

Features

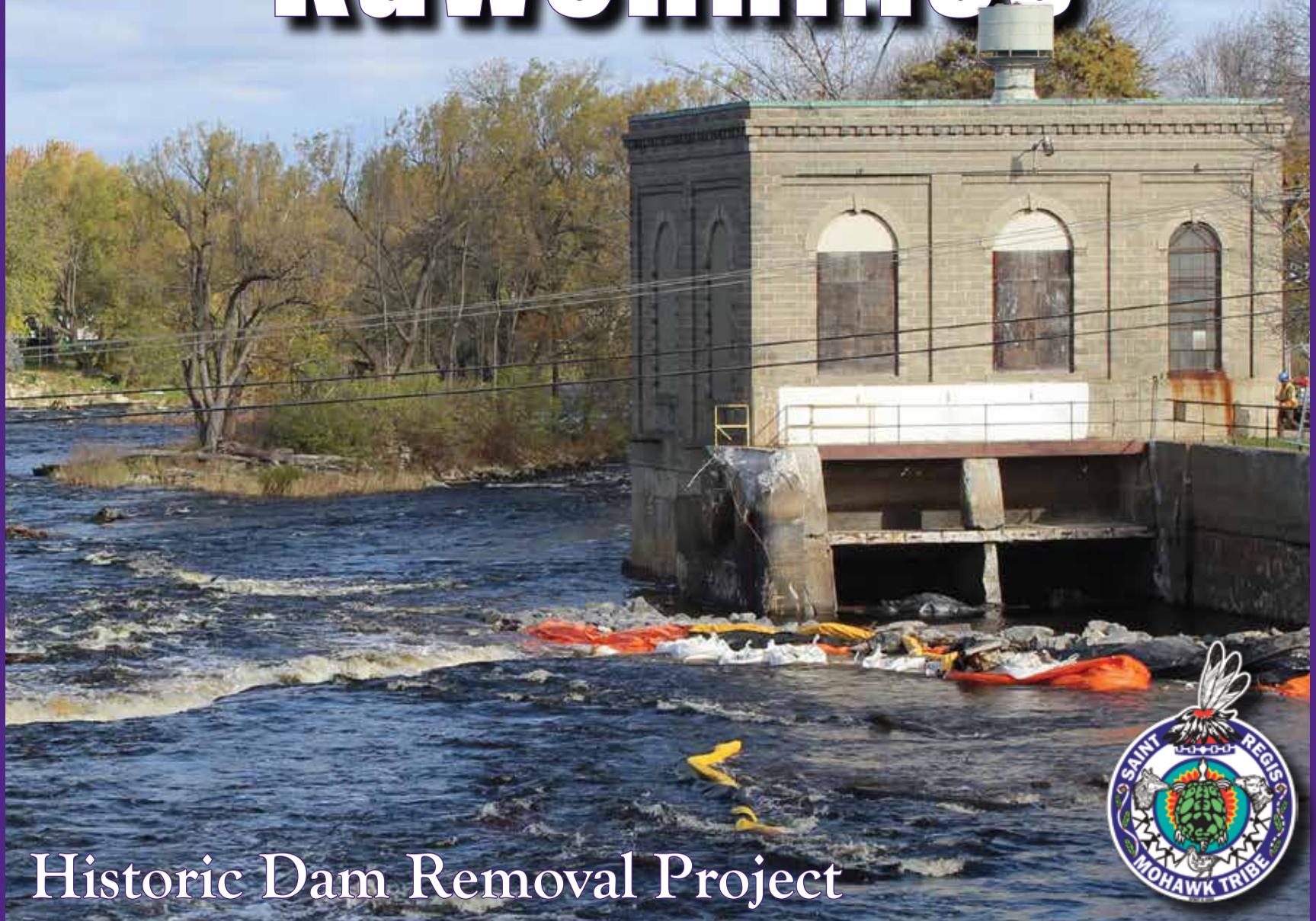
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Akwesasne Healthy Heroes

By Heather Garrow, Let's Get Healthy Program Manager

This summer, the Let's Get Healthy Program invited the Saint Regis Mohawk Tribal Police Department and the Hogansburg-Akwesasne Volunteer Fire Department to join a program titled, "Akwesasne Healthy Heroes." This program was a friendly competition with the goal of increasing physical activity for one month. The participants tracked their activity and between the two departments, they completed 4,705 minutes of additional physical activity. The Tribal Police Department finished with a slight lead of 2,590 minutes of activity for the month.

At the conclusion of the competition, we invited the JOM Program groups ages six to eight to join us at Generations

Park for a morning of fun, physical activity. The students and counselors participated in stations of *Sharks and Minnows*, sports drills, an obstacle course and time on the playground. Stations were organized and implemented by the Let's Get Healthy Program Health Promotion Specialists AJ Sutter, Jessica Hopps and Steevi King. Officer Ted Cook spoke to the students about the importance of activity and how playing increases their exercise levels and makes them healthier. Officer Cook also accepted the winning plaque donated by UD Trophies and Awards in Ogdensburg, NY. *Niá:wen* to the Police Officers and Firefighters for being an inspiration to the youth of Akwesasne.



Twilight Fun Run/Walk Series

The 9th Annual Twilight Fun Run/Walk Series was held every Wednesday in July and August 2016. We had a total of 66 registrants who walked or ran 325 laps! Thank you to all who joined us for this fun, healthy family activity. See you next summer! ♦



Good Words of Welcome



Shé:kon Sewakwe:kon,

I am honored to write the opening for this edition of Kawenniios. I am also grateful for those who came out and supported me in the last election. Thank you for your support and the privilege to serve for a third term as Tribal Sub-Chief.

Last month, Executive Director Tsiorsasa Barreiro, General Counsel Dale White, Child and Family Services Director Jamie Bay, HIP Manager Rod Garrow, along with Akwesasne Housing Authority (AHA) Executive Director Retha Herne and Finance Director Cecilia Cook and I, travelled to Rochester for the Department of the Interior's Bureau of Indian Affairs New York Tribal Leaders Meeting.

The purpose for the meeting was for descriptive training sessions presented by Administrative Officer Eric Wilcox and Deputy Regional Director Johnna Blackhair, who traveled from their Nashville Regional Office to share regulatory changes to the BIA Home Improvement Program. They encouraged Eastern Region tribes to be diligent in applying for BIA HIP funds to show continued need and urgency of keeping this housing program going in Indian Country.

We were introduced to the BIA's new-Eastern Regional Director Bruce Maytubby, who wants to meet each tribe and their representatives to promote relationship building. He invited tribes to voice concerns over BIA matters and services they may be experiencing. We met voiced our concerns about the lack of urgency when it comes to our needs.

Last year, I reported that collaborative planning was underway between the Akwesasne Housing Authority and tribal leadership. Today, I am pleased to inform you of positive developments and projects that are coming to fruition. Some of the present and future accomplishments are:

- AHA was awarded a HUD ICDBG grant for \$600,000 for its proposed High Energy Efficiency Initiative that will provide energy efficiency rehabilitation for 96 homes, including the older Sunrise

Acres units, to address significant indoor air quality issues. The rehab work will be leveraged with NYSERDA funds to help reduce energy usage to more affordable levels for low-income residents.

- AHA applied for a multi-year Enterprise Community Partners, Inc. capacity building grant to begin planning for a clean-green multi-purpose/mixed income community. This two-year planning process will involve several partners and stakeholders; most notable community members. Partners may also include the US Department of HUD, NYSERDA/ANCA, tribal programs, and tribal leadership.

- To assist with the clean-green neighborhood, AHA was fortunate to have been awarded three "VISTA workers" through a partnership with the Americorps VISTA program and the Corporation for National and Community Service. The VISTA workers will assist with the planning process, which AHA is currently recruiting applicants. Information on the positions can be found on the AHA website at www.aha-nsn.gov and the AHA Facebook page.

- AHA is busy finalizing grants for work on Sunrise Acres III Expansion to serve homeless/veterans and seniors with special-needs. They're also working on the Go Solar Initiative to bring Sunrise Acres to "net zero" on its utilities, as well as service low-income homes.

It has been a busy time collaborating, learning, and keeping up with AHA's successes and now we get down to the business of implementing these programs on behalf of Akwesasne. I welcome input and hope you stay tuned for information on how you can contribute.

As 2016 comes to a close, we look back at our many blessings this year, as a new year quickly approaches. It will provide a fresh start, with renewed strength. Time to make resolutions, visualize goals and move forward toward success, growth, and change. Commit to making the coming year your best year yet, a year that will bring you closer to achieving your personal and professional goals.

Obserase, Shelley Jacobs, Tribal Sub Chief ◇

Tribe Gives Preference Boost to Mohawk Businesses

By Brendan White, Director of Communications

The Saint Regis Mohawk Tribe has put in place an expanded Native American Preference Policy for the benefit of Native American/Alaska Native-owned businesses and companies. Tribal Council Resolution 2016-82 rescinds a 2007 resolution (TCR 2007-36) that uniformly implemented a 10-percent preferential procurement advantage to Mohawk vendors. In its place, an updated tribal procurement policy is being implemented based on the size of the transaction.

According to the Tribe's Executive Director Tsiorasa Barreiro, "The new direction expands our preference percentages, especially for the lower-dollar value thresholds that represent the majority of our tribal procurement transactions. The competitive edge that Mohawk-owned businesses have enjoyed are now being expanded for all purchases under \$50,000 — enabling local businesses to be more competitive."

The previous flat rate that provided a 10-percent preferential advantage to only Mohawk-owned businesses is being replaced with a sliding scale that now allows for a 13-percent advantage for purchases under \$10,000 from any Native American/Alaska Native vendor, consultant or service supplier; a 12-percent advantage for purchases between \$10,001 and \$25,000;

and an 11-percent advantage for purchases between \$25,001 and \$50,000 (see Figure #1). The new sliding scale does not apply to construction contracts, but does give preference to Native-owned construction companies.



The implementation of a Native American Preference Sliding Scale gives Mohawk businesses a greater advantage for tribal purchases and services under \$50,000; such as for Slick Electric's Richard Oakes (IBEW Local Union 910), who recently completed electrical work at the Travis Solomon Memorial Lacrosse Box at Generations Park in Akwesasne.

and interested Native vendors can now easily locate this information, as both the procurement sliding scale and the construction criteria are attached to TCR 2016-82.

"This change in policy recognizes the need for reducing economic leakage and aligns well with our 'Buy Local' priorities," said Economic Development Director Christopher Thompson. He added, "Native businesses face adversity when it comes to securing capital and this policy change evens the playing field to compete with firms who do not face these issues. We are creating the environment for local businesses to compete, which keeps dollars and jobs in the community."

In addition to increasing the Native advantage for all tribal purchases under \$50,000; the new resolution ensures the Native American Preference for procurements with vendors, consultants and service providers and construction contracts are contained within one document. Tribal staff

The purchase of all goods, supplies and services from Native vendors must now follow the new sliding scale however, the selection process for construction contracts shall be awarded to the lowest responsive bid from a qualified Native-owned company, or if the proposal is within the maximum amount allowable for Native preference (see Figure #2). The selection process also includes other criteria; such as experience, warranties, references and technical expertise; as price is just one consideration when determining the overall value of a Native contractor's bid.

Executive Director Barreiro added, "With every policy decision there must be a balance of interests. In this case, it is a balance between stretching our limited resources and supporting our local Native vendors. We feel that this new policy does just that."

Vendors who may have questions about the new Native American preference policy may contact the Saint Regis Mohawk Tribe's Grants and Contracts Office or Procurement Office at (518) 358-2272. ◇

Figure #1: Native American Preference Policy Sliding Scale Percentages

	Minimum	Maximum	%	Max Lowest Bid	% Applied	Preference \$	Extra Cost
Between	\$ 3,000	\$ 10,000	13.0%	\$ 10,000	13.0%	\$ 11,300	\$ 1,300
Between	\$ 10,001	\$ 25,000	12.0%	\$ 25,000	12.0%	\$ 28,000	\$ 3,000
Between	\$ 25,001	\$ 50,000	11.0%	\$ 50,000	11.0%	\$ 55,500	\$ 5,500
Between	\$ 50,001	\$ 100,000	10.0%	\$ 100,000	10.0%	\$ 110,000	\$ 10,000
Between	\$ 100,001	\$ 200,000	10.0%	\$ 200,000	10.0%	\$ 220,000	\$ 20,000
Between	\$ 200,001	\$ 500,000	10.0%	\$ 500,000	10.0%	\$ 550,000	\$ 50,000
Between	\$ 500,001	\$ 750,000	7.0%	\$ 750,000	7.0%	\$ 802,500	\$ 52,500
Between	\$ 750,001	\$ 1,000,000	5.0%	\$ 1,000,000	5.0%	\$ 1,050,000	\$ 50,000
Between	\$ 1,000,001	\$ 2,000,000	2.5%	\$ 2,000,000	2.5%	\$ 2,050,000	\$ 50,000
		\$ 2,000,001+	1.0%	\$ 2,000,001	1.0%	\$ 2,020,001	\$ 20,000

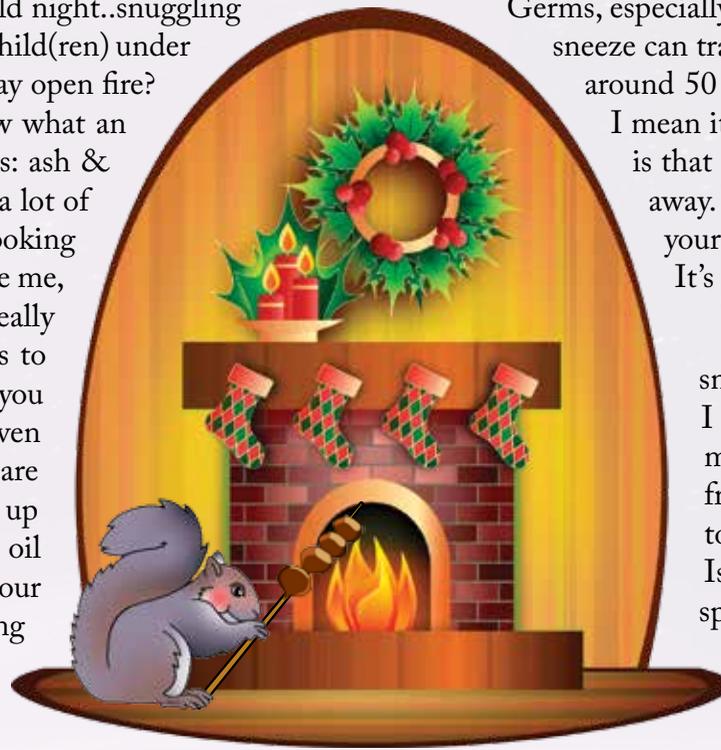
Figure #2: Construction Contracts

less than \$100,000	10% of that bid, or \$9,000
At least \$100,000, but less than \$200,000	9% of that bid, or \$16,000
At least \$200,000, but less than \$300,000	8% of that bid, or \$21,000
At least \$300,000, but less than \$400,000	7% of that bid, or \$24,000
At least \$400,000, but less than \$500,000	6% of that bid, or \$25,000
At least \$500,000, but less than \$1 million	5% of that bid, or \$40,000
At least \$1 million but less than \$2 million	4% of that bid, or \$60,000
At least \$2 million, but less than \$4 million	3% of that bid, or \$105,000
At least \$4 million, but less than \$7 million	2% of that bid, or \$105,000
\$7 million or more...	1.5% of the lowest responsive bid, with no dollar limit

Chestnuts Roasting on an Open Fire...

By Angela Benedict, Air Quality Program Manager

Kind of gives me warm fuzzys thinking about that. Drinking hot cocoa on a cold night..snuggling with your significant other and/or child(ren) under a blanket. Whoa! Wait! Did you say open fire? (#ruinedthemoment) Do you know what an open fire releases? Lots of particles: ash & dust. You know what else releases a lot of particles? FOOD. Yup, food! Cooking it, preparing it and eating it. Believe me, I'm not one to bash food but it really does put a lot into the air. It goes to the ole saying; if you can smell it, you are being exposed to it. I'm not even saying that it's all bad but if you are cooking up some frybread or frying up some fish then tiny particles of the oil get tossed into the air and into your lungs, on your clothes and everything in the home. Now these particles are very very tiny. How tiny are they? They are called PM2.5 (2.5 microns in diameter) and get very deep into your lungs and can cause damage or contribute to an asthma attack. Now you probably want to know how big a micron is. Well, a strand of hair is about 100 microns in diameter so take a piece of hair and slice it long ways into 40 strands each one of those strands will be 2.5 microns. So you see, very tiny.



You know what else gets airborne into small particles? Germs, especially from a sneeze. Did you know that a sneeze can travel up to 100 mph most are probably around 50 mph. If you know me, I sneeze like I mean it! Another thing you might not know is that one sneeze can travel as far as 30 feet away. That's why you should always cover your mouth when you sneeze and cough. It's pretty gross if you think about it.

How did I get from chestnuts to sneezing? I don't even know. But what I do know is that we need to try and minimize the exposure of particles from our homes. To do this we need to look at how we are being exposed. Is it cooking? Put a lid on it (or a mesh splatter guard.) Is it a cold or flu? Cover your mouth and nose when coughing or sneezing. Dust, dirt or salt from shoes? Take them off at the door. Whatever may be the cause of unwanted PM2.5 in your home, there are ways to combat it. Give us a call at the Air Program so we can work with you to find some ways to minimize it, (518) 358-5937.

So for now and the next seven generations let's stop the particles from getting into our indoor air and affecting our lungs.◇

Tribal Survey to Help Strengthen Kanienké:ha/Mohawk Language

By *Brendan White, Director of Communications*

The Saint Regis Mohawk Tribe's Historic Preservation Office has launched an online survey aimed at strengthening Kanien'keha (Mohawk language) in the Akwesasne community. The survey is being conducted online and gives individuals the opportunity to share their experiences and expectations to help improve how language classes are offered.

"The Mohawk language is a direct reflection of our cultural values and traditions," said Kanien'keha teacher, *Katsi'tsienhá:wi* Carole Ross. *Katsi'tsienhá:wi* noted, "Once our language disappears; or begins to disappear; our efforts to maintain cultural values that are intrinsically linked to our language become more difficult. Language is one thing that makes us distinct as Mohawk people."

In addition to providing annual financial support to the Akwesasne Freedom School, a Mohawk language immersion program founded in 1979, the Tribe has been offering a language learning lab instructed by *Katsi'tsienhá:wi*. The Mohawk language center has an easy-to-use Can 8[®] computerized language program and offers instruction for three levels of proficiency: Beginner, Intermediate and Advanced.

Individual language classes for beginners and intermediate; as well as for a combination of mixed speakers; are offered throughout the week on Mondays, Wednesdays and Fridays. Advanced speakers are encouraged to make appointments with *Katsi'tsienhá:wi* to

learn at their own convenience, with the language lab open for self-instruction for all level of speakers on Tuesdays and Thursdays from 8:00 a.m. to 4:00 p.m.



The Saint Regis Mohawk Tribe's Historic Preservation Office and Kanien'keha (Mohawk Language) teacher Katsi'tsienhá:wi Carole Ross are conducting an online survey to help make language instruction easier and more convenient for community members.

"The Tribe has entrusted the Historic Preservation Office with protecting, preserving and maintaining our *Kanien'keha* (Mohawk Language) language within the community and the workplace," said Program Manager Arnold Printup. He noted, "We continue to welcome any community members or employees interested in learning the language for free however, with the low participation rate we are asking for the community's help to see how we can better accommodate and improve how classes are offered."

For the next two months, until December 19th, the Historic Preservation Office is asking for community members' assistance in completing a short online survey, which can be accessed from the Tribe's website at www.srmt-nsn.gov. The questions range from 11 to 23—depending on interest in learning the language, as well as the ability to provide comments on how instruction can be improved. The survey only takes seven minutes to complete.

For more information or to join a language class, please call *Katsi'tsienhá:wi* Carole Ross at (518) 358-2272 or stop by the Language Lab located in the lobby of the Community Building. ◊

Saint Regis Mohawk Tribal Council

Federal Lobbying Report

January 2016 - September 2016

The Saint Regis Mohawk Tribal Council has been advancing the Tribe's legislative priorities before the U.S. Congress and federal agencies. The Tribe's priorities include: the right of Mohawks to cross the international border in accordance with the Jay Treaty, loan forgiveness for Native teachers, support for FDA's approval of Heberprot-P to treat diabetic ulcers, and environmental contamination from General Motors, Alcoa and Reynolds.

The Tribal Council advocated the above priorities in meetings with Congressional members and their staff; as well as participated in political events and gatherings organized by the National Indian Gaming Association, United South and Eastern Tribes, National Congress of American Indians, and the Native American Finance Officers Association.

1. Border Crossing Rights

The Saint Regis Mohawk Tribal Council met with 21 Congressman, four Senators, and three House Committees and federal staffers to discuss the international border, specifically the requirement of border agents to have tribal members prove they possess 50-percent blood quantum. Tribal Council advocated for a technical amendment to the Immigration and Nationality Act to recognize right of American Indians born in Canada or the United States to pass the border without having to prove blood quantum.



Tribal Chief Ron LaFrance called attention to the seriousness of Akwesasne's environmental concerns at National Congress of American Indian's Mid-Year Conference in Spokane, Washington.

On June 8th, Congressman Derek Kilmer (D-WA), Congresswoman Suzan DelBene (D-WA) and Congresswoman Elise Stefanik (R-NY) introduced the technical amendment in H.R. 5412, a bipartisan bill that recognizes the right of American Indians to pass the border who are members, or eligible to be members, of a federally recognized tribe in the U.S. or Canada. Senator Schumer announced his office will introduce similar legislation during the 115th Congress.

2. Native Teacher Loan Forgiveness

During the National Congress of American Indian's Winter Executive Council Session, Tribal Council met with Senator Elizabeth Warren (D-MA), Senator Cory Gardner (R-CO) and Congressman Scott Tipton (R-CO) to express support for H.R. 386 (American Indian Teacher Loan Forgiveness Act of 2015) and S. 1928 (Native Educator Support and Training Act).

3. FDA Approval of Heberprot-P

Tribal Council met with staff of Congresswoman Barbara Lee (D-CA) to discuss her past efforts to approve Heberprot-P, a treatment developed in Cuba for diabetic ulcers. In 2013, Congresswoman Lee wrote a letter to U.S. Treasury Secretary Lew, with 111 Democratic signatures, requesting approval for the drug. The Congresswoman is still interested in making the drug available in the U.S. and sent a "Dear Colleague" letter to generate congressional support.

Tribal Council had dialogue with the pharmaceutical company spearheading efforts to get FDA approval of the drug and signed a letter of intent, which will require the Upstate Medical Center in Syracuse, NY to be one of the clinical trial facilities to ensure tribal members participate.

4. Environmental Justice and Superfund Sites

Tribal Council continues to voice the lack of accountability and environmental responsibility by General Motors, Alcoa, and Reynolds; which has resulted in three Superfund Sites and chronic illnesses in Akwesasne; such as diabetes, thyroid disorders, asthma, arthritis, autoimmune disease, heart disease and cancer.

Congressional Roundtable on Environmental Justice

Tribal Council worked with Congressman Ruiz's Office to convene a congressional roundtable on environmental justice in Indian Country on June 14th that was attended by: Congressman Ruiz, Congressman Raul Grijalva (D-AZ), Congressman Patrick Murphy (D-FL), Congressman Mark Takano (D-CA), Senior Administrative Counsel at Earth Justice Lisa Evans, Saint Regis Mohawk Tribe, Miccosukee Tribe of Indians, Puyallup Tribe of Indians, Ponca Tribe of Nebraska, Red Lake Band of Chippewa Indians, and Navajo Nation. Discussions focused on ways to overcome challenges with environmental mitigation and to raise awareness on industrial development's impact on tribal communities.

Codifying Consultation

During the June 14th congressional roundtable, Congressman Grijalva spoke about H.R. 5379, the RESPECT Act that aims to codify procedures for effective consultation by federal agencies with

tribes. Tribal Council shared that current environmental cleanups are insufficient and, despite active engagement with the EPA, the Tribe's recommendations have been disregarded.

Government Accountability Office Investigative Report

On September 8th, Congressman Ruiz, Congressman Grijalva and 23 Democratic congressional members requested the U.S. Governmental Accountability Office to issue an investigative report on tribal consultation policies, adequacy of superfund mitigation efforts on or near tribal communities, and effectiveness of programs and policies in protecting tribal lands and resources.

National Congress of American Indians

At the NCAI Mid-Year Conference, Tribal Council spoke about the impacts of pollution on the health of the Akwesasne people before EPA's Principal Deputy Assistant Administrator Jane Nishida and American Indian Environmental Director JoAnn Chase. Tribal Chief LaFrance called attention to the seriousness of the Tribe's concerns, stating, "We are here talking about endangered caribou and fish, but what about endangered healthy Mohawk babies?" Tribal Chief

Eric Thompson shared his own experience growing up near General Motors and questioned EPA's mission, as a multibillion dollar company hid behind bankruptcy to get away with pollution.

Tribal Council actively engages in government-to-government consultation through a federal lobbying strategy developed in collaboration with James Meggesto, Partner of Holland & Knight, LLP and an enrolled member of Onondaga; and Kayla Gebeck, Public Affairs Advisor from the Red Lake Band of Chippewa Indians. For the full report of the Saint Regis Mohawk Tribe's federal lobbying efforts please visit the Tribe's website at www.srmt-nsn.gov. ♦



Tribal Chiefs Beverly Cook and Eric Thompson collaborated with U.S. Congressman Ruiz (center) to convene an congressional roundtable on environmental justice in Indian Country.

Á:se Tsi Tewá:ton Experience

By Amberdawn Lafrance, ACR Office Manager

The Akwesasne Cultural Restoration (ACR) Program held their third *Á:se Tsi Tewá:ton Experience* event on *Seskehkó:wal* September 16-17, 2016 at the Akwesasne Freedom School Garden Site. The event began with an invitation to students in local immersion school's grades 5/6 and to the *Tsi Tetewatatkens* Seniors Program to attend a series of demonstrations featuring *Kanien'ê:ha* speakers and elders.

Students participated in an assortment of hands-on activities; such as planting, skinning muskrat, tea tasting, singing seed songs, and cleaning fish for food. The seniors were given tours of the grounds and gardens, blue corn muffins, tea sampling, cooked fish, and a special presentation about the importance of bees. All of these teachings were presented in *Kanien'ké:ha*.

"I send a big *Niawen:kówa* to all of you for a great afternoon," remarked Emily Tarbell, Events Coordinator for The Office for the Aging. She noted, "The elders really enjoyed their time with you. They raved all the way home! I'm hoping we can continue this great working relationship in the areas of medicine plants and language. These are interest areas expressed by the elders at the recent public hearing and who better than ACR to provide this in an interesting, useful and practical way."

The second day kicked off with the *Ohénton Kariwahtékwen* and words of welcome from ACR Program Manager *Katénies* Barbara Tarbell. Throughout the day, visitors experienced cultural teachings in each of the program areas. There were demonstrations in hunting and trapping on how to clean, skin, and flesh beavers and muskrat. There were also demonstrations from the medicines and healing

category on how to make various types of traditional teas, sweat lodge teachings, and a workshop on how to make fire cider for cough and colds.

The Fishing and river use apprentices demonstrated fish cleaning, net tying, and smoking fish in a homemade wooden smoker. With the horticulture and traditional foods category, participants learned how to braid corn for drying and listened to a presentation about bee keeping, harvesting honey, and the healing properties of bees and their products.



Ratsikó:ia'ks (Eric Sunday-Johnson) demonstrates fish cleaning to students.

Next year will be the last *Á:se Tsi Tewá:ton Experience* for the current group of apprentices, as they are coming to the end of their four-year apprenticeship with the Akwesasne Cultural Restoration Program. During their final year, they will be learning as much as they can about their chosen categories and will increase their involvement in community events and workshops.

Niawenkó:wa to everyone who was able to attend this years' events and *niá:wen* to everyone who helped make our event a huge success: Kenny Perkins, Communications Department, A & J Embroidery, Jock's Sanitation, Tribal Maintenance Department, Generations Park, CKON Radio, Indian Time Newspaper, Abe Gray, Akwesasne Freedom School, Akwesasne Mini Mart, and all the staff of ACR.

If you have information and knowledge to share about hunting, trapping, medicinal plants, traditional healing, planting, traditional foods, fishing, rivers, Akwesasne history, or *Kanien'ké:ha* please contact Amberdawn at (518) 333-0222. We would love to talk and learn from you. ♦

Program Snapshot: HIP

By Brendan White, Director of Communications

The Saint Regis Mohawk Tribe's Housing Improvement Program (HIP) has been busy the last few months helping community members get ready for the upcoming winter season. The program's crew has been working hard on weatherizing homes or making necessary improvements to low-income households.

Overseen by the Tribe's Division of Community and Family Services, HIP was developed to provide home repair assistance to tribal members residing on the southern portion of the Akwesasne community. The program helps tribal households with needed repairs and renovations to improve quality of life and address any safety issues. Emergency situations are also considered on a case-by-case basis.

HIP is comprised of a program manager, administrative assistant, foreman and seven carpenters who helped 254 community members in 2016 with 191 emergency repairs, 23 furnace replacements, two new homes and 40 approved improvements. The number of community members has increased by nearly 50 percent since 2013, when 172 were helped.

"The Housing Improvement Program was implemented to help low-income households in need of assistance — when there are no other housing services available," said HIP Program Manager Rod Garrow. He added, "Our goal is to ensure community members have a safe household for their families."

The emphasis of HIP is to assist

elderly, low-income families and disabled tribal members with home repairs and weatherization, building handicap-accessible ramps and construction of one home each year to replace a household that has been deemed inhabitable. It is a program funded by the Tribal General Fund, with some funding from the Bureau of Indian Affairs through their application process.



Housing Improvement Program's carpenters (from left) Henry Arquette, Calvin Leaf, and Ernie Cree are one of two crews helping to ready homes for the winter season.



Left: HIP carpenter Mike Cree hangs siding on a trailer, following the installation of new windows and doors. Right: HIP carpenter Ron Lazore snips siding to fit on a low-income home that qualified for improvements.



"The purpose of this safety net program is to provide assistance to families who have limited resources or who are otherwise unable to obtain help from other housing programs," said Community and Family Services Director Jamie Bay. He noted, "The majority of work performed by HIP workers are emergency repairs and needed weatherization of homes."

To be eligible for services, an individual must be an enrolled member of the Saint Regis Mohawk Tribe, reside in the southern portion of the Territory, reside in the home for a minimum of six months, have exhausted other means of assistance, and own the home they occupy. Applicants must also meet established income guidelines. Rental properties are not eligible for services.

For more information or a housing repair application, please contact HIP Administrative Assistant Sandra Benedict at (518) 358-2272 ext. 2170, or stop by the HIP Office located in the lower-level of the Community Building at 412 State Route 37 in Akwesasne. ♦

Removing Hogansburg Dam

Restoring Nature and Culture in Upstate New York

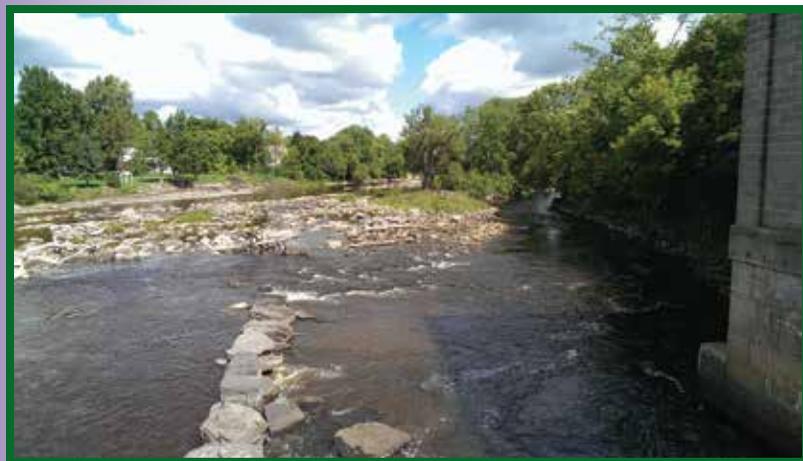
By Meagan Racey, US Fish & Wildlife Service

Near the mouth of the St. Regis River in Franklin County, New York, are the final remnants of the Hogansburg Hydroelectric Dam.

The 330-foot-long dam blocked migrating fish and hindered a way of life for over 85 years. The dam neighbors the Saint Regis Mohawk reservation, also known as Akwesasne, and is part of the Tribe's decades old boundary claim. Talk among stakeholders about decommissioning the Hogansburg Hydroelectric Project, owned by Brookfield Renewable Energy, began in the early stages of Federal Energy Regulatory Commission, aka FERC, relicensing nearly five years ago.

Here's what you should know:

Hogansburg is the first hydroelectric dam in New York State to be fully removed. Plus, the Saint Regis Mohawk Tribe is the first Tribe in the U.S. to remove a FERC-licensed hydroelectric dam!



Check out the rapid changes to the St. Regis River even after just removing the west side of Hogansburg Hydroelectric Dam. More like a river, less like a lake!

Hogansburg Dam has been the site for various mills and dams since 1762, with the initial construction of the Hogansburg Hydroelectric Dam we know today in 1929. The project underwent a thorough review in 2015, when FERC needed to begin the project's relicensing process. For Brookfield, relicensing would mean costly mechanical and environmental work. Our agency, along with the New York State Department of Environmental Conservation, Trout Unlimited, and Saint Regis Mohawk Tribe, offered an alternative—decommission the dam in disrepair. The Tribe took the lead, ultimately returning project lands to the Mohawk people. FERC issued a decommissioning order in June 2016, followed two months later by removal that is now near completion.

The removal of Hogansburg Dam has reconnected nearly 275 miles of main stem and tributary habitat for migratory fish.

Removing Hogansburg Dam, the first dam on the St. Regis River, will re-establish the river's direct connection to the St. Lawrence River. For nearly a century, the dam has blocked this important stream habitat to fish migrating from the St. Lawrence River within the St. Regis watershed. The key fish that will benefit from removal of the dam include the American eel (*Anguilla rostrata*), lake sturgeon (*Acipenser fulvescens*), Atlantic salmon (*Salmo salar*), and walleye (*Sander vitreus*).

Juvenile lake sturgeon is one of the species expected to benefit from the dam removal.



Removing Hogansburg Dam restores historic territory that has shaped the Mohawk peoples' way of life.

The Mohawk people of Akwesasne have a deeply rooted history in a subsistence lifestyle including hunting and fishing along the expansive network of rivers connecting the St. Lawrence River to the Adirondacks. This was changed when early settlers reshaped the network of tributaries for natural resource and hydroelectric power exploitation.

With funding from a variety of private and federal sources, the Saint Regis Mohawk Tribe was able to have a direct hand in the Hogansburg Dam removal and studying pre and post removal conditions. Decommissioning of the Hogansburg Project means the repatriation of land to the Tribe surrounding the river. Saint Regis Mohawk Tribe will continue working with other stakeholders to study changes following the dam removal.



Let the heavy machinery have at it!

This removed dam does not mean lost power.

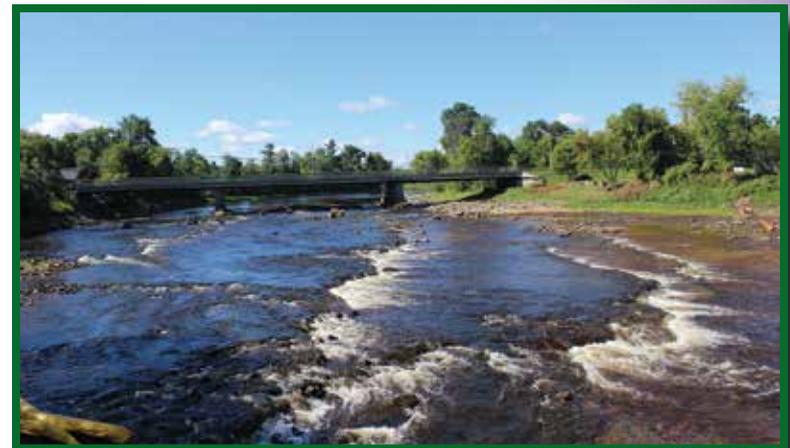
The poorly functioning Hogansburg Dam provided a miniscule amount of the power supplied for New York (if you want to be exact, 0.00058%). While the project could power 74 households per year in total, it was in need of significant resources to run, repair and upgrade the facility. In comparison, the much larger Moses-Saunders Power Dam on the St. Lawrence River matches Hogansburg's annual power output roughly every 30 minutes. The Moses-Saunders Power Dam produces more than enough electricity to light a city the size of Washington, D.C.!



*Removal uncovered wooden support beams from 1920's.
Photo courtesy of Marty Via.*

The removal of Hogansburg Dam is a stepping-stone toward future conservation.

While removing this dam does not restore the entire landscape, it is an important starting point toward meeting migratory fish restoration goals and restoring land for the Tribe. This is an opportunity for scientists, including our agency and the U.S. Geological Survey, to work with the Saint Regis Mohawk Tribe to monitor the success of the dam removal and future habitat enhancement. ◇



Looking upstream at the natural cascading rapids.

The Value of Water

Form Source to Tap - Think Conservation

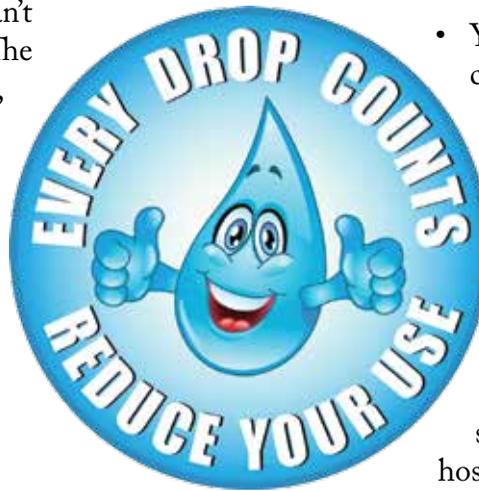
By Shawn Martin, Water Program Manager

Do you know how much water a family of four uses every day in the United States? Not 50 gallons, not 100 gallons, but 400 gallons! You could take up to 10 baths with that much water—but who would want to do that? Fortunately, there are many things we can do to save.

Did you know that less than 1% of all the water on Earth can be used by people? The rest is salt water (the kind you find in the ocean) or is permanently frozen and we can't drink it, wash with it or use it to water plants. The drought concerns in the west keep growing. We, in the East are not immune. Although the mighty St. Lawrence River is vast and appears to have plenty of water, stop and think ..what if? As the population grows, more and more people are using up this valuable and expensive to produce resource. Therefore, it is important that we use our water wisely and not waste it.

Here are a few reminders;

- Just by turning off the tap while you brush your teeth in the morning and before bedtime, you can save up to eight gallons of water! That adds up to more than 200 gallons of water.
- The same is true when you wash dishes. Turn off the tap! Scrape your dirty dishes into the trash—then put them in the dishwasher.
- Taking a shower uses much less water than filling up a bathtub. A shower only uses 10 to 25 gallons, while a bath takes up to 70 gallons! If you do take a bath, be sure to plug the drain right away and adjust the temperature as you fill the tub.



- To save even more water, keep your shower under five minutes long—try timing yourself with a clock next time you hop in!
- If your toilet has a leak, you could be wasting about 200 gallons of water every day. That would be like flushing your toilet more than 50 times for no reason! This in turn, directly affects how your leachfield works. If you are on a public collection system that is wastewater that has to be treated for no reason.

- You can test for leaks by placing a drop of food coloring in the toilet tank. If the color shows up in the bowl without flushing, you have a leak!
 - The best time to water your yard is in the early morning or late evening when it's cool outside. Watering when it's hot and sunny is wasteful because most of the water evaporates before the plants have time to drink it.
 - Washing your bike or car with a bucket and sponge instead of a hose saves a lot of water. A hose can waste six gallons per minute if you leave it running, but using a bucket and sponge only uses a few gallons!

Keep in mind that although the source water is currently plentiful, treating it and providing enough safe drinking water to you and your family costs money. To treat, pump, and maintain this valuable and essential service. On the other hand, it also costs money to treat and pump wastewater, the more that is wasted, the more money it costs.

REMINDER! Before the cold season arrives, please mark your water curb stop so that it is visible to those who plow driveways and all off road vehicles to prevent damage and accidental issues. ◇

Akwesasne Business Feature:

Buy Local Akwesasne

By Mary Lafrance, Economic Development Program Support Officer

The Akwesasne Chamber of Commerce is a growing force advocating for local businesses in Akwesasne. This year, the Saint Regis Mohawk Tribe (SRMT) through the Office of Economic Development (OED), along with the Mohawk Council of Akwesasne's (MCA) Department of Tehotiennawakon, have assisted the Akwesasne Chamber of Commerce in fulfilling their commitment to supporting local business through a series of community events.

The Akwesasne Business Expo is an opportunity for local businesses to showcase their products and services, and participate in business-to-business networking. This year, the Akwesasne Business Expo was hosted by the Akwesasne Chamber of Commerce, SRMT OED and MCA Tehotiennawakon on September 19th at the Former First American's IGA. The event held over 47 local businesses from automotive to telecommunications. High-speed internet for the day was sponsored by Mohawk Networks, LLC, and the décor was provided by Midnight Confetti Events. In addition to networking with each other, six local

partner organizations were on hand to provide information on trainings, funding and support services. The Expo also featured guest speakers on innovation and technology in business.

In celebrating the achievements of local businesses, the Akwesasne Chamber of Commerce held this year's Akwesasne Business Excellence Awards on October 7th at the Akwesasne Mohawk Casino Resort. The back tie event was presented by Akwesasne TV's Akwesasne Review team: Amber McDonald, Benjamin Herne, Ryan

King and Anthony Tillman. The turtle shell plaques were handmade by local artist, Natasha Smoke-Santiago of *Storytellers House*. The night boasted an economic impact of \$20,000 in local spending that included advertising, set up, and hair and makeup.

As the Akwesasne Chamber of Commerce continues to grow their membership, so too will their ability to provide support services for local businesses and host events for the entire community to enjoy. For more information on becoming an Akwesasne Chamber of Commerce member, you may call (518) 333-2005 or email admin@akwesasnechamber.org. ♦



ABEA-161: Lynn Thompson of Akwesasne Mini Mart – Business Recognition Award; Valene Gray of Three Feathers Café – Woman Business of the Year; Casey Swamp of Swamp's Performance Automotive – Customer Service Award; Bonnie McDonald of Brass Horse on behalf of Dave Mainville – Good Citizen Award; Jordan Thompson – Young Entrepreneur of the Year Award; April Lauzon of Twinleaf on behalf of Carey Terrance – Community Choice Award; Nii Perkins of Nii Perkins Designs – Arts and Business Award; and Brittany Skidders of Express Gas on behalf of Roy Delormier – Entrepreneur of the Year Award. Photo courtesy of Jessica Sargent of Ink & Paper Photo.

Tribal Council Resolutions (TCRs)

Ohiarihkó:wa/July 1 - Kentónha/October 19, 2016

Tribal Council Resolutions are the recorded decisions of the Saint Regis Mohawk Tribal Council on matters requiring a formal expression of such decisions. Some examples include; but are not limited to; adoption and amendment of tribal ordinances or laws that do not require referendum vote, approval of grant applications, appointment of Administrators of estates and conduct of day-to-day tribal business operations requiring a written record of Tribal Council approval. (Source: Tribal Procedures Act, adopted by referendum, Ohiari:ha/ June 1, 2013.)

TCR # 2016-43 - Resolution to re-appoint Kurt Fetter to the Judicial Oversight Commission

TCR # 2016-44 - Resolution to appoint Administrator to the Estate of Community Member

TCR # 2016-45 - Resolution to appoint Dwight Terrance to the Te Wá Tha Hón:Ni Corporation Board of Directors

TCR # 2016-46 - Resolution to appoint Michele Mitchell as Chief Judge to the Tribal Court of Appeals

TCR # 2016-47 - Resolution to approve drawdown activities agreement with Erie Boulevard Hydropower as part of Hogansburg Dam Decommission

TCR # 2016-48 - Resolution to award contract for Planning and Infrastructure Building Construction

TCR # 2016-49 - Resolution concerning the Hogansburg Dam license, acquisition and decommissioning activities

TCR # 2016-50 - Resolution authorizing the issuance, execution, sale and delivery of the Tribe's general obligation bonds (Planning and Infrastructure), series 2016 in an aggregate principal amount not to exceed \$1,650,000 and the execution and delivery of related documents

TCR # 2016-51 - Resolution concerning the second amended and restated asset transfer agreement to acquire the Hogansburg Dam

TCR # 2016-52 - Resolution to recognize the United Nations International Day of Peace

TCR # 2016-53 - Resolution to appoint Administrator to the Estate of Community Member

TCR # 2016-54 - Resolution to appoint Administrator to the Estate of Community Member

TCR # 2016-55 - Resolution to appoint Administrator to the Estate of Community Member

TCR # 2016-56 - Resolution to appoint Administrator to the Estate of Community Member

TCR # 2016-57 - Resolution authorize SRMHS to seek funds from the U.S. Department of Health and Human Services

TCR # 2016-58 - Resolution to approve the Environment Division funding application to the BIA Invasive and Noxious Weed Control Program

TCR # 2016-59 - Resolution to finalize and implement final settlement of the fiscal years 2012 and 2013 Contract Support Cost Claims

TCR # 2016-60 - Resolution to appoint Karla General as Associate Justice to the Tribal Court of Appeals

TCR # 2016-61 - Resolution to appoint co-Administrators to the Estate of Community Member

TCR # 2016-62 - Resolution to request the Secretary of Department of the Interior/BIA Eastern Region to authorize USET to enter into self-determination contract(s) and administer on behalf of the SRMT

TCR # 2016-63 - Resolution to seek funding under the Low Income Home Energy Assistance Program

TCR # 2016-64 - Resolution to support the Standing Rock Sioux Tribe in their opposition to the DAPL

TCR # 2016-65 - Resolution to appoint Administrator to the Estate of Community Member

TCR # 2016-66 - Resolution to appoint Administrator to the Estate of Community Member

TCR # 2016-67 - Resolution to adopt the Water Quality Standards

TCR # 2016-68 - Resolution to amend the Election and Referendum Ordinance

TCR # 2016-69 - Resolution to re-appoint Barbara Lazore to the Akwesasne Housing Authority Commission

TCR # 2016-70 - Resolution to re-appoint Lois Terrance to the Akwesasne Housing Authority Commission

TCR # 2016-71 - Resolution to approve the application of the Tribal Uniform Fire Prevention and Building Code Act Regarding Specific Projects in 2016

TCR # 2016-72 - Resolution to rescind Mohawk Preference Policy TCR 2007-36 and adopt Native Preference Sliding Scale

TCR # 2016-73 - Resolution to appoint members to the Election Board

TCR # 2016-74 - Resolution to appoint Administrator to the Estate of Community Member

TCR # 2016-75 - Resolution to approve the Akwesasne Housing Authority 2017 Indian Housing Plan

TCR # 2016-76 - Resolution to renew membership with the National Congress of American Indians

TCR # 2016-77 - Resolution to amend the Election and Referendum Ordinance

TCR # 2016-78 - Resolution for Tribal Referendum on the exploration of Medical Marijuana and Industrial Hemp

TCR # 2016-79 - Resolution to appoint Administrator to the Estate of Community Member

TCR # 2016-80 - Resolution to appoint Administrator to the Estate of Community Member

TCR # 2016-81 - Resolution to authorize Office for the Aging participation in Title VI Parts A and C

TCR # 2016-82 - Resolution to adopt Native American Preference Policy ◇

*On behalf of Saint Regis Mohawk Tribal Council, Administration
and employees, we wish you...*

*Tekwanonhwerá:ton ts Rotón:ni tanon Ohseráse
Merry Christmas and Happy New Year.*



Tribal Monthly Meetings

Seskehkó:wa/September 10, 2016
Chairperson: Tribal Chief Beverly Cook

Agenda

1. Introduction
 - Welcome - Chairperson
 - Reading of Action Items - Tribal Clerk
 2. Heating Assistance & Furnace Maintenance Program
 3. Capital Projects Update
 4. Update on Washington D.C. / Standing Rock
 5. Update on Land Claims
 6. New Business
 7. Reading of Action Items - Tribal Clerk
 8. Adjournment
-

Follow-up Action Items from Seskéba/August Meeting

1. Request for a report from SRMT Environment on Invasive Aquatic Species in relation to the removal of the Hogansburg Dam.

Follow-up: Environment is working on this. Once completed, a report will be given.

2. Request for SRMHS to provide a number of patients who have chronic disease diagnoses and at least one qualified symptom in regards to the qualified diseases/symptoms by NYS Dept. of Health Commissioner to receive treatment with medical marijuana.

Follow-up: SRMHS is working on this. Once completed, a report will be given.

Kenténha//October 1, 2016
Chairperson: Tribal Chief Eric Thompson

Agenda

1. Call meeting to order
 2. Update - Summer Employment Program by Stephanie Cook
 3. Update - Emergency Planning by Sarah Lee Diabo
 4. Resolution - Referendum for exploration of Medical Marijuana and Industrial Hemp
 5. New Business
 6. Questions/comments from the floor
 7. Review of Action Items
 8. Adjournment
-

Follow-up Action Items from Seskehkó:wa/September Meeting

1. Request to assist community member with issue of Amish burning near their property.

Follow-up: Sub-Chief Conners contacted the County and gave the community member the County's environmental personnel contact information to assist with the issue.

2. Request for Tribal Council to look into banning the promotion of cigarettes/alcohol on billboards in Akwesasne.

Follow-up: Per Office of General Counsel, the Tribal Council would have to implement zoning and a ban would infringe on freedom of speech. The Akwesasne Youth Council was requested to send letters with the concern to the billboard owners.

Action Items from Kenténha/October Meeting

1. Request for status update on the meetings regarding the drug epidemic in the community.
2. Request to look into solution/waivers for the local furnace cleaning companies regarding the requirement for insurance.

Calendar

Kentenbkó:wa/November 2016

- 2 - Seniors Monthly Benefit Public Meeting #1 - 5:00 p.m. - Community Building lobby
- 5 - Tribal Monthly Meeting - 10:00 a.m. - Lobby
- 8 - Social Security - 1:30 to 3:30 p.m. - Tribal Clerk's Office
- 9 - Police Commission - 3:00 p.m. - Executive Boardroom
- 11 - Veteran's Day holiday - All Tribal offices closed
- 12 - 5th Annual Akwesasne Recycling Day - 10:00 a.m. to 2:00 p.m. - SRMT Transfer Station
- 16 - Art Park Public Meeting - 6:00 p.m. - AHA
- 17 - Workshop on Rural Design - Akwesasne Design Challenge - Grand Mohawk Inn - 5:00 to 8:00 p.m.
- 18 - Workshop on Rural Design - Akwesasne Design Challenge - Grand Mohawk Inn - 1:00 to 4:00 p.m.

- 19 - Seniors Monthly Benefit Public Meeting #2 - 10:00 a.m. - Community Building lobby
- 24 - Thanksgiving holiday - All Tribal offices closed
- 25 - American Indian Heritage Day - All Tribal offices closed
- 28 - Seniors Monthly Benefit Public Meeting #3 - 5:00 p.m. - Community Building lobby

Tsiothóhrha/December 2016

- 3 - Referendum - 9:00 a.m. to 5:00 p.m. - Community Building Lobby
- 10 - Tribal Monthly Meeting - 10:00 a.m. - Lobby
- 13 - Social Security - 1:30 to 3:30 p.m. - Tribal Clerk's Office
- 14 - Police Commission - 3:00 p.m. - Executive Boardroom
- 25 - Christmas Day holiday - All Tribal offices closed
- Wednesdays - Tribal Council Work Session - 9:00 a.m. - Executive Boardroom

New Faces

Kenneth Roy Arquette
Antionette L. Bigtree
Athena Chubb
Derek B. Comins
Kyle Justin Cooke
Dawn Delormier
Rickey J. Hamelin
Cecelia L. King
Ronald J. Lazore
Thomas John Lazore
Owen W. Leaf
Leslee J. Loran
Krystal Peters
Phillip Preston
Siera Thomas

Housing Improvement Program
Health Services - Nutrition
Health Services - Chronic Care Nursing
Law Enforcement - Tribal Police
Tribal Gaming
Facilities - Maintenance
Law Enforcement - Tribal Police
Office for the Aging
Home Improvement Program
Health Services - Partridge House
Housing Improvement Program
Education - Johnson O'Malley
Health Services - Nutrition
Health Services - Partridge House
Education - Johnson O'Malley

Carpenter
Registered Nurse
Home Health Aide
Dispatcher
Surveillance Operator
Custodian
Dispatcher
Cook Aide
Carpenter
Resident Aide
Construction Laborer
Education Specialist
Nutrition Assistant
Resident Aide
Education Specialist

Donations

September only: Community Events - \$ 2,200 Funerals - \$ 4,000 Sports - \$ 500 Cultural Development \$2,725

Health Services Update

From the Director's Office

By Michael Cook, Health Services Director

***I**s my medical information secure at Health Services?*

There have been recent social media posts that have implied our health staff does not follow HIPAA (confidentiality) guidelines and that we don't always show our community members the respect we deserve.

First, intentional breach of patient confidentiality is grounds for immediate termination and possible legal action. All staff are required to take confidentiality and security training on an annual basis. This training reminds our staff that the health information about you is personal and they are committed to protecting your health information. By law, we are required to maintain your privacy; inform you of our privacy practices regarding health information we collect and maintain about you. These are called the notice privacy practices; a pamphlet is distributed out to patients on a yearly basis by our patient registration staff.

Second, I constantly preach compassion and respect expecting all of our health staff to show the same to our community members.

I need to be made aware of any breaches of confidentiality and displays of perceived lack of respect. I assure you all notifications are investigated and appropriate action is taken.

Why am I being asked to bring in my medication containers?

Saint Regis Mohawk Health Services is asking all patients to bring in all of their medication to their next appointment. It is very important that our providers have an accurate and up-to-date record of all the medication that our patients take. We have also recently upgraded and changed our computer system and we want to make sure that all medication lists are accurate. This includes any medication that you have at home that you no longer take or that is outdated. It is dangerous to keep these medications around the home. You can put them in a Ziploc or paper bag and both the nurse and providers will go through all of them with you.

It is a good habit to bring your medication to every visit. This is especially true for people who have multiple medical problems and who are on many medications. We can all make sure that you are not on medication that may affect each other or that may duplicate each other's purpose. We also find that patients may get medications from the emergency room or referral physicians that do not make it into our system. Some of you may be happy to see that this may decrease the amount of medication that you or your loved one is taking. This new policy takes effect immediately. If you have any questions, please call us at (518) 358-3141.



Should I notify anybody if I use an emergency room or urgent care center?

Yes. Failure to do so could result in your bill not being covered. A reminder to everyone that if you go to an Emergency Room or Walk-In Clinic (either hospital based or private) you must contact the Health Services Clinic within 72-business hours of the actual visit. Your reported visit will be reviewed by the referral review committee for medical necessity determination. Please do not leave message, but report directly as there maybe questions that immediately need attention. The number to call is: (518)358-3141, extensions 7141, 7181, 7185.

Why am I limited to 30 days on my scripts when I know others are allowed up to 90?

We depend on your insurance coverage to supplement the ever increasing cost of keeping our pharmacy well stocked. Many of the insurances out there limit our reimbursement to 30 days. Joan, our pharmacist, will always attempt to get you a 90-day supply but it not always successful.

Why don't I get called for reminders of appointments or of test results sometimes?

Our staff is charged to make timely follow up contact with you especially in the case of test results that will require further follow up. Many times when we call, the number does not work, message box is full or simply no answer. Please make sure we have your current number when you check in for each visit to our facility. If you have not heard from us, give us a call.

As always, feel free to give me a call to let me know if you have concerns or to let me know of a positive experience you may have had with one of our many dedicated health staff.

Michael Cook, Health Services Director ◇



About Health Services

Location: 412 State Route 37,
Akwesasne, NY 13655

Hours: Weekdays 8:00 a.m. to 5:30 p.m.,
Saturdays 8:00 to 11:30 a.m.
Closed Sundays and major holidays

Contact: Phone: (518) 358-3141
Fax: (518) 358-6245

Director: Michael Cook
Assistant Director: Rob Cree

Programs:

Alcohol/Chemical Dependency Outpatient Program

Alcohol/Chemical Dependency Prevention Program

Business Office

Dental Clinic

Laboratory

Let's Get Healthy - Diabetes Center for Excellence

Medical Clinic

Mental Health - Kanikonri:ihne

Outreach Chronic Care Nursing

Partridge House

Pharmacy

School-Based Health Center

Nutrition

WIC

SRMTech Spot - Be Web Wise

By Austin Swamp, Technical Support

Stay current

Keep pace with new ways to stay safe online. Check trusted websites for the latest information, and share with friends, family, and colleagues and encourage them to be web wise.

Think before you act

Be wary of communications that implore you to act immediately, offer something that sounds too good to be true, or ask for personal information.

Back it up

Protect your valuable work, music, photos, and other digital information by making an electronic copy and storing it safely.



NY Connects and HIICAP

NY Connects is a trusted place where you can get the information and assistance you need to make informed decisions for the care you need. Long Term Care can include many services that will help people of all ages remain independent in their daily lives. Finding those services can be confusing. A child or an adult with a disability, an older adult, caregiver, family members, friends or neighbors and even helping professionals should reach out to our Information Coordinator, Alison Cooke, to discuss needed services.



New York State's HIICAP is a statewide network of Health Insurance Information, Counseling and Assistance Programs. HIICAP is the New York State SHIP that receives Federal Assistance from the Centers for Medicare and Medicaid Services (CMS) and the State of New York to educate the public about Medicare, Medicare Advantage plans and other health insurance issues. HIICAP provides free, accurate and objective information, counseling, assistance and advocacy on Medicare, private health insurance, and related health coverage plans. HIICAP helps people with Medicare, their representatives, or persons soon to be eligible for Medicare.

HIICAP also provides information on low income programs such as the Elderly Pharmaceutical Insurance Coverage (EPIC) Program, Medicare Savings Programs, "Extra Help" prescription assistance and pharmacy discount programs. New York State has a number of programs for those with low incomes that make it easier to afford health care. These programs may pay part of your monthly costs, offer discounts or provide full medical coverage.

If you have any questions or would like to schedule an appointment, call the Office for the Aging Information Coordinator Alison Cooke by calling (518)358-2963 ext. 108. The office is located at the Saint Regis Mohawk Tribe's Office for the Aging, 29 Business Park Road, Akwesasne, NY 13655. Office hours are Monday through Friday from 8:00 a.m. to 4:00 p.m., closed on federal holidays and the last Friday of every month. ◇

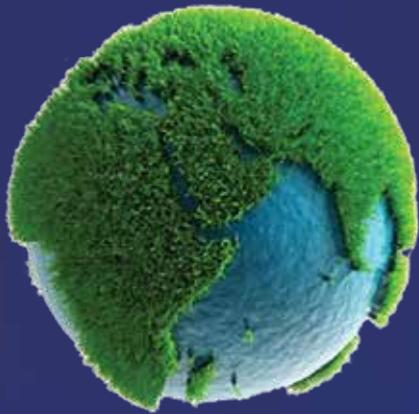
Kawenni:ios "Good Words" is published bi-monthly. Subscriptions are available in print or digital versions.

Saint Regis Mohawk Tribe
Communications Department
412 State Route 37, Akwesasne, NY 13655
(518) 358-2272
communications@srmt-nsn.gov
www.srmt-nsn.gov

Connect with us...



Brendan White, Director/Editor
Aimée Benedict, Publications Manager
Alyson Thompson, Production Assistant



5th Annual Akwesasne Recycling Day

Saturday, Kentenhkó:wa/November 12, 2016

10:00 a.m to 2:00 p.m.

at the SRMT Transfer Station

179 County Route 43, Ft. Covington, NY

Come and learn how making the right choices with our waste not only benefit the community but also the animals and the environment.

Benefits of Attending Akwesasne Recycling Day:

- » Facility tours
- » Recycling and composting demonstrations
- » Adirondack Wildlife Refuge animal showcase
- » Free lunch
- » Door prizes

Free Disposal of the Following Items:

- » Electronic waste
- » Household recyclables
- » Batteries - every type
- » Scrap metal - washers and dryers
- » Freon containing scrap metal - fridges, freezers, air conditioners, dehumidifiers and water coolers



For more information please call: Transfer Station at (518) 358-4632 or Recycling Coordinator (518) 358-4529

REFERENDUM

Saturday, December 3, 2016, 9:00 a.m. to 5:00 p.m. - Community Building Lobby

Question #1: Should the Saint Regis Mohawk Tribe explore options to legalize, license and regulate the cultivation, production and distribution of MEDICAL MARIJUANA?

Question #2: Should the Saint Regis Mohawk Tribe explore options to legalize, license and regulate the cultivation, production and distribution of INDUSTRIAL HEMP?

Question #3: Do you support a \$200 monthly benefit be paid to tribally enrolled American resident Elders 62 years old and older within the 15 mile radius, which is the established guidelines of the SRMT, for achieving and/or maintaining financial stability for their health, education and welfare?

Absentee ballots can be obtained by contacting the Tribal Clerk's Office and must be returned no later than Saturday, December 3, 2016 by 12:00 noon.

Walk-in voting takes place on Tuesday, November 29th and Wednesday, November 30th from 6:00 to 9:00 p.m. in the Community Building lobby.

Voters who are home-bound may request home voting by

contacting Election Board member Hope Wheelock at (518) 358-9439. In-home voting will be held on Friday, December 2nd from 9:00 a.m. to 5:00 p.m.

Voters will sign in and present their Tribal enrollment card or valid photo identification prior to receiving their ballots and put their enrollment number next to their name. Anyone unsure of their voting eligibility should check with the Tribal Clerk's Office at (518) 358-2272 prior to 4:00 p.m., December 2, 2016. ◇



Saint Regis Mohawk Tribe
412 State Route 37
Akwesasne, NY 13655

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POSTAL PATRON

On the Cover: The Saint Regis Mohawk Tribe's Environment Division coordinated with federal and state partners to complete the first phase of the Hogansburg Dam's successful removal -- the first FERC-licensed hydroelectric dam in the country to be removed by a Tribe. The dam's removal reconnects 275-miles of waterway for migrating fish and begins the next phase of habitat restoration and other tribal conservation efforts.