



Features

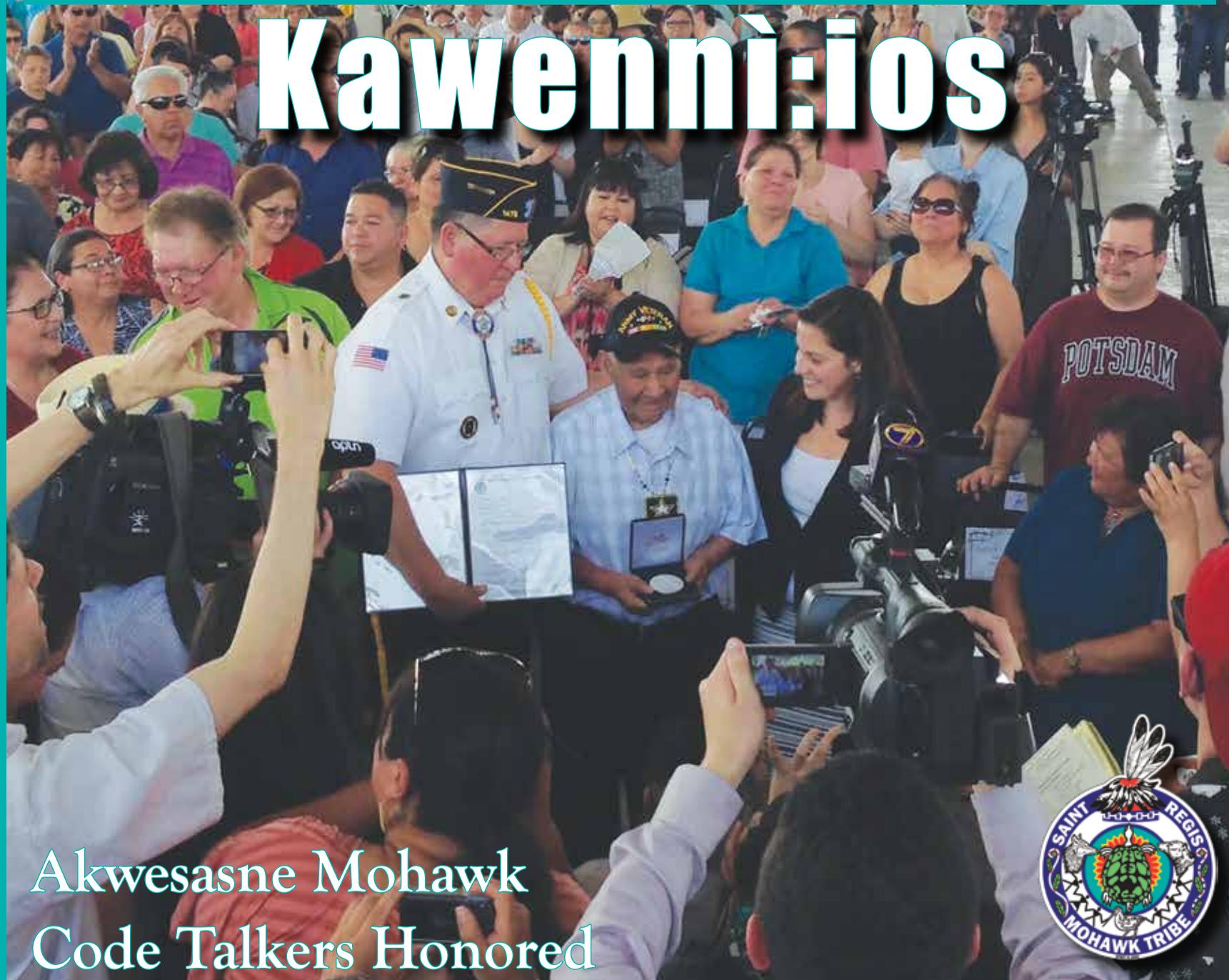
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Kawennì:ios



Akwesasne Mohawk
Code Talkers Honored



Annual Tribal Swearing-In Ceremony Conducted

By Brendan White, Director of Communications

The annual Tribal Swearing-In Celebration was held on Friday, July 1, 2016 at 11:00 a.m. inside the former IGA building across from the Akwesasne Mohawk Casino Resort. The ceremony saw four individuals take their oath of office for three-year terms with the Saint Regis Mohawk Tribe for the following elected positions: Tribal Chief Beverly Cook (re-elected), Tribal Sub-Chief Shelley Jacobs (re-elected), Chief Judge Carrie Garrow and Traffic Court Judge Lois Terrance (re-elected).

The event began with an honor song performed by the Standing Arrow Singers, followed by remarks from Tribal Chiefs Ron LaFrance Jr. and Eric Thompson. Tribal Clerk Betty Roundpoint conducted the oath of office to Chief Judge

Garrow, who in turn conducted the oaths for the remaining three positions.

The swearing-in ceremony concluded with a special presentation by Alexandra David, NoVo Foundation's Leadership of Indigenous Girls and Women Program, to Chief Cook for her continuing dedication to serving the community of Akwesasne. A meal followed and was served by the Akwesasne Youth Council.

The event was hosted by the Saint Regis Mohawk Tribe utilizing Akwesasne vendors: Catering by Alma Ransom Sales; Flowers by Beauty in Bloom; Decorating by Midnight Confetti; Cakes by Three Feathers Café and the Akwesasne Mohawk Casino Resort for the tables, chairs and sound system. ◇



Good Words of Welcome



Shé:kon Akwesasne,

It has been a while since I gave an update in *Kawennì:ios* and there is much news to share. The first is congratulations to Chief Beverly Cook and Sub-Chief Shelley Jacobs on their re-elections. Niawen:kówa to Don Thompson Jr, Ruth Herne-Bell, Wendy Adams, and Jeff Lauzon for taking the big step and running for Tribal Council, and also to Noah Ransom and Pam Brown for running for Traffic Court Judges. Congratulations to newly elected Chief Judge Carrie Garrow and Traffic Court Judges Lois Terrance. Thanks also to outgoing Chief Judge PJ Herne and Traffic Court Judge Steve Cook for their many years of service to our Tribal Court and our community.

Another recent event was our Codetalker recognition ceremony, which was held on Saturday, May 28th inside the Travis Solomon Memorial Lacrosse Box. We trust that holding the event on Memorial Day weekend made it easier for families and relatives to travel to Akwesasne. The turnout was overwhelming, as we estimated over 800 attended the historic occasion. My nine-year-old son said “Is this only going to happen once?”, and I told him “yes, this is a once in a lifetime event that you are a part of.”

Everyone in attendance gave Mr. Levi Oakes, our sole surviving Code Talker, an appropriate response to his congressional medal, which is the highest civilian honor that someone can earn from the U.S. Government. It was definitely a proud day for all and we were pleased to hear about all the family BBQs and gatherings that followed the event. That is what we were hoping for when planning the event; that our community would come together in a positive manner. It was great to see front page stories in several local newspapers the next day.

Mr. Jeff Whelan started the process several years ago, and it was great that he was able to attend the ceremony and be recognized for his contributions, along with Mr. John Thomas for the medal's

artistic design. John and I travelled to Philadelphia to meet with the U.S. Mint's artists, and they were thankful at the end that they were able to speak with a recognized artist from the Tribe, as it gave them guidance and insight into what the Tribe wanted and needed in their medal design.

We need to also recognize Ms. Aimée Benedict as the Chair of the event planning committee. She did a great job organizing the event so that it ran smooth and near perfect. Also thanks to Brendan White for his duties as emcee, he did a great job representing Akwesasne. The entire planning committee did a fantastic job planning and organizing the event. Our Tribal Police also deserve recognition for working the event in the intense heat and humidity of that day. NYS Assemblywoman Addie Russell attended and provided opening remarks. Assemblywoman Russell told us after the event that this was the most powerful event that she ever attended. US Congresswoman Elise Stefanik was invited and presented the Congressional medals with American Legion Post 1479 Commander Mike Cook. Chief Ron Lafrance and MCA District Chief Tim Thompson also provided remarks during the ceremony.

The ceremony ended with Tribal Council surprising American Legion Post 1479 Commander Mike Cook with the Congressional Code Talkers Gold Medal that was presented to the Tribe. Tribal Council decided very quickly that the only place the medal should be displayed is in its rightful place, the American Legion Post 1479.

We also thank our local vendors who supplied everything for the event. We had 100% local vendors, and for that we are proud.

It was a wonderful event to be part of, as we would do it all over again if we could.

Niawen:kówa,

Sub-Chief Michael L. Connors

Akwesasne Business Feature:

Twinleaf Reopens with Ribbon Cutting

By Mary Lafrance, Economic Development Program Support Officer

CAA Management welcomes customers back to the bigger and better Twinleaf Convenience Store and Diner in Akwesasne. They celebrated with a ribbon cutting ceremony on June 8, followed by a luncheon and VIP dinner. The new building offers the same great menu and new Food-to-Go station.

An unexpected and devastating vehicle fire destroyed the Akwesasne Twinleaf in May 2015. Luckily, nobody was injured during the blaze and reconstruction began immediately. In the meantime, 32 employees and their many loyal customers were displaced for a little over a year while reconstruction continued.

The long awaited reopening began with a ribbon cutting ceremony at 11:30 a.m. with owner, Carey Terrance and family members. In attendance: SRMT and MCA Leadership, as well as the Akwesasne Chamber of Commerce and SRMT Office of Economic Development. The family thanked the community and staff for their patience and support during the rebuilding process.

“Exciting, the opportunity to be back open,” declared Bill Black, General Manager. “It’s been a long year!”



Owner Carey Terrance, and his Grandmother, Sandra Terrance, during the ribbon cutting ceremony.



Twinleaf staff happy to be back – Kylee, Nate, Penny, Dave and Karyss.

The new building is very impressive with a new open concept and a bright interior. The Convenience Store is completely redone and the restaurant features a new Food-to-Go station.

“We were fortunate we had the community support and were able to keep staff,” said Randy Guyer, Food and Beverage Manager. Staff came together from the Fort Covington location and adjusted shifts all while the community continued to support Twinleaf stores.

CAA Management also took the opportunity to address customer feedback that existed prior to the fire. New double door entrances prevent cold drafts during winter months and expanded bathrooms were relocated to the back of the store.

The ribbon cutting marked a soft opening for the Twinleaf Convenience Store and Diner - a grand opening is planned for a future date. For a listing of local businesses please visit www.AkwesasneBusinessDirectory.com.

The Office of Economic Development congratulates CAA Management and their staff on their recovery and re-establishing their business as it is welcome by the community and visitors to Akwesasne. ◇

Michael Garrow Named Chief Financial Officer

By Brendan White, Director of Communications

The Saint Regis Mohawk Tribe is pleased to introduce Michael C. Garrow as its new Chief Financial Officer. Garrow began work on Sunday, *Onerabtokhba*/April 17, 2016 and has the responsibility of overseeing all of the organization's financial affairs.

"The Tribal Council welcomes Michael Garrow and looks forward to his financial expertise for the benefit of tribal members," said Tribal Chief Beverly Cook. She added, "We are confident that his previous experience with a number of tribal operations will help strengthen the Tribe's financial efficiency and positioning."

Garrow's role as the CFO entails overseeing all matters related to the financial affairs of the Tribal entities, which includes preparing financial analysis of the overall operation. He is also responsible for the organization's financial plans and policies; the conduct of its relationship with banking institutions, investments, audits, financing arrangements; as well as summaries and forecasts for future business growth and general economic outlook.

"We look forward to Michael working closely with the tribal departments and entities in helping them meet their financial needs," stated Tribal Chief Ron LaFrance. He noted, "We also look forward to Michael lending his financial advice to help the Tribe reach its financial goals, as well as the needs of the community."

Garrow has knowledge in building incremental revenue and operational efficiencies from his experience managing tribal operations and banking institutions. In addition to serving as

the Chief Executive Office for the Quechan Casino Resort & Paradise Casino, the Corporate Commission of the Mille Lacs Band of Ojibwe, and the Clearwater River Casino/Nez Perce; he also served as the Treasury Director for the Little Traverse Bay Bands of Odawa Indians and the Vice President for Client

Development with the Bank of America. Garrow was also previously employed as the interim-CEO/General Manager of the Mohawk Bingo Palace and served on the Tribe's Te Wá Tha Hán Ni Corporation's Board of Directors.

"Michael has proven to be a key player during periods of financial activity and growth for cash management projects," said Tribal Chief Eric Thompson. He added, "His organization and analytical skills have helped identify financial opportunities and savings for a number of tribal operations. He has consistently created 'firsts' by leveraging his experience to implement creative solutions that have improved cost efficiencies. We are glad to have him on board."

Garrow earned his Masters of Business Administration from the University of California at Berkeley's Hass School of Business in 1994 and his undergraduate degree from Embry-Riddle Aeronautical University.

According to Garrow, "I was taught at an early age that to better the Tribe I needed to educate myself and to bring that knowledge back to benefit my people." He added, "I now look forward to utilizing the combination of my senior management experience, along with my education in finance and entrepreneurship, to help the Tribe strengthen its financial planning." ◇



Program Snapshot:

Partridge House's Family Education and Recovery Program

By Gidget Rafus, LMHC, CASAC Clinical Director, Partridge House Inpatient Program

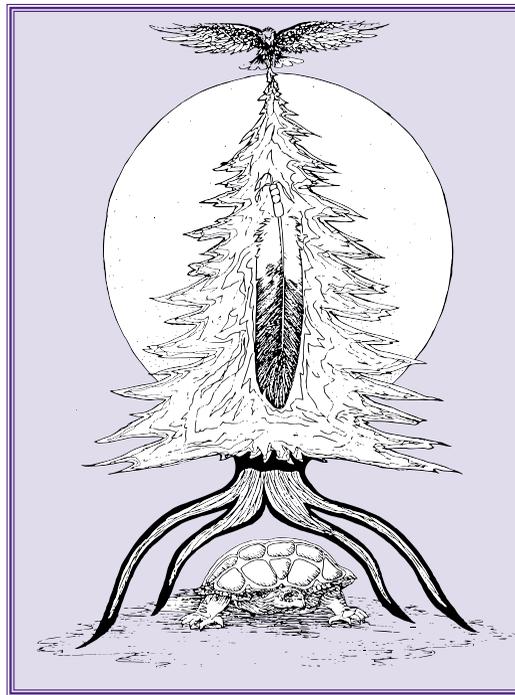
Addiction is a disease of the brain. If left untreated, it can intensify, which may lead to isolation, incarceration, accidental overdose and even death. It could heighten symptoms of mental illness and increase risk for communicable diseases, such as; hepatitis C, human immunodeficiency virus (HIV), sexual transmitted infections and diabetes.

As a person's drug use becomes more progressive, their tolerance for the drug increases, and can result in an accidental overdose or untimely death. The untreated disease of addiction hijacks the brain of the drug user, resulting in changes in their behaviors and thought patterns.

These changes in behavior could include things like changes in their personality, an increase or onset of criminal behaviors, and the continuation of drug use. These changes often lead to isolation from family, friends, and loved ones who are not drug users. Addiction can turn your loved one into someone you no longer recognize. In fact, continued use of any mood altering substances can turn the user into someone the user themselves don't recognize.

The disease of addiction takes hostage of those closest to the drug user. Addiction left untreated divides and destroys families. In the center of the drug epidemic, families are collapsing. The drug user becomes preoccupied with obtaining their drug of choice, and meanwhile, loved ones become preoccupied with the drug user. Families become so preoccupied with saving the addicted family member that they lose sight of other family members and themselves. The presence of addiction impacts the entire family.

Due to the stigma associated with addiction and mental illness, most families suffer in silence. Unfortunately, that silence breeds shame, guilt, and desperation. Addiction thrives on secrets, chaos, self-doubt, and self-blame.



Individuals living with an active addiction must abstain from drug use and enter addiction treatment in order to experience the recovery. The recovery process is achieved when a former drug user restores their spirituality, identifies their most common thinking distortions, and surrounds themselves with people who are also in recovery program. Recovery happens when each day is filled with opportunities for self-change. Families must also recover from the wrath of addiction. Family recovery is achieved by understanding the cycle of addiction and recovery, as well as, attending support groups and family counseling.

The healing process from addiction starts with the surrender and ends with acceptance. The family must work on their recovery even if their loved one is still abusing alcohol and other drugs. The Partridge House Inpatient Program will provide opportunities for healing for families through the Family Education and Recovery Program. Addiction grows when families remain silent in their pain.

Please accept this invitation for ongoing education on addiction and recovery, family peer support, and opportunities for healing. The Family Education and Recovery Groups are open to the public. They are held on Thursday evenings beginning at 6:00 p.m. sharp at the Let's Get Healthy - Diabetes Center for Excellence Building located at 66 Business Park Road.

Are you affected by a loved one's drinking or drug use?

Millions of people are affected by the addiction of someone close. The following questions are designed to help you decide whether or not you need support.

- Do you worry about how much someone uses?
- Do you have money problems because of someone else's use?
- Do you tell lies to cover up for someone else's use?
- Do you feel that if your loved one cared about you, he or she would stop using to please you?
- Do you blame your loved ones behavior on his or her friends?
- Are plans frequently upset or canceled or meals delayed because of your loved ones use?
- Do you make threats, such as, "If you don't stop using, I'll leave you"?
- Do you secretly try to smell the your loved ones breath, or check their eyes, to look for other physical signs of use?
- Are you afraid to upset someone for fear it will set off a using bout?
- Have you been hurt or embarrassed by your loved ones behavior?
- Are holidays and gatherings spoiled because of using?
- Have you considered calling the police for help in fear of abuse?
- Do you search for hidden alcohol or drugs?
- Do you ever ride in a car with a driver who has been using/drinking?
- Have you refused social invitations out of fear or anxiety?
- Do you feel like a failure because you can't control the drinking?
- Do you think that if your loved one stopped using, your other problems would be solved?
- Do you ever threaten to hurt yourself to scare your loved one?
- Do you feel angry, confused or depressed most of the time?
- Do you feel there is no one who understands your problems?

If you have answered yes to any of these questions, the Family Education and Recovery Program may be able to help. ◇

Community Engagement:

Tribal Oversight Commissions

By Cathy Mitchell, Administrative Assistant to the Commissions

The Saint Regis Mohawk Tribe welcomed Cathy Mitchell as the new Administrative Assistant to the Commissions. Cathy is from Akwesasne and is the daughter of Sharon Mitchell and the late Dean Ransom. Prior to joining the SRMT, Cathy worked for four years as the Administrative Assistant to the Department of *Tehotiiennarwakon*, Mohawk Council of Akwesasne. Cathy is responsible for the administrative support to the Police Commission, Election Board, Judicial Oversight Commission, Tribal Gaming Commission, Akwesasne Housing Authority Board, Land Dispute Tribunal and any other boards, commission, committees as identified by Tribal Council. The Administrative Assistant may also provide support to the Tribal enterprises.

Akwesasne Housing Authority (AHA)

Commissioners: Kimberly Herne, Diane Boots, Norman Tarbell, Noah Ransom Jr. (Chairperson), Lois Terrance, Ronald Cook and Barbara Lazore

The AHA operates several programs for the benefit of low-income tribal members and their families through a block grant program provided by the U.S. Department of Housing & Urban Development. AHA programs and services are administered through a legislation known as NAHASDA (Native American Housing Assistance and Self Determination Act), and are governed by a seven-member Board of Commissioners consisting of tribal members. The AHA provides home ownership and rental opportunities as well as assistance with counseling and training relevant to housing programs benefiting eligible families. The AHA is highly involved in community events

and operates micro-programming including sponsoring a volunteer income tax preparation site know as VITA, an employee-driven community fund, and partnering with other tribal agencies to plan and coordinate community facilities and infrastructure projects. The AHA is also a sponsoring agency of the Akwesasne Boys & Girls Club, Akwesasne Charter.



Cathy Mitchell is the new Administrative Assistant to the Commissions.

Tribal Gaming Commission (TGC)

Commissioners: Brandon Smoke (Chairperson), Randy Hart and Darlene Francis

The Gaming Commission is comprised of the Licensing, Audit, Gaming Inspectors and Gaming Networks departments. The Gaming Commission is entrusted to protect the health, welfare and safety of employees and patrons of the Tribe's gaming enterprises, to develop and implement a means of regulation for the conduct of gaming on tribal lands, and ensure the fair and honest operation of such gaming, minimizing the possibility of corruption or illegal practices in relation to gaming.

Judicial Oversight Commission (JOC)

Commissioners: Kurt Fetter, Martha Montour and Penny Coleman

The Judicial Oversight Commission's objective shall be to enforce the obligation of judges to observe high standards of conduct while safeguarding their right to decide cases independently. The JOC will not act as an appellate court. It will not review judicial decisions or alleged errors of law, nor will it issue advisory opinions, give legal

advice or represent litigants. By offering a forum for members with conduct-related complaints, and by disciplining those judges who transgress ethical constraints, the JOC seeks to insure confidence in the integrity and honor of the judiciary.

Police Commission

Police Commissioners: Rena Smoke, Rudy Hart, Andy Cook, John Ransom and Rowena General (Chairperson)

The Saint Regis Mohawk Tribal Police Commission is comprised of five community members who serve for a period of five years. They meet on a monthly basis to hear and respond to reports from the Chief of Police concerning the activities of the Police Department and any community issues that may develop. The Commission gives input on the various activities of the department, such as recruitment, interviews, suggestions on improvements and oversight of officers' concerns. Additionally, the Commission is informed of new directives from state and federal agencies regarding tribal police agencies. The Commission sets goals for the upcoming year which is a measuring tool for the evaluation of the Chief of Police. The Commission meets on a monthly basis with community members to hear any concerns. Community meetings will be held on the second Wednesday of every month at 3:00 p.m. in the Saint Regis Mohawk Tribal Council Executive Boardroom, unless otherwise scheduled.



Police Commissioners: Rena Smoke, Rudy Hart, Andy Cook, John Ransom and Rowena General (Chairperson)



Newest Election Board Member Sheila Loran being sworn in by Tribal Clerk Betty Roundpoint

Land Dispute Tribunal (LDT)

Members: Rose Alma McDonald, Alma Ransom, Andrew Paul Boots, Kyrie Ransom, Warren Conners, Sawentanon Skidders, Diane Garrow, Jill Benedict and Vickie Phillips

The Land Dispute Tribunal is vested with authority for the sole purpose of settling land disputes which arise on the Akwesasne territory under the jurisdiction of the Saint Regis Mohawk Tribe. The Tribunal possesses the authority to hear all aspects of a land dispute case. This may include receiving written or oral testimony and receiving document submissions. The Tribunal is also authorized to develop other rules and regulations as necessary to ensure proper implementation of the Land Dispute Resolution Ordinance.

Election Board

Board Members: Katrina Jacobs, Bryan Garrow and Sheila Loran

Election Board members are appointed by Tribal Council for a term of three years. To serve on the Election Board, members must meet the criteria of an eligible voter. The Election Board members ensure, direct and manage the security and integrity of caucus, elections and referendums in accordance with the Election and Referendum Ordinance.

For more information please contact Cathy Mitchell at (518) 358-2272 ext. 2167, email: cathy.mitchell@srmt-nsn.gov or visit the Saint Regis Mohawk Tribe website at <http://www.srmt-nsn.gov/government/committees>. ◇



Choosing and Using Insect Repellents

By Joan Westcott, Health Service Pharmacist

Summer is here and you may be thinking about insect repellants. Insect bites are itchy and uncomfortable, and too much scratching can lead to skin infections. Insect bites can spread diseases like West Nile or Zika viruses (mosquitoes) and Lyme disease (ticks). It is best to just prevent the bites in the first place if you can.

What Insect Repellent Should I Use?

Choose an insect repellent based on how long you expect to need protection. Different concentrations will last for different lengths of time. If you need additional protection, reapply the repellent. Common active ingredients in insect repellents include: DEET, picaridin, oil of lemon eucalyptus, IR3535 and permethrin.

Always follow the label directions on the product you use. It should be noted that products that contain permethrin should not be applied to the skin. These products work well and can be applied to clothing and gear. Items that you can treat with permethrin include clothing, backpacks, bed nets and tents. Spray the permethrin on and allow to dry before using.

What About Products That Have Both Sunscreen and Insect Repellents?

While this may seem like a good idea, it really is not. Insect repellents generally last much longer than sunscreen without needing to be reapplied. Using a combination product could easily lead to not reapplying sunscreen frequently enough or applying too much insect repellent. It is best to use separate products. When applying both products, apply the sunscreen first and allow to soak in, or dry if using a spray on, before applying the insect repellent.

Is DEET safe?

While some are leery of DEET, it is safe and effective when used according to label directions. Certain people will get a rash and should stop using it. The effectiveness of DEET does not improve after a concentration of 50%, so there is no need to use anything higher than this. Most insect repellents are safe to use on children over the age of two months, but keep the following things in mind:

- Do not use products with more than 30% DEET on children
- Oil of lemon eucalyptus should only be used on children older than three years
- If in doubt, check the label

What About Using Insect Repellent During Pregnancy?

Using insect repellent during pregnancy can help to keep both mom and baby safe. The insect repellents DEET, picaridin, IR3535, and oil of lemon eucalyptus are safe to use during pregnancy and while breastfeeding. Always read and follow label directions.

What About the New Devices or the Old Standby: Avon Skin So Soft?

There are new bracelet and clip-on devices. Their effectiveness is limited and may not provide sufficient coverage. It is best not to exclusively rely on them for protection.

For years, many have used Avon's Skin So Soft as an insect repellent, even though it is not sold for that purpose. Avon has recently put out two new formulations of Skin So Soft labeled, Bug Guard Plus and Plus Picaridin. ◇

Don't use repellents under clothing or on cuts, wounds or irritated skin.

Don't apply repellents to eyes or mouth. Apply lightly around ears.

Don't spray repellents on the face. Spray on hands first, then apply to the face.

Don't allow children to handle repellents. Apply to your own hands, then put it on the child.

Avoid heavy application of repellents. If a thin film doesn't work, apply a bit more.

After returning indoors, wash treated skin with soap and water.

Never put permethrin on skin. Apply permethrin only to clothing, bed nets or other fabrics.

Don't apply insect repellent to cats or dogs. Talk to your vet about options for pets.





26th Annual 2016 Wellness Day

July 21st, 10:00 a.m. to 3:00 p.m. at Generations Park

Food vendors

Display tables

Poker Walk at 11:00 a.m.

Kids Physical Activity Challenge

Speakers

Blood Drive

Take a stroll on the walking trail and be entered into the drawing for the grand prize camping package.

Join us for presentations and be entered into the draw for great spa door prizes.

10:30 - Pulmonary Health Testing

with Theresa Gardner, FNP & Rachel Jacobs, TTS/CHR
Diabetes Center for Excellence

11:30 - Living with Bi-Polar, Film & Discussion

with Christine Venery, LCSW
Diabetes Center for Excellence

1:00 - Strength & Balance

with Vanetta Conn
Office for the Aging

Organized by:

Health Promotion Disease Prevention Committee.

Sponsored by:

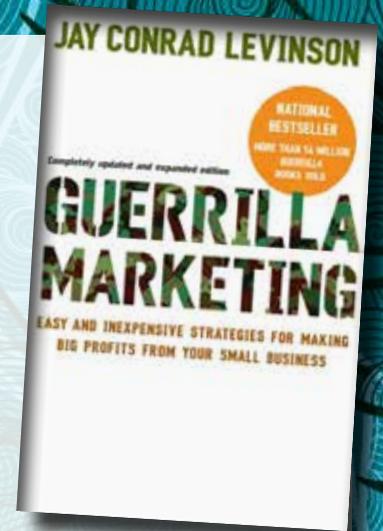
Saint Regis Mohawk Tribe's Community Partnership Fund,
Saint Regis Mohawk Tribe's Health Service Division and
Children's Mental Health Program, CKON and MCA's
Wholistic Health & Wellness Program.

Local Business Book Club

Interested in reading and discussing books on community development and achieving success in small business?

- Strategies for marketing on the internet
- Tips for using new technology
- Programs for targeting prospects and cultivating repeat and referral business
- Management lessons on the age of telecommuting and freelance employees

Join us for the July Book Club offering on Wednesday, July 22, 2016 at the Office for Economic Development at 5:00 p.m.



Tribe Expresses

Words of Appreciation

The Saint Regis Mohawk Tribe extends appreciation to the Office of Emergency Planning and the Office for the Aging on their response to a power outage that our community experienced on Memorial Day weekend. The outage took place during a heat advisory issued on May 30, 2016 that affected the northern portion of Akwesasne. As a result, the Office for the Aging permitted their facility to be utilized as a cooling center for our community's northern residents.

The Tribe is proud of your actions and formally acknowledge the hard work and dedication of both offices to the community of Akwesasne. "Your efforts have not gone unnoticed."

Niawen:kówa!

Congressional Medals Presented to Akwesasne Mohawk Code Talkers

It took more than seventy years, but the military contributions of American Indians during World War II are continuing to be recognized. During a ceremony held on May 28, 2016 at the Travis Solomon Memorial Lacrosse Box; the military service of twenty-four Akwesasne Mohawks was formally recognized with the presentation of congressional medals. Each was awarded with a silver or bronze congressional medal for their role as an Akwesasne Mohawk Code Talker.

In 2008, the U.S. Congress passed the Code Talker Recognition Act to acknowledge and commemorate the achievements of American Indian Code Talkers during World War I and World War II. The Saint Regis Mohawk Tribe is one of 33 American Indian tribes to be recognized for using their Native language to send coded messages that could not be deciphered by the enemy. To commemorate their important military contributions, U.S. Congresswoman Elise Stefanik and American Legion Post #1479 Commander Michael R. Cook bestowed congressional medals to family members of the Akwesasne Mohawk Code Talkers.

Joining the gathering of more than 800 people was Levi Oakes, 92, as the last surviving World War II Akwesasne Mohawk Code Talker. Surrounded by family and friends, Oakes was presented with the Congressional Silver Medal, which is the highest civilian award given to an individual by the U.S. Congress. He received the award for his service as a technician (4th Grade), Company B, 442nd Signal Battalion, U.S. Army; which included a two-and-half year stint in the Pacific Theater.

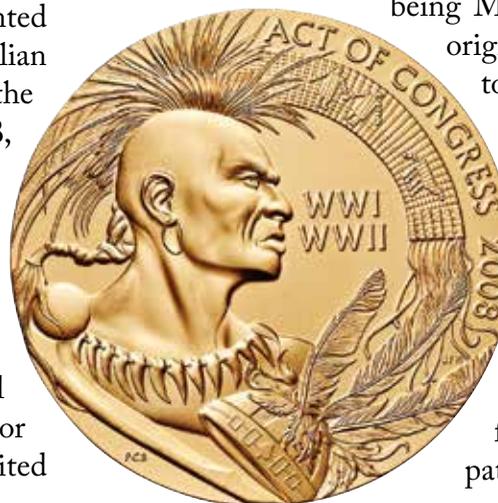
Akwesasne artist John Thomas worked with the U.S. Mint Congressional Medals Program on the congressional medal's vision and design. The Congressional Medals Program produces national medals to commemorate significant historical events of the Nation, or to honor those persons whose superior deeds and achievements have enriched the history of the United State or world.

About the Akwesasne Mohawk Code Talkers Congressional Medal



Front: Armed with his M-1 infantry rifle that was standard issue during World War II, the Akwesasne Mohawk Code Talker adorns a beaded sheath for a utility knife some Native soldiers carried during combat. Surrounding him are the three major clans associated with the Kanien'kehá:ka (Mohawk) people—bear, wolf and turtle; with the snipe clan adopted into the Akwesasne community following the relocation of Oneida and Onondaga families from Oswegatchie at the onset of the War of 1812.

Back: Mohawk warrior surrounded by items representative of Kanien'kehá:ka People and, more specifically, the Mohawks of Akwesasne. The gustowah (headdress) adorning three upright eagle feathers signifies the warrior being Mohawk, which is one of the five original Native Nations belonging to the Haudenosaunee (Iroquois) Confederacy, as represented by the Hiawatha Belt placed on the gustowah's brim. Situated behind the warrior's likeness is the Ohkwaho Kaionwi Ne Akwesasne (Akwesasne Wolf Belt), which continues to bind the Mohawks of Akwesasne in friendship and guide us on the path of peace as one people.



Atwesasne Mohawk Code Talkers



**Mike
Arquette**



**Joseph
Barnes**



**Thomas
Cole**



**Louis Stanley
Connors**



**Angus B.
Cook**



**Joe
King**



**Louis E.
King**



**Angus J.
Laughing**



**Alex Wilson
Lazore**



**Charles
Lazore**



**Alex
Oakes**



**Louis Levi
Oakes**



**Alex W.
Peters**



**Joe Harry
Pyke**



**Mitchell
Sunday**



**Albert
Tarbell**



**Reginald
White**

Unconfirmed



**Joseph
Robert Herne**



**Edgar
Jock**



**Abe
Ransom**



**Louis
Ransom**



**Andrew
Rourke**



**Peter
White**



**Phillip
Thompson**



American Legion Post 1479 Commander Michael R. Cook, Sons Commander Harris Cole and Sons Chaplain Frank Scott deliver the opening prayer to start the Congressional Medal ceremony.

Members of the American Legion Post 1479 stood at attention for the presentation of the colors.



Sole surviving Akwesasne Mohawk Code Talker Levi Oakes received a standing ovation from more than 800 community members who attended the ceremony.



American Legion Post 1479 Commander Michael R. Cook and U.S. Congresswoman Elise Stefanik (NY-21) presented a Congressional Silver Medal to Levi Oakes for his military service as an Akwesasne Mohawk Code Talker.

Alan White accepted the Congressional Silver Medal on behalf of his father Reginald White, an Akwesasne Mohawk Code Talker who was assigned to a U.S. Army tank destroyer battalion during World War II.





Alex Wilson Lazore's son Jerry Lazore and great-grandson Ethan Thomas received the Congressional Silver Medal for Wilson's military service.



Patricia Oakes and family in front of the Akwesasne Mohawk Code Talker Congressional Medal die cutout furnished by the U.S. Mint for the ceremony.



Brenda Arquette accepted the Congressional Silver Medal for her father Mike Arquette's service as an Akwesasne Code Talker with the 41st Armored Infantry Regiment.



The Saint Regis Mohawk Tribal Council proudly presented the Akwesasne Mohawk Code Talkers Congressional Gold Medal to American Legion Post 1479 Commander Michael R. Cook. ◇

General Motors Cleanup Continues

By Craig Arquette, Oversight Technician

From 1988 to 2005, GM completed a number of significant cleanups, including the dredging of the St. Lawrence River, Raquette River and Turtle Cove, groundwater collection at the base of the landfill and the development of a system to collect and treat water running off the site before discharge to the St. Lawrence River.

With the bankruptcy of GM in 2011, the Revitalizing Auto Communities Environmental Response (RACER) Trust was formed and assumed ownership of the site. Since that time, the pace of cleanup has quickened. RACER has successfully performed the demolition of the former on-site manufacturing buildings, as well as removal of the contaminated soil from underneath the buildings and the removal of soil in and around the industrial waste water treatment lagoons. In total, more than a half million tons of PCB-contaminated materials have been removed from the site since RACER Trust assumed ownership.

Background

The EPA added the GM site to the Superfund National Priorities List in 1984. The 217-acre site was originally built to produce aluminum cylinder heads for the Chevrolet Corvair. While in operation, various industrial wastes were generated and disposed of on-site. PCBs have been found in the groundwater, on- and off-site soil and sediment in the St. Lawrence and Raquette Rivers, Turtle Cove and Turtle Creek. Groundwater was also found to be contaminated with volatile organic compounds and phenols have been detected in lagoon sludge, as well as in the disposal areas. Public water supply systems have not been impacted.

The cleanup work is being conducted by the current owner of the site, the RACER Trust and overseen by representatives of the U.S. Environmental Protection Agency (EPA), the Saint Regis Mohawk Tribe (SRMT) Environmental Division and the New York State Department of Environmental Conservation (NYSDEC).

While it is anticipated that the GM site will be remediated by 2017, approximately 25 acres on or near the landfill will be restricted for development indefinitely and are suitable for “open space.” The RACER Trust is actively marketing the property for re-use/redevelopment.

Minimizing Air Impacts and Conducting Air Monitoring

Before and during the cleanup, plans are developed and actions are taken to reduce the potential for the release of contaminants into the air. These work plans also include a description of the actions that will be taken to reduce or eliminate releases to the air. Prior to approval, all work plans are provided to NYSDEC and SRMT for review and input.

There are multiple levels and types of air monitoring that take place whenever PCB-contaminated materials are handled on-site. PCB air monitoring stations were installed around the work perimeter and four air monitors in the community at Akwesasne – three at private properties and one at the Ahkwesahsne Freedom School.

PCB air samples were analyzed within 24 hours of collection and all results were sent directly from the laboratory to EPA, the RACER Trust, and SRMT within 48 hours of the sample being taken.



Removal of Contaminated Materials from Turtle Cove

While there are no federal or state regulatory standards for daily PCB air emissions, an “action level” for the site was developed by EPA using the Agency’s Integrated Risk Information System’s (IRIS) Reference Dose for non-cancer health effects. The IRIS Reference Dose for non-cancer health effects from PCBs is 0.11 parts per billion for a child resident (0-6 years old) and 0.26 parts per billion for an adult resident.

For the duration of the industrial landfill work in 2015, there were seven instances where the air monitors on SRMT lands had a sample above the EPA action level of 0.11 parts per billion. These samples were collected between July 23, 2015 and August 17, 2015 when the contractor was excavating in a heavily-contaminated section of the landfill and a significant amount of debris was encountered. None of the samples collected from the monitor at the Freedom School were above the EPA action level. Air levels were evaluated daily and site processes were continuously evaluated and actions were taken to reduce or eliminate the potential for additional release.

During the cleanup, the EPA has had and will continue to have daily communication with the SRMT’s Environment Division. This ongoing coordination and consultation will continue until the work is completed at the site.

Sampling by the Numbers (2011-2015)

- Community air samples: 2,633*
- Soil samples: 3,370
- Samples of treated discharge water: 185
- Sampling of equipment (decontamination): 523
- Groundwater samples: 156

* Does not include dust or personal monitoring samples

Removal by the numbers

- 23,000 tons of PCB-contaminated sediment dredged from the St. Lawrence River system, including 16,900 cubic yards of contaminated soil and sediment from Turtle Cove and the

surrounding area

- 21,389 tons of scrap metal recycled
- 502,228 tons of hazardous waste shipped off site
- 2.6 tons of asbestos removed
- 59,000 tons of contaminated (but not classified as hazardous) waste removed and disposed of
- 21.2 million gallons of remedial wastewater treated since 2011

Upcoming Completion Dates

- Installation of a permanent groundwater treatment system (2016)
- Completion of the Industrial Landfill cap (2016)
 - Remediation PCB-contaminated sediment in a 10 million gallon lagoon (2016)
 - Removal of contaminated soil and sediment from an off-site Tribal property
 - Final site restoration (2017)

EPA Five-Year Reviews

Under the Superfund law, five-year reviews are required when hazardous substances, pollutants or contaminants remain at a site that would not allow for unrestricted use. The purpose of the five-year review is to ensure that implemented cleanups are working as intended and are protective of human health and the environment. The EPA issued five-year

review reports for the General Motors (Central Foundry Division) site in 2005, 2010 and 2015. These reports concluded that the implemented actions at the site are protective of human health and the environment.

A summary of cleanup activities completed at the GM site, to date, and an evaluation of the protectiveness of the implemented cleanup remedy is included in the five-year review report.

The 2015 report is available at: <http://semspub.epa.gov/src/document/02/372872>. ◇



Soil showing oil from excavation adjacent to the St. Lawrence River

August is National Child Support Awareness Month

By *Jennifer Brown, SRMT CSEU Administrative Assistant*

Please join the Saint Regis Mohawk Tribe's Child Support Enforcement Unit (CSEU) in recognizing the importance of child support and applauding parents who provide financial and medical support for their children.

August 5, 2016 is **Wear Green** to support Child Support Awareness Month. Stop by the CSEU office wearing your green attire to have your picture taken and have your name entered for a 22-piece camping gear door prize. If you can't make it to the CSEU Office, take your picture and email it to communications@srmt-nsn.gov with the subject, "It's for our children!"

Beginning August 5, 2016, the CSEU will be providing backpacks stuffed with school supplies to all children who are currently receiving child support through office.

The United States has been honoring Child Support Awareness Month during the month of August since 1995. Former President Bill Clinton recognized this in an official proclamation stating that, "Providing for our children is one of humanity's worthiest and most fundamental endeavors."

The Saint Regis Mohawk Tribe's Child Support Enforcement Unit salutes parents who work hard to ensure their children grow up in stable homes and look forward to a bright future.

If you need any guidance navigating your way through the child support system or have questions regarding child support, please contact the CSEU office at (518) 358-2272. The CSEU office is located on the bottom level of the Tribal Community Building. ♦

A parent's love is expressed
in many ways.

Child support
is one of them.

August is
**CHILD SUPPORT
AWARENESS MONTH**

CONTACT SRMT CSEU AT (518) 358-2272

Take It Whether You Need It or Not

By Angela Benedict, Air Quality Program Manager

That's what my Tota always said, "If someone gives you something take it, whether you need it or not. You may need it in the future or someone else may need it." Well, this statement is okay to follow as long as you don't take everything. Some things are handy and some are not. I think it was more to the tune of clothes with my Tota, because she had 10 kids and, yeah, sooner or later one of them would fit them, LOL. So what this all leads to is hoarding. I have watched the reality shows on hoarding and I just watched the movie, "My name is Doris" which had an element of hoarding. It is more common than we think and I have to admit I'm a little bit of a hoarder myself, although I like to think I'm more of a clutterer than a hoarder.

So, you are probably thinking, "Why is this airhead talking about hoarding? That's my stuff and I will keep it if I want". Well, because it has a big impact on your indoor air quality. A few years ago, I wrote an article on ventilation "You've Got to Move It, Move It". If you have so much stuff packed into your house, there is no way to "Move It, Move It". No ventilation and no fresh air = stale air and that can lead to lots of medical problems. Hoarding can also lead to that scary four-letter word "MOLD". Conditions are perfect for rodents and insects to live and breed without you even knowing it. I was watching one show where when they were cleaning and found the occupant's deceased cat under all the stuff they had in the house. All the person had to say was, "I was wondering what happened to my cat". The decomposition process of animals is very bad for your air. It's the same with rodents and insects, their feces and lice; not to mention if they died in your stuff.

So the point to all this is, "Why do we need so much stuff?" Maybe we should take the Beatles advice, "All You Need is Love," instead of stuff.

So what are people hoarding in their homes? Garbage, clothes, picture frames, old cleaning products, empty toilet paper and paper towels rolls, shoes, junk mail, books, medications and animals. You can call it collecting but in reality, it could be hoarding.

When I think of animal hoarding, I think of an old cat lady. But in a sense, that's what it is. It goes a little bit further than that. Having multiple pets and not being able to keep up with

their care and not noticing that you can't and are unwilling to give the pets up are animal hoarder characteristics. Animal hoarding also adds in another feature of air quality. Disease and unsanitary conditions can lead to illnesses and death of, not only the animals, but the hoarder themselves.

There are tools out there to help identify how severe of a hoarder a person might be. A couple of tools are the clutter image rating and a clutter-hoarding scale.

Apple has an app in iTunes called Clutter Image Rating or CIR. CIR is a pictorial tool to determine the amount of clutter in a person's home. The pictures are numbered from 1 = "no clutter," to 9 = "severe clutter" for the three main rooms (kitchen, living room and bedroom) in a typical home.

So for now and the next seven generations, lets declutter our lives and show we don't need stuff, we need space. ◇

The Institute for Challenging Disorganization has five levels of hoarding called the Clutter-Hoarding Scale (CHS)

LEVEL	COLOR	LEVEL OF CLUTTER - HOARDING
I	GREEN	LOW
II	BLUE	GUARDED
III	YELLOW	ELEVATED
IV	ORANGE	HIGH
V	RED	SEVERE

This scale is used in the assessment of a home's interior. It is not to be used for diagnostic purposes or for any psychological evaluation of a person or persons.

Family Support Program

Building Vital Community Members

By Sweets Jacobs, HCBS Waiver Supervisor

The Family Support Program provides assistance, care and support to individuals with developmental disabilities, encouraging self-determination, independence, quality of life and participation as vital and contributing community members. The program helps families meet the challenges of caring for a family member who has a developmental disability. Clients with an intellectual disability, autism, cerebral palsy, epilepsy and other neurological impairments sometimes need special assistance and support to learn, work and become more independent. The program is certified by the NYS Office for People with Developmental Disabilities.

Family Support serves people with disabilities of all ages. They encourage clients to participate in cultural events, music, art, dance, and theater. Recreational activities include swimming, sports, hiking, horseback riding and other area activities. Clients who join the program during the week can enjoy arts and crafts, guest speakers and presentations, and scheduled field trips.

One of the great services Family Support can offer clients are housing options. Supportive Apartments is a certified program and structured living environment for individuals with developmental disabilities. Staff assistance is provided up to 20-hours each week. The Residential Apartment Program provides 24-hour supervision to individuals with disabilities who live within Sweet Flag Estate. Assistance with daily living skills, paying bills and hygiene are

provided.

Family Support provides support to other programs and services such as Home and Community-Based Waiver Services, recreation programs, Individual Residential Alternative (IRA) and Medicaid Service Coordination (MSC).

Family Support Services can also provide families with:

- Linking and referrals to assist families in locating service options
- Assistance with legal applications
- Respite services for families to assist in caring for a loved one with a disability
- Someone to call for help
- Information concerning programs and services
- Help in arranging health care, education and recreational activities
- Counseling and training to enhance family stability and to plan for the future
- Transportation, special equipment or home modifications



Beautiful day to plant in raised bed gardens in front of the Family Support Building

- Family reimbursement for purchases of goods and services

The Family Support Building is located at 420 State Route 37, on the east side of the Community Building. The office is open on weekdays from 8:00 a.m. to 5:00 p.m. For more information, call (518) 358-9481.

Beautifying Akwesasne

In the first of many collaborations, Generations Park and Family Support teamed up to beautify Akwesasne. With sponsorship by the Generations Park Recreation Department, volunteers from Family Support Youth Recreation and other Community and Family Services programs planted various flower gardens in many of Akwesasne's public spaces.

Local volunteer Sesi Herne has been donating not only her time, but also her money over the past few years to develop gardens at Generations Park, American Legion Post 1479, the SRMT Police Station and HAVFD. This year, she was able to team up with tribal programs and community volunteers to get all the gardens in place just in time for the Memorial Day festivities. More importantly, Sesi shares her love and knowledge of planting with Akwesasne youth, ensuring that planting remains a strong tradition in our community.

The initial project began with the Family Support's recreation programs planting small flower boxes at the Generations Park pavilion. The youth and adults learned how to transplant flowers, care for them, and were even able to take small plants home to take care of or give to loved ones. Sesi's project continued and with volunteers from the Community & Family Services Program, she was able to start gardens at the various public locations.



Sesi will continue to develop and maintain community gardens in and around Generations Park throughout the summer. Generations Park will continue to sponsor these gardens to help organize volunteers. If you or someone you know is interested in obtaining community service hours, please contact the Generations Park office, Monday to Friday from 9:00 a.m. to 5:00 p.m. at (518) 358-9009.



Giant Pumpkins!

This year, the Family Support Program hosted a "How to Grow a Giant Pumpkin" class in May. Participants and employees filled the room to learn why growing giant pumpkins is highly addictive. Instructor Paul Hetzler, Horticulture and Natural Resources Educator from the Cornell Cooperative Extension of St. Lawrence County, provided a step-by-step, hands-on class. The general requirements for growing a giant pumpkin included the steps from starting seeds to nurturing and requirements of growth and onto safeguarding your pumpkin through its growth. In a few months, we will see how great they come out.

Thanks Paul! ◇

Tribal Monthly Meetings

Onerahtokó:wa/May 14, 2016

Chairperson: Tribal Chief Ron LaFrance Jr.

Agenda

1. Welcome - Chairperson
 - Reading of Action Items - Tribal Clerk
2. P-Tech Northern Border Academy - Stephanie Cook
3. Salmon River Central School Board Candidates
4. Soy Bean Project - Christopher Thompson
5. Medical Mission to Cuba
6. May 2016 Presentation of Code Talkers Medals
7. Art Park Committee looking for 2 community members, contact Lindsay Tarbell
8. New Business
9. Reading of Action Items - Tribal Clerk
10. Adjournment

Follow-up on Action Items from Onerahtókha/April Meeting

1. Request to check into the Progressive Jackpots. The jackpots decrease when someone wins, especially on Saturday, March 26, 2016.
 - *Yes, the Jackpots decrease when someone wins, especially on Saturday. March 26, 2016. That is correct, the Jackpot amount is the same for all of the machines in the group. They all reset to a new start amount when won, as it is linked together due to being progressive.*
2. Request for Bingo Palace net profits.
 - *An update will be provided at May's Tribal Monthly Meeting.*
3. Request for a community meeting on the Art Park.
 - *Right now, an Art Park Committee is being formed to start developing the concept and design sketch. We are looking for 2 community members to sit on the committee. For more information, contact Lindsay Tarbell.*
4. Request for community meetings on drug concerns.
 - *Community meetings were held April 11th and May 9th. Next scheduled is June 13th held at Seniors Building.*
5. Request for a presentation on the Soy Bean Project.
 - *The Soy Bean Project is an agenda item for the May meeting.*

Obiarí:ha/June 11, 2016

Chairperson: Tribal Chief Beverly Cook

Agenda

1. Introduction
 - Welcome
 - Reading of Action Items - Tribal Clerk
2. Introduction of New Staff
3. Agriculture Program Update
4. Waterline Update
5. Report from Sub-Chief Cheryl Jacobs on FEMA Training
6. New Business
7. Reading of Action Items - Tribal Clerk
8. Adjournment

Follow-up on Action Items from Onerahtokó:wa/May Meeting

1. Request for PA System at the June 13th community meeting regarding drug addiction issues.
 - *Communications will ensure that the PA System will be at the meeting.*
2. Request for information on the property and ownership of the Bingo Palace.
 - *The Legal Department is working on this once finished an update will be provided.*

Actions Items from Obiarí:ha/June Meeting

1. Report from Council on the motion to appointment Hattie Rene Hart to the election board.
2. Provide a NYS analysis on where SRCS stands academically.
3. Report from Director of Education on program mission statement and any updates. ◇

Kawenni:ios "Good Words" is published bi-monthly.
Saint Regis Mohawk Tribe, Communications Department
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www.srmt-nsn.gov

Brendan White, Director/Editor - Aimée Benedict, Publications Manager - Alyson Thompson, Production Assistant - Montana Adams, Career Intern

Calendar

Obiarikhó:wa/July

- 1 - Swearing-In Ceremony - 11:00 a.m. - Former IGA Building
- 4 - Independence Day Holiday - All Tribal programs closed
- 9 - Tribal Monthly Meeting - 10:00 a.m. - Lobby
- 12 - Social Security - 1:30 to 3:30 p.m. - Tribal Clerk's Office
- 13 - Police Commission - 3:00 p.m. - Executive Boardroom
- 21 - Wellness Day - 10:00 a.m. to 3:00 p.m. - Generations Park

Seskéba/August

- 6 - Tribal Monthly Meeting - 10:00 a.m. - Lobby
- 9 - Social Security - 1:30 to 3:30 p.m. - Tribal Clerk's Office
- 10 - Police Commission - 3:00 p.m. - Executive Boardroom
- 12 - Staff Appreciation Day - Tribal Offices, Health Service and Transfer Station closed

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

New Faces

Laura Beebe	Administration	Floater	Prairie, Jennifer	Dental Clinic	Dental Assistant
Benedict, Leslie D	Administration	Parks/Recreation	Rubado, Bobby	Family Support	Habilitation Aide
Bero, Marlene L.	A/CDP	Outpatient Counselor	Spillane, Tyler E	Environment	Specialist
Bigtree, Gage A	Facilities	Custodians	Sunday, William J.	Environment	Forestry Laborer
Boots, Allison A	Family Support	Administrative Assistant	Tarbell, Alexander J	Facilities	Solid Waste Laborer
Boots, Krystal KJ	Facilities	Custodians	Tarbell, Dakota	Environment	Technician
Boots, Nelson F	Environment	Forestry Laborer	Thompson, Shawn A	Environment	Forestry Laborer
Curotte, Ema L	Outreach	Home Health Aide	Thompson, Sidney A	Environment	Technician
Danforth, Dennis J	IPP	Program Manager	White, Dale T.	Legal	General Counsel
Delormier, Dallas C	Environment	Forestry Laborer	Summer Programs: Montana Adams, Meghan Barnes, Branka Bradley, Errolynn Bradley, Timothy Cook, Kasanakohe David, Katelynn Delormier, Kelsey Diabo, Troy Francis, Rhonda Garrow, Kiera Jacobs, Karakwio King, Jocelynn Martin, Teesha Mitchell, Shawnee Oakes, Travis Phillips, Kaienkwinetha Ransom, Brittany Rubado-Lavare, Morgan Skidders, Nathan Smoke, Skye Sunday, Evan Swamp, Keegan Thomas, Kyra Thompson, Morgan Thompson, Narissa Thompson, Victoria Thompson.		
Jobin, Yvonne M	Family Support	Habilitation Aide			
John, Johnson	Environment	Agricultural Labor			
King, Charles A	A/CDP	Counselor Coordinator			
Konwahontsiawi	Administration	Floater			
Lauzon, Kaitlyn A	Outreach	Home Health Aide			
Mitchell, Cathy M	Administration	Administrative Assistant			
Oakes, Alaina	Family Support	Habilitation Aide			

Donations

Community - \$ 8,600

Funerals - \$ 12,000

Sports - \$ 17,000

Cultural - \$ 7,400

Jobs

Saint Regis Mohawk Tribe: www.srmt-nsn.gov

Akwesasne Mohawk Casino Resort: www.mohawkcasino.com

Akwesasne Employment Resource Center (AERC): www.myaerc.org

9th Annual Twilight Fun Walk/Run Series



Tewathahita Walking Trail - Generations Park

Wednesdays - Summer 2016

July 6 - July 13 - July 20 - July 27 - August 3 - August 10 -
August 17 - August 24 - August 31

5:30 to 7:30 p.m.

Sponsored by the Let's Get Healthy Program, (518) 358-9667



Saint Regis Mohawk Tribe
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On the Cover: Surrounded by family and friends, sole-surviving Akwesasne Mohawk Code Talker Levi Oakes received a Congressional Silver Medal from American Legion Post 1479 Commander Michael R. Cook and U.S. Congresswoman Elise Stefanik (NY-21) during a ceremony held at Generations Park on May 28, 2016.