is best to bring your medications with you to your visits. If you're calling us, have your Rx number ready.

Prescription names are difficult to pronounce. The names of your medications may be difficult to pronounce. We have a solution! Call us with the Rx number. You can read the number to us or type it into our automated system for improved accuracy. Your health and wellness are extremely important to us and using the Rx number ensures greater accuracy.

What do I do if the automated system tells me my Rx number is invalid?

There are two reasons why your number may be invalid:

1. Your Rx number may have been updated
2. You may be out of refills

If I have questions or concerns, what should I do?

Please call us and set up a time to come in and talk to us about your concerns. We are more than happy to help you. Our job is to ensure you, our patient, receives excellent service from your pharmacists. Our goal is to ensure you receive your needed medications. We don't ever want you to feel rushed by us. We welcome your questions!

Please do not hesitate to speak to any one of our three pharmacists:

- Thomas A. Saxby
- Joan I. Westcott
- Arthur M. Pascale

Niá:wen / Thank you for trusting us with your pharmacy needs.



Saint Regis Mohawk Health Services Pharmacy

Open Monday through Thursday from 8:00 a.m. to 8:00 p.m.

Fridays from 8:00 a.m. to 5:00 p.m.

Saturdays from 8:00 a.m. to Noon.

518-358-3141 ♦

Otter ‘Top Lot Award’ Received by Akwesasne Trapper

*Danny Jacobs and Tribe’s Environment Division
Collaboration Credited*

News Release

Late fall along the St. Lawrence River is easily recognized by dropping water temperatures, shoreline ice and the first snow fall giving way to winter. Bitter cold winters are iconic of the St. Lawrence River Valley, and an important factor for production of high quality pelts of aquatic fur bearing animals such as the otter, mink, beaver and muskrat.

As the season changes colder, the ‘skin’ of fur bearing animals adapts with thicker insulated skin and thicker waterproofed body fur to tolerate cold temperature water exposures. The animal pelt’s value, for quality and market trade, is directly linked to these physiological adaptations that increase the likelihood of over-wintering survival in the natural environment. A “Top Lot Award” by the Fur Harvesters Auction (FHA), Inc. rewards both the animal’s health and fitness indicated in its leather and the fur-handlers meticulous skill.

Fur bearing animals adaptation to survive the treacherous winter environment made the trapping and trade of these animals valuable and respected as clothes

and shelter. Some furbearers have additional value as food and/or medicine. Today, aquatic furbearers still offer a pathway for Indigenous cultural connectivity, shared traditional teachings and the reminder of the sacred trust, duty, respect and responsibilities between humans, animals and the natural world for balance.

The populations of these animals have been affected in different ways (i.e. overharvesting, habitat alteration, environmental pollution, etc.), over different periods of time. The SRMT Environment Division received funding in 2010 from the U.S. EPA Great Lakes Restoration Initiative (GLRI) for a two-year study to assess if any potential impact

exists still to populations and reproductive health of otter, mink, beaver and muskrat due to industrial contamination (i.e. PCBs, pesticides, mercury and dioxins) in the St. Lawrence River Area of Concern (AOC).

Year-One Field Study was initiated in October 2011 and looked at internal health indicators, external abnormalities, health of the body fat, reproductive



SRMT Wildlife Technician Jay Wilkins (left), and Akwesasne Danny Jacobs (right) displaying the 2012 FHA Otter “Top Lot Award”.

health and tested for any contaminants in muscle or liver tissue. To conduct this full body health assessment, fur-on whole body samples were needed of otter and beaver. To help obtain samples of the elusive otter, SRMT Environment Division Wildlife Technician Jay Wilkins combined efforts with Akwesasne community member, trapper and sturgeon fisherman Danny Jacobs, after a chance meeting on the river while both were setting traps. A collaborative relationship developed out of mutual respect of trapping and cultural practice preservation desire.

Danny was proactive in communicating with Jay when he would catch an otter or mink to assist SRMT field study efforts. For quality assurance purposes of the study, Jay would retrieve the otter, handle the fur and return the pelt to Danny as a finished product, while obtaining the necessary scientific data needed on the individual animal health. In late fall 2011, three of the otter pelts were sent by Danny to the FHA. One of the pelts was recognized out of the approximately 4,000 otter pelts sent to auction that same year to receive the 2012 Otter “Top Lot Award” by the FHA.

“This is a major achievement as only the best quality, best color, prime, well-handled skins make this grade,” according to FHA’s CEO Mark Downey letter of award.

“The Top Lot award was a reminder of this remarkable collaborative effort that developed in the field utilizing Mohawk traditional ecological knowledge

(TEK) to locate the target species, utilization of science for assessing animal health and populations, SRMT Wildlife Technician skill and expertise at handling fur and a common goal to fulfill our duty to the natural world, to preserve and protect it,” said SRMT’s St. Lawrence River AOC Program Manager, Jessica Jock.

The otter is traditionally known as the leader of the water world. The presence of a high quality, healthy otter in the St. Lawrence River is an example of a positive indicator of current environment health. Beaver and muskrat have traditionally been consumed and play a role in creating and maintaining high quality wetland habitat and food web connectivity, and mink populations are sensitive to PCBs. Each target species has a cultural and natural world duty, and each tells us something a little different about our environment or human health exposures to toxins in the environment.

SRMT Environment Division initiated its Year Two-Furbearer Mammal Study to replicate field sampling efforts. If any Mohawk trapper is interested in receiving health information or PCB data on the beaver and muskrat they consume, or mink and otter they are trapping, please contact SRMT Environment Division 518-358-5937 and leave a message with the receptionist for Jay Wilkins, SRMT Wildlife Technician. All data results and study conclusions will be available to the public in 2014, after completion of October-December 2013 field study and data review. ◇



The quality of handling and prime color of the leather is visible here as SRMT Jay Wilkins holds the otter believed to have been awarded 2012 Otter “Top Lot Award”.



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4th Annual Community Maintenance Clinic

December 12, 2013

AHA Training Center - 5:00 to 7:00 p.m.

**Demonstrations and information presented by our
local businesses and programs.**



**AKWESASNE HOUSING
AUTHORITY**

**378 State Route 37
Akwesasne, NY 13655
518-358-9020**

www.akwehsg.org



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