



Features

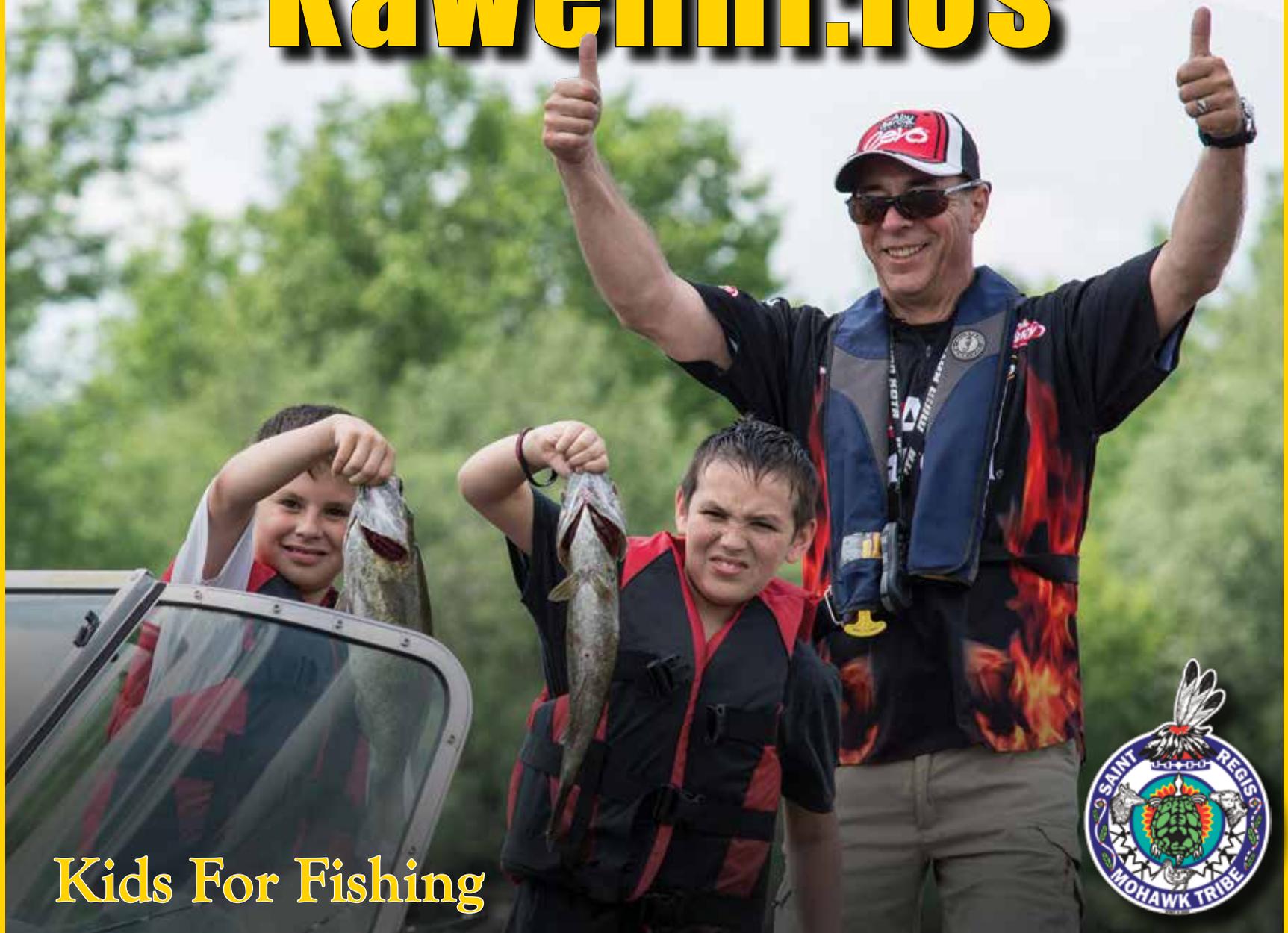
Elder's Electricity Assistance Pilot Project Successful

Tribal Members Appointed to Oversight Committees

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Kawennì:ios



Kids For Fishing



Good Words of Welcome



Shé:kon Sewakwekon,

It's my pleasure to extend my greetings to each and every one of you in this edition of *Kawennì:ios*. Tribal Council continues to be extremely busy into this spring season with the ongoing land claims discussions, monitoring the cleanup of the toxic waste dump at the GM superfund site, and oversight of Broadband development and Akwesasne TV. Council has been attending important conferences such as Native American Financer Officers Association (NAFOA) and United South & Eastern Tribes (USET) along with the National Indigenous Women's Resource Center's *Women are Sacred Conference*. We have also made a point of attending Tribal consultations on the Special Diabetes Program for Indians, Indian and Child Welfare Act (ICWA), and U.S. Environmental Protection Agency (EPA) activities, among others. We continue with our regular updates from our legal, education, administration, compliance, communications, CFO and our Environment divisions on a weekly basis.

Last fall, I was appointed by USET to the Tribal Leaders Diabetes Committee (TLDC) as a representative of the Nashville Area Tribes. You might remember I previously reported we were in jeopardy of losing a substantial portion of our funding for the Let's Get Healthy and Diabetes Prevention programs. You should

know that even though the Tribes from the Nashville area are smaller compared to the western tribes, our disease burden is one of the highest. Having a presence on the TLDC, along with our lobbying efforts in Washington, DC, have allowed us to put your best interests forward where it counts. I'm pleased to report that the government funding for the Special Diabetes Program for Indians (SDPI) has been reauthorized for 2016 and 2017. However, Congress did not increase the amount of funding allocated to the SDPI, so there still may be a slight reduction in the amount of money we receive. We don't yet know how our program will be impacted. With the collaboration and support of Heather Garrow Program Manager of the Diabetes Center for Excellence and our Health Director Mike Cook, the needs of our community were very strongly represented.

There are important initiatives being developed by our Division Directors that Council feels are consistent with our concern for the safety and wellbeing of our children and families. One example is the creation of a Child Advocacy Center that will help us provide a comprehensive response to child victims of abuse. In keeping with our efforts to protect our children, Danielle Lazore-Thompson Acting General Counsel, Haley Cree, our former ICWA Program

Manager and myself delivered verbal comments at the Tribal consultation on proposed regulations for state courts and agencies in Indian custody proceedings at the National Indian Child Welfare Act (NICWA) conference in April. Written comments were also submitted following the consultations.

We cover these issues at the monthly Tribal meetings and at the weekly public work sessions that are conducted on Wednesdays at 10:00 a.m. Attendance at the monthly meetings is consistent at about 30 people, more or less. I had hoped having meetings or forums at another location outside of the Tribal building would allow many more community members to attend. There have been forums scheduled at the Senior Center and the Diabetes Center of Excellence concerning drug paraphernalia, a detox center, and a dialysis center that were all poorly attended. The quarterly community consultations hosted by our Health Director and staff will be ongoing and I encourage our community members to attend if at all possible. We look forward to hearing your thoughts.

I offer words of gratitude to Chief Paul Thompson for his years of service to our people. He proudly represents his family and our community in all aspects of governmental work and political arenas, and never hesitates to act swiftly on behalf of community members

in need. We'll miss him along with our Tribal Clerk, Corleen Jackson-Jacco who had the impossible task of managing our affairs with limited space and staff, but always did her best to handle it. We wish them both well as they move into future endeavors.

To the successful candidates for Chief, Eric Thompson; Sub-Chief, Cheryl Jacob; and Tribal Clerk, Betty Roundpoint I offer congratulations and welcome you into your roles of service to the people. I also acknowledge the candidates who also stood up and took on the challenge of running for office. It's hard work and demands sacrifice on your part as well as your families. Even though you were not selected, know that your intentions to help your community are greatly appreciated.

As we move through this particularly stressful few months, on behalf of Tribal Council and our staff, we extend our heartfelt condolences to all who have suffered the loss of a loved one. Our community suffers together, yet continues to march forward while we are still mourning. Please be kind to yourselves and know our hearts are with you.

Tribal Chief Beverly Cook



You are cordially invited to attend the Swearing-In Celebration for Tribal Chief Eric Thompson, Tribal Sub-Chief Cheryl Jacobs and Tribal Clerk Betty Roundpoint.

BBQ lunch to be served. Wednesday July 1, 2015 at 11:00 a.m.

Former First Americans IGA, 850 State Route 37, Akwesasne

(518) 358-2272, communications@srmt-nsn.gov

First Elder's Electricity Assistance Pilot Project Successfully Concludes

News Release (Excerpt)

The Saint Regis Mohawk Tribal Council is proud to announce the successful conclusion of the Elders Electricity Assistance Pilot Project administered from April 2015 to June 2015. The Tribal Council also expresses its appreciation to tribal staff who worked to locate financial resources and help 214 tribal seniors aged 70 years or over with their electric bills or rental assistance. They provided seventy-five dollars (\$75) for each of the three months to help alleviate the financial stress on tribal elders.

"We are pleased with everyone's combined efforts that contributed to the success of the Elder's Electricity Assistance Pilot Project," stated Tribal Chief Beverly Cook. "It has been our pleasure to make this possible and we continue to appreciate the positive comments from tribal seniors who have received the financial assistance."

Tribal Council, Compliance, Tribal Administration and the Tribe's Chief Financial Officer worked as a team during a time of fiscal constraint to identify and provide indirect financial support to tribal elders, while being fiscally responsible to tribal program and the protection of community interests.

"The pilot project has been on our radar ever since the Tribe partnered with CITGO and offered to conduct home energy assessments in many elder's homes. They indicated a need to assist with energy saving appliances or help with the rising cost of electricity," stated Director of Compliance Elliott Lazore.

The Compliance Department remitted the amount of \$75 to the utility company for a qualified individual's electricity bill or, for

tribal seniors who reside in rental units where electricity is included; the monetary assistance was applied to their rental fees.

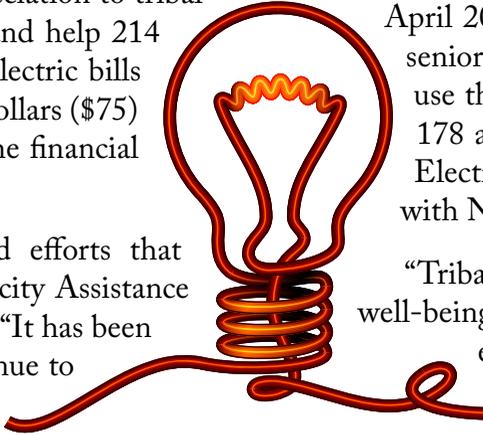
The response and results from the initial disbursement in April 2015 indicated that the majority of the 214 tribal seniors who benefited from the pilot project chose to use the financial assistance for their electric bills; with 178 applied toward National Grid, nine for Massena Electric, 26 for Sunrise Acres rental assistance, and one with NYSEG.

"Tribal Council is always looking at ways to improve the well-being for all of our community members. We hold our elders in high regards and it has been our pleasure to help them during a time of high electricity costs," stated Tribal Chief Ron LaFrance. "We are pleased that our Compliance structure worked and was able to generate the funds needed to help our tribal seniors."

"On behalf of the Tribe and our elders, we thank the tribally licensed and compliant businesses for helping to make the Elder's Electricity Assistance Pilot Project possible," remarked Tribal Chief Paul Thompson. He further stated, "We extend our appreciation for working in cooperation with our Compliance

Department and for providing the licensing fees needed to help our older tribal members who are most in need."

The Tribal Council is grateful, once again, for being able to provide financial assistance to tribal elders to help with their electricity or rental bills. They intend to re-evaluate and, hopefully, expand, the pilot project in the near future to help more of the community's elders. ♦



"The Tribe is helping our seniors by providing fuel assistance and now helping with our electricity bills. The assistance has been wonderful and it has made a huge difference for our fixed incomes. We appreciate whatever tribal assistance we can get."

Elder Barbara Lazore

Community Engagement:

Tribal Members Appointed to Oversight Committees

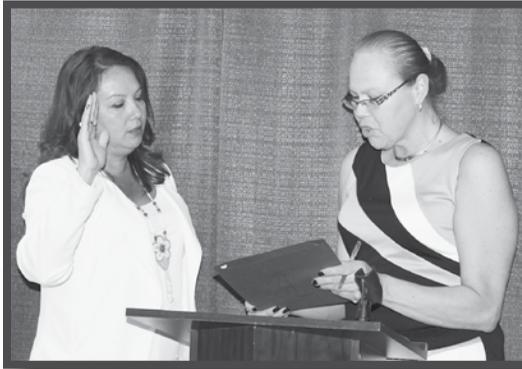
By Brendan White, Communications Director

The Saint Regis Mohawk Tribal Council has the responsibility to provide for the health, safety and well-being of tribal members, as well as for guests and other visitors to the Territory of Akwesasne. To assist them in fulfilling this duty, Tribal Council enlists the help of qualified and experienced tribal members who are appointed to assorted boards, commissions, committees and tribunals. Together, tribal committees provide independent

oversight on a variety of important community matters; such as housing, elections, land disputes, gaming, law enforcement, and other key areas.

Below are recent appointments of tribal members to the following oversight committees: Land Dispute Tribunal, Election Board and Police Commission.

Rena Smoke (left) received her oath on May 27, 2015 from Tribal Clerk Corleen Jackson-Jacco following her appointment to the Police Commission. She joins the five-member commission and their role overseeing the Saint Regis Mohawk Tribal Police Department and supervision of the Chief-of-Police.



Alma Ransom, Paul Boots and Rose-Alma Mc Donald received their oath prior to becoming Land Dispute Tribunal Alternates on May 27, 2015.

Alternates are appointed to a five-year term and serve on the Tribunal during the duration of a particular dispute in the event of a conflict of interest with one of the Tribunal members.



Kyrie Ransom (bottom right) was appointed to the Land Dispute Tribunal to assist the five-member committee in providing a fair and equitable procedure for resolving land disputes within the jurisdiction of the Saint Regis Mohawk Tribe. Bryan Garrow (bottom left) was appointed to the Election Board to ensure, direct and manage the security and integrity of caucus, elections and referendums in accordance with the Election and Referendum Ordinance. Both received their oath on April 24, 2015 and were joined by (top, from left) Tribal Sub-Chief Shelley Jacobs, Tribal Chief Ron Lafrance, Tribal Sub-Chief Michael Conners and Tribal Clerk Corleen Jackson-Jacco. ◇

Community & Family Services Donates to Hope Lodge

By Agnes "Sweets" Jacobs, HCBS Waiver Supervisor

On April 29, 2015, the staff and individuals we support gathered and caravanned to Burlington, Vermont to visit the American Cancer Society Hope Lodge. This served as a second home for one of our staff and his loved one, who recently battled cancer. It was a beautiful day for a road trip. The individuals who attend the Waiver Services Program at Family Support decided to give back by creating Hope Kits. All winter long, Family Support participants hand made 15 lap quilts for the kits. The quilts were made with beautiful colors, designs and some were even made with themes for children.

We love to go on road trips and this was certainly a special one. Hope Lodge offers free, temporary housing for cancer patients who are undergoing treatment and their families. But, this is more than just a place to stay. It is a home away from home. It offers a comfortable and supportive environment, full of encouragement and healing. Receiving the emotional and social support from other survivors and patients can be as important as getting the proper medical care. Hope Lodge offers the ability to share similar experiences supported by caring staff and volunteers. In fact, many of our fellow community members have called Hope Lodge home during their treatments.

It was amazing to see this unique place taking care of people during their darkest moments. Hope Lodge provides private rooms, cable television, phone with voice mail, alarm clocks, linens, free parking, transportation and is within walking distance to Fletcher Allen Health Care. The Lodge is staffed by employees and volunteers 24/7.



Six vehicles with individuals, staff and coolers filled with healthy and nutritious snacks and drinks at Hope Lodge

There is no maximum length of stay and no one ever receives a bill, although donations are always welcome. A washer, dryer and detergent is there for free use also. Each room has two twins or a queen-sized bed.

Cancer is a word no one wants to hear. The staff and participants of our program wanted to let those fighting this terrible disease that they aren't alone. The Hope Kits were filled with the quilt, a journal, pens, a toothbrush, toothpaste, mouthwash, candy, combs, lotion, a razor, reading material and a huggable teddy bear. A pamphlet was also placed in the designer bag to tell the person receiving the Hope kit who we are and what we do.

We finished the day by visiting Church Street in Burlington and enjoying a delicious meal. This wouldn't have been possible without the help of CKON's Radio Bingo. ◇

Environment Division, Chief LaFrance Receive Distinguished Award

New Import Permit Developed for Akwesasne Basketmakers

By Brendan White, Director of Communications

Congratulations to Saint Regis Mohawk Tribe Environment Division Director Ken Jock, Assistant Director Les Benedict and Tribal Chief Ron LaFrance on receiving the Northeastern New York Federal Executive Association Distinguished Federal Government Service Award!

During an informal gathering held on June 15, 2015 in the Tribal Council Boardroom; United States Department of Agriculture (USDA) Plant Protection and Quarantine Officer Thomas Colarusso presented the distinguished team award to Jock, Benedict and Chief LaFrance for their successful efforts to obtain federal authorization to import ash logs from Canada.

Black ash trees are historically and economically significant to Akwesasne, as they are widely used by traditional Mohawk basket makers. The previous federal permit requirement made it difficult to import black ash resources and greatly impacted an important cultural practice of the Akwesasne Mohawks.

In 2012, tribal leaders requested federal consultation on the import requirement and urged the development of a waiver process. Based on a long-

standing arrangement with the Algonquin Nation, efforts were undertaken to ensure that the harvesting and transportation of black ash logs was protected.

With the assistance of USDA PPQ State Health Director of New York Diane Hoffman and SRMT Environment Division staff, the creation of a pilot project was initiated that entails an

alternative import process. This resulted in the development of a general permit to import ash logs specifically for the Akwesasne community to use for traditional basket making.

Over the past months; tribal leaders along with Environment Division and USDA PPQ representatives met with the U.S. Department of Homeland Security's Customs and

Border Protection located in Massena, NY to clarify the new permit and ensure the continued importation of black ash logs.

Educational sessions are envisioned in the near future to assist local ash tree harvesters and the general communities to understand the new permit process, which includes Emerald Ash Borer detection measures to expedite the import process. ◇



Division Update:

Health Services: From the Director's Office

A reminder of hours of operations....

We are posting to continue every Saturday hours. We are experiencing declining usage and are considering cutting back on Saturdays. We will do our best to get the announcement out if we do cut back but to be sure we are open, please call before coming in.

Appointments for medical and dental are available from 8:00 a.m. to 5:30 p.m. daily.

The Pharmacy is open with the same hours as the Medical Clinic. We ask your patience, if you drop off (or call) a script after 5:00 p.m. and it can wait for the following business day, please let our pharmacy clerk know. As many of you have experienced, we get quite busy sometimes during that last hour of operations.

Michael Cook, Director



The Health Facility hours of operations are as follows:

Medical Clinic – 8:00 a.m. to 5:30 p.m. Monday to Friday and 8:00 a.m. to 11:30 a.m. on Saturday.
(Extension 110)

Pharmacy – 8:00 a.m. to 5:30 p.m. Monday to Friday and 8:00 a.m. to 11:30 a.m. on Saturday.
(Extension 470 to speak to a pharmacist,
Extension 450 to order prescriptions)

Dental Clinic – 8:00 a.m. to 6:00 p.m. Monday to Friday. (Extension 120)

We can be reached at (518) 358-3141

The Saint Regis Mohawk Health Services Dental Clinic was awarded the 2015 Nashville Area Best Overall Dental Program Award, Drs. Gulden and Park with the certificate in recognition of outstanding achievement in 2015, including the second highest review score ever recorded, the fifth highest GPRA performance, the second highest quality score and the best overall health promotion/disease prevention program in the area. ◇

Employee Profile:

Tribe Welcomes Three New Employees

By Brendan White, Director of Communications

The Saint Regis Mohawk Tribe is pleased to welcome three new employees to the organization: Jamie Bay, Natalie Hemlock and Mary Terrance. The three began employment with the Tribe as the Director of Community and Family Services, Corporate Compliance Officer and Recreation Coordinator; respectively.

Jamie Bay, Community and Family Services Director

As the Director of the Community and Family Services Division (CFS), Jamie will be overseeing the Tribal Vocational Rehabilitation, Family Support, the Three Sisters Program, and the Child Support Enforcement Unit. He has nearly 15 years of experience working in various positions within the Saint Regis Mohawk Tribe, as well as the Mohawk Council of Akwesasne (MCA). His first 11 years were with the Tribe in manager positions for the Intensive Preventive Program, Human Services Division and Tribal Administration. For the past three years, Jamie worked for MCA as the Government Support Manager. Along with his wife and two daughters, Jamie resides in the Akwesasne Mohawk Territory.

Natalie Hemlock, Corporate Compliance Officer

Natalie Hemlock oversees a team approach that promotes core values and a commitment to ensuring the integrity in all aspects of the organization, including professional



and business conduct. She previously served as the Seneca Nation Community Planning and Development Director and Vice-Chairman on the founding board of directors for the Seneca Gaming Corporation. Natalie also worked for seven years as the Special Assistant to the Chairman and Tribal Affairs Coordinator for the National Indian Gaming Commission. She attended Cornell University as an undergraduate and completed her graduate studies at Harvard University. Natalie (Wolf Clan) is from the Seneca Nation and currently resides in the Akwesasne Mohawk Territory.

Mary Terrance, Recreation Coordinator

In the position of Recreation Coordinator, Mary will be responsible for scheduling events, ensuring health and safety regulations are adhered to, that the complex is aesthetically pleasing, and, in the near future, running newly developed program and classes. She worked with the Tribe in 2003 in the Family Support Program before traveling and completing her education at SUNY Potsdam, where she graduated in 2006 with a B.A. in Psychology and Human & Society Services. From 2008 to 2013, she returned to the SRMT-Family Support Program and held various positions; including MSC, MSC Supervisor, and HCBS Waiver Supervisor. Mary also served for a brief time as the Health Promotion Specialist with the SRMT-Let's Get Healthy Program. ◇

Prevention of Early Childhood Caries

What Families Need to Know

By Dr. Joseph Park, Dental Director

The Saint Regis Mohawk Health Services Dental Clinic provides services for your entire family at every stage of development. Our professional team includes Dr. Joseph Park, Dr. Michael Guldán and Dental Hygienists, Leah Smoke and Joanne Kinnear. We are committed to providing all of our patients with the highest quality dental care in a stress-free atmosphere.

Together, our team strives to maintain a quality atmosphere that makes patients feel at ease. Furthermore, we thoroughly educate our patients, providing individualized care plans with the goal of preventing oral diseases. Below are some tips to help develop positive oral health habits early in a child's life.

Pregnancy

- Get a dental checkup and ask your dentist what you can do to lower the bacteria that cause cavities in your own mouth.
- Brush twice daily with fluoride toothpaste
- Eat a healthy diet and limit sweets and sodas

Birth to Two Years

- Lift the lip and look for chalky white or brown spots. Go to the dentist if you see signs of cavities.
- Brush baby's teeth twice daily with a smear of fluoride toothpaste beginning when the first tooth comes in.
- It is always best to put baby to bed without a bottle, however, if you must, use water instead of sugary juices or milk.
- Wean baby from the bottle around 12 months of age.
- Feed your baby a healthy diet and limit sweets. Dilute juices and restrict sodas.

- Ask about fluoride varnish treatments to protect your baby's teeth from cavities.

Three to Five Years

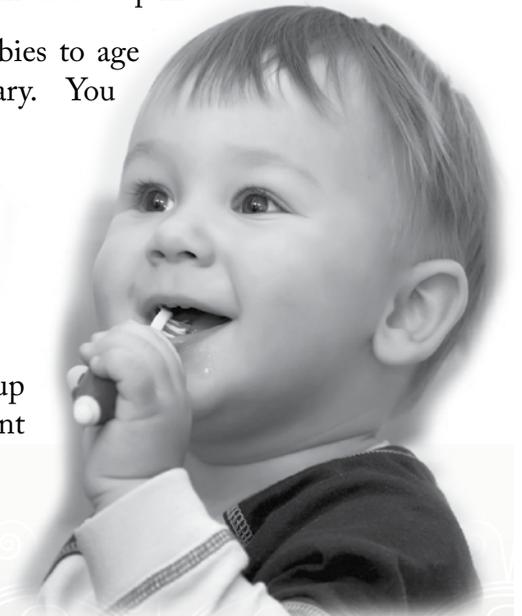
- Get a dental checkup for your child.
- Brush your child's teeth twice daily with a pea-size amount of fluoride toothpaste.
- Ask about fluoride varnish treatments to protect your child's teeth from cavities.
- Feed your child a healthy diet and limit sweets and sodas.

Please call the Saint Regis Mohawk Dental Clinic at (518) 358-3141 to schedule an appointment. Our hours of operation are Monday through Friday 8:00 a.m. to 6:00 p.m.

We offer open access for babies to age six, no appointment is necessary. You may simply walk-in.

We also provide screenings, fluoride varnish applications and sealants at the Mohawk Elementary School and Salmon River School. Please consider signing your child up for these valuable, convenient services.

We look forward to meeting you and your family in the near future! ◇



Promoting Child Well Being and Family Self Sufficiency

By Jennifer Brown, CSEU Administrative Assistant

The Saint Regis Mohawk Tribe Child Support Enforcement Unit (SRMT CSEU) is completely funded through the Administration for Children & Families/U.S. Department of Health and Human Services/Child Support Enforcement Unit (ACF/USDHHS/OCSE).

The OCSE's "bubble chart," is a simple picture of the innovative partnerships and initiatives that state, county, and tribal child support programs have developed to help parents improve their ability and willingness to support their children. Through collaborations with other agencies and programs, we have begun to put the bubble chart in action.

The idea behind the bubble chart is to encourage child support programs to intervene early to address the underlying reasons for nonsupport—whether it is unemployment, parental conflict, or disengagement. By broadening our strategies and partnering with other programs, we can do more to assure that parents provide their children with financial and emotional support throughout childhood.

The bubble chart represents the direction that child support professionals are leading the program toward a more family-centered approach to delivering child support services. Despite budget constraints, we have a lot to look forward to as we continue to innovate and to put families first.

Parents who have a healthy relationship with each other are better able to cooperate and work together for their child's emotional and financial well-being, and non-custodial parents who have good relationships with their children may feel a greater commitment to providing for their needs, including paying child support consistently.

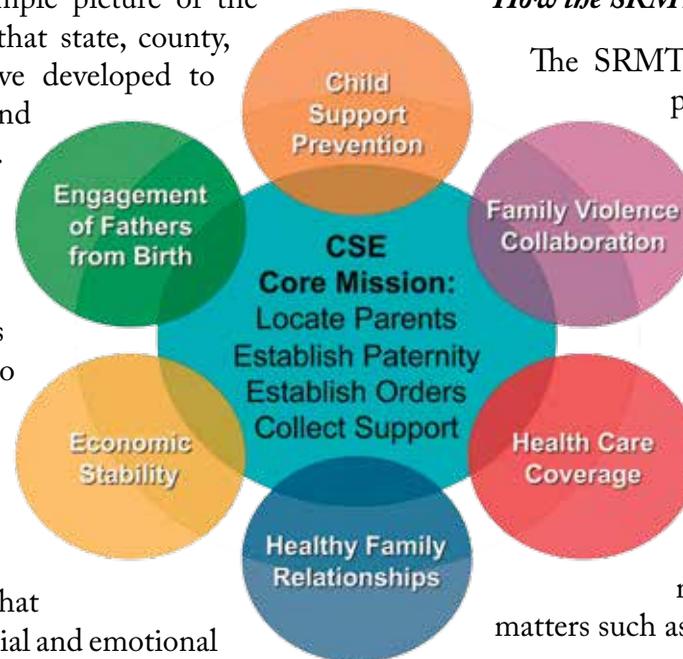
How the SRMT CSEU is implementing the bubble chart

The SRMT CSEU currently is focusing on assisting parents build healthy family relationships by opening up lines of communication. When parents are given the opportunity to have their voice heard and concerns are addressed in a safe and non-judgmental way, parents are then empowered to make decisions that are in the best interests of their children.

When parents participate in mediation, financial decisions are among the many issues discussed and cooperatively agreed upon. All SRMT CSEU staff are trained mediators and are trained to handle sensitive matters such as child support.

The SRMT CSEU provides resource and referral services to many Tribal and State programs community members are eligible for. The SRMT CSEU hopes, with parent participation, we can all work together to help build a better tomorrow.

The SRMT CSEU can be reached at (518) 358-2272, Monday through Friday from 8:00 a.m. to 5:00 p.m. ◇



For the Love of Sturgeon!

By Jessica L. Jock, Program Manager, St. Lawrence River AOC

Staff from the Saint Regis Mohawk Tribe's (SRMT) Environment Division have been busy this spring applying both traditional and scientific knowledge in teachings to apprentices, and collaborating with state and federal resource agencies for holistic lake sturgeon restoration efforts in Akwesasne and surrounding environments. Environment Division staff goals include maintaining and building a sustainable lake sturgeon population for the community of Akwesasne through fish monitoring, spawning habitat enhancement, and lake sturgeon rearing activities. This objective has been facilitated through 2010 funding from United States Environmental Protection Agency (USEPA) Great Lakes Restoration Initiative (GLRI) to SRMT for lake sturgeon restoration.

Lake sturgeon, *Teiokién:taron*, is a culturally-significant species. Lake sturgeon are known by elders for their size, strength, and longevity, as well as a vital protein source for sustenance. The practice of collective sharing of smoked sturgeon in the family and community is still an important cultural practice in Akwesasne that continues today. The practice of sturgeon fishing is preserved by a few Mohawk knowledge holders in Akwesasne, passed down through generations. Sturgeon fishing is reserved to Native people in Canadian waters, and protected by the James Bay and Northern Quebec Agreement (1975).

Lake sturgeon, are the largest and longest lived fish species native to the Great Lakes watershed. During the colonial settlements, these fish were once killed as a nuisance by non-Natives. After the mid-1800's, settlers realized that the sturgeon flesh and roe (eggs) was a valuable resource, and smoked sturgeon and caviar became very popular and sold in New York City. Today, this activity is illegal in New York State (NYS).



Iaontaná:wen, Master Teacher in Trapping and Teiobhontsiakwénhte Apprentice in Trapping releasing a sturgeon after PIT tagging in the field.

The New York State Department of Environmental Conservation (NYSDEC) closed the sturgeon fishery in 1976 and listed the fish as a New York State threatened species in 1983. It has remained on the list since. Lake sturgeon are also listed as “threatened” in the provinces of Ontario and Quebec. In 2006, the Committee on the State of Endangered Wildlife in Canada (COSEWIC) suggested a status change from “special concern” to “threatened” for the lake sturgeon species in the waters of the St. Lawrence River between the Moses-Saunders Dam and Beauharnais Power Dam, including Lake St. Francis and Akwesasne waters. Currently, Fisheries and Oceans Canada is reviewing this suggested status change under the Species at Risk Act (SARA). Despite recent reduced fishing pressures and State and Provincial protection, lake sturgeon populations have yet to rebound.

Teiokién:taron are long-lived, and females don't reach sexual maturity until 14-23 years of age, and only spawn every four to six

years. Spawning female sturgeon can live up to 150 years in the wild, grow up to seven feet in length, weigh up to 200-300 lbs, and carry 30 lbs. of roe during spawning years! Lake sturgeon's late age of maturity and periodic spawning have contributed to the species rapid decline and slow recovery. This is why it is important to preserve the spawning females in the wild, and encourage successful reproduction through egg rearing activities through fish hatcheries and scientific intervention.

SRMT's Environment Division Master Teachers of the Akwesasne Cultural Restoration (ACR) Program, Environmental Specialists of the St. Lawrence River Area of Concern (AOC) and Water Resources Programs have been collaborating amongst offices and with state and federal resource agencies to promote sustainable lake sturgeon practices.

In May, ACR and AOC staff collaborated in the field to take morphometric measurements (length, weight, girth) of fish captured and released. Apprentices learned the scientific techniques of Passive Integrated Transponder (PIT) tagging to assist long-term monitoring of lake sturgeon populations in the environment. ACR Masters also taught apprentices lake sturgeon fishing, fish smoking practices, and associated conservation lessons based on Haudenosaunee



ACR Apprentice Tehawenhniseráthe practicing newly learned field techniques in PIT tag reading and insertion.



Katénies, Kawisenénhtha, and Kawennonkwiiosta of the ACR Program and AFS swirl fertilized sturgeon eggs with a feather to assist the egg adhesive coating process to maintain egg viability for transport to the hatchery. Hatchery-raised sturgeon are returned to the natural environment in the fall.

traditional environmental stewardship principles and teachings. For precautionary measures, all presumed and identified females were released.

On June 2, Environment Division ACR, AOC, and Water Resource Management staff participated in the lake sturgeon egg take, an annual effort lead by NYSDEC Fisheries, Region 6. This effort was conducted in collaboration with United States Fish and Wildlife Service (USFWS)-Genoa National Fish Hatchery and the New York Field Office. Other participants included the United States Geological Service (USGS), Great Lakes Science Center Cortland Office and the Akwesasne Freedom School (AFS) students and staff. This activity involves harvesting male and female gametes for assisted reproduction activities, assessment of reproductive health, and ensuring fertilized egg viability for transport to fish hatcheries. All parent fish are released safely back to the St. Lawrence River, and we wait until fall for the young of year sturgeon to return 'home'! ◇

Kids for Fishing

By Brendan White, Director of Communications

The *Kids for Fishing* event continues to be a much-anticipated event for many Akwesasne youth. Now in its fifth year, the annual fishing program has enabled 250 Akwesasne youth to fish alongside professional anglers and learn different styles of fishing.

Kids for Fishing was first envisioned by Saint Regis Mohawk Tribal Police Corporal P.J. Burns and Constable Norman King in 2011. Since that time, 50 youth between the ages of 10-17 years old are randomly selected each year to participate, with ten spots reserved each year for children with special needs. This year's event saw approximately 125 kids submit an interest to participate, with a live drawing done on CKON 97.3 FM.

Each year, twenty anglers make their way to Akwesasne to take part in this annual event during their off-season from professional fishing tournaments. They are paired with two Akwesasne youth to fish onboard pro bass boats, while kids with special needs utilize pontoons. Regardless of the vessel, youth are assured a chance to catch as many as 10 to 15 fish throughout the day, which are released back into the water.

Before they get the chance to fish however, the day begins with fishing instructions and awareness training conducted by local agencies. Youth spend the morning learning about environmental issues, water safety and drug awareness from the Saint Regis Mohawk Tribe's Alcohol/Chemical Dependency Prevention Program, U.S. Border Patrol, SUNY Plattsburgh's Fishing Team and others.



Justin Delormier's Pontoon Fishing Adventure





Fishing instruction and awareness training sessions presented in the morning.

After a nutritious lunch, youth and professional fishermen spend the remaining afternoon fishing in the St. Regis River near the Hogansburg dam. Practicing the fishing method of catch and release, youth reel in a variety of fish; including bass, perch, carp and other species native to Akwesasne waters.

With the assistance of Akwesasne Mohawk Police Officer Robert White, Corporal Burns is looking at ways to expand on the annual event to provide the experience of fishing to more Akwesasne youth, particularly for kids under the age of 10. To do so, there are thoughts of utilizing local ponds or swimming holes to give younger kids the opportunity to fish for the very first time.

Nice catch by Lexie Lazore!



At the end of the day, youth left with the exhilaration of catching fish; as well as with fishing tackle and equipment thanks to the generosity of numerous event sponsors. Each kid who participated received a rod and reel, tackle box, artificial bait, fishing line, life jacket, shoulder bag, water bottle and an event t-shirt.

Water Resources Program Manager Tony David shows a student the backpack electrofishing equipment used to conduct fish surveys in wadeable streams.



Niaʷenkó:wa to the following sponsors and presenters for supporting this “once in a lifetime” fishing experience for Akwesasne youth: Akwesasne Convenience Store Association, Saint Regis Mohawk Tribal Police Department, Saint Regis Mohawk Tribe Community Partnership Fund, Pepsi-Cola, Cortland Fishing, Paddle Tails, Shimane, Berkely, SUNY Plattsburgh Fishing Team, Renegade Bass, U.S. Border Patrol, Saint Regis Mohawk Tribe Environment’s Division and Alcohol/Chemical Dependency Prevention Program.

Photos Courtesy of Kyrie Ransom.

Division Update:

Planning & Infrastructure - 2015 Summer Projects

By Colleen Thomas, Capital Projects Manager

After spending much of 2014 in planning and design phases for several projects, the construction season this year will see new building additions erected and existing Tribal roads reconstructed. The Saint Regis Mohawk Tribe has already changed the landscape around the Community building with an addition to the Family Support building.

The Family Support building was in desperate need of more space to accommodate their full-time and part-time employees who were separated into three office locations. The 1,200 square foot addition, currently constructed by local contractor Loran Construction, Inc., will enable their entire staff to sit under one roof with adequate training and meeting space. The project also includes renovations to the kitchen and basement and first floor offices.

The grand opening for the Family Support project, which is funded by the Tribal General Fund, is anticipated for September.

Douglas Hamilton, Manager Family Support Program said, "This addition is long overdue. It's been difficult to serve our clientele in the existing building and especially hard for our employees to work as a team when we're all spread out."

Loran Construction, Inc. won a second competitive bid at the Akwesasne Group Home where the Tribe will construct an 800 square foot addition and install a new boiler system. The Group Home acquired New York State funding to complete the addition to meet programming requirements established by the capacity of the facility. The addition will include recreation space, storage, restrooms and an office.



Family Support Addition Due to be Completed by September

"I'm very happy Loran Construction was awarded these projects. We put together two solid proposals and will provide the best possible service," said Scott Loran, owner and President of Loran Construction, Inc. "It shows the Tribe's commitment to employ qualified community members."

The Division of Community and Family Services is constructing a new home for the Individual Residential Alternatives (IRA) Program to replace the IRA home in Fort Covington which has multiple structural, safety and energy deficiencies. The six-bedroom pre-manufactured home with office space for supervisors was purchased from General Fine Homes.

After comparing several locations members of the Department of Planning & Infrastructure determined a site in Frogtown was the most cost effective because of the proximity to community

water main and hydrants, location of utility poles, access to paved road and other factors. This project, which is on schedule to be completed before winter weather strikes, was also made possible by the Tribal General Fund.

Later this season, Planning & Infrastructure will reconstruct Sara Lane and Mohawk Lane with Bureau of Indian Affairs funding. The road improves 2,000 linear foot on Sara Lane, which is located off Pyke Road, and 900 linear foot on Mohawk Lane, located off State Road, involves re-grading the existing gravel road, adding new granular sub-base material, installing a new cul-de-sac turnaround, paving the road with asphalt concrete and installing new signage.

The driveway entrance to Akwesasne Housing Authority (AHA) and Sunrise Acres will also get reconstructed this year. This project was designed by Beardsley Architects & Engineers of Malone and was jointly funded by AHA and Planning & Infrastructure's BIA funding. The new safety improvements to this entrance include a left turn lane onto Route 37, wider travel lanes and a stop sign to slow down traffic.



Installed in 1977, the Ductile Iron Water Main is Failing

section of 8" water main ten times in the past eight years. As money becomes available in future the Tribe will continue this replacement project until the old ductile iron water main has been replaced.

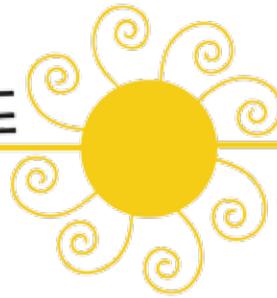
"It's encouraging to see TGF dollars at work to fill the gaps in federal funding. In recent years, the Tribe has been responding more and more to infrastructure needs in the community," said Director of Planning & Infrastructure, Ernie Thompson.

Staff at Planning & Infrastructure can be reached by calling (518) 358-4205. ◇



Mohawk Lane will be paved and get new signage

SOLARIZE



AKWESASNE!

*By Brendan White,
Director of Communications*

Akwesasne is going **GREEN** with the help of solar power. In the process, community members have an opportunity to notice significant savings in their residential or business energy bills.

Through a grant from the New York State Energy Research and Development Authority's (NYSERDA) Community Solar NY Initiative, Akwesasne has become a participant in a state-wide effort to go solar. Spearheaded by the Akwesasne Housing Authority (AHA) and in partnership with the Adirondack North Country Association (ANCA), a community campaign has been launched to make solar energy more accessible and affordable.

Solarize Akwesasne!, the local campaign tag name, is a 16-week initiative that aims to bring together potential solar customers with a professional solar installation company that offers competitive and transparent pricing. Its goal is to bring energy efficiency and long-term electricity savings to the community of Akwesasne.

The formal launch of their solarize campaign took place on June 3, 2015 during an evening reception held at the Akwesasne Mohawk Casino Resort. Attended by nearly 75 community members; the event introduced the *Solarize Akwesasne!* campaign committee members, partnering agencies SUNY Canton's Career Ready Education and Success Training Program and ANCA, as well as the solar installation company—Apex Solar Power.

Through a rigorous proposal selection process, Apex was selected as a qualified solar contractor to install solar panels and hot water solar systems throughout Akwesasne. The method of utilizing one contractor will enable Apex to pass along substantial savings to solar customers. Combined with existing state and federal incentive programs and varied finance and lease options, solar has never been more affordable.

The event was followed up on June 18, 2015 with a solar fair, themed "A Night of Solar Inspiration." Attended by nearly 60 Akwesasne residents, the event held at the Akwesasne Housing



Questions and Answers with John Charamella from Apex Solar Power

Authority's Training Center provided another opportunity to meet Apex, ANCA and SUNY Canton representatives. It also featured a walking tour led by Michel Simon of Sunrise Acre's solar voltaic system and other alternative energy projects.

Participants were able to learn more about training opportunities at SUNY Canton that may lead to potential employment as a local solar installer with Apex. Attendees were also able to sign up for a free home energy assessments offered by AHA, NYSERDA and ANCA.

Their next solar presentation is scheduled for Thursday July 23, 2015, from 11:00 a.m. to 5:00 p.m., at the Akwesasne Wellness Day being held at the former IGA Building.

For more information about *Solarize Akwesasne!*, please visit their website at <http://nysun.force.com/Akwesasne> or contact Apex Solar Power at (518) 309-2SUN (2786). ◇

Speed Networking: *What's it all about?*

By Colleen Nolan, Employment Development Officer, AAMB

Imagine this. You've been invited to attend a Speed Networking Event. You don't know what to expect, you've never been to one before, so, what do you do? You've been told that you need to deliver a two-minute elevator script. What do you say about yourself? What do you think the person wants to hear about you? Not only do you have to talk about yourself for two minutes, but you have to say that script ten times! What! Nerves start to kick in and you're thinking, "That's it. I'm not going!"

We have all been there at some point in our lives. Whether it's an interview, doing your first presentation, speaking up in a meeting/class or leading a group meeting; being nervous is natural. The stress of speaking about ourselves, in a confident way, can result in us either getting a job offer or not. This was one of the reasons we decided to create and deliver our own spin of speed networking.

Networking is about connecting: connecting with those you already know, making new contacts and building relationships.

Speed Networking is connecting with many individuals in a short amount of time. Some benefits of attending a speed networking event include to help ease the stress by practicing and receiving positive feedback, to increase self-confidence and to meet new people who could possibly be a resource for opportunities.

Using an elevator script, job seekers gear their script to who they are; their skills and qualifications, and attributes that they possess that make them a great worker. The employers deliver their script informing job seekers of their current role and responsibilities. After each participant delivers their script, three minutes are given to provide feedback and allow for further questions/discussion.



Job Seekers - Top

We have held three Speed Networking events, with our most recent one being May 7, 2015.

Employers - Bottom



Hosting this event allowed job seekers to connect with employed professionals in a relaxed environment. Both job seekers and employers received their own handbook with contact information, along with networking and business cards.

The Akwesasne Employment Resource Center is a partnership, created in 2009, between the Akwesasne Area Management Board and the Saint Regis Mohawk Tribe. We offer programs and services to assist the job seeker in finding employment. Individuals can receive one-on-one assistance with resumes, cover letters, mock interviews or in a group setting with one of our two three-week programs: Job Finding Club and Career Exploration Course. We, as staff, appreciate and thank both agencies for their continued support.

Please feel free to contact us at (518) 358-3047 or stop by our office, located at 611 State Route 37 at the Four Corners in Akwesasne, NY. ◇

Farmers Market Checks

The Saint Regis Mohawk Tribe's Office for the Aging is pleased to announce that the Farmer's Market checks will be available from July 1 through September 30, 2015. Checks can be picked up at the Senior's Center Nutrition Office from 1:00 to 4:00 p.m. from Brenda Hathaway or Alison Cooke. You will receive a book of five checks worth \$4.00 each for a total of \$20.00.

Eligibility requirements: there must be one adult age 60 and older in the household; only one booklet per household; gross monthly income must be at or below \$1,815 per month for one person; \$2,456 per month for a couple) or \$3,098 per month for a three person household. You are also eligible if you are receiving SSI, public assistance, or a Section 8 Housing subsidy.



Historical Photos Sought

The Records Department needs your help in locating photographs, service dates and any information to help recognize previous Tribal Council Chiefs, Sub-Chiefs, Administrators and Tribal Clerks.



Please send photos and information to lillian.barton@srmt-nsn.gov or karlee.bigtree@srmt-nsn.gov or you can bring them to the records department in the basement of the Community Building. The photos will be scanned and returned to the owner. A list of photos needed, as well as their correct service dates, is available on our website at www.srmt-nsn.gov under the publications section.

Benefits of Gaming

The Saint Regis Mohawk Tribe offers its latest publication, *Benefits of Gaming: How Gaming Supports the Community of Akwesane (2011-2013)*. Now available in print and online, the publication offers a detailed breakdown of gaming revenues from Mohawk Gaming Enterprises, LLC being utilized to enrich the lives of *Akwesashró:non*. It provides a financial reporting on the more than \$19 million received each year since 2012 and its role as a critical funding source for 200 tribally managed programs; such as education, language and cultural preservation, as well as numerous community organizations and athletic programs. We invite you to familiarize yourself with how gaming continues to help strengthen our community and our families.



Twilight Fun Walk/Run

Join the Let's Get Healthy Program for the 8th Annual Twilight Fun Run/Walk, a fun, family activity for all ages and fitness levels.

Held at the Tewathahita Walking Trail at Generations Park on Thursdays: July 9, 18, 25 and 30 and August 6, 13, 20 and 27. Event starts at 5:30 p.m.

Bring your family and walk or run at your own pace! For more information, call the Let's Get Healthy Program at 518-358-9667.



Air Quality Program

Earth, Wind & Fire

By Angela Benedict, Air Quality Program Manager

Who remembers that group? I do. I love their songs: September, Boogie Wonderland, Fantasy. But that's not what we are talking about here. Of course, when they were big in the 70's, this stuff was fantasy. What am I talking about? Alternative Energy.

The biggest thing right now in Akwesasne is solar. There is a campaign called *Solarize Akwesasne!* This campaign is bringing solar here at a lower cost to the community than if you went and contracted someone on your own. The other positive is if we all go solar, we will be free of electric companies like National Grid. This has a two-fold effect. For one, we aren't paying someone for electricity that pollutes the earth. Also, we are paying for something that eventually will be ours, just like our home or car. It also allows us to be energy independent. If the power grid goes out, we are not affected because we are not connected. Because of the *Solarize Akwesasne!* campaign, the cost of the solar panels and connection will be lower. How can that be? You ask. Well, signing up for this program allows the contractor/installer to purchase the panels in bulk and when you purchase things in bulk it brings the price down.

Wind power is also a possibility. We have never really done any big studies in on if it would work in this area but, with the

right turbine, I think it would. I am not talking the huge turbines that you see in Chateaugay but individual residential ones that are vertical axis. These vertical axis wind turbines actually run at lower wind speeds. The only thing with these is they don't produce enough to run a whole house. They need to be supplemented with something else.



As alternative energies become more popular, they are more affordable for home and small business owners

Using the Earth as an alternative energy source is called "geothermal". This has been used around here in a few different areas. The former IGA building uses geothermal for the heat source. From what I hear, it can be expensive though. There is a lot to it when it comes to wells and pumping the fluid through pipes into the home.

Using fire is "Biomass." Biomass is an energy source. Simply it can be as simple as burning wood or as complicated as harnessing off gassing of waste. It is more than I know but still important.

If you have any questions or need more information on *Solarize Akwesasne!* or any other alternative energy give me a call at the SRMT Environment Division (518) 358-5937 extension 129.

So let's look at being energy independent for now and the next seven generations. ◇

Calendar

Ohiarikhó:wa/July 2015

- 1 - Swearing-In Ceremony - 11:00 a.m. - former IGA
- 3 - Independence Day Holiday - All Tribal programs closed
- 4 - Health Services Closed
- 8 - Police Commission - 3:00 p.m. - Executive Boardroom
- 11 - Tribal Monthly Meeting - 10:00 a.m. - Lobby
- 14 - Social Security - 1:30 to 3:30 p.m. - Tribal Clerk's Office
- 23 - Wellness Day - 11:00 a.m. to 5:00 p.m. - former IGA
- 31 - Employee Appreciation Day - All Tribal programs closed

Seskéha/August 2015

- 1 - Monthly Tribal Meeting - 10:00 a.m. - Lobby
- 11 - Social Security - 1:30 to 3:30 p.m. - Tribal Clerk's Office
- 12 - Police Commission - 3:00 p.m. - Executive Boardroom

Wednesdays - Tribal Council Work Session - 9:00 a.m. - Executive Boardroom, Community Building

New Faces

Carin Hotte

Devin Gamache

Hannah Garrow

Jason Premo

Sunny W. Skye

Tanya Papineau

Trish Keese

Tyson H. Back

W. James Bay

Habilitation Aide

Habilitation Aide

Accounting Assistant

Habilitation Aide

Maintenance Worker

Habilitation Aide

Outpatient Program Coordinator

Maintenance Worker

Director

Sweet Flag - Individual Residential Alternatives

Pyke Road - Individual Residential Alternatives

Finance Division - Accounting

High Street - Individual Residential Alternatives

Facilities

Conners Road - Individual Residential Alternatives

Health Services - A/CDP

Facilities

Community & Family Services Division

Donations

Community Activities - \$ 3,000

Funerals - \$ 7,000

Sports - \$ 4,500

Golf Sponsorships - \$ 200

Community Development - \$ 1,250

Jobs

All current positions with the Saint Regis Mohawk Tribe are posted on the Tribe's website at www.srmt-nsn.gov.

Positions with our gaming operations are posted on the Akwesasne Mohawk Casino Resort's website at www.mohawkcasino.com.

Akwesasne and surrounding area employment opportunities are posted at the Akwesasne Employment Resource Center (AERC) at www.myaerc.org.



Monthly Tribal Meeting

Onerabtohkó:wa/May , 2015

Chairperson: Tribal Sub-Chief Eric Thompson

Agenda

1. Welcome ~ Chairperson
2. Reading of Action Items ~ Tribal Clerk
3. Introduction of Salmon River School Board Candidate: Emily Lauzon
4. AHA Green Energy Presentation ~ Retha Herne
5. Membership Code ~ Danielle Lazore-Thompson
6. New Business
7. Reading of Action Items ~ Tribal Clerk
8. Adjournment

Obiari:ha/June 13, 2015

Chairperson: Tribal Chief Beverly Cook

Agenda

1. Welcome - Chairperson
 - Reading of Action Items ~ Tribal Clerk
2. Academic Awards Presentation
3. Program Spotlight: Education
4. Summer Employment Initiatives ~ Stephanie Cook
5. Capital Projects Update ~ Colleen Thomas
6. New Business
7. Reading of Action Items ~ Tribal Clerk
8. Adjournment

Follow-up on Action Items from April Meeting

1. To look into the possibility of housing an ambulance on the US side for medical emergencies.

Tribal Council is working in conjunction with Saint Regis Mohawk Health Services to conduct preliminary research into this issue. Tribal Council will report back to the community when more information is available.

Follow-up on Action Items from May Meeting

1. To establish a committee to look further into the gas pipe line issue.

Tribal Council has identified that the committee will need to be comprised of staff members from the Environment Division, Economic Development and Planning & Infrastructure, as well as possible Community members and a Council member. The issue is still in its preliminary stage and Tribal Council will report back to the community when more information is available.

Actions Items from June Meeting

1. To look into the ditching issue on Andrew David Lane
2. To have the Chiefs/Sub-Chiefs give updates at monthly meetings
3. To keep the dialysis center on the agenda ◇

Tribal Election Board Certifies 2015 Election Results

Thompson, Jacobs and Roundpoint Successful

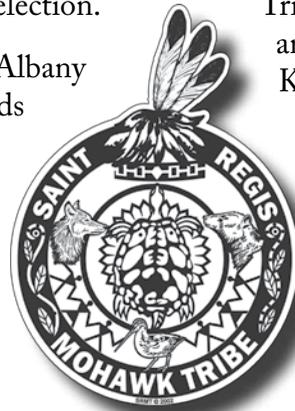
Aimée Benedict-Debo, Publications Manager/Webmaster

The Saint Regis Mohawk Tribal Election Board certified the results of the annual tribal elections held on Saturday June 6, 2015. No appeals were received. Community members cast ballots for the positions of Tribal Chief, Tribal Sub-Chief and Tribal Clerk for three-year terms.

The official results show former Tribal Sub-Chief Eric Thompson was elected as Tribal Chief. The Tribal Chief position became available following the three year term of Eric's uncle, Paul O. Thompson. Tribal Chief Thompson did not seek re-election.

Tribal Chief-Elect Thompson graduated from the Albany Law School of Union University in 1999. He holds a Bachelor of Arts in Public Justice from the State University of New York at Oswego. He serves on the Tewathahonni Corporation as Vice Chair, and the representative for the Tribe on the Akwesasne Cultural Restoration Commission. Tribal Chief-Elect Thompson resides in Akwesasne, where he and his companion, Tammy, raise their three children, each fluent in the Mohawk language.

Tracey Sunday-Cook, Eric Thompson, Peter John Burns III and Gloria Herne were all on the ballot for Tribal Chief. A total of 1,056 votes were cast, with Thompson receiving a total of 454 votes. Peter J. Burns III received 356 votes, Gloria Herne received 228 votes and Tracy Sunday Cook garnered 7 votes. Write-in and spoiled/void ballots totaled 11.



Cheryl Jacobs was elected as Tribal Sub-Chief. Four candidates vied for the Tribal Sub-Chief position. Cheryl Jacobs received 396 votes to win the seat. Randi Barreiro had 296, Ruth Bell 246 and Margaret Ransom 84. Numerous individuals received 21 votes as write-in candidates. Twelve ballots were void or spoiled. A total of 1,055 ballots were cast for Sub-Chief.

Cheryl education includes Recreational Leadership and more recently, Law Clerk. She was a police officer and worked in Tribal Gaming in the compliance, surveillance, training and regulatory fields. Cheryl served as District Chief of Kawehnoke from 2006-2009 with the Mohawk Council of Akwesasne. She participated on several local sports teams and coached volleyball, basketball and lacrosse. She currently serves on the Akwesasne Area Management Board as the Vice-President. Most recently, Cheryl has been working with the Mohawk Council of Akwesasne as a Court Administrator.

Betty Roundpoint was the successful candidate for Tribal Clerk. She beat out two-term Tribal Clerk Corleen Jackson-Jacco. Roundpoint had 570 votes to Jacco's 470. Write-in candidates and void/spoiled ballots totaled 15 for a grand total of 1,055 voting for Tribal Clerk.

Betty will be on leave from her current position as the Office Manager for Tribal Administration. She has been with the Tribe for 17 years.

Thompson, Jacobs and Roundpoint will be sworn into office on Ohiarikhó:wa/July 1, 2015. The ceremony will be held outside the former First American's IGA store at 850 State Route 37 in Akwesasne at 11:00 a.m. A BBQ luncheon will be served. Tribal members, local officials and dignitaries are invited to attend.

Social media is life. We have Facebook, Instagram, Snapchat and Twitter. The list truly goes on and on. With Twitter, by using hashtag or #, you have the ability to follow trends of the people of Twitter. For example, if you are looking for blue flowers you type #blueflowers and bam you will have all sorts of posts, images and anything related within Twitter.

On September 8, 2014, Beverly Gooden, a domestic violence survivor and victim's rights advocate, created the social movement #whyIstayed on Twitter. This was after watching the much publicized video of Ray Rice, formerly of the Baltimore Ravens, physical assault his wife. The video went viral and the great domestic violence debate resurfaced. "Why does she stay?" and not "Why did he hit her?" was the exchange between the two sides. This is no different than the sexual assault debate of "Why would she wear that?" instead of "Why would he rape her?"

Like any public awareness movement, Beverly Gooden's intention is to give survivors an opportunity to speak about their story. She was tired of the victim blaming and the lack of understanding of domestic violence survivors. It is simple to say, "Just go! Leave! Walk out the door!" but statistically it takes a person seven attempts to leave the abuser. Let me say that again, as this is one of the most popular things we hear from people not victim based, family and friends. On average, a person living in a domestic violence situation will need to leave the abuser



#WhyIStayed

By Carrie Marlowe, Sexual Assault and Acting Domestic Violence Advocate

#WhyIStayed because I loved him

He said he would change. He promised it was the last time. I believed him. He lied. #whyIStayed

Because he made me believe no one else would understand. #WhyIStayed

#whyIstayd If you leave me I'll kill myself

#WhyIstayd I had to plan my escape for months before I even had a place to go and money for the bus to get there.

#whyIstayd because he never hit me and I didn't think verbal abuse and emotional manipulation was considered an abusive relationship.

#WhyIstayd he threatened to take & keep my children away from me

Like my parents. I thought it was meant that way. #whyIstayd

#whyIstayd mychildren

#WhyIstayd Divorce is considered a failure. I didn't want to be a failure.

#WhyIstayd he convinced me that I was the cause of his anger.

seven times before they will finally say, "I'm out of here" for good.

There are hundreds, if not thousands, of reasons of why a survivor will stay. Safety, health, children, money, isolation, the list goes on and on.

At Three Sisters, we listen. We do not judge. We do not ask why you stayed. We know why you stay. We understand. We want you to be safe. We

want your children to be safe. We want to help you be safe. We offer our services regardless of leaving your situation. We can tell you that you're not crazy. We believe you. We can be that hand to hold when you are sitting in the hospital being checked. We can be reassuring presence when you decide to finally hold your abuser accountable and talk to the police. We can help you finally have a full night's sleep. We have the ability to give you a chance to remember who you were before the abuse. We can help you rebuild your life.

Three Sisters is a 24-hour program. All advocates carry a cell phone with them at all times. (855) 3SISTER is the hotline. Advocates are available to speak to you or your family or friend at any time. We will come to you. At the hospital. At work. At your home. At the police station. We serve the entire territory of Akwesasne. You do not have to be enrolled nor native for us to help you.

We believe you. We believe in women being sacred. We believe that children are the future. And we believe that the violence can end. (518) 358-4406 or (855) 3SISTER. ◇

Program Snapshot:

The Let's Get Healthy Program

By Heather Garrow, Program Coordinator

One of the most successful aspects of the Let's Get Healthy Program has been our *Move for Health* (MFH) fitness class. MFH is a fitness class held in one hour increments, Monday through Thursday 8:00 a.m. to 12:00 p.m. and 3:00 p.m. to 4:00 p.m. The class is supervised by a Nurse Case Manager (NCM) and a Health Promotion Specialist. After participants receive fitness clearance from a medical provider and complete their fitness assessment, they choose a time slot. When the participant attends, the NCM measures their blood pressure, heart rate and blood glucose and records the measurement. The participant exercises, measurements are taken again and recorded. The patient visually witnesses the effect physical activity has on clinical measurements. Our MFH class has become an innovative teaching tool. It opens the avenue for education between patient and Nurse Case Manager. The participants love the informal education sessions designed to teach self-management skills. MFH also provides instant gratification that enforces the message we are trying to send - exercise is beneficial!

Participant attendance for the calendar year January 2013 to December 2013 was 2,309.

Attendance for January 2014 to December 2014 almost doubled to 4,069. April 2015 had a record-breaking 506 participants!

MFH has grown to a thriving, supportive learning environment. Participants have experienced such positive outcomes from the program that they have become our best advocates. Many support systems have grown from this program. We have teams of husbands and wives, and immediate family members who encourage each other to participate in classes, activities and educational events, help address any barriers, and consistently portray a positive, healthy outlook.



L-R: Family Members Delia Terrance, Vicky Phillips and Lucille Peters Supporting Each Other on their Health Journey



Moving Together for Health: Ron and Millie Cook, and Jake and Brenda LaFrance

LGHP Participant Testimonials

"I have attended a six-week chronic disease self-management program called Healthy Choices for Healthy Living. It has helped dealing with rheumatoid arthritis and diet. My pain is under control now; I am more flexible and have enough energy to do more daily activity. The water aerobics and yoga classes are great for my arthritis."

"The program is great, they offer many classes and activities for preventing diabetes."

"Excellent program, inspiring, made me want to work harder."

“Shining Star” - A Spotlight Story Told by LGHP Nurse Case Manager

I met this extraordinary patient for the first time on 12/3/2014 when they were first diagnosed with type II diabetes. When I asked how they felt receiving this diagnosis the patient replied, “Oh, I expected it, my family has a big history of diabetes.” At that time the patient’s hemoglobin A1c was 10.4%. The patient was prescribed Metformin 500mg daily and increased to 1,000mg daily. The patient’s goal was to control diabetes through dietary changes and begin to exercise. They began making positive changes, began to lose weight and blood sugars started to creep down. We followed up monthly and the patient was weaned off the Metformin completely after four months. On 3/16/15 their A1c had dropped to 7.2! Blood pressure also improved, so much so that medications for hypertension were decreased. When asked how the patient was able to do this so quickly, the patient replied, “At first I thought diabetes had taken away my super powers and I wanted it back. It’s back now and it’s because I changed my eating habits, decreased the amount of coffee I was drinking and started drinking more water. I am diligent about exercising every day even if I only have time for ten minutes at night.”

Youth

In an effort to battle the obesity epidemic among our Native youth, our program initiated an after school youth fitness class in 2014. The class has been quite successful, with an average of 49 youth per month. The youth absolutely love the class as our Health Promotion Specialist teaches the youth fun and innovative ways to exercise.

We have also partnered with local schools and groups, like the Boys & Girls Club and the Akwesasne Coalition for Community Empowerment to provide nutrition, diabetes prevention education, and physical activity opportunities to our youth. During the summer, our Health Promotion staff led a twice-per-week teen boot camp at the Boys & Girls Club, with an average of 20 teens attending each session. Our staff has led yoga classes, obstacle courses and provided nutrition education. As an example, our program set up a display featuring the sugar content in beverages and Halloween candy. We’ve also led the youth in a demonstration on how to make healthy, after-school snacks.



Partnership with Local Schools to Provide Physical Activities to our Youth



L-R: Catherine Cook, Florence Cook, Rose Oakes Encouraging Each Other During Fitness Class

Partnership

In partnership with Akwesasne’s Office for the Aging, our program has implemented the “Healthy Choices for Healthy Living” Chronic Disease Self-Management Program (CDSMP). The program consists of a 2.5 hour interactive workshop held once a week for six weeks to teach problem-solving, decision-making and other techniques for managing chronic health conditions. Twenty community members registered for the first cycle of classes, with 12 completing (participants are required to attend four of the six sessions to complete). Fifteen are currently participating in the second cycle.

Get Healthy with Us

The Let’s Get Healthy Program can be reached by calling (518) 358-9667 during regular business hours. A monthly calendar of events and newsletter are available on the Tribe’s website at www.srmt-nsn.gov. ◇



Health is Your Greatest Wealth Wellness Day 2015

No need to search for treasure. Find it at the
25th Annual Wellness Day or walk the plank!

- Browse informational tables and collect lots of loot
- Guest speakers will present health topics throughout the day
- Kids can get their faces painted by Belly Buttons the Clown
- Grab some grub from our food vendors to help them raise program funds.

Your adventure awaits on July 23, 2014 from 11:00 a.m. to 5:00 p.m. at the former
First Americans IGA building, 850 State Route 37, Akwesasne.



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

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POSTAL PATRON

On the Cover: Professional fisherman Jean-Marie Landry gives a thumbs-up as Akwesasne youth Austin Cook and Korbyn Pierce raise two bass caught during the 5th annual Kids for Fishing. Photo by Kyrie Ransom.