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Office for
the Aging
Recognized

Kawennì:ìos



Casino Expansion Project Breaks Ground



Business Feature

Strictly Honda

By Kasey Thomas, Administrative Assistant

Is your car in need of a little TLC? Maybe an oil change or looking to save money on your car repairs? Call Jeb and Jesse over at Strictly Honda located in Frogtown.

Jeb Beeson, a certified and third generation mechanic, works side by side with his son Jesse Beeson. They've been in business for the past three years, offering a wide variety of automotive repairs and upgrades. Tax free, 100 percent Native-owned and operated, they've maintained a loyal customer base and service a clientele extending from Malone to Massena.

They formerly owned and operated Jeb's Garage on St. Regis Road and are now operating under *Strictly Honda*. However, they are not limited to Honda, they offer their mechanical expertise on all domestic and foreign vehicles by providing a variety of services from oil changes, vehicle scanning, transmission and suspension changes. Their mechanical experience is universal. They choose Honda since the vehicle's standardization

is approximately 25 years ahead of the competition. They're looking to expand their business to offer their customers even more services.

They have all the tools for front end suspension. This helps in our area as we are all too familiar with potholes and all those unexpected dips in the roadways. They actively seek out the best prices for their customer and only deal with reputable sources. In the years that they've been in business they haven't received any complaints about the workmanship that has gone into each and every vehicle.

If price is a concern, they also offer to repair instead over replacing vehicle parts, as per customer request. They take pride in being honest and upfront with each and every customer. Preventative maintenance is the key. No one wants to be stranded in the middle of the highway and especially with the winter months approaching, so now would be the time to have your vehicle serviced.

Give them a call and they guarantee to save you money! ♦



Jesse Beeson checks filters

Strictly Honda
31 Melvin Lane
Akwasasne (Frogtown), NY 13655
(315) 705 – 1253

Good Words of Welcome



*She:kon sewakwe:kon, Tehatsitsientons ionkia'ts,
Tewatate:kon.*

We find ourselves again in the middle of the busy Christmas season. With all our shopping, our planning and our decorating, we should stop and make time to reflect on what has been accomplished this year. It is time to make plans for a prosperous, healthy and happy New Year. All plans start with a desire. It is the effort we put into these plans that will determine their outcome. The more effort you invest, the greater the likelihood of success.

As a student of our history, I've learned that an exact history of our village will never be known. This statement can be said for all peoples. We must try to discover as much of our history as possible. I am happy we have many local historians working hard to bring forth our story. I believe the celebration of the 40 years of the Akwesasne Library and museum is one of the many things we have to be thankful for. I was very proud of the many founding members of the library

and their story. Our history is our key to our survival. The library and museum are working to preserve our history. The more we know of our history the stronger we will be and the better able we will be, to fight for what is ours. This is why tribal government exists.

Lastly, I would like to mention the casino expansion. In November, Tribal Council held the Ground Breaking Ceremony. This signaled the end of our decision-making process and the start of the construction phase. Good luck to all contractors, businesses and workers. Let's have a safe and successful project. On behalf of my family and myself, I wish the Akwesasne community a Merry Christmas and a Happy New Year.

Onenkewahi.

Chief Randy Hart

On the Cover: Chief Mark Garrow, Chief Ron LaFrance Jr., Sub-Chief Stacy Skidders and Sub-Chief Shelley Jacobs break ground with golden shovels on the casino expansion project. (photo credit: Alyson Cole, PIO Assistant)

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

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From the Office of Tribal Council

October Travel Report Submitted by Michael Conners, Jr., Sub-Chief

October 3-4, 2011

Global Gaming Expo, Las Vegas, NV

I travelled to the Global Gaming Expo in Las Vegas on Monday and Tuesday, October 3 and 4, 2011. The two days were devoted to the upcoming U.S. legislative approval on on-line gaming.

- In 2006, the U.S. outlawed on-line gaming
- Internet gaming has thrived worldwide, now it is a \$13 billion industry in Europe; 85 total countries have allowed it
- The U.S. is looking at legislation which would legalize internet gaming
- These laws would allow it at a federal level, and each state would then determine if they would allow or outlaw it in their own state
- Lobbying is currently happening at a federal level
- Models should be approved within two years
- Full legalization expected to be introduced after the next election in 2013
- Expected vote will be 2014 with an expected implementation in 2015
- The National Indian Gaming Association (NIGA) is lobbying to protect tribal interests to enter the market
- Off-shore interests are trying to enter the market, while domestic interests are trying to limit their

involvement

- Potential great opportunities exist in the future in this area

October 12, 2011

Niagara Falls Food Distribution Conference planning meeting for 2012 National Conference, being hosted by Akwesasne and the Senecas

Chief Randy Hart and I travelled to Seneca Niagara Casino on October 12, 2011 to meet with SRMT's Food Distribution Department, along with other Food Distribution departments from the Northeast Region, who were planning their annual conference for 2012.

- In June 2012, Akwesasne and the Senecas will co-host the 25th Annual National Conference on Food Distribution.
- Our department was meeting with other departments from the Northeast Region to plan the conference. Council members were requested to attend to pledge our support for the conference next year.
- We were thanked for attending the meeting, as no leaders had ever provided support for their activities in the past, from any tribes.
- Akwesasne will provide entertainment, speakers, physical activities, and promotional materials for this national conference, which will be paid from the registration fees from participants. ♦

Groundbreaking

Saint Regis Mohawk Tribe Breaks Ground for Gaming/Hotel Expansion

By Benjamin Herne, Public Relations Manager, Akwesasne Mohawk Casino

With over a hundred people including dignitaries and vendors in attendance, the Saint Regis Mohawk Tribe officially announced its Gaming/ Hotel Expansion project on November 2, 2011. This expansion includes moving the Mohawk Bingo Palace to the casino as well as the addition of gaming floor space and the construction of a 150 room hotel, complete with spa, pool and fitness area. The \$74 million expansion project will also bring 350 construction jobs over the next 20 months.

Saint Regis Mohawk Tribal Chief Mark Garrow stated, "This project has been a long time coming and we are extremely happy the moment has finally arrived."

"The Mohawk Bingo Palace will transition to the Akwesasne Mohawk Casino keeping its legendary service and friendly environment that it has had for over 25 years," stated Mohawk Bingo Palace General Manager Michael Garrow. Most importantly, the identity of the Mohawk Bingo Palace will be kept in its move to the casino. "For the first time since the tribe went down this route with gaming, both of our facilities will be under one roof," stated Saint Regis Mohawk Tribal Chief Ron LaFrance, Jr. "It was always the intention to bring both facilities under one roof." The Class II casino anticipates the relocation to be complete by November of 2012.

The casino will be expanded to make room for the Mohawk Bingo Palace and the Class III slot machines

will be moved from Cascades to the gaming expansion addition located at the west portion of the Akwesasne Mohawk Casino. This will happen prior to the movement of the Mohawk Bingo Palace. "The merging of the properties will be beneficial for the overall success of both gaming facilities, becoming a full scale resort casino," General Manager and CEO Patrick Bassney concluded.

The hotel expansion is slated to be completed in the second phase of the expansion project by late spring of 2013. The casino will now be able to attract more regional guests from Vermont, Ottawa and Montreal to visit the property and stay over.



The expansion project also includes an RV parking area with hook-ups,

renovations to the entire gaming floor, cashiers cage, entertainment lounge as well as increasing seating capacity in Sticks Sports Bar and renovating the Native Harvest Buffet.

The Akwesasne Mohawk Casino is open 24 hours a day, seven days a week and features over 1,600 Vegas style slot machines, table games, valet, and four eateries including the Native Harvest Buffet, Sticks Restaurant, Rapids Food Court and its newest addition, the Maple Room Steakhouse. For further information call 1-877-99CASINO or check us out at mohawkcasino.com. We are also on FACEBOOK! ♦

Let's Get Healthy Relocates

By Janine Rourke, Program Manager

T*sitewatakari:tat*, “Let’s Get Healthy” program is looking for you! Come see us at the new Akwesasne Housing Authority (AHA) Training Center. We are now located at 378 State Route 37, Akwesasne, NY. 13655. See map for directions.

Although the program has been in existence since August, 1998, we have been providing diabetes prevention, diabetes self-management and heart disease risk reduction care from “one location as one team” since June 13, 2011. For many years, it’s been a desire to serve our community better by bridging the two diabetes teams (Diabetes Grant and Mohawk Healthy Heart Project). The relocation to the AHA Training Center brought us one step closer to establishing the Saint Regis Mohawk Tribe Diabetes Center of Excellence through more effective planning and development of our diabetes care and prevention services. The Diabetes Center of Excellence of Saint Regis Mohawk Health Services is targeted for Phase One completion by August 2012.

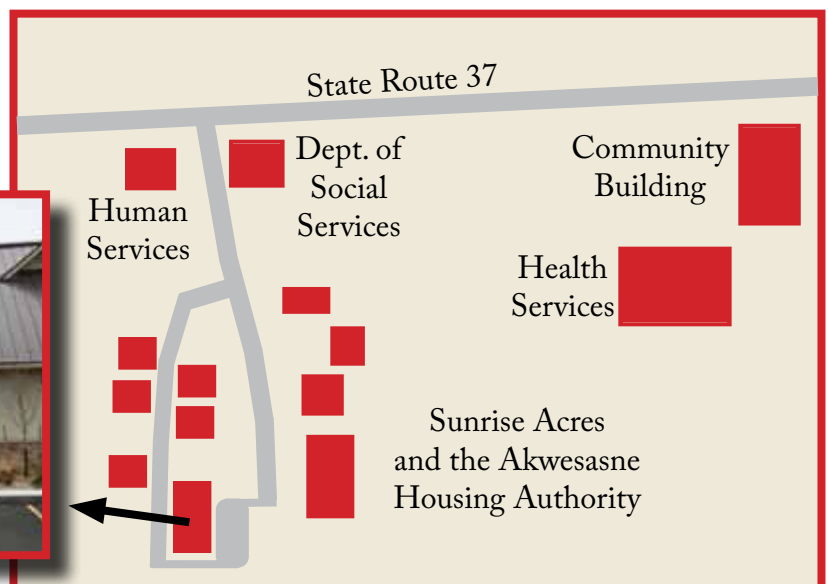
It is noteworthy to mention that water damage occurred to the AHA Training Center on August 19, 2011. As a result, our services were temporarily suspended. The task to salvage, inventory and reorder program equipment and supplies were necessary. As a result, staff was housed temporarily at Saint Regis Mohawk Health Services. Today, we are excited to remind everyone that we are

in full program operation to meet your health care decisions to control blood sugar, become more physically active, make healthier food choices, etc. “The Lets’ Get Healthy” staff extends many *niawen:korwas* to our community for their enormous patience. In addition, we include great appreciation to our Health Services co-workers, Saint Regis Mohawk Tribe maintenance and IT staff and the Akwesasne Housing Authority organization.

Please...stop by. Call us up. Join our community events. We will be so happy to see your face. Contact information for the Let’s Get Healthy team is:

Main Phone: 518-358-9667 Fax: 518-358-9669
Kelly Jackson, Administrative Assistant, Ext. 101
Heather Pontius, Registered Dietitian, Ext. 102
Susan Gale, Registered Nurse, Ext. 103
Rachael Ward, Health Promotion, Ext. 104
Rosemary Bennett, Registered Nurse, Ext. 105
Janine Rourke, Registered Nurse, Ext. 106
Mera Faubert, Data Specialist, Ext. 107
Jamie Ross, Health Promotion Specialist, Ext. 108

Mailing Address: Let’s Get Healthy Program, 412
State Route 37, Akwesasne, NY 13655 ♦



History Detective?

By Lillian B. Barton, Records Officer

My article “Tribal Leadership History Project” has sparked a great deal of interest as far away as New Mexico and may have turned me into a history detective instead of a records officer. After my article was published, I received several emails from a very interested individual who had questions about “Chief Lewis Foot” and the possibility of having a connection to him through his ancestors. His father told him he had Indian ancestry and he could provide information about his genealogy as far back as the 1600’s.

These questions as well as some conversations with some community members here in Akwesasne gave me the push to investigate this interesting man even further. My quest brought me to an article in the Ogdensburg *Advance News* from 1915, which stated, “Louis Foote, head chief of the St. Regis Tribe, is one of the most interesting men in Northern New York.

He is said to be 94 years old and one of the shrewdest politicians on the reservation.” This article also gave us the clue that Chief Foot was born in 1822.

A very funny thing happened after I shared several emails with my new friend from New Mexico. Our Public Information Director David Staddon and I visited the museum to speak with Sue and Laura about using some old photos for the newsletter. Laura gave us a box of pictures donated to the museum some time ago. While shuffling through the box I came upon a

picture of Lewis Foot. I was in awe; the name now had a face, but the name was spelled differently.

Going back through history there was an era in time when people only had a first name. To eliminate confusion from individuals having the same first

name, surnames were added. However, family preference, illiteracy and neglect in keeping records caused the spellings of names to change quite frequently. The Mohawk language, English language, and changes in the alphabet explain the many derivatives of one particular last name. There are many other reasons as well.

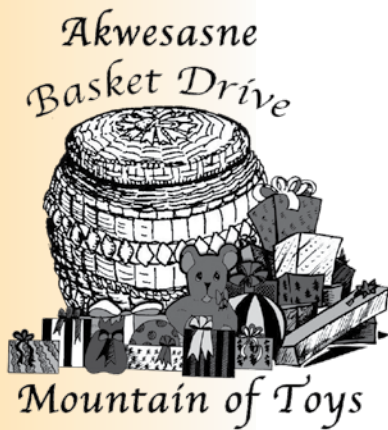
The article spells the name as “Louis Foote” however; we believe this is the same man we have been talking about in the photo of “Lewis Foot.”

Chief Foote’s “pose” and the items used in the photograph are all very interesting. Do these things have some type

of symbolism or meaning? Again, more questions are unanswered and if any readers can help me out it would be appreciated.

The man, “Big Chief Lewis Foot” has a history and many relatives throughout the United States, but who was he and where did he come from? I guess more detective work is in order! If you know about this photograph and this very important part of history please send me an email or give me a call at 518-358-2272 or email, lbarton@srmt-nsn.gov. ♦





15th Annual Event Planned

*By Alyson Cole,
PIO Administrative Assistant*

The Annual Akwesasne Basket Drive is anticipating another year of caring and sharing for families throughout the community. Every year the drive provides families in Akwesasne with holiday meals, gifts and family events that can be enjoyed by all. This year, the committee is excited to announce the 15th Annual Akwesasne Basket Drive Events. The Basket Drive is a non-profit organization that provides a holiday meal and toys for families in Akwesasne.

On December 4, the Annual Kid's Christmas Party will take place at the Brass Horse from 2:00 to 5:00 p.m. featuring a magician, face painting, balloon animals, a pizza party, and pictures with Santa Claus! Admission for this fun-filled day will simply be the gift of a toy or a non-perishable food item.

A \$5 Benefit Breakfast and Lunch, donated by the Akwesasne Mohawk Casino, will be held at the HAVFD #1 starting at 7:00 a.m. on December 16th. This year's event will again feature Dick Laffin as Head Chef, ably assisted by Assistant Chef Ron LaFrance, Jr. To order ahead, customers can call (518) 358-2161.

The day's events will include a silent auction, 50/50 Raffle, and the Mountain of Toys. Also, a Santa's Raffle featuring an iPad 2, Kindle Fire and 3DS Bundle, will be drawn that day. Tickets will be available for \$5 each in the lobby of the Community Building.

Finally, this year's Basket Distribution will be from December 19th to the 21st at the Kateri Hall. Sign ups have already begun and will continue until December 15th at the Kateri Hall from 9 a.m. to 3 p.m., Monday to Thursday each week. This year we ask that you please limit one basket per family in need and that you provide proof of residence for your household, such as in the form of a utility bill. If you signed up last year and there are no changes, you do not need to sign up again and Seniors will be able to sign up at the Seniors Center. If you are interested in volunteering, the committee meets every Thursday at the Brass Horse at 6 p.m. or for more information please call Sesir Herne (607) 592-4940 or (518) 358-2268. ♦



Domestic Violence Awareness

By Amber Montour, Three Sisters Program Manager



Tribal employees show their support by wearing purple on October 19th. The Indian Child Welfare Act Program donated the purple ribbons.

The Seaway International Bridge Corporation (SIBC) participated in the “Shine a Light on Domestic Violence” campaign. The U.S. tower of the International Bridge glowed purple in honor of all of our sacred women in Akwesasne. The SIBC has agreed to participate in this domestic violence awareness month campaign every year, joining the movement to reclaim the basic human rights of Native women and children.

According to the Indian Law Resource Center, Native women are murdered at 10 times the national rate; one out three Native women will be raped in her lifetime, and three out of five physically assaulted. Even worse, 88 percent of the perpetrators are non-Indian and cannot be prosecuted by tribal governments. ♦

Always here to protect, empower & guide our sacred families



Oh, Christmas Tree: The Great Debate!

By Angela Benedict, Air Quality Program Manager

Some of you may remember a while back when they had a commercial out: “is it real or is it Memorex®” they were talking about audio cassettes. Audio cassettes? What are they? At least that’s what my kids would say. Anyway, the reason I went with real or fake is because as an environmentalist, people would probably think that I would never cut down a real tree just to use it for Christmas. Well, I would and last year I did. I have had a fake tree for years and it always looked the same. Last year my kids wanted a real one so I gave in. But you know, I liked it. Kind of brought back memories of going to the Christmas tree place and picking out just the finest tree and having dad

tie it up on the top of the car or stuff it in the car and singing, “Oh, Christmas Tree” as we drove home.

Then we would wait until Dad cut the bottom off and mounted it in the stand then he would have to make sure it was standing perfect once it got into the house. AHHH! The memories.....

But these days it is like hurry up get the fake tree out and put it up we only have an hour before hockey or basketball or whatever else is on our busy schedules. So the debate is do you cut a real tree down or bring out the fake tree? There are pros and cons. If you are allergic to real trees you really don’t have a choice.



The Pros:

Real Tree - Family time selecting cutting and bringing home, can be recycled-mulch or chip, can be used for lake or river shoreline erosion prevention, most trees are farmed so they are replenished and because they are farmed provide lots of jobs and help absorb carbon dioxide (a green house gas) and produce oxygen.

Fake Tree - Convenience, don’t need watering, doesn’t shed needles, no disposal, just pack it up for next year, easy to assemble and some come with lights already installed.

The Cons:

Real Tree - Prickly needles that shed, need watering and maintenance, some farms use pesticides, can only be left up for four to six weeks, and needs to be disposed of.

Fake Tree - Most are made in China out of petroleum products. Some trees tested had lead in their “needles”, needs space for storage, may accumulate dust and mold that trigger allergies, once at the end of their life needs to be disposed of in a landfill because they are not recyclable. Some environmentalists believe that they actually have a bigger negative environmental impact.



Well, there you have it! It is still up to what you prefer. I will again this year put a real tree in my house this Christmas. You can also use a live potted tree so you are not killing the tree and it can be planted in your

yard once you’re done. But this also comes with pros and cons.

So for now and for the next seven generations you decide what traditions and memories you want carried on... ♦

Waterplant Goes *Ultra Violet*

By Shawn Martin, Water and Wastewater Treatment Plants Manager



The Saint Regis Mohawk Tribe Water Department is pleased to announce that we have completed another phase of the Water Treatment Plant Upgrade. This upgrade solidifies and ensures that we provide Akwesasne with safe, clean and adequate drinking water. The upgrade included the purchase and installation of dual - ultraviolet (UV) disinfection systems. The system was completed and start-up was tested in late October with the assistance of Water Services, Inc., Delaware Engineering, Control Systems Integration and Koester Associates.

The UV system's main purpose is to provide a significant level of protection against *cryptosporidium* and *giardia lamblia*, two harmful bacteria that can not be removed or inactivated by chlorine injection alone. Although these bacteria have not been found in the surface water, the SRMT Water Department is looking to ensure the safety of the community in the event that these bacteria may become present in the surrounding

source water. This gives the treatment system an extra level of protection that include; dual-sand filtration, chlorine injection, powdered activated carbon (PAC), and UV disinfection. The upgrade is now consistent with the water treatment systems on the Canadian side of Akwesasne and will have already met the Long Term 2 Enhanced Surface Water Treatment Rule (LT2 ESWTR) as stated in the Safe Drinking Water Act (SDWA).

Our next phase of improvement will be to extend the raw water intake line and to rehabilitate the old intake raw water pumping station so we have redundant raw water intakes for maintenance or emergencies.

If you have any questions regarding the Public Drinking Water Treatment Plant and Distribution System, please contact Shawn Martin, Water and Wastewater Treatment Plants Manager, at 358-4205 or the operators at 358-6159. ♦

Scholarship Opportunity for University Students Available Again

By David T. Staddon, Editor

The Tribe has once again received support in the amount of \$29,000 from an anonymous donor to fund scholarships for Saint Regis Mohawk Tribal university students. Tribal Council will contribute \$1,000 to this fund so this round of scholarships will be ten \$3,000 scholarships.

This year, eight undergraduate students and two graduate students will be funded.

In addition to the applicant's educational and career aspirations, the application letter must state the specific financial needs for which the scholarship will be used. What out-of-pocket expenses will be met by the scholarship must be included in letter of application.

1. Award funding may only be used directly for attainment of degree.
2. The application essay must be original.
3. Last year's recipients are NOT eligible for this year's scholarship program, except in the situation described in section four (4) below.

4. An undergraduate student who received a scholarship last year is eligible to apply as a graduate student this year.
5. All applicants must currently be enrolled as a college student.
6. Deadline for submitting essay/letter will be Friday, December 23, 2011.
7. Award decisions will be made by the awards committee by Friday January 6, 2012.
8. Award recipients are required to submit a one-page biography and current picture.
9. Checks will be distributed to recipients for winter semester 2012, after receipt of recipients' biography and pictures.

Letters of application must be submitted to Rod Cook, Higher Education, 412 State Route 37, Akwesasne, New York 13655 and must be postmarked by no later than December 23, 2011. Late applications will be returned unopened. ♦



Climate Change - A Hot Topic

By Julia Jacobs, Environmental Outreach Educator

Climate change refers to major changes; they could be natural or manmade, seen in snow, rainfall, temperature or wind patterns. It also refers to any change in climate lasting for a long period of time. So, here in Akwesasne we are looking for information about any changes you might have noticed in your life time.

Remember back when the blizzard of 1996? That snow storm shut down the eastern United States for days. When was the last time we have had a major snow storm when roads couldn't be plowed and the snow was piled almost to one-story roof tops?

Remember the St. Lawrence River always being extremely cold? Well, the Great Lakes have seen an increase in temperature of .7 degrees warmer from 1985 to 1991. When that water is warmer, you have

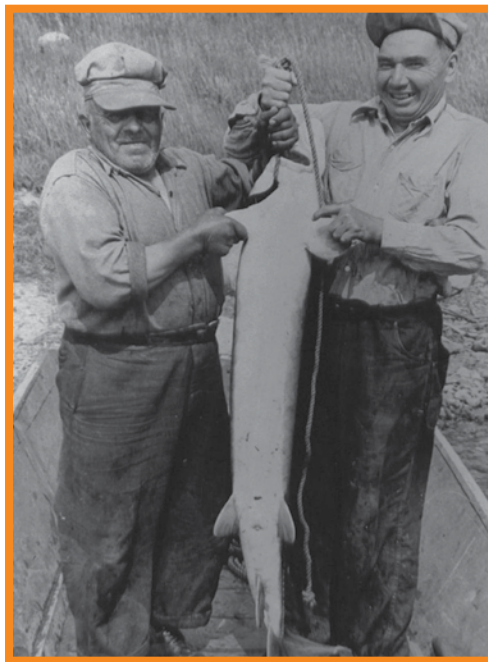


more polluted waters which flow back and forth into St. Lawrence River. Some species of fish can't tolerate warmer waters. Some fish won't be able to lay their eggs in warmer water.

Basket makers, what have you noticed about your splints and sweet grass when making baskets? What about our medicine plants? Are they still potent? Can you still pick them here?

We at the SRMT Environment division want to hear about what you have noticed in our community. If we know now about these changes, maybe we can protect our natural resources for the next seven generations.

We want you to tell us what you have noticed and call or email: Angela Benedict or Julia Jacobs at SRMT Environment Division at 518-358-5937 or by email: angela.benedict@srmt-nsn.gov or julia.jacobs@srmt-nsn.gov.



Seasons Come and Seasons Go

By Laura Weber, Solid Waste Program Manager

There is a time and season for everything.

Almost seventeen years ago, I began a season of working for the Tribe first as an Energy Coordinator and then as a Program Manager for the Solid Waste Program. This season will come to an end after this year.

The Tribe's solid waste program has progressed from nothingness to being recognized as one of the most advanced and successful Tribal solid waste programs in the country.

When I began working for the Tribe, open dumping and burning of solid wastes was rampant and there was no program in place to manage solid wastes. My mission was to develop a program that would minimize open dumping and burning and provide an affordable alternative for the community to properly dispose of solid wastes. I have accomplished this mission with the development and execution of a comprehensive program that provides services, cultural education, and regulations that will guide the continuing operation of the program after my departure.

The accomplishments of the Tribe's solid waste program are not only due to my efforts, but also to the efforts of others. I am humbled by the program staff who selflessly serves the community. Their work truly shows their commitment to offer the best possible service to

the community. They are the backbone of the program and will continue to be after I leave. I am honored to have worked with such a fine team.

One of my most satisfying moments came when data from a study showed that the solid waste program was minimizing the use of open dumping and burning in the community. This study was conducted in 2009. It showed that 40% of the residents and 25% of businesses reduced their use of open dumping and burning from when I began working for the Tribe in 1995. My efforts to build a better tomorrow for the community were working and the impacts were positive.



In closing, there are a few I'll thank. The first two are Ken Jock and Les Benedict. I was fresh out of college when I came to work for the Tribe. As with any college graduate, I had lots of ideas and motivation, but I needed guidance to navigate the professional waters I found myself in. Ken and Les not only provided this guidance, but made an investment in me and allowed me to grow into the professional that I am today. I am forever grateful to them. Thank you/*niawen* for believing and trusting in me. Finally, thank you/*niawen* to the community. I've enjoyed my season at Akwesasne and serving you in building a better tomorrow. I've learned so much from you all and will take this knowledge into my next season. ♦

New Hours at Transfer Station

Effective Tsiothorko:wa/January 3, 2012 the Tribe's Solid Waste Transfer Station business hours will be from 7:00 a.m. to 2:45 p.m., Monday through Saturday. The scales and collection window will close promptly at 2:45 p.m. without exception. At 2:45 p.m. the gate will be closed and materials will no longer be accepted. This is to allow the staff time to close the facility and prepare for the next day of operations. The community is asked to plan accordingly so that they will have the opportunity to use the facility within the newly established business hours. Please direct any questions and concerns to the Environment Division, (518) 358-6124 or the Transfer Station Operations Supervisor, Russell Phillips, (518) 358-4632.

Ionkwanonhsassetsi Expands Services

By David T. Staddon, Editor

Over the past two years, the *Ionkwanonhsassetsi* Adolescent Group Home has begun to provide substance abuse treatment to teens aged 13 to 18. The services are provided to both males and females who are struggling with substance abuse and substance disorder.

Formerly an adolescent group home, the facility evolved to meet the growing problem of drug and alcohol abuse amongst young people in Akwesasne.

Any adolescent resident of Akwesasne is eligible for these services, including the southern portion. They can come to the outpatient program at the Saint Regis Mohawk Tribe's Health Services facility. Initial assessment will take place through the Alcohol and Chemical Dependency Program (ACDP). ACDP can provide a referral to the *Ionkwanonhsassetsi* Treatment Center. Anybody who would like to access these services for an assessment can call (518) 358-2272 and



The program is designed to address the issues of addictions awareness, family mediation, mentoring parents, supporting clients in the court process, academic education, culture and grass roots wilderness survival. The challenge for families who are struggling with addictions is to initiate change.

The Akwesasne community has recently seen a variety of trends with addiction and substance abuse. These trends include alcohol, marijuana use as well as opiates, prescription drug and designer drug abuse.

ask for the ACDP outpatient clinic for an assessment. The assessment will determine whether inpatient or outpatient treatment will be required.

Any and all community members are welcome to visit the facility, take a tour and meet the staff. Community members with questions should feel free to call *Ionkwanonhsassetsi* at (613) 932-5050 to speak with one of the drug and alcohol counselors.

(Information for this article was provided by the Mohawk Council of Akwesasne's monthly newsletter, Onkwe'ta:ke. Photo credits: Shannon Burns.) ♦

Getting Fluffy Into the Carrier

By Jennifer Herne, Animal Control Officer

As cat owners, we've all experienced it—the war that starts when it's time to put your feline friend in a travel carrier. The sweet, purring ball of fluff can suddenly turn into ten pounds of fury. Fluffy might straighten and stiffen her legs in an attempt to make her body too big to fit into the crate. She may even use her claws to try and get away—or urinate due to the stress of the situation.

The trouble is most cats only see their carriers when a trip to the veterinarian is on the horizon. Like any animal, cats develop associations. So it doesn't take long for Fluffy to connect the mere sight of her crate with the vet's office. To lessen her fears (and your guilt), here are a few ways you can gently, gradually help your cat learn to like—if not love—her carrier.

Start with a crate Fluffy can feel good about.

Does your cat hide under the bed when she sees her carrier? For Fluffy to feel comfortable with the idea of a crate, you have to help her develop positive associations with it. You may want to consider buying a new one that's a different color or shape. Starting from scratch with a new carrier may be far easier than trying to get Fluffy to change her mind about her first one. You can donate your old carrier to the SRMT Animal Control Program. We are always in need of spare crates, or you can donate it to your local shelter.

The goal is to get your cat to think of her carrier as a safe, low-stress place. Begin by leaving her carrier out where she can see it, perhaps near her feeding area. If she only sees this giant, plastic contraption when it's veterinarian time, she'll definitely find a hiding spot when it appears.

Make her carrier a haven

Next, make the carrier a place where Fluffy can relax. Think of it as her home away from home, her portable bed, her kitty hotel. Leave the carrier door open and place a comfortable, cushy bed in it. Some plastic carriers have a top that unlatches from the bottom, so you can take the top off and let Fluffy use the carrier as a bed. After a while, when she seems comfortable with her cozy new sleeping spot, you can put the top back on. Whenever possible, leave the crate in an area that's fun for Fluffy, such as in front of a window, in the family room or wherever she likes to snooze.

Help her feel right at home

Once Fluffy seems relaxed about the crate's presence, feed her in it. Not all cats will take to this idea right away. If she resists at first, leave treats or food near the carrier. Start at a distance that's comfortable for her, even if that means placing the food twenty feet away. Gradually move the goodies closer to the crate until finally placing them inside.



Put treats in the carrier regularly

By helping Fluffy develop a positive association with her crate, she can begin to think of it as a place where she can safely eat and sleep. Lastly, as time goes on, close the carrier door while she's inside and feed her a treat. Get her used to the concept that sometimes the door will close.

Take a trial run

Now that Fluffy is comfortable eating and sleeping inside the crate with the door closed, it's time to get moving. Pick up her crate and carry her slowly and gently to the car. If she appears to tense or panic, go back to the house until she is relaxed. Remember to take baby steps and let her get comfortable with the idea of being on the move. Eventually, you'll be able to put the crate in the car, close the doors and drive around the neighborhood a few times. Just remember to take each step slowly and watch for cues from Fluffy. When she's ready, she'll let you know.

Make Fluffy's carrier a special place that's all her own

By helping her form positive associations, you're making the next trip to the veterinarian a lot less stressful for both of you.

Some information provide by HomeAgain® ♦

***“Everything I know I
learned from my cat:***

***When you're hungry,
eat.***

***When you're tired,
nap in a sunbeam.***

***When you go to the vet's,
pee on your owner.”***



Responsible Tips for Hosting a Holiday Party

by Carrie Benedict, Compliance Inspector

***Are you hosting
a holiday
party this year?
If so, it's not too
early to keep
the following
important tips in
mind.***

- Control access to the alcohol you're providing.
 - Avoid serving from a common source such as a keg or a punch bowl.
 - Consider hiring a trained professional to serve drinks at your party.
- Be sure that whoever does prepare the drinks is not consuming alcohol themselves and is monitoring the other guests' consumption.
- Offer other drinks such as soft drinks, fruit juices, water, and coffee so that your guests have an alternative to alcohol.
- Discourage competitive or rapid drinking. Allow guests to have only one drink at a time. Provide plenty of appetizers, snacks, and other food.
- Plan entertainment and other activities so that drinking alcohol is not the main focus of the party.
- Request identification from anyone who appears to be younger than 30 years of age. Guests who cannot present a valid form of ID should not be given any alcohol.
- Communicate with your guests; make them aware that becoming overly intoxicated is not the goal of the party. As the hostess, model appropriate behavior for your guests.
- Stop serving alcohol at least an hour before the party ends.
- Encourage your guests to stay for a while and have something to eat or drink (soda or coffee).
- Be sure that anyone who is visibly intoxicated does not receive any more alcohol and is not left alone. Even if the guest is not driving, an impaired guest can still injure themselves or others.
- If necessary, provide alternate transportation for impaired guests. Call a taxi or request the help of sober friends to make sure your guests arrive home safely.

These tips will help you and your guests enjoy a safe and happy holiday party. ♦

Environment Interns Receive Recognition

By David T. Staddon, Editor



The Environment Division Assistant Director Les Benedict received a letter from Dr. Adrian Enache expressing appreciation for information about two interns. Les forwarded interns Jessica Tarbell and Rio Cook's perspectives about their experience in conducting the Pesticides Usage Assessment Survey and Outreach. This work was performed under the U. S. Environmental Protection Agency's (USEPA) Performance Partnership Grant with the Saint Regis Mohawk Tribe.

Dr. Enache expressed his appreciation for the hard work and dedication shown by Jessica Tarbell and Rio Cook in conducting the pesticide assessment survey

and outreach. Their survey results will provide valuable information to the Tribe helping to formulate a strategy for management of pesticides on the reservation. To show their appreciation, the US Environmental Protection Agency sent certificates of appreciation for Jessica Tarbell and Rio Cook.

Dr. Enache also expressed his appreciation very much to Les and his staff's mentorship of the interns which enabled them to collect this vital information, and above all, provided them with a positive work experience. Dr. Enache and the USEPA look forward to continue working with the Environment Division and the Saint Regis Mohawk Tribe. ♦

Monthly Tribal Meeting

Kentenhkó:wa / November 5, 2011

Chaired by Chief Ron LaFrance Jr.

Agenda

1. Introductions:

- Welcome
- Reading of Action Items - Tribal Clerk

2. Border Patrol Response

- Sub-Chief Stacy Skidders

3. Election Ordinance Amendment update

- Katrina Jacobs

4. National Grid

- Sub-Chief Michael Connors

5. Land Claims Update

- Michele Mitchell

6. New Business

- Non-Member Fishing Regulations - Elliott Lazore

7. Reading of Action Items - Tribal Clerk

8. Adjournment

b. to make sure the draft is added to the Tribe's website and that there is an e-mail link

3. to look at the franchise payment of \$71,000 from National Grid and report back at next month's meeting

4. to get the total megawatt usage of the casino and the rest of the southern portion of the territory

5. to check with the Seniors Department and the letters our elderly have received on paying for the in home service for meals

6. to check with Ernie Thompson on the following issues:

a. adding lines to the roads (Drum St, Philips Road, Snye Rd area) for pedestrians

b. installation of a guard rail on Raquette Point Rd, at the sharp corner in front of Marilyn Sharrow's property

c. installation of a traffic light on Cook Road at State Rte 37 (#9)

7. to meet with MCA to discuss the option of voting eligibility

Follow-up of Action Items from October Meeting

1. Have Economic Development follow up with Massena with bonding issues

Follow-up: Massena issues bonds to company's through the St. Lawrence County Industrial Development Agency-SLCIDA. It is for companies that want to be the leads in projects that apply for bonds through this agency

2. Fix light bulb in lobby

Follow-up: A work order was completed, and maintenance replaced the light bulb ♦

Action Items from November Meeting

1. to have a copy of the Patriot Act that mandates Border Patrol to enter access roads in/out of our territory

2. a. to ask Election Board back to December's monthly meeting to report on comments received and have changes to the Election and Referendum Ordinance draft underlined and in red so its easily recognizable

Calendar

Kentenhkó:wa / December 2011

3rd - December Tribal Meeting - 10:00 a.m. - Community Building lobby

Pet Photos with Santa - 2:00 to 5:00 p.m. - Community Building Lobby

13th - Social Security Administration - 1:30 to 3:30 p.m. - Tribal Clerk's office

16th - Basket Drive and Mountain of Toys - Benefit Breakfast and Lunch - 7:00 a.m. - HAVFD #1

19th - 21st - Christmas Basket Distribution - 9:00 a.m. - 3:00 p.m. - Kateri Hall

26th - Christmas holiday - Tribal offices and transfer station closed

Tsiothohrkó:wa / January 2012

2nd - New Years Day holiday - Tribal offices and transfer station closed

New Faces

Cora Brothers	Family Support	Habilitation Aide-in-Training
Richard D. Cook	Maintenance	Custodian
Karen Cooke	Early Childhood Development	Teacher Aide
Sue Anne Hourihan	Early Childhood Development	Teacher Aide
Kenneth B. King	Maintenance	Custodian
Mary E. McGonagle	IHS Medical Clinic	Nurse Practitioner
Valerie Ramirez	Tribal Police	Dispatcher
Christopher Rousell	Family Support	Habilitation Aide
Cheryl A. Swamp	Office for the Aging	Nutritionist
Nathan Thompson	Intensive Preventive Program	Advocate
Carla Wheeler	Early Childhood Development	Registered Nurse

Giving Back

Sports Events - \$9,500

Community Elders - \$2,500

Community Events - \$1,000

Funerals - \$1,500

Residential Spill Cleanup Guide

By Julia Jacobs, Environmental Outreach Coordinator

The SRMT Environment Division has created a spill guide to assist homeowners when faced with a spill of five gallons or less.

Remember the ICE STORM of 1998? We had no power...no heat...nobody could be on the roads...except maybe the police and rescue departments. You are in the garage trying to start up your snowmobile, when you accidentally spill the whole five gallons of fuel!

What do you do?

- Throw a rag on the fluid?
- How will you stop the gas from spreading all over?
- Do you use the shop vac?

The Emergency Response Team, ERT, here at the environment division created a cardstock flip book for homeowners to utilize when emergency services are suspended and you have to clean up the spill on your own. It even has a hole at the top of the booklet to hang off a nail in your garage or a hook in the house so you know exactly where to find it quickly.

This Residential Spill Cleanup Guide tells you what to do:

- If your propane tank is leaking.
- If you spill bleach or antifreeze
- If your can of gas for lawn mower spills
- If you accidentally mix two chemicals together while cleaning: for example, bleach and ammonia

Do you know what to do if you had a spill?

Our free guide tells you in detail what to wear to protect yourself and what materials to utilize while cleaning up your spill.

Stop by the Saint Regis Mohawk Tribe's Environment division and pick up your free Residential Spill Cleanup Guide today!

Call Julia Jacobs at the Environment Division at 518-358-5937 or email julia.jacobs@srmt-nsn.gov for more information. ♦



Seniors Center Staff Wins Certificate of Recognition

By David T. Staddon, Editor



*L-R: Cynthia Tarbell, Jann Day and Mary Grow
Accepting Certificates of Recognition*

The New York State Office of Children and Family Services (OCFS) presented the tribe's Seniors Center staff with a Certificate of Recognition for their work in the area of Protective Services for Adults (PSA). The Saint Regis Mohawk Tribe's Department of Social Services nominated the Senior Center's staff as outstanding partners in the PSA Delivery Network.

On September 21, 2011 Center Director Cynthia Tarbell, Mary Grow and Jann Day were invited to the Buffalo NY to attend the New York State Adult Abuse Training Institute. The OCFS presented them with their Certificate of Recognition at the conference. In the award letter, OCFS Commissioner Gladys Carrion noted, "It is clear from our review of the submitted nomination that your local department of social

services holds your organization in very high regard for the critical work you do together with PSA to help protect your mutual clients. We applaud you for your very important work. Congratulations for a job well done."

"We are proud to be recognized for our efforts," said Director Cynthia Tarbell. "Our staff has taken the initiative in this program are the ones who deserve the credit for receiving this award. Please join me in congratulating the OFA staff and especially LoraLee Lafrance and Mary Grow for their continuing extra efforts in protecting our elders."

The OCFS recognized honorees in several ways including on their website and the Adult Services Newsletter, in addition to the ceremony in Buffalo. ♦



Tekwanonhwerá:tons tsi Rotón:ni tanon ohseráse

The Saint Regis Mohawk Tribe,
Enterprises and staff wish everyone
a safe and happy Holiday Season!



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