



Karihwi:ios

Renovations at Onen'tó:kon Healing Lodge

Text and photos: Susan Oke

There was an open house over at the Onen'tó:kon Healing Lodge on Thursday, July 16th. The renovations took place between November 2014 and the end of May 2015 and were funded by Health Canada. Visitors were greeted as they arrived and there were employees waiting to take them on the tour of the facility. My guide for the event was Debbie Bonspille. On arrival, I was handed a souvenir pen, a bookmark, and a pamphlet outlining their services.

The new section is at the front of the building with new offices for the Executive Director, Curtis Nelson, the Assistant ED, Cathy



Beauvais, a new entrance and Administrative section, where you will find Helene Nelson. Mavis Etienne also has a new office. There is a new bathroom along with 7 other recently renovated bathrooms, new beds and bedroom furniture, and a new cultural room in the basement. The new addition is estimated to have cost around \$450K. At the end of the tour, I was invited to have a light snack.



Photos: Susan Oke. The new front entrance at Onen'tó:kon Healing Lodge.

The treatment program can take up to 18 residents if needed, but usually takes in 16 clients per cycle. According to their pamphlet, since it opened in 1987 "It has served over 3500 clients and their families in the recovery process." Along with the new extension, is their new name. They went from Onen'tó:kon Treatment Services to the Onen'tó:kon Healing Lodge, to reflect their new, more culturally based program, as opposed to the old 12 step program. Cathy Beauvais says, "The program itself is now Trauma Focused and Culture based. This means much more time is now spent with clients, having more one to one with Counselors' and much more Cultural time." The sign has not been changed yet but will be in the near future.

For more information about their program or the facility, call the center at (450) 479-8353. They also have a website: www.onentokon.com, as well as an email address: onentokon@qc.aibn.com



New Sign and Logo at MCK



Photo: Susan Oke

By Susan Oke

A crowd of about 35 people gathered outside the band office to witness the unveiling of the new MCK logo. The tarp that had been covering up the sign for the last week was removed by the MCK Grand Chief, Serge Simon and by Alannah Gabriel, who designed the new logo.

The logo itself features the bear, wolf, and turtle representing our clans, Kanesatake's Two Dog Wampum belt, and six arrows pointing down, that show we are at peace.

Serge Simon thanked the Kanesatake Health Center for their donation towards the sign, the recent renovations that took place to the exterior of the MCK office building, and towards the park bench in memory of Clarence Simon who served on the Mohawk Council and on the health center's board. Even in the midst of being treated for his illness, he made himself available for KHC board meetings when necessary. The bench was unveiled by the Simon family and will be stored until it can be installed at the cemetery near the new residential school monument. Much thanks to Gloria Nelson and Shirrilleen Nelson, who did a lot of the organizing work to get the new sign installed and the bench ordered. The council intends to use the logo on T-shirts and mugs in the future and to encourage community artists, a portion of any profits will be given to the MCK logo designer, Alannah Gabriel. After the unveilings, a light lunch was served.

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The deadline for the
November/December
Issue of Karihiwios is:

Friday, August 21, 2015

karihiwios@hotmail.com

www.kanesatakehealthcenter.ca

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



Photo: Eddy Gabriel

The Power of Support



By Crissann Thompson, BFI Coordinator

When it comes to breastfeeding, you can simply take a look back into our very own history; families lived together and created a web of support. All women were together, there for one another, literally under one roof. Women would help with the delivery of a new baby into the family and help the new mother initiate breastfeeding.

It only makes sense if you think about it.... grandmothers, mothers, aunts and sisters were all there to help, support and coach a woman to learn her new role as mother and caregiver to her new baby. The power of support is in our DNA, somewhere along the way we began to lose that power.

We as Kanienkehaka women have a strong sense of family. We need to step out of our comfort zone and reclaim our power. Simply being there for the women that may need support in that moment in their lives can make all the difference in the world. This plays a big role in the success of a new breastfeeding duo. If she knows her family and friends are supporting her in her decision to give the very best she can possibly give to her baby, then she can feel a sense of relief and be more focused on giving the gift of life to her child. Our elders have always told us that we are responsible for the future generations.

Let's step up to the plate and create a supportive environment for our breastfeeding mother and baby duos and help them succeed in the first and most important year of their life.... setting a good solid foundation and investing in their future health and well being.

Parenting Corner



Submitted by Crissann Thompson, BFI Coordinator

Resources: <http://www.nsc.org/learn/safety-knowledge/Pages/backpack-safety-for-kids.aspx>

It's that time of year once again, back to school for all the students! A few tips to keep in mind when gearing up for the school year. Have you ever picked up your child's backpack and felt like it was 40+ pounds, well chances are that it just might be. Children are now carrying as much as a quarter of their own body weight. This can lead to some problems for your child, like back and shoulder pain and poor posture. The American Chiropractic Association recommends a backpack weigh no more than 10 % of your child's weight. Example: if your child weighs 60 lbs then the backpack should weigh no more than 12 lbs.

According to the National Safety Council this is what you should look for when choosing a backpack for your child;

- ◇ A good design (optimum comfort)
- ◇ Select the correct size – never longer or wider than your child's torso and no more than 4 inches below the waist.
- ◇ Padded back and shoulder straps
- ◇ Hip and chest straps help, it shifts some of the weight to the hips and torso to create even weight distribution.
- ◇ Straps on the sides or bottom help stabilize the contents in the back pack.
- ◇ Reflective material
- ◇ Keep in mind: a bigger backpack may seem like a good idea, but remember your child will find ways to fill it up quickly. The more space the more stuff can fit.
- ◇ Make sure your child uses both straps when carrying the backpack. Using only one strap causes the weight to shift to one side and can cause muscle pain and posture problems.

Happy backpack shopping!

KHC Annual Pet Vaccination Clinic

By Susan Oke

The health center's annual pet vaccination clinic took place on July 7th and July 14th at the MCK Garage. It was another successful event organized by the KHCs David Belisle. There were less animals vaccinated this year because the shots are good for three years and we had a great turn out last year, so less community pets were due for their shots. This year Dr. Floyd vaccinated 55 dogs and 19 cats. We thank him and his wife Susan for continuing to participate in this event on their own time.



Breastfeeding Support Training 101

By Crissann Thompson, Baby Friendly Coordinator

May 12th, 19th— June 2nd, 9th

In the months of May and June, Kanesatake Health Center offered a breastfeeding support training to our new and expecting mothers, along with all family supporters'. The work shop was facilitated by Isabelle Côté, a well known certified lactation consultant from santé publique. She did an excellent job conveying all sorts of great breastfeeding information, facts and tips to everybody involved.

There were 8 participants who received a certificate in Breastfeeding Support 101 including two expecting mothers and our very first male participant. It certainly is a great feeling when all the right information reaches all the right people.

All the participants who completed the training showed interest in becoming breastfeeding peer support members. I have no doubts about the women who can show support in our community. They all have the same information to help any mother through a tough time.



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.

Local Area Clinics

Polyclinique Saint-Eustache

75, rue Grignon
Saint-Eustache (Québec)
J7P 4J2

Tél. : 450 473-6777
Télec. : 450 473-1916

For a **SAME DAY** clinic appointment
Starting at 5:00 am

Call (450) 970-2697

GMF Montée de la Baie

3942, chemin Oka
Saint-Joseph-du-Lac (Québec)
J0N 1M0

Tél. : 450 473-7225 ou 450 473-3930
Télec. : 450 473-2160

For an appointment the **NEXT DAY**
starting at 9:30 PM

Call (450) 970-2693

Clinique Médicale Deux-Montagnes

201, 9e Avenue
Deux-Montagnes (Québec)
J7R 3M1

Tél. : 450 472-7520
Télec. : 450 472-0886

For an appointment the **NEXT DAY**
Starting at 10 :00 pm

Call (450) 970-2692

Centre Médical des Générations

465, rue Bibeau, bureau 200
Saint-Eustache (Québec)
J7R 0C8

Tél.: 450 472-1955
Télec. : 450 472-1905

For a **SAME DAY** appointment
Starting at 7 :00 am

Call (450) 970-2695

Unité de médecine de famille Saint-Eustache CSSS du Lac- des-Deux-Montagnes

57, boul. Industriel, bureau 2200
Saint-Eustache (Québec)
J7R 5B9

Tél. : 450 491-6001
Télec. : 450 491-7311

For a **SAME DAY** appointment
call Starting at 8:00 am
(450) 491-6001

Polyclinique 640

2000, Cours le Corbusier
Boisbriand (Québec)
J7G 3E8

Tél. : 450 434-3434
Télec. : 450 434-6494

For a **SAME DAY** clinic appointment
Starting at 5:30 am

Call (450) 970-3034

Centre Médical Sainte-Dorothée

1, boul. Samson
Laval (Québec)
H7X 3S5

Tél. : 450 689-6334
Télec. : 450 689-6339

CLSC Sainte-Rose

280, rue Roi du Nord
Laval (Québec)
H7L 4L2

Tél. : 450 622-5110
Télec. : 450 622-5085

Polyclinique Concorde

300, boul. de la Concorde Est
Laval (Québec)
H7G 2E6

Tél. : 450 667-5310

Polyclinique Médicale Fabreville

380, boul. Labelle bureau 113
Laval (Québec)
H7P 5L3

Tél. : 450 628-5800
Télec. : 450 628-0217

Clinique Médicale Sainte-Thérèse

233, rue Turgeon bureau 15
Sainte-Thérèse (Québec)
J7E 3J8

Tél. : 450 430-1030
(urgence – sans rendez-vous)

Tél. : 450 430-4301 (médecine fa-
miliale)

Clinique Médicale de l'Avenir

1150, boul. de l'Avenir bureau 200
Laval (Québec)
H7N 6L9

Tél.: 450 680-1150
Télec.: 450 680-1151

Centre Médical Jolibourg Inc.

1271, boul. Jolibourg
Laval (Québec)
H7Y 1Z8

Tél. : 450 689-2424

TINY TOTS CLINIC
203-3400 du Marche
DDO, QC
H9B 2Y1

Tel: (514) 685-3531
Fax: (514) 685-7971

Walk-in Clinic appointments
Tel: (514) 685-3531

Bible Camp

By Mavis Etienne, Deaconess

The Kanehsatake Pentacostal Church would like to thank the Valley Community Baptist Church for conducting the bible camp at our church from July 27-31, 2015. The children of the community participated in a lot of fun activities. They played games, made crafts, sang songs, danced, learned scripture, watched skits with uplifting messages about God, and Mount Everest was their theme. The theme was about overcoming obstacles through God's awesome power.



Tsi Ronstwa'ta:khwa Early Childhood Center Update

Submitted by Molly Gabriel

We, at Tsi Rontswa'ta:khwa Early Childhood Center would like to thank everyone who contributed to the garage sale, which was held on August 8th. It was a great success! Special thanks go to Louise Bonspille who organized the event and to her assistant, Lauren Krupp, our summer student.

We would like to thank our portfolio chief, Gloria Nelson and her husband Mike for their contribution and for helping to set up for

the day. Thank you to Louise's husband, Andre, and his son James, who helped to set up and brought back the things that were not sold.

We also would like to extend our gratitude to Hilda Nicholas and Ellen Gabriel for collecting donations for us at the **Red Post Art Exhibit**. Thanks everyone, who came out to support us and donated items for our cause, it was greatly appreciated. Lastly, we wish to thank everyone who bought a half and half ticket. Congratulations to Tehoneratthe Nelson, who won \$215! Niawenhkó:wa from the Tsi Rontswa'ta:khwa E. C. C. Staff.

Onehkwéntara Kanehtsóte — Red Post Art Exhibit

By Susan Oke

The Red Post Art Exhibit was part of the commemoration of the 25th anniversary of the "Oka Crisis." The show, about the impact of that summer, featured Native and Non-Native artists. It ran from August 1-12 at Rotiwennakéhte School in the Pines before moving on to the Kahnawake cultural center. During its run, a satirical fashion show and a movie night were also held. The exhibit was a partnership between Kontinonhstats Kanehsatake Language & Cultural Center and the Kanienkeha Onkwawén:na Raotitíóhkwa Cultural Center.



Painting by
Babe Hemlock

Artist Statement:

This painting was a result of a drawing that I did while we were surrounded by the military: Men and women together, willing to take a stand for one thing, our land.

Pow Wow Time in Kanehsatake

By Susan Oke

The Kanehsatake Traditional Pow Wow was held on August 29th and 30th. The weekend was very warm with only a few clouds. The crowd was probably the biggest since the pow wow started up again seven years ago. It seemed like there were more dancers and more drums this year too. Everyone seemed to be having fun and it's always nice to see the little kids trying hard to learn the dances. Congratulations to the organizers, Mark Bonspille and Melody Beaudin on another job well done and congratulations on the great work done by all the volunteers.

Photos: Susan Oke







NOTE* The second and third pages of this article were accidentally left out of the last issue, so it is being reprinted in its entirety. Sorry for the omission.

Prepared by / Préparé par: Ellen Filippelli

Translated by / Traduit par: Guillaume Bélisle

The Kanesatake Emergency Preparedness committee would like to take a moment and thank everyone who participated in Kanesatake's 6th annual Emergency Preparedness (E/P) Family Day event.

We have to say that community participation was absolutely amazing! With temperatures reaching 30 plus degrees and the threat of thunderstorms, on Saturday May 9th, 2015, approx. 175 community members including the support of our grand chief and many of our chiefs were in attendance. It was extremely exciting to see such a large number of people who showed interest and support. This positive response is incredibly valuable and encouraging to us when organizing a community event of this magnitude. It was apparent by the high level of active participation that our continuous efforts to provide a social venue to present injury prevention, emergency preparedness awareness information and bridge relations between community members and emergency response services, was successfully reached.

The day's program consisted of a full day of events organized for every age group to enjoy. Informative presentations from each emergency response service was presented to participants who wanted to know more about their service and the roles and responsibilities they take on in times of emergency. The curiosity of both child and adult were satisfied when they were able to climb aboard a search and rescue boat, turn on the sirens and lights of a police vehicle, sit on a patrol motorcycle, see the inside of an ambulance and all of its equipment, and feel what it's like to dress up in full fireman's gear and all its weight! But regardless of all the excitement that this opportunity generated we have to say that the interactive presentation from Search & Rescue Canada Canine Unit won the attention of all the children. Some lucky children were selected from the crowd to participate in their presentation. They eagerly pretended to get lost as the rest of the group of children followed the canine unit in a simulation search and rescue mission.

Le comité de préparation aux urgences de Kanesatake souhaite prendre le temps de remercier tous ceux qui ont participé à la 6e édition de la journée familiale annuelle de préparation aux urgences.

Tout d'abord, nous devons dire que le niveau de participation de notre communauté a dépassé nos attentes! Avec des températures atteignant plus de 30 degrés, en plus de la menace d'orages, samedi le 9 mai 2015, environ 175 de nos membres, ainsi que notre grand chef et plusieurs de nos chefs, ont pris part à l'événement. Ce fut très stimulant de voir toutes ces personnes démontrer autant d'intérêt pour l'activité, et aussi pour nous assister. Cette réponse positive est extrêmement encourageante lors de l'organisation d'un événement communautaire de cette ampleur. Il est évident, par le haut taux de participation que nos efforts continus pour créer un événement rassembleur pour parler de prévention des blessures, de préparation aux urgences, de sensibilisation et d'information générale, et pour créer des ponts entre les membres de la communauté et nos services d'urgence, ont porté fruit.

La programmation de la journée en était une remplie d'événements destinés à plaire à tous les groupes d'âges. Des séances d'informations de chaque service d'urgence furent présentées aux participants qui souhaitaient en savoir plus sur leurs services, ainsi que leurs rôles et responsabilité. La curiosité des enfants, et des adultes, a été satisfaite lorsqu'ils ont pu prendre place dans un bateau de recherche et sauvetage, actionner les gyrophares et les sirènes d'une voiture de police, s'asseoir sur une motocyclette de patrouille, voir l'intérieur d'une ambulance et tout son équipement, et voir comment on se sent lorsqu'on porte tout l'équipement d'un pompier! Malgré tout l'engouement créé par ces équipements, ce fut la présentation interactive de l'unité canine de Recherche et Sauvetage Canada qui a le plus attiré l'attention des enfants. Les plus chanceux ont pu être sélectionnés pour participer à cette présentation. Avec beaucoup d'enthousiasme, ils ont prétendus être égarés alors que le reste du groupe suivait l'unité canine dans leur simulation d'une mission de recherche et sauvetage.

Emergency Preparedness continued on next page.



With Gloria Nelson at the mic doing the commentary, tickets were drawn throughout the day to give away an abundance of door prizes such as bikes, scooters, helmets, roadside safety equipment, home safety equipment, water safety apparatuses, camping safety equipment, baby car seats and car seat boosters. An unexpected but well received additional draw was made at the last minute gave the opportunity for a youth to win a ride in the front seat of a police unit. MJ Laurent was the lucky winner to the ride-a-long and to share in the fun he invited some of his buddies to ride along with him in the back seat! We also need to mention that Agnes McDonald, an Elder in our community won a bike and helmet which she said she intends to ride. A perfect example to show us that we are never too old to stay fit and play safe! A huge acknowledgement goes out to all of the generous donations received from private supporters and community services; the entire event would not have been possible without their benevolent contributions.

We can't forget the delicious social BBQ that was made available for everyone to enjoy. Jimmy Nicholas and Sandra Harding prepared and served tasty hot dogs and hamburgers as well as monitored the food tables that were garnished with potato, macaroni, veggie and fruit salads provided by Ashlee Cross owner of "Sweet Treats". The BBQ was so scrumptious and plentiful, allowing everyone to go back for more.

A huge thank you goes out to the following Sponsors and Partners for their generous donations and active involvement that made it possible for us to give away so many door prizes:

The Rez – Russell and Derek Denis, Kahneki:io - John Harding, John Nelson, Hubert Nelson, Guy "Ti-Goof" Cataford, Billy-Ray's, Performance Car Audio - Eric Mayer, Pharmacie Uniprix – Pierre Belisle, Metro, Ace Bastien Hardware Store, Mohawk Council of Kanesatake, Kanesatake Crime Prevention – Project Venture, Kanesatake Family Violence Prevention, Kanesatake Health Center

Avec Gloria Nelson au micro pour commenter les événements, des tirages ont été fait tout au long de la journée pour distribuer une quantité abondante de prix de présence, tels que des vélos, trotinettes, casques, ensembles d'urgence pour la voiture, de l'équipement de sécurité pour la maison, de sécurité nautique, de camping, ainsi que des sièges d'autos pour enfant. Aussi, un tirage imprévu a donné la chance à un de nos jeunes de faire un tour sur le siège avant d'une voiture de police! MJ Larente a été l'heureux gagnant de ce prix, et il a partagé ce privilège avec ses amis qu'il a invités à prendre place sur le siège arrière! Nous devons aussi mentionner qu'Agnes McDonald, une aînée de notre communauté, a remporté un vélo et un casque, et a affirmé qu'elle avait l'intention de les utiliser. Voici le parfait exemple comme quoi on n'est jamais trop âgé pour rester en forme et jouer prudemment! Aussi, un gros merci à tous nos donateurs privés et services communautaires pour leurs dons : l'événement n'aurait pu être possible sans leurs généreuses contributions.

Nous ne pouvons passer sous silence le délicieux BBQ offert à tous les participants. Jimmy Nicholas et Sandra Harding ont préparé et servis de savoureux hot-dogs et hamburgers, en plus de s'occuper des plats de salades de patates, macaroni, légumes et fruits fournis par Ashlee Cross, propriétaire de « Sweet Treats ». La nourriture fut tellement bonne et abondante que tous ont pu se servir une seconde fois.

Un gros merci à tous nos commanditaires et partenaires pour leurs généreux dons et leur participation active qui ont rendu possible la distribution d'autant de prix de présence:

The Rez – Russell et Derek Denis, Kahneki:io - John Harding, John Nelson, Hubert Nelson, Guy "Ti-Goof" Cataford, Billy-Ray's, Performance Car Audio - Eric Mayer, Pharmacie Uniprix – Pierre Belisle, Metro, Centre de rénovation Ace Bastien, Conseil Mohawk de Kanesatake, Kanesatake Crime Prevention – Projet Venture, Kanesatake Family Violence Prevention, Centre de santé de Kanesatake

The following are our partnering emergency response agencies who took the time to come out on a Saturday and participate and promote emergency preparedness and prevention measures in Kaneshata:ke:

Oka Fire Department, First Nation Paramedics, Sûreté du Québec - Bicycle/Helmet Safety, Baby Car Seat Safety, Boating Safety, Motorcycle Unit, Sécurité Civile, Sauvetage Canada Rescue – Canine Unit, Hug-A-Tree Presentation, Exo360 – Flying Drones

And finally a huge shout out goes to everyone who showed up to lend a helping hand. Nia:wen to Pat Filippelli who, like all the other years in the past, freed up a Saturday and helped wherever he was needed from set up to take down and to the Kanesatake youth and young adults who volunteered their time during the course of preparation and the day of the event. We want you to know that you played a dynamic role to the smooth success of the day... we couldn't have done it without you! Everyone demonstrated amazing skills, the ability to multi-task and showed a great interest to do good for the collective; a display in character that is extremely impressive and an indication that you are on the right path that's going to make a positive difference in the future. Our amazing superstar volunteers were: **Lou-Ann Cataford, Cassidy Beaupré, Sierra Albany, Julia Albany, Anthony Fournier-Phillips, Shayne Cross, Montana Simon**

We hope you had as much fun participating and learning about playing safe, injury prevention and emergency preparedness, as we did organizing this event for you! Looking forward to everyone joining us once again to next year's Emergency Preparedness Family Day but until then, Be Well... Be Safe... Be Prepared...

Nia:wenkowa / Merci / Thank-You for your community support

Les organisations suivantes sont nos services d'urgences qui ont prit le temps de nous visiter un samedi et de participer à la promotion de prévention et de la préparation des urgences à Kanesatake:

Pompiers d'Oka, First Nation Paramedics, Sûreté du Québec – Vélos/casques, sièges d'autos pour enfants, sécurité générale, sécurité nautique, unité motard, Sécurité Civile, Sauvetage Canada – unité canine, Présentation Hug-A-Tree, Exo360 – Drones volant.

Finalement, un gros merci à tous ceux qui se sont présentés pour nous donner un coup de main. Nia :wen à Pat Filippelli, qui, comme à chaque année, s'est libéré un samedi et a aidé tous ceux qui avaient besoin d'aide, de l'installation du site jusqu'à son démantèlement. Même chose pour les jeunes de Kanesatake qui ont donné de leur temps pour la préparation et le déroulement de la journée. Sachez que vous avez joué un rôle majeur au bon succès de l'activité. Tous ont démontré de grandes habiletés, notamment celle d'accomplir simultanément de tâches multiples, et ont démontré une volonté de faire du bien pour la collectivité ; une démonstration de caractère très impressionnante et une indication que vous êtes sur la bonne voie pour faire une différence dans l'avenir. Nos supers bénévoles vedettes furent: **Lou-Ann Cataford, Cassidy Beaupré, Sierra Albany, Julia Albany, Anthony Fournier-Phillips, Shayne Cross, Montana Simon**

Nous espérons que vous avez eu autant de plaisir à participer à l'activité et à en apprendre sur la prévention des blessures, la préparation aux urgences et la sécurité en général, que nous en avons eu à tout organiser! Nous espérons tous vous revoir l'an prochain à la prochaine édition de la journée familiale de préparation aux urgences. D'ici là, portez-vous bien, soyez prudent, et soyez prêt!

Nia:wenkowa / Thank-you / Merci pour votre soutien communautaire

Mini-Mohawk Lesson

Courtesy of Tsi Ronterihwanónhnh ne Kanien'kéha Language and Culture Center

Fall

Winter

Thanksgiving Day

Frost on the ground

Showers

Kanenna'kè:ne

Akohserá:ke

Tsi Na'teiontenonhwerátóns

loh'sa'kensera':ien

lotstaraténion

Kaniatarak'ta Riverside Elders Home Events

Photos: Susan Oke



By Amanda Nelson

So far this summer has been quite busy here at the Kaniatarak'ta Iontorishentakhta Riverside Elders Home. It all kicked off July 16th, 2015, with a special BBQ for our elders, then around 2pm all from the community were invited to come and be thoroughly entertained, as Billy Gabriel took center stage and filled the afternoon with amazing music. It was such an incredible feeling to watch our elders living here in the home and from the community smiling, laughing, mingling and talking with everyone. I was even more delighted to see that some had even gotten up to boogie to their favorite songs! It was a beautiful day and I believe all who came really enjoyed themselves. We would like to take this opportunity to send a BIG THANK YOU to all those who helped to make this day as amazing as it was!!

Visitors from Korean Community

By Amanda Nelson

During the week of July 20th, 2015, we here at Kaniatarak'ta were visited by the MKMC Bible Camp, which were comprised of Koreans from all over. Some were from Montreal, Toronto and abroad. During their stay in our community they had many activities planned, not just here with our elders, but also other places in town. While they were here at Riverside, they invited our elders to have some fun doing arts 'n' crafts, putting on a magic show and shared some music and dancing with us. Our elders really enjoyed their presence and had a great time participating in the activities. Saturday July 18th, was their last day here and they held a Korean BBQ which was open to all members of Kanehsatake, they had face painting, games and much more. We thank them for their time and we wish them all the best ! Nia:wen

Photo: Amanda Nelson



Summer Day Camp 2015

By Katsitsaron:kwas Jacobs

I was hired as the coordinator for the Kanesatake Summer Day Camp with the objective of showing the kids a healthy lifestyle. I believe in making everything we do with children fun and by applying that rule to exercise and nutritious food you will have success. During my time, along with the monitors, we put together multiple obstacle courses according to the campers' age. We served healthy snacks every day along with our healthy lunches every Wednesday. It also gave the day camp a chance to team up with Crime Prevention and Kanesatake Youth of Today.

Our healthy snacks were a big hit with the kids. Some examples of snacks provided were homemade yogurt pops, smoothies, fruit kabobs, veggie and fruit platters and of course our awesome infused water instead of sugary juice boxes. We also kept our healthy theme when it came to Wednesday lunches. We served chicken wraps with garden salad, quesadillas and salad as a side, our healthy version of pizza which was served on a whole wheat pita amongst other great lunches that were prepared by our chef Lynn Cataford. I was ecstatic to see even the pickiest eaters try and love our food choices because at the end of the day kids are our biggest critics.

When it came time to trip planning I had to keep in mind the age difference. We opened the camp to four year olds this year and it ran up to the age of twelve. Each child was placed into a group according to their age and was assigned two monitors, one junior and one senior. This was the campers' groups for our outings. Our trips included Funtropolis, Mont Saint Sauver Waterpark, WooHoo, Granby Zoo, Laronde, Old Port: Science Museum and IMAX, Oka Beach and the little waterpark in the village. In addition, we had a magic show and face painting, a social which was put on by Robin Sky, a scavenger hunt at the paddling club, obstacle course training amongst other great activities.

On the last day of Day Camp we held a BBQ and our "Obstacle Madness" race which all the kids ran and were all awarded with a trophy at the finish line. Through teamwork and lots of strategizing, myself along with the day camp monitors, put together an awesome day. Once all campers' completed the course, we sat down and had an awesome BBQ prepared by our chef Lynn Cataford in the kitchen and Wendy Nicholas on the grill.

I would like to thank all that were involved in making this years' Summer Day Camp a success. It could not have been imaginable without all the great support that came from the different organizations here in Kanesatake. Lack of funding nearly made this program impossible, but having everyone come together made it a reality. The amazing snacks and lunches provided by the Kanesatake Health Center and First Line Services were truly appreciated. The generous contribution from the social assistance and the fight against poverty programs allowed us to go on all the wonderful trips and kept registration cost low. The monitors played a very big role in the day camp. After spending the summer with the campers', they became big sister figures to all the kids. A big thank you to Richard Simon who drove us to every outing with a big smile and always made sure to get us back on time. The kids genuinely enjoyed the program, I hope to see it happen again next year.





Flu Prevention

<http://healthycanadians.gc.ca/diseases-conditions-maladies-affections/disease-maladie/flu-grippe/prevention-eng.php>

How can influenza be prevented?

The flu shot

The best way to protect yourself from influenza (the flu) is to get a flu vaccine every year. The flu vaccine is safe and effective.

It is recommended that everyone older than 6 months should get a flu vaccine. This is especially important for people who are at higher risk of complications.

Getting a flu vaccine:

- protects you if you are exposed to the virus
- may stop you from getting very sick
- prevents you from passing on the virus to others.

However, it is important that you get a new flu vaccine every year. There are two reasons for this. The effects of the flu vaccine can wear off, so you need a booster every flu season. The flu virus usually changes from year to year, so the vaccine must be updated to protect people fully.

Speak to your health care provider, pharmacist or local health center about getting the vaccine. Find a clinic near you where you can get a flu shot.

Take care of yourself

Here are some other ways to stay healthy and prevent the spread of the flu.:

- Clean your hands frequently.
- Cough and sneeze into the bend of your arm, not into your hand.
- Avoid touching your eyes, nose and mouth with your hands.
- Clean and disinfect things and surfaces that a lot of people touch, like doorknobs and TV remotes.
- Keep your immune system strong: eat healthy foods and be physically active.

Finally, if you do get sick, stay home until your symptoms are gone! You will get well faster, and you will not give the flu to anyone else.



Prévention

<http://healthycanadians.gc.ca/diseases-conditions-maladies-affections/disease-maladie/flu-grippe/prevention-fra.php>

Comment peut-on prévenir la grippe?

Le vaccin antigrippal

La meilleure façon de vous protéger contre la grippe consiste à recevoir un vaccin antigrippal chaque année. Le vaccin antigrippal est sûr et efficace.

On recommande à toutes les personnes âgées de plus de 6 mois de recevoir un vaccin antigrippal. L'administration de ce vaccin est particulièrement importante pour les gens qui présentent un risque élevé de complications.

Se faire vacciner contre la grippe:

- vous protège dans l'éventualité d'une exposition au virus;
- pourrait vous empêcher de tomber très malade;
- vous empêche de transmettre le virus à d'autres personnes

Il est toutefois important de recevoir un nouveau vaccin antigrippal chaque année. L'administration d'un nouveau vaccin chaque année est nécessaire pour les raisons suivantes :

Les effets du vaccin antigrippal peuvent diminuer; vous avez donc besoin d'une dose de rappel durant chaque saison grippale. Le virus de la grippe change habituellement d'une année à l'autre; par conséquent, le vaccin doit être mis à jour pour protéger complètement les gens.

Consultez votre fournisseur de soins de santé, votre pharmacien ou votre bureau de santé local si vous souhaitez recevoir le vaccin. Trouvez une clinique près de chez vous où vous pouvez recevoir un vaccin antigrippal.

Prenez soin de vous

Voici d'autres façons de rester en bonne santé et de prévenir la propagation de la grippe:

- Lavez-vous les mains fréquemment.
- Toussez et éternuez dans le creux de votre bras plutôt que dans votre main.
- Évitez de toucher vos yeux, votre nez et votre bouche avec vos mains.
- Nettoyez et désinfectez les objets et les surfaces touchés par de nombreuses personnes, notamment les poignées de porte et les télécommandes de téléviseurs.
- Conservez un système immunitaire vigoureux : mangez des aliments sains et faites de l'activité physique.

Enfin, si vous tombez malade, restez à la maison jusqu'à la disparition des symptômes! Vous vous rétablirez plus rapidement, et vous ne transmettez pas la grippe à quelqu'un d'autre.

Kanehsatake Paddling Club

By Kevin Nelson, FLS Youth Worker

The Kanehsatake Paddling Club is a new program that was initiated by several services in the community, working together to create activities for community members. The Mohawk Council, Crime Prevention and the Kanehsatake Health Center collaborated to create a club that is now recognized and insured by canoe/kayak Quebec. Registration has surpassed that of Minor Lacrosse this year, as many community members have taken their families out on the water to either canoe/kayak or to use one of our stand up paddleboards. Our goal was simply to get community members out on the water.

On behalf of the Kanehsatake Paddling Club I would like to take the time to thank Jason Nelson, Russell Denis, Ellen Filippelli, Victor Bonspille, Sandra Harding, Jimmy Nicholas, Aaron Cree, David Belisle, Karennahawi McComber, Pam Gabriel, Cris-sann Thompson, Crystal Diabo for all their efforts in improving the K.P.C grounds and helping establish this program.



KYOT Reopens

By Kevin Nelson

On Wednesday July 15, KYOT had their grand opening for the community. We had a BBQ and everyone in the community was welcomed. Since our grand opening, KYOT has been operating every Wednesday, Thursday and Friday for kids aged 11-17. We also operate twice a month on Saturdays. The cost for registration is 25 dollars with the option of going to the paddling club on Thursday for an extra 10 dollars. The activities the youth have participated in so far are a trip to the Movies, Yoga Night, Tioweroton camping trip, Radio Station MC night, a "Just Dance" competition and a trip to Laronde. The "Just Dance" competition was interesting in that the winner won tickets to Super Aqua Club. If you are interested in registering your youth for KYOT please contact Kevin Nelson or Karennahawi McComber at the health center.



Mindfulness is about love and loving life. When you cultivate this love, it gives you clarity and compassion for life, and your actions happen in accordance with that.

~Jon Kabat-Zinn



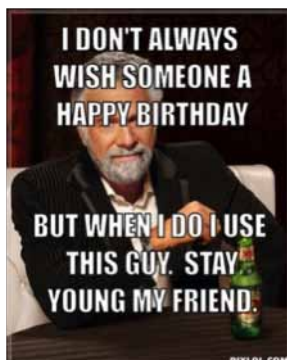
Happy 9th Birthday to our littlest Tolley
October 27

We love you and wish lots of fun on your special day!

Love, Mommy, Daddy, Hank & Teionata'a



Mark Tolley
October 28



From your friend Crissann



Jason Skaroniati Nelson
October 21

I would like to wish a very happy birthday to my husband Jason! To a man who stands up for what he believes in, a man who will bend over backwards to help people out when they need it and most certainly put his family first above all else.

May this year bless you with an abundance of love, happiness and good health.

Love you to the moon and back, Crissann



Amanda Nelson
October 18

A little poem I whipped up for a long time friend. Up and down and all around, we've seen it all a time or two, and still we laugh way louder than most, so here's to you.... I'll make a toast!!!! So Cheers, Happy birthday and a great big hip hip hooray!!!!

From your friend Crissann

Monica Schlotthauber
September 2

Happy Birthday Monica.
Have a wonderful day!

Love Bev

Shelby McComber
September 3

Happy Birthday Have a fantastic day!

Love Auntie Bev and Uncle Russell

Shirl Bonspille
September 22

Happy Birthday. Have a fun filled joyful day!

Love Boo and Russ

Nevada
Sept. 24

Happy Birthday! Have a fantastic day and a fabulous year ahead!

Love Auntie Boo Boo and Uncle Russell



Wishing my best friend a very happy birthday!

Mark Tolley
October 28

We are so lucky to have you in our lives and for that I am grateful.

We love you to infinity! Karennahawi,
Teionata'a, Hank & Adryan

Announcements



Dorothy Margaret Martin Currie

~Thank You All~

We would like to express our sincere appreciation and gratitude to the good people of Kanehsatake, the band council and the elders home for all your love, gifts and financial support for my family and I during a most difficult time with our mother's passing. I am humbled by the compassion of the community and appreciated hearing all the wonderful stories about her. I know she will be missed by so many as we sent her off in a good way.

A special thanks to Rev. Tom Kurdyla who officiated the service and a very big 'nia:wen' to the ladies of the United Church who so graciously donated their time and efforts at the reception in honour of our mother, Dorothy Margret Martin Currie.

Jake Currie and Family



Lorna Pilon
September 7

Happy 21st birthday! Have a wonderful day and an awesome year ahead!

Lots of love, hugs, and kisses.

Tota Boo and Tota Russell

Health Center Birthdays

Shelly Simon
September 10

Pamea Gabriel-Ferland
September 26

Mary Jane Hannaburg
October 4

Vanessa Nelson
October 28

Happy birthday everyone!



Mavis and James
50th Anniversary

James and I celebrated our 50th anniversary on July 17, 2015. We want to thank God for all of His blessings on us and on our family. On Easter Sunday of this year, James took a fall in the house and injured his leg, which got infected. He had a hole in his leg that was quite deep and was not healing quickly. Thank God that Dr. Eugenio Rodriguez came into our lives when he was visiting in our community. He looked at James' wound and ordered a skin graft which has helped the wound to close. We thank God for the miracle of bringing Dr. Eugenio at just the right time. We would also like to thank Nurse Stephanie for the wonderful care that she gives James.

Love & prayers, Mavis & James Etienne

Jason Nelson
October 21

Happy birthday, you magnificent bastard!!!

From the coolest cousin EVER!

Gonna see if you can guess who it is hahaha!

James "Moose" Nelson
September 28

Soooo, yer turning the BIG 40 eh! Well, good luck with that LOL!!!! Have a happy birthday Brudder Moose.

Love yer sister and nephew mooses'

James Nelson
September 28

Happy 40th birthday to James Nelson, AKA Moose! May this year be filled with wonderful adventures and happy times.

Love, Love, Love, Mama Moose



Amanda Nelson
October 18

Happy birthday to Amanda! Have a wonderful day filled with lots of happiness, love, and wonder!

Love, Love, Love, Ma and Russ

Shirl Bonspille
September 22

Happy birthday Cuz!
Wishing you a fabulous day

Love Amanda & Jarred

Jeff "Journey" Nelson
October 28

Happy birthday! A quote just for you:

"I've been called the songbird of my generation...by people who've heard me!"

LOL

September

Breakfast for Learning Month
Prostate Cancer Awareness Month
National Arthritis Month

Labour Day
September 7

FASD Awareness Day
September 9

World Suicide Prevention Day
September 10

World Alzheimer's Day
September 21



September 1, 8, 22



September 4, 18

October

Autism Awareness Month
Breastfeeding Awareness Month

Healthy Workplace Month

Fire Prevention Week
October 4 - 10

National Senior's Day
October 1

World Mental Health Day
October 10

Thanksgiving Monday
October 12

Halloween
October 31



October 6, 20



October 2, 16, 30



Emergency Phone Numbers

Fire and Ambulance:
911

Police Emergency:
310-4141

***4141 (cell)**

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

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

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



**More photos from
our annual pet
vaccination clinic
on page 4**