

Featured Programs

ECDP
Child Care

DSS
Preventive
Unit

Tribal
Council

Health Services
Laboratory

Kawenni:ios



Bear's Den Grand Re-Opening



Bear's Den, WOW!

By Steven B. Cook, Director Office of Economic Development

It was a proud moment for the many people present, when the ribbon was cut on Friday June 1, 2012, marking the grand opening and rebranding of the Bear's Den in west Akwesasne, former known as the Western Door. This event accentuated the legacy of founder "Theresa Bear," who first opened the original Bear's Den facility which was a two-pump Texaco gas station back in 1953, almost 60 years ago.

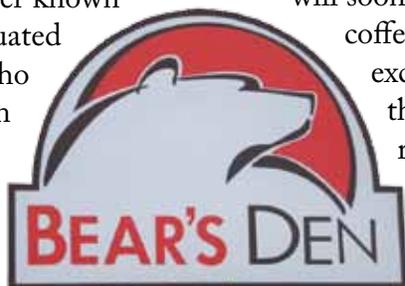
The Tarbell Management Group (TMG) has recently re-branded all their stores with the "Bear's Den" name. This name has been a familiar name and landmark for almost 60 years where family, friends and visitors gather for delicious food and exceptional service.

"We will continue to give our customers what they want and deserve, with a goal of exceeding our customers' expectations," stated Brandon Tarbell, President of TMG. "We are also excited to see our quality Bear's Den "2 GO Foods" in all of our stores and allow our guests to enjoy our delicious foods for people on the go."

The new 5,800 square foot facility features two franchises, "Tim Horton's" and "Papa John's" whose brands meet the company's mission of "being the absolute best." This particular Papa John's franchise is the first of its kind on any Native reservation in North America. Tim Horton's is the second such franchise located on a Native reservation.

The original Bear's Den location will also be undergoing renovation and cosmetic upgrades. All

Bear's Den locations will continue to offer the great products and fast, friendly, "WOW" service to the community and guests alike. Later this year, all stores will soon be serving Tim Horton's "Always Fresh" coffee and limited bakery items. "We are excited to introduce new and innovative things throughout the rest of the year," remarked Justin Tarbell, Vice President of TMG.



"WOW" is an extension of the Bear's Den core values program in regard to exceeding customer satisfaction.

"Later this year, we encourage people to stop by and experience the WOW which is a program of random marketing initiatives where you may receive numerous promotional items, discounts and random giveaways.

It is our goal to meet and

exceed customer expectations and to also provide incentives and recognition to our guests and staff alike," stated said Mark Laguador, Vice President of Marketing.

"We extend our best wishes to the Tarbell Management Group for another successful venture," stated Chief Ron LaFrance, Jr. and Chief Randy Hart, both at the ribbon-cutting ceremony. The SRMT Office of Economic Development congratulates them and encourages everyone to visit any of the Bear's Den facilities to experience the "WOW."

Bear's Den and Tim Horton's are open 24/7. Papa John's Pizza is open daily 11:00 a.m. to 11:00 p.m. and on Fridays till 1:00 a.m.

www.bearsdentradingspost.com ◇



Tarbell Family at Opening Celebration



Eli Tarbell

Good Words of Welcome



*She: kon, sewakwekon, tekwanonhweratons
Tewatatekon, Tehatsisientons ionkiats*

Life is full of highs and lows, good and bad. This is the reason the Creator gave man the mind to reason. Man is able to capitalize on the opportunities that present themselves. Each and every day we must prepare for life and all that life has to offer.

Men started working together; it may have been two people or maybe two families. Survival was the inspiration behind this move. Government is just an extension of this movement.

The Saint Regis Mohawk Tribal government is the result of over two-hundred and sixty years of our members wanting to have a better life. The three chief system of government came to be our tribal government, because we needed something that worked for the people. I see every day good members of our tribe working to make our government better for the benefit of our community.

There is so much we have to be thankful for. Yesterday I looked through the newspaper and saw beautiful pictures of our youth at the prom, the high school award ceremony and playing spring sports. These pictures show me that we have hope. I also witness the fun times our slightly older folks were having during the senior games. To all who are listening, please get involved and

have fun being active: learning, teaching and helping to pass on our ways to the younger generations, is a good message.

Before I end this message I personally invite each and every member to come and visit the tribal building. Come to our tribal meetings, the first Saturday of every month and on Tuesdays at 9:00 a.m. Tribal Council has our public weekly work session; whereby all official actions are passed. This is true transparency where the community can witness our work. Consider joining one of our fine working committees. Please feel free to call one of our friendly staff members for more information or ask for one of your elected leaders. Please remember our Sub-Chief directive which gives the Sub-Chief oversight on the tribal administration.

I extend my thanks to Chief Mark Garrow and Sub-Chief Stacy Skidders for their years of dedicated service; have lots of fun and enjoy life. Welcome to the new council. Tribal elections are a fine example of “the will of the people,” a phrase many times stated, but not often witnessed.

Niawenhko: wa, onenkiwahe, kaniyenkeba tsi tewatati.

Chief Randy Hart

On the Cover: Bear's Den Ribbon Cutting

Kawennì:ios “Good Words” is published monthly by the Saint Regis Mohawk Tribe, Public Information Office, 412 State Route 37, Akwesasne, NY 13655 (518) 358-2272

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Reception for Basketmakers

By Sue-Ellen Herne, Museum Program Coordinator

On May 19, 2012, Theresa Secord and Jennifer Neptune held a workshop to create postcards for basket makers at the Akwesasne Museum. The postcards will be used as advertising tools. Both women are Penobscot basket makers from Maine. Theresa is the Executive Director and Jennifer is the Program Manager of the Maine Indian Basketmakers Alliance. A second session will be held in October to train artists who work in any media, in marketing their work.

Seventeen people from Akwesasne participated in the project. It was a great session, with people of many ages participating and a wide variety of black ash splint creations. Some highlights were a biplane model by Curtis Terrance and a replica of the Kateri basket by Sheila Ransom. Crystal Bay brought in a sampling of baskets by the late Charlotte Delormier. Crystal is her granddaughter.

During lunch Les Benedict (Black Ash Project Coordinator, Akwesasne Task Force on the Environment) presented research documents on the preservation and restoration of black ash trees. He gave the documents to the museum for safe-keeping and access to the community. Businesses, individuals and organizations in Akwesasne have documents that can provide insight into our history and culture, but the quantity of material is too

great for any of our existing archives or the museum. We are in need of a large facility in Akwesasne to ensure access to knowledge on the activities of yesterday, today and tomorrow. Documents are useful in education, research and in substantiating legal claims. We are hoping to make our dream of a new facility come true, but in the meantime are doing what we can in our

existing spaces. Les also presented the museum a collection of four boxes filled with papers, DVD, slides and photos of the activities of our environmentalists in the Akwesasne Task Force on the Environment (ATFE). M. J. Davis (Project Director) created a summary guide of the documents.

Les Benedict,
Richard David

(Mohawk Council of Akwesasne environment department – retired), David Arquette (Haudenosaunee Task Force on the Environment) and Craig Arquette (Saint Regis Mohawk Tribe Environment and also chairperson of ATFE) were at the museum to say a few words and spread the word about the work that continues to ensure the survival of our main basket making material, namely black ash. We, as a community, owe a debt of gratitude to them all. Les currently has black ash trees to give away for planting to anyone interested, and also has two black ash logs available. He can be reached at 518-358-5937. ♦



Sue-Ellen Herne, Jennifer Neptune, Theresa Secord and Linda Jackson



Richard David and Les Benedict

Early Childhood Development Program - Child Care

By Administrative Staff, Early Childhood Development Program

The mission of the Early Childhood Development Program (ECDP) is to provide qualified staff that promote and enhance each child's individual level of development. In doing so, staff maintain the rights and needs of the children as their highest priority while recognizing the importance of adult family needs by incorporating traditional language and culture to ensure a strong sense of self. For the parents - we respectfully encourage and support healthy families through education and awareness of community resources.

ECDP consists of three federally funded components: Head Start, Child Care and Home Based day care.

ECDP Child Care accommodates infants, toddlers and preschoolers ranging from ages six weeks to five years. Child care implements weekly lesson plans in accordance with the Creative Curriculum. This promotes whole child development by offering children ample opportunities to explore and experience the world first-hand through activities intending to develop, strengthen and support all developmental areas in a safe and nurturing environment.

The Home Based portion of ECDP Child Care is always recruiting individuals interested in becoming child care providers. Home Based day care is available to children six weeks to 13 years old. Settings are varied between group home care, family or in-home.

ECDP offers on- and off-site training opportunities

for staff and parents including, but not limited to: CPR and First Aid. We also have monthly parent activities and a literacy component called *Reading is Fun*. The ECDP works cooperatively with Tribal programs such as DSS, ICWA, Three Sisters, Mental Health, IPP and Outreach. Not only do we partner with Tribal programs, but also the Early Intervention program through Franklin County and St. Lawrence County, BOCES and ACFS.

The program offers monthly nutritional education, socials, on-site evaluations for early intervention, health screenings and many learning opportunities for the children. As educators we tend to focus on building a healthy social emotional foundation. We strive to instill a strong sense of self in our children. In doing so we are working with families to provide them with the resources they need. Families are welcome to participate in the events and opportunities offered by the program.

“Helping Build a Better Tomorrow” starts with us. By giving each child a strong sense of self and giving each family the support and resources they need to succeed, we are successfully instilling our objectives and program philosophies. The ECDP is the foundation in building our upcoming future leaders.

Child Care services are open Monday to Friday 7:30 a.m. to 5:00 p.m. We are located at 25 Library Road, Akwesasne NY 13655. The program is under the direction of Barbara Buckshot. ♦



Human Resources Department

Program Feature

By Juanita Tarbell, Human Resources Director

The Human Resources (HR) office is a part of the Administration Department of the Saint Regis Mohawk Tribe. The Director, Juanita Tarbell, reports to the Tribe's Executive Director. HR's role in the organization is to provide support services to the various divisions that provide direct services to the community of Akwesasne. The HR Office assists the Division Directors and Program Managers in planning and coordinating their human resource management activities, through recruitment, compensation and regulatory compliance. The HR Department consists of three positions, the HR Generalist, the Pay and Benefits Specialist and the HR Director.

The goal of the department is to provide the best possible service to the employees and managers of the Tribe. We strive to achieve this goal through good communication with the departments and with the benefits providers.

HR administered a \$21.2 million payroll for the 2011 fiscal year, paying a total of 662 employees, in 25 different locations, for a variety of departments involved in law enforcement, gaming regulatory, child care, medical professionals and executive administration of the governmental programs within our Tribal Government.

The HR Generalist, Margaret Jacobs, provides specialized assistance with recruitment and selection of candidates for employment. Due to the unemployment rates off the reservation, we continue to be flooded with applicants for all the advertised positions. In 2011, there were 90 posted vacancies for employment. We are always reaching out to our community to solicit resumes and applications for our posted vacancies. The

Native Preference in employment policy is adhered to and is the commitment of the department. Currently, we are at 75 percent Native employment.

Last year, Margaret participated in the Akwesasne International Job Fair held at the Mohawk Bingo Palace. The Job Fair was a success with 173 applications and resumes were received for nine open positions within the tribe.

The Pay and Benefit Specialist, Patti Herne, provides compensation and benefits services as well as payroll

accounting services for Tribal programs. Included in our benefit package are two 401K plans, Self-Insured Health Plan, Life Insurance Workers Comp and Disability Insurance Plan. Administering these benefits properly is critical to maintaining a harmonious relationship between the Tribe and its employees, as well as between the Tribe and the regulatory agencies.



Margaret Jacobs, Patti Herne and Juanita Tarbell

The HR Director, Juanita Tarbell, supervises the department and has oversight responsibility for administering recruitment, compensation and benefit services. Juanita also provides advice and guidance to managers in Personnel Policy interpretations, acts as Plan Administrator for the 401K Plan and the Health Plan and represents the Tribe at hearings for unemployment and Workers Comp.

The HR office is located on the first floor of the Community Building along with several of the other programs that make up the Administration Department.

Job announcements can be viewed on-line at www.srmt-nsn.gov. Resumes may also be submitted for posted positions to human.resources@srmt-nsn.gov. ◇

Office for the Aging

By Cynthia Tarbell, Director

Mission Statement. The mission as outlined in the older Americans Act is to promote the dignity and independence of older Americans and to help the community prepare for an aging population. We do this through advocacy, the development and delivery of services which support and empower the elderly and their families in partnership with the network of Tribal and private organizations which help to meet the needs of the elderly.

Older Americans Month. May was designated Older Americans Month and was a very busy and fun time for all elders within our community. The Mother's Day celebration, Senior Recognition in Albany, Wellness Conference in Oneida, and "Our Favorite Elder" contest and Senior Games was all a part of this exciting time.

Our Mother's Day evening meal was celebrated by 86 elders with Roger Mitchell's band as a highlight of the festivities. The senior's recognition

from New York State was given to one of our oldest elders, Grace Day, whose family and friends traveled to Albany to join in this thrilling acknowledgement. Grace was also the winner of the "My Favorite Elder" contest with a submission from her daughter Jann Day.

Our Wellness conference at the Turning Stone Casino and Resort was a huge success with a full bus of 47 elders who enjoyed three days of wellness, relaxation and learning. Senior Games hosted by the Senior Health and Fitness Committee was held throughout Akwesasne with opening and closing ceremonies held at the Senior Center. This was another huge success with many elders in attendance participating in games of challenge and relaxation for everyone.

We also welcome Andrew Person to our team. Andrew is our new maintenance support worker. As always, the staff of the Saint Regis Mohawk Tribe Office for Aging is dedicated to the well-being of our Mohawk Elders. ◇



My Favorite Elder, Grace Day



A Mother's Day Kiss



Staying Fit at the 2012 Senior Games

Protect Your Family from These Dangerous Plants

By James Costello, Environmental Science and Protection Specialist

Summer has arrived and many of the perennial plants throughout our community are flowering. Unfortunately, these include plants that can cause physical harm to those who come in direct contact with them. For example, species like wild parsnip, cow parsnip and giant hogweed all produce a sap containing a phototoxin that causes skin to be sensitive to sunlight and can produce painful blistering within 24 to 48 hours after contact. Other species such as poison ivy, oak, and sumac all contain urushiol, an oil allergen capable of producing painful irritation and rashes.

As a reminder to those who frequently venture outdoors, please be aware of the potential risks associated with these plants and avoid them altogether. As for those who work around these plants either along roadways or other disturbed areas, wearing long pants, long sleeves and/or gloves is highly recommended.

A brief summary and photo of each poisonous plant commonly found within our community is provided below. For more information, visit the New York State Department of Transportation-Dangerous Roadside Plants website at: <https://www.dot.ny.gov/dangerous-plants/>.

Cow Parsnip (*Heracleum maximum*)

Cow parsnips are large plants found in woodland forests, grasslands, and along rivers, streams, and roadways. They can grow to reach three to 10 feet tall. The leaves (12-18 inches) are rough and hairy, and are made up of three parts, with coarsely-toothed leaflets and a broad wing at the base of each leaf stalk. Their hollow and grooved stems are also rough and hairy. The flowers are white in color and are arranged in broad, flat-topped clusters at the top of short stalks. The best method of control is through hand-pulling before the seeds have a chance to develop.



Poison Sumac (*Toxicodendron vernix*)

Poison sumac is a woody shrub or small tree (up to 20 feet tall) growing in very wet or flooded soils, such as swamps and peat bogs. The stems of the leaflets are always red, while the flowers are yellow-green (visible during June and July) and the small berries are white or gray (visible in September). The best method of control is either through hand-pulling, severing the vine and treating the re-growth with herbicide, or applying herbicide to individual leaflets. DO NOT burn poison sumac to eradicate the plant because accidental inhalation of the smoke can cause severe internal irritations and diarrhea.

Stinging Nettle (*Urtica dioica*)

This perennial herb has opposite heart-shaped leaves and small greenish flowers, and is normally found along natural areas at the edges of woods and in disturbed areas. The hairs on the stems and leaves can produce an itching and burning sensation that can last up to 30 minutes. The best method of control is with herbicide, since the hand-pulling or mowing of these plants can stimulate the roots left behind, causing the plants to grow back thicker.

Poison Ivy (*Rhus radicans*) and Poison Oak (*Toxicodendron diversilobum*)

Both poison ivy and poison oak are similar in appearance, and grow as either a plant or as trailing vines with aerial rootlets. They are often found in such areas as woodlands, path edges and roadways. The leaves are made up of three parts: with the central leaf having a notch on either side (red arrows numbered 1 in photo), while the two outside leaves each having a notch on the side away from the central leaf (yellow arrows numbered 2 in the photo). The flowers (May-July) are small and yellowish and produce small, white, smooth-rounded fruit (August-November) that form a cluster. The best method of control is to first apply herbicide to kill the roots and then hand-pulling the dead plants while using gloves (NOTE: urushiol will remain poisonous, even in dead plants). DO NOT burn poison ivy or poison oak to eradicate these plants because accidental inhalation of the smoke can cause severe internal irritations and diarrhea.



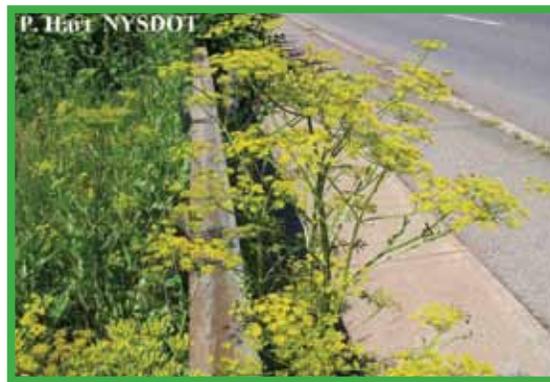
Wild Parsnip (*Pastinaca sativa*)

A large plant (2-5 feet tall) commonly found along roadways and in pastures and fields. The leaves of wild parsnip have five to 15 ovate to oblong leaflets with saw-toothed edges, while the stems are hollow and deeply grooved. The flowers are yellow and are arranged in a flat-topped umbrella-like shape two to six inches across. The best method of control is through hand-pulling, however mowing is also effective if it occurs before the seeds have a chance to develop. Herbicide treatments also work well for controlling wild parsnip.



Giant Hogweed (*Heracleum mantegazzianum*)

Giant hogweed are very large plants that are found in open fields, wooded areas, tree lines, along roadways and ditches and along rivers and streams. Their small white flowers are arranged in a flat-topped umbrella-like shape that can reach up to 2.5 feet across. The stems are hollow and rigid with purple blotches and coarse hairs, and can grow up to two to four inches in diameter and eight to 14 feet tall. The leaves can grow up to five feet across, and are lobed and deeply incised. The best method of control is with herbicide, whereas cutting, digging, or even touching this plant is strongly discouraged. ◇



Social Services Preventive Unit

Program Feature

By Marla Davey-Light, Preventive / Foster Care Supervisor

The Saint Regis Mohawk Department of Social Services' Preventive Unit has been in operation for approximately 18 years. Prior to the Saint Regis Mohawk Tribe Department of Social Services, Akwesasne families were required to seek case management services through Franklin County Department of Social Services. It is my belief the Saint Regis Mohawk Tribe's intentions of having our own Department of Social Services is to provide service to Akwesasne families in a respectful and mindful way and to provide community members the opportunity to assist our relatives in need. Our mission statement is: To strengthen, support and protect families of Akwesasne in all stages of life for Seven Generations.

The Preventive Unit provides case management services to assist families when a child is at risk of entering into the foster care system or to hasten the return home of a child in foster care.

Families may come to the Preventive Unit to request services on a voluntary basis. This is a common procedure for parents having difficulties with their children and would like to receive advocacy services through the Intensive Preventive Program.

The Preventive Unit also assists in court-mandated cases. This is an involuntary procedure through Person In Need of Supervision (PINS), Juvenile Delinquency (JD) or ordered through the Family Court System initiated by a removal or order of protection through an

investigation by Child Protection Services (CPS). The Preventive Unit consists of a Case Supervisor, four Case Workers, one Home-finder, a LAN Administrator and an Administrative Assistant. Through teamwork, we take our responsibilities seriously and are dedicated to meeting needs of our *Onkwe:honwe* families through a network of resources available to us. Safety, well-being, and permanency are what we strive for the children we assist, through a collaborative effort with other service providers such as:

- Intensive Preventive Program – Positive Indian Parenting and Advocacy
- Mental Health – Traditional Medicine, Anger Management and Counseling
- Drug and Alcohol Treatment – Inpatient, Outpatient and Co-dependency
- Domestic Violence – Shelter and Education
- Men for Change – Education
- Franklin or St. Lawrence County Services – Medicaid and/or Temporary Assistance
- Canadian Services – referrals to ACFS, Traditional Medicine, Children's Treatment Center, etc.

Our Preventive staff is dedicated in supporting and assisting families in times of need or crisis. For further information regarding services and eligibility please do not hesitate to contact our office at 518-358-4516. ♦



Tribal Brownfields Update

By Amberdawn LaFrance and Julia Jacobs, Brownfields Program

The Environment Division's Tribal Brownfields Program has been working toward completing activities in our second year. We thank community members for their helpful participation in locating potential Brownfields sites within our community and visiting our informational tables at community events such as the Earth Day Celebration. It was nice for us to get out and talk to so many community members and hear everyone's questions and concerns.

The Brownfields kiosk, which was created in 2011, has completed its tour of Akwesasne. The kiosk has been to the SRMT Environment Division, Akwesasne Library, First American's IGA, the *Tsi Tetewatakens* building, and has come to its final location in the lobby of the Tribal Community Building. Community members can visit the kiosk from Monday to Friday between 9:30 a.m. and 3:30 p.m. in the lobby and explore the four Akwesasne Brownfields Areas using the kiosk's interactive touch screen. The kiosk will soon be covered in magnets that will be free to any community member who takes the time to see what the kiosk has to offer.

Julia Jacobs (Brownfields Outreach Coordinator) traveled to Chandler, Arizona at the end of February to participate in ToP (Technology of Participation) Facilitation Methods which proved to be very beneficial. The training required participation from all involved in the meeting. This includes team work and collaboration, individual and group creativity, action and ownership, reflection and learning to come to a consensus within a short period of time. This training has come in very handy when working with our new Akwesasne Brownfields Committee (ABC) group.

The new ABC group meets once a month to help determine priorities within our Akwesasne community

regarding potential Brownfields sites. This group, which is voluntary, has had four monthly meetings and consists of people with various experiences and specialties to help us in our goals. The group is currently working on creating maps of Akwesasne and identifying areas of cultural, environmental, community and historical importance. These maps will help the Brownfields staff identify which Brownfields sites have a greater need to be cleaned up.

Amberdawn LaFrance (Brownfields Coordinator) and Julia Jacobs traveled to Albany, NY for the NYS Brownfields Roundtable Meeting. This meeting occurs twice a year and allows Brownfields Programs to meet with our EPA Region 2 representatives. We discuss our progress and receive comments and helpful suggestions on how to continue our efforts. At this meeting we were able to present the maps created by the ABC group to our Program Manager who was very pleased with our progress. In the last week



ABC group members working on priority maps of Akwesasne.

of June, Brownfields staff will be traveling to Seneca Nation to participate in the Indian Nation Leader's Meeting. Our program will get the chance to attend our first Brownfields 101 training and to meet other Tribal Brownfields Programs.

In late August Amberdawn LaFrance, Julia Jacobs, Loretta David (Data Entry Clerk), and Daniel Benedict (Web Designer) will be traveling to Coos Bay, Oregon to attend the Annual Tribal Lands Forum hosted by the Institute for Tribal Environmental Professionals. At this conference we will give a presentation about our Tribal Brownfields Program and share our progress with others. We have our work cut out for us in the next few months with preparations for this conference as well as continued work with the ABC group and other community outreach events. ◇

Tribal Council Update

In the last few years, the Saint Regis Mohawk Tribe has set out to address many concerns of our young people in Akwesasne. It started when the late Travis Solomon approached Tribal Council with a vision of creating a recreational park for Akwesasne youth. After months of debating and figuring out where the Tribe was going to secure the funding, Travis' vision was realized.

Once the construction of the field began, Council was convinced that a standalone recreation field was a good idea, but something was missing. At the time, then Sub-Chief Ron LaFrance, looked at other possibilities to complement the park. After weeks of exploring options, LaFrance presented an idea of playground to make the park more accessible for *Akwesashró:non*. With his recommendations, Tribal Council approved

a new organization was formed; the Akwesasne Eagles, a flag football league for young boys who also call Generations Park their home. It's safe to say that a new field house will greatly utilized by all the various sports teams in Akwesasne.

That brings us to a new vision Tribal Council has for Akwesasne youth of: a state-of-the-art sports complex. Tribal Council has reached out to General Steel® to begin the process of making that vision a reality. This complex will include a regulation-size soccer field that can be used for football and lacrosse. Our children can excel athletically with a brand new facility to hone the skills required to attract college scouts when they reach high school. It's Council's vision to have year-round activities taking place for the betterment of our children. With diabetes and obesity rampant in our community,

Rendering of New Field House



the construction of a playground, bathroom facilities and a pavilion. Travis Solomon's vision was realized and today we can proudly say that the Generations Park went from a conversation to reality in under a year. It's a testament to what a good idea and a commitment from Tribal Council can bring to a community seeking recreational facilities.

Since the creation of Generations Park, Council realized that there was still a need for more spaces for our children grow and play on. This spring, Planning and Infrastructure and the Maintenance Departments designed and built an additional practice field with the help of Lazore's Construction. They are currently working on the field which should be ready by next spring. Council is proud to see the Generations Park is used by all members of the community. The field is home to the Akwesasne Attack Lacrosse Club with nearly three hundred boys and girls. The Akwesasne Sports Women's Soccer and the CKON Men's Soccer teams also call Generations Park their home. Last fall,

our children will have the opportunity to take control of their lives with a place to grow and exercise. This facility will also house a regulation basketball court that can double as a volleyball court.

Tribal Council is also pleased that this facility will also house a 360-seat theatre to develop arts and drama. It's our vision to one day see plays, musicals and concerts performed by our children for the whole community to enjoy. Also housed in the new facility will be classroom space where our children can receive tutoring, college boot camp prep courses and other educational services. Council feels confident that with the creation of this facility, parents and children will take control of their physical and educational well-being.

Tribal Council also takes this time and opportunity to congratulate all the recent high school seniors who have completed the first step in their journey on their educational path. To all the parents we extend a big *Niawenkó:wa* for seeing to their future and ours. ♦

chemicals

● What Are You Exposing Yourself and Family Members To? ●

By Angela Benedict, Air Quality Program Manager

I love the smell of a good lotion or hand soap. I like the citrusy types with lemon or grapefruit. But I never really thought of what's the smell doing to my family? My daughter has asthma and although she likes the smell of my soaps and lotions, could they be harming her? That got me thinking because the aroma does linger, and as I have said before, if you can smell it you're being exposed to it. Then I thought what about her hair spray? It isn't aerosol but it still has an aroma. In the musical "Hairspray" there is a scene where the performers are spraying hairspray as the girls walk under the "cloud".

It wouldn't be so bad if it was every once in a while but some people use it in everyday. It's not just hairspray it's also perfumes and colognes.

Another source of air toxics are dyes and perms. You can always tell when you walk by a salon if they are doing a perm on someone by the smell. If you do this at home then you are exposing your family to those toxins. Perms contain a lot of chemicals and so do dyes. Not only do they expose through the air they also expose the person getting the perm or dye through absorption. That's the reason it is recommended that if you are pregnant you shouldn't have your hair permed or dyed. Other toxic air sources are nail polish, hardeners, acrylic, adhesives and other materials that are used in a nail salon.

We all like new stuff but there are also some things you have to consider when buying things like new furniture. Pressboard or particle board can off-gas formaldehyde.

Flame retardant fabrics can off-gas chemicals also. These can be found in things like drapes or children's clothing. When choosing paints, pick ones that are either low or no VOC's (volatile organic compounds). Plastics are another source of off-gassing. Fake Christmas trees, rubber duckies and shower curtains are made of PVC (polyvinyl chloride), laundry baskets are made of LDPE (low density polyethylene), and then there's Tupperware.



What's up with Tupperware you ask? Well, after a little research, I found out that some of their products are made with plastic #7 which has been shown to leach harmful hormone-disrupting chemical Bisphenol A (BPA) into food items after repeated uses. Consumers concerned about such risks might want to avoid these

Tupperware products: Rock 'N Serve microwave line, Meals-in-Minutes Microsteamer, "Elegant" Serving Line, TupperCare baby bottle, Pizza Keep' N Heat container and Table Collection.

So can you use anything to make the air smell fresh? There are several products that use natural oils to help freshen up the air. You can make your own in a spray bottle with eight to 10 drops essential oil of your choice, one cup distilled or spring water, two teaspoons alcohol (optional-helps oil and water stay mixed). Be sure to label the bottle so it is not confused with other home products. Other air fresheners are diffuser reeds. These use fragrance oil and an essential oil and are better than using aerosol fresheners or burning candles. ◇

Calendar

Obiarihkó:wa / July

1 - Swearing-In Ceremony - 1:00 p.m. - Community Building

4 - Independence Day Holiday - All Tribal offices and transfer station closed

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

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

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

New Faces

Lauren N. Barnes
Ida M. Benedict
Walter Bero
Honora A. Bonaparte
Donald W. Comins
Chrystal M. Cree
Farrah David
Shara Francis-Herne
Jessica Hall
Heather A Jacobs
Jeremy Jacobs
Brenda LePage
Leigh-Ann Mitchell
Rosalie Morris
Lynn Parent
Wanda Patterson
Margaret Perkins
Melissa St. Mary
Terry Thompson
Deylin Timmons
Ellen Vice

Environmental Compliance Officer
Solid Waste Laborer
Maintenance Laborer
Habilitation Aide
Maintenance Worker
Resident Aide
Youth Worker
Teacher
Administrative Assistant
Youth Worker
Solid Waste Laborer
Family Nurse Practitioner
Medical Clerk
Medical Clerk
Habilitation Aide
Registered Nurse
Custodian
Laboratory Tech
Business Office Clerk
Nutrition Assistant
Registered Nurse

Compliance
Environment
Planning & Infrastructure
High Street IRA
Maintenance
Partridge House
Akwesasne Group Home
Early Childhood Development
Social Services
Akwesasne Group Home
Environment
IHS Medical Clinic
IHS Medical Clinic
IHS Pharmacy
Family Support
IHS Let's Get Healthy
Maintenance
IHS Lab
IHS Business Office
IHS Nutrition
Family Support

Giving Back

Community Events – \$9,000

Community Golf Sponsorships - \$5,000

Community Elders - \$3,000

Sports Associations - \$5,000

Funerals - \$1,250

Jobs

Animal Control Officer - *Compliance*

Deputy Tribal Clerk - *Tribal Clerk's Office*

Youth Worker - *Akwesasne Group Home*

Diabetes Program Coordinator - *Let's Get Healthy*

Habilitation Aide - *Family Support*

View complete job descriptions at: www.srmt-nsn.gov.

Health Services Laboratory

Program Feature

By Nicole Meacham, Laboratory Supervisor

The Saint Regis Mohawk Health Services Laboratory provides a wide variety of tests which includes the following; kidney, liver, cardiac, diabetes, thyroid, prostate, hormones, sexually transmitted disease screening, blood type and antibody screening, bladder, anemia and serology for influenza strep screenings. On average, we conduct 57,319 laboratory tests each year. The laboratory provides results in a timely manner in order to be useful for medical decision-making.

Fasting is very important for testing blood glucose and cholesterol screening. Fasting doesn't mean that you should not drink water, though. Water keeps the body hydrated and aids in a good blood draw. So, drink plenty of water!

If you should have a laboratory order from a provider not at this clinic, this order should be dropped off to the lab prior to your appointment. Some tests require tubes that we may not have here or special instructions for specimen collection.

The laboratory staff maintains instruments to ensure accurate results on all specimens. All the Laboratory Technicians and Technologists are licensed through New York State Department of Health.

Appointments are made for 8:00 a.m. for laboratory work that requires fasting. Non-fasting laboratory appointments are made up until 11:00 a.m. We will accept specimens no later than 3:00 p.m. The laboratory is open Monday through Friday. Also, please join us in welcoming our newest staff member, Melissa St. Mary. ♦



The Tribal Ethics Office

By Peter Garrow, Ethics Officer

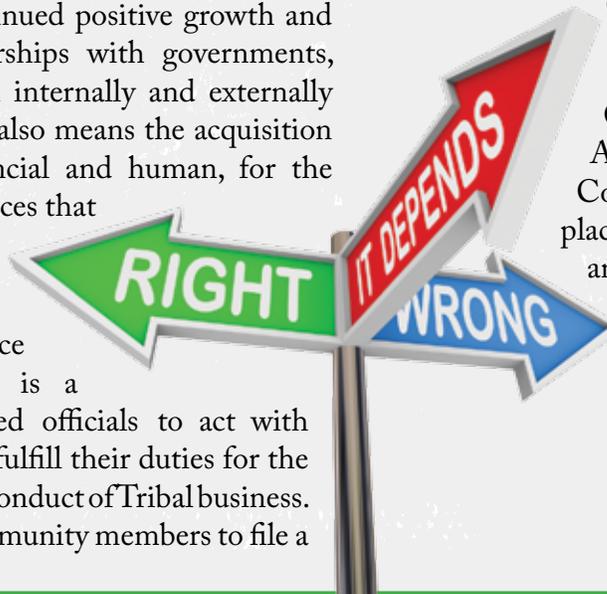
I extend my personnel congratulations to the newly elected Chief – Paul O. Thompson, newly elected Sub Chief-Eric Thompson and re-elected Tribal Clerk Corleen Jackson-Jacco as they take on their respective three year leadership roles and responsibilities for the community and the staff of Saint Regis Mohawk Tribe. The Tribe is a multi-faceted, and multi-million dollar operation. We have experienced tremendous growth these past few years and the challenges faced by the leadership are diverse and many. Yet, with challenges comes opportunities for continued positive growth and for new or renewed partnerships with governments, agencies and businesses both internally and externally that impact our daily lives. It also means the acquisition of additional resources, financial and human, for the delivery of programs and services that enriches the quality of life for all community members.

The Tribal Ethics Ordinance adopted by TCR 2007-61 is a positive guide for the elected officials to act with honesty and integrity as they fulfill their duties for the community as leaders in their conduct of Tribal business. The Ordinance allows for community members to file a

complaint if they have verifiable evidence that an elected official has not conducted themselves honorably and/or lacked integrity in the carrying out the duties of the office, did not protect the interests of the Tribal membership or did not protect the reputation and integrity of the Tribal Government.

I am pleased to announce that I am in the final stages of having an Ethics Commission in place. It will consist of five Commissioners and three Alternates. A new ethics budget has been prepared for compensation for the Commission being consistent with other Tribal Commissions, Tribunals and Authorities. Ethics training for the Commissioners and alternates will take place as soon as the budget approved and the TCR is approved for the appointment of the Commission.

Peter Garrow
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