

**North Country
Horse Power
Culture & Amish
Community**

**REFLECTIONS OF A SOCIAL SUMMIT
aboard the Grand Princess
PICEI 2009 Cross Cultural Seminar
21 day cruise to 3 Continents**

TOPEZ'S TRAVELS

ARTIST Highlights



PICEI NO N E T C E D



Vol. 1 Issue 8
2009 - 2010

*Dreams...
become picture perfect!*

800-764-0566
www.seacomm.org

Federal Credit Union
SEA COMM

"Discover the Power of Membership"

Borderline

Convenience
& Tobacco Store

518 358 4292
Drinks - Snacks - Candy
&
Other Refreshments

1622 State Route 37
Akwesasne, New York
13655

2011 Cruise Price Starting at \$750.00 Interior **+TAX**

Explorer of the Seas

PICEI
Cultural Caribbean
Cruise

Sail Away Date: Oct. 27 - Nov. 5 of 2011
From Bayonne N.J. to the Caribbean for 9 nights
For Info Call 1-866 660 5116

PICEI CONNECTED

2009-2010

Table of Contents

	Page
Editor's Message.....	4
Expressions from the Founder	5
Cultural Sharing.....	5
North Country Horse Power.....	6-8
Artist Highlights	9-10
A Rainbow of Culture	11-13
Journey to 3 Continents of the World.....	14
A Feng Shui Thought	15
A Mother Tells A Story	16
Recipes.....	17
Reflections of a Cultural Summit.....	18-19
Journey to 3 Continents of the World (con't)	20
Membership Application Pamphlet	21-22
PICEI 50/50 Winners	23
PICEI Connected Covers and Cookbook.....	24
Topez's Travels.....	25
Healthy Hints	32
Helpful Hints.....	33
Memories.....	34

Not all of the ideas included in this publication reflect those of PICEI.

CULTURES FEATURED

- North Country Horse Power
- Chinese
- Scottish
- Senegalese/South African
- Mohawk

Thank you **Nancy Childs**
For hosting the
'Community Meet and Greet PICEI'



UNITED BUT DISTINCT



Akwesasne's Weekly Newspaper

For Story Ideas or News Tips

Contact Shannon:

518-358-9531 / 613-551-9632

For Subscriptions Call:

518-358-9531

email: info@indiantime.net

tel: 518-358-9531

fax: 518-358-5987

Over 25 Years in Business

Credits

Cover designs by:

Carl Patterson, Jr.

Mildred Glenn

Photography by

Carl Patterson

Chrysetta Patterson

Stephanie Fava

Artist Work

Joe Barnes, Black Light Art

Carl Patterson

Layout and Design

Mildred Glenn

Carl Patterson

Chrysetta Patterson

Assister

Florence Ghoram Patterson

Lorraine Holt

Editor

Mildred Glenn

Copyright 2009



Pamoja Music Inc.

From the Editor's Desk

PICEI Connected

Pamoja International Cultural Exchange, Inc. (PICEI)



PICEI Supports Recital in the Park was held at Fort Covington Rainbow Park, Route 37 on Saturday June 19th 2010. A good time was had by all. Participants went on an All Cultures Are "National Treasures" Tour to Washington, D.C., *Bridging the Gap between Cultures & Generations* on July 29th-August 2,

2010. They visited the Smithsonian, American Indian, and the National Museum of African Art, including a tour of the Capital. Other events also took place and are still happening for PICEI this year.

This year's Pamoja International Cultural Exchange, Inc. PICEI Scholarship/Award from Salmon River Central went to **Samantha Todd of Brasher Falls, New York**. Her project was based on Australia's Aboriginal culture. She also found out some things she had not known about her very own Czechoslovakian culture. The Last Shall Be First 50/50 Raffle drawing was held on October 2, 2010.

PICEI Connected is honoring the North Country with its horse power this year. We will show you the culture and the Amish Communities way of life.

PICEI, a non-profit organization continues to be built with volunteers. There are no salaries or special awards handed out. Your support has assisted us in being able to provide service to the community. But in the coming future, we are hoping to build our support groups.

Our 10-day cruise on Royal Caribbean to San Juan, Puerto Rico; St. Thomas, U.S. Virgin Islands; Samana, Dominican Republic and Labadee, Haiti, which begins on **October 27th – November 5th, 2011** is still in the making. This will be a cultural extravaganza for everyone who is on board with us.

PICEI is available for seminars and workshops throughout the year. Schools and individuals should contact us at (718-774-9032) regarding the Scholarship/Award program.

*We are all linked together in one way or another
inside this small universe.*

Mildred Glenn, Editor

Visit the PICEI website at www.picei.org or write PICEI at its E-mail address: culturepiceiorg@gmail.com
PH: 1 866 660 5116

Mohawk Plumbing



Heating & Flooring

1372 State Rt. 37/PO Box 365
Akwesasne, NY 13655

518-358-4856
518-358-9187 Fax#

info@mohawkplumbing.com

Your ONE-STOP shop for plumbing, heating, flooring, and hardware needs. Ironworker tools/supplies, swimming pool supplies, and tool rentals are also available.

EXPRESSIONS FROM THE FOUNDER 2010

“BE EXTREMELY PROUD OF
WHO YOU ARE”

What do we mean???

When PICEI says we would like to see everyone be *extremely proud* of his or her particular culture, at the



same time, we do want our members to appreciate and respect the rights of others to choose *their way of life* that they may *find comfortable at this time* and place on *their specific journey*. We fully recognize and value that we are still growing every day ourselves in our efforts to

become all that we desire to be.

If by chance we have unintentionally offended anyone by being *so very proud* of who we are, we want you to know that we feel that all of us are as if we are flowers in a *beautiful garden* each as precious as the other in the eyes of our Creator.

We have so much to learn from each other, so let us meet, greet and share that which we can at our next “Annual Cultural Seminar Cruise” or at a local “Gathering”...

An old African proverb says, “If you want to go **quickly**, go alone...”

If you want to go **far**, go together”...

This proverb speaks volumes of what PICEI is about.
Working together is of major importance...

CULTURAL SHARING

On the road to...

The Nation’s Capital,
Washington, D.C.

July 29, 2010 – August 2, 2010



Our PICEI participants experienced the cultures of Washington, D.C. including a tour of the Capital. There was a Potomac Riverboat Cruise to Alexandria, Virginia. They also toured the Smithsonian Museum, American Indian Museum, the Imax Theater, National Museum of African Art and took part in the Argentina Cultural Work Shop. Our participants will have many stories to tell about their shared cultural experience.

1. Victoria C. Chang-Holt
2. Roberto Chiemi
3. Evan George
4. Lorraine George
5. Florence Ghoram Patterson
6. Lorraine Holt
7. Devon Johnson
8. Carl Patterson, Jr.
9. Topez Patterson
10. Kanrontawhon Roundpoint
11. Vivian Smoke
12. Betty Swamp
13. Ethan Thomas
14. Gabrielle Thomas
15. Starlet Thompson
16. April White
17. Morgan White-Cree
18. Veronica White



Ronathahonni Cultural Centre

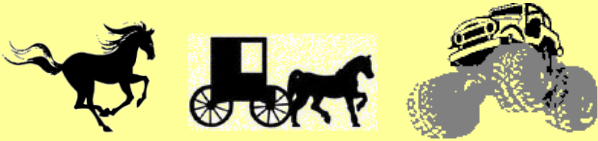
1 Ronathahonni Lane
Akwasasne, Ontario K6H 5R7
Phone: 613-932-9452
Fax: 613-932-0092

Box 273
Akwasasne, N.Y.
13655

Email: ronathahonni@bellnet.ca
Website: ronathahonni.com

UNITED BUT DISTINCT

North Country Horse Power and the Amish Community

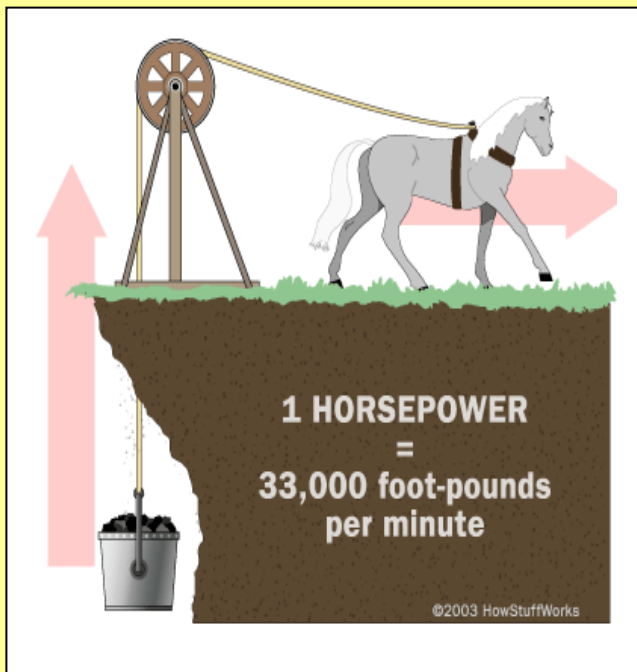


Horse power, what exactly is... Horsepower?

(HP) is defined as the name of several [units of measurement](#) of [power](#). The most common definitions equal between 735.5 and 750 [watts](#).

WHAT ????????

Horsepower was originally defined to compare the output of [steam engines](#) with the power of [draft horses](#). The unit was widely adopted to measure the output of piston engines, turbines, electric motors, and other machinery. The definition of the unit varied between geographical regions.



OK...so what's a **draft horse** (US), a **draught horse** (UK) or **dray horse** (from the Anglo-Saxon *dragon* meaning to draw or haul; compare [Dutch dragen](#) meaning to carry), less often called a **heavy horse**, is a large [horse](#) bred for hard, heavy

tasks such as [ploughing](#) and [farm](#) labor. The Amish culture now here in the North Country co exists with their horses as a way of life. There are a number of different [breeds](#), with varying characteristics but all share common traits of strength, patience and a docile temperament which made them indispensable to generations of [pre-industrial](#) farmers and today's Amish community.

The Old Order are usually distinguished from the [Amish Mennonites](#) (now largely absorbed into the [Mennonite Church](#) [MC] or various conservative Mennonite groups), [Beachy Amish](#) and the [New Order Amish](#) by their strict adherence to the use of horses on the farm and as a source of transportation, their refusal to allow electricity or telephones in their homes, and their more traditional standard of dress, including the use of hooks-and-eyes fasteners on some articles of clothing. For all practical purposes, "Amish" has come to be synonymous with "Old Order Amish" in the eyes of most observers in [North America](#). In the 20th century the Old Order Amish population has grown very rapidly. In 1900 there were approximately 3,700 Amish in North America. By 2008 the estimated figure had increased from 127,800 (adult membership approximately 56,200) in 1990 to 231,000 in 2008. According to sociologist Julia Erickson and her colleagues, the Amish are among the fastest-growing populations in the world.

They prohibit the use of contraception and have low infant mortality rates. The average Amish woman can expect to have at least seven live births. Many young Amish people have been to seek employment outside agriculture. By 1990, fewer than half of the heads of households in the three largest settlements were farmers. Many Amish have worked in small businesses, which specialize in the construction of horse-drawn farming implements, buggies, blacksmithing, construction work, cabinetry, etc. Others seek employment in industry. **Amish and Mennonite**—as offshoots of the Anabaptist faith, the Amish and Mennonite groups are closely related. In general, Mennonites condone a more liberal lifestyle, which includes some modern amenities such as electricity and automobiles. The

Amish faith forbids violence and active military service.

Amish are reliable workers and refuse to join labor unions. While Amish factory workers do not typically live in towns, they tend to live on smaller plots of land, and have more leisure time and more cash available than their agricultural counterparts. In the Old Order the very young are taught only to speak in their native language which is a German-Dutch mix dialect. The women are all taught to bake and are skilled at quilt making at an early age. The young men learn farming, dairy agriculture and hunting, or a skilled craft in carpentry or construction. One morning as I stopped to buy some cinnamon rolls from one of my Amish neighbors I ask where they get the horses and buggies from? I was surprised to find out that most of the buggy horses are bought from retired harness racing camps, and elder Jonathon is their local buggy maker.



Well as you know or, don't know, the North Country is also synonymous for *wild country* and the affinity of horse power goes a lot further than domesticating horses I'll explain later on in the article.

There are also fast growing numbers of horse owners in the North Country, Akwesasne Territory, Franklin, and St. Lawrence counties. A good number of local farmers are also leasing fields to horse owners who live elsewhere.



The draft horses and draft [crossbreds](#) are versatile breeds used today for a multitude of purposes, including farming, [show](#), logging, recreation, and other uses. They are also commonly used for [crossbreeding](#), especially to light riding breeds such as the [Thoroughbred](#) for the purpose of creating [sport horses](#). While most draft horses are used for [driving](#), they can be ridden and some of the lighter draft breeds are capable performers under saddle.

Most of the private community of horse owners here in North Country seems to have stables of sport horses for just that purpose. In Malone we have the Fairgrounds who host a variety of horse riding activities, clubs, and events, the www.whinny.org calendar cites clinics and horse events throughout the year and is an excellent resource for those hooked on horsepower.

North Country has some beautiful trails in both Franklin and St. Lawrence counties. A large percent of Brasher Falls land in St. Lawrence, New York is state forest with plenty of trails for riding.

Marlana Thompson hailing from Akwesasne and her two daughters, Kaiachtenhtas Thompson and Hunter Cook, are riding enthusiasts who participate in regional horse shows. I had the chance to chat with Marlana about North Country (HP).



Q & A chat with Marlana



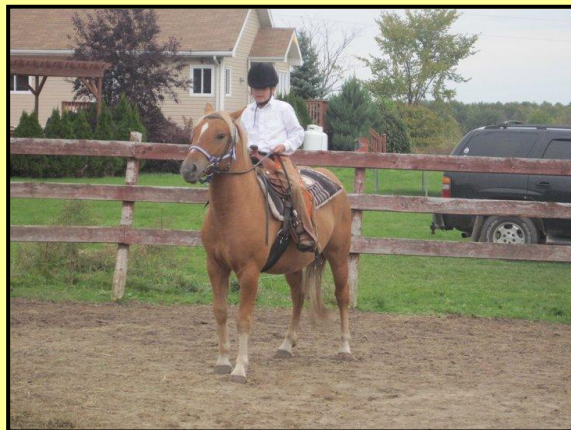
[Carl Patterson](#) October 7 at 5:43am

Hi , I know you're just getting back in, hope the show went well. So tell me something about your riding.

[Marlana Thompson](#) October 7 at 9:07am

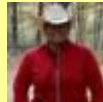


What would you like to know? I've been riding since I was little, pleasure, trails and show jumping. I had to sell my horses when my dad got sick but now that my girls are older, we have horses again, and they ride and compete at 4H and open shows. All together we raise and take care of 17 horses.



[Carl Patterson](#) October 7 at 10:11pm

That's a lot of horsepower. What type of horses do you have and which seem to do well in North Country? About how many hours of riding do you engage in with the girls per week and is there a suggested limit to both horse and rider?



[Marlana Thompson](#) October 7 at 11:00pm

We have Quarter Horses, Apps, Paint Horse, HaflingerX, and Gypsy Vanners. They all do very well here. We all try to ride 1-3 hours a day, whatever rider and horse can handle with the weather.

[Marlana Thompson](#) October 11 at 7:53pm

We do the grooming, we hire another Mohawk Man from Kanewake to trim and shoe our horses. We acquire our horses from local stable and out of state stables. we have 3 Gypsy Vanner Stallions and 4 Gypsy Vanner Mares, and 2 Fillies, one of which is the first Gypsy Vanner Filly born in Akwesasne. I train these horses to either ride or drive. Most of our horses go to training clinics with top horse trainers too with the kids who are all in 4H.



[Carl Patterson](#) October 11 at 10:39pm

Yes, I heard from others that the 4H club is a good resource for horse enthusiasts. Do the clinics train in both Western and English riding styles?

Continued on Page 30

ARTIST HIGHLIGHTS

Joe Barnes - An Artist to Watch



Joe is an airbrush artist using acrylic-based paints since 1992. He has been doing Native Illustrations and sometimes he mixes them with Fantasy Illustrations. His black

light paintings were given birth from the fantasy side along with his traditional side. The use of black light helps give native work a stronger spiritual feel. Natives are known for their strong connection to earth and spirits.

Airbrushing is a medium he fell in love with while attending college. He attended the Art Institute of Pittsburg. There he selected his courses in all mediums; pencil, markers, watercolors, acrylics, and oils. He has created a sample in each of these mediums. When given the chance to 'specialize' in one, he opted to choose airbrush. His reason for doing so is that it is as fast as his thoughts, giving a quick connection between mind and canvas.

As an artist his talent grows more and more each year and becomes his masterpiece. His mind connection with spirit causes him to create more quickly his artistry. The method he uses is his own secret way of painting.

His art work is an escape from the negative things of the world, allowing for even the dreams that he had in the past when he did not have the proper supplies, to now be placed on canvas. He can produce up to seven drawings during a spell because of the techniques used. He enjoys the fast progression of spraying, mixing and watching as the end

result is reached. He hopes that his paintings catch the audience's mind to see the meaning of and the vision of his fantasy pieces.

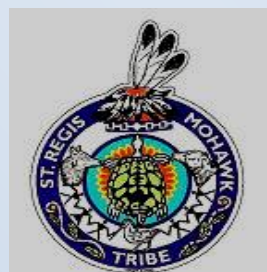


Joe has worked in Akwesasne for the last 10 years. There his work has been exposed in many shows, among them *Knight Gallery* in

2009, and will be looking forward to the promotion by PICEI presenting in a number of venues in the North Country. He listens to the elders at his shows to make sure traditions are not forgotten and in the meaning behind his work. He is often complemented for his art, which makes him very proud to be present at these showings. Some people like it, some love it, or some might even hate it. He has had all of these reactions, which makes his work worth doing.

A circular graphic advertisement for Star Shots Music Guitar. The text "STAR SHOTS" is written vertically on the left. The main text reads: "BY APPOINTMENT ONLY", "CALL: CARL 518 358-2947", "pmireco@yahoo.com", "FROM MUSIC GUITAR", "704 SALMON ST.", "FT. COVINGTON N.Y. 12937". The background features a stylized illustration of a guitar and a hand playing it, with stars at the bottom.

Thank You



Akwesasne Women Singers



ARTIST HIGHLIGHTS

Profile of a Successful Woman...

Nancy Child



In the year 1955, *Nancy Child* was born prematurely into a world she was determined to experience. On January 9th, (1-9-55; interesting synchronicity of numbers) she began a journey. Most of it appeared normal, i.e., childhood, siblings, dysfunctional family setting, etc.—all the typical scenarios that Americana offered in that time frame.

With the passage of her mother in 1986, she felt a strong urge to explore deeper into the relation of "things". Nancy realized there were deeper meanings for our existence.

Nancy's background is that of having a degree in Studio Arts, her focus being textiles and silversmithing. She has a degree in Business Administration, focusing on accounting, over twenty years of curatorial management; research, design and implementation of exhibitions.

For over fifteen years, she has taught private and group art instructions to all age groups including: children, adults and seniors, in schools, prisons, camps, and public institutions.

Co-founder of Foothills Art Society which was established in 2000. She was also office manager for cultural not-for-profit and agricultural corporations. She is certified in out-of-court mediation; Nancy is a Svaroopaa Yoga practitioner, and is trained in Yoga Therapy. She is currently a freelance designer in jewelry, visual arts, interiors and steel furniture.

Her work gives her an opportunity to travel to such places as; Machu Pichu, the Amazon Jungle, Russia, Northern Europe, Ireland, Caribbean Islands, Mexico, North Central and South America. Just recently, she was able to tour Italy, Spain, France, Gibraltar, Morocco, Tenerife, as well as Brazil, and more of the Caribbean. These travels have inspired Nancy in her design work, in that she creates very eclectic assemblages, and works with a wide variety of materials, from wood, bone and stone (creating primitive organic assemblages), to semi-precious stones and silver and gold. Currently, Nancy is dabbling in recycled plastics and resins, for a futuristic look.

Nancy lives on a family farm, on the southside of Malone, in the Foothills of the Adirondacks with her spouse of over 30 years.

Nancy says, "I am living a full life. My life becomes enriched daily as I stretch, as well as flounder, and attempt to accept all with gratitude."

THE THREAT IS HERE

By Karen M. Glenn



There is a threat in the world today.

Not just famine, poverty,
hunger and strife
It is not war of the mechanical
kind
But war of the body and mind.
It is something that is taking
over thousands of lives.

The "A" is not admiration,
But the abomination
of T-cells.

"I" is for the integrity of our
bodies that become
immune to our existence.

"D" is the diverse group of people it affects
Young, old, it's not prejudice
The color of the skin is like the roll of the dice
Come and play whatever your vice.

"S" is for all of society
Has the responsibility
To try and wipe this thing out
Yeah, there is a threat in the world today people
So respect thy self, protect thy self
And live beyond the threat
Of AIDS.

Learn and Bloom

Everything for a child's growing mind

1068 State Rt. 37

Hogansburg, NY 13655

518-358-2991 Fax: 518-358-6378

Email: learnandbloom@yahoo.com

www.learnandbloom.com

A Rainbow of Culture

HIGHLIGHTING

**Chinese / South African / Senegalese /
Mohawk /Scottish Culture**



The Culture of China (simplified Chinese: 中国文化; traditional Chinese: 中國文化; pinyin: *Zhōngguó wénhuà*) is one of the world's oldest and most

complex cultures. The area in which the culture is dominant covers a large geographical region in eastern Asia with customs and traditions varying greatly between towns, cities and provinces.

Chinese Language

The first 4,000 years of Spoken Chinese encompassed both Old Chinese and Middle Chinese, after which it began to split into various dialects and languages about 1,000 years ago. In the Ming Dynasty Mandarin was nationalized. Even so, it wasn't until the Republic of China era in the 1900's when there was any noticeable result in promoting a common unified language in China.

English

- To eat
- Refrigerator
- Tofu
- School
- The day after tomorrow
- Busy
- OX (Zodiac)/Animal (Domestic

Chinese

- 吃
- 冰箱
- 豆腐
- 学校
- 后天
- 忙
- 牛年

Chinese religion was originally oriented to worshipping the supreme god [Shang Di](#) during the Xia and Shang dynasties, with the king and diviners acting as priests and using [oracle bones](#).

Chinese meal in [Suzhou](#) with [rice](#), [shrimp](#),



[eggplant](#), [fermented tofu](#), [vegetable stir-fry](#), [vegetarian duck](#) with meat and [bamboo](#)

Akwesasne Museum

www.akwesasne-culturalcenter.org

321 State Rte 37 Hogansburg,
NY 13655

518-358-2461



History and culture from a Mohawk point of view...

Paper Trails Bookkeeping

Over 25 Years Experience & Proficient in QuickBooks

Giselle M. Cook
Owner/Notary Public

516 River Road
Akwesasne, NY 13655
518-358-6240 or 315-681-7682 Cell#
mohawkjazzy@yahoo.com



A Rainbow of Culture

Scottish Language

From: Wikipedia



Scottish English refers to the varieties of English spoken in Scotland. It may or may not be considered distinct from the Scots language, which is either an ancient dialect of English or an independent language closely related to English. It is always considered distinct from Scots Gaelic, a Celtic language.

The main, formal variety is called Scottish Standard English or Standard Scottish English, often

SSE may be defined as "the characteristic speech of the professional class [in Scotland] and the accepted norm in schools."

However, Scottish English does have some distinctive vocabulary, particularly pertaining to Scottish institutions such as the Church of Scotland, local government and the education and legal systems.

Scottish Standard English is at one end of a bipolar linguistic continuum, with focused broad Scots at the other. Scottish English may be influenced to varying degrees by Scots. Many Scots speakers separate Scots and Scottish English as different registers depending on social circumstances. Some speakers code switch clearly from one to the other while others style shift in a less predictable and more fluctuating manner. Generally there is a shift to Scottish English in formal situations or with individuals of a higher social status.

SCOTT LORAN



Phone 518-358-3680
Fax 518-358-4298

info@loranconstruction.com
www.loranconstruction.com

African Culture & Tradition

African Culture and Tradition

There is no continent with as much diversity as Africa when it comes to ethnicity and cultural backgrounds. Historically man is believed to have lived in Africa long before the other continents.

In East Africa, the masai (or maasai as they are known in Tanzania) have retained their traditional way of life.

South African Languages and Culture

South Africans have been referred to as the 'rainbow nation', a title which epitomizes the country's cultural diversity. The population of South Africa is one of the most complex and diverse in the world. Of the 45 million South Africans, nearly 31 million are Black, 5 million White, 3 million Colored and one million Indian. The population density is 32.9 people per km².

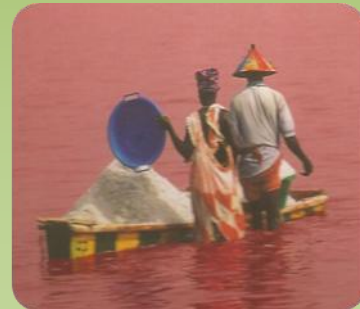
The Language and Culture of Senegal Wolof - The Natural Language of the Senegalese

English

To eat
Refrigerator
Tofu
School
The day after tomorrow
Busy
OX (Zodiac)/Animal (Domestic

Wolof (Senegalese)

Lekk, wann
Frijideer
Tofu
Ekol, dara
Gannaaw suba
Bare coone, japp, xumb
Bayyima



A Rainbow of Culture

Mohawk

Mohawk is an Iroquoian language with about 3,350 speakers, most of whom are elderly, though there are younger speakers in some areas. There are six Mohawk-speaking communities: *Tyendinaga*, *Wáhta*, and *Ohswé:ken* in Ontario; *Kahnawà:ke* and *Kanehsatà:ke* in Quebec, and *Ahkwesáhsne* in Quebec, Ontario and New York State.

The native name for the Mohawk language, *Kanien'keha*, means 'people of the flint'. The term Mohawk comes from a name meaning 'man-eaters' used by their Algonquian enemies.

Mohawk was first written by French missionaries in the early 18th. They devised a spelling system based on French pronunciation and used it to produce

Mohawk translations of various religious and legal documents.

Mohawk has been taught in schools since 1970, and in 1972, a group of educators, translators and Elders developed an orthography for the language. Several other spelling systems have been used for Mohawk.



Pauline Johnson
Mohawk writer

A standard form of written Mohawk was agreed on at the Mohawk Language Standardization Conference, held in August 1993 at

Tyendinaga.

Mohawk alphabet (<i>Iewennonnià:tha</i>)											
A a	E e	H h	I i	K k	N n	O o	R r	S s	T t	W w	Y y
[a]	[e]	[h]	[i]	[k]	[n]	[o]	[r]	[s]	[t]	[w]	[y]

Sample texts in Mohawk

Teihonwa:ka ne'ni akhonwe:ia
Kon'tatieshon iohnekotatie
Wakkawehatie wakkawehatie.

Translation

The canoe is very fast. It is mine.
All day long I splash away.
I paddle along, I paddle along.

Source: http://www.kahonwes.com/language/mohawk_stuff.html
Tower of Babel in Mohawk



STORAGE BARNs
GARAGES
GAZEBOS
CABINS
LAWN FURNITURE

315-389-5032 www.adkbarns.com

11726 US Hwy 11, North Lawrence, NY 12967 8-5 M-F Sat 9-3
5984 St.Rt. 11, Chateaugay, NY 12920 8-4 M-F Closed Sat—Sun
SOLID HARDWOOD INDOOR FURNITURE

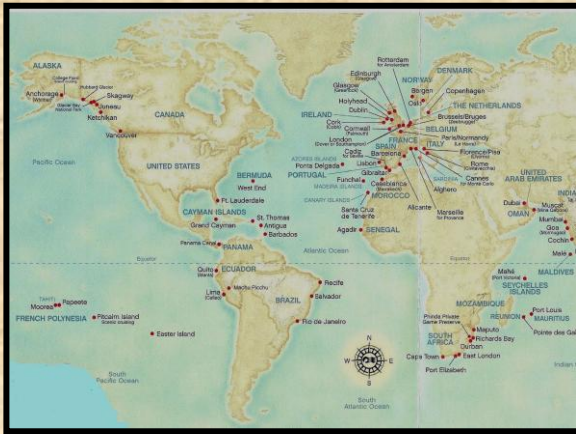
MOHAWK JUNCTION
Open 7 Days
7am – 11pm

Located in front
of the Akwesasne
Cigarette Depot
State Route 37,
Akwesasne, NY
518 358-9268

"The PICEI Ambassadors Journey to 3 Continents of the World"

Article by Florence G. Patterson

We like to think of PICEI participants as Ambassadors with so much to share and much to learn from the countries they visited. Little did they know how much they would learn when they began their awesome journey from November 30, 2009 to December 22, 2009 to **AFRICA, EUROPE, and SOUTH AMERICA**: From: Rome, Italy; Florence/Pisa, Italy; to Cannes, France; to Monte Carlo, Monaco; to Barcelona, Spain; to Gibraltar; to Casablanca, Morocco; to the Canary Islands; to Fortaleza, Brazil; Barbados; and to Dominica. We, Marianne Beauchamps, Nancy Child, Doris Cook, William Dunn, Stephanie Fava, Lorraine George, Elaine Harris, Lela Harris, Jean Herne, Theodore Jacobs, Carol Lazore, Sylvia McDonald, Carl Patterson,



Jr., Chrysetta P. Patterson, Florence G. Patterson, Carol M. Ross,

Rita Satter, Betty Swamp, Charlene Thomas, Deborah Thomas, Michael Thomas, Phillip White, Shirley White, and Susan White had laughter, drama, many blessings and an array of excitement on this trip.

Our group was the biggest prize winners on the cultural cruise of over 3,000 passengers on the Grand Princess. But, before we go there with our story aboard ship, let me start at the beginning. We boarded a luxury bus in Potsdam around midnight that took us safely to the Newark Airport, in New Jersey, which begins our excitement, as one of our members left her (for the sake of privacy no name will be mentioned) very important medicine at home. Now you tell me, how easily do you think we could find a doctor at Newark Airport? Challenge



number *one*, finding a doctor who could issue a prescription on the spot before we could continue our journey to Rome.

This really put pressure on me that I will never forget, because this could become a matter of life or death. The

airport staff was excellent in aiding us although we did not know for sometime where they had taken her. It involved the staff taking her in a taxi to a doctor off site and that doctor connecting with those that had the authority to issue a prescription back at home, and then to get her back to the airport before it was time to take off. It reassured me once again that *miracles* do happen every day and we needed one at that time. The airport personnel were exceptional in the operational steps that took place so that we all made it on the plane and flew safely to Rome.

Now enters challenge number *two*, as we go through the Italian customs. All of us have our passports ready in hand except Ted, who is standing with the officers in the dignitaries' area. Well we were not concerned

because we know that Ted is a faith keeper, therefore, our feelings were that he may be getting special treatment due to his title. Consequently, when he waved to us,



we simply waved back and continued our process of leaving.

However, when the officer with the gun waved to us, we figured something must be wrong and this may not be a welcome committee for Ted because of his title. So, I proceeded to go over to see what the problem could be. The officer says, "He has no passport." I know this was impossible because I had checked everyone's documents and I had advised everyone to make a copy that he/she or I would keep. I fully understood that duplicates or copies of passports are not honored but it would at least have the information needed to get a duplicate. Now, that would have worked if were still home in the USA. However, standing in complete disbelief, my calm demeanor disappeared and an attitude I had never witnessed of myself appeared.

To this day, the horror of the group being detained due to his mistake was unbelievable. As my self-discipline regained its composure, I began to think of how to solve this problem. My first thought was to go to the desk that could connect to the plane to see if the passport was left on the plane. We

Continued on Page 20

A Feng Shui Thought - You Are How You Live

by Susan Chan



Environmental awareness and Feng Shui are practically synonymous. After all,

what is Feng Shui but an awareness of your physical environment and the observation of its effects on you. Feng Shui is a 5000 year old ancient Chinese art of placement. In Chinese, the word Feng means “wind” and the Shui means “water.” Wind and water are primary elements in nature as well as in Feng Shui. When people hear “art of placement” they usually think it is just moving furniture. Indeed, this is an important part of the process but it is so much more than that. Feng Shui is the observation of individuals within their environment and promotes creating the most positive relationship in order to support the person’s life’s goals.

Many people complain of health issues such as headaches, asthma or chronic insomnia. There can be many causes for these problems. During a Feng Shui consultation, I may discover mold on the walls or dust bunnies that have been piling up for years. Fortunately judgment is not part of Feng Shui, but advocacy to help get to your targeted goals is. When someone says, “I’m not feeling well or I think I’m in a dead-end job, I become a Feng Shui Sherlock Holmes, searching out the answers that are usually manifested in the environment. I look at the balance between the outer and inner worlds since one cannot have one without the other. There is no yin without yang, no yang without yin. An outer environment such as a

disorganized office or a constantly arguing couple is usually a manifestation of what is going on internally. A client may complain that he is constantly overlooked at work, never the one to get the promotion. If we study his office, we may find that his desk is not in the command position, leading him to not be in the position of power. Moreover, important documents may be strewn everywhere, indicating confusion, lack of direction and focus. Making changes to both the physical level such as moving his desk as well as on the transcendental level (things that cannot be seen with the human eye) with personal qi (life force or energy) adjustments can help that person move toward his goals quickly and thoughtfully.

Here are a few tips to help you start synchronizing your internal and external worlds using Feng Shui:

1) **Declutter!** Decluttering is a branch of Feng Shui and a great way to instantly change your environment, which in turn changes your qi. Clean out that junk drawer. Empty out that handbag or briefcase and experience how much lighter you will feel. Do you have a mountain of electronic gadgets near your bed where you sleep? Put them in another room and experience a more peaceful slumber. Being mindful of your environment and taking the time to care for it will make your internal environment sing with joy.

2) **Incorporate nature.** Another way of improving your Feng Shui environment is to bring natural elements indoors. You can do this by bringing in plants, flowers, stones,

shells and similar objects into your home. The intrinsic soothing nature of these things will shift the vibration of a stagnant corner or room that is in desperate need for a pick me up.

3) **Pick up a paintbrush.** There are 5 main elements of nature that are represented by colors in Feng Shui-wood (green), fire (red), metal (white/grey), water (black or dark blue) and earth (yellow/brown). Although the Feng Shui elements are significant, what is more important when choosing a color is to choose a color you absolutely love. Go ahead and paint a room, a wall or even the interior of a closet or shelf your favorite color and see how your mood is instantly lifted.

So ask yourself, what is the current state of your home or work place and how does your immediate environment make you feel? Is it open and calm or do you struggle with stuck doors and bills stacked up high on the dining room table? Feng Shui begins with careful observation of your environment. The key is to take action and there is no shame in reaching out and asking for help. What count are the results you obtain in the process and the rewards that come with purposeful external and internal shifts.

Susan Chan is a Feng Shui Consultant based in New York City, a member of the International Feng Shui Guild, NY Chapter of the Feng Shui Guild and National Association of Professional Organizers. Susan is available for residential and commercial projects and can be reached at 917.428.8811 and fengshuicreative@gmail.com.

A MOTHER TELLS A STORY

Written by Gina Thompson



Sidney

Sidney's adventure actually began last September when I received an invitation in the mail from People to People. They had invited Sidney to participate in the *Sports Ambassador Program in Basketball* and travel to Austria to participate in the **World Sports Festival 2010**. It was a two-week affair beginning July 1st through July 12th. I was very surprised with the invitation and went on-line to check them out. I then showed the letter to Sidney and the first words out of her mouth was "Can I Go?" The next step was registering and attending the information session in Burlington, Vt. It was an awesome video display of the past Sports Ambassadors and their performances in Volleyball, Soccer, and Basketball. I turned to her and asked, "Do you still want to go?" And she nodded her head and said Yes! We then started our task for fundraising and People to People supplied us with supportive emails and conference calls.

We then started our task for fundraising and People to People supplied us with supportive emails and conference calls. It was the hardest thing to leave her at the airport in Syracuse, New York, and return home without her. Her flight was with nine other Sports Ambassadors from all over the North Country. It was a nine-hour flight to Vienna, Austria which Sidney did not enjoy at all. She said there was a lot of turbulence.

When she arrived in Austria, she met the rest of her basketball teammates and went straight to the Sports Academy and started working out for the next three days. They went over plays, team building activities, and sightseeing. They traveled to Germany and visited the Concentration Camps and even spent a night in a castle. She really enjoys history and it was quite an experience in the Camp. Everyone was quiet on the bus reflecting on the sights inside those walls. The first day of the tournament was hard work as her Team Liberty USA went 3-0. The second day Team Liberty USA went 2-0. The semi-

final game was a must-win to send them to the Gold Medal game on



Sunday. The trainer called us on Saturday afternoon asking for permission to give Sidney Benadryl as she was stung by a bee as her poor thumb was swelling up. Since I had the trainer on the phone, I quickly asked if they had won the semifinal game. They did and the trainer said Sidney played well.

During the tournament, you could have a gift exchange with other teams. The gifts were to be reflective of where you're from and who you are. There was a team from Kenya and Sidney said they were very young and Team Liberty USA beat them 36-4. Sidney felt so bad that she past out all her gifts to that team.

The gold medal game ended 41-40 in overtime with Team Liberty USA winning the silver medal. Sidney called at 7:30 a.m. and was so bummed out. "One point, Momma, We lost by one point." I asked if she had played hard. She answered that she did and I told her that's all that matters. You played hard and you're coming home with a silver medal. I was able to go online and view photographs of some of the games. There is one team picture and Sidney was standing right in the middle with the biggest smile on her face. She just looked so happy and it told me she was thoroughly enjoying herself.

Sidney is currently a sophomore at Massena Central High School and plays basketball for the Red Raiders. Basketball is a sport she took up when she was 10 years old and she took to it like a duck in water. She plays like a boy and works very hard to always improve her game. Her father is always there with tips and she listens. If you show her things in practice, she will be doing those things in games. Her goal is to make it to a Division I University and play basketball. She would like to be a Tar Heel for North Carolina but her dad would prefer she be closer to home and play for the Syracuse Orange.

As she says, I take care of her schooling and dad takes care of her basketball. Good grades are very important and it is privilege to be playing sports. Without good grades and the hard work that goes with it, sports would be out of the question. I went to her guidance counselor and we changed her schedule to help her be more prepared for university. I don't want college to be a culture shock and she fail before she even gets started.

We are very proud of her and she is an excellent role model for her younger sister, who wants to follow in her sister's footsteps.

Thank You

Walmart
Potsdam, NY

BJ's Wholesale
Club

Pizza Hut

PRICE CHOPPER
Malone, NY



Walmart
Messena, NY



A GREAT STUFFING FOR ALL OCCASIONS

Submitted by
Cassey Ramharrack



(optional)

Ingredients

- 2-3 servings of cooked rice
- 1 cube of low sodium chicken broth
- 1 8 oz. package of low fat mozzarella cheese
- ½ bunch of fresh chopped parsley
- 2 tablespoons of oregano
- 2 tablespoons of basil

1. Cook rice with low sodium chicken broth, two cups of water to 1 cup of rice, doubled the proportions, if you want more rice.
2. Once the rice is cooked, grate 8 oz. mozzarella cheese into the rice.
3. Add 1/2 cup of fresh chopped parsley, 2 tablespoons oregano, or basil depending on your taste.
4. Mix thoroughly into the cooked rice
5. Place stuffing into your favorite roaster, turkey, or pork loin and place in the oven for the required cooking time/temp. for your meat. Once meat is cooked, remove meat and stuffing from oven and ENJOY.

THANK YOU

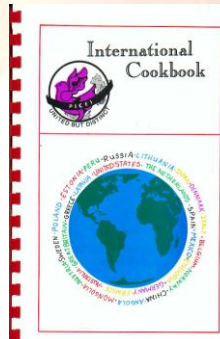


SWEET POTATO COOKIES

Submitted by
Mamadou Tamela from Zimbabwe

Ingredients

- 1 lb. sweet potatoes, grated raw
- ½ cup honey
- 1 tsp. lemon rind grated
- ½ cup butter
- ½ cup sugar
- 1 egg
- ½ tsp. salt
- 6 Tbs. milk
- 2 cups flour
- 1 tsp. baking power



From PICEI
International
Cookbook

Cream sugar and butter together. Blend in egg, honey, lemon rind and sweet potatoes. Add flour, baking powder and salt. Place a teaspoon of mix onto greased cookie sheet, 2 inches apart. With a toothpick, prick holes on each cookie. Bake for 20 min. at 350 degrees, or until lightly golden. Allow to cool for 5 min. before removing cookies.

Butter's Quick Stop

Quick, Easy & Convenient

B.J. Thomas
Owner

Akwesasne, QC
613-575-1805



GLAZIER'S

Glazier Food Service

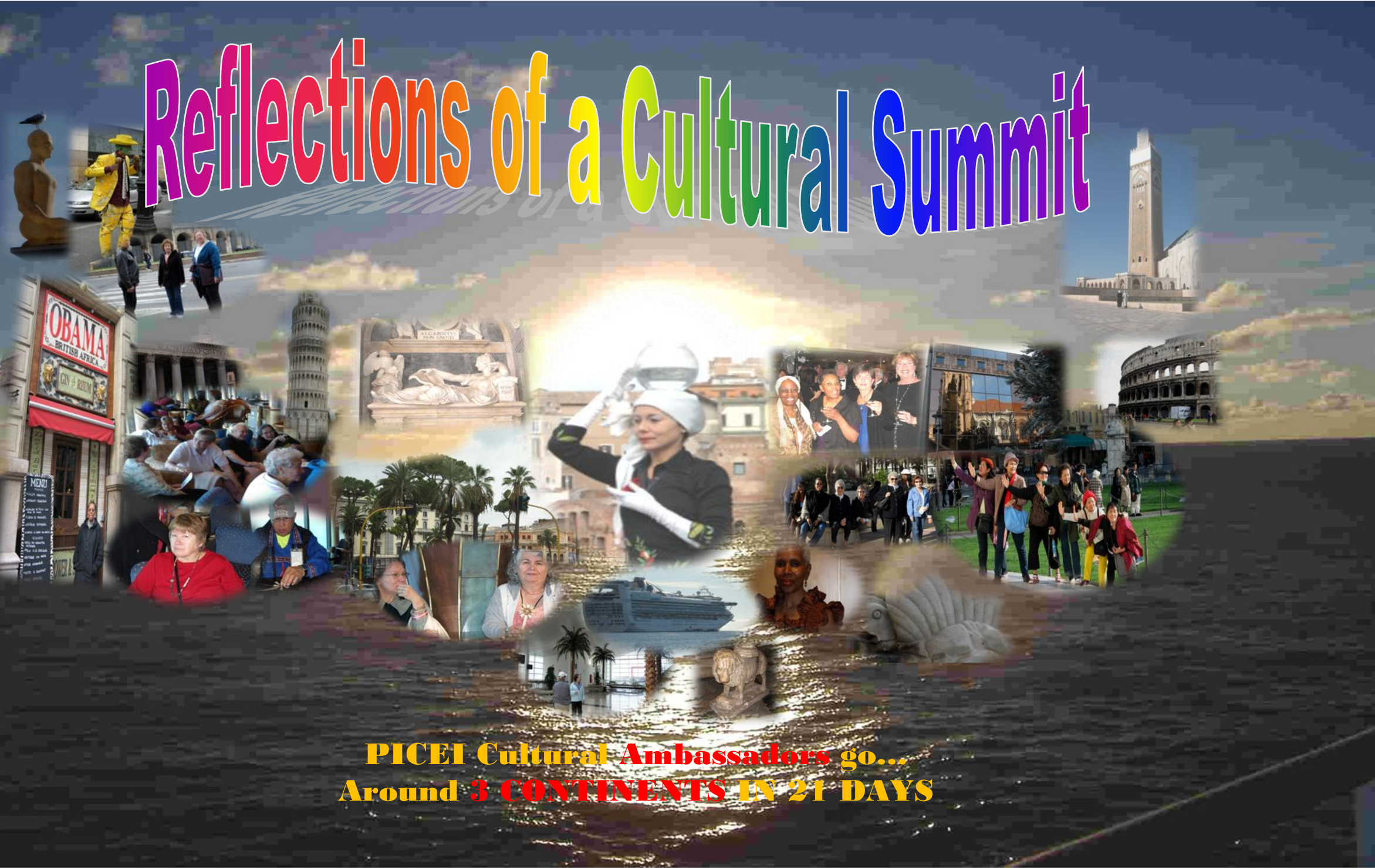
Full Line Food Service And Milk
Distributor

Serving Franklin and St. Lawrence County

3140 State Route 11
Malone, N.Y.

Phone: 518 483 4990
Fax Toll Free: 775 239 9797

Reflections of a Cultural Summit



**PICEI Cultural Ambassadors go...
Around 3 CONTINENTS IN 21 DAYS**

(Continued from page 14)

knew that he had to have his passport in order to board the plane. They checked everywhere but it was not there. The person who handles contacting the American Embassy was not working that day due the office being closed for their holiday. It seemed to be impossible to get anything done. But for some reason it came to me to have him take off his jacket and then I told Ted, if necessary, he would have to remove everything, I meant that literally. But, thanks to our Creator, he did not have to go that far, since the passport was found in the lining of another jacket he had on under his coat.

Once, we were in Rome at the hotel other miracles continued to happen as Marianne lost her passport at the Vatican and someone found it, call the hotel and returned it. Jean left her sweater on a public bench while waiting for the bus when she realized it was missing. Another PICEI participant ran back to the site and it was still there with all the money in it.

All the challenges were now behind us, as the learning, the sharing, the winnings and fun began; Debbie won the "Scavenger Hunt" contest on the very first day. Stephanie won the Photographers Choice Award for Best Photography. Carl received second place medal for water volleyball, Jean, Ted, Marianne and Michael won several Bingo games aboard ship, some more than once. We had an opportunity to watch the outdoor



movies under the stars of the Shooting Stars, while we were passing the equator. Of course, there was excellent dining, theatre and music aboard ship.

The cultural seminars entitled, "Multiple Cultures Conference/Gathering" were one of the highlights of the trip as we shared our culture with each other and several people we

met aboard the cruise liner. On the first day of our seminars, **Lela Harris** opened the seminar with a warm



welcome to members and guests. Our Executive Project Director, **Carl Patterson, Jr.** gave a

review of PICEI "Past, Present and Future" which explained the direction of the organization. This gave our guests a better idea of what the organization motto stands for "United, But Distinct". **Chrysetta Patterson**, Executive Director took us into



ourselves, various cultures in ways that opened our minds and hearts to another level of



understanding. **Jean Herne** taught us how to make bookmarks from Sweet Grass. We all realized how



difficult the art of the Mohawk culture is to master. **Elaine Harris**, a former schoolteacher, told stories of two different cultures. We



learned how much they were alike, sending the same message. **Deborah Thomas** shared the story of Kateri



Tekakwitha. To this very day, her Sainthood has yet to be recognized. **Theodore Jacobs** shared his traditional knowledge to give some



insight into the understanding of his culture headdress and customs. **Betty Swamp** shared her



personal growth in understanding her own culture and

continues to encourage others to embrace their own culture in ways they may have never thought of before.

Everyone received momentums and certificates of participation or for presenting certificates. Each of us walked away with more than what we entered into the journey, new friends and new beginnings.

Join us in 2011 as we journey to *San Juan, Puerto Rico; St. Thomas US Virgin Islands; Samana, Dominican Republic; Labadee, Haiti, from October 27 thru November 5, 2011.*

37 WEST

STEAKHOUSE AND LOUNGE

Happy Hour 5-7 pm
2 for 1
Beer/Well Drinks
EVERYDAY!

Phone: 518-358-6100
Leona_francis33@yahoo.com
516 State Route 37
Akwesasne, NY 13655

Mohawk Basket

Maker

Specializing in Glass Vase Baskets

Angela Bero

518 358-4459
370 Cook Rd.
Akwesasne
New York 13655

adavidbero@yahoo.com

**PAMOJA INTERNATIONAL
CULTURAL EXCHANGE, INC.
(PICEI)**

600 Smith Road Suite A
Brasher Falls, NY 13613-3242

E-Mail: culturepiceiorg@gmail.com



Board Members:

Carrie Alexander
Viola Bass
Evelyn Ghoram
Whitney J. Ghoram
Mildred E. Glenn
Courtlan C M Green
Jean Herne
Julia Moss
Carl Patterson
Chrysetta P. Patterson
Florence Patterson
Topez Patterson
Cynthia Shipman

Honorary:

Dr. Shefali Dastidar
Dr. Sachi Dastidar
Ramatoulaye Dieng
Ahmadou Lamine N Dour
Joseph Wright

United But Distinct

Board Members Profile

Our Board Members have a wealth of Professional Experience in many fields such as Teaching, Marketing, Social Work, Spiritual Guidance, Business, Communication; Photography, Artistry, Mentoring, Technology, Cinema photography, Broadcasting; Authors, Stenography and Sports to mention just a few, and we have traveled extensively around the world allowing us to gain knowledge from every continent. Collectively the board members possess over 300 hundred years of expertise and we have lost count on the miles we have traveled

Benefits of Being a PICEI Member

All Star levels members receive:

- Ticket discount on all our Events
- Merchant Discount in your community*
- One Free gift
- Authority to submit new ideas & suggestions to reach our goals.

Level Stars: 2, 3 & 4 (Additional benefits):

- All of the above, plus
- Free link on our Website
- 10% discount off of all products sold by PICEI
- Advance notice of events
- One free ticket when entering our Prize Drawings

Level 5 (Additional benefits):

- All of the above, plus
- Upgrade free gift
- VIP Invitation & seating to Annual Meeting
- Two free tickets when entering our Prize Drawings
- Life Time Pin

We Welcome You...

Enclosed is my membership of \$ _____

Check Money Order

Payable to: PICEI

Name: _____

Add: _____

State: _____ **Zip** _____

Tel: () _____

E-mail: _____

IT IS TIME

Our Dream can be a Reality if we work together...

We Need:

- A *Cultural Center* in the North Country where all cultures can be represented by their culture focusing on the contributions they have made to this world. And, those that have life experiences that are willing to share can openly do so with others from different cultures, as well as to learn from same.
- A *place* where all can learn about themselves and others, as well as their heritage that is the very essence of their roots.

Opportunities:

- A *place* where students can learn about the different cultures early in life without having to travel to other parts of the world.
- A *place* where our youth and elderly can work. (Job creation)
- A *place* maintained by the countries participating to avoid taxes on the local community.
- This will be "A *place*" where we could teach and learn uninhibited by fear of reprisal.

How to get started:

- One of the ways is to *have inmates* help and give back to society with their good intentions by working with the community, by helping with site preparation, and assisting with landscaping, as well as painting and all around maintenance required to keep the cultural center in functional and respectful condition. And, we should give acknowledgement to them by listing their names among those that contribute.
- *Obtain in-kind* support from businesses in each community by requesting that they donate whatever they can to build the outside structures, and having the different participating counties supply interior and all items to be shown that would best tell their history.

This brief overview is to give just a peek at the bigger picture. Let Us Begin.....

**MEMBERSHIP STATUS
NOMINATION**

I wish to accept the nomination for membership status and look forward to serving in the following capacity:

- Active Board Member _____
(Resume Attached)
- Active supporting Member _____
- Non-active member _____

**LEVEL OF FINANCIAL
INDIVIDUAL MEMBERSHIP**

- () 5 Stars-Life Time..... \$1,000.00
- () 4 Stars-Annual Donation\$150.00
- () 3 Stars-Annual Donation\$ 75.00
- () 2 Stars-Annual Donation\$ 50.00
- () 1 Star -Annual Donation\$ 25.00

**SPECIAL MEMBERSHIP
ANNUAL RATES**

- () Youth/Senior Citizen.....\$ 10.00
- () Organization.....\$150.00
- () 1 Time/Matching Funds\$ _____

Membership # _____

PICEI

518 358 9942 ■ 866-660-5116 ■ 518-358-9517

THANK YOU!

**PUT
STAMP
HERE**

Pamoja International Cultural Exchange, Inc.
600 Smith Road Suite A
Brasher Falls, NY 13613-3242

**Pamoja International Cultural Exchange, Inc.
600 Smith Road Suite A
Brasher Falls, NY 13613-3242**

**Pamoja International
Cultural Exchange, Inc.**

PICEI



Website: www.picei.org



**518 358 9942 ♦ 1 866 660 5116 ♦ 518 358 9517
718 774 9032 ♦ 631 348 7417**



PICEI 50/50 WINNERS

Members & Supporter Help PICEI Continue



Florence Patterson

PICEI continues to have its "Last Shall be First" 50/50 raffle with the hopes to raise the necessary funds for their more than necessary office. Amount raised by October 2nd was \$3,280.00. Again, this year PICEI wishes to thank the "First American IGA" in Hogsburg, New York for hosting the event.

During the day, PICEI gave free chances for the Lotto Tree to everyone who purchased items that total \$20.00 or more at "First American IGA" that day. The winner of the Lotto Tree was a neighbor, Josie Swamp.



Julianne Barnes

The top sellers of the 50/50 tickets by our members this year were **Florence Patterson, Julianne Barnes, and Betty Swamp**. Other members who truly gave a great deal of time and energy were Lorraine George, and Jean Herne. Viola Bass came all the way from Long Island, New York to assist in the event and was among our other members; Mildred Glenn, Courtlan Green, Lela Harris, Lorraine Holt, Carol Lazar, Marianne Loran, Julia Moss, Chrysetta Patterson, Carole Ross, Cynthia Shipman, Susan White, who purchased and or sold tickets.



Betty Swamp

This year our big winner of the 50/50 was Jean Herne, Louis Ghoram of New York was our Midway winner of the Cambridge Electric Fireplace that was donated by Home Depot of Massena. Betty Swamp won the electric wok appliance prize. Julianne Barnes was the recipient of the PICEI's 5% half of the net 50/50 winnings by being the first member to sell 3 tickets.

Mo' Money Pawn Shop

Need Cash?

Carson Mitchell
Owner

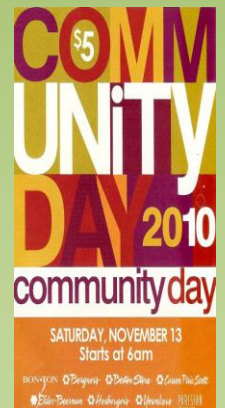
480 state rt.37
Akwasasne

518-358-4120

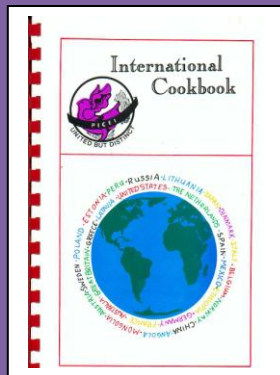
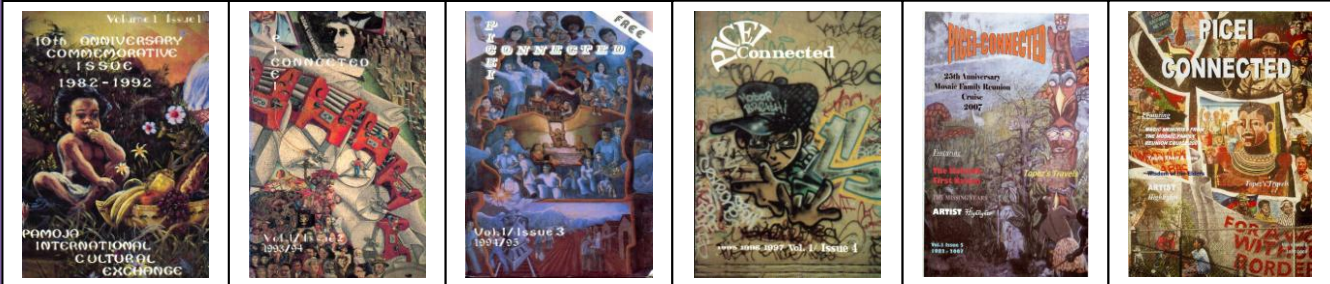
THANK YOU



Mohawk Council of
Akwasasne



PICEI Connected



**INTERNATIONAL COOKBOOK
Order Form**

To order "INTERNATIONAL COOKBOOK"
Please send: **\$10.00 plus \$2.98 shipping charge**

Please send me _____ cookbook(s)

Enclosed is my tax deductible donation of
\$ _____ (No Cash Please)

NAME: _____

ADDRESS: _____

CITY: _____ **STATE:** _____

ZIP CODE: _____

TEL #: () _____

Mail to:
PICEI
600 Smith Road, Suite A
Brasher Falls, NY 13613-3242
or
CALL: 866-660-5116

Proceeds for Scholarships & Awards

*Cookbook Collectable
featured in Better Homes
and Gardens, 1994*
SUPPLIES LIMITED!

Salad Nicoise



skinstitch™

S K I N A D H E S I V E

Charles Sears
89 Old River Rd.
PO Box 179
Massena, NY 13662

(866) 254-3900
(866) 559-2900
chuck@skinstitch.com
www.skinstitch.com

Homestays in Peru

After completing a one-week photo frenzied group tour

of Lima, Cusco, and Machu Picchu, I arrived back in the mountain city of Cusco for the second part of my trip through Peru. Machu Picchu was definitely a highlight of my visit, but I was most looking forward to staying with local families to see Peru beyond a tour bus. Since I didn't have any local contacts, I looked to the Internet and Peruvian tourist companies to set up two homestays.

At a tourism office in Cusco, I booked a weekend trip to Lake Titicaca for less than \$100 USD. The trip included round trip bus fare to Puno with hostel and a boat ride on Lake Titicaca to visit the manmade Uros floating islands, Taquile Island, and a homestay with a family on Amantani Island. I have to admit, I wanted to meet the locals and I was a little disappointed to see a minibus full of tourists pick me up at the hostel the morning of the trip. However, by the end, I had made friends with travelers from around the world who I hope to visit in the future.

While on Amantani Island, I stayed with Ricardin and her family in their U shaped home made of adobe bricks. Through the courtyard, and up the ladder to the second floor there was a simple yet comfortable guest room. There was no electricity or running water, but our hostess gave us a new candle, and brought a bucket of hot water in the morning so we could clean up.

The people living on Amantani speak mainly a native language called Quechua, some speak Spanish, and very few speak English. Yet we communicated in other ways. Ricardin

Continued on Page 28





St. Regis Mohawk Office for the Aging

29 Business Park Rd.
Akwesasne, NY 13655

“Your one stop shop for all seniors needs.”

- Life Line
- In-Home Care
- Case Management
- Legal Aid
- Handyman
- House Keeping
- Health Program
- Escort Services
- Transportation
- Supper Bags
- Breakfast Bags
- Congregate Meals
- Nutrition Counseling
- Nutritional Education
- Home Delivered Meals
- Socialization
- Weekly Shopping
- Craft Activities

Phone:
(518)358-2963
Fax:
(518)358-3071
HIICAP/
NYConnects:
(518)358-2834

HEALTH INSURANCE
HIICAP
INFORMATION, COUNSELING & ASSISTANCE

- Medicare & Health Insurance Counseling
- Social Security, Food stamps Counseling
- Prescription Benefits Counseling
- Referrals



<http://srmt-nsn.gov/OfficeForTheAging.htm>

ALL SALES TAX FREE

ACTION
RACE PARTS & FABRICATION

Louie JACKSON
OWNER

shop: 518 358 4085 fax: 518 358 4088
email: actionraceparts@yahoo.com
1552 state rt 37 - Akwesasne, NY 13655

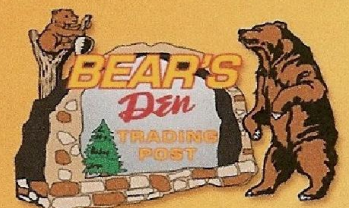
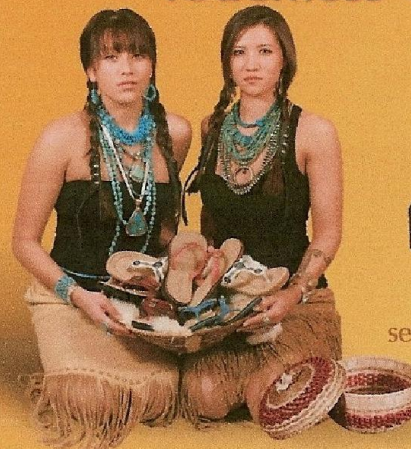
ALL SALES TAX FREE

TRONER
BICKNELL
Teo
IMPACT
BERT
FRAGOLA

At Bear's Den Trading Post

We have something for everyone!

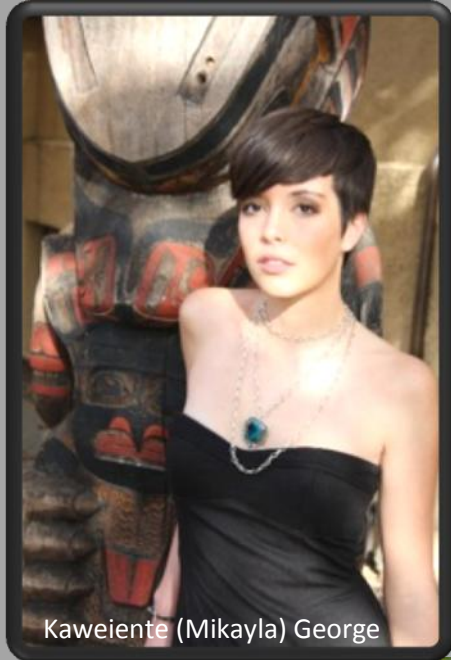
- Family Restaurant
- Native American Gift Shop & Jewelry
- 24/7 Gas Station
- Convenience Store
- Discount Tobacco
- Touchless Carwash



Where quality and good service have been our family's tradition since 1953

425 St. Rt. 37 in Akwesasne
800-759-BEAR www.bearsdentradingpost.com

Highlight of an Awesome Model



Kaweiente (Mikayla) George

Kaweiente (Mikayla) George is the daughter of Chris and Laura George from the Akwesasne reservation in New York State. In 2005, at the young age of 15, Mikayla participated as a member of the International Rotary Exchange Program. She spent a year living in Finland where she learned a new language, culture and met many lifelong friends. Since returning to the United States she has been focused on her education and pursuing her dream to become a certified Physical Therapist. Mikayla is currently a junior at Stanford University in Palo Alto, California where she is majoring in Human Biology. Her time at Stanford has opened many doors for her and presented her with many opportunities which she has accepted without hesitation.

Mikayla joined the crew team and became part of a National Championship winning team. As a result of injuries, she had to give up her place on the team. She then auditioned and became a model for Stanford's Charity Fashion Show (CFS). As a CFS model she has worked with many photographers and designers to raise money for California Charities.

Mikayla is continuing her work as a CFS model



Mikayla's experiences have opened her eyes to her inner strengths and made her realize the importance of taking advantage of any opportunity that is offered. Once her educational career at Stanford ends she has plans on attending San Jose State to obtain a Masters in Kinesiology before she heads back to the East Coast to complete her certification in Physical Therapy.

The Village Engraver
Trophies, Plaques, Corporate
Awards, Engravable Gifts,
Glass Etching

Paula Perry, Owner

PO Box 314
80 Parker Avenue
315-769-6741 Phone/Fax
pjperri@earthlink.net



Continued from page 25

brought us to the kitchen, a dimly lit small adobe building with clay pots in a hearth and a pile of eucalyptus leaves to stoke the fire. She made a Quinoa soup and served it with fresh bread, boiled potatoes, and a delicious rustic cheese. The family did not have much, but potatoes were plentiful and were served with every meal. That evening, after a hike to the top of the mountain to watch the sunset, we were invited to a party for the tourists where we listened to a Peruvian youth band all danced together with our hosts.

After arriving back in Cusco, I went to meet my next host family. Standing in the central plaza, with my bags stacked in front of me, I shooed away the women selling crafts as I looked anxiously for Senora Lourdes. Before my trip to Peru I had found the homestay through a Spanish school that I saw on the Internet. How would I know who she was? Would she speak English? Then coming out of a cab, I saw a woman of about 65, with a kind smile coming directly towards me. In careful English, Lourdes asked if I was Topez.

We went to her house about 10 minutes away. I was given my own room on the first floor above the garage, separate from the main house. Lourdes and her husband Darwin, introduced me to their daughter, and ten-year-old grandson, Christian. We sat down for lunch together. We had the Peruvian specialty, quinoa soup made of a small grain and vegetables. Lunch was served with a fresh-baked flat bread typical of Cusco and hot coca tea to help prevent altitude sickness. During my stay we had many meals together and relaxed with the family. Lourdes even insisted that she wash a load of laundry for me since it was included in the stay. I was in a foreign country, speaking a language I am still learning, and yet, I felt like I was staying with family.



The next day, Senora Lourdes walked me to my first Spanish class. I had signed up for a week of group lessons, but there were no other students registered so I received private one on one tutoring. I was disappointed to not have a group of students to learn with, but when I started spending time with my instructor, Luz, I realized there was added value to having her all to myself. Because the Amigos Spanish school was under construction, we had classes at the director's apartment a few minutes away. While the location was somewhat inconvenient, it allowed me to see an area that I never would have been in otherwise. Luz taught me vocabulary and grammar in the lessons, and acted as a private tour guide taking me on trips through the city. We spoke in Spanish as we walked around the artistic colonial neighborhood of San Blas and toured the central market. She gave me limitless tips about safety in the area, fair prices, the best transportation, and nearby sights of interest.

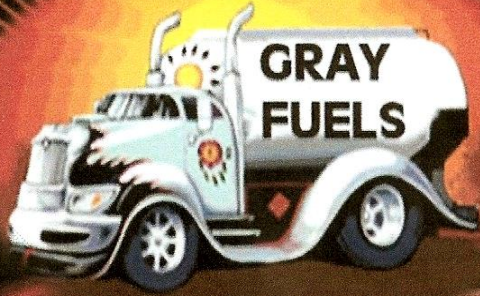


I am glad I took the chance and tried a homestay. I felt safe, comfortable, and welcomed the whole time. Spanish schools offer homestays with or without Spanish classes, and you can stay for only one night, or for months. There are also various local tourist agencies where you can find a family. Do some research and try to get a recommendation, as each company and each family is different. The Amigos Spanish School worked for me. I also met a group of six students from Aumata Spanish School on my trip to Lake Titicaca who were enjoying their experience with that school. Many of these schools also offer cultural activities like cooking classes, dancing lessons, city tours and more. Homestays and language lessons are not only available in Peru. There are similar opportunities all over the world.



GRAY FUELS, INC.

20 COOK ROAD
AKWESASNE, NY 13655
Serving St. Lawrence & Franklin
Counties



**EVEN THROUGH ICE & SNOW
GRAY FUELS IS ON THE GO**

Summer Hours
Monday-Friday
8AM-4PM

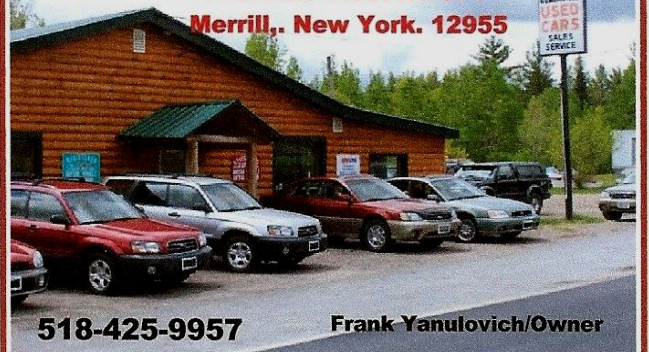
Winter Hours
Monday-Friday
8AM-5PM

Saturdays
(Winter Hours)
9AM - 2PM

Phone 518-358-9912
Fax 518-358-4379

FRANKS AUTO SALES

P.O. Box 4455, RT 374
Merrill, New York, 12955



518-425-9957

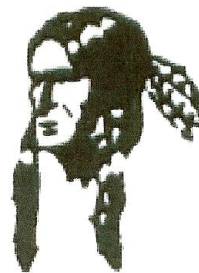
Frank Yanulovich/Owner

Your Alternative for Service

Open
Tuesday thru Friday 8:30am - 6:00pm
Saturday 9:00am - 3:00pm
The Best In & Out of Town
Sales & Services You Can Count On

Specializing
in excellent
Pre-owned

SUBARU



J & J Brokers LLC
P.O. Box 669
Hogansburg, NY 13655

518-358-3462
Fax:518-358-3462

John Ransom

(Continued from page 8)



[Marlana Thompson](#) October 11 at 11:18pm
Yep , training for both horse and rider.



[Marlana Thompson](#) October 11 at 11:49pm
Right now we're not giving lessons, we're busy building a new riding arena and stable.



[Carl Patterson](#) October 11 at 11:48pm
Thank you Marlana, I won't keep you up all night. Is there anything you would like to add or tell our readers about North Country Horsepower? By the way do you give horseback riding lessons?

I know our readers will enjoy this Q & A segment of PICEI CONNECTED North Country Horsepower.

Now let's look at how North country (HP) from a different perspective.....

$$power = \frac{work}{time} = \frac{force \times distance}{time} = \frac{(180 \text{ lbf})(2.4 \times 2\pi \times 12 \text{ ft})}{1 \text{ min}} = 32,572 \frac{\text{ft} \cdot \text{lbf}}{\text{min}}$$



Here in North Country, NY the conversion from buggy to automobile has taken place long ago for the general populous. However its horsepower love is just as dear as the old gray mare. I had the pleasure to be able to attend the Brasher's Second Annual Supper Cruise In & Car Show, August 25, 2010.

There were Classic Cars and Trucks with plenty of horsepower, high tech motors and shiny wheels. The proud owners of the showroom autos were grooming every inch of the cars with care as if they were show horses. Everyone had a smile on their face. Motorcycles were also welcomed. There was live music, food-fun for all ages and the event was free. Brasher's Town Supervisor, Jim Dawson, did a splendid job in organizing the event sponsored by Lavigne's IGA and the Town of Brasher. PICEI had a booth selling hot fresh buttered popcorn and handing out cultural information.

Each classic car had a story behind it and the owners took pride in giving you its history and boasting about its horsepower. No wonder the Brasher, Massena, and Norfolk area was slated as a future *NASCAR* race track site. North Country takes their horsepower seriously evidently shown by the many muscle cars that showed up that day.



The Akwesasne community of North Country already has *Frogtown Race track* a recently remolded race track hosting plenty of (HP).

In accordance to Wikipedia encyclopedia, just how horsepower gets converted to into watts is a bit confusing, (no pun intended) however it is the watt named after [James Watt](#) for his contributions to the development of the [steam engine](#) which even now drives the future, but let's not forget it's the horse and horsepower even now which began it all. One kilowatt of power is approximately equal to 1.34 [horsepower](#).



2009 AERO EV 1,000 HP FASTEST ELECTRIC EVER



Shelby Supercars maker of the Ultimate Aero, world's fastest production car record holder, now develops an electric version. SSC is now pursuing the title of World's fastest electric car with the Ultimate Aero EV.


CAUTION

1,000

HP

Experience Hov pod

Check it out !!!



Experience the pleasure

For Sales and demonstration rides

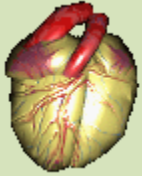
By appointment only

Call: 518 358 2947

E- mail: chromystic@hotmail.com

HEALTHY HINTS

Why Keep Aspirin By Your Bedside?



Heart Attacks!



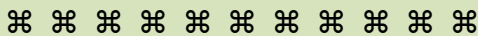
Bayer is making crystal aspirin to dissolve under the tongue. They work much faster than the tablets.

There are other symptoms of a heart attack besides *the pain on the left arm*. One must also be aware of *an intense pain on the chin*, as well as *nausea* and lots of *sweating*, however these symptoms may also occur less frequently.

Note: There may be **NO** pain in the chest during a heart attack. The majority of people (about 60%) who had a heart attack during their sleep, did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, **immediately dissolve two aspirins in your mouth (under your tongue)** and swallow them with a bit of water.

Afterwards:

- *Phone a neighbor or a family member who lives very close by*
- *Say "heart attack!"*
- *Say that you have taken 2 aspirins.*
- *take a seat on a chair or sofa near the front door, and wait for their arrival and....*
- **Do NOT lie down!**



Before Getting a Mammogram

Dr. Oz On Going for a Mammogram

- One week before your mammogram, DO NOT drink coffee or tea.
- Take 3 Ibuprofen. It helps with the soreness after the mammogram.

GRANDMA CURES

- Did you know that drinking two glasses of Gatorade can relieve headache pain almost immediately—without the unpleasant side effects caused by traditional "pain relievers."
- Did you know that Colgate toothpaste makes an excellent salve for burns.
- Before you head to the drugstore for a high-priced inhaler filled with mysterious chemicals, try chewing on a couple of curiously strong Altoids peppermints. They'll clear up your stuffed nose.

Achy muscles from a bout of the flu? Mix 1 tablespoon of horseradish in 1 cup of olive oil. Let the mixture sit for 30 minutes, then apply it as a massage oil, for instant relief for aching muscles.

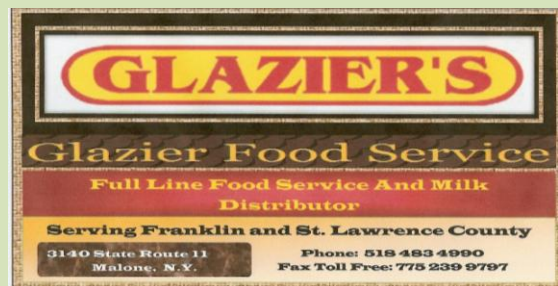
Sore throat? Just mix 1/4 cup of vinegar with 1/4 cup of honey and take 1 tablespoon six times a day. The vinegar kills the bacteria.

Cure Urinary tract infections with Alka-Seltzer. Just dissolve two tablets in a glass of water and drink it at the onset of the symptoms. Alka-Seltzer begins eliminating urinary tract infections almost instantly -- even though the product was never been advertised for this use.

Honey remedy for Skin Blemishes... Cover the blemish with a dab of honey and place a Band-Aid over it. Honey kills the bacteria, keeps the skin sterile, and speeds healing. Works overnight.

Listerine therapy for toenail fungus... Get rid of unsightly toenail fungus by soaking your toes in Listerine mouthwash. The powerful antiseptic leaves your toenails looking healthy again.

Thank You



HELPFUL HINTS

DoctorsTV.com

- **Greasy/Oily Hair** – Use baby powder on hair. This absorbs the oil.
- **Rashes** – Use Olive oil and honey.
- **Ashy feet** – Use Olive/Baby oil. Massage often. Feet will return to being soft.

Control Ants Naturally

(Excerpted from USA Weekend-May 7-9, 2010)

Get ants out of your kitchen without using pesticides or bait traps. Ants follow chemical trails left by other ants to help them find food. Follow the ants' path backward to see where they get in. Use coffee ground, lemon juice, cinnamon, cayenne pepper or citrus oil to create a barrier.



Down the Drain – Spring Cleaning in 10 minutes - By Heloise



- ❖ To freshen drains (not unclog them) and help keep them free-flowing, mix ½ baking soda with ¼ cup table salt.
- ❖ Pour the mixture down the drain, followed by 1 cup of heated vinegar. It will foam and bubble.
- ❖ Let it stand for 15 minutes—longer does not work any better.
- ❖ Follow by running hot tap water for at least 15 to 30 seconds. This is especially good for seldom-used drains, like in a guest bathroom.

KITCHEN FIXES

(Excerpted from USA Weekend – March 13-15, 2009)

Food stuck to your favorite pot?

- It is recommended that you prepare a simmering baking soda and water mixture in the pot to help lift the food off.
- If you cooked something made with eggs, flour and milk (like pancakes), soak the pot in cold water first. If you use hot water, it sets the starch and makes it glue on.

Stale Bread?

- Sprinkle a slice or two with water and microwave it for 30 seconds. That restores some of the bread's softness.

Chopped vegetables make a mess going from cutting board to pot?



- Use a metal bench scraper.
- Scoop chopped vegetables to the side of the bench scraper and take them to the pan without dropping any.

Dull Knives?

- Wash and dry them immediately after use.
- Avoid leaving them in the sink
- Never put them in the dishwasher.
- Sitting water will quickly dull the blades.

Cutting Board Slips?

- Always put a damp towel underneath the board. It keeps it well-grounded.

Chicken and other meats slip out of your hands as you try to prepare them?

- Chilled meat is easier to handle.
- The cooler the better...as it get warmer, it gets more slippery.



THANK YOU





MEMORIES

*YES, we miss them and want them be here with us...
Moreover, they are...
The spirit knows we must all return home one day...
When we embrace the understanding of the journey, we are
on...We can rejoice in their home coming...*

Bessie Ghoram
August 1, 1925-March 8, 2010



Glenda M. Benedict
July 27, 1940 to October 3, 2009

Harold E. Snyder
April 8, 1920 to June 11, 2010

Brad Joseph Bonaparte
January 7, 1962-June 16, 2010
Artist, Traditional Storyteller and
Director of "Ronathonni Cultural
Center"

Jacob A. "Tekaronhianeken" Swamp
October 18, 1941-October 15, 2010

Clarence Grant
October 8, 1928 to April 19, 2010

Peace

Cook's Greenery & Floral Impressions
1068 St. Rt. 37
Akwesasne, NY 13655

Irene Cook
Owner

Phone: (518)-358-2982
Fax: 518-358-6378

Happy 1st Birthday

*Love Your Tota Ma
Mom & Dad
Uncle Dallas*

OUR LITTLE ANGEL
Bella Mae Thompson

ADAMS MARINA

Morris Adams
Owner

Michelle Adams
Manager

Phone : 613-575-2296 Fax : 613-575-1436
151 River Road, Akwesasne, QC HOM 1A1
Term: Cash or 2% per month charged after 30 days

ACN
Independent Representative

Jerome J. Cook

(518) 358-4465
(518) 358-9898
(518) 358-2404
(613) 551-0204
rep. ID # 0393458
E-Mail jerrycook@acninc.net
Website www.acninc.com

Wild Bill's -1-Stop
564 St. Rt. 37, P.O. Box 810
Akwesasne, NY 13655
USA

MONA·VIE

Jerome J. Cook
Independent Distributor

1076 State Route 37
Akwesasne, N. Y. 13655
518-358-9898
613-551-0204
518-358-4465
jerrycook@acninc.net

**ATTN:
Job
Seekers!**

Akwesasne Employment Resource Center



611 State Route 37, Akwesasne, NY 13655
(518) 358-3047
E-mail: aerc@srmt-nsn.gov

Need Help finding a Job?

Come check out the **Resource Library**, it includes the following features:

- **Job board** w/ the most recent postings from local businesses.
- **Job books** w/ Sector specific job postings including upstate New York, Eastern Ontario, and Quebec.
- **Computers** equipped with internet access for job searching.
- **Job Coach**– provides one on one assistance w/ resumes and cover letters.

Want to join the Job Finding Club?

A free 3 week program where you can learn new techniques for finding jobs, getting interviews, leaving good first impressions, building skills, improving your business writing abilities and more.

ATTN: Employers! Are you looking for qualified workers?

We may be able to Help! We can help you find the right employee by referring several of our best clients with the right qualifications and/or experience for the job. That means that you'll be tapping into a whole new stream of potential candidates you never knew existed until now!

FOR FREE! YES! ITS 100% FREE!



Conveniently Located at the 4 Corners in Akwesasne, NY



**WE ARE OPEN
Monday-Friday
8am-5pm**

**CALL TO MAKE AN APPOINTMENT TODAY!
WE LOOK FORWARD TO ASSISTING YOU.**



**Connect To the
World of Work!**

To PICEI
Donated By
Akwesasne Mohawk Casino
Mohawk Bingo Palace and the
St. Regis Mohawk Tribe

