

*Featured Programs*

Tribal  
Vocational  
Rehabilitation

Grants &  
Contracts

Tribal  
Historical  
Preservation

Let's Get  
Healthy  
Program

# Kawennì:ios

Áse Tsi Tewá:ton  
Experience





# Disability Awareness Day

## Tribal Vocational Rehabilitation Program Feature

*By Cody Terrance*

The American Indian Vocational Rehabilitation Project began because there were many people with disabilities, particularly those residing on reservations, which were not being served by state agencies. The Saint Regis Mohawk Tribe Vocational Rehabilitation Program (TVR) started October 1, 2000 and is one of only three projects on the east coast. The mission of TVR is to assist Native Americans with disabilities in preparing for, engaging in and maintaining employment.

TVR hosts the Annual Disability Awareness Day and attends other community events such as Wellness Day and career fairs to educate the community on the programs and resources available to people with disabilities. The counselors provide in-service to various program requirements, benefits and services. Through these events, TVR can outline each of the services they offer including vocational rehabilitation counseling, vocational training, transportation, information and referrals, adaptive aids, assistive devices, job development, job placement and occupational and business licenses.

Other programs also offer assistance at Disability Awareness Day. This year Family Support, Three

Sisters, Intensive Prevention Program, Massena Independent Living Center, ACCESS-VR, Akwesasne Area Management Board and the Saint Regis Mohawk Tribe's Mental Health Department attended.



*Helping People Break the Disability Label*



*SRMTVR Disability Awareness Day 2014*

To be eligible for the TVR Program, one must first have a documented disability which impedes gainful employment, be a member of a federally recognized tribe, and have an American social security number and American address.

The Saint Regis Mohawk Tribe Vocational Rehabilitation Program is under the Community and Family Services Division. Staff consists of Nicole David, Program Manager, Cody Terrance, Administrative Assistant, Deidre Rourke, Job Developer, Holley Boots, Counselor and Joseph Chamberlain, Counselor.

TVR is in operation from 8:00 a.m. to 5:00 p.m. Monday to Friday, not including holidays. The program is located on the bottom floor of the Tribal building. The entrance is in the back of the building which is handicap accessible in compliance

with the American Disability Act. If you or someone you know is interested in the program please call us at (518) 358-6125. ♦

*On the Cover: Kiawentì:io Tarbell gets a muskrat's perspective at the muskrat hut photo booth at the Áse Tsi Tewá:ton Experience.*

Aimée Benedict-Debo, Publications Manager  
Alyson Cole - Production Assistant  
Laurie Thompson - Graphic Designer

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# Good Words of Welcome



*Wa'tkwanonhweráton*/I give greetings to all of you,

November is here and Mother Earth will soon sleep for the winter. Time marches on and it seems to gain momentum with every season that passes.

This past spring I planned to sponsor community forums that would give the opportunity and space to welcome our younger and older community members to exchange information, ideas and health related issues. Sadly, during that time and through the summer my family suffered a great loss; I did not facilitate these gatherings. Now that some time has passed, a forum will be held on November 13, 2014 at the Senior Citizens Center, 5:00 p.m. This forum will address concerns expressed at a Tribal monthly meeting about the sale of drug paraphernalia in our community. Many of our families are afflicted with the consequences of addiction on a daily basis. This concern is more than reasonable. Tribal Council recognizes that prohibiting the sale of drug paraphernalia will send a message, but will not stop the agony felt by our relatives who suffer from drug addiction, nor their family members who suffer along with them. Our forum will include education about drug paraphernalia, roots of addiction and local resources regarding where and how to seek help. I welcome you to join us. We need to hear from you.

Veteran's Day is approaching and with it, an opportunity to honor the sacrifices made by our relatives who have gone on before us, and those who still walk among us. It's a time to celebrate their valor and courage. Together, we acknowledge those that made the ultimate sacrifice and did not return home. Other soldiers returned wounded and there are many who come home with emotional and spiritual wounds that we cannot see. The reason for the conflicts for which their service was required are many, and with each one dating back

to the time of contact on our own soil, our men and women have found themselves in difficult situations and sometimes horrific circumstances. Those who were fortunate enough not to be deployed into combat, still, were separated from loved ones, constantly at the ready to do whatever was demanded of them. On behalf of Tribal Council, I extend our most heart-felt gratitude and respect to our military veterans and their families who made such deep sacrifices during your service. I acknowledge our ancestors who fought the best way they knew how to secure a future for us; because of them we survive today.

Peace is what we all strive for as individuals, leaders and heads of families. In the coming months, you will see signs of our commitment to the safety of our young men and women through the Safe Harbor campaign, created to raise awareness and educate our community on the evolution of human exploitation to human trafficking. We invite you to listen to our guest speaker, Tina Fundt, a survivor of human trafficking, at our community event on November 4, 2014. The event is sponsored by Safe Harbor funds. Ionkwatsiorare Summit Series, "All the Family", is a two-part professional training series co-sponsored by the SRMT Social Services, Three Sisters, Family Advocate, Education Division, Tribal Police and Seven Dancers Coalition promoting a collaborative, multi-disciplinary approach among local agencies.

With each sunrise comes the opportunity to start fresh, with new ideas, open hearts and minds. Moving forward with purpose and grace for the benefit of our children and our grandchildren is the greatest legacy we as human beings can strive for. With that, I send my gratitude to all SRMT staff for their hard work and commitment to our community.

Chief Beverly Cook

# A Request for Proposal/Quote

*By Joseph D. Bowen, Grants & Contracts Officer*

**D**o you ever wonder what is behind a contract or how we obtain vendors? This is done through a Request for Proposal (RFP) or Request for Quote (RFQ). Below are the proper procedures through the Saint Regis Mohawk Tribe's Grants and Contracts Office.

## *What is an RFP/RFQ?*

A Request for Proposal (RFP) or a Request for Quote (RFQ) is the method of solicitation for a contract with the Saint Regis Mohawk Tribe. An RFP is not just awarded on price, but awarded on the combination of price and technical factors. An RFQ is awarded based on price and a detailed statement of work.

## *How do we determine if an RFP/RFQ is needed?*

If the amount is over \$3,000 dollars and there is more than one vendor that can perform the work, the Tribe will need to go out for solicitation. The grants and contracts staff will issue an RFP/RFQ in four ways: direct invitation, on-call, advertisements and the SRMT website.

## *Where can I find the solicitation?*

If a solicitation is direct invitation or on-call, solicitations will only be open to those who are invited. Most solicitations are advertised on our website, local newspapers and, if the RFP/RFQ is over \$150,000, advertised in national papers. Please refer to our website for local postings of our current RFP/RFQs.

## *How long is a solicitation period?*

The length of a solicitation period depends on the amount of the project and complexity of the work. For small dollar amount contracts, the solicitation process may close in as short as a week. For larger dollar amount project, the solicitation period is three to four weeks.

## *Where do I request copies of an RFP/RFQ?*

After it is advertised, an RFP or RFQ may be obtained from the Tribe's Grants and Contracts Office.

## *What happens after I submit an RFP/RFQ?*

The Grants and Contracts Office will evaluate and apply native preference to all RFP/RFQs received and forward them to the Program Manager/Director. The program will review and returns the recommendation to award. Grants and Contracts will ensure all applicable documents are in place and proceed to issue a contract.

## *What happens after I get the contract?*

In some instances you will receive a Notice to Proceed such as in construction contracts. This is the go ahead to proceed on site with your project. Change orders/amendments can be issued allowing contractors and/or the Tribe to amend the contract with proper justification.

## *When is the contract completed?*

The Project Manager will inspect the work and submit a final certification of completion to the Grants and Contracts office.

The Grants and Contracts Office procures, creates and manages documents for service and construction contracts, lease agreements and grants. With three staff members in 2013, the Grants and Contracts Office procured, created and managed almost 250 grants and contracts. With four staff members, the Grants and Contracts office has currently procured, created and managed almost 200 grants and contracts.

If you should have any questions or comments regarding proper procedures for the Grants and Contracts office, please feel free to contact us at 518-358-2272. Our team is always willing to help build a better tomorrow. ♦



*Grants and Contracts Staff (L-R): Derrick King, Michelle Cook and Joseph D. Bowen*



# Canoes and the Mohawks

## Tribal Historic Preservation Program Feature

*By Arnold Printup, Tribal Historical Preservation Officer*

Canoes were an important method of transportation to the Mohawk people. The native terrain and thick woods made travel over long distances easier if done by water.

For the native people, especially the Northeastern Woodland Nations, rivers and lakes were their highways. Mohawks were able to travel for trade and commerce throughout their territorial homelands using the lakes and river systems. Travels to Montréal and the Dutch colonies during the fur trade were possible in as little as two or three portages.

The availability of appropriate trees dictated what type and size of vessel would be created. In the Mohawk territory, that would have been elm wood for canoes and oak or pine for dugout construction. However, each had their own benefits and drawbacks. Elmwood canoes were light and easily transported by one or two individuals,

but were limited in size due to the nature of elm wood trees. Dugouts were often large and cumbersome, but could be built long and sturdy. Each method of construction involved many man hours to create and were highly valued when finally finished.

The canoe and dugout allowed the Mohawks to expand their territories beyond what we could have ever achieved on foot alone. Next to the bow and arrow, these watercrafts were probably the most important technology utilized by native people that allowed travel for great distances with relative ease.

The Akwesasne Museum has three examples of pre and post-contact canoes available for viewing to the general public in their new canoe exhibit. Each canoe was made locally and shows how the technology developed over time. To view this exhibit and for Museum hours please call 358-2461 or 358-2240. ♦



*Three Canoes Can be Viewed at the Akwesasne Museum. From Top to Bottom are a Birch Bark Canoe Collected in 1925, a Dugout Canoe Found in 1972, and another Dugout Canoe Made in the Late 1800's*



*The Photo Shows Eric Schantz Pointing to Where the Middle Dugout Canoe was found, in the banks of Earl Creek in 1972*

# Geographic Information System Program

## *Tribal Clerk's Office Program Feature*

*By Paul Doxtator, G.I.S. Technician*

There are several ways in which a Saint Regis Mohawk Tribe land deed can be obtained. First and foremost, the individual must be an enrolled member. The Tribal Clerk's office receives numerous requests on enrollment eligibility and land ownership requirements on a daily basis. For those members already enrolled or in the process, there are a number of preliminary steps to consider in pursuing a land deed.

Here is the list of actions to be taken for the actual land transaction:

1. Buyers/sellers must be enrolled members of the Saint Regis Mohawk Tribe.
2. Must have papers showing legal ownership, (Bill of sale/or Right to Use and Occupy.)
3. Must have a clear Right-of-Way to the property.
4. Must have a certified survey of the property, including a description.
5. Buyer and seller must sign off on land transaction in front of Tribal Clerk or notary.
6. The land is then put in the respective owner(s) name with buyer and seller signing off.
7. The land transaction is then sent to the Tribal Council Chiefs for signatures; making this a legal and binding document.
8. The document is then returned to the Tribal Clerk's office and logged in the Tribal book.
9. Buyers are notified by letter and/or phone stating that the land transaction has been

completed and that a \$50.00 fee has been charged for filing of said document.

Additionally, the following aspects of information are standard in assessing the entitlement to a free and clear land deed: current and previous ownership (who did the Tribal member acquire the land from), how was the land acquired (by cash sale, installments, by last will & testament, interstate-no official will but following "common law", i.e. land inherited to spouse, or children, or siblings etc...), where the location of the land is, what the boundaries of the land are, who are the adjoining neighbors, whether a professional land survey was ever completed, and other related information.



*GIS Technician Paul Doxtator  
Using GPS Mapping Equipment*

The issues of land disputes or at least the potential for land boundary disagreements have been a pervading aspect on the territory of Akwesasne on both sides of the border. The G.I.S. (Geographic Information Systems) program can assist in assessing a metes and bounds style survey for tribal members who know their boundaries and which can be further verified with other records. This method is acceptable to the Tribal Clerk's office in much the same way that the counties accept cadastral surveys in lieu of NYS certified land surveys. For the purposes of meeting requirements for Section 184 or other housing loan programs, a professional New York State certified survey would be required.

If you need the services of the G.I.S. program in land research or walking the known boundaries of your land, contact Paul Doxtator, G.I.S Technician at 518-358-2272 ext. 183 or email: paul.doxtator@srmt-nsn.gov. ◇



# Let's Get Healthy

## Health Services Program Feature

*By Heather Garrow*

Through individual, family and community services, Tsitewatakari:tat - The Let's Get Healthy Program (LGHP) is committed to providing excellence in diabetes care and prevention.

The Let's Get Healthy Program had an exciting and eventful year! In November 2013, our program moved into the Diabetes Center for Excellence (DCE). We are located at 66 Business Park Road, near the Tewathahita Walking Trail. In February, we held a community open house and were happy to see many new and familiar faces.

In the past year we've implemented many successful prevention and education events.

Here are just a few:

During February, which is American Heart Month, the LGHP celebrated Wear Red Day. We held various education sessions such as Diabetes 101, Fitness 101 and a heart healthy cooking demonstration as well as fitness classes such as yoga, club circuit and guided relaxation. Throughout the day, we had over 100 participants.

In April we celebrated National Start Walking Day. Our program held a walking event at the Tewathahita Walking Trail, served soup at the DCE and initiated a walking challenge. Participants who signed up received emails with information from the



*Wear Red Day*



*National Walking Day*



*Fitness 101*



*Tewathahita Walking Trail*

American Heart Association for four weeks. The information included a walking tip sheet, a walking tracking sheet and helpful tips for weekly barriers. Although there was still snow on the ground, 49 participants braved the cold weather to kick off 'Start Walking Day' with us!

July and August brought us the 7th Annual Twilight Fun Run/Walk Series. In 2012, we had a total number of 124 participants. Last year we welcomed 130 community members. This year we are proud to announce that participation has grown to 179 people at the series. Walkers and runners this year logged a combined 1,055 laps which equals a whopping 633 miles! We also had a high retention rate despite three weeks of inclement weather. Eighty one registrants attended 2 or more nights.

As part of diabetes prevention and education, our program also implements nutrition education through monthly cooking demonstrations taught by our Registered Dietitian. November is American Diabetes Month! Please see our monthly newsletter and fitness calendar for upcoming events! These can be picked up at our office or viewed on the Saint Regis Mohawk Tribe's website.

If you have any questions or would like more information, please contact our office: (518) 358-9667. ♦

# Áse Tsi Tewá:ton Experience

## Akwesáhsne Cultural Restoration Program

*By Iekennorésthá Amberdawn LaFrance, ACRP Office Manager*

The Saint Regis Mohawk Tribe's *Áse Tsi Tewá:ton* Program hosted their first gathering for the community called "*Áse Tsi Tewá:ton* Experience" on Saturday October 4 and Sunday October 5, 2014.

The purpose of this gathering is to share with Akwesasne all of the knowledge, activities, and *Kanien'keha* experienced by our staff since the start of the program in *Enniskó:wa* March 2014. *Áse Tsi Tewá:ton* consists of four land-based cultural areas: Horticulture & Traditional Foods, Fishing & River Use, Traditional Medicines & Healing, and Hunting & Trapping. Each category includes two Masters, who are responsible for teaching and conducting the activities with four apprentices.. The program also includes two language specialists who provide *Kanien'keha* lessons, materials, classes, and support throughout the entire learning process to everyone in the program.

This program is established from funds recovered from the Natural Resource Damage Assessment settlement associated with injuries to natural resources and cultural uses of them from industrial contamination.

The event kicked off with the *Ohenton Karihwaté:kwen* and then an introduction from Dr. Taiaiake Alfred, a professor at the University of Victoria who helps to design and implement the program. After, the community was given a very unique opportunity to listen to an oral defense presentation by Christine Bird, a University of Victoria Community Governance Project student

who was presenting her findings of our program to acquire her Master's Degree. Everyone was pleased to hear about her experience here in Akwesasne and even more excited to hear that she presented a successful defense and will be receiving her degree.



*Áse Tsi Tewa:ton* hosts (IL-R): Taiaiake Alfred, Katénies Barbara Tarbell, Christine Bird, Iekonnorésthá Amberdawn LaFrance



Shonó:rise Allen Smoke buries hand molded clay pipes in the sand so that they can be fired

On Saturday, the community was invited to the Akwesasne Freedom School Site: *Kanenhiio* Gardens. In the morning, members of the Hunting & Trapping category demonstrated to community members how to process a deer hide. A photo booth was set up to allowed visitors to poke their heads inside *tsianíto*/beaver and *anókien*/muskrat huts to see how they're built and to take a cute photo. Visitors had a chance to see how traps work through a game where they tried their hand at throwing *sewahio:wane*/apples at traps floating in water. Many were surprised to find that the traps were strong enough to cut the apples in half. There were also items available for viewing such as furs, hides, stuffed animals, and a large collection of traps.

In the afternoon, members of the Horticulture & Traditional Foods category showed visitors how to press apples to make fresh apple cider, conducted a canning demonstration, and presented information about composting and worm casting. The highlight of the afternoon was a *ken'niiohontesha*/strawberry cornbread making workshop with special guest *Sakokwenionkwas* Tom Porter.





Tom Porter Teaches Participants How to Make Cornbread



Fishing and Casting Lessons

On Sunday morning, *Konwahonwihshon*, Master of Traditional Medicines & Healing category presented an *Aten'neha*/Salve Making Workshop and everyone was able to take a jar home. The other members of the Traditional Medicines & Healing category conducted many activities including a mini-sweat lodge experience, tea leaf readings, and the firing of handmade clay pipes. Tea testing was also available to get everyone's palate used to the taste of homemade teas made from our traditional medicines.

In the afternoon, the Fishing & River Use category conducted demonstrations on setting a night line, smoking fish in their homemade wooden smoker, a fish box that they constructed themselves, and displayed maps of the local area and rivers. Also available were delicious samples of the smoked fish, a live sturgeon for viewing and a filleting demonstration. Lake sturgeon is on the endangered species list and is a long lived ancient fish that is significant to the culture and

history of Akwesasne.

Both days also included an open *Kanien'keha* Language Class presented by our Language Specialists *Karihwenhawwe* and *Kakiohkwaronkwaw*, a delicious lunch with traditional foods prepared by *Iotenerahaténion* with help from the Akwesasne Freedom School, guest speakers such as the Heather Garrow from SRMT Healthy Heart Program, and Bob Stevenson, Waylon Cook, Marie Thompson and Vince Thompson from the Thompson Island Youth Camp.

*Niawenkó:wa* to everyone who was able to attend our gathering. We appreciate all of the positive comments and questions and really enjoyed sharing our experience with all of you. The "*Áse Tsi Tewá:ton* Experience" will continue each year with new and expanding knowledge to share and *Kanien'keha* to speak with all of Akwesasne. ♦

*Konwahonwihshon Alicia Cook Gives Instruction on How to Make Plantain Salve*



# Tribal Monthly Meeting

*Kenténha/October 4, 2014- Chaired by Sub-Chief Eric Thompson*

## *Agenda*

1. Welcome - Reading of Action Items
2. Program Spotlight - Home Improvement Program
3. Safe Harbor Summit
4. Update on Lobbying Efforts
5. Announcement: November Monthly Meeting  
Date: November 1, 2014
6. New Business
7. Reading of Action Items - Tribal Clerk
8. Adjournment

## *Action Items from October Meeting*

1. To set up a meeting with MCA to discuss renegotiating the gas pipe line.
2. To have the community partnership fund breakdown the \$18,000 line item for sports.
3. To look into the development of a health advisory board.
4. To educate and inform the community on Ebola.

## *Follow up on action items from September Meeting*

1. To see how many of our young people are working this year compared to next year.

*Follow-up:* The Director of Education will include a report on the summer student statistics in her education update presentation at the September Monthly Tribal Meeting.

2. To have the Akwesasne Housing Authority provide the number of non-natives residing in HUD units available to Tribal Council.

*Follow-up:* As requested, the AHA conducted an analysis of the data regarding the issue of non-native individuals residing in AHA's HUD-assisted housing units. Their data shows that out of nearly 300 Mutual-help (1937 Act & NAHASDA) homes, there are 10 non-native individuals registered as occupying housing units under AHA's management. Please note that since the Tribal Council passed TCR 2000-210, the

AHA has not awarded any new homeownership units to mixed marriage couples. Also, there is no known tribal ordinance in place that sets guidelines and/or occupancy laws that prohibits the AHA from allowing non-native individuals from residing in HUD-assisted housing as part of an eligible household.

3. To have Tribal Council follow up on the investigation regarding the one week suspension of an employee.

*Follow-up:* This is a personnel issue. Pursuant to the Tribal Procedures Act, Section VII Monthly Tribal Meetings, § C.6., there will be no discussions related to personnel issues.

4. To have Tribal Council follow up on the sick leave of elected officials

*Follow up:* Because elected officials (Tribal Chiefs, Tribal Sub-Chiefs, Tribal Clerk and Chief Judge) are not employees of the Saint Regis Mohawk Tribe, they do not accrue sick, or any sort of leave credits. As such, there is no documentation regarding previous dates and lengths of leave. Several instances were reported by staff from memory of known leave times for former elected officials, however with no definitive dates and lengths. Since the enactment of the Tribal Procedures Act in 2013, it is now a requirement for Tribal Chiefs to submit written documentation to the Tribal Clerk's Office regarding a transfer of authority to his/her Sub-Chief, but there currently exists no additional policies/requirements for all other elected officials to document leave.

5. To reach out to Massena Chamber of Commerce regarding businesses not accepting tax exempt cards.

*Follow up:* New York State law states that purchases delivered to the reservation are tax exempt for Tribal members. The Tribe would have to lobby for changes to tax regulations in order for all purchases to be exempt. The General Council will work with the Tribe's state lobbyist to arrange meetings with the Governor's office on this issue. ♦



# Calendar

*Kentenhkó:wa/ November 2014*

- 1 - **Tribal Monthly Meeting** - 10:00 a.m. - Community Building lobby
- 10 - **Solid Waste Program** - Yellow bag garbage pick up due to Tuesday holiday
- 11 - **Veteran's Day holiday** - All offices and programs closed. AERC and Transfer Station closed
- 13 - **Drug Paraphernalia Forum** - 5:00 p.m. - Senior Citizen's Center
- 15 - **Third Annual Akwesasne Recycling Day** - 10:00 a.m. to 2:00 p.m. - Transfer Station
- 27 - **Thanksgiving Day holiday** - All offices and programs closed. AERC and Transfer Station closed
- 28 - **Native American Day holiday** - Tribal offices and programs closed. AERC and Transfer Station open
- Tuesdays - **Tribal Council Work Sessions** - 9:00 a.m. - Tribal Council Boardroom

## New Faces

Sherry L. Bowen  
Eric Robert Catlin  
Carlos Dishman  
Cory C. Garrow  
Mark L. Gibson  
Heather Henry  
Stacey J. Holcomb  
Belson F. Jones  
Christopher Lazare  
Alyssa J. Lazore  
Alicia A. Leaf  
Todd Robinson  
Theresa Sunshine Roundpoint  
Thomas J. Tarbell  
Robert H. Tatso  
Carrie Thompson

Individual Residential Alternatives  
Tribal Gaming  
Administration  
Planning & Infrastructure  
Home Improvement  
Finance  
Human Resources  
Home Improvement  
Home Improvement  
Tribal Gaming  
Individual Residential Alternatives  
Individual Residential Alternatives  
Family Support  
Facilities  
Early Childhood Development  
Planning & Infrastructure

Habilitation Aide  
Surveillance Operator  
Internal Auditor  
Maintenance Laborer  
Carpenter  
Director  
Director  
Carpenter  
Laborer  
Surveillance Operator  
Habilitation Aide  
Habilitation Aide  
Habilitation Aide  
Assistant Manager  
Transportation Coordinator  
Administrative Assistant

## Donations

Sports - \$ 7,000  
Training & Development - \$ 750

Cultural Programming - \$ 2,000  
Funeral Requests - \$3,000

## Jobs

Case Supervisor - Akwesasne Group Home  
DV Advocate - Three Sisters Program  
Environmental Compliance Officer - Compliance  
Stamp Machine Operator - Compliance  
Sales Representative - Akwesasne TV  
Production Assistant - Akwesasne TV  
Human Resource Generalist/Benefits Specialist -  
Administration

Complete job descriptions and the most current Tribal job postings are online at [www.srmt-nsn.gov](http://www.srmt-nsn.gov).

Akwesasne Mohawk Casino Resort positions are posted at [www.mohawkcasino.com](http://www.mohawkcasino.com).

Akwesasne and surrounding area positions are posted at [www.myaerc.org](http://www.myaerc.org).

# Ask An Airhead

## Air Quality Program - Environment Division

By *Angela Benedict, Air Quality Program Manager*

As a program that deals with many issues on outdoor and indoor air quality, we get many questions from the community. I sent out an "Ask an Airhead" request through our staff announcements and posted it on the SRMT's Facebook page. I asked for questions on anything, but I was pretty upset there were none on baby penguins. I sent the questions to an array of 'airheads' across the country. I received responses from a couple of people. *Niá:wen* for the questions. Here are the answers:

*Wondering if places of employment have to check their air quality on a regular basis?*

IAQ (indoor air quality) is not regulated with any standards unless there are certain chemicals used in a facility. It is however required that businesses have smoke and CO detectors. Places like Alcoa have continuous emission monitors that check for fugitive emissions. Not necessarily to check the indoor air quality but more what their total emissions are.

*Sometimes I see a lot of dust floating around in a sun beam that is coming through a window. If it is that visible in the air, does that mean it is bad to breathe?*

The particles of greatest health concern are much smaller than the ones you can see in a beam of light. Your airways have natural defenses that are effective against the larger particles. However, it also depends on the nature of the particles. If the particles are asbestos, I would recommend avoiding them.

(Mansel Nelson, Northern Arizona University (NAU), Institute for Tribal Environmental Professionals (ITEP), Sr. IAQ Program Coordinator)

*I have two big dogs so I would like to know if an air purifier would help with the extra dust and pet hair they bring in the house?*

I would not recommend an air purifier. First, if the dogs are causing problems for your health then you should first consider source reduction, which means keeping the dogs out of the house or at least restricting their access to key rooms for example, the bedrooms. Second, I would recommend additional ventilation to help dilute the pollutant sources. I would also recommend cleaning surfaces with HEPA vacuum cleaners and wet dusting. Finally, a HEPA filter air might help, but in general EPA does not recommend HEPA filters for this purpose. Be careful if you decide to purchase an air purifier. There are many purifiers on the market that do not clean air and in fact actually contribute to air pollution.

(Mansel Nelson, NAU ITEP, Sr. IAQ Program Coordinator)

*We also have a wood stove blazing all winter, how does it affect our breathing air?*

With woodstoves, the primary pollutant would be particles from the smoke. Particles in smoke are smaller and get down deeper into the lungs which can cause problems. Make sure you have a



EPA Certified Woodstoves Have Catalytic Honeycomb Filters to Help Eliminate Particles



Wash Your Pets With Deionized Water to Help With Pet Dander



woodstove that is certified by the EPA and air tight. Be sure to burn good dry seasoned wood and be sure that your chimneys are clean and venting properly.

*I have an indoor pet (cat), how can cat/dog dander negatively affect the air quality in my house? Could it be harmful to my families' health?*

Cat dander is an asthma/allergy trigger. If you notice a lot of dander coming from a pet, you can wash the pet once a week with deionized water. Dander is from dried saliva, dry skin and the deionized water helps with that.

*I have central air that is on all the time. Does it affect air quality and would it be a good practice to let fresh air in every once and a while?*

Your central air should have an outdoor air vent to mix outside air with the conditioned air on a continuous basis. If the central air does not have an outside air vent, I recommend adding fresh air on a regular basis. There are specific guidelines for ventilation rates in a home. You can check your ventilation rates using a carbon dioxide meter.

(Mansel Nelson, NAU ITEP, Sr. IAQ Program Coordinator)

*What is radon, where does it come from and who should test for it in their homes?*

Radon is a natural radioactive gas caused by the breakdown of uranium in soil. It can enter into homes through cracks and gaps that may not be visible. The construction and geographic location of a home can affect the amount of radon that is present inside. In fact, two homes next door to one another could have

very different levels of radon inside. It is important to measure a home's level of radon because it poses a serious health risk, especially at elevated levels. The SRMT has done testing in several homes and has seen only a few homes with elevated levels. Homes with elevated levels can be mitigated easily.

*How would you detect mold if not visible, and what are the symptoms?*

Smell. When areas smell musty it usually means mold is present. We use an IAQ Surveyor which gives us a relative humidity percentage. When that number is over 60%, mold can usually be found. As far as symptoms, some people have no symptoms but when people are sensitive to mold they can have itchy watery eyes, sneezing, coughing and breathing problems.

*And how do you know if it is a very dangerous issue which would need immediate attention, especially to elders with respiratory issues such as asthma or chronic bronchitis?*

When someone develops bronchitis or a respiratory illness it could be dangerous. Molds are everywhere. Having an area for the mold to grow is risky. Molds like moisture and food. Any water from leaks, condensation or wet basements have the possibility of growing mold. Get rid of the water get rid of the mold. Another thing about mold is that you don't have to "kill" it. Moldy areas should just be cleaned with warm soapy water and dried completely.

If you have any questions about air quality, please feel free to contact the local 'airheads' at the Environment Division at 518-358-5937. ♦



CO Detectors Can Help Monitor Indoor Air Quality at Home



Molds Are Everywhere. Get Rid of the Water - Get Rid of the Mold

# Broadband Department Update

*By Jeff Beekhoo, General Manager*

On January 15, 2014 the Broadband Department went live with broadband internet and phone services. Services are currently provided to 860 businesses and residents of Akwesasne through two service providers: Flint Communications and Wideband Networks. The Broadband Initiative, started in 2010, has become a reality with the support of the community, the USDA and Tribal leadership.

The broadband network relies on two companies for the network to run efficiently; the Development Authority of the North Country (DANC) which is the transport from Syracuse to Akwesasne, and Level 3 ([www.level3.com](http://www.level3.com)), which goes out to the world wide web. Since going live in January of this year, an upgrade has been necessary because of increased usage. The bandwidth monitoring software alerted us of peak usages in the evenings causing major delays.

The upgrade was completed at the end of October, 2014. Following the upgrade, the network has gone back to normal operating parameters and customers have reported consistent, reliable speeds. When you experience an issue, please let your service provider or Broadband know. Your feedback is appreciated and it helps to quickly resolve service issues.

The Broadband department is working on providing 70 channels of video programming on the network. A big *niawenkó:wa* to everyone who took our programming survey. Ninety percent of the respondents showed a positive response to receiving video services. The most popular responses requested local sports programming, DVR services and premium packages. All of the survey responses are being reviewed and researched to see how much they will raise the package pricing.

The tower placed at County Route 95 and State Route 37 will receive local channels from both Canada and the U.S. as well as enhancing cellular phone services in the near future. Video services are scheduled for deployment by the end of 2014. Customers interested in obtaining video services may call their service provider, Flint or Wideband, for scheduling and pricing.



*Akwesasne TV Coming Soon*

Akwesasne T.V., the community's first local television channel, is expected to begin broadcasting in 2015. The goal is to produce and broadcast cultural and locally-produced programs that reflect the community and surrounding areas by delivering local news, current events, sports and entertainment and culturally enriching programming.

The vision is to provide a medium of awareness and growth

to all community members, including educational institutions, community organizations, independent filmmakers, special interest groups and local businesses. Akwesasne T.V. will be built with an open access model encouraging any organization to have a program shown on Akwesasne T.V.

Future plans include providing the community a local T.V. station that supports a learning environment for students interested in television production.

With winter rapidly approaching, new service installations will be limited to aerial (aboveground pole to pole) activation after November 15, 2014. Customers requiring an underground service drop (utilities buried from pole to home) and want to obtain internet, voice or video services over the winter months should contact one of the service providers. Once the ground freezes, underground construction will come to a halt and resume in April 2015. ♦



# News Release

## *Tribe Completes Review of GM Landfill Excavation Work Plan*

The Saint Regis Mohawk Tribe's Environment Division completed its review of Racer Trust's work plan to create a 150-foot setback between the industrial landfill, the old GM fence line and the St. Lawrence River. The Environmental Protection Agency has approved the work plan. Excavation work began October 21, 2014 and is expected to be completed by November 21, 2014.

Work will begin at the southeast corner of the landfill and progress north along the GM fence line to the back end of Turtle Cove. Next year's work will begin at the back end of the cove and progress northwest along the St. Lawrence River. Once this work is completed, a permanent cap will be built over the old cap extending over the east disposal area (EDA). A groundwater collection system and monitoring network will also be installed.

The majority of the waste material from the setback excavation will be consolidated in the EDA. Saturated oily soils uncovered during this year's project will be sent off-site to a secure landfill in Indiana. Storm water control features will be in place to contain the water

in the excavation areas. Three high volume PCB air monitors are set up on residential property in Raquette Point.



*Air Monitor Sampling on Raquette Point*

Air quality will be monitored throughout this project to make sure the community's health is protected. People living in the area can expect to experience an increase in noise and odor due to construction activity. Steps will be taken to control the dust and odor on-site, including spraying the excavation surface with an odor suppressing foam. Two dust control fences will be set up to act as a wind block which will help contain air emissions on site. The

first fence will be 10 feet high and will be adjacent to the property line. If necessary, a second fence will be placed 20 feet high along the top of the landfill.

Monitoring results are available online at [http://racertrust.org/News/Massena\\_Community\\_Air\\_Monitoring\\_Plan\\_Reports/](http://racertrust.org/News/Massena_Community_Air_Monitoring_Plan_Reports/). If you have any questions, please contact Craig Arquette at the Environment Division at 518-358-5937 ext.119. ♦

## Abandoned Structures

In terms of public safety, the risks associated with abandoned structures in our community vary from minimal to high, depending on several factors. Tribal Council has enlisted the assistance of the HAVFD, and is also requesting assistance from community members to build an inventory of abandoned structures and move forward with an assessment as to which sites pose a public safety hazard.

The hazard assessment will be determined by a committee comprised of experts from the HAVFD, Environment, Planning & Infrastructure and Compliance Divisions, and a cost associated with demolition of the highest risk sites will be developed. Tribal Council is first assessing the need and from that,

will develop a budget and consider priorities to assist our community members with burned or abandoned structures. We ask for your assistance in developing an inventory. If you have responsibility or knowledge of a structure in need of demolition, please submit the following information to the Communications Department by November 21, 2014: Land owner, contact person, name, phone number, address and brief description of need.

Submissions can be mailed to Communications Department, Saint Regis Mohawk Tribe, 412 State Route 37, Akwesasne, NY 13655 or sent by email to [public.information@srmt-nsn.gov](mailto:public.information@srmt-nsn.gov). If you have any questions, please call 518-358-2272. ♦

# Community Night

## with Special Guest

### Tina Frundt



Parents, grandparents, youth, caregivers and sitters are encouraged to spend an evening learning about human trafficking, a crime affecting more than 300,000 adolescent girls who are annually lured into the U.S. sex industry. Hear from trafficking survivor and victims expert, Tina Frundt, as she shares her story of being lured into 'the life' and teaches us how we can guide our youth from a similar future.

Tina Frundt is a leading figure in the crusade to help children sexually exploited for commercial purposes. Ms. Frundt herself a survivor of domestic sex trafficking; now dedicates her life to helping women and children heal from domestic sex trafficking and commercial sex exploitation.

Since founding Courtney's House in August 2008, Tina and her organization have helped more than 500 victims escape from being trafficked and find a new life. She also trains law enforcement and other non-profit groups to rescue and provide resources to victims. She

is a member of the Washington, D.C. Anti-Trafficking Task Force.

Tina has been featured on numerous national television shows and publications, including The Oprah Show, The Montel Williams Show, CNN and Redbook Magazine. In 2010, she was awarded the Frederick Douglass Award. The award is given to an individual who has survived slavery and is using their life in freedom to help others. She has also testified before the U.S. Congress about her own experiences and the need for greater protection and services for trafficked persons.

This event is hosted by the SRMT Division of Social Services with funding from Safe Harbor. Dinner and babysitting will be provided. Join us on November 4, 2014 from 5:00 to 9:00 p.m. at the Senior Citizen's Center. R.S.V.P. with Mona Romeo by calling 518-358-2728. ♦



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