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**Kawenni:ios**

The Great Akwesasne River Cleanup

Working Together Today to Build a Better Tomorrow  September/October 2017
Akwesasne Continues Making Strides in Tourism Industry

By Gail McDonald, Akwesasne Heritage Complex Project Developer

Following the Introduction of the Akwesasne Tourism Project, the Akwesasne Working Group and its new employees (Kawenni:ios Newsletter – May/June 2017) will be working over the next five years to develop cultural tourism and implement the Akwesasne Tourism Strategic Action Plan (ATSAP). The team presents the following update on activities and progress being made.

Tourism Industry Development Manager Penny Peters, Tourism Business Incubator Manager LaToya Rourke, and Akwesasne Heritage Complex Project Developer Gail McDonald have been busy learning the nuances of the tourism industry and to operationalize the tasks and deliverables identified in the ATSAP. The first year of the Administration for Native Americans SEEDS Grant funding is rapidly approaching and the team is working to ensure that our commitments and obligations are being met. The team has collaborated to achieve some ‘quick wins’ in advancing Akwesasne tourism for the community’s benefit. During this time, we have had the pleasure of working with our summer intern Quintana Hart, who is in her third year at Clarkson University’s Data Intelligence and Business Analytics Program, in developing a business database and coordinating various activities.

In these first few months, the emphasis has been on continuing community engagement, outreach and networking — in the community and regionally. We are currently developing a work plan and preparing funding proposals for the planning and development of an Akwesasne Heritage Complex (museum, library, archive facility, and welcome center) and the proposed Art Park. We are also seeking specialized consultants to assist in the development of the Destination Management and Marketing Organization and an “Experience Akwesasne” Business Plan to oversee tourism development and sustainability. Consultants are also being sought to complete an Interpretive Plan that will help identify the major tourism themes through historical research and develop cultural guidelines and protocols. Lastly, we have been working hard to implement the Tourism and Artist Business Incubator and establishing various policies and procedures to help grow the Akwesasne tourism businesses.

In the coming months, we will set up a Welcome and Information Center Kiosk at the Akwesasne Cultural Centre, reintroduce and update the Experience Akwesasne App, develop innovative ways to promote Akwesasne artisans, and advance plans to improve the green park space along the west side of St. Regis River at the former-Hogansburg Dam.

If any Akwesasne organization or group wants to learn more about the Akwesasne Tourism Working Group and the ATSAP; please do not hesitate to contact us at (518) 358-4238 to arrange a presentation from the Tourism Team.

Please look for us at the upcoming Akwesasne International Powwow, as we will have a booth to help showcase cultural tourism. There are even more exciting developments ahead, so stay tuned. ♦
Shé:kon Wa’tkwanonhweráton,

It is with great honor and responsibility that I have been elected to serve as Sub-Chief for the Saint Regis Mohawk Tribe. I express my gratitude to the whole community, whether you reside here or elsewhere, who voted in this year’s election. I look forward to serving the people — to listen, to learn and to be on top of your issues.

In my inauguration speech, I noted that we face great challenges and today we move forward. We may take different paths however, due to our individual decisions. We make different decisions for different reasons. At times, life is grand and other times we face difficult challenges. Some decisions we make may affect our day and other times our lives. These differences are what makes each of us all special. We all have different strengths, weaknesses and opinions. The only thing that is a given, is change. Change is inevitable. No matter what, we cannot stop it.

Since starting my position as Sub-Chief and attending many of the Tribal Council’s meetings, I see the subtle changes and collaborative efforts being made. Tribal divisions are faced with having to decide what programs to cut because of decreased federal funding. The Trump Administration has vowed to make deep cuts to the EPA, which will impact our environmental programming. The Administration is also attempting to cut Medicaid that will be felt at the tribal clinic, which is already strained from the same level of funding it has received since 1978. All of these and other federal budgeting decisions will have a great impact on the Tribe and the community as a whole.

With that being said, Tribal Council has implemented a framework to help meet the needs of the community through a strategic planning process that included community input sessions. The 10-year Strategic Plan, titled “Working Together Today to Build a Better Tomorrow”, identifies priorities in the areas of economic development and revenue generation; legislative and policy development; and ensuring a healthy environment — in the community and workplace. The Strategic Plan has a role for all stakeholders, including the participation of individual residents in the upcoming 2020 U.S. Census to substantiate the need for more funding to support community programming and services.

During this whirlwind of a month, it has been an eye-opening experience on the amount of work that is being done. I’m hopeful that the Elders Benefit Working Group will soon complete their research and provide a sustainable plan to help the ones in greatest need. Land Claims is a work in progress and we have a great legal team that is working diligently to get our community the best results. The Agriculture Program is moving forward and, hopefully, we will see our own farmer’s market in the near future. Generations Park is a constantly moving place; with local youth using the lacrosse box, roller skating, and playing on the playground; as well as older community members on the walking trail or enjoying local entertainment underneath the pavilion.

In closing, Niá:wén again to all the people that I had the opportunity to talk to. Your issues did not go unheard. Your wisdom, advice and encouragement is one I will never forget. It has empowered me to work with all Tribal Council members and go forward with a good mind.

To my family, whom I am so grateful for, Konh no ron kwa.

Skén:nen,

Sub-Chief Agnes “Sweets” Jacobs

Good Words of Welcome
Tribal Council Resolutions (TCRs)
Ohiarihkó:wa/July 1 - Seskéha/August 2, 2017

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 # 2017-48 To Approve and Authorize the Execution of Agreements With SRC Labs, LLC in Relation to the Intellectual Property Project
TCR # 2017-47 To Approve the Appointment of an Interim Deputy Clerk
TCR # 2017-46 To Request to the Bureau of Indian Affairs to Contract Under P.L. 93-638
TCR # 2017-45 To Authorize Grant Application to New York State Household Hazardous Waste Program
TCR # 2017-44 To Approve the Guaranty of Mohawk Networks, LLC Line of Credit
TCR # 2017-43 To Grant Akwesasne Housing Authority Lease for Sunrise Acres III
TCR # 2017-42 To Update Signing Authority for Grants Awards, Funding Agreements, Modifications and Contracts
TCR # 2017-41 To Appoint Patrick Soloman as Associate Judge to the Tribal Court of Appeals
TCR # 2017-40 To Appoint Lisa Garabedian as Associate Judge to the Tribal Court of Appeals
TCR # 2017-39 To Appoint Patrick Soloman as Associate Judge to the Tribal Court
TCR # 2017-38 To Appoint Lisa Garabedian as Associate Judge to the Tribal Court
TCR # 2017-37 To Accept the Construction of the Planning and Infrastructure Building as Complete and Other Related Matters
TCR # 2017-36 To Approve and Authorize the Execution of Documents Related to Intellectual Property Project and Related Matters ♦

Engraved Bricks Honoring Akwesasne Veterans

Help remember and honor a loved one’s military service by purchasing an engraved brick or plaque at the Akwesasne Veteran’s Memorial Monument. The first set of orders are being prepared now.

For $50 (USD), the veteran’s rank, name, branch of service and years served will be recognized and permanently memorialized as an Akwesasne veteran who honorably served in the United States or Canadian Armed Forces. Additional veteran’s name are only $25 each.

The order form can be downloaded from the Saint Regis Mohawk Tribe’s website, at www.srmt-nsn.gov, Facebook page, or can be picked up at the Community Building’s main reception desk.

Payment needs to be in the form of a check or money order, made payable to “Saint Regis Mohawk Tribe,” and can be dropped off or mailed. For more information, please contact the Tribe’s Communications Department by calling (518) 358-2272 or email communications@srmt-nsn.gov. ♦
The Saint Regis Mohawk Tribal Council is engaging the 115th Congress and the Trump Administration to advance legislative priorities, including: the right of Mohawks to cross the border in accordance with the Jay Treaty; environmental concerns from three Superfund Sites; and expansion of broadband to neighboring communities. Below is a summary of the meetings they attended, with a complete reporting provided at the August Monthly Tribal Meeting:

During the week of February 6th, Chief Beverly Cook and Chief Eric Thompson attended the United Southern and Eastern Tribe's 2017 Impact Week and met with the offices of Congresswoman Elise Stefanik (R-NY) and Senator Charles Schumer (D-NY) to amend the Immigration and Nationality Act to have tribal identification cards recognized for border crossings and eliminate language to prove “50 percent or more blood of the American Indian race,” as well as discussed broadband expansion in the North Country.

During the week of February 13th, Chief Cook, Chief Thompson, and Sub-Chief Michael Conners attended the National Congress of American Indian’s 2017 Winter Session and joined a congressional press conference on Missing and Murdered Native American Women, a roundtable on Indian Health Services, and met with congressional members to discuss broadband and border crossing legislation.

On March 21st, Sub-Chief Conners gave testimony on broadband to the House Energy and Commerce Subcommittee on Communications and Technology and provided recommendations to challenges, including: grant requirements, grant awards being received as reimbursements, use of tribal bidding incentives for the Connect America Program, and lack of understanding on the capabilities of a tribal telecom enterprise.

On April 7th-8th, Chief Ron LaFrance and Sub-Chief Conners attended the Democratic Congressional Campaign Committee's 2017 Santa Fe Issues Conference for a discussion on tribal sovereignty, promoting economic development, increasing educational opportunities, and including tribes in the federal government’s infrastructure package.

On May 10th, SRMT submitted testimony to the House Appropriations Subcommittee on Interior and Environment on protecting EPA funding that supports Air Quality, State and Tribal Assistance, Water Pollution Control, Brownfields, Superfund, Pesticides, Solid Waste, the Great Lakes Restoration Initiative, and Environmental Justice programs.

During the week of June 6th, Chief Thompson and Chief Cook attended the National Congress of American Indian's Mid-Year Conference for a session on the Trump Administration’s legislative priorities and attended a USET meeting to talk with Kootenai Tribe of Idaho's Attorney General on the formation of a Northern Tribal Border Alliance.

During the week of July 17th, Chief Thompson, Chief Cook, and Chief Conners attended the National Indian Gaming Association's 2017 Summer Legislative Conference on legislative priorities from healthcare, tax reform, opportunities for economic development, and infrastructure development among other important areas of federal Indian policy.

Tribal Council also met with the Governmental Accountability Office on the investigative report and expanded on submitted testimony regarding impacts Superfund Sites are having on the community’s health and environmental well-being. The agency was receptive to the difficulties faced with the EPA and there’s a willingness to visit Akwesasne.
The Office for the Aging (OFA) has an estimated 878 elders, over the age of 60, living on the southern side of the Territory. There are 411 emerging elders between the ages of 55 to 59; which totals to 1,289 elders registered with the program. The elders are verified by the Office of the Tribal Clerk however, not everyone is enrolled with the Tribe. The OFA has been using 1,349 to estimate service levels.

All statistics for the OFA are based on service. The OFA cannot provide what is being sought unless specific information is requested. Sometimes there is no service for what the elder needs and sometimes they do have to wait a little bit before they get served. Nevertheless, the OFA Program and staff hold the senior's/elder's care and well-being to the utmost importance. If there is something we cannot provide the program canvasses the Tribe to find assistance for the elder, and in most all cases, the elder is always helped.

Below is a breakdown of the current services being utilized by the seniors/elders registered with the OFA:

- **Lawn Care** - No wait list (at maximum limit of 36 people).
- **Air Conditioner Lending Program** - The OFA has sixteen (16) units out and installed, with three (3) left to lend out. The OFA purchased eight (8) additional units this year.
- **Home Repairs** - No wait list (three repairs scheduled). This is for minor repairs that includes loose steps, removing screens, fixing doors, etc. Larger repairs are either referred to Home Improvement Program or the OFA contracts the work to be done. Approved work depends on seriousness of the repair and availability of funding. The OFA has been working with #9 Fuels and Compliance Department to identify elders who need fuel tanks replaced. The OFA staff are committed to replace one tank a year at an estimated cost of $1,200.
- **Home Care** - No wait list. North Country Home Services currently has a shortage of aids, so OFA staff help refer the client to either Outreach or the Consumer Directed Program. The OFA staff also help move client from North Country Home Services when they are not receiving all the hours that are authorized.
- **Transportation** - No wait list. The OFA has implemented an Assisted Transportation Program for individuals who are unable to shop or visit the doctor by themselves due to health issues. Requires three-day’s advance notice to avoid overbookings however, the OFA helps the client reschedule the appointment and driver. No issues with daily bus transportation.
- **Recreation and Education** - No wait list. Biggest issue is finding affordable instructors for the cultural craft classes.
• **Health Promotion** - No wait list. The program’s health promotion program is mainly evidenced based programming. Requires a minimum number of elders (usually 8 to 12 people). The OFA was able to take 65 people to the Oneida Wellness conference. The OFA chartered a 55-person bus and started a wait list. When the list got to 10 people, the OFA arranged for the 14 passenger van to go.

• **Home Delivered Meals** - No wait list. The OFA has a 2-hour delivery limit. At this time, the OFA is running deliveries for 1 ½ hours. Once the program’s deliveries reach the 2-hour limit the OFA will start a wait list. Once a client is wait listed, they will need to wait for another client to come off the regular delivery list or until another run can be added.

• **Congregate** - No wait list (on regular meal days). The OFA runs into the wait list issues during special meals, such as Mother’s Day or other special events. During special meals, kitchen staff will prepare around 150 Congregate Meals and 40 Home Delivered Meals. This requires meal preparation to begin a day or two before the actual event and to set a meal limit. The OFA does start a wait list and will call elders as the OFA receives a cancellation. The OFA also takes every opportunity to reach out to elders who are regular attendees and make sure they know about the event and have reservations. The maximum seating for the dining room is 150, which becomes very uncomfortable and difficult to serve. As a result, the OFA tries to keep dining room seating between 100 to 130, with program volunteers and staff seated in the sunroom.

• **Legal Assistance** - Has a contract limit on hours. Increased from 110 hours in 2014 to 160 hours in 2017, which represent a 45% increase. Elders can meet with a representative from the Legal Aid Society twice a month at the OFA. Elders also have the option of working directly with their office in Canton. This is only for civil issues, no criminal issues will be handled.

For more information on the above services available for seniors, please contact the Tribe’s Office for the Aging at (518) 358-2963 or visit their facility located at 29 Business Park Road (behind the Tribal Justice Building) in Akwesasne, NY.

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**Office for the Aging Holds Total Control for Home Care Instructor Training**

On July 27th, fifteen professionals of Akwesasne attended the Total Control for Home Care Instructor Training. This training was sponsored by the Saint Regis Mohawk Tribe Office for the Aging EISEP. Our instructors, Rozena McCabe, Ph.D., NSCA-CPT, and Diana Everette, Ph.D., were very knowledgeable and helped to lessen the stigma attached to incontinence issues.

In attendance were nurses, professional caregivers, physical therapists, activity directors, and fitness educators in the aging services field from the Saint Regis Mohawk Tribe and Mohawk Council of Akwesasne as well as community members who shared an interest helping older adults. Everyone was taught how to deliver a program in one-on-one and group settings to help older adults reduce their urinary frequency and urgency. This included learning about how to exercise the pelvic floor muscles, which are an important part of regaining and maintaining bladder control. As well as how to deliver behavioral and nutritional tips related to bladder health for older adults. When asked “what was the most interesting thing you learned from this training?” our instructors commonly said that they were surprised at just how many exercises there are to help with incontinence. And how common of an issue incontinence was, but no one really talks about it. One instructor said “I’m glad we can turn that around.”

**About the Program**

The Total Control program is an evidence-based fitness and education program for pelvic health. Designed by physicians, physical therapists, and exercise professionals, the Total Control curriculum focuses on spinal stability exercises and behavioral changes that can improve pelvic health. Total Control Platinum is a chair based version of the original program and is designed for older adults and individuals with limited mobility. The program was developed through a partnership between the Women’s Health Foundation and Fitness for Brain, Body, and Balance, LLC., in order to extend the program to agencies that help older men and women directly in their homes.
The Saint Regis Mohawk Tribe’s Compliance Department has provided 219 elder homeowners with a $100 voucher to have their home heating unit cleaned and serviced. During the past month, the Compliance Department distributed vouchers to tribal elders 65 years and over residing within a 15-mile radius of the Tribe to help them with keeping their furnaces maintained.

Tribal elders received the $100 vouchers in the mail, along with a letter noting it is redeemable at the following approved (other vendors may added) oil burner service providers:

- Abe Roundpoint  
  (518) 353-0645  
- Mohawk Plumbing  
  (518) 358-4856  
- Mullarney’s Garden  
  (518) 483-1111  
- Suburban Propane  
  (518) 483-2710  
- Call Compliance Department at  
  (518) 358-2272 to add a vendor.

Now in its third year, the Elder’s Heating Unit and Service Assistance Pilot Project has already seen positive benefits for tribal elders. The number of emergency calls and the amount of replacement units installed during the previous winter season was down. The Compliance Department attributes the project’s success to the following preventing measures:

- The heating units were serviced in the early fall prior to being used the most, which typically required minor service to prevent emergency calls or major breakdowns, and

  - The units with major issues were detected early and those eligible households were added a list for open competitive bidding to receive a replacement unit prior to the winter heating season.

Although the pilot project is only offered to elderly households, there are cost and energy savings benefits that every household should consider before the chilly autumn nights set in. Oil Heating unit manufacturers and industry experts recommend that you have an annual furnace checkup. The efficient operation of your furnace is supported by regular maintenance. No matter what type of unit you may have, there are several things you can do to keep your heating system operating efficiently after an annual service.

1. **Get An Inspection:** The majority of emergency, “no-heat” problems are related to a lack of maintenance of the system. An inspection can also detect any potential issues prior to failure.

2. **Maintenance Plan:** Getting on an annual preventive maintenance plan can offer a number of benefits, including a tune-up of both systems, priority emergency service and discounted parts.

3. **Change Filters:** One key to maintaining your system is to regularly change your filters.

4. **Ductwork:** Check your ductwork to ensure it’s sealed at joints and intersections to prevent heated air from leaking.

Whatever type of system you have, don’t wait until it breaks down to call for service. A clean, well-adjusted heating system will save you money on fuel and prolong furnace life. Annual servicing is affordable and typically average about $100.
Business Feature:
Martial Arts 'Rise Up' in Akwesasne

By Mary LaFrance, Economic Development Program Support Officer

Akwesasne welcomes its very own Martial Arts Studio, "Rise Up Studio/Brazilian Jiu Jitsu (BJJ)," owned and operated by DJ White. "Rise Up Studio/BJJ" promises a transformative experience in a positive environment for all ages.

DJ began his career in martial arts at a young age — starting with Kenpo Karate and later becoming involved in boxing and Judo. Then, after being introduced to UFC, he discovered Brazilian Jiu Jitsu and it has been his main passion ever since.

In 2012, DJ became a dedicated member of Team Evolution through the Seaway Academy of Martial Arts. Even with a busy work schedule, he finds time to stop at martial arts studios while traveling to maintain his skills. Upon returning home two years ago however, he was shocked at the lack of resources for alternative sports in Akwesasne.

"Martial Arts is a positive outlet for anybody," stated DJ. He notes that is for, "Anybody looking to set personal goals in a family-like setting."

With help from his coach and mentor, Stephen Lefebvre, DJ opened "Rise Up Studios/BJJ" in Akwesasne on March 20, 2017. "Rise Up Studio/BJJ" is a division of Seaway Academy of Martial Arts, an affiliate of Team Evolution Martial Arts, and is the third affiliated in New York State and the first State-affiliated Native American-owned studio.

"The name 'Rise Up' comes from my personal life experiences," explained DJ. "People say that I live my life like a Phoenix, rising up through the ashes above everything else."

When asked about his biggest successes as a business owner, DJ referred back to watching his students accomplish their own goals. His students are looking to lose weight, increase flexibility, improve overall health, and be a part of a supportive team. In addition to BJJ, other classes offered include: Kick Boxing, Cardio Kick Boxing, No Gi Grappling, Mixed Martial Arts, and Women’s Self Defense.

"Rise Up Studio/BJJ" is located at 155 State Route 37 in Akwesasne (next to Akwesasne Mini Mart). Classes are Monday, Tuesday, Thursday and Friday starting from 5:00 p.m. to 8:00 p.m. Private lessons can also be scheduled Monday thru Friday from 8:00 a.m. to 1:00 p.m. You can also find them on Facebook and Instagram. ♦
Tribe Proudly Honors Employee’s
Years of Service

On Seskéha/August 8th, the Saint Regis Mohawk Tribe held an awards ceremony at the Akwesasne Mohawk Casino Resort to proudly recognize the accomplishments of nearly 100 tribal employees. Following a breakfast reception, 94 individuals were honored for achieving important milestones as an employee.

Employee Relations Specialist Anthony Tillman 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 and even 40 years for one employee.

Tribal Council was in attendance for the recognition ceremony, as employees represent the organization’s greatest asset and the Akwesasne community couldn’t have realized many of its accomplishments without their individual efforts. 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.

A special recognition was given to Marie Benedict for achieving an historic 40-years of service with the Tribe. In appreciation of her dedication, a sweetgrass basket was commissioned by Carrie Hill that included a hand-crafted cover made by her husband Glenn that featured a Mother of Pearl inlay with the number “40” and the tribal logo.

Individual employees, such as Marie and others, 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, with a tribal workforce that possesses an average of seven years dedicated service to Akwesasne.

Five Years of Service

Serena Angus  Carla Barnes-Bell  Leah Benedict  Samuel Benedict  Cherie Bisnett  Katie Boots
Chloe Cebek  Margaret Chaussi  Gena Chiasson  Jennifer Conners  Jodi Cook  Chrystal Cree
Ronald Cree  Ella Fuller  Duane Garrow  Heather Garrow  Denise Homer  Lindsay Jacobs
Paige Jacobs  Suellen Jacobs  Kenneth King  Joanne Kinnear  Heath Kuhn  Lanney Laffin
Mary Lafrance  Jordan Lauzon  Michael Lynch  Renee Massaro  Mary McGonagle  Barbara Mitchell
Kora Mitchell  Leigh-Ann Mitchell  Rosalie Morris  Margaret Perkins  Andrew Person  Sandra Rourke
Lori Rouselle  Teiothorake Seymour  Edward Smoke  Kallie Smoke  Mathew Smoke  Melissa St. Mary
Kierstyn Sunday  Kelly Tarbell  Brendan White  Geraldine White  Nelson White
Ten Years
Donna Arquette
Marlene Bero
Eric Catlin
Paula Gray
Louis King
Gail McDonald
Frederick Nicholas
Mary Terrance
Erin Barnes
Summer Bero
Russell Doxdator
Marlee Jock
Jean Laffin
Linda Montour
Robert Reavy
Leona Thompson-David
Adam Bashaw
Francis Buckshot
Jaime Garrow
Rachel Jock
Amberdawn Lafrance
Amy Mossow
Emily Tarbell

Fifteen Years
Clifford Barnes
Michael Gibbons
Erin Lewis
Mona Romeo
Jari Thompson
Terry Cree
Rhonda King
Kathleen Mitchell
Theodore Square
Phillip White
William Gero
Danielle Lazore
Russell Phillips
Lisabeth Tarbell

Twenty Years
Kevin Chubb  Alice Herne  Harvey Herne  Joy Lazore-Gibson

Twenty-Five Years  Patti Herne & Lucy Barnes

Thirty Years  Kenneth Jock & Iris Herne

Forty Years  Marie Benedict

On behalf of your co-workers and the community, congratulations once again on your important milestones. May your service recognition awards be a constant reminder that your continued service and commitment as a tribal employee is valued and appreciated. It is our pleasure to have you as a dedicated tribal employee and we hope you will remain with us for many more years.

“Niawen:kówa” to the Human Resources Department, particularly HR Generalist Margaret Jacobs, for coordinating a special ceremony that recognizes the importance of tribal employees.
The Second Annual
Great Akwesasne River Cleanup

By Brendan White, Director of Communications

A joint environmental partnership between the St. Lawrence River Institute, the Saint Regis Mohawk Tribe and the Mohawk Council of Akwesasne led to the successful conclusion of the Second Annual Great Akwesasne River Cleanup on Seskéha/August 4, 2017.

The St. Lawrence River Institute organized last year’s clean up through the funding they received from the Ontario Government and the RBC Bluewater Fund. It focused on the St. Lawrence River shorelines, including Kawehnó:ke, and saw 100 volunteers remove twelve (12) tons of garbage from both sides of the river, including three (3) tons of garbage from Akwesasne’s river.

To build on the success of last year’s river cleanup, the St. Lawrence River Institute partnered with both the Tribe’s Environment Division and the MCA’s Environment Office. Their involvement helped many MCA employees to participate during their Staff Activity Day and for tribal employees to join their efforts, with approval of their supervisor.

Registration for the event was hosted at the St. Regis Recreation Centre in Kanátakon (St. Regis) and allowed the entire community to participate in helping to restore Akwesasne’s waterways to their once pristine state.

Individuals and teams took part in cleaning the shorelines in Kanátakon, Tsi Snaihne (Snye) and along the St. Regis River into the southern portion of the Akwesasne Territory. For their efforts, t-shirts and a spaghetti lunch was provided to all participants at the American Legion Post #1479 from the St. Lawrence River Institute.

The rivers in Akwesasne – which include the St. Lawrence, St. Regis, Snye Channel, and Raquette – provide drinking water to thousands of people and a habitat for countless species of animals and plants. Trash and pollution however; degrade the rivers’ health, safety and beauty. It is our responsibility to help keep them clean for all of creation.

Niawen:kówa to the St. Lawrence River Institute for sponsoring and to SRMT Water Resources Manager Tony David and MCA Fish Project Coordinator/Fish Technician Owen Mitchell (MCA) for helping bring this important event back to the Akwesasne community.

Niawen:kówa to all the Akwesasró:non who participated and took pride in being the water protectors and keepers of the Earth for future generations.

Dave and Sue Rourke were joined by their grandsons Tehokwirathe and Karakwatiron Barreiro, and Jack Adams as they participated in cleaning Akwesasne’s rivers.
Many residents and community groups took part in cleaning Akwesasne’s rivers on land and water using kayaks, canoes, pontoons, and other watercraft. ♦
Saint Regis Mohawk Tribe Celebrates New Construction Building

By Brendan White, Director of Communications

On August 1, 2017, the Saint Regis Mohawk Tribe held an open house for a new $2.6 million building to house its Planning & Infrastructure Division at 2817 State Route 95 in Akwesasne, NY. The 11,600-square-foot building provides modern, safe and healthy work space for construction staff and includes five large garage bays, eight work stations, a conference room and two locker rooms.

The building was designed in accordance with NYS’s Energy Conservation Construction Code and includes high-efficiency lighting and sensors, a radiant floor heating system and roof-mounted solar photovoltaic panels, as well as two distinct areas separated by a fire-rated wall. It replaces their former location on Gray Street, which was an outdated and cramped location that formerly housed the Hogansburg-Akwesasne Volunteer Fire Department.

Planning & Infrastructure Director Ernie Thompson had the honor of cutting the ribbon for community members to view the new facility; as well as shared remarks along with Tribal Chief Eric Thompson, Bureau of Indian Affairs Transportation Chief Leroy Gishi and USDA Acting-State Director Scott Collins.

Pictured are (from left): Executive Director Tsiorasa Barreiro, Capital Projects Manager Colleen Thomas, Construction Manager Brent Herne, Bureau of Indian Affairs Transportation Chief Leroy Gishi, USDA Acting-State Director Scott Collins, Tisdel Associates Principal Engineer Aaron Jarvis, P&I Director Thompson, Water Plant Manager Shawn Martin, Chief Beverly Cook, Chief Eric Thompson, Sub-Chief Agnes Jacobs, Sub-Chief Shelley Jacobs, and Chief Michael Conners.
The Saint Regis Mohawk Tribe was honored to once again highlight the exceptional service and performance of 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 Ohiařihkó:wa/July 28, 2017.

The biannual employee 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 were nominated by their co-workers in one of eight categories: Collaboration, Going Above and Beyond, Professionalism, Initiative, Promoting a Positive Image, Integrity, Positivity, and Provides a Helping Hand. Entries were submitted to Tribal Administration by a recipient’s colleague(s) and provided examples, as well as reasons, for the individual’s nomination.

Executive Director Tsiorasa Barreiro presented an Enrichment Award to the following recipients, along with a hand-crafted keepsake box by CRJ Designs and a beaded lanyard from Rick Ransom and Gail Cook, along with monetary gift of $300 in recognition of their efforts in providing an enjoyable work environment. ♦

Leona Thompson-David, Doris Thomas, Linda Montour; Office for the Aging

Rosalie Morris, Early Childhood Development Program

Scott Jock, Mail Courier

Sheryl Thomas, Family Support

Vicky Jock, Health Services
It's a tongue twister, but what does it symbolize and why do we celebrate it every year? Today, the Red Ribbon serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities. It began in honor of Enrique (Kiki) Camarena, a U.S. Drug Enforcement Agent who was tortured and killed in Mexico in 1985. When he decided to join the US Drug Enforcement Administration, his mother tried to talk him out of it. "I'm only one person," he told her, "and I want to make a difference."

In response to his murder, angered parents and youth in communities across the country began wearing Red Ribbons as a symbol of their commitment to raise awareness of the killing and destruction caused by drugs in America. Community coalitions used him as their model and embraced his belief that one person can make a difference.

Red Ribbon Week is celebrated every year from October 23rd to 31st. During this time, the Alcoholism/Chemical Dependency Prevention Program plans and coordinates activities in the schools and community to recognize the importance of living a healthy, drug-free life. We encourage local businesses, health clinics, law enforcement, seniors' centers and community members show their support for Red Ribbon Week by participating in the theme days.

So, are you looking for some family fun? The A/CDP Prevention Program invites you to join us for free activities planned for Red Ribbon Week. A "Minute to Win It" Family Game Night will be held on Wednesday, October 25, 2017 from 6:00 to 8:00 p.m. (location to be determined). On Friday, October 27, 2017 at 5:00 p.m., the Akwesasne Coalition for Community Empowerment will set up “trunk or treat” at Mohawk International Raceway. Put on your costume and come trick or treating and see the elaborately decorated trunks that coalition members have designed.

If you can’t make it to the events, here are some other ways you and your family can become involved in Red Ribbon Week: educate yourself and your family about the meaning of Red Ribbon Week, dress according to the theme each day, plan drug-free activities for your family, have discussions about drugs and alcohol and the rules regarding substances in your home, wear a red ribbon all week, or plant red tulip bulbs as a promise to live a healthy, drug-free, violence-free life — when they bloom, they will serve as a reminder of your commitment.

The A/CDP Prevention Program looks forward to celebrating a drug-free, violence-free life with you, not just for a week, but for your entire life. ♦
Program Snapshot:
Native Connections Tackles Youth Suicide Prevention

By Chanel Cook, Native Connections Grant Coordinator

The mission of the Iahki’nikonhraketskwas, “We All Uplift the Mind”- Native Connections Program, with funding from the Substance Abuse and Mental Health Services Administration, is to prevent and reduce suicidal behavior; reduce the impact of trauma; and to promote drug and alcohol prevention, social and emotional wellness, and mental health among Akwesasrón:non, ages 24 and younger.

These efforts are complemented by an Indian Health Service’s Generation Indigenous Grant that continues to provide and improve school-based services through screenings, assessments, treatment, and care coordination for Native youth in the Salmon River Central School District and at the Akwesasne Boys and Girls Club. It supports positive Kanien’keha:ka youth development and family engagement through early intervention strategies that reduce risk factors for suicidal behavior and substance abuse. It also supported the hiring of a new provider for these services and made the position of our RN/MH Care Coordinator a full-time position.

One important goal of both grants is to help increase outreach to our community’s youth who are still attending schools — from elementary to higher education. Through the efforts of our Mental Health and Alcohol/Chemical Dependency Prevention Program, we are striving to de-stigmatize help seeking behaviors when it comes to youth who have behavioral health concerns, so they are more likely to remain in school and complete their education.

To support our work; staff have conducted a community needs assessment this summer to measure the community’s readiness for culturally appropriate activities, interventions, and strategies that reinforce and promote mental wellness. The assessments involved youth, families, and community professionals and will contribute towards the development of behavioral health services that are trauma -informed and culturally competent; use culturally based practices and evidence-based education curriculum; as well as incorporate training and treatment to address the needs of our youth. The results of the Community Readiness Assessment showed the need for increased public awareness and for a crisis response plan after a suicide or traumatic death.

Lastly, Chanel Cook was hired as our Native Connections Grant Coordinator. Her role is to implement project activities and meet with project staff, coalitions, and stakeholders. She is also responsible for the creation of a ‘youth-focused’ communication plan and social media campaign for health promotion, suicide and help seeking behavior. She works closely with the Alcohol/Chemical Dependency Prevention Program, Akwesasne Coalition for Community Empowerment and Akwesasne Coalition for Suicide Prevention.

Chanel co-chairs the Akwesasne Suicide Prevention Coalition, so if you are interested in attending, please send an email to chanel.cook@srmtnsn.gov or call (518) 358-2967.

We look forward to providing further updates from Native Connections in future issues of the newsletter. In the meantime, following are other updates and notices from Mental Health.
Akwesasne Suicide Prevention Awareness Walk

National Suicide Prevention Week commences with World Suicide Prevention Day on Sunday, September 10th and concludes on Saturday, September 16th. It’s a time to share resources and stories, as well as promote suicide prevention awareness. Mental Health will be holding a Suicide Prevention Gatekeeper training, Question, Persuade, Refer for anyone in the community 15-years and older during that week with further details forthcoming.

The Akwesasne Suicide Prevention Coalition is hosting their Akwesasne Suicide Prevention Walk on Friday, September 29th and will feature guest speaker Darryl Tonemah (Kiowa, Comanche and Tuscarora), a healthy psychologist and musician from the Tuscarora Nation.

Tonemah has three Bachelor’s Degrees in the fields of psychology, sociology, and gerontology; as well as a Master’s Degree in Community Counseling and a Ph.D. in Counseling Psychology and Cultural Studies. He is currently the Health Promotion Program Director at the University of Oklahoma’s College of Continuing Education. He works with Native groups across the United States and Canada promoting health and wellness, which includes behavioral support for the National Institute of Health’s research on diabetes prevention and lifestyle change among Indigenous populations. In January 2011, he was named to the American Diabetes Association’s Board of Directors.

In addition to his health services work, Tonemah is an award-winning recording artist — having produced five critically acclaimed albums since 1992, which he describes as “Native Americana.” Survivors dealing with a loss as a result of suicide or those wanting to learn more about suicide prevention are welcome to join the Awareness Walk on September 29th at Generations Park’s Tewatahitha Walking Trail from 6:00 to 8:00 p.m.

Online Screening Tool SRMT-Website

Mental health is a key part of your overall health. Brief screenings are the quickest way to determine if you or someone you care about should connect with a mental health professional. They are a checkup from your neck up. This program is completely anonymous and confidential, with a brief questionnaire for you to see your results, recommendations, and key resources.

Here is a link to an anonymous online screening tool to determine if you should reach out to the Kanikori:iohne (Good Mind Counseling Department) Staff: www.mentalhealthscreening.org/screening/STREGIS. It’s for educational-purposes only and not diagnostic, so you need to see a licensed health care provider for proper diagnosis.
Show You Care for the Air

By Angela Benedict, Air Quality Program Manager

This year, from Onerahthókah:wa/May to Seskéha/August, the Environment Division’s Air Quality Program conducted environmental outreach and education with students at Salmon River Central School, St. Regis Mohawk School, Early Childhood Development Program (ECDP), Akwesasne Boys and Girls Club, Johnson O’Malley Summer Program and the Akwesasne Freedom School.

The activities included using an inexpensive, biodegradable container to plant seeds. Air Quality Program staff used ice cream cones donated by AK Gas, Sweet Treats and Bear’s Den Convenience Stores. Mohawk Plumbing-owner Mike Swamp donated all the soil.

Recycling Coordinator Larry Thompson spoke about why it is so important to recycle and showed what can be recycled.

Wally Ransom from the Agriculture Program had some of the famous Mother Earth Egg’s chickens and demonstrated how to tell if an egg is fresh.

Wayne Samphier from the Pesticides Program had a beehive, without the bees, and explained the importance of bees to the environment and how pesticides can hurt them.

One of the most popular activities was making tote bags out of old t-shirts. A perfect example of reusing something that may have gone into a landfill. Ni:wen/Thank you to everyone who donated t-shirts. Some of them were really cool and made really neat tote bags.

Ni:wen /Thank you to all my volunteers and paid workers for coming out to work with the students. It’s very tiring, but at the end of the day it’s rewarding. Just know I appreciate it.

The third week of Seskehkó:wa/September is National Indoor Plant Week!

When you embellish your interior space with houseplants you are not only adding color, but you are providing benefits to you and your family.

- Plants create oxygen and they are green
- They remove carbon dioxide and they are green
- They purify toxins from the air and they are green
- They are green which decreases stress.

So, what plants are the best, you ask? Well, I like the green ones. Just kidding! One of the best plants for cleaning your indoor air is the Peace Lily. They don’t require a lot of light and only need to be watered once a week. Another good choice is the spider plant; they grow fast.

You have to be careful if you have someone in the house with a respiratory illness like asthma. If you overwater the plants, they can grow mold, or if they get too dry they can add dust to the indoor air.

What’s Going on in Kenténha/October?

Earth Science Week will be held from Kenténha/October 8-14, 2017 and will celebrate the theme, Earth and Human Activity - It’s Time to Explore the Relationship Between Human Activity and the Earth, Water, Air and Life. The goal is to bring awareness of ways people affect or are affected by these Earth systems. Let’s do a picture project! Think about it. What do we do that helps or hurts Mother Earth? Send your pictures to me at angela.benedict@srmtnsn.gov. On the 14th, I will post them on the Tribe’s Facebook page. The picture that gets the most ‘Likes’ will get a really cool environmental prize. So, for now and the next seven generations, get a plant, take a picture and make a tote bag out of a t-shirt!
Tips from Tech Support - When Free Isn’t Always Free
By Austin Swamp, Technical Support

There are a lot of free services online these days. You can store pictures “in the cloud,” develop documents, send email and connect to people. And it doesn’t cost you a single penny.

But free isn’t always free. Many “free” services sell information about you -- your likes, hobbies, salary, family members, friends, location, profession, purchase and viewing history and other demographics -- to advertisers to make money.

Be aware of what information you’re providing online. Read websites’ privacy policies and terms of use. Don’t post information that could be exploited by a bad guy or that you don’t want made public. Don’t store unencrypted sensitive information in the cloud. You don’t know with whom you’re sharing the cloud!

Upcoming Events at the Saint Regis Mohawk Tribe Office for the Aging

Understanding Your Grief Support Group: Starts Wednesday, September 13th. When someone you love dies, it can be hard to understand your often complex—and painful—thoughts and feelings. This compassionate group will help companion you on your journey through grief and mourning. Please call in to book your 30 minute, one-on-one screening appointment, to be introduced to the program and facilitator. The Understanding Your Grief 10-week Support Group will meet every Wednesday, starting September 20th, from 3:00 to 5:00 p.m.

Healthier Living- Managing Ongoing Health Conditions: Join us on Thursday, September 7th at 3:00 p.m. for “Session Zero for Healthier Living” to learn about this free series of workshops to help you manage an ongoing health condition like heart disease, diabetes, arthritis, breathing problems, and more. It's also a great way to meet other people dealing with similar health issues. Following Session Zero, the Healthier Living six-week Workshop Series will be held every Thursday, starting September 14th, from 3:00 to 5:30 p.m.

Powerful Tool for Caregivers: Join us on Saturday, September 9th at 4:30 p.m. for “Session Zero for Caregivers” to learn about the six weekly classes, where family caregivers develop a wealth of self-care tools to: reduce personal stress; change negative self-talk; communicate their needs to family members and healthcare or service providers; communicate more effectively in challenging situations; recognize the messages in their emotions, deal with difficult feelings; and make tough caregiving decisions. Following Session Zero, the Powerful Tools for Caregivers 6-week Workshop Series will be held every Saturday, starting September 16th, from 4:30 to 7:00 p.m.

Bring a buddy! If you are worried about transportation, call to find out how we can help you attend classes. To register or for more information, call (518) 358-2963, ext. 3303. These programs are sponsored by the Saint Regis Mohawk Tribe Office for the Aging Title VI-C Caregiver Grant, CSI, CSE, Title III-C-1, III-E and III-D.

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

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Aimée Benedict, Publications Manager
Alyson Thompson, Production Assistant
Montana Adams - Intern
Agenda
1. Review of previous action items:
   • Community member requested information on the future plans for the former IGA building.
   • Tribal Council to report on March 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.” Work in Progress
   • Community member requested the Tribe work with National Grid to get a better rate. Tribal Council has set a closed meeting with National Grid on July 10th.
   • Request to get an assessment to see how many Seniors are in need of services.
   • To reach out to Mohawk Council of Akwesasne to see if they are willing to share in the cost of road upgrades. Subject of roads will be placed on next Akwesasne Leadership meeting.
2. 10:05 a.m. | Student Recognition by Stephanie Cook
3. 10:15 a.m. | Forestry Resources Urban and Community Forest Management Plan Presentation by Leslie Benedict and Abe Francis
4. 10:30 a.m. | Economic Development Presentation by Christopher Thompson
5. 10:45 a.m. | Mohawk Networks Presentation by Allyson Doctor
6. SRMT Elders Benefit Working Group Update
7. New Business

Announcements
• SRMT 2017 Budget Mid-Year Review Community Meeting on Monday, August 14th at 5:00pm.
**Calendar**

**Seskehkó:wa/September**

4 - Labor Day holiday - All Tribal offices closed
9 - Tribal Monthly Meeting - 10:00 a.m. - Lobby
12 - Social Security - 1:30 to 3:30 p.m. - Tribal Clerk’s Office
13 - Police Commission - 3:00 p.m. - Executive Boardroom

**Kenténha/October**

7 - Tribal Monthly Meeting - 10:00 a.m. - Lobby
9 - Indigenous Peoples Day holiday - All Tribal offices closed
10 - Social Security - 1:30 to 3:30 p.m. - Tribal Clerk’s Office
11 - Police Commission - 3:00 p.m. - Executive Boardroom
24 & 25 - Áse Tsi Tewá:ton Experience 2017 - Kanatakon Recreation

**New Faces**

- Arlene LaFrance: Records Management Assistant - Tribal Clerk’s Office, Records Management
- Evan Thompson: Surveillance Operator - Tribal Gaming
- Gary C Burnham: Resident Aide - Health Services, Partridge House
- Christopher Lazore: Custodian - Facilities, Maintenance
- Song Y Park: Dentist - Health Services, Dental Clinic
- Michelle Smoke: Therapist - Health Services, Mental Health
- Ryan King: Program Manager - Social Services, Three Sisters Program
- Bryan J Bowman: Program Accountant - Finance, Accounting
- Autumn C Mitchell: Teacher Aide - Education, Early Childhood Education
- Tylar J Francis: Youth Worker - Social Services, Akwesasne Group Home
- Mary L Jacobs: Business Office Clerk - Health Services, Business Office
- David Tracy: Environmental Technician - Environment Division


**Donations**

- Community Event: $20,000
- Funerals: $5,000
- Sports: $3,175
- Community Development: $5,000
- Community Elders: $5,000
RESIDENCY ORDINANCE
COMMUNITY QUESTIONNAIRE

INTRODUCTION: The Saint Regis Mohawk Tribal Council is responding to requests from community members to enhance public safety with the development of a Residency Ordinance that will help determine and control the ability of non-members to reside within the southern portion of the Akwesasne community. As part of the ordinance’s development, the membership is being consulted for input and feedback to the following questions:

1. Are you a tribally enrolled member of the Saint Regis Mohawk Tribe? [ ] Yes [ ] No

2. Should the following individuals be allowed to reside full-time in the southern portion of Akwesasne? (please check all that apply)
   [ ] Mohawks of Akwesasne
   [ ] Natives from other Nations
   [ ] Non-Natives

3. Should a “Grandfather Clause” be added for current non-member residents? * Persons already residing on the date the ordinance goes into law will automatically be exempt from permit requirements. [ ] Yes [ ] No
   Comment:

4. Should a non-member be permitted to rent a residence or rent and operate a business here? [ ] Yes [ ] No
   Comment:

5. Should a non-member spouse or non-member children or step-children be required to obtain a Residency Permit? [ ] Yes [ ] No
   Comment:

6. How much time should be allowed before a non-member is required to report their stay and apply for a Residency Permit? [ ] 1 week [ ] 1 month [ ] 3 months [ ] 6 months [ ] other:________

7. What is the maximum amount of time that the Residency Permit may be granted? [ ] 1 week [ ] 1 month [ ] 3 months [ ] 6 months [ ] 1 year [ ] other:________

8. Should there be an appeal process to handle denials of Residency Permits? [ ] Yes [ ] No
   Comment:

9. If non-members are excluded by the Tribe, should those individuals be denied a Residency Permit? [ ] Yes [ ] No

10. Should non-members with extended stays at a local hotel be exempt? (e.g.: Akwesasne Mohawk Casino Resort, Comfort Inn and Grand Mohawk Inn) [ ] Yes [ ] No

11. If “No”, how much time should be allowed for non-members to have extended stays at a local hotel before they are required to obtain a Residency permit? [ ] 1 week [ ] 2 weeks [ ] 3 weeks [ ] 1 month [ ] other:_____

Please complete the above community survey, tear out along the dotted line and dropoff (or mail) by Seskehkó:wa/September 30, 2017 to the Community Building reception desk located at 412 State Route 37 in Akwesasne, New York, 13655. Or take online at http://www.surveygizmo.com/s3/3790945/Residency-Ordinance-Community-Questionnaire
Witches, Wizards, Muggles and Magical Creatures

The Akwesasne Coalition for Community Empowerment will be hosting a Harry Potter Fall Festival on September 16, 2017 from 10:00 a.m. to 6:00 p.m. at Generations Park. Everyone is invited to participate in our free activities.

Take a stroll around Diagon Alley and check out the vendors selling Harry Potter themed items, snacks and baked goods. Come dressed as your favorite Harry Potter character.

For more information, please contact the A/CDP Prevention Program at (518) 358-2967.

❖ La Quidditch Game
❖ Howler Craft
❖ Wand Making Class
❖ Protective Potions Class
❖ Herbology
❖ Tattoo Station
❖ Spell Books
❖ Witch/Wizard/Muggle Photo Booth
❖ Muggle Message Stones
❖ Magical Creatures Pet Care
❖ Flying Keys