

Tribal
Council
Update

Three Sisters
Program

Employee
Awards

Child
Support
Enforcement

SRMT Kawennì:ios

New
Ultimate
Ironworker



Business Feature

Iakonihsnonhsatsten Massage Therapy

*By Kasey Thomas, Administrative Assistant
Economic Development*

Have you been stressed, have feelings of anxiety or depression? Have you ever contemplated the relaxation techniques of massage therapy? Then you need to stop in at *Iakonihsnonhsatsten* Massage Therapy and schedule your sessions with Niihontesha Tashina Herne, MT.

Iakonihsnonhsatsten (“She has strong hands”) Massage Therapy has just opened to the public and is accepting new clients! She specializes in advanced non-Swedish Massage, Swedish massage, hydrotherapy, pre-sports/post-sports massage, as well as child and infant massage.

Niihonteshawas was trained and certified by Cornwall Elegance College, which included completing 2,200 hours both in-class and outside of class in Massage Therapy. She plans to continue her training within the United States for acupuncture and to become regulated under New York State allowing her to accept most insurance policies.

“I went to school for massage therapy and I want to utilize my training,” said Niihontesha. “I’ve been providing individualized private consultations since the completion of my training in 2010.” This would be her first public endeavor.

Massage therapy aides the release oxytocin, which helps people to cope with issues such as stress, muscle aches, nausea, and depression and helps to reduce anxiety. “If these issues are not addressed it can lead to physical ailments. I’m finding a lot of diseases are stress-induced,” noted Niihontesha. “Massage has been found to benefit children with autism due to the fact they tend to have very low levels of oxytocin.” A previous client had noticeable behavioral changes in their child. The parent is continuing with the massage therapy sessions realizing the benefits of the treatments.

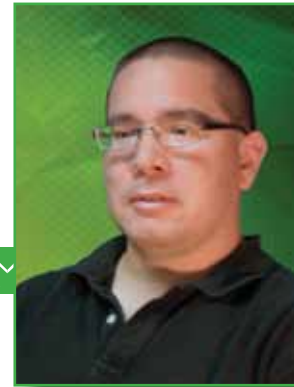


*Making Our Community a Healthier Place by
Making Time for You and your Health*

People have expressed concern over the amount of clothing to be removed during the massage therapy session. “It’s about comfort levels; you can remove as much clothing as possible. Being clothed only prevents the fluidity of the massage therapy movements” Niihontesha also promotes clear and effective communication with all her clients; being able to inform her of how much pressure can be applied to the body. To schedule an appointment, or just find out more, please contact:

***Iakonihsnonhsatsten* Massage Therapy**
498 State Route 37
J & J Insurance Plaza
Akwesasne, NY 13655
315-600-7570 ♦

Good Words of Welcome



Shekon sewakew:kon Akwesashró:non,

Well, it has certainly been quite an educational first six weeks as a member of our Tribal Council. All members of Council have been very supportive and welcoming.

I have been learning how our Tribal government system actually operates over the past month. It is one thing to think that you know how it operates from a community member's point of view, but it is another to see the details of how it actually operates from a Council member's viewpoint. Our weekly Work Sessions are evolving into a regular, structured, agenda-driven time frame where Council can take care of issues from the past week in a structured environment. They are also open to the community to observe, every Tuesday at 9:00 a.m.

I have notes from my house-to-house campaign meetings from the month of May, and they are separated into major topics. I will be sharing them with all of Council to start implementing those that can be implemented. Some may need some time, some may not actually be possible, but all will be looked at. And, they are all confidential, there are no names attached to any of the notes.

Since entering office, I have attended a few great events such as:

- the Diabetes Center for Excellence groundbreaking ceremony,
- the Akwesasne Housing Authority's Senior housing development's expansion,
- the Akwesasne Housing Authority's Direct Loan for low income households, and grant program for Seniors signing ceremony, and
- the Diabetes Center fundraising golf tournament.

Each of these events were great news for Akwesasne! We need to hear more about great events like these.

In closing, I would like to again thank everyone who voted in this year's election. Regardless who you may have voted for, the main point was that you exercised your right to vote. My door is always open. If you have a question, please stop in and see me, I will do my best to answer it, or I will find the answer.

Niawen,

Michael Conners, Jr.

On the Cover: Eric Costa beat six-time defending champion, Chris Prophet, by 5/100ths of a second on the column climb competition.

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From the Office of Tribal Council

Tribal Council is pleased to provide you with this update on a couple of important issues

that have been discussed in the community at large, at tribal monthly meetings and that are of interest to our employees and their families. We feel that we can provide accountability and transparency with a simple step...communicating to our community. It has become clear that changes need to be made within our organization and we are taking the responsibility of delivering the messages first hand. We believe the employees are our biggest asset and understand the importance of employee morale, but we also must acknowledge that we are a business and we have fiscal responsibilities.

As we continue to evolve the organization to better meet the needs of the community, changes will need to be made. Our plan is to publish information on these changes on a regular basis.

Saint Regis Mohawk Tribe's 2011 Wage Freeze

First and foremost, the Saint Regis Mohawk Tribe, (the "Tribe") would like to bring to rest the uncertainties attached to the 2011 wage freeze implemented earlier this year. The Tribe is in good financial health. And the wage freeze was not implemented to punish the employees or disrespect their hard work. Instead it is a collective effort to increase the quality and quantity of services to the community of Akwesasne.

A review of the average salaries and wages of the Tribe, showed a significant increase over the last several years. In 2008, the average wage was \$13.22; in 2009 it increased to \$14.19 and in 2010 wages increased to an average of \$17.85 per employee. In order to maintain the good financial health of the Tribe, a directive to implement a wage freeze was issued.

The Tribe believes that it is important to align

employees' compensation with the level of their performance and organizational contributions, and to differentiate exceptional levels of performance from satisfactory ones. In an effort to shrink the escalating costs, control wages, and keep in line with our philosophy that "merit pay rate increases are intended to reward meritorious employees for their contributions to the organization." Administration was tasked to take a hard look at the evaluation process during this wage freeze and to utilize merit increases to reward employees for performing one's duties with exceptional quality or dedication or both. *In short, to present a system that is fair and equitable to all.*

Saint Regis Mohawk Tribe's Health Care Plan

The Tribe participates in a self-funded health plan for their employees. This means that the Tribe pays the actual costs of all health care coverage. It is not an insurance plan. In an effort to maintain the current level of health care, the Tribe had to take a serious look at ways to maintain the employees' overall benefits. In an endeavor to help one understand this change, a list of frequently asked questions have been compiled and answered.

Why was cost sharing implemented?

Since 2008 the Tribe has seen a significant increase in the cost of health care claims. In an endeavor to control these costs, the Tribe has taken several steps. Initially, the third party administrator was changed from Pequot to Blue Cross and Blue Shield, in order to expand our in-network plan providers and to obtain greater discounts on pricing. Although this resulted in some savings to the plan, it was not enough to offset the rising costs. The Tribe also reduced coverage from 100% to 80%, requiring a 20% co-insurance contribution from employees who do not have another source of coverage. Despite these efforts to minimize costs to the employees, a cost-sharing contribution is necessary in order to continue to provide the current level of health care benefits.

Companies with 500+ Employees	Average Monthly Cost to Employees for Single Coverage	Average Monthly Cost to Employees for Family Coverage
New York State	\$98	\$296
Government	\$70	\$321
SRMT	\$40	\$241.98
Difference	\$30-\$50	\$54-\$79
Difference (Year)	\$360-\$600	\$648-\$948

How were the employee's contribution determined?

Comparable health care plans, both insured and self-funded, were reviewed. All employers polled require some type of employee contribution for health care benefits. In all instances, the cost to the Tribe's employees is significantly less than companies of comparable size. Depending on the type of coverage chosen, the yearly savings to Tribal employees range from \$360 to \$948 when compared to other governmental agencies.

Can an employee choose not to participate in the Tribal Self Funded health plan?

Yes. All employees have the right to choose whether or not to participate in the plan. Some have chosen not to participate because they have alternative coverage. If they do not opt in, they will automatically be removed from the Tribal Self Funded health plan effective September 12, 2011.

Can an employee change the level of coverage?

Prior to September 12, 2011, employees have the option of choosing one of the following three levels of coverage: Employee, Employee plus One, or Family coverage.

When do contributions begin?

Contributions are based on the level of coverage chosen when the employee opted in to the Tribal Self Funded health plan. Deductions will occur on 24 out of 26 pay periods per year. Contributions will be phased in according to the schedule below.

In an effort to increase the quality and quantity of services to the community of Akwesasne, the Tribe will continue to strive toward improving the efficiency, accountability and overall functions of the programs and services. ♦

Pay Day	Employee	Employee +1	Family
September 22, 2011	\$ 20.00	\$ 20.00	\$20.00
November 3, 2011	\$ 20.00	\$ 50.00	\$80.00
January 12, 2012	\$ 20.00	\$ 85.85	\$120.99

Children of the Seventh Fire

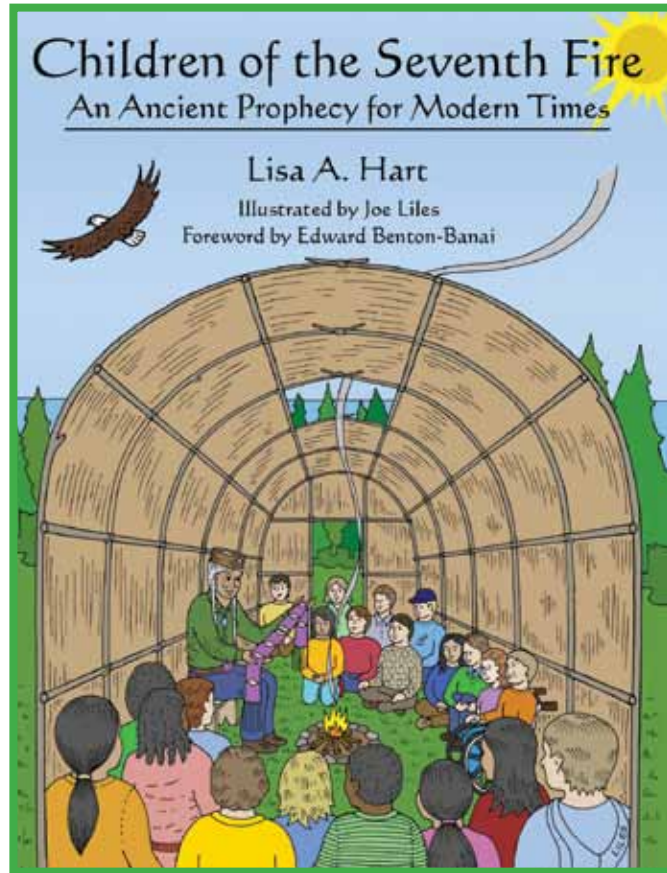
An Ancient Prophecy for Modern Times

Press Release

Using oral traditions from the indigenous people of eastern North America, author Lisa A. Hart has woven the Anishinabe Prophecy of the Seventh Fire into a children's story titled *Children of the Seventh Fire—An Ancient Prophecy for Modern Times*.

Children reading the story learn how to interpret the universal themes of each of the seven prophecies (or fires) as Native and non-Native children in the story visit a Native American reservation and listen to Kinoo, an Ojibwe elder, as he retells this ancient wisdom. He teaches that we are living in the time of the seventh fire and in order to move into the time of the eighth (and final) fire, we need to live in balance and harmony in a world where Earth and its people are treated with respect.

Children in the story learn ways to live an environmentally friendly lifestyle through recycling, energy conservation, clean energy creation, and legislative involvement. These lessons make environmental awareness and action accessible for children of all ages reading the story. They will also



New Children's Book Opens Door to Environmental Education through Indigenous Prophecy



This is author Lisa Hart's first book. The project took 15 years.

learn about the importance of living in peace, love, brotherhood, and sisterhood, and respecting other cultures.

The 40-page softcover book is published by McDonald & Woodward Publishing and includes a personalized pledge page, glossary, a list of many relevant print and web resources, and more than 50 color illustrations by artist Joe Liles. The Foreword was written by Edward Benton-Banai, Grand Chief of the Three Fires *Midewiwin* Society and author of *The Mishomis Book: The Voice of the Ojibway*. A teacher's guide for grades 4-6, published by the Lisa Hart,

will be available upon release of the book. For more information, including endorsements, visit www.mwpubco.com/titles/childrenoftheseventhfire.htm or contact the publisher at 1-800-233-8787.

Founded in 1986, The McDonald and Woodward Publishing Company publishes books on cultural and natural history, natural resources, and educational resources. ♦



It's Getting Hot in Here, So...

By Angela Benedict, Air Quality Program Manager

Turn on the air conditioner. I bet you thought I was going to say, "Take off all your clothes." I can't say that. Did I get you singing?? Anyway, as you can see this month's article is about heat. I am a firm believer in air conditioning. Heat messes me up. I can get an upset stomach and a real bad headache, almost migraine. Heat and sunlight are bad combinations that cook pollutants in (into?) the air. Pollutants or chemicals have this trait that when they are heated. They increase their activity and when they are cooled, they slow down. So when the sun is out and the temperature is up, so are the reactions of pollutants. Ground level ozone is a prime example. The air quality program only monitors ozone between Onerahtokha/April and Kentenha/October just because of that reason. There is no reason to monitor when the reactions are slow. Now of course in the urban areas it is different because there is a lot of pavement and concrete. Hence the name: concrete jungle. And what do pavement and concrete do? Collect heat and release it making it feel even hotter than it is.

So what else does heat do? With high humidity it can be dangerous for people with respiratory problems. When the ground is dry, on dirt roads or in dirt parking lots the dirt and dust get airborne making it worse. The dirt and dust you see is just the tip of the iceberg. It's the particles you cannot see that are the most dangerous: particulate matter. There are two types of particulate matter that some agencies monitor for called PM 10 or PM 2.5 (or fine). The number has to deal with size. Here size DOES matter because the smaller particle (2.5 versus 10) gets into the lungs and actually travels further making it worse for the person inhaling the particles. Now I am not a doctor nor do I claim to know everything about this. There have been lots of studies not just on dust but indoor/outdoor wood smoke, cigarette smoking and other types of particulate matter pollution.

Back to heat. Some medications also make it difficult to withstand the heat. The best thing to do is to talk to your doctor and find out if you should restrict your outdoor activity. Also, if there are any restrictions on how much water you can drink because that could play a factor in your heat index. Another big issue with heat is if you are diabetic, type I or type II. The Mayo Clinic has done some research and an article was printed in the *New York Times*. It stated that diabetics are unable to deal with increasing temperatures as a non-diabetic would. What happens is as the temperature rises our sweat rate increases to help balance out our core temperature. In diabetics this happens, but at some point the sweat rate levels out, allowing the body's core temperature to rise. This is not good because when your core temperature rises you are more likely to become dehydrated and succumb to heat stress.

So when it is hot out there are things you can do to improve the air quality.

In our area:

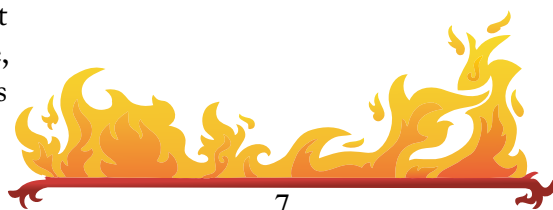
Carpooling - Less cars on the road the lower the emissions of ozone forming chemicals and particles.

Refuel at night - Lower temperatures prevent gas vapors from escaping and then getting cooked into smog by the sunlight.

Don't mow your lawn - not only does this affect you, it affects the atmosphere by the emissions of gas powered lawn equipment.

Set air conditioners a little higher - reducing your power needs ultimately reduces the emissions from making the power.

So for today and the next seven generations let's keep the temperature down within ourselves and the changing climate. ♦



Update on the Tribal Leadership History Project

*By Lillian Benedict-Barton
Records Officer*

There are so many different things happening in the records office lately. As I mentioned in my article in the Onerahtokha/April 2011 issue of *Kawenní:ios*, the “Tribal Leadership History” project is part of the activities. So far, I have conducted two interviews with elders in the community and sifted through some archived newspaper articles to collect some facts for this project. Exact dates of service of life chiefs from 1802 until 1838 have been difficult to pinpoint, but I do have six names. I have not been able to name any chiefs between 1838 and 1913; however, between 1914 and 1934 I was able to find name three.

Again, exact dates of service is not clear. There is a great deal of information between 1935 and present. A thanks to Jean Herne for obtaining pictures and dates of service.

If you can help me out with this project by contributing your time to do an interview or by submitting any copies of information you may have, it would be appreciated. My vision for this project is to complete it by 2012, which will mark the 210-year anniversary of the “Establishment” of the Saint Regis Mohawk Tribe’s government. ♦



Very Little Information Exists for Tribal Councils Before 1935

Chief Name	Dates of Service	Birth/Death	Important Facts/ Known Family Members:
William Gray	Late 1700s		
Joseph Wood Joseph Bero (Biron) Loren (Lorin) Tarbell trustee Chief Peter Tarbell Jacob Francis Joseph Tarbell	1802		In the year 1802 Tribal Council was created. Representatives or trustees had been selected to work with New York State to protect the interests of the Saint Regis Mohawks. Life chiefs were chosen by members of the Tribe to govern it's affairs.
	1824		Four men were recognized as trustees and were authorized by the Tribe to transact all business for the American side of the Saint Regis Indians.
	1834		
Chief Alexander Solomon	1895		
Chief Noah Lafrance	1914		
Chief Mitchell Laughing	1914		
Chief John Gray	1914		
Colonel Louis Foote	1915		See Ogdensburg Advance and St. Lawrence County Democrat
Chief James Deer AKA "Running Deer"	1920s		His daughter, Princess White Deer, performed in the 1927 Ziegfield 9 O'clock Frolic. Wife: Georgette Osborne Deer Daughter: Esther Louise Georgette Deer Born 1891
Chief Joseph Terrance (Joe Cheese)	1921		

School Daze for Dogs

By Jennifer Herne, Animal Control Officer

Back to school usually is an exciting time for most of us; new school supplies, new clothes, seeing your friends from last year and meeting your new teacher. But for the family dog this isn't such an exciting time. Now Rex will be alone for most of the day. There will be no one to pet him, brush him, give him treats when he obeys a "Sit, boy" command, no one to throw a tennis ball into the river only to dive in the water and splash, and hear the laughter of his master when he exits the water with the tennis ball in his mouth. Imagine the confusion for Rex when the house is quiet, the neighborhood is empty and no one is home. Poor Rex, where did everyone go?

Dogs are social animals. They need to be with their "pack." When you bring a dog into your family, your family unit becomes the pack in the mind of your dog. When you are not there they become bored and lonely. If you can provide your pet with toys to keep him occupied while you are away from the home, he won't be a crazy acting hyper dog when you get home after a long day of work and school. Well, he may be a little hyper because he is so happy to see you again. It is very important to give him the attention he needs as soon as you return home, at least 15 minutes of play time; this can be tossing a Frisbee, throwing a ball in a game of fetch, or even a quick swim in the river if you are lucky enough to live near one. Remember, he has been sitting all day longing for your return, and when you do he is ready to go. This is also a great stress reliever for you and your children. If you had a long day at work and feeling a bit stressed, your kids may have been bullied at school and feeling sad, what better way to make everyone feel a little better by playing with Rex? ♦



*“Pets are free therapy,
why not make some
great use of it!
Pets are therapeutic.”*





Dear Tinkle:

My two dogs, Bella and Bailey, eat grass. Is this normal and why do they do it? B&B BFF

Dear B&B BFF:

Bella and Bailey are domesticated dogs who descended from wild wolves and foxes who ate all parts of their “kill.” This included the stomach contents of many wild animals who ate berries and grass. Many scientists

believe grass was once part of a dog’s normal diet and eating small amounts of grass is normal. Does grass aid in digestion? Scientists aren’t really sure. But, we do know that when a cat or dog eats grass they usually vomit afterwards, but when they eat grass are they purposely trying to induce vomiting? We don’t really know the answer to that but we do know that grass eating in moderation is ok and usually isn’t anything to worry about.

Tinkle

Fact or Myth?: Dogs should have a litter before they are spayed. This is NOT true, it is a myth. Dogs that have a litter before they are spayed are not better for it in any way. In fact, spayed dogs are at lower risk for breast cancer and uterine infections.



**Don't Shop -
Adopt**



The Three Sisters Program

By Amber Montour, Program Manager

The Three Sisters are valued throughout the confederacy. The seeds are our life givers, just as our women. It is time to honor the women as we do the Earth.

“The seeds were our first teachers. They remind us of our connection to the earth, our mother, our healer.”

The Three Sisters Program offers a Safe Home for battered women and their children and advocacy for male and female victims of Domestic Violence and/or Sexual Assault. Our staff can help you with safety planning and facilitate supervised visitation and visitation exchange for children at risk of abuse.

“There are many things that we learn from our traditional teachings, such as the creation story. When *Iakotsi'tsison* [Sky Woman] came to this world, she arrived without many things. She had no home. She had no family. All she has were her seeds. She had to overcome a lot of things to take care of those seeds. She had to work through her grief, she faced many difficult challenges, but she had to care for those seeds. She walked, she danced, she sang, she cried.”



Our program provides a range of responsive, culturally appropriate services that transform, strengthen, and empower adults, youth and families. The Three Sisters Program name change does not minimize the importance of addressing sexual assault and domestic violence.

It affirms a renewed emphasis on prevention, healing and sustainability.

The change contextualizes our responsibility to end violence and emphasizes our goal of supporting each other, just as the corn, beans and squash thrive when standing together.

The sweet grass braid encircles the sisters: one strand represents the man, one represents a woman, and the middle strand is the Creator; showing us that partners have their own path and that the Creator is always there for guidance, teaching, direction, healing and protection.

***Always Here to
Protect, Empower
& Guide Our Sacred
Families***

Please join us in October, as we launch the “Shine a Light on Domestic Violence” campaign. This initiative will inspire social change while restoring safety, value and dignity within our community. For more information please call 518 358 4406. ♦

Circle of Violence: Their Spirits are Torn

By Karonienhawī Thomas

My mother told me about a presentation she saw that mentioned how one kind person can make all the difference to a victim of sexual assault. This stood out to me—that one act of kindness from one person could have such a profound effect on someone in the midst of trauma. I thought of an article I had read about infants in a Romanian orphanage who had no meaningful human contact, no mother to rock them to sleep, no father to comfort them when they were sick. The orphans who were continually unstimulated by any meaningful human contact would sometimes roll over and just pass away, some say from heartache.

A mother's soft voice or the reassuring whisper of a father to a child is often not heard by some children in Indian country. Often, women in Indian country suffer through sexual violence without any meaningful human contact. Like the infant that turns to the wall and dies, so does part of the woman or man who is victimized. Women and children in Indian country are statistically more likely to suffer acts of violence and sexual assault than any other racial group in the United States. That distinction is a result of historical oppression picked up and internalized by our people, culminating in physical and sexual violence. It all starts with the disrespect prevalent in cartoons, movies, music, punch lines, workplaces and homes. But it's time to stop ignoring it.

I have been honored to hear many enlightened women in Indian country speak about these issues with great conviction and understanding. I can remember listening to my mother and my aunts speak about the true beauty and awesome power that our life givers carry. One of the greatest gifts the creator gave to us as human beings was the ability to learn, the ability to forgive and the ability to change. When you look at what prevents our people from recovering—not just from the generational oppression pressed upon the chests of our women, men and children, but from addiction, domestic violence, grief, abuse, and sexual violence—you may find a common thread. We excuse and accept these types of violent behavior as normal. We have become a population of blind bystanders who fail to act, fail to understand and fail to accept our own responsibility in this assault on our families. Fortunately there are relatives who are standing up and calling attention to the mess we find ourselves in. They are delivering a message of change that is beginning to gain momentum.

I have had the honor of working with some amazing people in my job as a special investigator of crimes against women and children. These women, men and children

suffered from the ultimate offenses at the hands of loved ones. They are amazing not only because they survived but because they survived in spite of having to stand alone, outnumbered and ignored.

One woman I know was so beaten and bruised her spirit had been torn to pieces. She held herself together using what she had been taught: denial, drugs, self-loathing and shame. Her spirit, mind and body had suffered every humiliation and punishment a person could take. As she revealed that she was an addict, a victim and a willing participant in her own nightmare, it was hard to remember that there was a beautiful woman beneath her negative behaviors and poor choices.

Sometimes people in helping professions may unwittingly contaminate their service with their own standards and biases. They may label the victim as uncooperative or unsuitable. This leads the victim to being dismissed or overlooked because she is a disadvantaged, drug-addicted, uneducated, woman from Indian country. She is often treated as if she has no value, and that is the worst blow of all—the minute she, too, believes she is not worth a kind word or positive energy. The point when we as helpers become “us” and the victims become “them” is the beginning of our participation in the oppression.

Who is to blame? Is it the offender who abuses his or her family? Is it the non-offending parent that continues to stay? Is it the childhood of either one of these people? Or is it the relatives who sit back and watch? Or, perish the thought, is it us when we say, “That ain't any of my business”?

We can either continually re-traumatize each other or decide to be part of the answer. We have been left with the hollow truth that we participate in our own oppression. We add to our relative's pain when we ostracize a victim because of their disclosures, when we withhold friendships and friendly glances because we are uncomfortable. The answer lies within. We must turn to our ability to learn from mistakes, to change our own behaviors and to forgive ourselves, each other and those who hurt us.

Karonienhawī Thomas is a Saint Regis Mohawk Tribal police special investigator of crimes against women and children, including sex crimes, child abuse and neglect. She is a mother of two.

Reprinted from The Circle of Violence Series, Reflections on Communal Pain and Dysfunction, Indian Country Today ♦

Understanding the Rules for the Recycling Game

Part 1 - Supply and Demand for Recyclable Plastics

By Laura J. Weber, Solid Waste Program Manager

Last month we concluded our series about sustaining in tough economic times. Hope you enjoyed the series and learned more about our operations. We also gave you an “Action to Sustainability Challenge.” This month’s article will help you with last month’s challenge.

Last month we asked you the question, “Do you know how and what types of plastics are acceptable for recycling?” Most of us get confused when trying to recycle plastics. There are so many numbers to remember. How do we know which ones are recyclable? Do we sort or not and what about labels? Remove them or not remove? And just when we get all figured out, those solid waste people seem to change the rules of the “recycling game” that we find ourselves in.

We understand all the challenges in trying to sort the rules out for the recycling game. Over the next couple months we hope to help provide some information to help you become the best plastic recycler.

Most of us probably don’t think of that plastic bottle we’re throwing out is a commodity, but it really is. Recycling markets are established to accept those bottles and treat it as an economic good. Supply and demand for economic goods made



from plastics greatly impact the type of plastic needed and the recycling prices paid. Recycling markets provide the channel for the exchange of recyclables between the collector/processor and companies needing the material to manufacture the economic goods. Recycling markets greatly influence the types of plastics collected and change with time.

Let us look how this all works. Suppose a soda beverage company had a high demand for their new soda beverage. The company would need plastic bottles for the soda. The soda beverage company gets their plastic to manufacture the new plastic soda bottles from a recycling processing company. The Tribe collects the #1 used plastic bottles and sells to the recycling processing company. As long as the demand for the new soda remains high, the Tribe can continue supplying the used bottles. What happens if the demand of new soda dies? Exactly! The company doesn’t need to make new bottles from the old bottles that the Tribe is supplying. Hence, the Tribe lost its market for the #1 plastic bottle and either needs to find a new market or stop collecting it.

We’ll turn our focus next month to the numbers on the plastic bottles now that we understand the relationship between supply and demand for recyclable plastics. ♦

Action to Sustainability Challenge

(Applying knowledge learned to make sustainable decisions in your life).

The Tribe anticipates beginning its electronic waste (E-waste) collection in September/Seskehko’wa. Begin gathering your old E-waste and watch for more information about this new program.

What is Chronic Wasting Disease?

By Nolan Jacobs, Wildlife Technician Intern, SRMT Environment Division

Chronic Wasting Disease (CWD) is a brain disorder that kills deer and elk. Although the exact way in which CWD is transmitted among animals is not known, the most likely path is through saliva, urine and feces between infected and non-infected animals.

There is currently no evidence that CWD is transmissible to humans. The lack of evidence, however does not prove humans are safe from CWD. Research in this area is continuing. Until more is known, hunters directly exposed to game animals are advised to take some minimal precautions to ensure safety.

Although the agent that causes CWD has not been positively identified, strong evidence suggests that prions are responsible. Prions are abnormally shaped proteins that are not destroyed by cooking. Accordingly, hunters are advised not to eat meat from animals known to be infected with CWD. Research shows that prions are usually found in certain parts of infected animals -the brain, eyes, spinal cord, lymph nodes, tonsils and spleen. Based on these findings, hunters in CWD areas are advised to completely bone out harvested deer or elk and not consume those parts of the animal where prions likely accumulate. In and around Akwesasne, hunters can field dress harvested deer and elk in a normal manner.

Even though infected animals might not show any obvious signs of the disease until the later stages, some things to look for are staggering or standing with very poor posture, and an exaggerated wide stance with their heads and ears lowered. They also become emaciated and will appear in very poor body condition. Drooling or excessive salivation may also be apparent.

Where has it been found?

There have been a number of documented CWD cases occurring in the U.S. including a small number of cases found in Oneida County in Upstate N.Y. in 2005.

What is being done?

There are extensive surveillance programs in place nationwide that monitor the spread of CWD. In cases of CWD infection, the preferred approach is mandatory quarantine, followed by whole herd depopulation and appropriate carcass disposal.

Here at the Environment Division, there will be a deer sampling program starting this fall. Samples will be collected and sent to Cornell University for testing. Hunters are encouraged to participate. Through our combined efforts, we hope to ensure that this culturally significant species will be here for generations to come.



For more information regarding CWD please visit www.cwd-info.org.

Deer Hunters Wanted

The SRMT Environment Division is looking for your participation this fall. We will be initiating a sampling program for white tail deer in and around Akwesasne. The deer will be measured and weighed, as we will be looking to assess the overall health of the deer population here in Akwesasne. In some cases samples will be collected to be sent out for testing, or to determine the age of the deer. Every hunter who participates will receive a gift, and be entered into a grand prize drawing. For more information please call Nolan Jacobs, SRMT Environment Division at (518) 358-5937 Ext 124. ♦

2011 Employee Awards Ceremony

By David T. Staddon, Editor

The tribe's annual Employee Recognition Day was held on Friday July 22 this year. Tribal Chief Ron LaFrance was on hand at the Cedar View golf clubhouse to act as the emcee for the ceremony. Thirty-nine employees were recognized for their years of service in various capacities to the Saint Regis Mohawk Tribe.

Employees with 10 and 15 years received beautiful limited edition prints by Jordan Thomas. Mr. Thomas incorporated the tribal logo into his artwork. Each print had special symbols that represented the years

of service. Employees receiving five year awards got sweet-grass bookmarks, certificates of appreciation and special time off from work. For those employees who had reached the 20 and 25 year milestones, baskets made by Josephine Lazore were awarded.

Employees enjoyed a luncheon of hot dogs and hamburgers accompanied by potato, macaroni and fruit salads on the menu. A big thanks to all tribal employees for their hard work and dedication to the community. ♦



Name	Hire Date	Years	Title	Department
Shelley Brown	2/28/2006	5	Teacher Aide	Early Childhood Devel
Jennifer Cook	7/8/2006	5	Visitation Monitor	Three Sisters
Eileen Cook	7/14/2006	5	Police Officer	Tribal Police
Linda Dumont-Jerome	3/23/2006	5	Admin Assistant	Social Services
Sean Gambill	5/26/2006	5	Youth Worker	Group Home
Sara J. Gotham	3/27/2006	5	Admin Assistant	Family Support
Ellen Gratton	7/3/2006	5	Habilitation Aide	Individual Residential Alt
Brad Haywood	5/8/2006	5	Counselor -Training	A/CDP
Marla Light	4/27/2006	5	Prevention Worker	Social Services
Debra Mason	7/7/2005	5	Habilitation Aide	Individual Residential Alt
Michele F. Mitchell	7/20/2006	5	General Counsel	Legal
Christine Neault	3/20/2006	5	Child Care Teacher	Early Childhood Devel
Sharon Oakes	8/8/2005	5	Dispatcher, Law Enf	Tribal Police
Stacie Stickney	1/4/2006	5	Shift Supervisor	Group Home
Rhonda Tarbell	4/19/2006	5	Admin Assistant	Three Sisters
Alice M. Tarbell	1/18/2006	5	Laboratory Tech	IHS - Lab
Margie Tatlock	6/12/2005	5	Home Health Aide	Chronic Nursing Care
Colleen A. Thomas	2/12/2006	5	Construction Manager	Planning & Infrastructure
Theresa D. Thompson	6/5/2006	5	Youth Worker	IPP
Melerena Back	1/2/2001	10	Prevention Coordinator	A/CDP
Carrie A. Benedict	4/2/2001	10	Compliance Inspector	Compliance
Joseph D. Chamberlain	3/12/2001	10	Vocation Rehab Counselor	TVR
Loretta A. David	3/12/2001	10	Receptionist	Environment
Alvin Deon	6/2/2001	10	Maintenance Mechanic	Maintenance
Laurie Lee M. Dumas	1/14/2001	10	Administration	Tribal Gaming
Nadine Jacobs	4/16/2001	10	Grants & Contract Sp	Administration
Melissa Jock	2/12/2001	10	Admin Assistant	Family Support
Lacey S. Peters	2/28/2001	10	Program Manager	Office for the Aging
Sheila Ransom	2/5/2001	10	Senior Records Manager	Tribal Gaming
Jean Square	7/15/2001	10	IPP Case Supervisor	IPP
Bettina Whitebean	2/21/2001	10	Habilitation Aide	Respite Autism Program
Nicole David	4/17/1996	15	Administrative Assistant	TVR
Larry J-M Edgley	1/22/1996	15	Sergeant	Tribal Police
Timothy Major	4/25/1996	15	HIP Foreman	Home Improvement
Laura J. Murphy	1/14/1996	15	Department Head	Disability Services
Theresa L. Seymour	5/30/1996	15	Secretary	Environment
Sherry Roundpoint	6/24/1991	20	Medical Secretary	IHS - Medical
Robert A. White	7/10/1991	20	Gaming Inspector	Tribal Gaming
Benson Kelly	7/21/1986	25	Medical Doctor	IHS - Medical

Parade of Nations Festival

Fundraiser for the Developmentally Challenged
Theme: National Costumes and Outfits of the World
Seskehko:wa/September 17 & 18, 2011

- *A fundraiser for a Light in the Tunnel Program for the developmentally challenged and those with special needs;*
- *an opportunity to thank everyone for what they do for our community;*
- *a celebration of our personal accomplishments no matter the size;*



- *a celebration of our ancestral origins;*
- *a promotion of our local artists, artisans performers, writers; and*
- *an introduction of local businesses, profit and non-profit organizations and groups of all kinds.*

Saturday, Seskehko:wa September 17th Activities

Historical Parade - 10:30 a.m.

- From St. Lawrence College to Lamoureux Park. Showcasing the flags of the ancestral genetic make up of the people of Akwesasne, Cornwall and Stormont, Dundas and Glengarry (SD&G), including the flags of countries that no longer exist. Note: The parade is not a venue for political or religious propaganda.

Float & Vehicles Contests

- Registration fee: Float \$5.00; car, van, truck, motorcycle, bicycle, wheelchair - \$2.00. One trophy for each category. Judging: Saturday, September 17th, at 9:30 a.m. at St. Lawrence College.

Regalia and Aboriginal Outfits, National & Clown Costumes Contest

- Registration fee: \$2.00, 13 up; \$1.00 kids up to 12. Judging: Saturday, September 17th, at 9:30 a.m. at St. Lawrence College.

Food Art Contest

Registration fee: Amateur category: \$2.00, age 13 up; \$1.00, kids up to 12; \$5.00. Professional category. Judging: 3:00 p.m., in Lamoureux Park

Entertainment

Local artists perform from 12:00 noon to 9:00 p.m. in Lamoureux Park.



Gigantic Trade Show

Over 40 vendors offering a wide variety of arts and craft items, fine arts and merchandise from 11:00 a.m. to 9:00 p.m., in Lamoureux Park.

Silent Auction and raffles

Held throughout day in Lamoureux Park

Arts and crafts

For kids, throughout the day in Lamoureux Park

Sunday, Seskehkó:wa/September 18th Activities

Kite flying contest

Registration fee: \$2.00 age 16 and up; \$1.00 kids up to 15. from 10 a.m. to 3:00 p.m., at the Bowl near the RCAF Association Wing 424, 240 Water Street West, Cornwall, Ontario. Judging: all day

Photography Contest: Black And White And Color

- Registration fee: Amateur category: \$2.00 age 13 and up; \$1.00 kids up to 12; \$5.00 professional category. You have until noon on September 18th, to register. Maximum of two entries. Judging: 2:30 p.m. in Lamoureux Park.

Entertainment

- Local artists perform from Noon to 9:00 p.m. in Lamoureux Park.



Gigantic Trade Show

- Over 40 vendors offering a wide variety of arts and craft items, fine arts and merchandise from 11:00 a.m. to 6:00 p.m. in Lamoureux Park.

Silent Auction and raffles

- Held throughout the day in Lamoureux Park.

Arts and Crafts

- For kids, throughout the day in Lamoureux Park

For additional information at www.paradeofnations.com, by e-mailing info@paradeofnations.com or calling 613-936-6873.

For more information visit: www.paradeofnations.com

Attention: All Akwesasne Artists, Artisans, Writers & Performers

The Parade of Nations has created a list of artists, artisans, writers and performers of all kinds to be displayed on their website. There are currently close to 200 names of people from Akwesasne. However, for many, we only have an e-mail address. The organization is looking to add a picture of the person and/or their art work and would like to add a short biography to be also translated in French. There is no charge for this listing and you are permanently advertised for your talents!



Please visit www.paradeofnations.com under artists, artisans, regional writers and performers and check the content under your name. If you would like to be added send your information to info@paradeofnations.com or leave the information with Lindsay M. Tarbell, Parade of Nations, Director Aboriginal Sector, SRMT Office of Economic Development, 518.358.2272. ♦

August Tribal Meeting

Seskeha / August 6, 2011
Chaired by Chief Ron LaFrance

Agenda

1. Introductions:
 - Welcome
 - Reading of Action Items - Tribal Clerk
2. Sec 502 & 504:
 - Akwesasne Housing Authority Representatives:
Melanie Conners & Kerry Jacobs
3. Wage Freeze / Health Care:
 - Sub-Chief Shelley Jacobs
4. Casino Expansion:
 - Chief Mark Garrow
5. Reading of Action Items - Tribal Clerk
6. Adjournment

Action Items from August Meeting

- To hold an informational meeting with Akwesasne Housing Authority re: Section 502 and 504 on Thursday August 18, at 5 p.m., SRMT lobby
- To have program directors at next monthly meeting to answer questions directed to their department
- To look into the wage freeze being capped at \$12.00 for those tribal employees making minimum wage
- To speak to Corrina on JOM's summer program regarding age appropriate field trips for the students, ex: Calypso Park instead of zoo
- To look into the ratio of Natives vs. non-natives resigning or forced to resign from our gaming facilities
- To look into having an office for an advocate for sick children as an outlet to help parents
- To reintroduce the zoning ordinance for businesses in residential areas

Calendar

Seskehkò:wa /September 2011

10th - September Tribal Meeting - 10:00 a.m. - Community Building Lobby

13th - Social Security Administration - 1:30 to 3:30 p.m. - Tribal Clerk's office

22nd - Election Ordinance Meeting - 6 p.m. - Community Building Lobby

New Faces

Ratsienhahiens Adams

Colleen C. Cook

Bonnie L. Currier

Andres Daoust

Lucinda M.

Kimberly A. Jackson

Marlee King-Jacobs

Rebecca Lovett

Teesha Mitchell

Nicole Moore

Arthur Pascale

Sheena T. Smith

Ky Tarbell

Katsitsoronkwas Thompson

JOM

Partridge House

Health Services

JOM

Family Support

Early Childhood Development

JOM

A/CDP

JOM

Akwesasne Group Home

Pharmacy

Partridge House

JOM

Early Childhood Development

Youth Worker

Night Security

Business Office Clerk

Youth Worker

Habilitation Aide

Teacher Aide

Youth Worker

Receptionist

Youth Worker

Case Supervisor

Pharmacist

Counselor

Youth Worker

Teacher Aide

Summer Students: Kanatiio Adams, Elijah Benedict, Karlee Bigtree, Zachary Hopps, Tia Mitchell, Meghan Smith, Trenton Tarbell, Karyss Terrance, Nolan D. Thomas

Giving Back

Sports Events - \$ 3,500

Community Activities - \$ 1,500

Fund-raising Activities - \$ 1,250

Funerals - \$ 1,000

Jobs

Custodian - Maintenance

Maintenance Laborer - Maintenance

Committee Members (2) - Judicial Advisory Board

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

Which Car Seat is Right for Your Child?

By Erin Barnes, Outreach Chronic Care Nursing Department



Infant Car Seat

Birth -22 pounds

Can only be used in a rear-facing position.

Handle must be down when used as a car seat.



Convertible Forward Facing Car Seat

22-40 pounds

Child can go into this seat when he/she reaches one year of age and weighs 20 pounds or more.

Harness straps must be moved to top slot in a forward facing position.



Convertible Car Seat

22 pounds to 40 pounds

Can be used in a rear facing position up to 35 pounds.

Child must remain rear-facing until he/she reaches one year of age and weighs 20 pounds or more. **NOTE:** A child is safest in a rear-facing car seat until he/she is well over one year old.

Booster Seat

22-80 pounds

A child weighing between 22-40 pounds can use a high back booster seat with the internal harness and the seat belt routed through the back of the car seat.

High Back



A child weighing between 41-80 pounds can use a backless booster seat without the internal harness. Lap/shoulder belt in car goes directly over the child's body (just like an adult). **Note:** A child must be in a booster seat until they're 8 years old (under New York State Law).

Backless



NOTES:

- Never place a rear or forward facing car seat in front of an air bag
- The safest place for a child under 12 years old is in the middle of the back seat
- A child cannot ride in the front seat till they're 13 years old (under New York State Law)
- Car seats do expire over time make sure to check the expiration date on the car seat

The Outreach Chronic Nursing Department at the Saint Regis Mohawk Health Services has a Car Seat Program available to parents and care givers who are in need of a car seat. If you have any questions or make an appointment with one of our Car Seat Technicians please call 518-358-3141 ext 130. ♦

Tribe to Start Child Support Enforcement Unit

Tribal Orders to Get Full Faith and Credit

The Saint Regis Mohawk Tribal Court will soon be able to handle child support cases involving tribal members on lands within the jurisdiction of the Saint Regis Mohawk Tribe. “This funding will be phased in over a six year period,” remarked Chief Judge Peter J. Herne. “The start-up phase of this grant will involve establishing the program, purchasing equipment and hiring staff.” The second phase is the operational phase which will start in the third year of the program, followed by the fully comprehensive phase in year six. The U.S. Department of Health and Human Service’s Office of Child Support Enforcement is providing funding for the program. This federal funding will meet 100 percent of the costs in the first phase, 90 percent in the second and 80 percent in the third. Seventy-five other tribes are doing Child Support Enforcement Unit work – “start to finish” child support work. “This will be the first Tribal Child Support Enforcement Unit in New York State,” said Tribal Court Administrator Dr. Barbara Gray.

“We currently have about 300 child support cases here in Akwesasne and parents pay about \$1.2 million in child support payments,” said Judge Herne. “As in any community, a number of cases need to be settled here.” Generally, a parent filing for a child support case will not need to retain an attorney to pursue the case, and nearly all matters involved in the case will be

addressed at the Saint Regis Mohawk Tribal Court.

This program will allow the Tribal Court to handle all child support cases in its jurisdiction and confirms the court’s jurisdiction, both on and off Indian lands. “The biggest plus for the court and the children who will benefit from child support payment enforcement is that our court orders get full faith and credit across the country,” observed Judge Herne. In other words, the Tribal Court orders for child support payment can

be enforced anywhere in the United States. With the Tribal Court handling all these child support cases, it will also alleviate the caseload in Franklin and St. Lawrence Counties, where Saint Regis Mohawk Indian Reservation cases are currently heard.

“This has been a long process,” said Judge Herne. “We began two years ago when I approached Tribal Council with the idea and they were very responsive and supportive.” The

Tribal Court received a letter dated June 11, 2011, notifying them of the award. Judge Herne traveled to New York City to receive the notification letter and work out some of the final details of the entitlement funding. “We are very pleased to start this program to improve children’s lives here in Akwesasne,” said Judge Herne. The Tribal Court staff will be holding a series of public meetings to inform the public about the program. ♦



Kesha Rodriguez, Region 2 Tribal Liaison, Joyce Thomas, Regional Administrator and Judith Albury, Program Specialist from the U.S. Dept. of Health and Human Service's Office of Child Support Enforcement present the award to Chief Judge PJ Herne

On The LAMM

By Clarissa Chatland, ICWA Program Coordinator

During the week of the week of August 7-12, 2011, Clarissa Chatland from the Saint Regis Mohawk Tribe Indian Child Welfare Act Program attended the Learning Academy for Middle Managers (LAMM) in Rutherford N.J. This training event is sponsored by Portland State University and the National

Indian Child Welfare Association. Mrs. Chatland was able to work with a tribal cohort and her own change initiative for the Saint Regis Mohawk Tribe. This is just one of several LAMMs held throughout the country with Tribal Cohorts. ♦



Pictured are: Terry Cross CEO of NICWA in Portland, Oregon, Kassie Lee: Mashpee Wampanoag Tribe, Clarissa Chatland: St. Regis Mohawk Tribe, Yvonne Avant: Mashpee Wampanoag Tribe, Sharon Francis: Seneca Nation of Indians, Ann Printup: Tuscarora Nation, Debra Clayton, NICWA



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