

1st Class  
Seconds

Celebrate  
Heart Month

Compliance  
Report

Ethics 101

# SRMT Kawennì:ios



**AMBE Early Years Donates Chow  
for Animal Control**





# Business Feature

## ***1st Class Seconds***

*By Lindsay Tarbell, Economic Development Planner*

Looking for quality clothing and accessories that won't break your budget? Then come on in to 1st Class Seconds! Located at the Log Cabin on the corner of State Route 37 and Beaver Meadow Road in Akwesasne, owners Bev Lazore and Karen White are proud to introduce their "gently used" clothing store.

1st Class Seconds makes sure to sell top quality "new to you" clothing for the whole family from children's clothing to adults and everything in between. They are environmentally conscientious and believe in recycling, reducing, reusing and repairing. All clothes are clean and ready to wear and are hung by gender and size, making everything easily accessible.

***Karen White and  
Bev Lazore***

If you're looking for clothes for an interview, the office, casual wear or a nice evening out on the town --- 1st Class Seconds has it! They also have all the accessories to complete your outfit from shoes, jewelry, scarves, hats, coats, jackets and much more.

If you make an appointment with Bev or Karen, they will put together an outfit for you from head-to-toe with their motto "DRESS FOR SUCCESS ON \$20.00 OR LESS!"

To drop off donations or make appointments please call the store: 518.358.4620 and leave a message or call Karen 518.358.3328 or Bev 613.575.2851

There is also an ATM available in the lobby for your convenience!

Don't wait, stop in today! ♦



## ***1st Class Seconds***

*Corner State Route 37 and Beaver Meadow Road  
Akwesasne, NY 13655*

*Store Hours: Mondays, Tuesdays, Thursdays, Fridays and Saturdays  
11:00 am-5:00 pm*





# Good Words of Welcome



Greetings to all Akwesashrónon,

We are past the holidays, in the middle of winter and I hope that you are all keeping safe and warm. I'm looking forward to spring weather and I'm sure you are too. We've had a productive fall and winter and continue to make progress.

Our tribal committee work is keeping us busy, but this has been a great opportunity for people in the Akwesasne Community to get directly involved in the process of tribal government. For the past few months, we've had committee meetings every week on finance, off-reservation gaming and governance. Two other issues have been the future of the old General Motors plant and the broadband project.

The broadband project has generated a lot of community interest. The project will eventually string over 68 miles of fiber optic cable throughout Akwesasne. It will bring 1500 households and more than 200 businesses on-line with high-speed internet connections. This will allow for more affordable options for telephone service, cable television and increased business opportunities. The project will create jobs and improve telecommunications. We expect construction on the project to get started this spring. Assistant Tribal CEO Jamie Bay and Economic Development Director

Steven Cook have been heading up this project and have put in a lot of hard work to make it happen.

Our new Animal Control Officer, Jennifer Herne has also been making a lot of improvements in that department. The adoption rate of dogs and cats that are placed in the kennel has been very high. This is due to Jenna's efforts of placing pictures of the dogs and cats on the tribe's website and Facebook page. People can see them and adopt them. Also, students at the St. Regis Kanatakon Early Years Class held a pet donation drive to get puppy food and towels for the animals in the kennel. They are on this month's cover because they did such a great job. Many thanks to the students and to Jenna for her hard work and improvements she's made.

The Environment Division has produced a really nice 2011 calendar. They have been very popular and are available at the Environment Division. We have a few at the receptionist desk in the Tribal Community Building, so people might want to check them out and hang them in their home or office. That way you can keep track of how many days it is until spring arrives!

Sub-Chief Pam Brown

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David Trout Staddon, Editor

Aimée Benedict-Debo, Publications Manager

Kyrie A. Ransom - Administrative Assistant/Photographer

[www.srmt-nsn.gov](http://www.srmt-nsn.gov)

# What's That Smell?

*By Angela Benedict,  
Air Quality Program  
Manager*



Smell is one of our five senses. There are some smells that are good like winter air, clothes that have been hanging out all day to dry, fresh flowers (especially my favorites, Lily of the Valley and jasmine) and what about barbeque! YUMM! Always with good there is bad. Some of the nastiest smells are rotten meat, a skunk, car exhaust and an idling vehicle. OK. Now you're saying, "I know where she is going with this." But I don't think you do. I have been saying for years that idling is bad and it is, but there are also other smells that can affect you: some good, some bad. The biggest point I would like to get across is if you can smell it you are being exposed to it. Who likes the sweet smell of freshly cut grass? I do, but because I am allergic to grass, I stay locked up for about a week after everyone starts cutting their lawn.

Back to our noses. Smell or odor has particles. These particles are what go into your nose so you can smell them. These particles make their way down into our

lungs. Some of these particles you can see and some are really really really tiny. The nose actually filters out the larger particles only letting in the small particles. The smaller particles are what get into your lungs and can trigger an asthma or allergy attack. An asthma or allergy attack can be brought on by good smells as well as bad. Some flowers and/or perfumes can make people sick while others just love them. Molds and mildews which smell bad can also have the same affect on people.

With more and more people with asthma and allergies, you might see signs posted in certain places to not wear or minimize the amount of perfumes/lotions/scents. Hospitals and clinics are very good examples.

So next time you are heading out and spray that cologne or perfume or put on some lotion, be aware that it could affect your loved ones now and for the next seven generations. ♦



Need to make your life a little greener? Remember to request your free 2011 environmental calendar by calling 518-358-5937 or e-mail: [angela.benedict@srmt-nsn.gov](mailto:angela.benedict@srmt-nsn.gov).

# Celebrate Heart Month

## *Let's Get Healthy Program Tsitewatakari:tat*

*By Janine Rourke, RN, BSN, CDE*

### *Diabetes Center Of Excellence Building*

**Another Phase of Development Reached!** We are pleased to inform the community that the architect is working on the building blueprints, which will soon be on their way. By late spring 2011, we hope to share floor plans for staff offices, educational spaces, theater kitchen, walking track, fitness areas, etc. Please stay tuned for 2011 activities to help ensure the St. Regis Mohawk Tribe Diabetes Center of Excellence moves closer to reality.

### *Winter Programs*

**Keep In Touch With Our Newsletter.** Our program newsletter offers valuable information on nutrition, fitness, program adjustments, new events, etc. It is now on the St. Regis Mohawk Tribe web-site! Heather Pontius, RD spearheads this production every month. Education and program events are tailored by what we learn from Akwesasne families as to what is helpful and important. The Diabetes Grant and the Mohawk Healthy Heart teams join together to plan educational events. This includes collaborations to keep the messages of nutrition, physical activity, healthy blood sugar levels, good blood pressure control, etc., strong and

consistent. Just to mention a few: Akwesasne Freedom School, Akwesasne Coalition for Youth Empowerment, Akwesasne Office of the Aging, Family Support and the Individual Residential facilities.

### *Grant Updates*

**Funding Authorization to 2013.** Known as the Diabetes Grant and the Mohawk Healthy Heart Project, both of these grants are provided through Indian Health Services, *i.e.*, SDPI funding and two more years were recently approved. Both programs provide care for persons with diabetes and the Diabetes Grant has expanded services for persons without diabetes, especially youth at risk. Real successes are occurring for diabetes care and diabetes prevention through the awesome fitness programs offered by Justin Point and Nathan Thompson.

### *Diabetes Care*

**Commitment and Excellence.** Both teams strive hard to bring quality diabetes care and services to the table. With leadership from Rosemary Bennett, RN, CDE and Susan Gale, RN, many patients are staying on the tough path to reduce their risk for heart disease and diabetes complications.

### *Tsitewatakari:tat-Let's Get Healthy Team*

- ♥ Rosemary Bennett, RN, CDE
- ♥ Susan Gale, RN
- ♥ Heather Pontius, RD
- ♥ Justin Point, PTS
- ♥ Nathan Thompson, BS
- ♥ Kelly Jackson, AAS
- ♥ Emily Tarbell, BA
- ♥ Janine Rourke, RN, BSN

### *Office Locations and Contact Information*

- ♥ Diabetes Grant Team located at State Route 37, former LBM building. Phone: 518-358-9667
- ♥ Mohawk Healthy Heart Project Team located at Heart to Heart Fitness Center, Frogtown. Phone: 518-358-6091



# The Tribe's Treasures

## *Filing Away 2010*

*By Lillian Benedict Barton, Archivist  
Tribal Historic Preservation Office*

The New Year is here and with it comes the urge to organize. What a better way to start the year off right by getting rid of some old papers and filing those important documents? These guidelines are advisory and will differ from person to person as well as circumstances.

### *How Long to Keep Records*

- Tax returns, cancelled checks/receipts, 1099's, donation receipts, mortgage interest, alimony, retirement plan contributions, and any records for tax deductions taken, should be kept for seven (7) years.
- IRA contribution records should be kept permanently.
- Annual summaries of your retirement or savings plan statements should be kept permanently. (quarterly statements can be shredded after you receive the annual summary).
- Bank records that are related to taxes, business expenses, home improvement and mortgage payments should be kept permanently. Shred those that do not have long-term importance.
- Bills – You should look through your old bills once a year. Once a bill is paid and the cancelled check has been returned you can shred the bill, however I like to keep mine for a year and then shred them. Also, depending on your bank you may or may not get a paper statement or the cancelled checks, some banks send you e-statements and you never see the cancelled check. Bills for big purchases like furniture, appliances, motor vehicles, jewelry, etc. should be kept with insurance papers for proof of purchase in the event of theft or damage.
- Credit card receipts and statements – keep original receipts until you get your statement, verify purchases and then shred the receipts. Keep the statements for 7 years if tax related expenses are documented, otherwise shred.
- Paycheck stubs – Verify your paystubs with your annual W-2 at the end of the year, if information matches then shred the paystubs, if not demand a corrected form (W-2c).
- House/Apartment Records – If you own a home then you really should keep all records documenting the purchase, improvements, property, taxes (if any), legal paperwork, insurance, etc. permanently or until you sell your home. Renters – Keep any agreements, receipts and insurance paperwork until you move.
- Medical Records – Keep permanently, including insurance payments and receipts/co-pays.
- Warranties and Guarantees – Keep until expired.

*Enjoy 2011 by  
spending less time  
looking for something  
and more time with  
those you love.*

### *Storing Your Personal Records*

- Use accordion type files to store your monthly bills. Label each tab by month and when your bills come, in place them in the corresponding pockets.
- Invest in a file cabinet or shelves on which you can place shelf files, (these can be purchased online or at your local office product store). Label all accordingly.
- You can also place papers in an under-bed storage container if you don't have the room for a file cabinet.

### *Store these Items in a "Safe Deposit Box" or "Home Safe"*

- Land deeds, titles, birth certificates, marriage license, passports, military service records, divorce decrees, or any other legal documents.
- Savings bonds, bank certificates of deposit, stock certificates, financial holdings, etc.
- Wills, burial lot, and important medical information.
- Photos of your valuables with an inventory list.

### *Getting Organized*

- Got school aged children? Keep a clipboard in an easily accessible location for permission slips, and other school documents that can be misplaced.
- Set up a location in your house especially for incoming mail. Go through and file at least once a week. If you don't have time to file once a week, keep a basket labeled to file and do it once a month.
- Use a basket or some sort of organizer and keep near the front door for your keys and outgoing mail.
- Use an index card box as your address book. You can keep so much more information on index cards than in an address book, including presents given, anniversary, graduation dates, etc. Do the same for your pets, have a farm or lots of dogs or cats, use an index card box to keep track of their birthdates, vaccinations, surgeries, etc.
- Go to the dollar store, buy an extra large desk pad calendar, keep track of appointments, meetings, vacations, birthdays, and other events and keep it out in the open for all family to see, they too can help you stay organized and on-time! ♦





# Saint Regis Mohawk Tribe Honors the Passing of Ernie Benedict

*By David Staddon, Editor*

Ernie Kaientaronkwen Benedict's life was one of dedication and commitment to Native People in many different areas. He was a strong supporter of the rights of Native People everywhere. "Traditional leader, storyteller, soldier, mentor, scholar – all of these words describe Ernie's life," said Tribal Chief Monica Jacobs. "He always had good stories, and we will all miss him." Mr. Benedict passed away on the morning of January 8, 2011 at age 92.

Ernie graduated from St. Lawrence University in Canton, NY in 1940 prior to entering the military during World War II and was one of the first Natives from the area to earn a university degree. This achievement led him to inspire others to complete their educational aspirations and to use education as a tool for the advancement of Mohawks and other Native people. He passed along his legacy as a teacher, a writer, a historian and university professor. Today, the Mohawk Tribe has one of the highest levels of educational attainment of any tribe.

"Ernie was a strong advocate for Native Peoples' rights and sovereignty," noted Mark Garrow, Tribal Chief. "One aspect of that was his advocacy of the right of Native People to control our own educational process." Education is a vital aspect in maintaining the rights of individual Native People and Native communities. "Now it's up to us to continue those traditions," added Garrow.

In 1995, the National Aboriginal Achievement Foundation of Canada awarded Mr. Benedict the

National Aboriginal Achievement Award for his accomplishments in education. "The legacy of the work and life of Ernie will be with us forever," commented Tribal Chief Randy Hart. "His dedication and commitment to Mohawk People and Native People everywhere will remain part of our destiny."



*Community Will Miss Traditional Leader and Storyteller*

Ernie was the first to take a stand against federal encroachment on the liberties of Native people when he refused the draft before WWII. His logic was that since he is first a Mohawk citizen of the Haudenosaunee Confederacy it was not his place to join a foreign army. He was imprisoned for this stance. Later, when he was released from prison, war was imminent. At that point the Haudenosaunee joined the rest of the free world in declaring war on the Axis powers. Only then did Ernie join the U.S. Army and fought in the Pacific theatre in the Signal Corps, not as a U.S. citizen but as a Mohawk Nation citizen.

Throughout his life he instilled in his Native students that they are first *Ongwehonweh*, original people whose liberty is a birth right. That legacy trickled down through the many decades and to many of our current leaders in Akwesasne and across the continent. Because of that, we continue to endeavor to persevere even though at times our unity becomes strained.

Ernie's dedication and commitment to Native People will be greatly missed. The Saint Regis Mohawk Tribal Council expresses its sincerest condolences to the family and friends of Elder Ernie Kaientaronkwen Benedict.



# Compliance Report

## *Inspecting Home Delivery Vehicles Protects both Consumers and Businesses*

*By Elliot Lazore, Compliance Manager*

The St Regis Mohawk Tribe Compliance Department conducts annual vehicle tank meter (VTM) inspections. The 2010 annual inspections were conducted on Thursday December 2, 2010, by inspectors Carrie Benedict and Charlie Thompson.

The reason for the inspections is to protect both the consumers and businesses involved in the delivery of home heating fuel products. The test ensures the consumer is receiving the proper volume of product ordered and also ensures the fuel company is not distributing product with poor mechanical malfunctions in the meter throughout the delivery process. The national acceptance for a tolerance is between plus 139 cubic inches and minus 139 cubic inches, using the 200 gallon testing device called a “prover.”



*Charlie Thompson Inspecting Delivery*

The inspection of Vehicle Tank Meters (VTM) is conducted annually as trucks are brought to a designated inspection site. The delivery trucks are first visually inspected for items such as; hoses, seals, cleanliness, meter and nozzle and the number of dispenser meters are verified and checked. The vehicle's information is recorded; license plate; meter serial numbers and any other pertinent information to identify the truck.

The test is now ready to be performed. The product is now pumped from the truck into a 200 gallon prover calibrated to National Institute Safety Testing standards

(NIST). The product is pumped into the prover until the dispensing meter reads 200 gallons of product. The product is allowed to settle and a reading is taken as shown in the photo. Should a test fail, a reasonable amount of time is allotted to allow a technician on site to perform adjustments that may resolve the discrepancy, then a retest is conducted. Should the original test indicate a large discrepancy the dispenser meter is issued out of service and ordered to be repaired.



*Carrie Benedict Logging Meter Readings*

Should the first part of the test be satisfactory, a second special test known as a “Split Test” is performed on the vehicle. This test ensures that if a tank is emptied during a delivery that the meter stops when the tank is emptied and after the operator switches tanks the delivery continues until the meter indicates 200 gallons. Again, the product is allowed to settle and a reading is taken. If the reading is between plus 137 cubic inches and minus 137 cubic inches, than the meter passes and a certification sticker is applied to the meter.

Should a VTM be within acceptable tolerances, a SRMT Compliance certification sticker is then applied in the proximity of the approved meter and a lead seal is applied to the meter. It is not to be removed without notifying the Compliance Department. The seal ensures that the variance adjustment is not tampered with after approval. ♦

# Alcoholism / Chemical Dependency Programs

*By L. Daniel Jacobs, CASAC-G, Clinical Director*

The Alcoholism and Chemical Dependency Program (A/CDP) consists of two components: the Outpatient Clinic and a Prevention Program. These programs provide a variety of treatment opportunities and prevention activities for chemically dependent and compulsive gambling dependent Native American adults and adolescents. Treatment and drug/alcohol educational services are also provided to family members whose lives have been impacted by the alcohol/drug use of a significant other.

## *Protocol for Assessment & Treatment Admission*

To schedule a drug and alcohol assessment, call the A/CDP Outpatient Office at (518) 358-3141 ext. 160. You will be scheduled for an appointment within one to two weeks. At the appointment, a drug/alcohol

counselor will complete an assessment interview with you to determine the extent of your drug/alcohol use. The assessment will take two hours to complete. The counselor will present his/her findings to the A/CDP Treatment Team, including a substance abuse diagnosis. The Treatment Team will determine the appropriate level of care needed based on the severity of the diagnosis. A recommendation of no treatment, outpatient treatment, inpatient treatment or aftercare treatment will be made. The recommendation will be presented to the client at his/her next visit. The client will either accept or reject the recommendation.

Outpatient treatment is four to six months in length. Inpatient treatment is 28 to 56 days in length, depending on where the client is admitted. Aftercare treatment is around four months in length.



## *Treatment Centers Available*

	Facility	Payment
Adults	Partridge House, Akwasasne, NY	Medicaid or IHS
	St. Joseph's Saranac Lake, NY	Medicaid
	St. Lawrence Addition Treatment Center, Hamilton Hall, Ogdensburg, NY	Medicaid
	Canton-Potsdam Hospital, Potsdam, NY	Medicaid
Adolescents	Unity Treatment Center, Cherokee, NC	IHS
	Ion kwa nonhsasetsi Adolescent Treatment Center, Cornwall Island, ON	No cost
	Rose Hill, Massena, NY	Medicaid



### ***Detox Admission Protocol***

There are two Detox Centers in the area, Canton-Potsdam Hospital Detox in Potsdam, New York and the Cornwall Detox on 2nd Street East in Cornwall, Ontario (at the old General Hospital).

The Canton-Potsdam Detox is usually full, however, you can call there at 315-261-5969 to be admitted or go directly to the Canton-Potsdam Hospital. You should notify the Alcoholism/Chemical Dependency Outpatient Office at the Clinic at (518) 358-3141 if you take someone to detox. This way the necessary paperwork can be completed for the Health Services to pick up the cost of the detox service if you do not have Medicaid or private insurance. Also for the St. Regis Mohawk Health Services to pick up the cost of detox services at Canton-Potsdam Hospital you must be an enrolled member of the St. Regis Mohawk Tribe and reside on the U. S. portion of the reservation.

The person in detox will be assessed for chemical dependency and if the person needs treatment then he/she will be referred to either outpatient or inpatient treatment. Detox is usually four to five days.

To be admitted to the Cornwall Detox you can call (613) 938-8506 or show up at the Detox center itself. It does not matter if you reside in Canada or the U.S. If you have OHIP or QHIP, any costs for ER visits or medications will be covered. If you don't have OHIP or QHIP, any ER visits will be billed to you and any medications prescribed by the ER Doctor for Detoxification will have to be paid for by cash or credit card when they are delivered to detox. The cost of the ER visit is \$247.00 and the medications are \$40.00 Canadian funds. The Cornwall Detox admits people 16 years old and up.

Upon completion of detox (four to five days) you will be discharged. At that point you should call the A/CDP Outpatient Office at 518-358-3141 to schedule an appointment for an assessment. After your assessment has been completed you will be admitted to either outpatient or inpatient treatment.

### ***Prevention Program***

This program has enabled us to get out into the community to help educate our people on how drugs and alcohol have affected our lives.

Educational presentations, curriculum in headstart through grade 8, prevention activities and support are the main focus of this program.

The school prevention/intervention program was designed to help our young Native people whose lives have been affected by drug and alcohol use.

This program provides opportunities for education, support, crisis intervention and prevention in the school system. Referrals to outpatient and inpatient treatment are arranged as needed.

The counselors also work with other programs to help facilitate the best possible services for our future generations.

The Prevention Program can be reached at 518-358-2967. ♦

***St. Regis Mohawk  
Health Services is  
committed to increasing  
wellness in the  
community through  
health  
promotion  
and injury  
prevention***



# Tribe Receives Grant for Black Ash Preservation

## *Threat to Black Ash Trees also Threatens Mohawk Basket Traditions*

*By David Staddon, Editor*

The St. Regis Mohawk Tribe's Environment Division has applied for and received funding from the National Endowment for the Humanities (NEH). The grant will support work that will assess historical collections relating to black ash basketry and to develop long-term plans for preservation of documents. In addition to the assessment and preservation efforts, the project will deliver a workshop on the topic of collections storage.

The Emerald Ash Borer (EAB), an invasive species of beetle, targets ash trees and is endangering the North American population of ash trees. The black ash tree is particularly important to the culture and history of northern woodland tribes, including the Mohawk Tribe. These tribes have a long-standing tradition of making baskets and other items from the black ash tree. Many of these items have found their way into collections and museums, including the Smithsonian. Tribes and universities are studying ways of fighting the EAB and preserving stands of black ash trees.

The process of making black ash baskets is arduous. Since the trees tend to grow in wet areas, they are

generally harvested in the winter, when they can be skidded out more easily over the ice. A chip is cut out of the tree before harvesting since trees are selected based on their moisture content. Once the tree is selected, it is harvested and the trunk used to make splints. The splints come off the trunk when it is pounded with a sledgehammer or the backside of an axe. The splints are then run through a jig to ensure uniformity, soaked (and sometimes dyed) and woven into baskets.

"I will be donating 20 years of documents to our library. This includes photographs and correspondence that I have accumulated while working with the Akwesasne Task Force on the Environment (ATFE) on black ash," remarked Les Benedict, Assistant Director of the Environment Division. "This will make black ash information more widely available to the community

and to other researchers." Being able to house these records will prevent their loss and/or damage and will ensure the information is available into the future. Sue-

Ellen Herne, Akwesasne Museum Program Director will also be working on this endeavor. ♦





# Valentine's Day Can Go Green...Will You?



*By Julia Jacobs, Environmental Outreach*

Think of Valentine's Day and all the "RED" that goes with it like: red hearts, red valentine boxes, red roses, red candy and so on. Can we turn Valentine's Day into an environmentally "green" event?

The answer is, "Yes we can." Here are some examples of how we can do this.

1. If you must send valentine cards make sure that they are made from recycled paper or made from tree-free paper. Better yet send an e-card from your computer.
2. Buy gift certificates from businesses locally to save money on gas and reduce emissions
3. Buy your flowers locally or make sure that they are organically grown without pesticides which can be passed on to you from the flowers. Or buy a potted plant that will last longer.
4. Make a donation to an earth-friendly organization such as the Sierra Club in the name of the person you love
5. If you wish to give jewelry, consider pre-owned or purchasing from jewelers who are certified to be sourcing precious metals and gemstones in an ecologically and socially responsible manner. Or considering something really offbeat like a wooden ring - they look amazing.
6. Give fair trade or organic chocolates. In the Fair Trade system, purchasers of products like coffee and cocoa beans, bananas, and sugar typically agree to pay an above market price for the products. The extra money is intended to help the small farms and co-operatives selling the products to make lasting improvements in their communities, by going towards schools, hospitals, and other improvements in infrastructure.

## *Sites that offer ideas for an eco-friendly valentine's day:*

- <http://www.greenlivingtips.com/articles/196/1/A-green-Valentines-Day.html>
- <http://www.ec.gc.ca/education/default.asp?lang=en&n=A8714D42->
- <http://blog.biggreenpurse.com/biggreenpurse/2010/02/green-your-valentines-day.html>
- <http://www.suite101.com/content/gift-ideas-for-valentines-from-the-sierra-club-a196593>
- <http://www.touchwoodrings.com/gallery.html>

For more information contact  
Julia Jacobs at 518-358-5937 ext.  
126 ♦



# The Partridge House Inpatient Program

*By Gidget Rousell, MS, CASAC, Clinical Director*

Addiction is a disease of the brain. Often, we forget this fact because it impacts an organ we can't see. Although we can't see how addiction affects the brain, we see its growth through the devastation in our families and our communities. The Partridge House Inpatient program was developed to slow down the growth process of addiction. The program assists Native women and men to rebuild themselves, their families and their community.

What makes the Partridge House program different from other inpatient programs? The Partridge House program is a 56-day inpatient program structured to educate participants on the cycle of addictive behaviors and the recovery progress. Most importantly, through eight weeks of traditional teachings, the program

encourages clients to reconnect with their spirituality and culture. This journey allows clients to rediscover who they used to be and who they are destined to become. Daily smudging and weekly sweat lodge ceremonies (weather permitting) allow them to practice new coping skills and rediscover their spirituality. Often we turn to alcohol and other drugs to cover feelings of despair, shame, grief and loss and as a means to cope with various life changes.

The Partridge House program assists clients in learning ways to cope with their feelings without resorting to addictive and self-destructive behaviors. It allows them to practice daily living skills essential for long term recovery. It also provides opportunities for them to establish a recovery-based support system within their community.



*The Partridge House Program encourages clients to reconnect with their spirituality and culture.*





Through individual counseling and group therapy, clients are able to identify how their addiction has impacted various aspects of their lives. Individuals participating in the program have opportunities to establish appropriate boundaries for their recovery and practice healthy styles of communication. These are essential in rebuilding their relationships with family and friends. Family members of clients are given opportunities to learn how addiction impacts the family and how to take care of themselves while supporting a loved one living with addiction.

The Family Education program is available for community members struggling to understand issues related to addiction. The Partridge House Inpatient program also provides lectures on topics of cross addiction, gambling, public health, sponsorship, relapse prevention, ACOA, and grief and loss. In addition, community agencies such as Vocational Rehabilitation, IPP, Mental Health, and Nutrition provide knowledge on various topics helping in the recovery process.

So how does one access services through Partridge House? All applicants must be referred by an outpatient program such as SRMT outpatient or the *Tekanikonrahwakon* Wholistic Health and Wellness program in St. Regis, a detoxification program such as Canton Potsdam Hospital or the Withdrawal Management Centre in Cornwall, Ontario. Once an assessment has been made, the referral agency can contact Partridge House Inpatient's admission office. Most local agencies are familiar with the Tribe's referral process and can complete the process in a timely

manner.

The Partridge House Inpatient program is a tobacco-free inpatient program consisting of certified alcohol and substance abuse counselors, a registered nurse and staff who provide 24 hour supervision. The program has a daily schedule including meditation, feelings groups, gender-specific groups, educational lectures, cultural classes, 12 step meetings and recreation. The Partridge House provides a Tuesday night Narcotics Anonymous meeting at 8:00 pm, open to the community. The Family Education program is available to all community members interested in learning more of how addiction impacts the family. These sessions are on Wednesdays from 7:00 -8:00 pm.

The Partridge House program can help you or a loved one put the pieces of your life together again. For information contact us at 518-358-2223. ♦

***The Partridge House  
Program assists  
native women  
and men rebuild  
themselves, their  
families and their  
community.***

# How Are We Doing It?

## *Sustaining in Tough Economic Times*

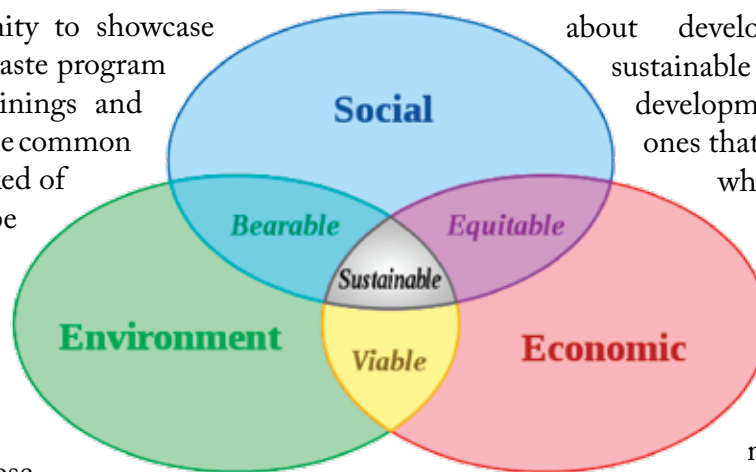
*By Laura J. Weber, Solid Waste Program Manager*

I had the opportunity to showcase the Tribe's solid waste program at several national trainings and conferences in 2010. One common question was always asked of me, "How did the Tribe create their program and how do we continue to sustain it in these tough economic times?"

This is one of those questions in life that caused me to stop, reflect, and look at just how are we doing it – sustaining in tough economic times. I'm going to spend the next several months sharing my discoveries with you of how we're doing it. I'll share principles that we use in operating our program. These principles can also be applied in our daily lives and I'll give an "Action to Sustainability Challenge" every month for us all to work on.

What is the definition for sustainability? Go ask your family members what it means. Did you notice common themes among their answers like: nature, the economy, community, or perhaps all three together? The Dictionary of Sustainable Management defines sustainability as, "...development that meets the needs of the present without comprising the ability of future generations to meet their own needs."<sup>1</sup>

The diagram<sup>2</sup> above shows three factors that need to be considered when making decisions



about developing and operating sustainable programs. Sustainable development and operations are ones that are economically viable, what the environment can bear and are equitable for the society. If any one of these three components is negatively impacted, then the program will not be sustainable and will compromise the ability of future generations to meet their own needs.

In next month's newsletter, I'll share our sustainable model that we used to develop the program. This model allows us to meet our present needs without comprising the ability of our future generations to meet their own needs.

"Action to Sustainability Challenge" – a way for you to put into action the knowledge you learned from this newsletter article in your daily life to build a better tomorrow for yourself and community.

Challenge -- Ask yourself the following questions when making daily decisions:

Does my decision meet my present need without comprising the ability of my future generation to meet their own needs? If your answer is no, then is there something that you can do differently so that your decision is bearable to the environment, equitable for your community, and economically viable. ♦

<sup>1</sup> <http://www.sustainabilitydictionary.com/>

<sup>2</sup> <http://en.wikipedia.org/wiki/Sustainability>



# Tribe Adopts Sex Offender Registration Ordinance

*By David Staddon, Editor*

On October 25, 2010, the St. Regis Mohawk Tribal Council adopted the St. Regis Mohawk Tribe Sex Offender Registration and Notification Ordinance, (SORNA), in response to the Adam Walsh Child Protection and Safety Act (Public Law 109-248). The Tribe has elected to participate in the National Sex Offender Registry System as a registration jurisdiction, which means sex offenders working, going to school or residing on the Akwesasne territory will now have to register with the St. Regis Mohawk Tribal Police. "This is a big step in being able to continue to provide a safe and secure community," remarked Monica Jacobs. "We

owe a big debt of gratitude to our staff who put this ordinance together."

Registered sex offenders must comply with registration requirements imposed by the Tribe's ordinance. The Tribe will be maintaining a public website for community members to access information on sex offenders who may be on the territory. Public notification may also be made to the community when a registered sex offender enters the Tribe's jurisdiction. If a person required to register fails to do so, they may be subject to further state or federal criminal penalties. "We are taking responsibility for our own community," said St. Regis Mohawk Tribal Officer Hawi Thomas. "This alleviates the State of New York from having to keep track of sex offenders in the territory." Officer Thomas is the person responsible for maintaining the tribe's registry. She further noted, "As the awareness has risen with the work on the ordinance, our work at the Tribal Police has also become more diligent in those sensitive cases. Our community has had sex offenders in it for generations and having an ordinance in place allows us to heighten our own standards and keep track of those individuals."

The ordinance is available on the Tribe's website at [www.srmt-nsn.gov](http://www.srmt-nsn.gov). For more information, please contact the St. Regis Mohawk Tribal Police at 518-358-9200 or the Legal Department at 518-358-2272.

*Tribal Police Officer  
Hawi Thomas is  
responsible for  
maintaining the  
registry*



# Ethics 101

*By Alison Benedict, Tribal Ethics Officer*

Each month, the Ethics Office will be providing scenarios to help community members and elected officials better understand what types of situations the Ethics Ordinance covers. In order to foster transparency and accountability, monthly statistics for the Ethics Office will also be provided.

## *Is this ethical?*

Knowing that you are a big hockey fan, a community business person invites you, an elected official, to a hockey game. There is no cost for the game as this person has box seating. During the conversation he mentions that someone in his family has been trying to get help with home improvements but hasn't been successful. He asks if you can look into it for him.

## *What would you do?*

If you attend the game, people in the community or elected officials might think that this business person has influence over you. If you "help" his family member by providing a special privilege, it is also using your position for influencing program staff. The best option is to forgo the game and redirect program concerns to the appropriate department.

Both of these situations fall under the ethics ordinance. In Section C-2, "Elected officials shall not use his or her office in a way that produces or assists in the production of substantial benefit, direct or indirect, for the official, any members of their immediate families or for an organization or business with which the official is associated." In Section C-5, "Elected officials shall not accept gifts valued at over \$100. All gifts whether or not valued at \$100 or more shall be reported to the Ethics Officer and all prohibited gifts shall either be returned to the donor or shall become the property of the Tribe."

New complaints received	0
Complaints dismissed	0
Complaints in process	3

Are you interested in finding out more about the Ethics Ordinance and possibly becoming a member of the Ethics Commission? Please contact Alison Benedict, Ethics Officer, 518 358-2272 ext. 414 for more information. ♦

# Higher Education

*By Rod Cook*

The new year is upon us and it is time to begin preparing for the upcoming 2011-2012 academic year.

Yes, the FAFSA has to be done. Remember your pin numbers and passwords. This is the important one because it will qualify for a whole lot of other things, such as TAP, SEOG, college work study and student loans. The school determines your financial aid package with the FAFSA, too.

Have you gotten your grades in to your other funding sources, such the Higher Education Program, AMBE and NYS Indian Aid? Without your grades from the fall semester, we cannot continue awarding you money for the spring semester.

If you came up short financially, start looking for other scholarship sources, such as [www.fredonia.edu/na](http://www.fredonia.edu/na). This website has many scholarship listings to look into.

If you are not going to return for the spring, please notify the school.

St. Lawrence University is offering a graduate level course, Conflict Resolution, beginning January 26, 2011. The university will be offering this course here at the Tribal Community Building.

Any questions, please call me at 518-358-2272 ext. 215. ♦





## *“The Resume”*

### *Monthly Helpful Employment Tips*

*By Colleen Nolan, Facilitator  
Akwesasne Employment Resource Center*

**W**e have had many questions about resumes, since we've opened our doors in 2009. One of the questions we often get asked is, “Why do I need a resume?” It doesn't matter if you're a student, an experienced worker, or a homemaker, trying to get back in to the workforce. A resume is used to capture the employer's attention by showing the skills, experience and abilities that you do have. A poorly written resume can lead to potential job seekers losing out on a great opportunity.

*So, what is a resume?* A resume is a self marketing tool that is used to sell your skills and abilities to a potential employer. It is your first impression on paper. Its purpose is to attract the interest of the employer and assists in getting you an interview.

*What type of resume do I need?* There are many different types of resumes out there and can be confusing as to which resume type to use. Basically, there are two types that we work with: **functional** and **chronological**. Each one has its own advantages and disadvantages, so we assist in recommending a format that best suits your past history. A chronological resume, for instance, lists your past jobs in reverse order. If there is a gap in any of those jobs, or numerous jobs in the past few years, this may put up a red flag. A functional resume is a skills-based resume that places emphasis of what you can do, and groups your skills into sets. This is a popular format for those who have held many different

types of positions, career changers, students entering the workforce or individuals who have been out of the work force and now seeking employment.

Each resume should be tailored to the position you are applying for. By researching the position you are interested in, this will assist in making sure that the information on your resume is relevant to the current position. Be specific - instead of saying ‘Familiar with computers’, state ‘Created numerous documents (letters, spreadsheets, presentations) using Microsoft Office programs: Word, Excel and Powerpoint’.

At the AERC, we provide you with tools and techniques to assist you in your search for employment. Through our Resource Library or Job Finding Club you will learn about the Hidden Job Market, how to develop a winning resume, interview preparation and have access to our job boards as well as computers necessary to connect you to employment. Make sure to check out our weekly Job Listings Ad in the Indian Time Newspaper.

The world is very competitive when looking for employment. Let us help you gain a competitive edge when searching for work. We are located at the four corners in Hogansburg and are open Monday to Friday, 8am – 5pm. Stop by or call us at 518-358-3047. ♦



# Mmmm... Chocolate!

By Jennifer Herne, Animal Control Officer

Valentine's Day is coming up, so I thought it fitting to discuss candy.....

I'm sure everyone has heard that chocolate is toxic to pets, but how much and what kind will make your pet sick? Recent studies have shown that chocolate is beneficial to human health, but it is important to know that chocolate can be toxic and sometimes fatal for animals. Dogs are most commonly affected, due to their ability to find it! However cats and other species are affected too.

**What makes chocolate toxic?** The component in chocolate called *theobromine*. *Theobromine* and *caffeine* are both members of the drug class *Methylxanines*.

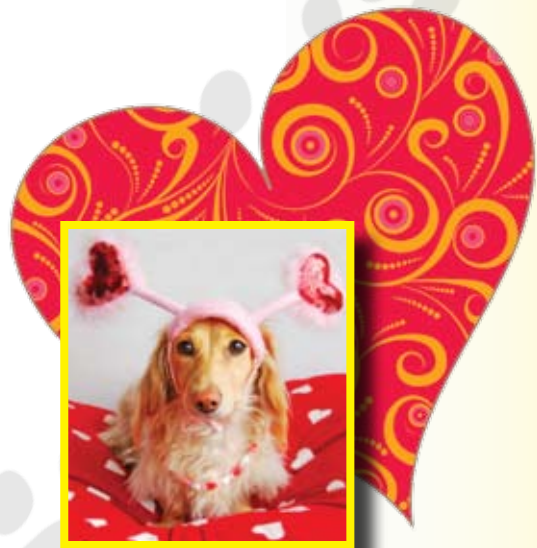
The effects of *theobromine* and *caffeine* on the body are:

- 🐾 Central nervous system stimulant
- 🐾 Cardiovascular stimulant
- 🐾 Increase blood pressure (mild)
- 🐾 Nausea and vomiting

**Are some chocolates more toxic than others?** Yes. Unsweetened (baker's chocolate) chocolate contains 8-10 times the amount of *theobromine* as milk chocolate.

**How much is too much?** The toxic dose of *theobromine* (and *caffeine*) for pets is 100-200mg of *theobromine* per kilogram of your pet's weight (1 kg=2.2 lbs.).

- 🐾 Dry cocoa powder = 800 mg/oz
- 🐾 Unsweetened (Baker's chocolate) = 450 mg/oz
- 🐾 Cocoa bean mulch = 255mg/oz
- 🐾 Semisweet chocolate and sweet dark chocolate = 150-160 mg/oz
- 🐾 Milk chocolate = 44-64 mg *theobromine* /oz chocolate



- 🐾 White chocolate contains an insignificant source of *methylxanthines*

**What are the signs of toxicity?** Signs are most commonly seen within 12 hours (or less) of chocolate ingestion.

- 🐾 Excitement / nervousness/ trembling
- 🐾 Vomiting/diarrhea
- 🐾 Excessive thirst/ sometimes excessive urination
- 🐾 Muscle spasms
- 🐾 Seizures

If you suspect your pet has eaten a toxic amount of chocolate call your veterinarian immediately. Keep this information in mind during this candy holiday. If you suspect your pet has sneaked an M&M or two you shouldn't have a problem, but it isn't a good habit for your pet to get into!

Keep your pets best interests at heart....Chocolate wasn't meant to be shared anyway.

Sources: Janet Tobiassen Crosby, doctor of veterinary medicine and Merck Veterinary Manual, online

Be a friend of the  
Animal Control  
Program by  
purchasing a Paws for  
the Cause card





## Upcoming events in February

### Dog Bite Prevention Workshop

February 12, 2011 from 10:00 am to 12:00 pm at HAVFD Station #1.

This presentation will inform children ages 4-12 about the correct ways to approach dogs and also what to do if you come in contact with an aggressive dog. This workshop is free to the community. There will also be a Build-a-Pet craft, similar to the Build-A Bear workshops. This portion of the workshop is limited to 20 children with pre-registration only, due to the cost associated with providing the materials for the build-a-pet. Pre-register by calling the Animal Control Officer, 358-2272 ext 287.

### Akwesasne Winter Carnival Pet Photo Contest

Deadline for photo submission: February 4, 2011 at 4:00 pm – Drop-off locations are at the St. Regis Mohawk Tribe Animal Control Office and the A'nowara'ko:wa Arena; or by email at awcpetphoto@yahoo.com by 11:59 pm.

Voting for pet photos: February 12, 2011 from 10:00 am to 2:00 pm at HAVFD Station #1, February 19, 2011 from 10:00 am to 4:00 pm at the Tsi Snaihne Recreation Centre, and February 20, 2011 from 9:00 am to 11:00 am at the Tsi Snaihne Recreation Centre.

The Friends of the Animal Control program are organizing a Pet Photo Contest for the Akwesasne Winter Carnival. There are five different categories for the pet photos and they include: *Me and My Pet*, *Cutest Pet Couple*, *Ready-Set-Action!*, *Best Dressed* and *So Ugly I'm Cute*. There is no fee to submit a photo to the contest, and participants can submit a maximum of one photo to each category. Photos will be judged by the popular vote, with voting taking place at the two locations mentioned above and online at their facebook page Akwesasne Winter Carnival Pet Photo Contest.

The winning photos will be published in the April 2011 edition of SRMT *Kawenni:ios*. The rules and instructions on how to submit and vote on photos for the 2011 Akwesasne Winter Carnival Pet Photo Contest are available online at <http://www.srmt-nsn.gov/AnimalControl.htm>.

### Open House

February 22, 2011 3:00 to 5:00 pm at the Animal Control kennel located on the east side behind the Tribal Community Building.

The Animal Control Kennel will be holding Open House on the third Monday of each month. If that Monday is a holiday, it will held on the following Tuesday. The purpose of the open house is for the community to see the kennel, view any animals available for adoption, drop off donations, and also to purchase ID tags for your pet. Keep in mind that you must bring proof of a current rabies vaccination to obtain an ID tag. There will also be a door prize entry form to fill out at each open house, so make sure to stop by and say hi and enter the drawing. All children under 18 years of age must be accompanied by an adult.

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## On the Cover

L-R: Kendra Square, Lennix Pierce, Javen Johnson-Lazare and Johnni Cash Benedict

The Kanatakon Early Years Class held a pet donation drive in their classroom. A visit was made to the class to collect the donations of puppy food, towels and blankets for the animals. The students were very excited to talk about their pets. A big thanks to the students and parents of the Kanatakon Early Years program and also Missy Kanerahtarororks Francis-Herne and Vanessa David for the donations to the SRMT Animal Control Program. ♦



# Calendar

## *Enniska / February*

5th - Tribal Monthly Meeting - 10:00 am - Community Building

8th - Social Security Administration - 1:30 to 3:30 pm - Tribal Clerk's office

10th to 20th - Akwesasne Winter Carnival hosted by Tsi Snaihne Recreation

21st - Tribal offices and transfer station closed for President's Day holiday

22nd - Animal Control Kennel Open House - 3:00 to 5:00 pm

Tuesdays – Governance Committee Meetings – 5:00 pm – Community Building

Wednesdays – Finance Committee Meetings – 5:00 pm – Community Building

Thursdays – Off-Reservation Gaming Committee Meetings – 5:00 pm – Community Building

## New Faces

Amie Barnes	STOP Domestic Violence	Caseworker
Valerie Cree-Cook	Intensive Preventive Program	Visitation Monitor
Dean W. Doxtator	IHS - Partridge House	Cook
Jennifer Ann Jock	Maintenance	Custodian
Victor L. Martin	Maintenance	Custodian
Amber Montour	STOP Domestic Violence	Program Manager
Lanette Square	Outreach Chronic Care	Driver

## Giving Back

Funeral - \$ 2,000

Annual Events & Groups - \$ 7,630

Sports - \$ 8,000

## Jobs

*Home Health Aide*  
Outreach Chronic Care Nursing

*Current postings and complete job descriptions are  
available online at: [www.srmt-nsn.gov](http://www.srmt-nsn.gov)*



# Tribal Monthly Meeting

## 1. Introductions:

- Welcome
- Reading of Action Items - Tribal Clerk

*Tsiothohrkó:wa / January 8, 2011*  
*Chaired by Chief Monica Jacobs*

## 2. Tribal police and Police Commission

## 3. Diabetes Center of Excellence

## 4. Ambulance Update

## 5. New Business

- Common Land
- Library-Cultural Center Survey - Dan White

- To take a look at putting a Tim Horton's at IGA
- To have an update of the hunting and fishing permit for non-natives to hunt and fish on the territory
- Ask for a large gathering permit from compliance for Tuesday's 6 pm mtg at Fort Covington Court

## 6. Reading of Action Items - Tribal Clerk

## 7. Adjournment

### *Follow-up from December Action Items:*

### *Action Items from January meeting:*

- Chief Hart will look at the Policing Policy to see what the procedures are and get back to Mark Light on the issue he raised
- Invite the Let's Get Healthy & Mohawk Healthy Heart program to February's Tribal monthly meeting to answer questions and address issues of concern
- Possibly hold a future meeting with finance to answer questions raised regarding buildings maintained by the Tribe
- Look into holding a future meeting to address options at the IGA issues of bulk food
- Announce at our February Tribal meeting a plan of action to address the conglomeration of knowledge regarding our history
- Chief Hart will look into the validity of the agreement between the AMC and National Grid to give exclusivity and will report back at next month's meeting
- Have a meeting to discuss land claims alternatives: A meeting will be held January 19th at 6 pm and ask judge Herne to attend

1. Add amendment to the Tribal Ethics Code outlining the process for removal of an Ethics Officer.

*Follow-up: Language is being drafted by the legal department that outlines how an Ethics Officer could be removed from the position.*

2. At the January Tribal meeting have a date for a community meeting to discuss alternatives to pursue land claims other than the legal route.

*Follow-up: The meeting to discuss land claim alternatives is Wednesday, January 19, 2011 at 6 p.m. in the community building lobby.*

3. Hold a meeting on Wednesday, December 8th, 2011 to discuss the cigarette tax hearing.

*Follow-up: the meeting was held on December 8th, 2011 and only one individual showed up.*

4. Publish the dates of the community meeting to discuss the broadband project.

*Follow-up: The date for the community meetings on broadband are: Thursday, January 6 at 5 p.m., Thursday, January 13th at 5 p.m. and Thursday, January 20th at 5 p.m. ♦*

# Animal Control to Assess Fees for Pickups

## Community Notice

Effective immediately, the SRMT Animal Control Program will now be implementing a redemption fee. This means if a dog is picked up by the Animal control officer, the owner will now have to pay to get it back. The charge is \$15.00 per day. No exceptions will be permitted. Owners picking up pets will also need proof of a current rabies vaccination before the dog can be released. If the owner cannot provide proof of a current rabies vaccination, one will be given to the dog and a charge assessed for the vaccination. The cost for the vaccination is \$25.00. The dog will also be required to have an ID tag. The cost of the tag is \$5.00. The Animal Control Ordinance states that all animals shall be kept under restraint and an owner must ensure that his animal is not a nuisance in any way to the general public. ♦



*Animal Control Officer Jennifer Herne shows the Kanatakon Early Years students the catch pole and vehicle used to transport animals.*



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