

Healing to
Wellness

Wildlife
Management
Plan

National
Safety
Month

Positive
Indian
Parenting

SRMT Kawennì:ios

ANIMAL CONTROL



Pound Puppies



Healing to Wellness Drug Court

Where Justice and Healing Meet

*By Micallee Horn,
Wellness/Drug Court Coordinator*

Maybe you have seen the posters, or heard someone talking about it. You may be wondering, "What is the Healing to Wellness Drug Court?"

The Healing to Wellness Drug Court is the name given to Tribal Drug Courts. Their goal is to incorporate traditional practices and principles in the treatment of drug or alcohol addiction of tribal members who also have legal issues related to their addiction(s).

In an agreement between the Franklin County District Attorney, the Bombay Town Court and the Saint Regis Mohawk Tribal Court, tribal members facing criminal charges related to drugs or alcohol may be eligible for participation in the SRMT Healing to Wellness Drug Court.

The Healing to Wellness Drug Court is modeled upon close and continuous judicial supervision over individuals who have addictions and legal issues stemming from those addictions. For the supervision of these individuals, the SRMT Court brings together various treatment providers (i.e. Health and Human Services, DSS, Tribal Police and recently, MCA providers) to develop treatment plans and to monitor the individuals' compliance with the plans. The SRMT Court utilizes sanctions and rewards to foster compliance by the individuals to the treatment

plans. For individuals who successfully complete the program (a minimum of 1 year) it can mean a better plea agreement. For those who fail to complete the program they will be terminated from the program to face traditional prosecution.

The Healing to Wellness Drug Court recently purchased two Electronic Home Monitoring (EHM) GPS anklets. These anklets allow the court to monitor the participant's movements in real-time. They are part of the program's sanctioning options used when a client violates the terms of their contract. The court is in the process of purchasing additional EHM units that can detect alcohol as well as movement.

The Saint Regis Mohawk Tribal Healing to Wellness Drug Court has been operational since August 2010 and currently has six participants. All participants are required to report for status hearings, submit to random drug screens and attend drug or

alcohol treatment.

The Healing to Wellness Drug Court is funded by a U.S. Department of Justice (DOJ) Drug Court Discretionary Grant that the Tribal Court received in 2009. For further questions or referrals contact the SRMT Drug Court Coordinator at 518-358-6300. ♦



Good Words of Welcome



Greetings Akwesashe'non,

I hope this greeting finds you in good health and good spirits. I'd like to take this opportunity to provide you with what we've been working on, in respect to the Tribal Council Resolution 2011-16, "Delegation of Authority to Sub-Chiefs for Oversight of Tribal Administration."

A brief history on what sparked this initiative. In 2009, Council saw a significant increase in the cost to administer programs and services to the community over the previous year. In 2008, the cost to administer \$1.00 to the community through programs and services cost the Tribe \$2.38; in 2009 the cost to administer \$1.00 was \$2.94. In 2010, Council issued a directive to reduce administrative costs by 12.5%, in attempt to reduce the financial impact of Tribal operations on programs and services being delivered, with hopes of increasing services to benefit the community. The implementation of this 2010 directive resulted in an increase of benefits to the community, while the cost to administer \$1.00 was decreased by \$.52 to \$2.42. This was the first action taken by Council to move towards fiscal responsibility.

It was this initiative that ignited the Sub-Chief directive to review and evaluate the Tribal Administration policies and procedures in an effort to improve the efficiency, accountability and overall functions of the Tribe's programs and services. Together, with the 2011 wage freeze that was implemented earlier this year, Council continues to strive towards reducing costs and defining deficiencies. The wage freeze is not to punish the employees or disrespect the hard work that they do, instead it is a collective effort to increase the quality and quantity of services to you, the community of Akwesasne.

In closing, I want to thank all community members for their continued support and welcome you to help design and participate in the changes that impact our community.

Sub-Chief Shelley Jacobs

On the Cover: New Animal Control Officer, Ashton Adams, with adorable, adoptable pups.

SRMT 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

David Trout Staddon, Editor
Aimée Benedict-Debo, Publications Manager
Breanne Herne - Administrative Assistant

public.information@srmt-nsn.gov
www.srmt-nsn.gov



June is National Safety Month

*By Sarah Lee Diabo,
Emergency Planning*

The goal of National Safety Month is to raise public awareness of safety. June also is an appropriate month to focus our efforts on public safety, as the summer season traditionally is a time of increased unintentional injuries and fatalities.

During the late spring and summer many people like to spend time outside in the sun for fun or work. But exposure to the sun can damage the skin and cause skin cancer. Heat stroke, heat exhaustion, heat cramps and heat rash are possible when you become overexerted in the heat. Put your health first in order to enjoy the summer.

- Wear a wide-brimmed hat to keep your head and face cool. This will also provide added protection from damaging sun exposure. Baseball caps provide little protection except to the face. A hat should protect the neck, face or ears.
- Carry water with you. Take drinks frequently—every 15 minutes.
- Take frequent breaks in the shade or in a cool environment during the hottest times of the day

***Be alert for heat
dangers when the
temperature > 90° or
the heat index > 95°***

- Adjust gradually to working in the heat over a period of 10-20 days
- Someone suffering from heat exhaustion or heat stroke should be moved to a cool environment, offered sips of water, if conscious and provided with attention from emergency medical personnel

- Wear sunscreen that has an SPF of at least 15. Make sure children are also adequately protected.

Heat illness includes a range of disorders that result when your body is exposed to more heat than it can handle. The human body is constantly

engaged in a life-and-death struggle to disperse the heat that it produces. If allowed to accumulate, the heat would quickly increase your body temperature beyond its comfortable 98.6° F.

Who is at risk?

Heath-related illness can affect anyone not used to hot weather, especially when it's combined with high humidity. Those especially at risk:

- Infants, young children, elderly and pets

- Individuals with heat or circulatory problems or other long-term illness
- Employees working in the heat
- Athletes and people who like to exercise (especially beginners)
- Individuals taking certain medications that alter sweat production
- Alcoholics and drug abusers

Heatstroke

Heatstroke is the most serious and life-threatening heat related illness. In certain circumstances, your body can build up too much heat; your temperature may rise to life-threatening levels and you can become delirious or lose consciousness. If you do not rid your body of excess heat fast enough, it “cooks” the brain and other vital organs. It is often fatal, and those who do survive may have permanent damage to their vital organs.

Symptoms of heatstroke:

- The victim's body feels extremely hot when touched
- Altered mental status (behavior) ranging from slight confusion and disorientation to coma
- Conscious victims usually become irrational, agitated or even aggressive and may have seizures
- In severe heatstroke, the victim can go into a coma in less than one (1) hour. The longer the coma lasts, the lower the chance for survival.

What to do?

1. Move person to a half sitting position in the shade
2. Call Emergency Medical Services for help immediately
3. If humidity is below 75%, spray victim with water and vigorously fan. If humidity is above 75%, apply ice packs on necks, armpits or groin.

Heat Exhaustion

Heat exhaustion is characterized by heavy perspiration with normal or slightly above normal body temperatures. It is caused by water or salt depletion or both (severe dehydration). Heat exhaustion affects workers and athletes who do not drink enough fluids while working or exercising in hot environments.

Symptoms of heat exhaustions include:

- Severe thirst, fatigue, headache, nausea, vomiting

and sometimes diarrhea

- The affected person often mistakenly believes he or she has the flu
- Uncontrolled heat exhaustion can evolve into heatstroke

Other symptoms:

- Profuse sweating
- Clammy or pale skin
- Dizziness
- Rapid pulse
- Normal or slightly above normal body temperature

What to do?

1. Sit or lie down in the shade
2. Drink cool water or a sports drink
3. If persistent, gently apply wet towels and call for emergency medical help

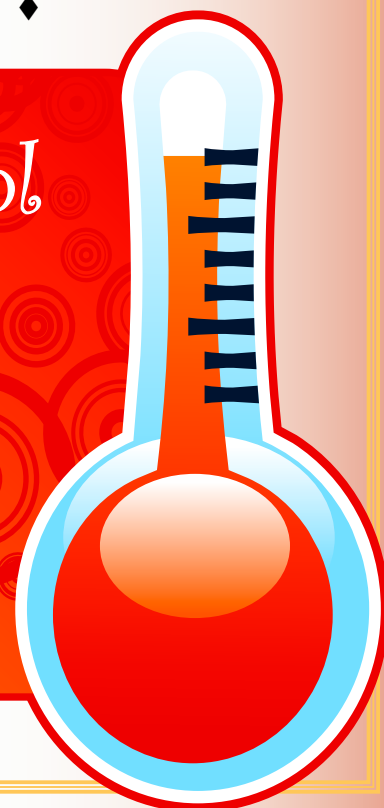
Heat Cramps

Heat cramps are painful muscular spasms that happen suddenly, affecting legs or abdominal muscles. They usually happen after physical activity in people who sweat a lot or have not had enough fluids.

What to do?

1. Sit or lie down in the shade
2. Drink cool water or a sports drink
3. Stretch affected muscles ♦

Keep Cool
when the
weather
gets hot



Skydancer

Honoring Mohawk Ironworkers

By David T. Staddon, Editor

Skydancer is a feature-length documentary about work, masculinity, and what it means to be Native American in the 21st century. The film takes us into the breathtaking and dangerous world of Mohawk “Sky walkers.” For six generations, these specialized ironworkers have raised America’s cityscapes from The Brooklyn Bridge to the World Trade Center and the new Yankee Stadium, building highways over boroughs, and weaving carpets of steel across rivers. They are famous for being able to walk—and work—on steel beams just a foot wide, at spectacular heights above the city.

The film follows two legendary sky walkers, now in their forties, over what turns out to be a pivotal year in their lives, experiencing the real complexities of their lives. From the fragile hierarchy atop high steel in New

York City to life “On the Rez” atop New York State on the Canadian border, the film gives a fresh perspective on Native Americans as working Americans. Jerry McDonald Thundercloud and Sky Fox struggle with the same issues as other blue-collar men today. But they have “extra twists”—the unique challenges and gifts of being Mohawk today, and the special stresses of working on the high steel.

The documentary previewed at the Senior’s Center in Akwesasne on May 26, 2011. Director Katja Essen was nominated for an Academy Award® for her film *Ferry Tales*. *Skydancer* was accepted to the Brooklyn Film Festival in New York City and will premiere there in June. ♦

New WIC Guidelines

WIC 2011-2012 Income Guidelines

By Kim McElwain, R.D.
WIC & Nutrition

WIC stands for Women, Infants, and Children. We provide supplemental food and nutritional education to qualified families, pregnant women, postpartum women, breastfeeding women and their infants, children, and foster children under the age of 5.

Household Size	Annual	Monthly	Weekly
1	\$ 20,147	\$ 1,679	\$ 388
2	27,214	2,268	524
3	34,281	2,857	660
4	41,348	3,446	796
5	48,415	4,035	932
6	55,482	4,624	1,067
7	62,549	5,213	1,203
8	69,616	5,802	1,339
For each add'l member add	+7,067	+589	+136

Families and individuals can also qualify with Medicaid documentation.

Applicants must be able to show proof of NYS residential address to qualify using utility bill, lease agreement, pay stub or mail with a current date addressed to applicant such as a magazine (cannot be a PO Box).


Appointments are made on Tuesdays from 8:00 am to 5:00 pm and Thursdays from 10:00 am to 6:00 pm.

Applicants do not have to reside in Akwesasne or be an enrolled member to apply for WIC benefits.

Call 518-358-3141 extension 133 for an appointment or application. ♦

Life is Good with Plants!

*By Angela Benedict, Air
Quality Program Manager*



I love plants and not just because they are green! Okay, maybe it is, but they do add something to our lives. A few years back I went to Palm Springs, California. I have heard so much about this place because it is supposed to be fancy. I mean all the famous people go there for vacation, right? Well, to tell you the truth it may be a vacation place for a lot of people, but I didn't like it. First of all it was about 110°F in the shade and there was no green! No grass, no green trees, no green leaves -- nothing. Okay, well I am being a little sarcastic; there were some trees. After all, it is called Palm Springs. But it wasn't a lush green like we have here.

This is a list of the top ten housecleaning plants:

Lady palm	Spider plant
Dwarf date palm	Bamboo palm
Sword fern	Areca palm
Blue daisy	Boston fern
American rubber plant	Blue-eyed daisy

A number of houseplants are toxic for young children and pets. Check to make sure that a houseplant is safe before you bring it into your home. All the plants listed above have been screened by Saferhouses.co.uk, the American Society for the Prevention of Cruelty to Animals (ASPCA) and poison control centers to determine that they are safe for small children as well as cats and dogs.

Certain plants are good filters for certain air toxins. NASA has done studies and

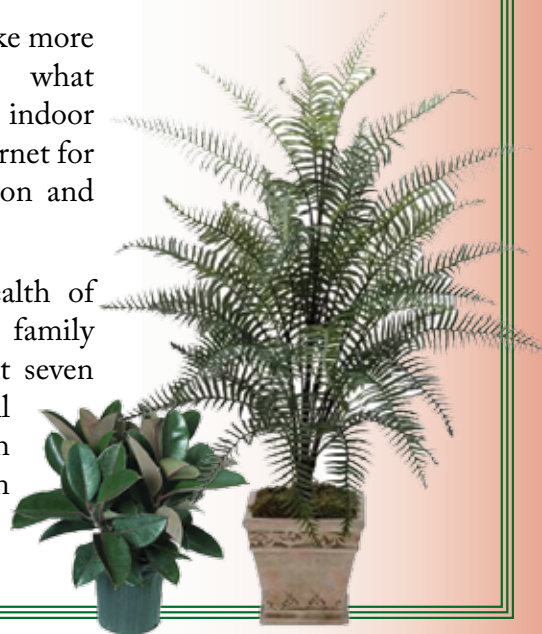
research on this and has found that the English Ivy, Pot Mum, Peace Lily, Gerbera Daisy and others are good for removing formaldehyde, benzene and carbon monoxide. It is also said that 1,500 square foot of space should have no less than 15 plants. WOW! I have a hard enough time keeping one alive -- now I have to get 15??

Benzene is a very commonly-used solvent and is also present in many common items including gasoline, inks, oils, paints, plastics, and rubber. In addition it is used in the manufacture of detergents, explosives, pharmaceuticals and dyes.

Formaldehyde is a ubiquitous chemical found in virtually all indoor environments. The major sources which have been reported and publicized include urea-formaldehyde foam insulation (UFFI) and particle board or pressed wood products used in the manufacture of today's office furniture. It is used in consumer paper products which have been treated with UF resins, including grocery bags, waxed papers, facial tissues and paper towels. Many common household cleaning agents contain formaldehyde.

If you would like more information on what plants clean your indoor air, search the internet for indoor air pollution and plants.

So for the health of you and your family now and the next seven generations fill your life with healthy green plants. ♦



Tribal Wildlife Management Plan

By Les Benedict, Assistant Director, Environment Division

The Environment Division wishes to welcome (belatedly) Nolan Jacobs as one the Tribe's newest employees. Nolan was hired as the Wildlife Technician Intern and will be assisting the Division with the development of the Tribe's Wildlife Management Plan.

The project is funded by the US Fish and Wildlife Service, Tribal Wildlife Grant (TWG) program. The project was developed in response to the Tribe's Integrated Resource Management Plan (IRMP) that was developed from 2003 to 2009 where community members identified several issues and concerns as well as goals for the community's wildlife resources.

For wildlife resources Tribal members expressed concern for:

- Decrease in fishing and hunting opportunities on the reservation
- Disease and environmental contamination in fish and wildlife
- Being unable to consume fish & wildlife as part of diets for fear of contamination
- A loss of native fish & wildlife species (e.g. lake sturgeon, Northern Harrier)
- The introduction of invasive species and their effect on native species (e.g. purple loosestrife, Emerald Ash Borer)

Tribal members established the goals of

- Improving hunting and fishing opportunities on the reservation
- Improving opportunities for including fish and game in their diets

Tribal members established several objectives for fish & wildlife resources

- Increase native sport fish and game populations by 50% in 50 years.
- Decrease invasive fish and wildlife populations by 50% in 50 years.
- Educate all persons between the age of 12-19 on the cultural significance of hunting and fishing over the next 50 years.
- Decrease PCB levels to 2 ug/kg in food fish within 25 years.
- Decrease mercury levels that are protective of human health in food fish within 25 years.
- Reduce the risk for fish and wildlife diseases by 50% in 50 years.



Salmon Swimming Upstream

The IRMP determined that no serious effort has been made to assess the wildlife populations on the reservation and that more needs to be learned about the wildlife populations before management can take place.



White-tail Deer



Ruffed Grouse



Busy Beaver

The Division will be very active in the process for developing the Wildlife Management Plan. It contracted with Bioengineering, Inc., Salem, MA to assist with habitat assessment and plan development. The Division will be presenting information on a regular basis to the community for feedback on the plan. You will see Nolan and Bioengineering staff present in the community conducting field surveys and collecting samples. Together they will visit sites and assess them for habitat quality.

Nolan plans on doing a ruffed grouse drumming survey, collecting deer samples from road kills and hunters this fall. Nolan is also available to respond to wildlife calls in the community by building a database of wildlife encounters. This doesn't mean that he will capture or remove wild animals, but if community members sight any type of wildlife they can call him and he will visit the location to collect information such as latitude and longitude, animal species, time of day, etc. This might not seem important, but by building a database the Division will begin to establish a very good picture of wildlife on the reservation and from that can develop plans that might include trapping, habitat improvement, etc. and begin accessing resources to implement those plans.

The community is welcome to provide feedback and input at meetings, but doesn't have to wait until then, they are encouraged to visit the Division to talk about the plan and offer their perspectives.

The Division is focusing on Ruffed Grouse and deer for now but will be adding other components as resources allow. This project makes a good start to begin putting the community's wishes into motion and make them a reality. Overall, the Division plans on establishing a Wildlife Department that will deal with fish and game and their management. ♦

Public Notice of Violations

By Elliott Lazore, Director of Compliance

On April 02, 2011 the Saint Regis Mohawk Tribe (SRMT) Compliance Department Inspectors initiated a controlled buy of alcoholic beverages from SRMT-licensed businesses. The controlled buy program is a mechanism to ensure that alcoholic beverages are sold to individuals who have reached the minimum of twenty one (21) years of age, as required by the SRMT Alcohol Beverage Control Act.

The following businesses were issued Notices of Violations:

Lindsey Roundpoint, licensee at Treetop Gas and Convenience

- First Offense: Sale of alcoholic beverages to persons under 21 years of age.
- Fine imposed: Five hundred (\$500.00) dollars and six (6) months probation.

Mary Gray, licensee at Truck Stop # 9

- First Offense: Sale of alcoholic beverages to persons under 21 years of age.
- Fine imposed: Five hundred (\$500.00) dollars and six (6) months probation.

Rick Hamelin, licensee at Speedway Convenience

- First Offense: Sale of alcoholic beverages to persons under 21 years of age.
- Fine imposed: Five hundred (\$500.00) dollars and six (6) months probation.

Darryl Thompson, licensee at CT's Country Market

- First Offense: Sale of alcoholic beverages to persons under 21 years of age.
- Fine imposed: Five hundred (\$500.00) dollars and six (6) months probation.

Courtney Angus, licensee at Log Cabin Smoke Shop

- First Offense: Sale of alcoholic beverages to persons under 21 years of age.
- Fine imposed: Five hundred (\$500.00) dollars and six (6) months probation.

The Tribal Compliance Department strives to ensure licensees are in compliance with applicable laws as we continue to work together for a better tomorrow. ♦

No Spring Cleanup

Reminder

The Tribe will not be conducting an annual spring cleanup this year. The next spring cleanup will be held in April 2012.

Community members are reminded to NOT put out unwanted items by the side of the road this year. Items can be taken to the Solid Waste Transfer station by paying standard disposal fees. If anybody has any questions regarding the Tribe's Solid Waste

By David T. Staddon, Editor

Management program, disposal fees or blue bag pick-up, please call the transfer station at 518-358-4632. For questions about the bi-annual spring cleanup, please contact the Tribal Operations at 358-2272. ♦

Not My Dog!

By Jennifer Herne, Animal Control Officer

It is now June and the weather will be getting nicer out in the upcoming months. This means more people on bicycles, more outdoor activities and more people on our community roads. This means more dog-versus-people interactions and when this happens, bites are more likely to occur. Let's review two sections of the Animal Control Ordinance, which can be found online at www.srmt-nsn.gov. In section 3 part A, it states, "All animals shall be kept under restraint." This is a very simple statement and means exactly what it says. Animals, most importantly, dogs, should be restrained at ALL times on your property. Restraint means tied, fenced, caged, on a leash or lead, under your control at ALL times. The typical scenario for this time of year is someone walking along the road and a dog bites him/her. This will get reported to the SRMT Police and/or the animal control officer. They will then check on the status of your dog's rabies vaccination. If YOU, the dog owner do not have proof of a current rabies vaccination, your dog will be quarantined at an appropriate facility

“We can judge the heart of a man by his treatment of animals.”

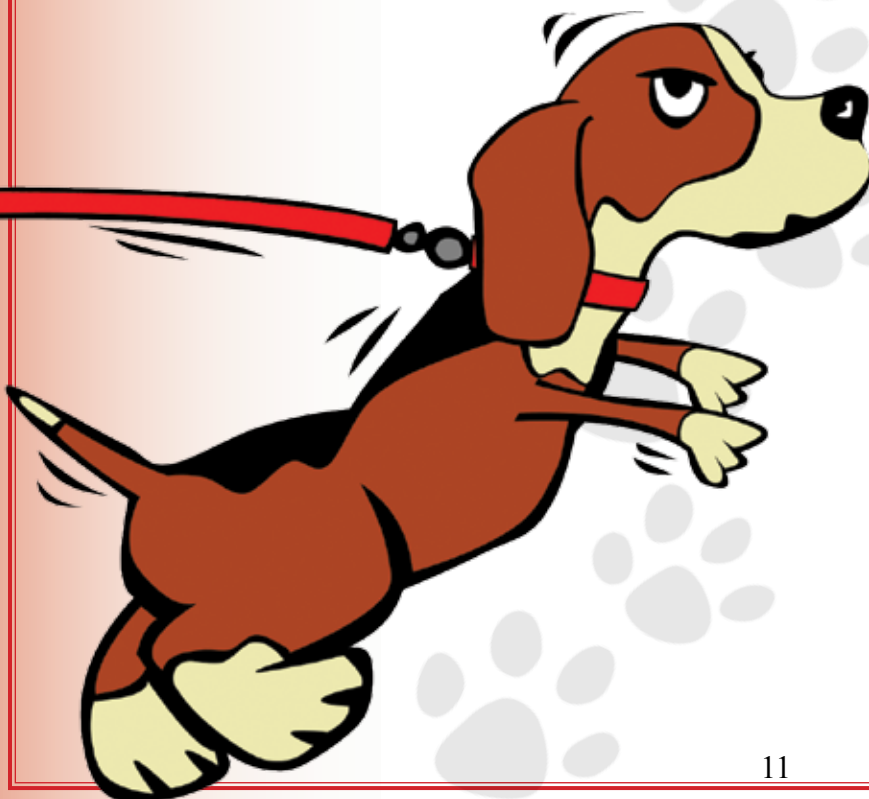
Immanuel Kant

for 10 days for observation of rabies. At the end of the 10 days, if the animal does not exhibit signs of rabies, it will be given a rabies vaccination and the owner can claim the dog. The owner will be required to pay for the 10 day quarantine, any applicable fines associated with this violation AND for the rabies vaccination.

The term “at large” means, “Any animal shall be deemed to be at large when off the property of the owner and/or not under restraint or control of the owner.” Contrary to what most people think, a dog will not stay on your property at all times. I have been told many times over the course of the last year, “My dog never leaves the yard.” It is not possible for a dog owner to determine this unless the dog is being monitored 24 hours a day.

The animal control officer does NOT pick up dogs from the property of the dog owner unless a violation has occurred, such as a dog bite, in which the dog needs to be quarantined or the dog has been determined to be aggressive. In both cases dog owners are notified of the situation. All dogs picked up are at large, a violation of the Animal Control Ordinance, therefore the dog is subject to impoundment.

Owning a pet is not a right, it is a privilege, just as holding a driver's license is. You must obey the rules and regulations of the roadways or you will be prosecuted. You must follow the Animal Control Ordinance or you will be subject to the consequences. Owning a pet is a huge responsibility, therefore I recommend that all pet owners review the SRMT Animal Control ordinance and generally be informed of the responsibilities of owning a pet. ♦



Tribal Monthly Meeting

Onerahtókha / May 14, 2011
Chaired by Chief Randy Hart

1. Introductions:

- Welcome
- Reading of Action Items - Tribal Clerk

1. New York State Tax Issues - Michele Mitchell

2. Education: Salmon River Contract - Chief Judge Peter J. Herne

3. National Grid - Danielle Thompson

4. New Business

- Signing Authority

5. Reading of Action Items - Tribal Clerk

6. Adjournment

- Randy Hart will ask Chief Judge Herne for permission to copy the information he received regarding the agreement for the school district.

Follow-up: The information will be available at the May 7th, 2011 Tribal meeting as a handout.

- Stacy Skidders will provide copies of the New York State Education contracts to the community.

Follow-up: Stacy will have copies of the New York State Education contracts available as handouts at the May 7, 2011 Tribal meeting.

- Council will speak with Ernie Thompson on the construction of a road on the 29 acres lot at the transfer station.

Follow-up: Council met with Ernie Thompson on April 15th at 3 p.m. The outcome of those discussion are that there are currently many roads within the territory that need repairs and this is the priority before the Tribe considers building any new roads.

- The Tribal Council will request a meeting with National Grid to discuss the residential and business electrical payment arrears.

Follow-up: The meeting was held with National Grid and Danielle Thompson will be making a report at the May 7th Tribal meeting.

- Post the Ethics Officer position and try to have it filled as soon as possible.

Follow-up: The Ethics Officer position was posted the week of April 4th, 2011. As of May 13, 2011, there have been no applicants. The position will continue to be posted until filled.

- To schedule a special meeting on amendments to the Ethics Ordinance on Saturday, April 16, 2011 at 10 a.m.

Follow-up: The special meeting was scheduled for April 16th at 10 a.m. at the Community Building Lobby. ♦

Action Items from May Meeting

1. Hold a special meeting to address the New York State Tax issue regarding prior approval, the coupon system and other options.

2. Chief Judge Herne and Tribal Council work towards establishing a Tribal Education Department.

3. Look into including polling stations at the Mohawk School when annual Salmon River School Board elections are held.

4. To hold a special meeting to discuss education as a cooperative effort.

5. To meet with Tribal Gaming Commission to clarify the letter they released to their employees and report the findings at next month's Tribal meeting.

Follow-up from April Action Items:

- Hold a special meeting to address the Akwesasne Freedom School's request for funding on Wednesday, April 13, 2011 at 6 p.m.

Follow-up: The meeting was scheduled for April 13, 2011.

Calendar

Obiarí:ba / June

4th - Tribal Elections - 9:00 am to 5:00 pm - Community Building Lobby

11th - June Tribal Meeting - 10:00 am - Community Building Lobby

14th - Social Security Administration - 1:30 to 3:30 pm - Tribal Clerk's office

New Faces

Jason D. Hall	Administration - Broadband	Project Manager
Breanne Herne	Public Information Office	Administrative Assistant (Temporary)
Tina L. Point	IHS - PT	Night Security
Melvina Josephine Swamp	IHS - Chronic Care Nursing	Home Health Aide
Jacob C. Terrance	Akwesasne Group Home	Youth Worker
Roger L. Thompson	Maintenance	Maintenance Worker
Lisa A. Ward	Maintenance	Custodian

Giving Back

Community Events - \$ 16,952

Funerals - \$ 2,500

Jobs

Ethics Officer - Administration

Assistant Executive Director - Administration

Current postings and complete job descriptions are available online at: www.srmt-nsn.gov

Positive Indian Parenting

Honoring Our Children by Honoring Our Traditions

By Mona Romeo, Human Services Staff Development Coordinator

The Intensive Preventive Program (IPP) has incorporated "Positive Indian Parenting" into the Monday evening parenting class. The intention is to help prepare parents for the task of raising children in a multi-cultural society by choosing what works for them in Indian culture. It is not the intention of this program to tell parents, "This is how to raise your children," but to say, "Look this is a healthy Mohawk value, see if it can be useful in parenting." The goal of Positive Indian Parenting is to develop productive attitudes and parenting skills that have their roots in Mohawk Culture.

Traditional Mohawk parenting skills are not necessarily incompatible with non-Native parenting skills. Love, between children and their parents, transcends cultural differences. Many Mohawk parents have their roots in both worlds and must raise their families in a culturally diverse society.

With this in mind, IPP has participated in a week-long training sponsored by National Indian Child Welfare Act (NICWA) and has been hard at work developing a curriculum rich in Mohawk tradition and culture. The series is comprised of several basic lessons that are introduced, either in part or whole, on Monday evenings.

In Mohawk culture, emphasis is placed on storytelling. Stories span

many generations and many cultures have been used to instruct children in values, attitudes, morals and as entertainment. These stories include lessons such as: why cheating is wrong, the price of vanity, why the bear has no tail and why one respects elders. Many Monday lessons are accompanied by a story, such as, why the corn husk doll has no face or how the birds got their feathers.

Some of the lessons use hands-on activities as part of the curriculum. In the "Lesson of the Cradleboard"

participants are able to see and practice with an original cradle board. A talking circle has been incorporated into the curriculum as a closing activity. The circle gives participants an opportunity to discuss different types of successes and challenges as well as sharing experiences, strengths and support.

The basic lessons are 1) Traditional Parenting, 2) Lessons in storytelling, 3) Lessons of the cradleboard, 4) Harmony in Childrearing, 5) Traditional behavior management, 6) Lessons from Mother Nature 7) Praise in Traditional Parenting and, 8) Choices.

The classes are open to the community and are offered Monday evenings 6:00 – 8:00 p.m. at the IPP Building. For more information on Positive Indian Parenting please contact the staff at IPP – 358-3416. ♦

“Culture is the process by which knowledge, values, and beliefs are transmitted from one generation to the next.”
Feuerstein, 1980



How Are We Doing It?

Sustaining in Tough Economic Times - Part 5

By Laura J. Weber, Solid Waste Program Manager

We are continuing our series on sustaining in tough economic times. Last month, we introduced the second component of our sustainable model – 4 R's Cultural Education Program. The purpose of 4 R's is to motivate people to respect themselves, our community and the environment. We also gave you an "Action to Sustainability Challenge." How did you do with last month's challenge? Did you incorporate any of the 4 R's into your lifestyle? How did your discussions go with your family members?

The third component of the sustainability model is part of the program that enables us to offer services to the community. The solid waste community service agency provides curbside collection and allows community members to bring their materials to the Tribe's transfer station.

We provide residential collection services through our pay-as-you-throw (PAYT) blue bag system. People purchase blue bags from various locations throughout the reservation. The blue bags are for garbage only and are picked up once per week on

Tuesdays. Blue bag customers take their recyclables to the recycling depot located across from Wild Bills on State Route 37. We also offer commercial collection services for several businesses in the community. Additionally, we hold special collection events. We've held three household hazardous waste collection days in the last five years and routinely hold either fall or spring cleanups.

We were the first Tribe in the nation to establish a waste lamp collection program at our transfer station. Waste lamps, or fluorescent lights, contain mercury. The collected lamps are sent to a recycler who captures the mercury and other bulb components for recycling. The Tribe's solid waste program has grabbed national attention and is featured on EPA's website: <http://www.epa.gov/osw/wycd/tribal/thirds/stregis2.htm>.

As always, we are here to serve the community and encourage you to contact us if we can be of service. Please call 358-5937, ext. 110 for additional information. ♦

Action to Sustainability Challenge

(Applying knowledge learned to make sustainable decisions in your life).

Learn more about the Tribe's solid waste community service agency by visiting <http://www.srmtenv.org/index.php?spec=srmtswms>.

Incorporate the services that can help you make better choices in your own life to achieve sustainability.

Graduation & Prevention

By Tiffany Leabo, A/CDP Prevention Educator

During this graduation season, the Saint Regis Mohawk Health Services Alcohol and Chemical Dependency Prevention Program reminds parents to take the time to address clear expectations of their student's behavior when confronted with illegal substances.

"Contrary to popular belief, parents remain the greatest influence over their children's behavior," said Richard Gallagher, PH.D., director of the Parenting Institute and the Thriving Teens Project at the NYU Child Study Center. "Though media and peers play a role, parental influence is critical and there are ways parents can maximize that influence to reduce the likelihood that their children will engage in binge drinking."

Dr. Gallagher offers these tips for parents:

Tip 1: Clearly state what actions you expect your teen to take when confronted with substance use. Teens who know what their parents expect from them are much less likely to use substances, including alcohol.

Tip 2: Talk about the alcohol use that your children observe. Parents need to make it clear how they want their children to handle substances, such as alcohol and tobacco. Children need to have controlled exposure to learn the rules of acceptable use.

Tip 3: Help your teen find leisure activities and places for leisure activities that are substance free. Then, keep track where, with whom, and what your teen is doing after school and during other free times.

Tip 4: Limit the access your children have to substances. Teens use substances that are available. They report that they sneak alcohol from home stocks, take cigarettes from relatives and obtain marijuana from people they know well.

Tip 5: Inform teens about the honest dangers that are associated with alcohol use and abuse. Although teens are not highly influenced by such information, some discussion of negative consequence has some impact on the decisions they make. Especially emphasize how alcohol clouds one's judgment and makes one more likely to be harmed in other ways. ♦

Congratulations Graduates – Class of 2011



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

ECRWSS
PRSRT STD
U.S. POSTAGE PAID
MAILED FROM
ZIP CODE 13655
PERMIT NO. 26

POSTAL PATRON