Features

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- New Invasive Species Emerge in North Country

Kawenni:ios

Akwesasne Veterans Memorial Proposed

Helping Build a Better Tomorrow
Tribally licensed businesses build a better Akwesasne...

Tribally licensed businesses serve an important role in the Akwesasne community. They provide funding to help support many essential tribal services to meet the needs of our growing community. The fees collected from the Tribe’s licensing system directly support healthcare, senior citizens, law enforcement, youth services, and substance abuse prevention. Licensed businesses also support community-based initiatives like the Akwesasne Boys & Girls Club, Akwesasne Holiday Helpers, sports teams, educational endeavors, emergencies and other important causes.

The Tribe’s licensing program is conducted in the community’s best interest through a working partnership with tribally licensed businesses. Their continued compliance is a critical component to a healthy, safe and prosperous Akwesasne. Support Akwesasne’s tribally licensed businesses.

#BuyLocalAkwesasne
She:kon / Greetings Akwesashró:non,

I hope this message finds you in good health and strong spirits. I extend a big Niawenkó:wa for giving me the opportunity to serve you, the people of Akwesasne.

The Tribal Clerk’s Office has been one busy office since last summer. We made some minor changes and, by the compliments we have been receiving, they continue to be a good thing. It’s sometimes hard for people to accept change, but change can often be a good thing.

Our office is currently in the process of getting land deeds done in a timely manner. To help, we are compiling a Land Deed package that will include a Land Transfer Form, an Adjacent Landowners Agreement, Bill of Sale and any other information that we need to make the land transfer easier. Once the packet is completed we will make it available.

We are also working on getting an on-call certified surveyor to help with land surveys. Just a reminder, if there are any land disputes, those need to be settled before coming in and doing the transfer.

Here are some other items to keep in mind:

Update your files when necessary. If you recently got married, moved, changed your phone number, we would like to know to update your file. When applying for tribal membership, the cost is $20.00 and it includes the cost of a new tribal identification card. If your card has expired, it will cost $10.00 to have it replaced. If you noticed on the back of your Tribal Id card it states “Expiration Date,” that simply means that the card has expired, not your membership with Saint Regis Mohawk Tribe. Should you live away from Akwesasne and need to renew your tribal card, let us know and we will send you the paperwork.

Social Security Representative Kelly Smith comes to the Tribal Clerk’s Office every second Tuesday of the month, from 1:30 to 3:30 p.m. She assists community members in obtaining new or replacement social security cards. When you come in to see her, please make sure you have all your paper work with you; such as proper identification, original birth certificates (if born in Canada, you need to have your long form birth certificate). If you are filling out a form for a child 12-years-of age and older, they need to be present. If you are changing your name you need to have supporting documentation showing the name change.

Tribal elections are just around the corner so it is very important that your information is up to date so you can vote this summer.

In closing, I thank my staff for helping me out these past seven months. They continue to be a pleasure to work with and are very helpful in all aspects.

Niawen,

Betty Roundpoint

Tribal Clerk
New Invasive Species Emerge in North Country

By Wayne Samphier, Environment Division Technician

New invasive species could threaten the North Country. Invasive species are plants, animals or pathogens that are non-native (or alien) to the eco-system and whose introduction is likely to cause economic or environmental harm. The invasive species of concern are identified as the Spotted Lanternfly, the Crazy Worm, and an aquatic plant called Hydrilla.

Hydrilla (*Hydrilla Verticillata*, AKA Water Thyme)

I know it sounds like a Godzilla movie, but this plant does much more damage than Godzilla ever could. This plant is native to India and has now reached New York waterways. It is dangerous, as it can grow in deeper areas of water (up to 25 feet deep)—where native plants cannot grow. The plant is known as the world’s worst aquatic invasive plant. It will displace native plants by blocking the sunlight to them and it will kill fish by decreasing oxygen levels. Thick mats of this species can obstruct boating, swimming and fishing. The best way to help prevent the spread of Hydrilla is to make sure you use clean boating techniques, as plant fragments can start an infestation.

Spotted Lantern Fly (*Lycorma Delicatula*)

The Spotted Lantern Fly is native to China, India and Vietnam. This invasive species was first identified in Berks County in Pennsylvania in 2014. It is dangerous to our trees, attacking 25 different tree species. Its favorite tree is the Tree of Heaven or Paradise Tree, which is an ornamental tree and not native to our land. The bad news is their second favorite is the Sugar Maple. Other trees they like are apple trees, fruit trees and grape vines.

Crazy Worm (*Amynthas Agrestis*)

This invasive species is native to East Asia. This worm currently has several infestations in Warren County, NY. They are known to be highly destructive to the forest eco-systems and are noted for their aggressive snake-like thrashing behavior. The worm can shed their tails when caught and can grow up to eight inches long marked with a distinct white band around their body. They can also reproduce twice as fast as the nightcrawler.

The Forestry Program asks for the community’s help in locating possible invasions of these species. Technicians are available to help identify and provide care and control methods. For more information, please call (518) 358-5937. Additional information is also available online from the New York Invasive Species website at: www.nyis.info.
Division Update:  
Tribal Police Host New York State Police Superintendent  

By Brendan White, Director of Communications

On January 14, 2016, members of the Saint Regis Mohawk Tribal Police Department and Tribal Police Commission greeted New York State Police Superintendent Joseph A. D’Amico at the Akwesasne Mohawk Casino Resort. Joined by the Saint Regis Mohawk Tribal Council and representatives of neighboring law enforcement agencies and county prosecutors, the meeting was an opportunity for NYSP Superintendent D’Amico and other senior-level state law enforcement officials to discuss the success of the tribal police department’s expanded authority into the Hogansburg Triangle.

“In the past eighteen years, I have not seen this much attention that these officials have shown towards our community as they have in the past year,” said Tribal Chief of Police Matthew Rourke. “Hosting a meeting with the State’s top law enforcement official was an honor, but to be joined by NYSP First Deputy Superintendent Patricia Groeber, Deputy Secretary of Public Safety Terry O’Leary along with Major Charles Guess and Captain Mike Girard elevated the importance of having cooperative solutions to the jurisdictional issues facing our community.”

In June 2015, the State Assembly and State Senate overwhelming voted in favor of their respective versions of a bill to allow the Tribal Police Department to exercise police authority to the area known as the “Hogansburg Triangle.” Prior it becoming state law, State Courts had concluded the Tribal Police authority did not extend to the Triangle, an area that is part of ongoing land claim negotiation and always considered part of the reservation by the Mohawks.

Superintendent D’Amico finalized the extended authority on August 13, 2013 by endorsing the Superintendent’s Certificate of Expanded Jurisdiction. In doing so, it avoids any further likelihood of having court cases involving DWI’s, drug-related arrests and other criminal offenses from being dismissed that resulted from an arrest initiated by the Tribal Police in the Hogansburg Triangle.

County prosecutors from Franklin County and St. Lawrence County were in attendance to attest to the success of the Tribal Police Department’s expanded authority by the reduction in dismissed criminal cases. Their remarks were supported by NYS Troop “B” Commander Major Guess, who noted there has never been a better working relationship.

Communication and professionalism is key to the success of the Tribal Police Department’s expanded authority, with partnering law officials stating that it has always been there with the Tribal Police. ☩
Training Announcement

The Saint Regis Mohawk Tribe, Environment Division and Emergency Planning in cooperation with the Alabama Fire College is offering Hazmat First Responder Awareness (8-hour) and Operations (24-hour) on Onerahtokha/April 11, 12, 13, & 14, 2016. The classes are 8:00 a.m. to 4:00 p.m. daily.

The first day (Onerahtokha/April 11, 2016) is for anyone desiring awareness and is the introductory day for Operations. This class can accommodate up to 40 attendees. It will be held at the Akwesasne Mohawk Casino banquet room. Food and refreshments will be provided.

Those requiring operations will attend the remaining three days to obtain their Operations certification.

Burn Permit Applications

The Saint Regis Mohawk Tribe Environment Division will be accepting burn permit applications beginning March 14, 2016 at the Division offices at 449 Frogtown Road, Akwesasne. Burn pile inspections will begin the week of May 16th.

On May 5th, the air program will be set up in the lobby of the Tribal Community Building to hand out permit applications, give out guideline brochures and a video to help educate on proper burning.

A burn permit is not required for outdoor cooking, fires for warmth or ceremonial fires (for example, for sweatlodges). A complete list of the exceptions is in the guideline brochure.

If you have any questions, or would like to get a burn permit application, please contact the Environment Division at (518) 358 5937. ◊

NTFAQ 2016

Online registration is now open for the 2016 National Tribal Forum on Air Quality on May 17-19, 2016 in Niagara Falls, New York. This conference is designed to provide a forum for tribes, tribal members, federal agencies and other organizations with interests in air quality and climate change to share with and learn from one another. As the Saint Regis Mohawk Tribe is a co-host, there is no registration fee for members & employees. Register at http://www7.nau.edu/itep/main/Conferences/confr_ntf. Contact Angela Benedict at Environment, (518) 358-5937. ◊
Phoenix Physical Therapy opened their doors in October 2010—thanks to a strong business plan and funding from New York State, private investors and the Saint Regis Mohawk Tribe (SRMT). Since then, they have enjoyed many accomplishments; some of which include serving nearly 1,500 patients, receiving a Small Business Administration (SBA) Business Recognition Award, and becoming designated as a preferred Veterans Affairs service provider.

Husband and wife duo, Andre Rieksts and Lisa Francis, along with long-time friend Michelle Gauthier, started Phoenix Physical Therapy. Lisa is a licensed Physical Therapist having graduated from Simmons College in Boston, while Andre is a business man who worked construction. Lisa and Michelle, a Physical Therapy Assistant and a graduate of SUNY Canton, were both working at another office when the idea first developed.

“We both knew we wanted to someday open a business together,” said Lisa of business partner Michelle. “But, not until our children were grown.” Combined, Lisa and Michelle have over 40 years of physical therapy experience, and paired with Andre’s business savvy, they began the research phase of opening a physical therapy business.

Past experience has taught Andre that the basis of any good business is having a plan. He researched feasibility, patient load, rent, insurance, salaries and more to see first if this would be a viable business. Andre brought his research and numbers to the SBA Business Advisor at the SRMT Office of Economic Development (OED) to develop a strong business plan.

“A business plan helped me to feel better,” said Andre. “It justified the numbers with back up and helped secure funding.”

The business plan was key in securing the start-up capital necessary for the $100,000 project. Partial funding included the Akwesasne Revolving Loan Fund (ARLF) from the SRMT OED, which was the first loan to be paid off in the fund’s history this past November 2015.

“When we opened here our patients followed us,” said Lisa and Michelle with pride. On average they see upwards of 20 patients a day. “Once word of mouth spread we started seeing more patients and now they come back to us for their physical therapy needs.”

“I am amazed every time I see a patient get better!” said Andre, who is still new to the physical therapy process. As the name suggests, just like phoenix rising from the ashes anew, patients come to physical therapy after surgery or an injury and leave rehabilitated.

Phoenix Physical Therapy is located on the third floor of the Akwesasne Business Center (447 Frogtown Road, Suite 301). They are open five-days-a-week. They are currently looking for a part-time Physical Therapist so they can occasionally take a break without interrupting a patient’s progress.

To learn more about Phoenix Physical Therapy call (518) 358-9778 or visit www.AkwesasneBusinessDirectory.com. For information on Business Development assistance and the ARLF please contact the SRMT OED at (518) 358-2835 or email economic.development@srmt-nsn.gov.
Sonny White Named 2016 Champion For Change
Aspen Institute Award Recognizes Young Native Leaders

By Brendan White, Communications Director

Members of the Saint Regis Mohawk Tribal Council were on-hand as the Aspen Institute’s Center for Native American Youth (CNAY) recognized Brayden Sonny White as a 2016 Champions for Change on Tuesday, Enniska/February 25, 2016. Held during a special presentation at the National Congress of American Indian’s Tribal Nations Legislative Summit in Washington, DC; Sonny White was one of five Native youth to receive the prestigious award for serving as extraordinary young leaders in their respective communities.

“We are always proud when a community member, especially our youth, receives national recognition for their outstanding achievements and contributions to Native communities, including to Akwesasne,” stated Tribal Chief Beverly Cook, who was in attendance for the award presentation along with Tribal Chief Eric Thompson and Tribal Sub-Chief Michael Conners. She added, “To have one of Akwesasne’s young Native leaders recognized is even more uplifting and ensures a very promising future for our community. Sonny has been actively involved in national initiatives aimed at addressing some of the challenges that Native youth are experiencing.”

The award comes three months after Sonny shared a stage with U.S. President Barack Obama and other Native youth at The White House’s Tribal Nations Conference to discuss the realities being faced by Native youth. The group panel was the result of Obama’s Generation Indigenous Initiative, or Gen-I program, which was launched at the 2014 White House Tribal Nations Conference. The resulting discussion focused on a variety of topics relevant to Native youth; from the alarming number of youth suicides in Native communities to the need for increased financial support for low-income students to pursue higher education.

“Sonny White continues to be an impressive and positive role model for all Native youth,” said Tribal Chief Eric Thompson. He noted, “As a Gen-I National Native Youth Ambassador, Sonny is becoming a familiar name at national gatherings as he promotes hope to the difficulties confronted by youth. I’m pleased the Center for Native American Youth has recognized him and other Native youth who are helping their Native communities through inspiring ways.”
The Aspen Institute’s award presentation was conducted by CNAY’s chairman and founder, former Senator Dorgan. CNAY board member, along with journalist Patty Talahongva. While in D.C., the honorees had meetings with Supreme Court Justice Sonia Sotomayor, U.S. Department of the Interior Secretary Sally Jewell, White House staff, members of Congress, and other federal agency officials, where they discussed the challenges that their Native youth peers are facing across the country.

Watch the youtube video at https://www.youtube.com/watch?v=EkVG76twqTQ


Center for Native American Youth is dedicated to improving the health, safety and overall well-being of Native American youth through communication, policy development and advocacy. Founded by former US Senator Byron Dorgan in February 2011, CNAY is a policy program within the Aspen Institute, headquartered in Washington, DC. For more information, visit www.cnay.org.

The Aspen Institute is an educational and policy studies organization based in Washington, DC. Its mission is to foster leadership based on enduring values and to provide a nonpartisan venue for dealing with critical issues. The Institute is based in Washington, DC; Aspen, Colorado; and on the Wye River on Maryland’s Eastern Shore. It also has offices in New York City and an international network of partners. For more information, visit www.aspeninstitute.org.
**WANTED! LOOKING FOR BUCKTHORN**

**DESCRIPTION:** GRAY TO BROWN BARK WITH PROMINENT LIGHT-COLORED LENTICELS. (CAUTION OFTEN DISGUISED AS NATIVE PLUMS AND CHERRIES). GLOSSY EGG-SHAPED LEAVES. LARGE ROUND BLACK FRUIT. CUT BARK EXPOSES YELLOW SAPWOOD AND ORANGE HEARTWOOD. TWIGS OFTEN END IN STOUT THORNS. DANGEROUS TO NATIVE PLANT SPECIES. CALL FORESTRY NOW IF YOU BELIEVE YOU HAVE SEEN THIS PLANT ON YOUR PROPERY.

(518) 358-5937

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**Connect with us...**

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- Keep security software current: Having the latest security software, web browser, and operating system are the best defenses against viruses, malware, and other online threats.
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- Plug & scan: USBs and other external devices can be infected by viruses and malware. Use your security software to scan them.

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Brendan White, Director/Editor
Aimée Benedict, Publications Manager
Alyson Thompson, Production Assistant
Building a Healthy Workplace Environment

By Brendan White, Director of Communications

During the Fall 2015, the Saint Regis Mohawk Tribe held a series of workshops to assist tribal employees in understanding how workplace environments can impact productivity and professional relationships. It is an important consideration; as frontline workers interface with community members on a daily basis in the delivery of tribal programming and services. As a result, having a healthy workplace contributes immensely to a having healthy community.

From September 25, 2016 through December 8, 2016; day-long workshops were held with tribal divisions and programs to help them understand their role in maintaining a healthy work environment. The workshops were well received and were led by Ms. Kyle Blanchfield, J.D., and Peter Ladd, Ph.D., who introduced and facilitated discussions on the impact negative environments can have on co-workers and ultimately the community members they serve.

The workshops were broken into two components, with the morning session focusing on several kinds of conflict that exist in the workplace and the afternoon looking at conflict resolution. Examples of workplace conflict discussed include destructive emotions, compassion fatigue or burnout, and different types of lateral violence. To address them, instructors shared skills to help resolve conflict and improve the emotional climate of the workplace; including mediation and reconciliation skills.

Fostering skills to improve the workplace helps to address the multitude of emotions and conflict that can prove destructive to any environment. To overcome these difficulties, participants learned the benefits of empowerment, assertiveness, finding common ground, and the utilization of humor, along with other resolution skills. Instructors were pleased to find tribal divisions and programs that currently have healthy workplaces, as well as a strong sense of teamwork and comradery.

Creating and maintaining a healthy workplace environment will continue to be priority, as it is critical to the success of community programs. As a result, employees continue to be the Tribe's greatest asset and efforts are made to improve their well-being for the benefit of community members. To build on the Healthy Workplace Workshops, the Tribe will has engaged Blanchfield to assist staff in understanding their roles and responsibilities in this area.

Her office is located on the first floor of the Community Building and is available to assist tribal employees with mediations, conflict resolution techniques and leadership trainings. ♦
Community Engagement: Akwesasne Veterans Memorial Project Proposed
Comment Period Seeks Community Member’s Input

By Brendan White, Director of Communications

In January 2013, David “Ed” Benedict, a 20-year veteran of the United States Navy submitted a letter to the three governments of Akwesasne outlining his vision for an Akwesasne Veterans Memorial Monument. The purpose of a veteran’s memorial, as described by Benedict, is to honor all of Akwesasne’s service men and women for their contributions in times of wars, as well as in peace.

Many of Akwesasne’s veterans volunteered for military service, while some were drafted and served willingly and honorably. Most of our veterans returned to Akwesasne following their service, while some made the ultimate sacrifice. The Akwesasne Veterans Memorial Monument provides a means for the community to show its respect and to learn about the sacrifices of these brave service men and women.

Moved by Benedict’s letter, former Saint Regis Mohawk Tribal Chief Paul Thompson took the initiative to help bring the vision of a veteran’s memorial closer to life, with the identification of a Board of Trustees and creation of a Veteran’s Memorial Monument Fund Charter. Passage of Tribal Council Resolution #2014-04 on January 28, 2014 formally accepted both for the purpose of constructing a memorial monument to honor Akwesasne’s military veterans.

A key responsibility of the Board of Trustees is to oversee the Monument Fund to help pay for memorial’s costs associated with its design and installation. To assist their efforts, an initial contribution of $19,000 was made by the Akwesasne Chamber of Commerce to former Tribal Chief Thompson for the memorial. The Board has been tasked with conducting additional fundraising efforts to pay for its manufacturing, delivery, installation and landscaping.

The permanent location of the Veterans Memorial Monument has been earmarked for a location of Akwesasne’s Generations Park. Located inside the Tewathahitha Walking Trail, the monument will be situated on land donated by a community member for the sole purpose of a community park. It will be placed near the wooden bridge at a location visible from Route 37.

In July 2015, an Akwesasne Veterans Memorial Monument Project Committee reconvened to resume fundraising efforts and to develop an initial design to share with community members. Since that time, they have been meeting each month in preparing a request for proposals from designers and securing corporate sponsorships to offset the estimated $75,000 needed for the project’s total cost.
After careful consideration of the submitted proposals, the Project Committee selected Noella Cotnam, Sign-It Signs and Designs, to assist in developing a design to memorialize Akwesasne’s military veterans. Based in Williamstown, Ontario, Noella was a logical selection given her prior work in Akwesasne. Her most recent piece was a new community welcome sign that was unveiled on the west end of the Akwesasne Territory in October 2015.

On September 28, 2015 the group provided an initial concept to Noella and in late-February 2016 a preliminary designed was received. The draft design, including a scale model, was presented at the March 5th Monthly Tribal Meeting and kicked-off a two-week comment period, with hopes to have a final design by March 31st.

A scale model of the proposed Akwesasne Veterans Memorial Monument is available to view during normal business hours in the Community Building lobby. Individuals wishing to submit suggestions can do so by contacting Tribal Sub-Chief Cheryl Jacobs at (518) 358-2272 ext. 2204, or by email at cheryl.jacobs@srmt-nsn.gov. You may also contact Lornie Swamp at (518) 358-2272 ext. 2185, or by email at lornie.swamp@srmt-nsn.gov.

The Project Committee is also seeking members to serve on the Akwesasne Veteran’s Memorial Monument Fundraising Committee, so all interested individuals are appreciated and welcomed.

For more information on the Veterans Memorial Project, please visit the Tribe’s website at www.srmt-nsn.gov to view the presentation provided at the March 5th Tribal Meeting. ◊

Wording:

THE AKWESASNE VETERANS MEMORIAL IS PROUDLY DEDICATED TO ALL AKWESASHRÓ:NON WHO HAVE SERVED VALIANTLY AND COURAGEOUSLY IN THE UNITED STATES ARMED FORCES.

KIOHTKON ENIAKWEHIA:RAKE
WE WILL ALWAYS REMEMBER OUR VETERANS
The Saint Regis Mohawk Tribe’s Higher Education Program is delighted to announce the most recent recipients of “The Future Mohawk Leaders Award.” Sponsored by an anonymous benefactor through the banking institution JP Morgan, the academic scholarships will be used to support each student’s educational endeavors.

This year marks the eighth year the scholarship has been given out to Akwesasne students. To be considered, students were required to submit a written essay explaining their educational goals, aspirations and financial need as a college student. A review committee was assembled to undertake the arduous task of selecting the winners from so many wonderful submissions.

The premise for the Future Mohawk Leaders Award is to support our student’s pursuits of higher education, as well as their desire to apply their professional degree and educational experiences for the future benefit of the Akwesasne community. We are fortunate to have a large number of intelligent and gifted youth attending a college or university.

The future for Akwesasne looks bright. Thanks to the following scholarship recipients.

**Alanna Pyke**
Yale College (Undergraduate College of Yale University)
Biomedical Engineering / Pre-Med

**Craig F. Lazore Roundpoint**
Business
St. Lawrence College

**Delia McDonald**
Ottawa’s Collaborative Bachelor of Science in Nursing Program with Algonquin College

**Dwight Bero**
University of Minnesota–Duluth
Masters’ of Tribal Administration and Governance (MTAG)
Francis Ken'taratí:ron Arquette  
Computer Information Systems Program  
SUNY Canton

Hunter T. Francis  
Business Finance  
Boston University

Jaret Blinstrub  
Sustainable Energy and Renewal Resources Management  
SUNY - Environmental Sciences and Forestry

Kristen Pyke  
Ph.D. in Clinical Psychology  
University of Montana

Waheson Lazore  
Public Relations, minors in Journalism and Marketing  
SUNY Plattsburgh

Zachary Cook  
Accounting  
SUNY Polytechnic Institute
Let’s Get Healthy - Diabetes Center For Excellence

By Heather Garrow

Do I have to be a diabetic to use the Diabetes Center for Excellence?

No, you do not have to be diagnosed with diabetes. The Let’s Get Healthy Program is a diabetes prevention AND treatment program. We provide education and activities to prevent diabetes in persons who are at high risk and to prevent complications in those with diabetes. You are eligible for services if you are an enrolled member of the Saint Regis Mohawk Tribe (SRMT) and you receive your primary care at the Tribe’s Health Services. You can be referred by your Primary Care Provider or you can call to make an appointment with our Nurse Case Manager. If you are an enrolled member of the SRMT and receive care on the Canadian portion of Akwesasne, we ask that you bring your most up to date medical records from your Primary Care Provider for us to provide the best care possible.

Why can’t I just go to the Diabetes Center for Excellence and exercise?

There are a few reasons; the Diabetes Center is a medical facility within Health Services. Our scope of practice is diabetes related education, whether it’s for prevention or self-management. We provide education during appointments. Our fitness room is used as part of diabetes treatment and prevention plans.

Secondly, in order to begin any type of fitness program, all health organizations recommend clearance from a Medical Provider. This is to safeguard against unknown health conditions which may bring you harm. Also, with certain health conditions, like diabetes and heart disease, you may have some limitations. We ensure all patients are safe to exercise by working closely with SRMT Health Services Providers to seek clearance for fitness.

Lastly, the Let’s Get Healthy Program is a federally funded grant program. In order to receive funds, we are required to report various data and information, including appointments.

How do I access the fitness classes at the Diabetes Center for Excellence?

In order to participate in our Move for Health Fitness Class, you will have an initial appointment with a Nurse Case Manager (NCM). Once the NCM receives clearance from your Provider, you will complete a fitness assessment with a Health Promotion Specialist. They will design a fitness plan for you and provide an orientation.

We also offer community classes which do not require a prior nursing appointment. You can view the fitness community calendar on the SRMT’s website, the staff bi-weekly announcements or you can pick up a printed copy at our reception.

For more information or to make an appointment, please call (518) 358-9667
Pharmacy

By Joan Westcott

Why do I need calcium?

Our bodies need a steady supply of calcium. When we are younger, calcium is used to build strong bones and teeth. As we age, calcium is used to keep our bones and teeth strong and healthy. Calcium also plays a vital role in muscle contraction. Most people don't get enough calcium.

*How much calcium do I need?*

- Children to age 18 need 1,300 mg (milligrams) of calcium daily.
- Adults ages 19 to 50 need 1,000 mg of calcium daily.
- Adults over age 50 need 1,200 mg of calcium daily.

If you have special medical conditions, you may need different amounts of calcium, ask your healthcare provider.

*What is osteoporosis?*

Osteoporosis is a condition where the bones get weakened and actually have small pores or holes in them. This makes them more likely to break if you fall. Adequate calcium intake can help prevent weak bones.

*How can I get the calcium I need?*

There are two ways to get the calcium you need: in your diet or through supplements. Many foods are rich sources of calcium. Be sure to check the nutrition labels to see how much calcium is in a serving.

Examples of foods rich in calcium include:

- Dairy products such as milk, yogurt and cheese – choose low fat or fat free.
- Broccoli and dark green leafy vegetables like spinach.
- Juices that are fortified with calcium which includes apple and orange.
- Breakfast cereals such as Total.

Supplements are also available if you do not eat a lot of the foods listed above. Calcium supplements, with and without vitamin D, are available at drug and departments stores in the vitamin isle. Many vitamin and mineral supplements also have some calcium in them. If the size of a calcium supplements pills is too large for you to swallow easily, there are chewable forms of calcium supplements too. Calcium comes in caramel and fudge flavored chews and chocolate “candies” and gummies. Antacids that are made of calcium carbonate, such as Tums, are also a great source of calcium. They are easy to chew, inexpensive and pleasant tasting.

*What role does vitamin D play with calcium?*

Vitamin D assists with many functions in the body. One of these roles is to assist the body in absorbing calcium from the foods we eat or the supplements we take. Many calcium supplements and foods that are fortified with calcium also have vitamin D added too. It is always best to check labels to be sure.

*Will calcium interact with any of my medications?*

Calcium, and other minerals like iron, can interfere with the absorption of certain medications.

One of the most common medications that should be separated from calcium is levothyroxine. Certain antibiotics such as azithromycin, minocycline and levofloxacin need to be separated from calcium too. It is best to avoid calcium containing products or foods 2 hours before and 2 hours after these medications.

If you have any questions, be sure to ask your pharmacist or health care provider.
Dental Clinic

By Dr. Joseph Park

What are the most interesting facts that you should know about your teeth?

- The enamel on the outer surface of your tooth is the hardest part of your entire body.

- Teeth start to form even before you are born—baby teeth start to form when the baby is in the womb, but they come through when the child is between 6-12 months old.

- A child's first dental visit should occur within six months of the appearance of the first tooth, and no later than the child’s first birthday.

- Your mouth produces over 25,000 quarts of saliva in a lifetime—that’s enough to fill two swimming pools. Saliva has many uses, including assisting you with your digestion and protects your teeth from bacteria in your mouth.

- Saliva production increases during meals and helps neutralize acid production and rinse food particles from the mouth, therefore, sugary foods and drinks should be consumed with meals.

- Many diseases may be linked to your oral health, including heart disease, osteoporosis and diabetes.

- Chewing sugarless gum after eating can increase saliva flow and help wash out food and decay-producing acid. So if you offer chewing gum to your children, make sure it’s SUGARLESS!

- In a dental emergency where a child gets a tooth knocked out, put the tooth back in the tooth socket right away if possible. If there is dirt on the root rinse it off before re-implanting. Please do not re-implant a baby tooth. Alternatively, have the child spit in a cup and store the tooth in the cup. This will help your tooth to survive longer until you can get to a dentist. Make sure you see a dentist right away, preferably within one hour.

- No two people have the same set of teeth. Your teeth are as unique as your fingerprint, so be proud of your unique set of teeth.
Make Your Home Safe from Gas!

By Angela Benedict, Air Quality Program Manager, Environment Division

The Air Quality Program has been doing a lot of home inspections lately—working in households with children who have asthma. One thing the inspections have turned up is there are an increasing number of homes with no Carbon Monoxide (CO) detectors and some homes have as many as five or six smoke detectors, but no CO detectors.

I have done stories before on the dangers of CO poisoning. If you have any of the symptoms and have a source of combustion in your home get to fresh air immediately; especially if you turn on your stove/oven, hear the furnace kick on or expect you have a problem.

So, first I want everyone to check to see if you have a CO alarm/detector and smoke detectors. Make sure you know the difference between the two and there are now some that can be used for both. Secondly, make sure it works by pressing the test button. Thirdly, make sure it is placed correctly. Some tell you to place them on the ceiling and some say put them on the wall. If it is a digital reading CO alarm place it at eye level on the wall.

There is a CO detector that can detect gas leaks: propane and natural gas. It has a digital reading which makes it easy to tell if there is a problem. The detectors/alarms that detect CO, propane and natural gas may run up to $50 at Home Depot. There are some dos and don’ts when it comes to installing them, so always read the information that comes with it.

If your alarm goes off don’t hesitate to call the Hogansburg-Akwesasne Volunteer Fire Department or the Saint Regis Mohawk Tribe’s Environment Division, as both have the resources to determine if there is a problem and the tools to help locate it. I recently heard of one household in Akwesasne where the alarm went off as the family was leaving the home. They called the fire department and sure enough the CO was high in the home. The problem was found, fixed and the family was able to return to the home. These alarms do work, so it is always better to be safe than sorry.

For now and the next seven generations, let’s keep our families safe from CO poisoning by installing alarms/detectors in our homes! ◊
Tribal Monthly Meetings

Tsiothohrkó:wa / January 9, 2016
Chairperson: Tribal Chief Eric Thompson

Agenda
1. Welcome - Chairperson
   • Reading of Action Items - Tribal Clerk
2. Introduction of the new GM of the AMCR
3. Mohawk Network LLC Update
4. Land Claims Update
5. Emergency Measures Presentation
6. New Business
7. Reading of Action Items - Tribal Clerk
8. Adjournment

Follow-up on Action Items from December Meeting:
1. To investigate the history on fishing licenses.

   The Compliance Department is currently working on this issue, a report will be given to the community once it has been completed.

Follow-up on Action Items from January Meeting
1. Continuation of fishing licenses.
2. Discussion on tax service, to have a blanket TCR to address it.
3. Emergency Planning to develop a map of the flood zone.
4. Elliot Lazore and Chris Thompson will work on training for businesses with Akwesasne Chamber of Commerce.

Enníska / February 6, 2016
Chairperson: Tribal Chief Ron LaFrance Jr.

Agenda
1. Welcome - Chairperson
   • Reading of Action Items - Tribal Clerk
2. Economic Development Update
3. Land Claims Update
4. Ambulance Contract and Services Update
5. Presentation Indoor Air Quality
6. New Business
7. Reading of Action Items - Tribal Clerk
8. Adjournment

Actions Items from February Meeting
1. Have Marsha Schmidt come and explain the process of putting Land into Trust to property owners.
2. Tribal Council do another update on land claims at the March Tribal Monthly meeting.
3. Update on the Election Ordinance from the Election Board.
4. Have the Planning and Infrastructure department give an update on roads priorities.

Calendar

Enniskó:wa / March 2016
5 - Tribal Monthly Meeting - 10:00 a.m. - Lobby
8 - Social Security - 1:30 to 3:30 p.m. - Tribal Clerk's Office
9 - Police Commission - 3:00 p.m. - Executive Boardroom
26 - Household Hazardous Waste Collection Day - 9:00 a.m. to 3:00 p.m. - Transfer Station
30 - Local Business Book Club - 5:30 p.m. - Office of Economic Development

Oneragtókha / April 2016
2 - Tribal Monthly Meeting - 10:00 a.m. - Lobby
11 to 14 - Hazmat First Responder Awareness Operations - 8:00 a.m. to 4:00 p.m. - Akwesasne Mohawk Casino Resort
12 - Social Security - 1:30 to 3:30 p.m. - Tribal Clerk's Office
13 - Police Commission - 3:00 p.m. - Executive Boardroom

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

New Faces

Ashley A. Frank Health Service – A/CDP Prevention Educator
Brian Blais Family Support Habilitation Aide
Brianna Jaris Social Services Child Advocacy Center Coordinator
Darcy L. Jackson Compliance Environmental Compliance Officer
Joanne M. King Family Support Habilitation Aide
Jori K. Rourke Tribal Council Executive Assistant
Krista J. Plumb Family Support Habilitation Aide
Laura L. Lazore Akwesasne Group Home Youth Worker
Mary E. Lazore Three Sisters Safe Home Advocate
Taylen S. Sunday Tribal Police Admin Assistant
Thomas F. Square Compliance Stamp Machine Operator

Donations

Community Activities - $16,000 Funerals - $5,000 Sports - $5,230

Jobs

All current positions with the Saint Regis Mohawk Tribe are posted on the Tribe’s website at www.srmt-nsn.gov.

Positions with our gaming operations are posted on the Akwesasne Mohawk Casino Resort’s website at www.mohawkcasino.com.

Akwesasne and surrounding area employment opportunities are posted at the Akwesasne Employment Resource Center (AERC) at www.myaerc.org.
Are you Ready to Bug Out?

By Lillian Benedict, Records Management

An incident, such as an emergency or a natural disaster can occur when you least expect it. Do you have a plan, like a bug-out-book or emergency bag ready to go if you need to quickly vacate your home? More importantly, are your vital records protected?

If not, you should take the necessary time to make a plan and put together a ‘bug-out’ book or bag. Prepare yourself and your family now before an emergency rears its ugly head.

Why should you keep your vital records safe? How will you prove your identify if all your important documents and identification are lost? What if you need to get you and your family emergency resources as quickly as possible? Maybe your pets need help and you can’t be there? If all communication and power is out, where can you turn?

Create a binder with copies of all your important documents; such as IDs, extra cash and important contacts. Put together a bag with at least a three-day supply of food and water, trail mix, pet products and other essential supplies for you and your family.

The Emergency Measures Office and Records Department recently held a workshop called “Safeguarding your Personal Vital Records in the Event of a Disaster.” It was attended by ten participants, who now enjoy the benefit of knowing how to create their own personal plans.

There are so many things one can do to prepare for any type of disaster or emergency and there are many resources available to help you. You can contact the Emergency Measures Office or the Records Department to learn of upcoming workshops and pick up some materials to take home to start your plan.

Inside a Bug-Out Book

You’ll need a 3-ring binder, card/sheet protectors and access to a photocopier. Depending on your preferences, any combination of copies or originals can be stored.

**Family** - create pages for each member of your family: recent individual and family group photo, driver’s license, birth certificate, passport, medical records (including vaccinations and allergies), will, medical directive, marriage license, and social security card.

**Children** - recent picture of your child, along with their full name, date of birth, height, weight, hair color, eye color, birthmark descriptions, allergy information, birth certificate, immunization record, fingerprints and lock of hair (DNA).

**Property** – home/vehicle/property titles, insurance policies and contacts, vehicle registrations, written/video home inventory,

**Pets** – recent photo, proof of ownership, proof of recent vaccinations and medical records.

**Contact** – addresses and phone numbers for immediate and extended family members including parents, siblings, grandparents, local and non-local friends.

**Financial** - account numbers and log-in information for banks, insurance, cell phone, school loans, Facebook, email. Copies of credit and debit cards. Good idea to keep cash and an extra set of credit cards.

**Finally** - Camouflage the book. If you label it “Important Family Information”, it’s way more likely to get stolen than if it’s labeled “20 Year Class Reunion Photos”. Keep it in a water-proof and fire-proof safe. Then, if disaster strikes, you can grab the entire box and bug out. ◊
GREAT FUTURES START HERE!
15th Anniversary

Gala
Friday, March 25, 2016
Akwesasne Mohawk Casino Ballroom

We invite you to join us for a first ever Black Tie gala where we will celebrate Akwesasne youth!

*Light Dinner  *Live Music  *Youth of the Year Award

Benefitting

Akwesasne Boys & Girls Club

Tickets—$30 per person (US funds)
Akwesasne Mohawk Casino 7pm-11pm
For tickets or table sponsorship please contact ABC@ 518-358-9911
Accepted:
- Paint & paint removal products, wood preservatives, wood strippers
- Compressed gas propane cylinders (30 gal and under)
- Household lawn & garden pesticides
- Compact fluorescent lighting
- Gasoline, gas/oil mixes, fuels
- Household smoke detectors
- Acids, cleaners & solvents
- Insecticides/herbicides
- Dark room chemicals
- All batteries
- Asbestos
- Pool chemicals
- Automotive fluids
- Bleach & ammonia

Not Accepted:
- Explosives
- Medical waste
- Radioactive materials
- Materials from any business
- Industrial or commercial farm sources
- Ammunition

Household Hazardous Waste Collection Day
Saturday, March 26, 2016 from 9:00 a.m. to 3:00 p.m.
Get rid of your household hazardous waste for free by bringing it to the
SRMT Transfer Station 179 County Route 43, Fort Covington

Questions:
SRMT Transfer Station (518) 358-4632
SRMT Environment Division (518) 358-5937

On the Cover: The Akwesasne Veterans Memorial Monument Project Committee presented a preliminary design of the memorial at the March 5, 2016 Monthly Tribal Meeting. It began a public comment period for community members to share input and suggestions on efforts to memorialize all of Akwesasne’s military veterans. For more information, please visit the SRMT Website, at www.srmt-nsn.gov, to view the presentation provided at the Monthly Tribal Meeting (located under “Publications”).