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**Kawenni:ios**

Mohawk Ironworkers Begin Construction
You may be asking yourself what is this? Where are my kids getting this? And what do I need to know about it?

Synthetic marijuana is a substance that anybody, including kids, are often able to purchase at stores, from friends and online. The process in making it involves the use of synthetic cannabinoids. These are lab-created chemicals that mimic the effects of marijuana and these chemicals are then sprayed on herbs.

This creation is then packaged and sold as Spice or K2 (or other brand names) and marketed as potpourri. The packages indicate that the substance inside is not intended for human consumption and this is how it is readily available on store shelves. One of the reasons that people might be drawn to use these products is that there are not many drug screens that test for this product. It is used as an alternative for those who want to continue to get high without having to deal with consequences, but there are a number of drug testing companies that have spent a lot of time and effort creating urine screens that will catch those who are still getting high.

The signs and symptoms of use of synthetic marijuana are very similar to real marijuana paranoia. The reason that these chemicals were created was to study the effects of cannabis on the brain and so the effects are almost identical.

Some of the side effects of using synthetic marijuana include: delusions, elevated blood-pressure, elevated heart rate, hallucinations, heart palpitations, increased agitation, nausea, pale skin, seizures and vomiting. The long term effects on the body are not well known because there have been no studies conducted on it yet.

Some of the brand names of the synthetic marijuana products include: Blaze, Blueberry Haze, Dank, Demon Passion Smoke, Genie, Hawaiian Hybrid, K2, Magma, Ninja, Nitro, Ono Budz, Panama Red Ball, Puff, Sativah Herbal Smoke, Skunk, Spice, Ultra Chronic and Voodoo Spice.
She:kon sewakwe:kon Akwesashró:non.

I hope that everyone is doing fine and spirits are up as we reach the final weeks of winter. It was surprising just how mild our winter was this year. I would like to take this time to thank the Akwesasne Coalition for Community Empowerment for stepping up to the plate by agreeing to host the Akwesasne Winter Carnival. A fun time was had by all of those who attended and a big Niawenkó:wa to those who helped out and made this a great event.

I would also like to take the time to personally thank Mrs. Carole Ross for her dedication to the Mohawk language by assisting the Tribal Council by providing us with the Mohawk words for our reader board. I have gotten a lot of positive comments on how nice it was to see our language being used so not just community members can see, but everyone who travels our roads as they make their way through Akwesasne. Niawenkó:wa Katsitsienhaw:wi.

I am pleased to announce that there will be substantial movement on the construction of the Diabetes Center for Excellence this coming year. I received word from the USDA that can proceed to sending out packages to bid for the construction of the Center! I would like to thank Janine Rourke and her staff at the “Let’s Get Healthy” Program and the fundraising team for their tireless efforts to make this center happen. Like Janine has told me many, many times, “This is a start, not the solution to fighting this disease that affects so many of our people here in Akwesasne.” Well Janine, this is the start on the road to recovery, I hope for you and your staff -- nothing but the best!

Now that the construction season is upon us, I would like to encourage all the construction trades people to register at the Akwesasne Employment Resource Center if you or looking for a job at the casino expansion. There will be a lot of work in the coming months and it is our hope that we have as many Mohawk workers as possible on the job site.

Chief Ron LaFrance Jr.
The Saint Regis Mohawk Tribe Ethics Officer is a part time position that will oversee and guide the actions of the Tribe’s elected officials – Chiefs, Sub Chiefs and the Tribal Clerk. I was appointed and accepted at the December 4, 2011 SRMT Community meeting and began to carry out my duties on December 8, 2011. My duties are the following as described in the TRIBAL ETHICS ORDINANCE adopted by TCR 2007-61:

- Develop Ethics Rules and Regulations that provide for the implementation of the Ordinance,
- Provide guidance for Elected Officials in the conduct of carrying out Tribal business,
- Protect the interests of the Tribal Membership, and to
- Protect the reputation and integrity of the Tribal government.

The Tribal elected officials are required to be accountable to the Tribal membership and to act with integrity and honesty and to maintain high standards of honesty, integrity, fairness and impartiality in their conduct.

The Ethics Ordinance with established Rules and Regulations are now in place and the implementation of the Ethics Ordinance with a duly appointed Ethics Commission is the next step to demonstrate the effectiveness of the Ordinance. The review of the Ethics Office files has identified 15 complaints of various severity and diversity dating back to 2003. I have been able to bring closure to some and will continue to process others with respect, clarity and fairness to bring closure to others. However an Ethics Commission should be in place for deliberation of the more serious complaints.

I am reaching out to the Community for 45 Community members to volunteer to be selected as the initial members of the Ethics Commission. The commission will be comprised of five members and three alternates to review and hear testimony of past complaints against elected Tribal Officials. Commission members will be required to comply by certain criteria and take an oath to serve on the commission. If you are interested, and or require clarification of the role of the commission, please contact me at 518-358-2272, Extension 288 or by e-mail, peter.garrow@srmt-nsn.gov.

The other important duty I am mandated to carry out as Ethics Officer is an education function. I am putting together an Ethics Training Course for Elected Officials and Staff to have an understanding of ethics in their role with carrying out their duties as the elected leaders of the community both internally or within the organization and externally as representatives of the SRMT membership.
Program Feature
Foster Care and Recruitment

By Stephanie Cook, Home Finder Caseworker

When our children come into care, what they need most is a dependable, understanding, nurturing and structured home environment. There is always a reason that kids come into our care. It is our responsibility to provide them with a safe and loving home, as their parent(s) receive the help they need. During times of disruption and change, you are giving a child a home.

In our community, we try to recruit and retain foster families who are willing to go that extra mile to provide a temporary home for our children, until they are able to return home safely.

As a foster family, you have the responsibility to make a substantial contribution to providing a home that fosters a child’s physical, emotional, mental and spiritual growth and development.

When children are placed in our care, we always look to provide them with the best suitable living arrangement. The safety of the child is always the priority during this process. We often try to keep siblings together. If possible, we try to place them with a family member or someone whom they are already familiar with. If that is not possible, then we look at our certified foster parents for placement.

Our foster parents are certified and go through extensive training during their first year. During the inquiry stage, a potential foster parent is given a packet of information to fill out. This provides us a glimpse into the potential foster parent’s upbringing, parenting and lifestyle information. We also require background checks, references, a medical evaluation, a home study and a safety assessment of the home.

We also provide local and online training and support for our foster families. For relatives who are taking care of family members, we will be offering a unique support group (called, “Caring for Our Own”) to help meet their needs as kinship care givers. Training is an integral part of our program and we always try to provide opportunities for our foster parents to attend conferences and seminars.

Becoming a foster parent is not an easy job, but it is filled with enormous rewards such as emotional satisfaction, being a facilitator of positive change and helping a child thrive. Help us build a better tomorrow for the children who come in to care in our community!

For more information on becoming a foster parent, please contact: Stephanie Cook, Home Finder Caseworker 518.358.4516 or email Stephanie.Cook@DFA.state.ny.us.

~Jane Howard

"Call it a clan, call it a network, call it a tribe, call it a family. Whatever you call it, whoever you are, you need one."

~Jane Howard
To the Indigenous Woman

To the shelter with not enough beds
I give 1000 sweats for rape victims
1000 doctorings for husbands
1000 prayer ties for courage
1000 meetings for silence
1000 songs for patience
1000 fires... for enough light...
to fill a room ....to reflect off a mirror the size of the moon
just so we can see ourselves for what we are.

Complicit.
I dare you to protect them Mr. President
I dare you to make laws for them Mr. Senator
I dare you try to stop me Tribal Chairman
I dare you to go look for me Police officer
For every 1000 Native women in your district,
330 of them will be sexually assaulted
88% of the perpetrators will be non-Native.

Every piece of legislation needs a champion.
Not all champions are leaders.
Not all leaders are men.
Not all kisses are wanted
Not all laws are consensual
They trespass her body like they trespass this land
In the corner of a HUD home
In the back seat of an old car
In a court room
In every hall of every government
We fail them
The terrorist threat is in the same house in the same car
goes to the same school
works at the same job
and a threat 10 times more likely to murder her than anyone else.
The war is in the home
Living room battle grounds
bathroom infirmaries

backseat trenches
fists like tanks
sex like a war trophy
under treaties of silence
she whispered to me
Please
Please stop
I am your wife
I am your sister
I am your mother
I am your daughter
You are supposed to protect me
You are supposed to be a warrior
Protect me from you, from him, from all of them.

Tell me you have daughters
Tell me you don’t want this for them
Tell me you won’t joke about this with your friends
Tell me you won’t forget we talked
Tell me you will do something
Do something.

Native women serve as the backbones of our communities, and many strong Native women have shown relentless dedication to ending the epidemic of violence in our communities. Phone the Three Sisters Program at 518-358-4406 or email threesisters@srmt-nsn.gov to access the help that you and your family deserve.

View the video version at http://www.youtube.com/watch?v=P4Up0drnXX4. Visit the Indian Law Resource Center Safe Women Strong Nation project page online at www.indianlaw.org/safewomen for more information.
Mission

The Facilities Management Division was established five years ago. The goal of Facilities Management Division is to provide a safe and clean environment for all programs. Facilities Management provides services to all programs that contribute to the indirect fund. These services include custodial service, maintenance service, grounds keeping, snow plowing and contract management of service contracts for various building systems. Facilities Management office hours are Monday through Friday 7:00 a.m. to 4:00 p.m. Custodial services are provided from 7:00 a.m. to 10:00 p.m. Maintenance services are provided from 7:00 a.m. to 5:00 p.m. and maintenance personnel are also on call after hours and weekends.

There has been a steady increase in the number of properties under the responsibility of this department. In the beginning there were 20 buildings under the responsibility of this division; this number has grown to 28 leased and tribally-owned buildings. Based on current trends, it is expected that this number will continue to increase.

Changes

Over the past year the Facilities Management has continued to provide expanded services to the programs it serves. The most recent has been the addition of a vehicle maintenance program. With the recent addition of the Tribal Police, Facilities Management now provides vehicle maintenance to all tribal programs. This service will enable cost savings to be realized by programs not having to pay the current mechanic labor fee of $65.00 an hour. This service and labor is provided free of charge through Facilities Management.

Facilities Management has also expanded into sports field management. Over the past year the division has accepted responsibility for maintaining the multi-use sports field and playground located at Generations Park. In the coming year work will continue on the construction of a second sports field. This field will be designated as a practice field. This will allow for the proper maintenance of the primary field which will ensure a quality playing surface for the various teams that utilize this facility.

Community Involvement

Facilities Management does not directly interface with the greater community, although indirectly they do by providing support to the various programs that serve the community. Additionally, by maintaining clean and safe facilities and grounds, community members are better able to utilize services offered by the various programs. One example would be Generations Park where many community members enjoy the sports field, the pavilion and the playground. Facilities Management provides the equipment, materials and supplies to maintain this facility in top condition. Facility Management personnel receive on the job training in sports field maintenance and coordinate site visits from representatives of Ballard Sports who advise personnel on proper maintenance procedures.
In the fall of 2011 Saint Regis Mohawk Tribe’s Adult Protection Unit (PSA) nominated Saint Regis Mohawk Tribe’s Office for the Aging for an outstanding partnerships award being given by the State of New York Office of Children and Family Services. This nomination was made to show the ongoing gratitude the Adult Protection Unit has for Office for the Aging and their staff.

Saint Regis Mohawk Tribe Office for the Aging and PSA staff continually work together to provide the members of this community with the best comprehensive care that is possible. The populations we serve often overlap; therefore referrals are made between the two agencies on a regular basis. This helps with access to all available services within our area. The two agencies also share trainings. We live in a rural area where training opportunities are either far away or too costly to bring to our area. It is to both our benefit to obtain as much up to date information as possible. The partnership between Adult Protection and the Office for the Aging is a great example of what can be accomplished when programs work together.

On February 22, 2012 Michael Cahill from New York State Office of Children and Family Services presented Office for the Aging with the award at a luncheon held in their honor.

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OFA’s role with PSA:
- Referrals
- Provide eligible clients with their services
- Invite PSA to attend relevant training
- Mood and memory screening
- Resource for community services
- Help with handicap accessible services
- NY Connects services

L-R: Lori Michaud (Adult Protection), Mary Grow (OFA), Jann Day (OFA), Loralee LaFrance (OFA), Robin Tarbell (OFA), Cynthia Tarbell (OFA), Cheryl Swamp (OFA) and Kristin Bintz (Adult Protection)
What is Family Assessment Response (FAR)?

By Gilbert Jacobs, Child Protective Service Caseworker

Family Assessment Response is an alternative way to look into allegations of child neglect. The target group for the program is families who may have concerns but do not rise to the need for preventive services or court intervention. These families also have a tendency to receive multiple calls in any given year.

The goal for Family Assessment Response is to gain positive engagement with families. When families work alongside the case workers to problem solve the results are generally longer lasting. The focus is to build on the family’s strengths and positive aspects that they have. This option is voluntary and the family must choose to participate. The case workers work alongside the families to continue to build on their strengths while at the same time recognizing and trying to reduce their areas of concern. Participation in the program also entitles the family to a small allocation of money that may be used to help the families. These cases normally last up to 90 days and at their completion there is no decision made on the original allegations. There is no court involvement.

Much of the case work done in Family Assessment Response is different from traditional investigation. In a traditional investigation, the focus is relegated to a negative concern that is being alleged against the family and how to remove that concern. A traditional investigation normally lasts between 60-90 days. Throughout this time frame case workers must gather as much information as they can to validate if the allegations are substantiated. Each case requires a decision whether they are substantiated or unfounded. The family is recorded in the New York State data base as having been investigated at a point in time. There may also be court intervention if needed.

The Saint Regis Mohawk Tribe Child Protection unit has had great success with implementing Family Assessment Response. Since 2009, 31 families have participated in the program. Of the 31 families only three have received additional hot lines after their cases closed. The department has received national recognition for their implementation and has been invited to present at several conferences and seminars. Most notably was a Tribal Symposium held in Washington D.C. at the Department of the Interior on August 31, 2011 and September 1, 2011.

The department has also presented at symposiums held by the American Humane Association in Albany, NY and Chicago, IL. Presentations are scheduled for Scottsdale, AZ and Henderson, NV for later this year to further showcase our accomplishments.

If anybody would like any further information please feel free to contact the Child Protection Unit at (518) 358-9659 and ask for Jim McGaHeran, Child Protective Supervisor. ♦
Calendar

Enniskó:wa / March

3rd - Monthly Tribal Meeting - 10:00 a.m. - Community Building lobby
13th - Social Security Administration - 1:30 to 3:30 p.m. - Tribal Clerk’s office
19th - Job Fair - - 11:00 a.m. to 5:00 p.m. - Mohawk Bingo Palace
Tuesdays - Tribal Council Work Sessions - 9:00 a.m. - Tribal Council Boardroom

New Faces

Kevin L. Cheesman  Director  Surveillance
Dean Doxtator  Receptionist  Seniors
Anthony George  Project Manager  Planning & Infrastructure
Frank CD Hill  Surveillance Operator  Surveillance
Lori B. Rouselle  Cook  Partridge House
Joseph L. Seeber  Surveillance Operator  Surveillance
Valerie M. Staats  Division Director  Partridge House
Frances Terrance  Habilitation Aide  Family Support
Shelley White  Teacher Aide  Childcare

Giving Back

Community Events - $ 7,500  
Funerals – $ 2,000

Jobs

**Diabetes Nurse Case Manager** - Health Services, Diabetes Program
**Program Manager** - Johnson O’Malley Program
**Environmental Health Technician** - Environment
**Patient Services Coordinator** - Health Services
**Distribution Operator** - Water/Wastewater Treatment Systems, Planning & Infrastructure
**GIS Technician** - Planning & Infrastructure

**Receptionist** - Health Services, Dental Clinic
**Administrative Assistant** - Three Sisters Program
**Medicaid Service Coordination Supervisor** - Community & Family Services, Family Support Program
**Ethics Commission Members**
**Air Quality Technician** - Environment

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

Enniska / February 4, 2012
Chaired by Chief Ron LaFrance Jr.

Agenda
1. Introductions:
   • Welcome
   • Reading of Action Items - Tribal Clerk
2. St. Regis Mohawk Education Committee
3. Animal Control Presentation -
   • Jenna Herne
4. Hogansburg Dam Relicensing Project
   • Tony David
5. Detox Center Project
   • Emmy Mitchell & Debbie Francis
6. Ethics Officer Ordinance Rules and Regulations
   • Peter Garrow
7. Reading of Action Items - Tribal Clerk
8. Adjournment

Action Items from February Meeting
- Arrange a special meeting with Sharlee Thomas and staff and PJ Herne Re: Education.
- To look into a fair development of a policy regarding certain pain medications.
- To give update on construction safety of the casino expansion project.

Follow-up on Action Items from January Meeting
1. To have Juanita Tarbell report on the health insurance costs and the number of employees.
   Follow-up:
   Single Contracts ~ 230

2. To have Elliott Lazore report on how many stores have opened and how many have closed since the major brands cigarettes became an issue.
   Follow-up: The number of stores opening and closing is not directly related to the major brands not being available. Although it seems this way, the numbers don't indicated that. The tobacco sales data for 2011 will be available at the February Tribal monthly meeting.

3. To look into having a microphone system set for future tribal meetings.
   Follow-up: The microphone system will be ready to use at February’s Tribal monthly Meeting.

4. To look at distribution of a flyer to all community members regarding the banned synthetic drug including the side effects and the signs of such use.
   Follow-up: The Public Information Office and Michalee Horn will be working on a brochure which will be included in Kawenni:ios Newsletter.

5. To add The Ferry Plan among Akwesasne as an action item in future monthly meetings once updated information becomes available.
   Follow-up: When information regarding the Ferry Plan becomes available it will be presented at the monthly meetings.
By Jennifer Herne, Animal Control Officer

Many people have called me in dismay about a stray cat in their yard. It isn’t their cat and, but now there are kittens and those kittens have kittens… if that makes any sense to you. Every community has colonies (yes, colonies) of feral cats. How does a feral cat colony happen? Here is one way: Let’s say Mr. Smith lets his four year old daughter acquire a “free kitten” from his neighbor because he can’t say “no” to his little girl. Janey just loves her kitten! But Mr. Smith didn’t realize the responsibility of owning a kitten: vaccinations, toys, food, litter, changing of the litter, de-worming and spaying. So when little Fluffy was about seven months old she had a litter of six kittens. Now what? Mr. Smith didn’t even want one cat and now there are seven?

Once the kittens were big enough, he dropped them off at the other end of the rez. They aren’t his problem anymore, right? No, they have become a problem for the rest of the community. Most of all to the person whose house where he dropped them off. This neighbor felt so sorry for the kittens that some mean person just dropped them off, she started feeding them because she didn’t want them to starve.

What she didn’t realize was that in a few months those kittens would have kittens, and so on. Eventually the litters of kittens do not have human contact, except for feeding time and they become feral. This is how a feral cat colony gets started. A feral cat is a free roaming cat that has never lived with humans. They live in towns and rural areas and form colonies wherever they can find food and shelter. For example, near garbage cans, where people throw food outdoors, near restaurants and barns.

An ancestor of a feral cat may have been a stray, lost or abandoned cat that once had an owner. These cats usually have kittens and form colonies. When cats in a colony die or leave, new cats come in from other colonies or from the pet cat population. A female cat can have up to 18 kittens a year. Approximately half of these cats survive, and can produce their own litters within a year. Feral cats usually live three to five years because of accidents, disease, predators or starvation. Feral cats can carry diseases. If your healthy cat comes in contact with a feral cat s/he has in increased risk of catching these diseases. Possible risks to humans in contact with feral cats are ringworm, rabies, and parasites.

Killing feral cats does not control their population because other cats come in to take their place. What can be done to control a feral cat population? The single most important decision is to spay or neuter your cat to prevent unwanted kittens. Male cats also contribute to the feral cat problem. A cat does NOT need to have a litter of kittens to feel complete. The animal control program has a voucher program for enrolled tribal members to help offset the surgery cost. So, we (the humans) are responsible for the feral cat problem. If you have a cat, male or female, have it neutered. For more information on feral cats or the voucher program feel free to contact the Animal Control Program at 518-358-2272. In the words of Bob Barker, help control the pet population and have your pet spayed or neutered! Meow! ♦

There are an Estimated 50 million Feral or Stray Cats in the U.S.
The Saint Regis Mohawk Tribe's water filtration and distribution system is a network. It has piping, pumps, filter systems, disinfection systems, computer programming, storage reservoirs, gate valves, hydrants and service line connections. All must run together with one another according to flow and supply and demand. Most of the supply and demand factor is controlled by the water level in the water tower on McGee Rd. This tank pulls water from the filtration plant when the level gets to a certain set point and shuts it off when it reaches its highest set point. This storage tank also provides the correct amount of pressure in the system for all residents, businesses and for fire protection. This is done by simple gravity. The system can also remain pressurized by direct feed from the filtration plant, but is not as easily controlled.

The system produces and supplies an average of 400,000 gallons of water per day. This increases to 600,000 gallons per day during the summer months. The filtration plant has the capability of producing 1 million gallons of water per day. The water tower on McGee Rd. can store up to 500,000 gallons of water. A new strategy is being implemented to get the second 500,000 gallon storage tank on line and ready.

The distribution system consists of approximately 70 miles of water lines ranging from six to ten inches. There are over 900 service connections to these lines ranging from ¾ of an inch to two inches, most of which has its own curb box to shut water off in case of emergencies at that resident or place of business. Three hundred and fifty fire hydrants are also along these lines for the protection of the community. Nobody other than fire department personnel or water operator personnel is authorized to use these hydrants. This is to ensure proper opening and closing of the hydrants and connecting valves as well as maintaining security of the water system. For the community's protection, keep an eye out for unauthorized use of any hydrant and report it to the proper authorities.

Hydrants are flushed twice times per year to keep fresh water in the system. Valves are inspected to ensure they are not damaged by plows and vehicles. Curb boxes are the responsibility of the homeowner or business owner to make sure they are not damaged by plows, lawnmowers or recreational vehicles. Marking your curb box will prevent accidental closure of your service line and damage to the curb box. It is also important before doing any type of construction that requires digging or if you are unsure of where the main or service lines are, do not hesitate to contact the Public Works office at 518-358-4205.
Mohawk Tribal Member Produces and Directs Award-Winning Music Video

By David T. Staddon, Editor

Mohawk Tribal member Vincent Schilling, co-owner of Schilling Media, Inc., collaborated with three-time Native American Music Award winning Cherokee musician Michael Bucher, to produce Sacred Ground - Extended. Blue Hills Records and Schilling Media, Inc. recently announced that Bucher’s latest music video won “Best Music Video or Film” at the 14th Annual Native American Film and Video Festival. Bucher and Schilling released the video in October 2011.

“I’m honored to have Sacred Ground – Extended recognized at this year’s film festival,” said Bucher. “I’m so proud of this video, and I appreciated the efforts of Schilling Media, Inc. for working with me to put together on film what I intended with this song Sacred Ground when I wrote it. It says what so many of us in Indian Country are thinking and feeling regarding our sacred sites.” In addition to being an award-winning musician, Michael Bucher is also the chairman of the You Are Not Alone Network, www.MichaelBucher.com.

Delores Schilling, CEO of Schilling Media is also of Cherokee descent and was the creative director for the project. “Working with such a talented musician as Michael Bucher has always been a rewarding experience,” she said. “We are excited for the recognition this video has already received in the few months since its release and we look forward to continue working with Michael, as he has many exciting upcoming projects.” Schilling Media, Inc. is a Native American-owned corporation in Hampton Roads, Virginia. Bucher’s video aired November 20, 2011 at the Nickelodeon Theatre in Columbia, South Carolina. It can be viewed at http://www.youtube.com/watch?v=7K1luCbs1RE.

The Annual Native American Film and Video Festival is a six-day event in Columbia, South Carolina by and for Native Americans and international indigenous peoples. The Eastern Cherokee Tribe, the Southern Iroquois, the United Tribes of South Carolina, the University of South Carolina’s Multicultural Student Affairs, Newberry College and the Nickelodeon Theatre of the Columbia Film Society sponsored the festival. ♦
Akwesasne International Job Fair 2012

Monday, March 19, 2012
11:00 a.m. to 5:00 p.m.
Mohawk Bingo Palace
202 State Route 37, Akwesasne

The Akwesasne International Job Fair 2012 is a free event that is open to anyone over the age of 18, from anywhere who is interested in finding a job!

Both Canadian and American employers will participate in the event.

Please come with resumes, be prepared to fill out forms and please, dress to impress! Find current Job Fair information at the Akwesasne Employment Resource Center’s website at www.myaerc.org.

Partial List of Employers Attending:

Running Deer Construction
Correctional Service Of Canada
Drake International
Ironworkers Local 765
Internal Brotherhood of Electrical Workers Local 910
Tarbell Management Group
Saint Regis Mohawk Tribe
Akwesasne Area Management Board
Akwesasne Mohawk Casino
ALCOA
Bank Of Montreal - Cornwall
Cornwall Community Hospital
Home Depot
A while back, I read an article somewhere that advocated committing five random acts of kindness every day. I thought about what that meant and wasn’t sure. Then I thought about how a person might go about committing five random acts of kindness every day. So I started looking for ways to do that. My first opportunity occurred in a parking lot where I do my grocery shopping. When I located a decent parking space, another car had pulled up, with a Mom and a load of kids. I thought about how much trouble it used to be to go shopping with little kids, car seats, who gets to sit in the shopping cart, lugging groceries out to the car and back into the house. So I let her have the parking space and parked further away. So what if I accidentally got some exercise?

I have also gotten into the habit of allowing people to go ahead of me in a shopping line, especially if they have fewer items than I do. Now I find that this occurs regularly, and am the beneficiary of other people’s kindness in allowing me to go ahead of them when they have a full cart and I have only a few items.

There are many ways to demonstrate kindness on a daily basis, and not just in a store setting. Allow somebody to turn left in front of you at an intersection. Tell a person that she or he look nice when they’re dressed up. Give a word of support or encouragement or a hug to somebody when they’re feeling low.

So now I actively look for ways to commit kindness. That has kind of changed my perspective on daily life and helps me to be more relaxed. Try it! I guarantee it will change your outlook! And make the world a better place, even if it’s only in a small way. ♦

Kindness Inspires Kindness