



# Karihwi:ios

## Flu Season Has Arrived!



By Susan Oke

Two hundred people came to the KHC Health Fair and Seasonal Flu Vaccination Clinic and of those, 129 were protected with a shot or the nasal mist. That is up quite a bit from last year when our flu clinic was not held in conjunction with the health fair. Many KHC staff were there promoting their own programs such as, water quality monitoring, NIHB and medical transport, diabetes prevention, breast feeding, mental health, and emergency preparedness. There were also other organizations represented; Onento:kon Healing Lodge, Uniprix pharmacy in the village and KHRO, who you might think wouldn't fit in at a health fair, but there they were promoting all kinds of careers in health. There was a booth selling crystals, one promoting essential oils, and Debbie Bonspille was there doing Reiki demonstrations for the people stopping by her table and almost every booth had something to give away. There were cookbooks, gift cards, foot care packages. Everyone who filled out one of our satisfaction surveys was entered into the draw for an iPad Air 2, with a case and an iTunes card. The lucky winner of the iPad gift package was Pierre Cloutier. If you couldn't stop by the health fair for your flu shot, there is still time. The flu season is long and our vaccinations are ongoing. Call the health center to make an appointment today.

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The deadline for the  
**January/February** Issue of  
Karihwi:ios is:

*Friday, January 6, 2017*

**karihwiiios@hotmail.com**

**Look for the Kanesatake Health Center on**

**Facebook!**



**The new toll-free number for the First Nations and Inuit Hope for Wellness Help Line is 1-855-242-3310**

## More From the KHC Health Fair





# Health Center News

Jeannette Edwards and Sheila Arnold from Accreditation Canada spent Oct. 23-26 here at the health center to survey us for the Qmentum stage of accreditation and we are pleased to announce that we passed the second and final stage in the accreditation process. Thank you to the staff and to Robyn Kershaw-Bellmare for all her help and hard work. Our new accreditation seal is pictured below.



The KYOT building is under renovations to upgrade the center for the children and youth of Kanesatake. The renovations commenced on October 17th 2016 and are set to be completed by December 16th 2016. We will be planning an open house in late January/early February 2017 to showcase the buildings upgrades.

The Child and Family Support (formerly First Line Services), department would like to congratulate and welcome to our team, Brandon Etienne and Jadyn Lauder, as our Child and Youth Program Animators. The new employees began their employment on November 21st 2016.

If you haven't heard yet, the Home Health Aides Program (home makers), no longer operates under the centre de la jeunesse. It has now come under the umbrella of the Kanesatake Health Center and is managed by Gloria Nelson. Also in the works, but not yet finalized, is the administrative takeover of the Kanesatake Kaniatarak'ta Riverside Elders Home by the KHC. The target date to complete this, is December of this year.

Our annual general meeting was held on Nov. 10th, we welcome Dakota Simon to our board of directors. Our door prize of a one-year membership to the gym of your choice, was won by Peggy Jacobs.

You will shortly receive our annual report in the mail. We value your input and opinion and we are planning to hold a focus group to discuss the report's content. If you would like to participate, you can leave your name and number with Susan Oke, (ext. 223).

Finally, the health center will be **closed for the Christmas holidays** from Thursday, December 22nd to Tuesday, January 3. We reopen for business on Wednesday, Jan. 4, 2017.

# Community Service Worker: Andrea Nelson



**Andrea Nelson**

Special Needs Technician, Rotiennakehte Elementary School

## How long have you been working at the school?

I've been working here at the school since 2001. I first came in as an aid for the Nursery and Kindergarten class, as I was taking early childhood classes. I graduated from that position and then went on to university for a certificate in special education.

## What do you do to help the students?

I work one-on-one, in small groups, and with whole classes in all subject areas. However the student learns, I try to accommodate their needs.

## What's the most rewarding part of the job?

The most rewarding part of my job is seeing the kids succeed and helping them understand they need to believe in themselves and they can do it. I cry every year there is a graduation. I hate seeing them leave, but I'm proud I was able to help in some way or another!

# The Native Para-Judicial Services of Quebec Les Services Parajudiciaires du Québec

**N**ative Para-Judicial Services of Québec (SPAQ) is a non-political, not-for-profit organization. It was created in 1981 following negotiations between Québec First Nations and the Québec Department of Justice. It was established in order to provide assistance and support services for natives in matters relating to the criminal/penal justice system.

It is entirely committed to developing alternatives to the euro-Canadian justice system in order to better meet the needs of native communities in the province of Quebec. We provide culturally appropriate services to aboriginal people and communities consistent with their needs. Our services are accomplished by assisting persons involved in the criminal justice system.

Navigating the justice system is a huge challenge. We know it can be confusing and so, we as Native Courtworkers meet with, advise, and assist any Native person charged with an offence under federal or provincial law, or under municipal or band by-laws.

## Objectives

If you are a native adult or juvenile charged with an offence under federal or provincial statute; or if you are a witness or victim; you are individual working within the judicial system and require more information in cases involving native people. We are here to provide services to all aboriginal accused at the earliest possible stage, and all stages of the criminal justice process with timely and accurate information about:

- The nature and consequences of the charge;
- Their rights, responsibilities and options under the law;
- The philosophy and functioning of the criminal justice system, and of alternative justice process (if available);
- Court procedures;
- And the disposition or direction given by the court or community to the offender;
- Ensure that you receive just and fair treatment throughout the legal proceedings you are facing.

## How we can help you:

- Provide aboriginal accused with appropriate referral to legal resources;

- Refer aboriginal accused to appropriate social, education, employment, medical and other resources to enable them to address the underlying problems which contribute to their charges;
- Liaise between aboriginal accused and criminal justice personnel to help overcome communication barriers and reduce aboriginal alienation from the criminal justice system. This may include being available to provide appropriate information to the court and/or speaking on behalf of the accused;
- Inform justice officials about the cultural traditions, values, languages, socio-economic conditions and other concerns of the aboriginal community and the point of view of aboriginal accused and to initiate further understanding when required;
- Promote understanding within the aboriginal community, of the existing criminal justice system;
- Promote and facilitate community-based justice initiatives and help build community capacity to identify and address problems, which could end up in the courts.
- We can help if you have been a victim of police abuse (please see phone number below).

It is important to note that courtworkers are not lawyers. They are native people or others who have received special training, enabling them to inform you of your rights and responsibilities regarding criminal and penal matters.

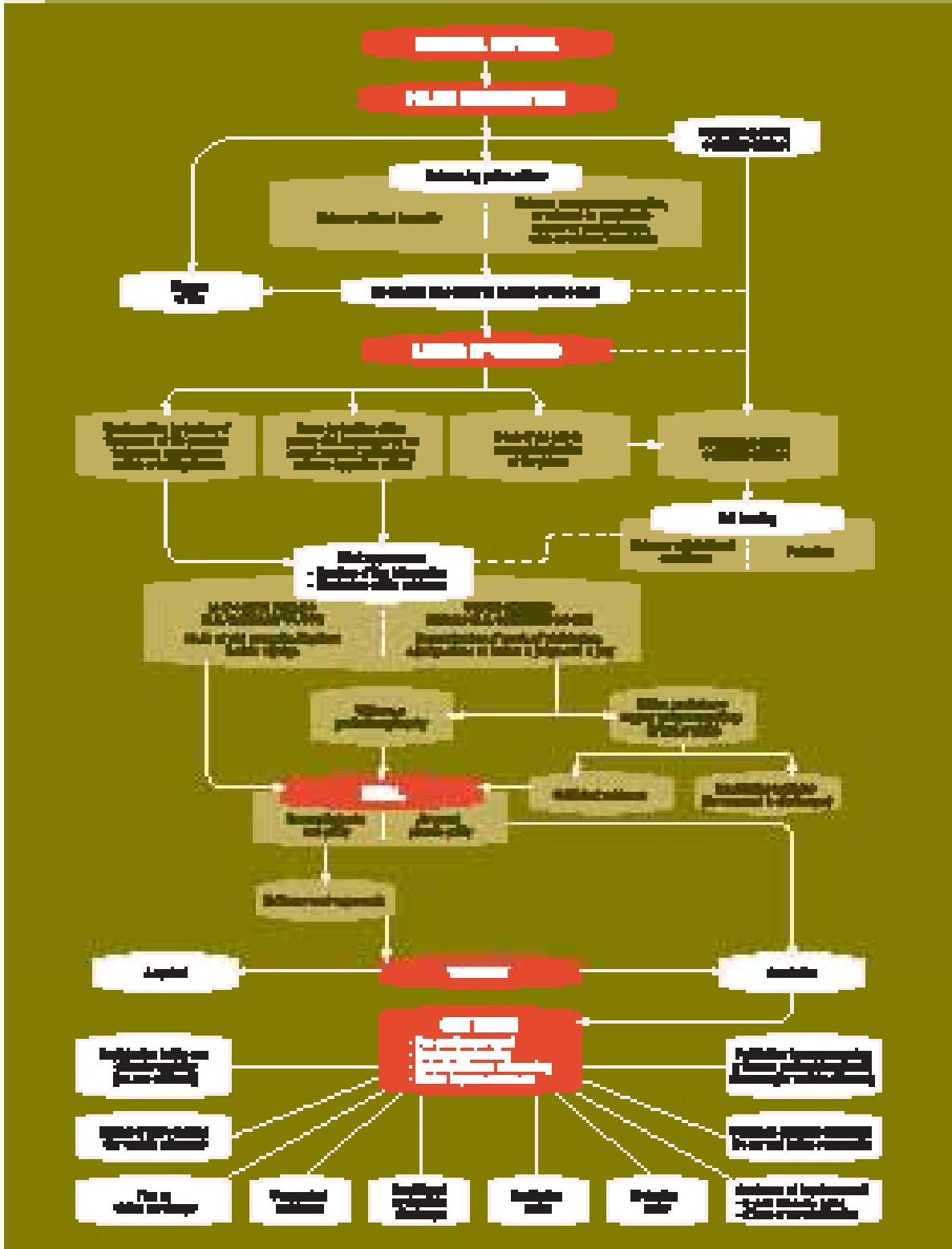
The Native Parajudicial Services are free and confidential. Your community courtworker is available to meet with you and offer you some helpful information, support, help including referrals and more. Pamphlets and business cards will be left at the front desk of the Kanesatake Health Center. Please feel free to contact your native courtworker:



**Montréal-Kanesatake (Oka)  
Region**  
**Sonya Gagnier**  
**2001, boul. St-Laurent**  
**Montréal (Québec) H2X 2T3**  
**Phone: 514-499-1854 Ext 2238**  
**Email: [cpmontreal@spaq.qc.ca](mailto:cpmontreal@spaq.qc.ca)**  
**Website: [www.spaq.qc.ca](http://www.spaq.qc.ca)**

**Police Abuse: 1-888-844-2094**

## Adult Criminal Justice Process



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# Breastfeeding: To Shield or Not to Shield

submitted by Crissann Thompson

**B**reastfeeding a baby can be pure magic and on the other hand breastfeeding can be trying at times, and some moms will try anything to move things along when it comes to feeding their baby.

When a mom has met some trials with breastfeeding they may turn to a nipple shield for comfort. Let's remember babies are naturally built to use the breast for food, but there can be issues that make things a little more difficult for mom and baby to gel.

The issue with using a nipple shield is that the baby may like the shield and you may find yourself in a difficult situation to revert the baby back to the nipple. Babies are quick learners and realize that the less they have to work for food the better it is for them. This could leave mommy with a bit of a problem, if she originally set out to breastfeed her baby.

## **Here are some helpful tips to try.**

During a breastfeeding session with the shield on, you can wait until the baby is dozing off but still sucking and looking for the breast, you can try to swap out the shield for direct contact to the breast. Give this a try for a few feedings; you never know the baby just might take the breast direct at your next feeding.

In a calm state while breastfeeding, swop out the shield for direct nipple contact. If the baby insists on protesting switch back and try again later. Let's remember they are fast learners and by now, probably have become accustomed to the taste and texture



of the shield. It may take a few times for them to get used to you again. Try coating your nipple with your milk to entice your baby back to skin to skin feedings.

Remember to be patient while your baby relearns what it is to breastfeed directly from momma. *Referenced LLLI "The Womanly Art of Breastfeeding"*

**It's not too late to protect yourself  
from seasonal influenza.  
Call the health center to make an  
appointment with a nurse.  
(450) 479-6000**

# How Sodium Affects People With Diabetes

Submitted by Tanya Denis, Diabetes Prevention Support Worker

Eating lots of salty foods doesn't raise your blood sugar, but it may cause your blood pressure to increase, which may be a problem for people with diabetes. Eating excess salt also contributes to osteoporosis, stroke, stomach cancer, and kidney disease. It was proven that people with diabetes may not get rid of extra salt as well as a person without diabetes. The insulin may be part of this problem. This relates to your kidney's response to the hormones that are responsible for salt excretion. Your body holds salt and salt holds water! Water in your body adds extra pressure to the blood vessel. This damages your blood vessel walls and puts you at high risk for a heart attack or a stroke. This is how high blood pressure also damages the kidneys and the eyes! (Do you see the results of salt!)

Salt hides in foods that are high in fat. I know it's hard to tell whether salt or fat is the greater villain. If you cut down on salt you also cut down the fats. Don't get me wrong, some fats provide a source of essential fatty acids, but for people with diabetes they have to watch the amount and the type of fats they choose. The preferred choice of fats are monounsaturated fats they are found in some plants oils, canola, olive oil and peanut, you to need watch for any allergies to nut oils. So people with diabetes need to avoid salty foods and high fats in their meals; this will help prevent/delay long term complications. Here is a list of very high salty (sodium) foods.

These portions which are high in salt (481-720 mg.) are over twenty to thirty percent of the daily recommended needs, remember two servings will add up about half of what you should need. The recommended intake for sodium (salt), daily for adults 14-50 years is 1500mg/day, for older adults 51-70 1300mg/day and people over 70 it's 1200mg/day. One level teaspoon of salt is equal to 2,300mg of sodium.

## High sodium STARCHES

Bagel: 6 inch, 350-600 mg

French fries fast foods large: 350 mg

Kraft dinner 1 cup: 615 mg

Box flavors Spanish rice and other 1/3 cup cooked: 485 mg.

## High sodium MEATS and PROTEINS

Beef jerky one: 570 mg

2 slice bologna: 550 mg.

## High sodium SOUPS

Chicken noodle, canned reduced salt, 1 cup: 480 mg

Chicken noodle, canned, 1 cup made from water: 650 mg.

Any cream soups with water and 25% less salt, 1 cup 640 to 900 mg that's a lot of salt!

People with diabetes need to read the labels on the cans, boxes, and all other processed foods, it's very important.

*Information Source: The Complete Diabetes Guide For Type 2 Diabetes.  
by Karen Graham, RD, CDEs*

# Holiday Safety

[http://www.healthycanadians.gc.ca/security-securite/home-maison/holidays-temps\\_fetes-eng.php](http://www.healthycanadians.gc.ca/security-securite/home-maison/holidays-temps_fetes-eng.php) Holiday trees

When buying a **real tree**, make sure it's fresh (you can tell if the needles are hard to pull off). Water the tree daily once you bring it indoors for decorating. Place the tree away from high traffic areas and doorways. Make sure the tree is well-secured in a sturdy stand. Place the tree away from heating vents, radiators, stoves, fireplaces and burning candles. Keep metal, sharp or breakable tree ornaments with small removable parts away from young children. Dispose of the tree as soon as the holidays are over, or as soon as the needles start to fall. Dispose of it according to local regulations--most municipalities have tree recycling programs.

## Holiday lights and decorations

Use lights that have the mark of an accredited certification agency such as CSA, cUL or cETL. Check the Healthy Canadians Recalls and Safety Alerts Database before buying or using lights to find out about the latest recalls.

Choose the right light for the job: light strings and other decorations are rated for indoor or outdoor use. Ensure that indoor lights and decorations are only used inside. Read the package instructions and do not exceed the recommended wattage.

Check all light bulbs before you put them up. Replace broken or burned-out bulbs with those recommended by the manufacturer.

Check the light strings and extension cords you use, discarding any that are frayed or have exposed wires, loose connections or broken light sockets. Never run electrical cords through doorways or under carpets.

Never run electrical cords through or across doorways where they may be pinched or trip someone, or under carpets where they can be damaged or overheat.

Avoid plugging too many lights and decorations into an outlet. Overloaded circuits can overheat and start a fire. Use Ground Fault Circuit Interrupters (GFCI) outlets when plugging in outdoors. Turn off all holiday lights before you go to bed or leave your home.

Keep 'bubble lights' away from children -- they contain a hazardous chemical that may cause irritation or burns if the bulb breaks. Choose tinsel, artificial icicles and other trimmings made of plastic or non-leaded metals. Don't let children put decorations in their mouths, as some may be harmful to their health.

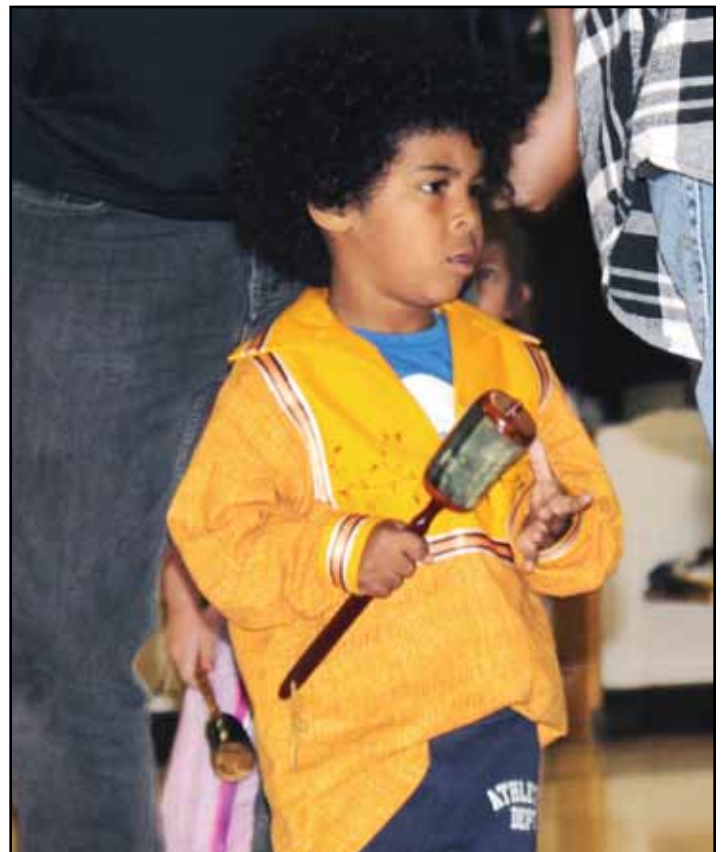
## Toys and gifts

New toys and gifts are holiday highlights for many children. Minimize potential hazards from new gifts by buying sturdy, well-made toys that are appropriate for your child's age. Toys for older children may contain small parts or other hazards that may make them unsafe for young children. Toys can be recalled for health or safety reasons. Check the Healthy Canadians Recalls and Safety Alerts Database for more information about the latest recalls.



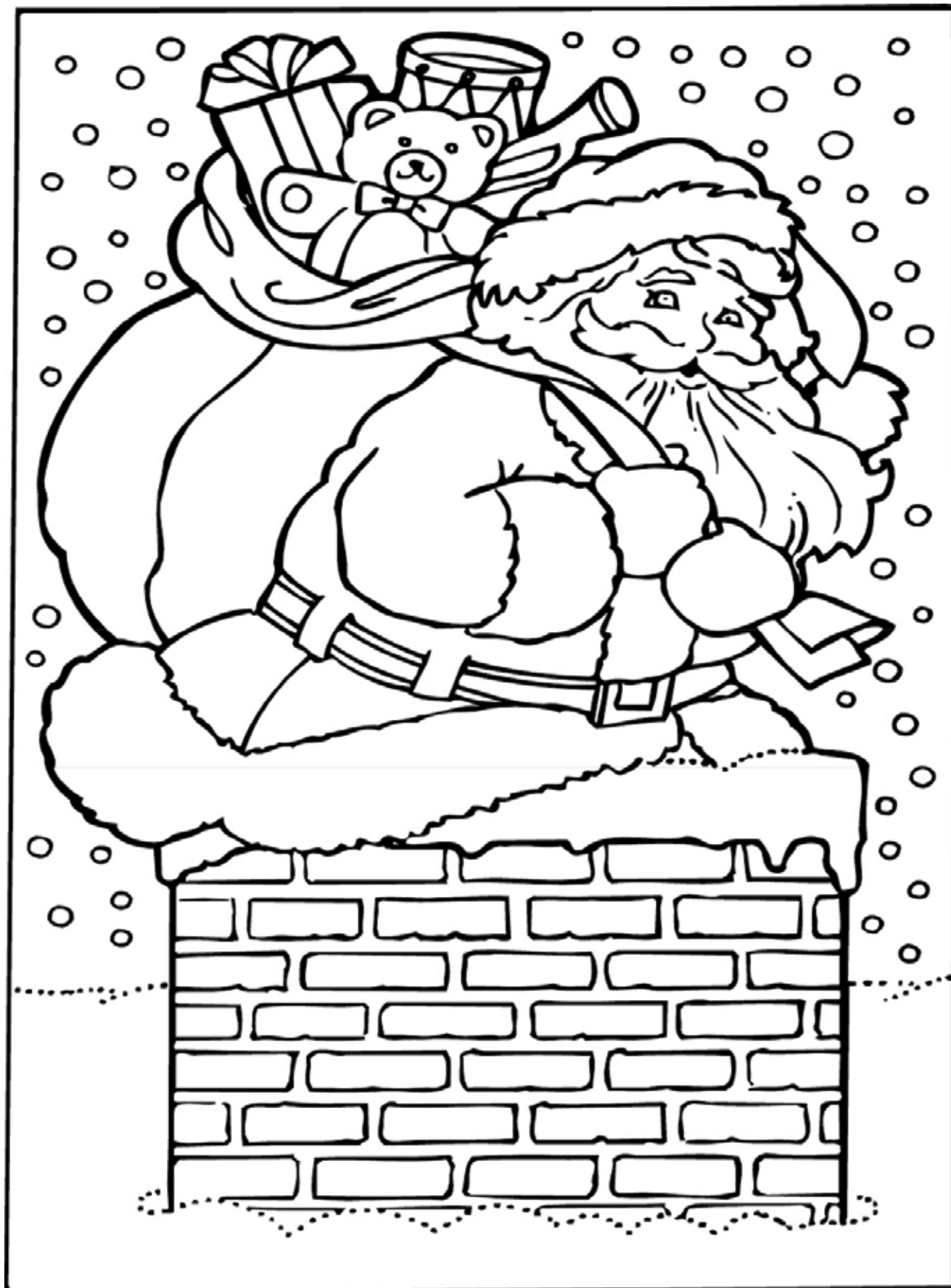
# Learn and Play Social

For several weeks, a group of students from Ratihente High School taught some social songs to the Learn "N" Play kids, as part of their school's community service program. The result was the social that took place on Monday, October 24th. Parents, Grandparents, and the students were invited for a spaghetti lunch and a lot of cuteness. All the participants were wearing traditional dress as they sang and danced.





# COLOR SANTA



# Mini-Mohawk Lesson

Courtesy of Tsi Ronterihwanónhnha ne Kanien'kéha  
Language and Cultural Center

**Atkahri'tsherónnia**  
**Toys**

Kaia'tón:ni  
Doll

Ohkwá:ri kaia'tón:ni  
Teddy Bear

Tewatkarén:rons Akohsá:tens  
Rocking Horse

Teionthonwenhtákhwa  
Sled

Ohsohkwa'shón:'a  
Crayons

Ionhsohkwahrhóhstha Kahiatónhsera  
Coloring Book

Okonhrétsha  
Blocks

Áhsen Niiokahkwen'tón:ton  
Tricycle

# Language and Cultural Center

by Hilda Kanerahtenha:wi Nicholas

**D**ue to the urgency of revitalization and preservation of our Kanien'kéha language from extinction, the Kanehsatà:ke Education Center and the Language and Cultural Center are very excited to announce that we have started a project on **intensive Kanien'kéha Language Instruction classes**. We are pleased that **Kanahstatsi Nancy Howard** has agreed to take on this task of delivering the instructions for these new students on their way to language fluency.

We congratulate and we are very proud of the successful candidates, who are very committed to develop fluency in their Kanien'keha language and eventually serve the community in the capacity as teacher aides. Congratulations goes to **Teharahkoken Cree, William Gareau, Mariah Gaspe, Wentiio Gabriel Denis, Nancy Gabriel, Megan Harding, and Miranda Gabriel**. Sewateraswiióhak Sewakwékon Best of Luck to Everyone.

We encourage you, Kanehsatakehró:non, to join our Kanien'kéha classes. We struggle from year to year to write proposals for funding to provide these classes.

We have always remained very positive that we would have funding proposals approved by Canadian Heritage. For the last 2 years, we have been very fortunate to be approved and that we are able to hire Kanien'kéha teachers—and to be able to offer times and dates to better meet the needs of Kanehsatakehró:non.

**Sadly, our community is not taking advantage of this wonderful opportunity to learn our precious language.** We desperately need your support – to attend our classes – beginner, intermediate or advanced.

**There are only 60 Kanehsatakehró:non speakers**

It is our responsibility to our children and grandchildren to pass on the language to future generations. It is never too late to join the daytime or Tuesday evening classes. Learners are learning with laughter – everyone is at different levels, with everyone helping one another, like family. We want to enlarge our family of speakers – please join us!

**We encourage you to call Hilda at  
(450) 479-1651, ext.701  
Níá:wen**

# Announcements



**Hattie Nelson**  
**Thank You**

*We would like to thank all those who helped and contributed, in our dark moment in life, with the passing of a loved one. We give thanks to those who prepared the grave site, to the well wishers and donators, and the UCW ladies. Thank you all, niawenhko:wa.*

**Joseph Nelson**  
**Roger M. Nelson**

## Health Center Birthdays

**Jocelyn "Kitty" Bonspille**  
November 4

**Connie Nicholas**  
November 15

**Tanya Denis**  
December 4

**Shirrillean Nelson**  
December 25

**Dave Belisle**  
December 30

Happy birthday everyone!



Thank You

We would like to thank everyone who helped us and who shared our special wedding day.

Shirl & Moon.

## Thank You

Dear Parents & Community Members,

We would like to take this opportunity to thank everyone who participated in the Harvest Feast that was hosted by Rotiennakehte and Ratihente schools last Friday, October 14th.

It was a beautiful experience to share this event with everyone, from our little ones at Learn and Play to our elders. Without the support of parents and that of community members, our event would not have been the success that it was.

Also a very special niawenhko:wa to:

- Elaine Daye & Timmy Etienne, Kim Peltier & Mark Delisle, and Robert Gabriel for their generous donations of moose meat.
- John Cree and James "Smitty" Nelson for sharing their knowledge.
- All the parents who donated food.
- Our cafeteria staff and Louise Cataford for their hard long hours in the kitchen that day

We look forward to doing this again in January for Mid-Winter.

The teaching staff at Rotiennakehte & Ratihente



## Níá:wen

Ronald Bonspiel and his family have donated to Kanehsatà:ke Language and Cultural Center a beautiful Cherokee Chief's Headdress in a display case. The headdress is 75 years old with eagle feathers and a beautiful bead work. This headdress belonged to Chief Albert Graham and was left to Ronnie Bonspiel by Chief Graham's wife Eunice. Chief Albert Graham was head chief of the Cherokee Tribes. Also donated is a ceremonial pipe carrier, the bead work is extraordinarily awesome. Along with these donations we also received a Cherokee Mandala.

We wish to thank Ronnie Bonspiel and his family for the precious donation.



# November

**Diabetes Month**  
**Lung Cancer Awareness Month**

**Remembrance Day**  
November 11

**World Diabetes Day**  
November 14

**International Day for the Elimination of  
Violence Against Women**  
November 25



November 1, 15, 29



November 11, 25

# December

**The Lung Association  
Christmas Seal Campaign**

**World Aids Day**  
December 1

**Human Rights Day**  
December 10

**Grief Support Group**  
December 13

**Christmas Day**  
December 25

**New Year's Eve**  
December 31



December 13, 27



December 9, 23

**All payment dates for Old Age Security Pension**

**November 28, 2016    December 21, 2016**



## **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.

## Halloween at Learn 'n' Play and Daycare

