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Experience Akwesasne: *Onkwátherékó:wa* "Our Big Basket"

By Raeann Adams, Community Planner

On Thursday, *Ohiaríhkó:wa*/July 26, 2018, the Saint Regis Mohawk Tribe's Office of Economic Development – Cultural Tourism Office, in partnership with the Akwesasne Tourism Working Group held a celebration of Akwesasne Basket Making and the long awaited reveal of *Onkwátherékó:wa*, "Our Big Basket". The participatory project began during the 17th Annual Akwesasne International Pow Wow, where experienced Akwesasne basket makers were invited to participate in creating this truly extraordinary and one-of-a-kind piece of art.

Onkwátherékó:wa is Akwesasne's largest Mohawk fancy basket, weaved by 26 highly-skilled basket makers, each contributing their own signature style. The project highlighted the unique abilities and talented artistry within our community, and serves as a proud representation of our living culture.

A special presentation was given by the family of Mary *Kawennatakie* Adams to recognize and honor her talented contribution to basketry. Mary Adams weaved over 25,000 baskets in her lifetime; she is world-renowned for her traditional Mohawk black ash splint and sweet grass baskets. Her imaginative and distinctive style is like no other. She was a true artist in her craft.

Honoring those who participated in making *Onkwátherékó:wa*; Edith Chubb Adams, Judy Hemlock Cole, Debbie Cook Jacobs, Lorena David, Richard David, Carrie Hill, Julie Jacobs, Talon Jacobs, Denise Jock, Angello Johnson, Johnson Sawatis John, Josephine Lazore, Robin Lazore, Delia McDonald, Laura "Molay" McDonald, Tobi Mitchell, Ann Mitchell, Laura Mitchell, Nanci Ransom, Sheila Ransom, Wanda Sharrow, Dyan Swamp, Glenn Swamp, Curtis Terrance, Delia Terrance, and Ann Wheesk.

Nia:wen to those who assisted in the project and event; Carol Ross, Russell Phillips, Gary White, Tsiorasa Barreiro - Saint Regis Mohawk Tribe's Executive Director, Amberdawn Lafrance - ACR Office Manager, Leona Francis, Trudy Lauzon, Jason McDonald, and the Native North American Travelling College. Special acknowledgment to Bull & Arrow Catering, Turtle Island Promotions, Ken'niwa:'a, Andrea Cook Comins, Laurie Gardner, Sarahlee Skidders and Traditional Lacrosse.



The SRMT Cultural Tourism personnel have been excited about this project since its inception, "It was an amazing experience to work alongside some of the most talented basket makers in Akwesasne. We were thrilled with the positive response we received from the community! We set out to create something truly unique to represent who we are as *Akwesashró:non*, *Onkwátherékó:wa* exceeded our expectations and is something that we are very proud to have accomplished and are very proud to have been a part of."

Onkwátherékó:wa, "Our Big Basket" will be proudly displayed at various community facilities for all *Akwesashró:non* and visitors to see. *Onkwátherékó:wa* traveling display schedule will be released at a later date.

The Cultural Tourism office is pleased to announce the next participatory project; *Ionkwatsi'tsiaiénthon*, "We planted a flower garden" will be launched at this year's 18th Annual Akwesasne International Pow Wow.

For more information on Cultural Tourism please call (518) 358-4238 or email tourism@srmt-nsn.gov. ♦

Good Words of Welcome



Shekon Sewkwekon,

Before I give my words of welcome, I send out and extend my deepest condolences to our community. This past year, we had many people leaving to go on their journey to the spirit world. It has been rough on the community but we are there for each other in time of need. Cancer, health disparities, suicides, addictions and taking of lives has impacted us all. Programs here at the Saint Regis Mohawk Tribe can help with many of life's interruptions. We often feel ashamed or shy to ask for help, but it is there. May the Creator give us all the strength we need in time of need.

This year, I had the great privilege of serving the community in my capacity as Sub-Chief. It's an understatement to say that this community is far better off than some of the communities in Indian Country that I have had the pleasure to visit and work with. The foundation was built by our previous leaders; we can only go up from here. One can only imagine how much we can accomplish with new endeavors, ever changing technology, all for the community and bringing good change for the next generations to come.

The health and safety of our community is a topic that must be focused on daily. I have been working with Planning and Infrastructure on streets lights. That project is presently in the design stage at National Grid. We soon will have lights on the darkest corners and many through the main drag of State Route 37. Currently, there are 28 lights scheduled to be installed. Margaret Terrance Memorial Way will get six and another 22 throughout the community.

I'm also excited about a new sidewalk feasibility study going on for the areas of St. Regis Rd and possibly Cook Rd. You might have seen surveyors and drones conducting and collecting all necessary data. We will need easements from property owners in order to do this. One of the ways to become a healthy community is if we have places to walk. This is a long process so please be patient.

Generations park is open. Being accident and injury free is a priority. The washrooms were renovated and the playground

changed from pea stone to rubber mulching. This is to prevent injury from falls and lower impact. Culture and environment is interwoven in the programming here. This summer, a reading and feeding program was implemented. Be sure to purchase your Akwesase Veterans Memorial stones soon. They will be installed in time for a ceremony on Memorial Day 2019. The sidewalk is completed there as well. Generations Park has extended their welcome to more beyond athletics, incorporating a Summer Concert Series and Youth Entrepreneur booths.

This year alone, we have many capital projects in the community and Compliance works diligently with many issues. We had the Cook Farm Road expansion, Tribal Administration building, the Health Services Clinic expansion, the AHA Veterans housing project, Akwesasne Mohawk Casino Maple brewery groundbreaking and Margaret Terrance Memorial Way road construction.

Tribal Council Resolution, TCR-2018-01 was enacted with amendments made to hire our own. A Native preference plan is now required from construction contractors. Visits to all projects to verify will be conducted twice a week. Requirement of at least 40% Native American businesses and trade workers are to be utilized. Sub-contractors are now to adhere to the 40% during all phases of tribal construction projects. Going forward, this will help the community and our native people to work and live in our community.

With summer almost out the door and fall upon us, let us remember change is good. School will be back in session, our kids will be excited and laughing and running, parents elated. Be ever so watchful for school buses.

Take care, *ó:nen ki wáhe*.

Sub-Chief Agnes "Sweets" Jacobs

Employees' Honored for Years of Service

On *Seskéhal* August 8th, the Saint Regis Mohawk Tribe held an awards ceremony at the Akwesasne Mohawk Casino Resort to proudly recognize the accomplishments of 92 tribal employees for achieving important milestones as employees.

Human Resources Director Stacey Holcomb served as the Master of Ceremonies on this special day, as the Human Resources Department recognized the years of service and dedication of staff to the community of Akwesasne. Individual employees were celebrated for their service anniversaries of 5, 10, 15, 20, 25, 30, 35 and even 40 years for one employee.

For the first time, employees with service of 25 years and over were able to invite two guests to enjoy the brunch buffet and the awards presentations. Family and friends who attended were touched by the tributes and happy to share in the joy of the milestone.

Employees were presented with gifts purchased from local vendors who created or enhanced the gifts: Evan Cree, Jordan Thompson,

Gail General & Pam Brown, 8th Generation and Sarah Howes, Vicky Phillips, Delia Terrance and Dwayne Thomas.

Tribal Council was in attendance for the recognition ceremony, as employees represent the organization's greatest asset. They extended their appreciation in a letter that acknowledged employee's role in enhancing tribal services and improving the livelihood and well-being of community members.

Special recognition was given to Brian Herne for achieving an historic 40-years of service with the Tribe. In appreciation of his dedication, he was presented with a tool chest featuring a thank you message with the number "40" and the Tribal logo.

Individual employees provide the ongoing desire and encouragement for tribal staff to continue making our community a better place. They are admired and regularly serve as an inspiration for candidates seeking to join the Tribe's efforts. ◇



Five Years: Eva Adams, Marion Adams, Jake Arquette, Tyson Back, Tsiorasa Barreiro, Darlene Chubb, Kyle Cooke, Ernest Cree, Justine George, Brenda Hathaway, Paul Jackson, Kristin Jock, Nancy LaBarge, Shawn Laughing, Everett Lazore, Erica Legrow, Carvin Lewis, Mike Markham, Rachael Patterson, Krystal Peters, Robert Phillips, Stacie Phillips, Patrick Pritchard, Wallace Ransom, Chastity Shova, Julie Smoke, Michelle Smoke, Taylor Smoke, Michelyne Tarbell, Kasey Thomas, Dale White, Kimberly White.



Ten Years: Amanda Adams, Henry Arquette, Barbara Barish, Barbara Benedict, Wesley Benedict, Nathan Boots, Diane Bush, Faron Cole, Donald Comins, Julius Cook, Rosebud Cook, James Costello, Dana Gibson, Frank Hill, Racine Johnson, Rebecca Lauber, Jerome McDonald, Patricia Pierce, Heather Pontius, Danielle Robbins, Wayne Samphier, Gwendolyn Staves, Robert Sunday, Peter Terrance, Rosemary Thompson, Jody Ward



Fifteen Years: Shari Adams, Daniel Benedict, Anthony David, Dana Henhawk, Robert Henhawk, Katrina Jacobs, Rosemarie Jacobs, Jessica Jock, Derrick King, Nancy Lazore, Nancy Oakes, Robert Paquin, Darline Phelps, Cassidi Thompson



Twenty Years: Walter Bero, Mark Garrow, Kelly Jackson, Alexander Jock, Gilbert Lazare, Nicole Meacham, Matthew Rourke, Jean Square



Twenty-five Years: Aimée Benedict, Marie Benedict, Heather Durant-Benedict, Catherine Gray, Barbara Kelly, Agatha Thompson, Vicki Wood



*Thirty Years: Gloria Herne, April Jacobs, Doris Thomas
Thirty-five Years: Sharon Thompson
Forty Years: Brian Herne*



Akwesasne Clubhouse

An New Alcoholism/Chemical Dependency Program Initiative

By: Anastasia Benedict, A/CDP Clubhouse Supervisor

The Akwesasne Clubhouse is a new initiative in which the New York State Office of Alcoholism and Substance Abuse Services (OASAS) awarded the Saint Regis Mohawk Tribe's Alcoholism/Chemical Dependency Program (A/CDP) funds for youth ages 15 to 20 to have a space that is a safe and welcoming environment for youth and young adults to develop prosocial skills that promote long-term health, wellness, recovery, and a drug and alcohol-free lifestyle. The goal of the Akwesasne Clubhouse is to have the youth in our community gain attributes such as: skill building; peer engagement to foster friendships; self-esteem and self-worth; to develop a sense of responsibility to self and community; to encourage positive family, peer, and community involvement; and to maintain a drug/alcohol-free lifestyle and strengthen recovery. The Akwesasne Clubhouse will also provide its members cultural-centered activities/education, life skills, drug/alcohol education to promote self-awareness and strengthen own identities, tutoring, mentoring, peer support groups, and referrals to health and wellness supported programs.

The Akwesasne Clubhouse is located within the Diabetes Center for Excellence Facility, located at 66 Margaret Terrace Memorial Way, next to Generations Park in Akwesasne. The Clubhouse hours are Monday through Friday from 11:00

a.m. to 9:00 p.m., and Saturday & Sunday from 12:00 p.m. to 8:00 p.m. The Akwesasne Clubhouse welcomes youths from all districts of Akwesasne. At the Clubhouse, there is a professional pool table, ping pong table, dartboard, computers, 65" InFocus Mondopad (a giant tablet), board games, craft supplies for cultural/traditional beadwork, outdoor lawn games,

a gazebo and lawn furniture. The Clubhouse will offer organized programming to participants, along with educational/fun trips and scheduled cultural craft making classes.

The Akwesasne Clubhouse opened to the youth of Akwesasne on *Ohiarikhó:wa*/ July 2, 2018. The official grand opening ceremony for the Clubhouse will take place on *Seskehkó:wa*/September 12, 2018, with a ribbon cutting ceremony.

The Akwesasne Clubhouse is also in the process of changing its name to something more culturally connected to the community. Once a new name has been chosen, it will be announced.

The Akwesasne Clubhouse house staff are: Anastasia Benedict, Clubhouse Supervisor; Clubhouse Workers; Kelly Jacobs, Nicole Smoke, Clubhouse Worker; and Serena Hall. The Clubhouse is in the process of hiring a part-time Clubhouse Worker. ♦



Knowledge of our Elders:

Dorothy Órote (Ruth or Dorothy) Karihwenhawe (she means business) Lazore,

Wakeneniothró:non (deer clan)

Kanien'kéha kherihonnién:ni (Mohawk language teacher)

By Jacey Rourke, Communications Specialist

Karihwenhawe has been teaching the Mohawk language for over 48 years. She is the daughter of Mitchell and Margaret (Monroe) Lazore and has two brothers and three sisters. In June 2018, *Karihwenhawe* was hired as the Saint Regis Mohawk Tribe's first Mohawk Language Professor.

She studied to become a teacher at St. Joseph's Teacher College which had amalgamated and relocated to the McGill University campus. She earned her teaching certificate in 1971 from the University of Montreal. In 1975, she earned a certificate in Amerindian Linguistics. She decided to become a teacher because she was fascinated by the amount of knowledge young children were able to learn and retain.

Karihwenhawe has had an extensive career as a Mohawk teacher. She began teaching in the Mohawk language when she was twenty-four years old. On her first job, she had to create her own textbook. Throughout her lengthy teaching career, she's also developed curriculum for many Mohawk communities. She taught immersion for twenty years in Tyendinaga, eighteen years in Kahnawá:ke, four years with the Akwesasne Cultural Restoration program, three years of adult immersion at the Akwesasne Freedom School, two years teaching employees and community members at the Mohawk Council of Akwesasne, and one year of adult immersion in Kahnawá:ke. She is currently preparing for a two-year Mohawk Language Teacher Certification program.

Aside from teaching, *Karihwenhawe* has also been instrumental in setting up immersion programs in Hawaii, Montana, Alberta,

Nova Scotia, New Brunswick and British Columbia. She has also been invited to present at numerous language conferences.

Until *Karihwenhawe* was six years old, her parents lived and worked in St. Catharines, Ontario. In 1952, her parents moved their growing family back to Tsi Snaihne in Akwesasne. When she arrived in the community, she could only speak English and recalls that everyone else spoke Mohawk. She quickly picked up the *Kanien'kéha* because she had to, no one spoke English back then.

She was so entrenched in teaching the language and consistently surrounded by Mohawk speakers, she didn't realize the Mohawk language had been in rapid decline. She first came to this realization while teaching an immersion class in 1981. Within one generation, or just 30 years, an ancient language had been on the verge of extinction.

Her dreams for revival of the *Kanien'kéha* language begin with modest goals such as using everyone's Mohawk name when addressing one another. She would love to also see new *Kanien'kéha* signage hanging up around the community, for example, in our local store's aisles and on restaurant menus.

Karihwenhawe has no plans to slow down anytime soon. She is going to be very busy over the next two years sharing her gift as the professor of the Mohawk Language Teacher Certification program. Beginning in September, ten students will fall under her tutelage as they aspire to become Mohawk language teachers.

Nia:wen'kó:wa Karihwenhawe for your lifelong dedication to the preservation and revitalization of *Kanien'kéha*. ◇



Child Passenger Safety Week

Seskehkó:wa/September 23-29

Submitted by Outreach Chronic Care Nursing

Car crashes are a leading cause of death for children ages one to 13. Many times, deaths and injuries can be prevented by proper use of car seats, boosters and seat belts.

Did you know?

Every year on average, more than a third of all kids under 13 killed in car crash are not properly buckled up or in a car seat.

Using car seat reduces the chance of infant and toddler fatalities by 71% and 54%.

Every year, on average, more than 100,000 children are injured in traffic crashes involving cars, SUVs, vans and pickup trucks.

Birth to two year - Rear Facing

Infants and toddlers under the age of two and weighing less than 30 pounds must be secured in a rear-facing child passenger restraint system which is equipped with a five-point harness; unless they exceed the maximum rear-facing weight or height limitations allowed by the specific convertible child restraint manufacturer.

- Ensure the child is the correct weight and height for the child restraint.
- Harness height is **at or below** child's shoulder.
- The top of the child's head must be at least one inch below the top of the child restraint.
- Chest clip/ retainer clip should be located on the child's chest at armpit level.
- Child restraint should be tight and move no more than one inch

at the installed belt path (The belt path on a car seat is the space where the vehicle seat belt passes through the car seat frame)

- All child restraints should be installed in the back seat.

Two years or older - Forward facing

Children age two or older, and those younger than age two who have outgrown the rear-facing weight or height limit of a convertible child restraint, shall ride in a forward-facing child restraint with a harness up to the highest weight or height allowed.



- Ensure the child is the correct weight and height for the child restraint.
- Harness height should be **at or above** the child's shoulder.
- The top of the child's ear should not come above the top of the child restraint.
- Chest clip/ retainer clip should be located on the child's chest at armpit level.

- Top tether must be attached to the appropriate anchor in the vehicle.
- Child restraint should be tight and move no more than one inch at the installed belt path.
- All child restraints should be installed in the back seat.

Booster Seats (under the age of 8 and a height of 57 inches)

Children whose weight or height exceeds the harness use limits of a forward-facing child restraint shall ride in a belt-positioning booster seat until the vehicle lap and shoulder belts fit correctly and they are under the age of eight and a height of 57 inches.

- Lap and shoulder belt must be used.

- Both lap and shoulder belt must be under the arm rest on the side where they buckle in.
- Lap belt on upper thigh pelvis.
- Shoulder belt over shoulder across chest.
- Head restraint must be at least as high as the child's ear.

Seat Belts (All Ages)

Children whose vehicle lap and shoulder belts fit correctly and who are over eight years of age or 57 inches in height must be properly secured with vehicle lap and shoulder belts, according to vehicle manufacturer instructions. Adult passengers in all seating positions shall be properly secured with vehicle seat belts according to the vehicle manufacturer instructions.

- All children should ride in the back seat until at least 13 years of age
- Ensure children fit properly in the seat belt by conducting the seat belt fit test:
 - Knees must bend naturally over the seat edge.
 - Lap belt low and snug across the upper thighs.
 - Shoulder belt snug across the chest and shoulder.
 - Position is maintained for the entire ride.

Other Facts

- When you have a new seat, read the manufacturer's instructions before putting your child in a car seat.
- Never put a child in a rear-facing seat in front of an air bag.
- The safest place for your child is the middle seat.
- To maximize safety, keep your child in the car seat for as long as possible, as long as the child fits within the manufacturer's height and weight requirements.
- Winter coats should not be worn underneath a car seat harness that can leave the harness too loose to be effective in a crash. Extra slack in the harness can let the child move to the point where he or she is beyond the protection of the car seat, perhaps even being ejected during a crash.
- Never add extra items that did not come with the seat such as toys, head rests, car seat liners, etc.
- **Under NYS Law a child must in a car seat until eight years old.**
- Children under 12 years of age should always ride the back seat not in the front.

If you have questions or need to see if your child's car seat is properly installed, you can call the Outreach Department at (518) 358-4877 and make an appointment with a Certified Child Passenger Safety Technician. ◇



Certified Child Passenger Safety Technician Melissa Jock with new car seat recipient Lanyah Jackson.

Forestry Resources Updates

By Angello Johnson, Forestry Resource Technician

The Saint Regis Mohawk Tribe, Environment Division, Forestry Resources program thanks the community for participation in its programs and services 2018.

The Chipping Program and the Hazard Tree Assessment Program have both met their resource allocation limits for the year and will not be accepting any further work for the year. These programs provide important health and safety services to the community by first reducing the need to open burn and secondly by addressing trees that are potential safety hazards. The programs are both challenged by demand exceeding resources and therefore prioritizes work for elderly and disabled meeting technical site requirements.

Forestry Resources also implemented an Emerald Ash Borer (EAB) sentinel tree project this year and will continue efforts throughout the fall. The sentinel tree project of 2018 was implemented to give us a better insight of the Emerald Ash Borer (EAB) presence here within Akwesasne. The sentinel trees will help our efforts by giving us an idea of the population density and the spread of this invasive species within the territory. The EAB is an invasive species native to Asia that has been decimating ash tree populations across the United States for decades. With the help of our community, we were able to establish over 200 sentinel trees across Akwesasne.

A sentinel tree is an ash tree that has been girdled with the bark taken off around the base, by doing so the tree becomes stressed over the summer months and this releases a chemical compound that the EAB can smell up to ¼ mile. If there is an EAB presence nearby, the sentinel tree will draw them in and they will infest the tree.

In the fall of 2018, the trees will be removed from their areas and the bark will be peeled off of the upper portions of the trees and scoured for EAB larva. Locations, dates and times for the bark peeling workshops will be determined at a later time.

The ash trees of Akwesasne are culturally important to the basket makers and craftsman within the community. They are an important piece of our culture and we have been working in conjunction with the US Forest Service to slow the spread of this destructive wave of EAB. The response and cooperation of *Akwesasne* have helped tremendously and is greatly appreciated.

On behalf of the Saint Regis Mohawk Tribe's Environment Division, we give a big thank you/ *niawen'kówa* to all of the people who have generously donated a tree to our project.

We have randomly selected five lucky recipients out of the list for free trees! The winners are Robin Lazore, Bernard Cook, Shannon Purlee, Stacey Square and Amanda Back! Tree types are to be determined based on soil composition and owner's preference. Winners need to get in touch with the Forestry Resources program to claim their tree.

Lastly, the program is involved with the Akwesasne Urban Forest Restoration project and will be planting trees at numerous public and private sites. While most sites are now selected and plans being made for the trees to be planted, there are about eight spots that have opened up. Anyone with an interest in participating should immediately contact Angello Johnson by calling (518) 358-5937. Once again, *niá:wen*/thank you. ♦



Enrichment Awards Presented to Tribal Employees

The Saint Regis Mohawk Tribe was honored to once again highlight the exceptional service and performance of five tribal employees with an Employee Enrichment Award. Conducted two times each year, the most recent awards were presented at the annual Staff Appreciation Beach Day held on *Ohiarikhó:wa*/July 27, 2018.

The awards help recognize the ongoing efforts of tribal staff and their exceptional display of service to their fellow co-workers, community members and/or their team spirit and initiative to provide an enjoyable work environment that 'Enriches Our Workplace.'

Individuals are nominated by their co-workers and provide examples, as well as reasons, for the individual's nomination.

Executive Director Tsiorasa Barreiro and Tribal Council presented an Enrichment Award to the following recipients along with a picnic basket made by Angello Johnson, Good Mind Design, a wooden plaque made by Evan Cree, Traditional Lacrosse and a monetary gift of \$300 in recognition of their efforts in providing an enjoyable work environment. ♦



*Tewentahawih'tha' Cole
Health Educator
Office for the Aging*



*Denise Jacobs, Teacher's Aide
Early Childhood Development Program*



*Amberdawn Lafrance
Office Manager
Akwesasne Cultural Restoration
Program*



*Erica Legrow, LPN
Medical Clinic*



*Jamie Snyder, Head Cook
Early Childhood
Development Program*

Superfund Updates

By Jay Wilkins, Grasse River and Craig Arquette, Racer

The Grasse River Project is still currently in the Intermediate Design Phase with a projected Final Design to be presented to us in late fall of this year. Arconic and the agencies involved are hopeful that the in-river work consisting of nearshore dredging and capping of the main channel will begin in June of 2019.

This year, there was continued construction of the Route 131 Staging Area, this is the active construction site on the corner of County Route 42 and Route 131 just north of the Route 131 bridge over the Grasse River. Due to construction delays in 2017 with the ability to drive sheet piling into the hard substrate of the Grasse River shoreline, the work took an additional year and will be completed by November of this year.

Arconic has conducted air monitoring at the staging area for PCBs at four locations during all active construction days and haven't had any exceedances. Also, water column sampling for PCBs and turbidity took place when any work took place along the shoreline and everything has been below the action levels.

Late this summer and into the fall, there will also be work taking place at two upland areas of the project. Both locations are along County Route 42 in the town of Massena close to the main entrance to Arconic and visible from the Alcoa Bridge. Also scheduled for this summer/early fall is a Soft Sediment Capping Pilot Study. There have been four areas identified that contain saturated soft sediments that will receive some capping this year to assist engineers on how

to best deal with this area in the future. This will take place just upstream of the Route 131 bridge.

Racer (Former ALCOA site) is currently excavating the last known site source of PCB contamination on their property. This area is called the 10 million gallon lagoon. The excavation and removal of contaminated soils is expected to be completed before the end of year. However, some backfilling work could happen spring of 2019. Racer is monitoring the air on their property for PCBs. The results have been below their action level. Racer has not set up any air monitors in Raquette Point. SRMT is currently working on

setting up our own air monitors in Raquette to determine what the air exposures are for our community.

Racer still needs to clean up the soil around the beaver pond in Raquette Point, but details have not been worked out yet. When Racer completes the 10 million gallon lagoon and the beaver pond excavation, they will have completed their cleanup obligations identified in EPA's 1990 and 1992 Record of Decisions. After that, they will only be inspecting the St. Lawrence sediment cap and the cap over the dump. They will also be treating and monitoring the groundwater on their property.

SRMT Environment Division is continuing with oversight of the projects and continues to push for more robust clean-up, air and water sampling, improved habitat reconstruction and safety of the environment of Akwesasne during and after the projects. ♦



Route 131 Staging Area from the 131 Bridge.

Employee Spotlight: Theresa Gardner, NP

By Jacey Rourke, Communications Specialist

Theresa Gardner has been with the Saint Regis Mohawk Tribe's Health Services division for over 28 years. She has served as a Family Nurse Practitioner and is now supervisor of the Outreach Chronic Care Nursing Department.

In 1989, Theresa was hired as a Family Nurse Practitioner and worked in the medical clinic for nearly 20 years. Then the medical staff of the clinic only consisted of Theresa and one other practitioner, Charlene Martinez, who worked alongside Dr. Ben Kelly seeing patients in the medical clinic. In the early 90's Beverly Cook joined our team as a Family Nurse Practitioner and that helped out immensely in delivering care to our patients.

Ten years ago in 2008, Debbie Martin, former Director of Health Services, asked Theresa to move from the medical clinic to start the Outreach Chronic Care Nursing Department. Although Theresa was hesitant to leave the comfort of the clinic that she had worked in for many years she agreed to the move and accepted her new position as Supervisor of the newly formed Outreach Chronic Care Nursing Department. Theresa remembers when there were only three nurses employed in Outreach and now they have nine nurses, home health aides, and transportation drivers.

"The greatest achievement of my career has been starting the wound care part of our job in chronic nursing. The wound care has been very important; it's really helped prevent amputations of people's legs, feet and toes. Wound care is very successful and I'm proud to say all our nurses have been trained in wound care and foot care."

Through the growth of the Chronic Care Dept. they are able to offer foot care, wound care, home health aides and medical transportation. Offering these services allows elders to remain in the comfort of their own homes for a longer period of time rather than them having to move into a nursing home.

Theresa's most memorable moment while working at the Saint Regis Mohawk Tribe was when she was recognized for her work with the Saint Regis Mohawk Tribe's Employee Enrichment Award in July 2014.



*Outreach Chronic Care Nursing
Department Supervisor
28 years, 8 months*

"I try my hardest to take good care of my patients. There is always going to be someone angry or really happy with the care I give but I always strive to reach a balance, to take good care of people. I really enjoy the patient care aspect of my job. I love being in the room with a patient, that is where I get to listen to them as we figure out what the issue may be and I try to keep them calm as we figure out what may be going on with them. I tell them to try to not freak out and be scared by all the worse things that can happen to them. My personal motto is 'let's think easy and when we have to think hard WE will think hard'. I really love patient care."

Theresa also manages to find the time to provide infection control trainings for the SRMT employees and programs and the Akwesasne Mohawk Casino. She has also done medication dispersal trainings for the Early Childhood Development Program.

Niawenkó:wa Theresa for your many years of personalized care and dedication. Your compassion and professionalism is beyond compare and we celebrate you, your service and your labor of love. ♦

Seven Dancers Coalition

Standing the Tree Back Up and Sapling to Cedar Programs

By Jacey Rourke, Communications Specialist

Over the span of many decades, the community of Akwesasne has learned to pull together in times of joy and sorrow. Community organizations and agencies have been working together to offer hope and healing to our members. Through the collaboration between the Three Sisters Program and the Seven Dancers Coalition, a new mens program and a youth prevention program has been developed. In 2017, The Saint Regis Mohawk Tribal Council accepted a proposal presented by these two agencies aimed at improving the services offered to men. Generations ago, the dynamics of our communities were designed around the safety and respect of our women and children. Violence against women was not part of our lives. The joint effort between the Three Sisters Program and the Seven Dancers Coalition has taken on the task of restoring peace within the family unit with the development of two new programs for men, *Standing the Trees Back Up* and *Sapling to Cedar Youth Program*.

Seven Dancers Coalition

The Seven Dancers Coalition is a non-profit organization that works with Native American Nations throughout the State of New York. They are one of 18 coalitions currently established throughout the United States whose efforts are focused on the prevention of domestic violence, sexual assault, teen dating violence, stalking and sex trafficking. They provide services to agencies who work directly with the community by offering trauma informed trainings to service providers, law enforcement, advocates, teachers, and others

along with providing community education. Through the work in the community it was realized that just educating women was not enough to make change, and that men also needed some help, and came the idea for a men's program.



Standing the Tree Back Up

Standing the Trees Back Up is a program that supports mens' willingness to change and heal in a safe space so our families and community can flourish now and for our future generations. In order to put a stop to violence in our Indigenous communities it is crucial that we remember the original teachings from our Creator. This program aims to replace dominant culture beliefs that support violence against women with cultural and spiritual traditions that promote respect for women.

Program Manager Harvey Herne is working diligently to strengthen our community and he shared, "The name of our program, Standing the Trees Back Up, is symbolic because the wampum and the Great Law talks about holding hands in our circle to hold one another up for our Confederacy to be strong. We have to hold on tight to what we have and keep that tree from hitting the ground. If the Great Tree of Peace were to ever fall it would take the entire community to stand it back up. The gaps in our circle or fallen trees is where our weakness lies and so if we are weak, the whole community is weak. The strong ones will need to help to pick that fallen person back up in order to keep our circle strong. We are standing the trees backup to strengthen our community."



Mikey Jacobs, Sapling to Cedar, attended a Social in Cayuga with his family. His mother, Chrissy Jacobs shared,

“Over 40 youth from Akwesasne made their way to traditional Cayuga territory. Every nation in the confederacy sent their youth. Together these kids unknowingly put the arrows of our Haudenosaunee confederacy back together. They played together, shared their language and stories, planted in the garden, harvested beans and potatoes for ceremony, and danced together. The Cayuga Nation hadn’t had a gathering of this nature in over 250 years.”

Teaching culture to restore the spirit is a journey. By addressing the multi-generational trauma, colonization, residential schools with this program we facilitate an understanding behind the decline in our cultural ways. We work to restore self-awareness, self-identity, pride and understanding. For many men, a journey inside the SELF and to defeat self-will is a courageous endeavor. With this program, it was also discovered that in order to make a mens' program successful there had to be prevention, which is named *Sapling to Cedar*.

Sapling to Cedar

The *Sapling to Cedar* program will encourage our youth to become the next generation of leaders who will have the ability to identify the issues that affect us and will possess the knowledge and the strength to find solutions.

The youth are introduced to culture and traditional teachings in an effort to raise them up with strong spirits. Men’s Youth Community Outreach Worker, Karatoten Pray Lazore is proud of the work he does and shared his view as to why the *Sapling to Cedar* program is so important.

“We go into the schools and try to reach the children before they begin getting into trouble with drugs and alcohol. We can access the youth and empower them by allowing them to take pride in their culture so they can keep their spirit strong and stay on the right path so they don’t have to experience the pain that we’ve had to heal from as adults.”

If you would like more information on the Seven Dancers Coalition, and the *Standing the Tree Back Up* and *Sapling to Cedar* programs, please give them a call at (518) 358-2916 or check out their website www.sevendancerscoalition.com and be sure to like their social media pages on Facebook, Twitter, Pinterest and Instagram. ♦

Strengthening Native American Preference

By Brendan White, Communications Director

The Saint Regis Mohawk Tribe continues to develop and implement measures that help increase opportunities for Native American contracting and employment on tribal capital projects. In January of this year, Tribal Council enacted Tribal Council Resolution (TCR) 2018-01, which amended the Tribe's prior Native American Preference Policy (TCR 2016-82) and, in the process, strengthened requirements to utilize Native businesses and workers.

Prior to TCR 2018-01, the Native American Preference Policy required the General Contractor to utilize at least 40 percent Native American businesses and trade workers during tribal construction projects. The initiative was a good start for construction of the new Tribal Administration Building however, it soon became apparent that amendments were needed to further strengthen this requirements and its application for Sub-Contractors. As a result, the Native American Preference Policy was amended to require all construction contractors (General Contractor and Sub-Contractors) to employ at least forty percent Native workers during all phases of tribal construction projects.

"We want our Native tradespeople hired to the maximum possible extent," stated Executive Director Tsiorasa Barreiro. He noted, "The Saint Regis Mohawk Tribe and the Akwesasne community are energized by our infrastructure improvement initiatives and it's imperative that our tradespeople understand how they can be a part of this important work."

The amendment saw a drastic increase in the number of Native vendors and workers being used on tribal construction projects throughout the community. What once saw 40 percent Natives Americans used for a specific construction period when the policy was first adopted in 2016 has since increased to as much as 75 percent for particular capital projects, whether it be assorted road projects or expansion of the Health Services Building.



*Ryan Thompson and Colby Bradford
Mohawk Networks Technicians*

To help ensure that this employment threshold is met and maintained, the Tribe's Compliance Department requires construction contractors to submit a Native American Preference Plan, as well as conducts visits to all project sites to verify Native vendors or trade workers are being utilized. Two times each week, a Compliance Officer will travel to the various road projects or other tribal construction projects to visually confirm Native workers are used and logged.

Of course, the ultimate goal is to provide 100 percent contracting and employment opportunities for Native businesses and workers however, some projects require the utilization of specialized trades for services that don't exist locally; such as the installation of elevators. As a result, contracts are awarded to non-Native vendors for specialized projects however, the requirement to employ Native workers is still enforced in helping to develop this trade in the community.

The amendment is a step in the right direction since construction began on the new Tribal Administration Building, with the Health Services Expansion and Renovation Project being the first major project to fall under the updated policy. To ensure it provides

the maximum benefit possible for the community, the Tribe is encouraging all Native vendors and trade workers interested in working on the Health Services Project to submit their resume to the Akwesasne Employment Resource Center, located at 611 State Route 37, for the following areas:

Earthwork	Plantings	Reinforcing
Masonry	Steel	Steel Erections
Fireproofing	Spray Foam Insulating	Metal Panels
Coil Doors	Aluminum Entrance & Windows	Auto Entrance
CFMF/GWB/ACT	Tile Work	Flooring and Carpeting
Painting	Folding Partition	Elevator
Plumbing	HVAC	Electrical

Interested Native worker may also speak with Danny Simmons, site supervisor for Bette & Cring, who has application forms available at the job trailer located at the project site. Individuals may also contact Senior Project Manager Mark Scott by calling (315) 782-0074 or (315) 783-9232, or emailing mscott@bettecring.com.

The Health Services Expansion Project is being undertaken to address the need for adequate physical space in response to the growing population and medical needs of the community. It entails a 17,700-square-foot addition to the existing 14,400-square-foot facility that will provide more exam rooms, outreach and mental health counseling rooms, meeting space, waiting rooms, larger lab and pharmacy, and allow for the return of the Alcohol/Chemical Dependency Prevention Program to the facility. Preliminary site work for the project began this summer, with the project scheduled for completion in December 2019.

Additional employment opportunities in construction and other occupations can be found on the Akwesasne Employment Resource Center's (AERC) website at www.myaerc.org.

Any bids for future construction projects will be posted on the SRMT and AERC websites. ♦



*Ryan McDonald and Donovan Thompson
Lazore's Construction*



*Aaron White
Gitzen Companies, Inc.*



*Andrew Bomberry
Jordstat Construction, Inc.*

Scenes from Summer 2018



New Director Joins Office of Economic Development

By Mary LaFrance, Program Support Officer

The Saint Regis Mohawk Tribe (SRMT) Office of Economic Development welcomes new Director, James R. Lazore. Mr. Lazore is the son of Ronald and Pauline Lazore of Akwesasne. He has first-hand experiences operating small businesses and has many insights into the unique economic challenges facing Akwesasne.

What are you most excited for about your new position as Director for the Office of Economic Development (OED)? I'm definitely excited to collaborate with the team and assist in achieving the goals for the department. In addition, I'm interested in knowing about Akwesasne's business challenges today and the tourism industry development project is a much needed initiative for Akwesasne's economic purposes, and I look forward to getting immersed in this undertaking.

What attracted you to come to work with OED? Working in Grants & Contracts I became aware and learned of the Tribe's initiatives and partnerships with the various local businesses. I was proud to hear how diverse the local economy was, and knowing that I could contribute and be a part of promoting that environment, made the decision easy.

Tell me about your experience with Native small business. My family has been in small business all my life. My grandfather was an auto mechanic who ran a business from a one-bay garage, my father and his brothers expanded that business with a newer facility and added a towing service. I worked from a young age with them and I feel a lot of my experiences were seasoned by the routine tasks and challenges that I witnessed every day, technical and administratively. This exposure in my youth really shaped my interest in pursuing a degree in business and eventually my MBA.

After graduating I moved and worked for 10 years with the James Bay Crees in Northern Quebec. I served as the General Manager for

the business arm of a First Nation Community and was responsible for the management and performance of the Band's multiple business portfolios which included a hardware store, construction, forestry and catering companies to name a few.

Most recently, my wife and I have been operating two café and bake shop franchises (the Canadian version) for five years. And while the Franchisor has a very detailed program they wish for franchisees to deliver on, the operator's day-to-day requirements and challenges are no different than other small businesses. From labor struggles to building maintenance there is no area you don't delve into regularly.



What do you see is the most pressing economic challenges in Akwesasne? While we are unique and fortunate compared to other tribes and nations, we face similar labor force issues for some of our entry level positions. Business models reliant on labor require extensive human resource planning. In addition, understanding the future shortages we will be experiencing in trades and vocations and making strides now to meet that demand is critical.

The International boundary remains restricting for development, such as looking for suppliers a few minutes away as opposed to hours. Creating efficiencies in your business is a constant priority as an owner. Alternatively, this can also be looked at as opportunity whereby we can prepare and attract visitors to Akwesasne through tourism strategies using our close proximity to the international boundary.

For more information on small business services and training provided by the SRMT Office of Economic Development, please call (518) 358-2835 or email economic.development@srmt-nsn.gov. ♦

Improving Our Mental Wellness

By Christine Venery, Mental Health Director

There's a misconception that if you aren't struggling with a mental health disorder, then you don't need to worry about your mental health. But just like you develop habits to keep yourself physically healthy, you can develop habits that improve your mental wellness.

The good news is there is a lot of overlap between what keeps you physically healthy and what helps your mental health!

- **Exercise.** The key is to find the right type of exercise for you – whether that means joining a gym or a casual sports team, going for walks with a friend or a pet, or doing yoga from the comfort of your own home. Physical activity has been shown to help clear the mind, improve self-worth, and reduce depressive and anxious feelings.
- **Sleep.** Poor sleeping habits have often thought to be caused by mental health disorders, but in fact, more recent research suggests poor sleep could be making mental health worse. Following a healthy bedtime routine could make you feel happier, calmer and better focused throughout the day.
- **Diet.** Cutting down on sugary, fatty foods and replacing them with nutrient-rich foods like fish, veggies, and foods that have healthy fats like avocados, has been shown to reduce depressive symptoms in adults.
- **Community and relationships.** Whether the support comes from family, a partner, friends, coworkers, or even pets, feeling

connected to those around you can increase a sense of purpose and love in your life.

• **Relaxation and recreation.** In our busy lives it can be easy to forget about the hobbies you used to love or make time to sit down and enjoy a book. Building in time to do the things you enjoy will help you have a happier frame of mind and give you more bandwidth to deal with difficult emotions when they arise.



Oct. 11 is #NationalDepressionScreeningDay. Take a quick online screening to learn more about the signs of depression – and share this link so others in your life can also have a mental health check-up: www.mentalhealthscreening.org/screening/STREGIS.

Ultimately, it's important to remember that mental health is closely tied to physical health. Treating them both with care and working on your overall wellness will make you feel better in a number of ways.

If you have tried improving these areas of your life, but feel like you need more support, take a mental health screening to see if you have symptoms of a diagnosable and treatable mental health disorder at www.mentalhealthscreening.org/screening/STREGIS. After the screening, you'll be connected to

local resources. You can always reach us at Saint Regis Mohawk Tribe Mental Health Services, Monday through Friday 8:00 a.m. to 5:00 p.m. After hours in the event of an emergency you can reach us by calling the Saint Regis Mohawk Tribal Police at (518) 358-9200, leave your name and number and a mental health provider will get back to help you ASAP. If you or someone you care about are having thoughts of suicide you can call the National Suicide Prevention Lifeline at 1-800-273-8255 or you can use the crisis text line- text "HOME" to 741741. ♦

Employee Spotlight: Joni Cole

SRMT Education Division Higher Education Program Manager

Joni *KatsitsiaɁwerons* Cole (Sharrow) was born and raised in Akwesasne. She is wolf clan. Joni's parents are Janice Swamp-Sharrow and Joe Sharrow. Joni is the eldest of six siblings: Tammy David, Sherri Porter, Jennifer Johnson, Arthur Sharrow, and Joseph Sharrow. Joni was married to Jamie Cole in 1996, and resides in Akwesasne with her two children, Coyodie and Mesa.

Joni graduated from Salmon River Central High School in 1990 then went on to attend Skidmore College and received her Bachelors of Science in Fine Arts in 1995. Joni later completed her Masters of Education Degree at St. Lawrence University for Human Development and Counseling for her Provisional Teacher's Certification in 2007 and continued on to pursue her Counseling Advanced Study for her Permanent Teacher's Certification as a School Counselor from St. Lawrence University in 2009.

Joni is currently the Saint Regis Mohawk Tribe Higher Education Program Manager for the Education Department and accepted the position this past April. Just prior to that, Joni was the Higher Education Specialist for two years. Joni helps students and adults prepare for their college and career, financial aid, applying to college and scholarships, obtain

training and certifications to promote student readiness and retention so students can be gainfully employed in the future.

Joni worked for the Saint Regis Mohawk Tribe for the Department of Social Services as a Program Manager, Massena Central School District as a Native American Guidance Counselor/ Native American Liaison for eight years, Saint Regis Mohawk Tribe as a Caseworker for Preventive Services/ Foster Care/Adoption for five years. She worked for MCA for the Ionkwanonhsassetsi Adolescent Group Home as the Academic Teacher for five years. Joni served in other positions for the following programs: Upward Bound, NCSTEP, PATS, JOM, Intensive Preventive Program, Youth Advocate Program, Salmon River Central High School, and Heritage Treatment Center.

Joni highly values family, education, the environment, and personal wellness. She enjoys all four seasons, being outdoors, gardening, farming, hiking, walking, volleyball, weight training, canoeing, kayaking, camping, and traveling. Joni's hobbies include arts, crafts, painting, beading, sewing, quilting, cooking, reading, meditation, yoga, and visiting family and friends. ♦



4th Annual
2018 Akwesasne Business Expo
Akwesasne Mohawk Casino Resort
Seskehkó:wa/September 25th
2:00 to 5:00 p.m.

- Make new business contacts
- Take advantage of expo specials
- Enter drawings and win prizes
- Discover new products and services

Sponsored by the Saint Regis Mohawk Tribe, Mohawk Council of Akwesasne, Akwesasne Chamber of Commerce, Akwesasne Employment Resource Center and Akwesasne Area Management Board.

For event updates, check Saint Regis Mohawk Tribe and Mohawk Council of Akwesasne Facebook and websites: www.srmt-nsn.gov or www.akwesasne.ca.



Kawennì:ios “Good Words” is published bi-monthly. Subscriptions are available in print or digital versions.

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Connect with us...



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Jacey Rourke, Communications Specialist

Ionwatsi'tsiaiénthon,
“We planted a flower garden”

The Saint Regis Mohawk Tribe Cultural Tourism office cordially invites Akwesasne Mohawk Beaders to participate in creating a beaded flower garden. This project is intended to highlight our experienced Akwesasne beadwork artisans.

Artisans are invited to create their own unique beaded flower and “plant” it in our garden at the upcoming 18th Annual Akwesasne International Pow-wow. For more information contact Penny Peters, (518) 358-4238 or email tourism@srmt-nsn.gov



ABEA Nominee Voting Now Open

The ABEA Awards recognize and celebrate the success of Akwesasne entrepreneurs who are nominated and voted by the community. Voting is being accepted until 4:00 p.m., *Seskehkó:wa/September 7, 2018*. You are allowed to vote once per day.

Cast your vote at:

<https://www.surveymonkey.com/r/ABEAS-2018>

The awards ceremony will be held on Friday, *Kenténhal* October 5, 2018 at the Akwesasne Mohawk Casino Resort. The event is hosted by the Akwesasne Chamber of Commerce with assistance from Saint Regis Mohawk Tribe and Mohawk Council of Akwesasne.

Manhunt Under Way!

Warning, Warning...

By Toryn Sawatis, Summer Intern and
Angela Benedict, Air Quality Program Manager

Radiation Ron is at large and could be in Akwesasne. He is a killer and is also known as RADON. This killer hides in closets and basements and throughout your home. He seeps through cracks in your floor, cracks in the walls, the water supply and gaps around service pipes. He could be lurking around and you won't even know it. Then years later...lung cancer develops. If he is creeping around your home and you smoke you are at a higher risk.

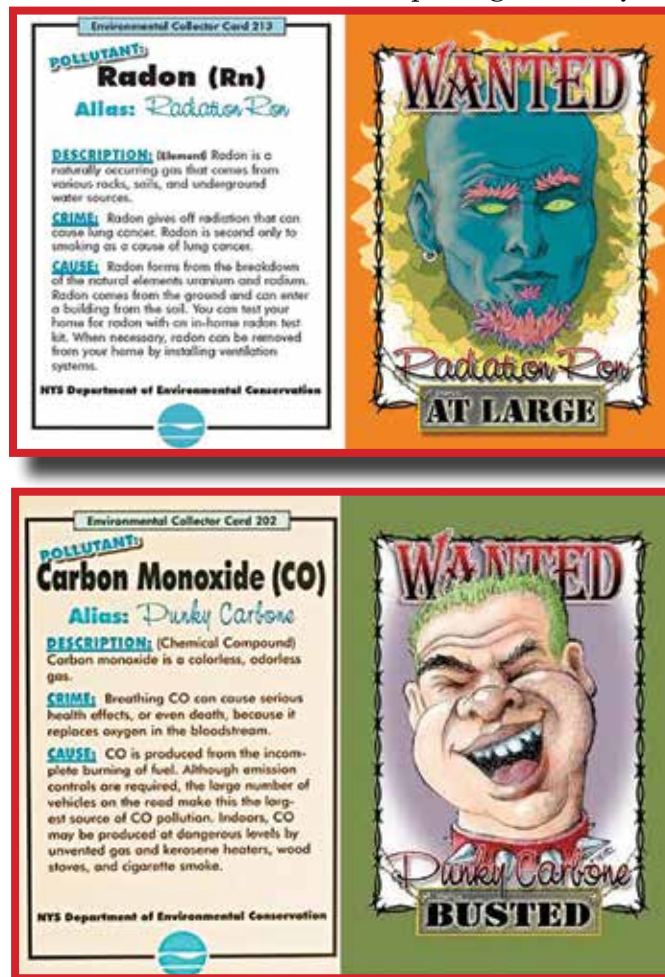
Some might think Radiation Ron is really Pinky Carbone aka Carbon Monoxide but he is not. They are not even related. Pinky contributes to roughly 20-30,000 unintentional deaths each year. Despite putting up similar numbers nothing compares to Radiation Ron. Radon contributes to nearly 21,000 lung cancer deaths in the United States each year.

All kidding aside, Radon is an extremely toxic gas and radioactive element which comes from the natural decay of uranium. Radon comes from the soil and varies in each household. It is measured in picocuries per liter (pCi/L). They say that anything over 4 pCi/L should be outfitted with a

Radon Mitigation System but one Tribe is stricter with that number stating that anything over 2.7 pCi/L needs a system put in. Some housing departments are also in on this as instead of waiting they are putting in the systems when the home is built saving money and lives. How do you fix or prevent Radon from entering your home? Radon Mitigation Systems can be installed in your home and are relatively inexpensive to purchase (depending on where you live). These systems are to be put in by a specialist and when installed correctly, they can reduce up to 99.99% of the Radon entering your home. If you are building a new home, put in the Radon-Resistant feature, it will reduce the overall cost of installing it in your home later.

The only way to find out if Radiation Ron is in your home is to have it tested. So, what are you waiting for? Call the SRMT Air Quality Program at (518) 358-5937 and tell them you don't want Radiation Ron in your house! A technician will come out and check to see if he is there.

So, for now and for the next seven generations let's keep Radiation Ron locked out of our homes and lives! ♦



The New York State Department of Environmental Conservation created 20 air pollutant cartoon character cards that include a description of the chemical, the crime (health effect) of the chemical, and the cause (how and where the chemical is emitted).



Annual Drinking Water Quality Report for 2017

Saint Regis Mohawk Tribe - Public Water Supply ID# 1617071

Introduction

The Saint Regis Mohawk Tribe provides an annual drinking water quality report to Akwesasne homes and businesses to comply with federal regulations. The purpose of this report is to raise your understanding of drinking water and the need to protect and conserve our drinking water sources. Last year, your tap water met and/or exceeded drinking water health standards. We continue to assess and improve our operations to ensure that we continue to provide drinking water that meets and exceeds health-based standards. Details are provided below in the “Table of Regulated Detectable Contaminants” and in the “Notes” following the table.

What’s in the source water?

Your drinking water comes from the surface water of the St. Lawrence River. The sources of drinking water are surface waters such as streams, rivers, lakes or ground water from wells that tap underground aquifers. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and can pick up substances resulting from the presence of animals or from human activity. A Source Water Protection Plan has been developed to help establish a way to protect any source of contamination to the river from upstream sources.

How does the water get to my home?

Water is pumped from the St. Lawrence River to the water treatment plant on Garrow Road. The system currently supplies water to residents and visitors of Akwesasne. The treatment plant is a dual-sand filtration system and uses sodium hypochlorite, powdered activated carbon (PAC), ultraviolet (UV) for disinfection and poly aluminum chloride, a coagulant to remove organic material

from raw water before it enters the treatment plant. The plant has the capability of producing 1.4 million gallons of treated water per day. We presently have 1,000 connections and produce an average of 485,548 gallons of water per day with the highest production of water during August at 15,540,000 gallons. Total amount of water produced in 2017 was 177,200,000 gallons.

The treated water is then stored in a clearwell, pumped to the 500,000 gallon water tower on McGee Road where it is gravity fed to your faucets. It is also stored on State Route 37 for fire protection by way of booster pumps.

How can I get the chlorine taste and smell out of my water?

The water is treated with chlorine before it leaves the plant to protect public health and prevent microbiological organisms from growing. You can place a carbon filter (i.e. Brita) on your faucet to remove the chlorine taste or allow a pitcher to sit on the counter before refrigerating.

To ensure that tap water is safe to drink, the Environmental Protection Agency provides guidance and prescribes regulations that limit the amount of certain substances in water provided by public water systems.

All drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the SRMT Environment Division or the Environmental Protection Agency Safe Drinking Water Hotline (1-800-426-4791).

Do I need to take special precautions?

Some people may be more vulnerable to certain contaminants in drinking water than the general population. Immunocompromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA and Centers for Disease Control guidelines on appropriate means to lessen the risk of infection by *Cryptosporidium* and other microbial contaminants are available from the Outreach Office at the clinic and at the EPA Safe Drinking Water Hotline (1-800-426-4791). If present, elevated levels of lead can cause serious health problems,

especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. SRMT is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <https://www.epa.gov/ground-water-and-drinking-water>.

Regulated Detected Chemical Parameters

Inorganics

Contaminant	Violation Yes/No	Date of Sample	Level Detected (range)	Unit Measurement	MCLG	Regulatory Limit (MCL, TT, AL)	Likely Source of Contamination
Nitrate (as Nitrogen)	No	12/21/17	.27	mg/L	10	10	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
Fluoride	No	12/21/17	<0.1	mg/L	4.0	MCL=2.2 NYSDOH standard	Erosion of natural deposits; water additive which promotes strong teeth; discharge from fertilizer and aluminum factories
Barium	No	12/21/17	.02	mg/l	2	2	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits
Lead ¹	No	10/2017	0.001	mg/l	0	AL= .015 mg/l	Corrosion of household plumbing systems; erosion of natural deposits
Copper ²	No	10/2017	0.08 (.0039-0.25)	mg/l	1.3	1.3	Corrosion of household plumbing systems; erosion of natural deposits

Microbiological Contaminants

Total coliform	No	Monthly (10/mo)	0	Negative or positive	0	1 positive monthly allowed	Naturally present in environment
Fecal coliform and E.coli	No	Monthly (10/mo)	0	Negative or positive	0	None	Human and animal waste

Turbidity

Turbidity ³	No	2017	0.06 (average)	NTU	N/A	1 NTU maximum allowed	Soil runoff; stormwater
Turbidity ³	No	Daily 2017	95%<0.3	NTU	N/A	0.3 - 95% of samples - TT	

Disinfection By-Products

Total Trihalomethanes (TTHM) ⁴ Water treatment plant - WTP	No	Quarterly See Note	27.5 23.5 21.5 18 8.6-WTP	ug/L	N/A	80	By-product of drinking water chlorination
Haloacetic Acids (HAA5) ⁴ WTP	No	Quarterly See Note	14.0 13.0 11.0 8.9 5.75-WTP	ug/L	N/A	60	By-product of drinking water chlorination

Other Detected Contaminants

Contaminant	Level Detected	Unit Measurement	Guideline
Semi-Volatile Organic Chemicals	Non-detect	mg/l	See Note #5

NOTES:

N/A - means not applicable

1 - The level presented represents the 90th percentile of the 19 sites sampled. The minimum # required is 20. Sampling will continue on 2016. A percentile is a value on a scale of 100 that indicates the percent of a distribution that is equal to or below it. The 90th percentile is equal to or greater than 90% of the lead samples detected at your water system. There were no violations due to the 90th percentile being below the action level.

2 - The level presented represents the 90th percentile of the 19 sites sampled. The minimum # required is 20. There were no violations due to the 90th percentile being below the action level.

3 - Turbidity is a measure of the cloudiness of the water. We test turbidity because it is a good indicator of the effectiveness of our filtration system. We did not have any violations of turbidity in 2015.

4 - This level represents the local averages calculated from the data collected on a quarterly basis at five sites. Routine flushing and disinfection management and reduction in chlorine use has kept the by-products in check.

5 - Organic chemical sampling was done on Aug 20, 2015. EPA method 524.2 POC's, Vinyl Chloride, and MTBE was used.

DEFINITIONS:

Maximum Contaminant Level Goal (MCLG): The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLG's allow for a margin of safety.

Maximum Contaminant Level (MCL): The highest level allowed in drinking water. MCLs are set as close to the MCLG's as feasible using the best available treatment technology.

Action Level (AL): The level that, if exceeded, triggers a treatment or other requirement that a water system must follow.

Treatment Technique (TT): A required process intended to reduce the level of a contaminant in drinking water.

Health Effects Language:

Turbidity - Turbidity is a measurement of the cloudiness of the water. It has no health effects. However, turbidity can interfere with disinfection and provide a medium for microbial growth. Turbidity violation of standards for more than four hours may indicate the presence of disease-causing organisms. These organisms include bacteria, viruses and parasites that can cause symptoms such as nausea, cramps, diarrhea and associated headaches.

Total Coliform Bacteria - Coliforms are bacteria that are naturally present in the environment and are used as an indicator that other potentially harmful bacteria may be present.

Fecal coliform - Fecal coliforms and E. coli are bacteria whose presence indicates that the water may be contaminated with human or animal wastes. Microbes in these wastes can cause short-term effects, such as diarrhea, cramps, nausea, headaches, or other symptoms. They may pose a special health risk for infants, young children, and people with severely compromised immune systems.

Lead - Infants and young children are typically more vulnerable to lead in drinking water than the general population. It is possible that lead levels at your home may be higher than at other homes in the community as a result of materials used in your homes plumbing. Additional information is available from the SRMT Health Services or the Safe Drinking Water Hotline (800-426-4791). ♦

Health Services Update

From the Health Administration Office

EDITOR'S NOTE: The Saint Regis Mohawk Tribe's Health Services strives to treat the body, mind and spirit of its clients with respect, courtesy, confidentiality and professionalism. To support their efforts, Health Services Director Michael Cook has provided the following program highlights and responses to some commonly asked questions regarding the many programs and services they have available.

Patient Registration – Health Services

Understand How Health Insurance Works

Prior authorization is the approval that your provider must get from your health plan before you receive certain health care services (including prescription drugs, behavioral health, and radiology). Your insurance company reviews information about your medical condition and the services to determine whether such services are medically necessary, covered services.

When prior authorization is properly obtained by your provider for services included in your health plan, you will only need to pay the copay, coinsurance or deductible that is required by your health plan. If you pay out-of-pocket for a service or drug without the required authorization, you will be financially responsible. Please note, Health Services will only pay the copay, coinsurance or deductible on approved referrals.

Whenever you have a medical appointment outside of our health facility you will eventually receive an Explanation of Benefits (EOB) in the mail. It is required to bring that document to the billing department so we can make a copy.

What is an Explanation of Benefits (EOB)?

An EOB is a document to keep you informed of the health care claims that have been submitted on your behalf. You will receive an EOB after a claim for health care services has been received and processed. It shows what your health plan has paid to the provider, what the health plan has reimbursed you (if applicable), any financial responsibility you may have for services provided, and if services were not paid for by your health plan. Please note, this is NOT A BILL.

It is the patient's responsibility to hand in a copy of your EOB from your provider to the Billing Department, as soon as you receive it. The Billing Department is unable to request this document from your insurance company on your behalf since it is personal health information (PHI). We require this document to determine the final balance owing to the provider in order to process your payment.

How do I select/change my Primary Care Provider (PCP)?

At your next visit to our medical services if you do not have a primary care provider you will be asked to identify one. It is your responsibility to select a PCP within our facility to ensure proper prior authorization of referrals and billing of health care claims at Health Services. Primary care is the first place you go for routine health care. A PCP is responsible processing your referral with an outside provider. Please note, the on-site enroller at Health Services is not always able to select a PCP from our facility during the enrollment application process.

If you require assistance, please contact Patient Registration at (518) 358-3141 Ext.7129/7102. ♦



Tribal Council Resolutions (TCRs)

Ohiari:ha/June 14 to Seskéha/August 23, 2018

Editor's Note: Tribal Council Resolutions are the recorded decisions of the Saint Regis Mohawk Tribal Council on matters requiring a formal expression of such decisions. Some examples include; but are not limited to; adoption and amendment of tribal ordinances or laws that do not require referendum vote, approval of grant applications, appointment of Administrators of estates and conduct of day-to-day tribal business operations requiring a written record of Tribal Council approval. (Source: Tribal Procedures Act, adopted by referendum, Ohiari:ha/June 1, 2013.)

TCR 2018-40 Authorize Office of Economic Development to Seek Funds from the National Endowment for the Arts – Our Town Fiscal Year 2019

TCR 2018-39 Authorization to Seek Funding Under the Low-Income Home Energy Assistance Program

TCR 2018-38 Authorize National Congress of American Indians Membership Renewal for 2018-2019

TCR 2018-37 Amend Tobacco Ordinance – To Increase Tobacco Stamp Fees

TCR 2018-36 Approve the Appointment of Interim Deputy Tribal Clerk

TCR 2018-35 Authorize Office of Economic Development to Seek Funds for the Akwesasne Heritage Complex and Art Park/Gallery (Phase 1)

TCR 2018-34 Clarify Status, Future Collection, and Administration of Fuel and Tobacco Fees

TCR 2018-33 Amend the Room Occupancy Fees Ordinance

TCR 2018-32 Appoint Akwesasne Revolving Loan Fund Board Members

TCR 2018-31 Update Signing Authority for Grant Awards, Funding Agreements, Modifications, Contracts, Land Transactions, and Checks

TCR 2018-30 To Support the Friends of the Akwesasne Freedom School, Inc. Applications for Funding to the Cultural Resource Fund – Phase 3

TCR 2018-29 To Authorize the Tribal Historic Preservation Office to Apply for Funding from the Cultural Resource Fund – Phase 3

Recycling Depot Relocated

The Tribe's Solid Waste Management Program is pleased to report that the recycling depot was relocated to the former Mohawk Bingo Palace across from the Akwesasne Business Center. The recycling depot is a free service, but we ask that you please help their workers by following the instructions and do not leave trash.

Tribal Monthly Meetings

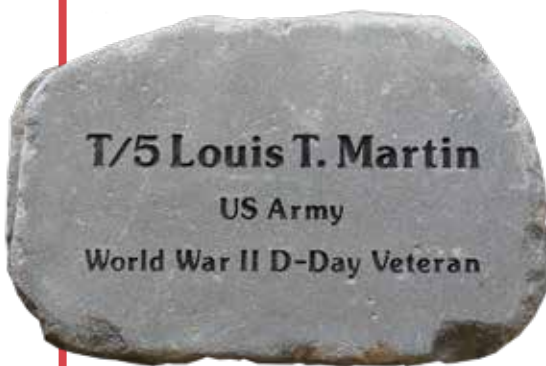
Ohiarikhó:wa/July 7, 2018
Chairperson: Chief Eric Thompson

1. 10:00 a.m. | Recognition of Outstanding Student Achievement by Tribal Council and Director of Education
2. **Review of previous action items:**
 - A. Tribal Council to report on March 2017 Tribal meeting motion from the floor for “Tribal Council to enact in investigation (fact finding) and evaluation of the correlation and relationship between the original Elders Benefit Group and the anonymous propaganda, which is an indirect contradiction to the benefit [to] Elders.” **Completed.**
 - B. Request for Tribe to research Franklin County tax on vehicle registration renewal. **Work in Progress.** *Tribal members charged “user” tax when registering vehicle in Franklin County DMV. NYS Department of Tax and Finance has agreed that this tax is not applicable. Legal Department has contacted Franklin County Attorney and we are hopeful that the monies will be refunded. It was also suggested that local DMV be notified not to charge this fee in the future.*
 - C. Request to incorporate visual aid to monthly tribal meetings, to address request from community members who may not be able to attend because they live out of town or ill. **Work in Progress.** *Communications is working with the new Tribal Clerk on a verification process to be used for a members-only portal on the Tribe's website that will enable tribal members to access tribal meeting video recordings and other meeting materials.*
 - D. June 2018 motion passed for Tribal Council and the Tribal Clerk's office to work with the Tribal Administration to provide information to youth on voter eligibility and the responsibility to be on the eligible voters list, with a report back to the community of the steps being implemented at the January 2019 Tribal Monthly meeting.
3. 10:15 a.m. | Hogansburg-Akwesasne Volunteer Fire Department Presentation by Jason and Adrian McDonald
4. 10:30 a.m. | Elders Benefit Pilot Program Update by Elliott Lazore
5. 10:40 a.m. | Proposed Amendments to the Room Occupancy Fee Ordinance by Elliott Lazore
6. 10:55a.m. | Update on Implementation of Tribal Medical Marijuana/Hemp by Dale White
7. 11:15a.m. | New Business

Engraved Bricks Honoring Akwesasne Veterans

Have you ordered an engraved stone to be placed at the Akwesasne Veteran's Memorial Monument yet? They can be engraved with the veteran's name, rank, branch of service, wars served and years honorably served in the United States or Canadian Armed Forces. You do not have to have all of the veteran's information to order one.

The order form can be downloaded from the Saint Regis Mohawk Tribe's website at www.srmt-nsn.gov or picked up at the Community Building's main reception desk. The next order will be placed soon. For more information, please contact the Tribe's Executive Director's Office by calling (518) 358-2272. ♦



Seskéha/August 11, 2018
Chairperson: Chief Michael Conners

1. Review of previous action items:

- A. Tribal Council to report on March 2017 Tribal meeting motion from the floor for “Tribal Council to enact in investigation (fact finding) and evaluation of the correlation and relationship between the original Elders Benefit Group and the anonymous propaganda, which is an indirect contradiction to the benefit [to] Elders.” **Complete.** *Report by Council.*
- B. Request for Tribe to research Franklin County tax on vehicle registration renewal. **Work in Progress.** *Tribal members are charged “user” tax when registering vehicle in Franklin County DMV. NYS Department of Tax and Finance has agreed that this tax is not applicable. General Counsel is currently in discussions with the Franklin County’s Attorney.*
- C. Request to incorporate visual aid to monthly tribal meetings, to address request from community members who may not be able to attend because they live out of town or ill. **Work in Progress.** *Communications has setup a pilot tribal member only website portal that is currently being tested out. The first agenda item will be a demonstration by Aimée Benedict.*
- D. June 2018 motion passed for “Tribal Council and the Tribal Clerk’s office to work with the Tribal Administration to provide information to youth on voter eligibility and the responsibility to be on the eligible voters list, with a report back to the community of the steps being implemented at the January 2019 Tribal Monthly meeting.” **Complete** *The Tribal Clerk held meeting on August 8th with representatives from Tribal Council, Tribal Administration, Communications Department and Election Board, where it was agreed that the Tribal Clerk’s Office will work with the Communications Department to disseminate information to youth regarding voter eligibility.*
- E. Request to look into the development of a TCR that gives employees the afternoon/day off when a Sub-Chief or Chief passes away. **Complete.** *The Employee Handbook is the proper place for such a change to be implemented. The current SRMT Employee Handbook requires that SRMT operations close on the day of the funeral should a current elected official pass away (Chief, Sub-Chief, Chief Judge). If a former elected official passes away, Tribal Council shall determine whether to close the SRMT operations for the day of the funeral. The Handbook directs the Council to make such a decision based on operational needs and to take into account vital community services. Any changes to this section of the Employee Handbook will be considered as part of an overall Employee Handbook review that will take place this fall, for implementation in Fiscal Year 2019.*
- F. Request to ask Mohawk Networks to provide information on 5G technology. **Complete.** *Please see attached information regarding small cell technologies and 5G as it relates to heath impacts/risks.*
2. 10:10 a.m. | SRMT Website – Tribal Members Only Portal Demonstration by Aimée Benedict
 3. 10:20 a.m. | Community Member Recognition by Council
 4. 10:35 a.m. | Iroquois Nationals Presentation by Mark Martin and Taylor Smoke
 5. 10:50 a.m. | Judicial Oversight Commission Presentation by Kurt Fetter and Martha Montour
 6. 11:05 a.m. | Dundee Land Claim Overview Presentation by Phillip White-Cree, MCA Aboriginal Rights and Research Office and Kayla Sunday and Theresa Benedict, OneFeather Community Engagement Specialists
 7. 11:25 a.m. | Patent Update by Dale White
 8. 11:35 a.m. | Residency Survey Update by Dale White
 9. 11:45 a.m. | Land Claim Update by Council
 10. 11:55 a.m. | Announcements:
 - Notice of Proposed Land Purchase
 11. 12:00 p.m. | New Business

Calendar

Seskehkó:wa/September

3 - Labor Day holiday - All Tribal offices closed
 8 - Tribal Monthly Meeting - 10:00 a.m. - Lobby
 11 - Social Security - 12:45 to 2:45 p.m. - Tribal Clerk's Office
 12 - Police Commission - 3:00 p.m. - Executive Boardroom
 25 - Akwesasne Business Expo - 2:00 to 5:00 p.m. - Akwesasne Mohawk Casino Resort

Kenténha/October

8 - Indigenous Peoples Day - All Tribal offices closed
 9 - Social Security - 12:45 to 2:45 p.m. - Tribal Clerk's Office
 10 - Police Commission - 3:00 p.m. - Executive Boardroom
 13 - Tribal Monthly Meeting - 10:00 a.m. - Lobby
 Wednesdays - Tribal Council Work Session - 9:00 a.m. - Executive Boardroom

New Faces

Michael M Chubb, Partridge House - Resident Aide
 Jonathan M Clark, Social Services - Caseworker
 Keisha M Cook, Human Resources - Assistant
 Laurielee Dumas, Health Services - Business Office Clerk
 Jodi Jackson, Executive Director - Administrative Floater
 Julianne Jacobs, Outreach - Home Health Aide
 Kelly Jacobs, A/CPDP - Clubhouse Worker
 Louis Doug Jacobs, Executive Director - Administrative Floater
 Elyssa B Johnson, Outreach - Home Health Aide
 Joelle A Porter, Family Support - Habilitation Aide
 Chastity Stehlin, Family Support - Habilitation Aide

Brounetta Terrance, Education - Teacher Aide
 Jessica Terrance, Family Support - Habilitation Aide
 Sky L Timmons, A/CDP - Caseworker
 Summer Interns: Kenneth Arquette, Kanatires Barreiro, Chrissy Benedict, Rachel Benedict, Tisha Benedict, Tsiorahkwahse Benedict, Tyana Benedict, Cobie Cree, Thanaokatha Elijah, Blayke Gibson, Jolie Gibson, Mikaylee Henhawk, Rain Hill, Dylan Holcomb, Kyleigh Holcomb, Jade Jackson, Kobi Johnson, Yanenowi Logan, Mackenzie Oakes-Lazore, Lauren Martin, Jasmine Pyke, David Roundpoint, Viola Rourke, Aleesha Smoke, Jenna Tarbell, Presley Tarbell, Alexis Terrance, Thomas Terrance, Talon Thompson, Darilee Wythe

Donations

Sports	\$5,650	Community Events	\$20,000	Funerals	\$10,000
Cultural Development	\$5,000	Training Development	\$500		

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 opportunities are posted at the Akwesasne Employment Resource Center (AERC) at www.myaerc.org.

*Hogwarts School of Witchcraft and Wizardry
invites all witches, wizards, muggles and magical creatures to*

Harry Potter Fall Fest

**Seskehkó:wa/September 22nd (raindate 9/30)
from noon to 4:00 p.m. - Generations Park**

Free Family Event ~ Harry Potter Trivia ~ Craft Stations ~ Magical Presentations
Photo Booth ~ La Quiddich Match ~ Food Vendors (\$\$) ~ Themed Vendors (\$\$)

Dobby Socks

New socks, winter hats, mittens
& scarves will be collected and
donated to local families

Dress up as your
favorite character

Sponsored by Akwesasne Coalition for Community Empowerment (518) 358-2967



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

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POSTAL PATRON

On the Cover: The Saint Regis Mohawk Tribe amended the Native American Preference Policy to provide increased opportunities for Mohawk vendors and trade workers, with the Health Services Expansion and Renovation Project proving successful with an average of 60 percent Mohawk employment. Pictured are (from left) Louis Jacobs and Timmy Rourke, who are just two Mohawk construction workers helping with Health Services Project, which is currently seeking interested Native American trades.