



Karihwios

Kanesatake's Extreme Halloween

By Crissann Thompson
with Kevin Nelson

Fright Night Haunted House
October 31st 2015

We held this event at the paddling club building, a perfect location. Many people were surprised at the effort our staff and volunteers put in organizing the event, but we had a lot of fun doing it. It was a long road to complete the FLS community haunted house, but we did it with the great support from people wanting to lend a hand to construct and carry out the haunted house. The FLS team would like to personally express our gratitude to the following people, who went above and beyond helping make this event happen for the community of Kaneshatake:

Jason Nelson for equipment, transport, set construction and playing a character
Russell Denis for equipment, transport, set construction and playing a character
Mike Malo for building the framework and set construction



Photos: Susan Oke.

Dale Nelson for construction of props, set construction and playing a character
Kyle Bonspille for set construction
Paul Ferland for set construction and playing a character
Aaron Cree for security and playing a character
Brandon Etienne for set up and playing character
Susan Oke for playing a character
Ashley Oke for playing a character
Vanessa Nelson for playing a character
Bernard Ferland Gabriel for playing a character
Melissa Ferland Gabriel for playing a character
Teharoniakwa Diabo for set up and playing a charter
Mark Tolley for set up, take down and playing a character
Adryan Tolley for playing a character
Dylan Gabriel for playing a character
Kahsenine Nelson for playing a character

Watsenniiostha Nelson candy giver/take down
Stephanie Nelson for playing a character
Jessie Hannaburg playing a character/ take down
Cody Hannaburg playing a character/ take down

And all of our FLS workers and volunteers who constructed and played characters:

Crissann Thompson
Kevin Nelson
Connie Nicholas
Dave Belisle
Pamela Ferland Gabriel
Karennahawi McComber

Please forgive us if we have missed anybody who may have also contributed. Again Niawen:kowa to all who played a part in making this event happen. We want to thank you for allowing us to scare your children. We are looking forward to next Halloween!



Visit from US Federal Judge, Diane Humetewa, Hopi Woman

By Susan Oke

On Friday, October 23rd, Kanesatake was honored with a visit from Judge Diane Humetewa. She is a member of the Hopi nation in Arizona and she is the first Native American woman in U.S. history to serve as a federal judge. In 2007, president Barack Obama appointed her as a US attorney. She was in Montreal to speak at McGill University about Native American traditions being included in the American legal system. It was her first trip to Canada.

Judge Humetewa, specifically requested to visit our community and she arrived in the company of some U.S embassy and consulate staff. The group's first stop was at the band office where they met with the Mohawk council. There was some discussion and then a gift exchange;

MCK Chief, Serge Simon presented her with a wood carving of the New MCK logo and some coffee from Moccasin Joe's. The judge joked that she was planning on picking up some coffee from a well-known national coffee chain, but now she didn't have to. She presented the MCK with a painting depicting two figures standing next to some corn growing and rain coming down in the background and she explained that all the elements depicted in the painting are important to the Hopi people.

After taking some photos, everyone proceeded to Ratihente High School to meet and speak to the students. Then the plan was to visit the Mohawk language class at the culture center and then the health center and the Pines but the visit had to be cut short, unfortunately, so she could get back to the city in time for her speaking engagement.

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The deadline for the
January/February Issue of
Karihwios is:

Friday, December 18, 2015

karihwios@hotmail.com

www.kanesatakehealthcenter.ca

**Look for the
Kanesatake Health Center on
Facebook!**

Photos: Susan Oke



Soccer Team Wins Gold at First World Indigenous Games and Wynonna Cross Scores the Winner!



Photos courtesy of Wynonna Cross.

By Kevin Nelson

The first ever World Indigenous games took place in Palmas, Brazil. With over 22 countries participating from October 23-November 1. The World Indigenous games are like an olympics for indigenous people. Kanesatake's own Wynonna Cross represented team Canada in Soccer. Here is my interview with her.

How many Countries were there?

There were 22 countries at the games, but not all countries were playing soccer. Almost all the teams were Brazilian tribes. The other teams were from Mexico, Peru, New Zealand, and Canada.



You represented team Canada and the majority of players were from Akwesasne, Kahnawake and Kwakwaka.kw, in BC, right?

Yes, there were 3 players from Akwesasne, I think 4 from Kahnawake. I was the only one from Kanesatake, and the rest of the team was from the Kwakwaka'kw nation.

Who did you play over your six games?

Almost all of them were Brazilian tribes. For example, in the finals we played a tribe called Xerente. We also played Peru in the quarter-finals.

How did you get into soccer? What do you love most about the sport?

I was playing it in gym class once in elementary school. My gym teacher at the time told my mother she should register me to play soccer so she did and I've been playing ever since! I love the competitiveness about the sport, I love hearing the other teams always telling their players to make sure they're always covering me, or to not let me shoot, it gives me that much more confidence and makes me want to become even better than I already am.

Tell me about your experience playing in Brazil?

Playing centre mid-field I was able to make a lot of assists. Our first game

we won 1-0 and I assisted the goal. In the second game we won 16-0. We tried to focus more on moving the ball around and passing. In the semi-finals I scored 3 goals for us; we ended up winning that game 4-2. The final game was very nerve wracking, the other team fought till the very end, which resulted in the game ending with no score. We went straight to penalty kicks! Our goalie was too stressed to stay in nets for penalty kicks so one of our forwards, Brittany, offered to go in nets. She saved a kick and scored on one too! I took the final shot which won the game for us. Our success came from all the hard work we put into this game. We arrived in Brazil and started training right away too, trying to get used to playing in the heat. We've all been training for months, we worked hard for that gold medal. We came to Brazil with a goal in mind, play as a team and win gold as a team.



"The bottom part of the medal has a little ball that has water from the Tocantins river in it, and around the gold medal is sweet grass."

So you scored the game winner?

Yeah, it was a very stressful moment too. We were playing in the stadium and it was packed with people, all of them cheering for the Brazilian team. As I was walking to place the ball the whole stadium started booing. Once I scored, the whole stadium went quiet. My team came running and everyone was cheering and crying, we even sang Oh Canada in the middle of the field, it was an amazing moment, something I'll remember for a long time.

Who would you like to thank for all your success in soccer?

My parents for putting me into the sport, my boyfriend for coaching us and getting us ready for the games, and especially my trainer Antonio Ribeiro for all the hours he spent training me one on one.

Kania'tarak:ta Riverside Elder's Home Updates

By Mary Nicholas

A BIG NIAWENKO:WA coming from Mary Kaiatanoron Nicholas, Kaniatarak'ta Iontorishen-tahkhwa Riverside Elders Home and Jocelyn Kitty Bonspille from the Kanesatake Health Center.

We would like to thank everyone who purchased our fund raising tickets in the month of August 2015. A special thank you to Gloria Jean Nelson, Myrlyn Bonspille, Shirl Bonspille, Maria's Gas Bar, and the Radio Station C.K.H.Q., who sold the tickets so quickly. Nia:wen again to the above mentioned people who are always supportive of the Elders in our community.

We raised \$500.00 and the money will be used to purchase art & crafts materials, decorations for the elders, once a month special lunches, and purchases for BINGO game prizes played in the afternoon.

The ticket was drawn in public at the Gym August 26, 2015 when CKHQ radio station had their annual live BINGO. The winner of \$500.00 was Sky Nelson. We would also like to take this opportunity to extend a "BIG Niawenko:wa" to the couple who donated \$1000.00. They wish to stay anonymous and their only request was to make sure that the donation be available to all elders within the Kanesatake community, for something such as an outing, or something that could be held so that any elder within the community could participate in, if they wish. We have not yet decided what activity or outing will be planned. However, we will be informing the community as soon as we determine what would be the most advantageous for the majority of elders.



By Lorrie Ann Oke

Elder's Home Exercise Activity

Every Monday and Thursday from 11:00 to 11:45 an exercise activity is offered for residents and for community members. The exercises are to help improve physical well-being by providing strength to muscles for balance and stability. Stability requires many muscles throughout the body, so the exercises cover many different parts of the body. Denise Greggain is a Pilates teacher and this is the approach that she uses. The exercises are soft motions and movements, but nonetheless effective in toning and strengthening the targeted muscles. Denise utilizes exercise bands and soft rubber balls to assist in creating resistance. Exercise is an important component in maintaining good health and the home is helping residents and community members in staying strong, active and mobile. Plus, there is a lot of laughter, fun and good energy in the room from participants. Exercise and socializing are keeping people in the program that Mary and Denise work together on. The smiles and laughter are good examples of work well done.



**The UCW is holding their annual Christmas Bazaar
on Saturday, December 5th.**

If you would like to reserve a table for this event, please speak to:

Myrlyn Bonspille (450) 479 6345

Kate Oke (450) 479 8863

Susan Gabriel (450) 479 8597

Florence Nelson (450) 479 6496



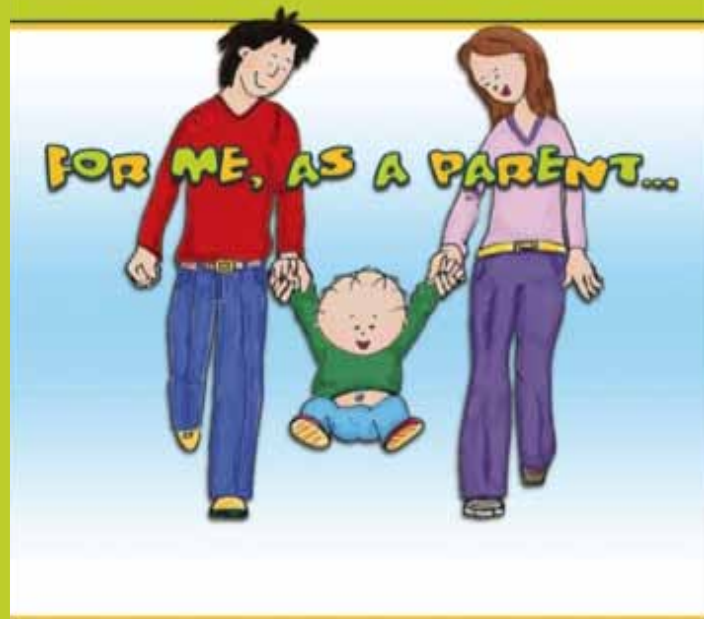
Raffle tickets are for sale:

1st Prize A bench donated by Frank Nelson

2nd Prize a Xmas basket

3rd Prize \$100

There is a **separate raffle for a handmade quilt**. Contact the above or go to Maria's Gaz Bar to purchase your ticket in advance. Tickets will also be sold on site at the Bazaar.



**Kanesatake Health
Center Inc.**

Presents,

For me, as a parent.

Program Facilitator:

**Crissann Thompson
MCH Family Support Worker**

If you are interested in this activity,
please contact Crissann at:

(450) 479-6000 ext. 287
to make an appointment.

This activity is also offered once a month
at the Parent's and Tots program.

KHRO Update

By Tekahentakwa Myrna-Lynn Gabriel
Employment Counselor & Training Coordinator

On behalf of the Kanesatake Human Resources Office, I'm happy to give you a quick update on the activities that have taken place at KHRO. Since our last update in Karihiwios, we've seen our Summer Career Program develop; we've also seen some changes to the program this year. We reduced the number of weeks of student employment for university students and reduced the number of working hours, so that all our students were eligible to a summer job this year. As a result, 30 students from high school, CEGEP, university and adult-ed/vocational students were able to work 6-8 weeks in the community and in other First Nation communities. This benefitted all of our students as everyone gained experience and had a chance at summer employment. I want to praise the academic efforts of our aspiring students; they're really a great bunch of youth and young adults who are demonstrating what tenacity, determination, and effort really is. We have a great group of future leaders!

During the summer months, KHRO hosted the First Nations Regional Adult Education Center from Kahnawake and offered a refresher course so that 10 community members could get their secondary school equivalency diploma. This will allow the students to gain admission into a trade school or to gain employment where a secondary school diploma is required. This is the second time we hosted this type of program, last summer we had a smaller group of eight participants. Congratulations to all our students who have successfully completed the six weeks of academic refresher and passed the exams. Your commitment to the course load and to showing up for class each day in the summer months have paid off. Good work to you all!

Join the "Job Seekers List"!

The job seekers list is a database that identifies everyone who is actively looking for work. If you have finished school, or you have skills and are very proficient in a trade or you're looking for work, contact KHRO to have your name added to the list. We would also ask for your contact number; what your academic background is and what your work interest is. This way, each time we receive job postings, we will dispatch the job postings to you via email or by phone (or facebook) to let you know what is being advertised. To date; we have 18 people listed; in the 16 months that we've been promoting this list, we are down to 9 people and have added 4 more to the list. It's job matching skills at its finest.

To date, KHRO has celebrated the academic success of the following Community members who have completed Vocational trades in the various sectors:

Craig Nicholas, Ironwork
Shelby McComber, Aesthetics / Podiatry
Deven Nicholas, Ironwork



KANESATAKE HUMAN RESOURCES OFFICE

Patsy Bonspille, Electrolysis Training
Colin Nicholas, Ironwork
Sheila Bonspille, Electrolysis Training
Coldy Nicholas, Ironwork
Alison Joannette, Secondary V upgrading

Secondary School Equivalency Diploma

Jason Montour
Adam (A.J.) Bonspille
Kahionhate Denis (Sec V French credit final exam)
Nancy Gabriel
Daryl Gabriel
Miranda Gabriel
Dwayne Canatonquin
Mariah Gaspe
Frank Hannaburg
Tekanentoken Keith Canatonquin
Fallyn Gabriel

If there are names missing, please know it's not intentional.

KHRO's funding has been committed in its entirety as of today. We cannot accept any funding requests for this fiscal year; we will however be prioritizing for the next fiscal year. If you'd like to attend school you can register for Fall 2016.

On behalf of KHRO's Portfolio Chiefs and our Grand Chief; Beverly and I at the Kanesatake Human Resources Office would like wish you all a very Merry Christmas and a successful and prosperous Happy New Year. All the best for 2016. **Tohsa Satori tanon snekira.** Niawen tanon Skennen.



Halloween All Over Town!

By Susan Oke

Photos: Susan Oke

It seems like the whole community got into Halloween this year. Both the KHC Learn and Play Program and the Rotiwennakéhte Elementary School celebrated Halloween in a big way. The Learn and Play kids did some pumpkin carving and they were all dressed up in their finest disguises.

So were the teachers and students at Rotiwennakéhte. The whole school was decorated, all the classrooms covered their doors, as hideously as possible, and they even had a haunted house in the cultural room. I went through it to take photos and ended up being chased by a horde of hungry zombies. Fortunately, they ate the kids behind me instead.



Learn and Play



Rotiwennakéhte



Kanesatake Halloween Monster Bash

By Pamela Gabriel-Ferland, FLS Family Support Worker

On October 30, Kanesatake's First Line Services Child and Family Support Program hosted a huge Halloween bash for the community. Many fun activities were offered over the course of the night, lots of food was shared, and many went home winners.

Upon entering the gym, past the 'spooky hallway,' people found the gym all decked out; dark and dimly lit, a giant spider with dangling legs hanging from the ceiling, a black back drop with a giant blood moon, a creepy photo booth for pictures and music bouncing off the walls. A welcome booth also offered greetings, as well as door prize tickets, programs for the evening, and glow sticks for all those who wanted one.

A buffet of party snacks was offered: salsa and guacamole puking pumpkins, band aid crackers, mini pizzas and mud colored punch with worms. Crime Prevention hosted a bake sale to raise funds for our local radio station C.K.H.Q. They could be found at the back, selling their Halloween treats or handing out information and/or giveaways concerning Halloween safety. In fact, throughout the gym and amid all the decorations, you could see posters with rules about Halloween safety.

One of the first activities organized was a mummy wrapping contest to see who could mummify another person the quickest using only toilet paper. Many people got up and participated, young and old, friends and families, to see who could wrap the fastest. We had about 20 teams participate but the first 2 teams to complete their mummy were our winners. In addition, there was a guessing station



that gave people an opportunity to estimate how much candy was in a jar to win the jar of candies, and there were mystery bags that held items you had to identify only by touch.

In our fully packed gym, we also held a classic costume contest. Cash prizes were awarded to 1st, 2nd and 3rd place winners in 5 categories: scariest, cutest, funniest, most original and famous duos/group. With a classic monster mash, everyone paraded in their costumes and the community's cheers and shouts for their favorites determined our winners. There were 15 lucky individuals who went home with cash prizes.

Throughout the evening party goers could view the 'pumpkin path' where all of the pumpkins in the carving contest were displayed. There were a large number of entries, beautifully carved pumpkins that depicted different things. Choosing the winning pumpkins was difficult as each was unique in its own way. The top three winners were Abby Cree with her pumpkin carved into a Volkswagen, complete with the hood ornament symbol, Jasmine Gunn and her mother Louise Bonspille who carved two great big

hands coming up and grabbing the sides of their pumpkin, and Cheryl Cataford's pumpkin, with a detailed half carved face and a bulging eye on one side and drawn on the other. Congratulations to all of you for carving the winning pumpkins!

We also held a pumpkin bake off where 6 individuals went head to head with their best pumpkin-based recipe. Amongst the desserts to try were pumpkin cookies, pumpkin pie, pumpkin cake, pumpkin and cream cheese roll, pumpkin bark/brittle, and pumpkin cheesecake. Though all delicious and beautifully presented, all dishes were judged on pumpkin flavor alone. The winning recipe with the best and most pumpkin flavor was Lynn Cataford's Pumpkin and Cream Cheese roll.

We would like to thank everyone who came out. You made the dance a huge success! A big thanks too, to all the people who helped us organize this event. Particularly, Crime Prevention for their bake sale, their help in decorating and getting the gym ready, and for their information on Halloween safety. A big thank you to our local radio station C.K.H.Q. for offering their own Halloween decorations, for providing the musical entertainment and for being the MC for the evening. Big thanks also need to go to the students of the graphics design course for creating all of the gift envelopes as well as the programs for the evening. Thanks go to Susan Oke who caught many of us in costume with her camera. Thank you to Melissa Gabriel for preparing the party food, and last but not least, thank you to everyone who came out. Congratulations to all the winners!!

A lot more Halloween photos are coming soon to our facebook page





Quebec en Forme Traditional Activity



By Lorrie Ann Oke

Every Thursday night there is an Iroquois Singing and Dancing activity for Kanesatake Mohawk community members to participate in. Quebec en Forme promotes physical activity and dancing is a physical activity therefore we encourage children/youth to attend. Please be prepared to have fun singing and dancing. We meet at Kanesatake United Church Hall, 240 St. Martin from 6:00 to 7:30 pm. until December 3rd.

KHC Notes



The health center staff recently participated in a two day workshop with Accreditation Canada. KHC passed the accreditation primer last year and we have moved onto the next phase, called QMentum. The workshop was facilitated by H       Tasse, staff members worked in teams to help create or expand existing policies to improve services to our clients.

A one day training was also held to provide community services with a better understanding of the "Protection of Information in First Nations Communities. It was facilitated by a lawyer, Elisabeth Patterson. There were participants from MCK, KHRO, Tsi Rontswatakhwa Day Care and of course, the health center.

The Kanesatake Health Center held it's Annual General Assembly on Tuesday, November 10, 2015. During the AGM an election was held for two positions on our board. Our new board members are Wanda Gabriel and Keith Nelson. All members present at our AGM were entered into a draw for a pair of tickets for an upcoming Montreal Canadiens game. The lucky winner: Toni-Ann Harding.

Finally, we would like you to know that our nurses are continuing to vaccinate against influenza. Call the health center for an appointment at one of the following mini-flu clinics:

Tuesday	Nov 24:	9:00 AM -12:00 PM
Friday	Nov 27:	9:00 AM -12:00 PM
Monday	Nov 30:	9:00 AM-12:00 PM
		4:00 PM-6:00 PM

Mini-Mohawk Lesson

Courtesy of Tsi Ronterihwan         ne Kanien'     Language and Culture Center

Door	Kahn����
Key	Kahnhot������
Lock	Kahn���� o'n����
Door mat	Ionrahsi'tokew������
Carpet/rug	letskar��������

Smoking Responsibly

Submitted by Dave Belisle

Be a responsible smoker!

Here are some ideas that can help you smoke responsibly until you quit for good.

- I smoke outside so as not to pollute the air that my family, my friends and my co-workers breathe.
- I don't smoke under the range hood. This approach does not reduce the toxic effects of second-hand smoke. I smoke outside.
- I never smoke in a car. Smoking with the windows open does not change the harmful effects of cigarette smoke on the occupants of the car.
- I never smoke in the presence of a pregnant woman. This way the chemicals in the smoke will not harm her baby.
- I don't smoke in the presence of a friend who has stopped smoking out of respect, and to avoid tempting them.
- I encourage my friends who want to quit and I support those who have recently quit.
- I never give cigarettes to children. I don't want them to become addicted.
- I never buy cigarettes for children and I never send them to buy for me.
- I complain to the manager if the employees sell cigarettes to children. This is totally illegal and it's bad for their health.
- I talk about it with my kids and I tell them that I regret having started smoking.
- I never leave my butts around. Children can pick them up and smoke them.

Sources:

FNQLHSSC (2005). *Healing from Smoking*, p. 72-73.

[http://www.passeportsante.net/fr/Actualites/Nouvelles/Fiche.aspx?doc=fumee-secondaire-fumer-sous-hotte-pas-suffisant-pour-sante_20100923]

Be careful with your smokers' materials!

Materials for smoking such as cigarettes, cigars, pipes, matches and lighters cause nearly 400 fires each year. They are responsible for one death a week. In addition, fires started by children playing with matches or a lighter are a significant cause of injury and death for children up to 6 years old.

Tips for parents

Always store lighters and matches out of the sight and reach of children.

- Teach kids not to play with matches or lighters.
- Teach children to tell an adult when they find matches or lighters.
- Supervise children's activities.
- Teach children what to do in case of fire: how to get out of the house, not to hide, where to gather, what number to dial (911), etc.
- Draw up an evacuation plan with the children and practice evacuating with them.

General advice

- Never leave an unattended cigarette burning in an ashtray.
- Use safe ashtrays. A cigarette should not be able to fall off the ashtray.
- Never place an ashtray on an unstable surface, such as the arm of a chair.
- Check the cushions of the couch and make sure all smokers' materials have been put away in a safe place before going out, going to bed or when friends who smoke leave the house.
- Never smoke in bed.
- Do not smoke if you have consumed alcohol, medication or drugs because as you become less alert, you risk falling asleep.
- Be vigilant if a sick or disabled person is smoking in bed.
- Never empty the contents of an ashtray into a trash receptacle without thoroughly dampening the butts beforehand.
- Never smoke in a room that may contain flammable products or solvents.

Source: [http://www.securitepublique.gouv.qc.ca/fileadmin/Documents/securite_incendie/prevention_securite/materiel_prevention/fiches_information/articles_fumeurs_juin07.pdf]

Announcements



Hilda Kwaronhia:wi
Bonspille Theoret

September 13, 1938 - October 17, 2015

*We would like to thank the U.C.W.
who prepared the food and did the
setup of the church hall. We thank all
the people who donated food and who
gave support to the family of Hilda
Kwaronhia:wi Bonspille Theoret.*

*Thank you to everybody
from her son Normand and his
daughters
Kyla, Kendra, Taylor (Valerie)*

*and from her sisters
Minnie, Phyllis, Myrlyn, and Sylvia*

Billy Nelson
November 7

Happy birthday, dad!
I won't mention how old you are.

Love,
Your favourite daughter

Melyna Murray-Nelson
November 20

Happy 18th birthday to my favourite niece!
Stop making me feel old.

Love,
Your favourite aunt

Health Center Birthdays

Jocelyn "Kitty" Bonspille
November 4

Connie Nicholas
November 15

Noreen Cree
November 16

Shirrillean Nelson
December 25

Dave Belisle
December 30

Happy birthday! Have a great day everyone!



Raymond Mallette
November 28

Happy birthday to my awesome brother
Ray (Tigas).

Love your baby sister Priscilla and Chris
and the boys.

Nicka & Olivia Murray-St.Pierre
November 22

Happy 4th birthday to the sweetest girls!

Love,
Aunt Vanessa

Jaylen Ouellette-Nelson
December 27

Happy 2nd birthday to the cutest
little redhead!

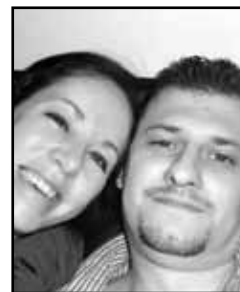
Love,
Aunt Vanessa



Blake Meloche
November 18

Happy 7th birthday to our amazing boy, Blake!

Love Mommy & Daddy
& baby brother Xavier



Chris Meloche
November 28

Happy birthday to my wonderful love &
amazing daddy.

Love, your honey Priscilla
& our two little miracles, Blake & Xavier

Shyann Nelson Baker
November 23

Happy birthday and best wishes.
I love you.

Tota Jessie



Belated birthdays

Evan Nelson

August 28

Happy belated birthday!

From your tota Jessie

Nevada Baker Nelson

September 25

Happy belated birthday!

From your tota Jessie

Lynn Cataford

September 14

Happy belated birthday

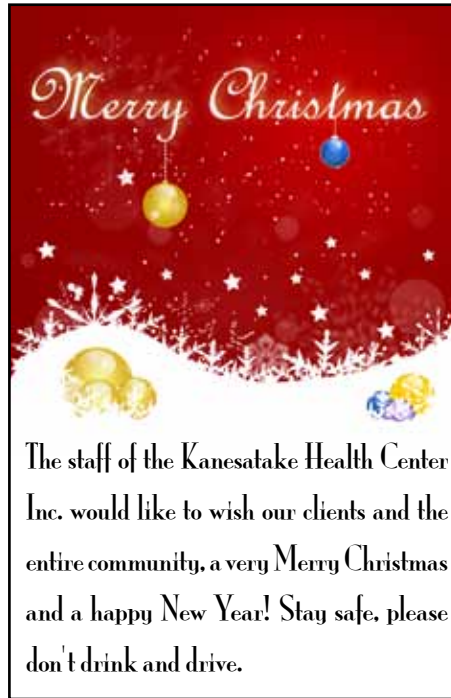
From Jessie

James Nelson

September 28

Happy belated birthday

From your tota Jessie



**Congratulations
Wynonna Cross**

Kanesatake Mohawk, Wynonna Cross represents team Canada at the first ever World Indigenous games taking place from October 18- November 1 in Palmas, Brazil.

Wynonna has been playing soccer since she was six years old. Her passion is soccer and now she's making one of her dreams come true playing in Brazil. With a 135mph kick, Wynonna is a strong player who plays mid fielder and forward. She has focused on playing with professional men for the past two years and has worked hard to get where she is.

Team Canada in Brazil consists of Natives from Vancouver, Akwesasne, and Kahnawake who came together for the first time after travelling a gruelling thirty six hours.

This Native team representing team Canada in the World Indigenous games won gold! It came down to a shoot out and they won. The team will come out of this being more proud of their culture and other countries cultures and traditions. As Wynonna's parents we couldn't be more proud of her on this exciting journey. Keep up the hard work and keep living your dreams!



*In memory of an exceptional
human being!*

Daniel Martin

Severely affected by the loss of our son Daniel Martin, We wish to tell you how important it was for us to receive your condolences and support during these days of sorrow.

The overwhelming support and compassion shown to us in our days of grief have been extremely important to us.

Your sympathies, prayers, and all your contributions were very much welcomed and appreciated as a source of hope in the painful moments of our days of mourning and sadness. You understood our sufferings and calmed our tears. And for that we are sincerely, very touched and we would like to express our deep gratitude.

*Denis and Mariette Martin
and his sister Marie-Jo,
Nicolas, his son, his nephew, Tommy
and niece, Sandy*

November

Diabetes Month
Osteoporosis Month

National Home Fire Safety Week
November 23-29

National Addictions Awareness Week
November 16-22

World Pneumonia Day
November 12

World Diabetes Day
November 14

National Child Day
November 20



November 3, 17



November 13, 27

December

The Lung Association's
Christmas Seal Campaign

World AIDS Day
December 1

International Day of Disabled Persons
December 3

Human Rights Day
December 10

Christmas Day
December 25

New Year's Eve
December 31



December 1, 15, 29



December 11, 24



Emergency Phone Numbers

Fire and Ambulance:
911

Police Emergency:
310-4141 *4141 (cell)

Police Non-emergency
(SQ office) (450) 479-1313

Karihiwios serves to distribute health information from the Kanesatake Health Center to the community of Kanesatake. Karihiwios provides a positive forum from which to honor the achievements of community members.

Karihiwios promotes community services, their activities, and accomplishments. It advertises and promotes upcoming special events and activities to be held in and around Kanesatake.



On July 12th, there was a ceremony to officially install a monument to all the children of Kanesatake who were taken away to residential school. Some of these children did not return home. Three survivors of residential school were at the ceremony: Selena Etienne, Bertha Wilson, Kathleen Bonspille. The monument stands in the Pine Hill Cemetery and has names on both sides of the marble. The names on the back of the monument are:

Peter Beauvais, Cora Bell Beauvais, Mitchell Beauvais, Elizabeth Beauvais, Currie Beauvais, Kathleen Bonspille, Isabelle Bonspille, Roseanna Bonspille, Marjorie Bonspille, Belva Cree, Ida Lee Cree, Katherine Cree, Willie Cree, Lorne Cree, Alma Cree, Peter Cree, Fred Fox, Edison Laforce, Adison Laforce, Elias Martin, Kathleen Martin, George Jacob Nelson, Isabelle Oke, Ernie Paul Simon, Stuart Swanson, Charles White, Thomas White, Leah Wilson, Doreen Wilson, Bertha Wilson.