



Karihwi:ios

Kanehsatake Pow Wow Another Success

Text and photos: Susan Oke

The annual Kanehsatake Traditional Pow Wow was held on August 27th and 28th. The emcee/arena director was Don Barnaby, with an appearance by Ray Deer on Sunday. There were five drums this year and the host drum was Whispering Wind from Kingston, Ontario, the head female dancer was Iakothahitahtakhe Diabo and the head male dancer was Shonatsowane Diabo. Both head dancers are from Kahnawake. The head elder was Joe Jacobs. There was a big set of bleachers for the crowd to sit on and a special section for the elders under a tent in the shade. Quite a few local crafts people and food vendors participated this year and even some local dancers.

The weather was the usual hot and humid and the rain that was forecast for Sunday mostly held off. Because of the forecast, organizer Mark Bonspille noted that attendance was down on Sunday but added, "The success of the pow wow is in bringing the people together, whether it's a handful or whether we fill up the pow wow grounds." Overall attendance for the weekend was approximately 1500 people (paid and non-paid entrance).

Organizer, Melody Beaudin says "This year's event went very well and we are very happy with the turnout. We had more food vendors than in previous years, which is amazing and cuts down on lineups." Organizing a big event like this is difficult work and Melody acknowledges, "The pow wow wouldn't be possible without the help of the community, volunteers and donations we receive. It is greatly appreciated and we thank each and every one for their generosity and continued support." The committee is interested in bringing in others to take part, so if you are interested in joining the glamorous world of pow wow planning, get in touch with one of the organizers; Mark Bonspille, Melody Beaudin, Dave Belisle.



*For more photos from this year's pow wow
turn to page 14.*

Inside Karihw:ios

Parenting Corner	4
Mental Health and Justice	6
Kanehsatake Accepts the Fitness Challenge	7
Healthy Eating On a Budget	8
Harvest Time	8
Pet Vaccinations	9
Pow Wow Time	14
Hibou's 10th Annual Softball Tournament	16
Goldsluggers win DMSA Mens Rec. League Championship	17
Community Service Worker	17
Rontswata'khwa Ground Breaking Ceremony	18
Announcements	19

The deadline for the
November/December Issue of
Karihw:ios is:

Friday, October 28, 2016

karihwios@hotmail.com

Look for the Kanesatake Health Center on

Facebook!



Onen'to:kon Healing Lodge

The Onen'to:kon Healing
Lodge is seeking a Kanesatake
community member to sit
on its board of directors. Any
interested community members
should contact

Chief Lourena Montour at:
(450) 479-8373 (Ext. 108)

Save the Date

October 29th



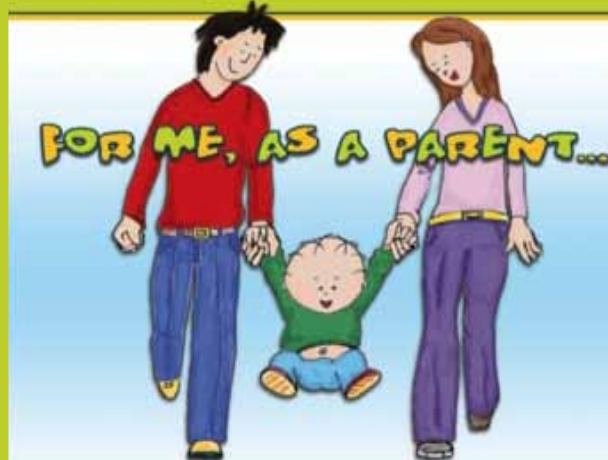
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Parenting Corner

The Importance of Recognizing and Building on your Child's Strengths

Submitted by Crissann Thompson



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.

As a parent in a very busy society it is way too easy to spend your time trying to find solutions for your child's weaknesses. What if we spin that around and build on our children's strengths! I'm not saying to completely forget about their weaknesses, this will need to be addressed as well, but really try building on what they already have going for them. This is just as important to help your child succeed.

Are you able to identify your child strengths? Set a few minutes aside to really observe your child every day, it might be something as easy as..... They are really good at asking for help when they need it, or they are really good at problem solving or they work well in groups or alone.

Just being able to identify your child strengths is a great step in the right direction. Here is a small list to get you started. When you find your child's strengths check it off the list and choose activities that complement them. (Note: you can search for more elaborate lists online to help you recognize your child strengths.) My child has these strengths::

- ✧ Is able to organize items
- ✧ Willing to try new things
- ✧ Can work or play alone
- ✧ Can work or play with group
- ✧ Likes to read
- ✧ Likes to build things
- ✧ Can make good decisions
- ✧ Is good at sharing
- ✧ Follows rules
- ✧ Is able to make friends quickly
- ✧ Likes to help others
- ✧ Can follow instructions
- ✧ Shows empathy to others
- ✧ Connects with stories and or music
- ✧ Can have and hold conversations with others
- ✧ Uses grammar appropriately for their age
- ✧ Has creative ideas
- ✧ Can tell stories
- ✧ Likes to dance
- ✧ Like to play sports
- ✧ Is good at taking turns
- ✧ Good at showing affection/expressing themselves

These are just some examples to help you get started to recognize their personal strengths. The next step is planning small activities to help them build their confidence in what they are good at and what they like to do. Remember to keep in mind the age and stage of your child, keep activities simple and have fun. Here is just one website that may help you get started on doing small activities with your child. (<http://www.moment-saday.com/100-kids-activities-to-build-character/>)

Keep in mind this exercise can be also used with your older children and teenagers as well. Focusing on their positive attributes and building on them is always a move in the right direction.

Parents n' Tots

Building a network of support

The Parents n' Tots program offers a place for parents to gather together and create a safe network of support for their family.

The program offers various activities, info sessions and trainings throughout the year.

Great for parents/ guardians with children newborn to 5 years of age. Get together and have your babies and young children socialize and make friends.

The maternal child health nurse is on site up to 2x per month to answer any questions you might have.

light lunches provided to families participating in programming each week.



**Monthly
activity
calendar
available**

**Program runs
Every Tuesday
10:00am to 1:00 pm**

KYOT Building

40 2nd avenue Therese
Raymond
Kanesatake Quebec
J0N1E0
KYOT 450-479-1700
Kanesatake Health Center
450-479-6000 ext 287
Crissann Thompson
Family Development
Coordinator



Mental Health and Justice

Adapted from "Launching of the Accompanying Justice and Mental Health Program" used with permission

Submitted by Mary Hannaburg Mental Health Support Worker

I recently came across an article published in **Main Street, the Laurentians** 'only English newspaper' July 2016. Volume 16. No.7 page 7. The Title of this article, "Launching of the Accompanying Justice and Mental Health Program: A First In Quebec." This article really caught my attention, as I am always searching for new resources.

I thought this article had some very important information to share with all of you, as it is the official launch and "first partnership agreement of its kind in Quebec." This partnership is between representatives of the Criminal Division of the Court Of Quebec in St. Jerome, Corrections Laurentides, Legal Aid, and the Integrated Health and Social Services Centre (CISSS) de Laurentides. The program's aforementioned stakeholders will adapt the services offered to individuals who have committed a criminal offense and who, at the time of the act, had indicators of mental health problems. "Given the new approach, the stakeholders of the justice system and the health and social services not only hope to ensure the safety of the population but to support people with mental health problems." By providing care appropriate to their situation in the context of an action plan developed by all partners. Deputy CEO of Laurentian CISSS, Daniel Corbeil stated that he hopes to lessen the incidences and he has stressed that the mission is to "ensure the well-being of the population by timely access to quality services appropriate to their need." The aim is to allow the person to address the mental

health problems that led him or her to commit a crime, to prevent a reoccurrence, and to protect society as a whole.

After reading this article, and understanding the complexities of mental health issues, I see this as a positive approach to helping and supporting individuals and families who struggle with mental health issues and who are often caught in a revolving door criminalization trap. The root of the problem, mental illnesses, never gets adequately addressed and thus creates an ongoing cycle of dilemmas. Hopefully this approach may forge a new path, an understanding, that can make positive changes for those that live with mental illnesses and also create a safer society while effectively dealing with the initial cause. I also look at this approach as lessening the stigma associated with mental health. I will continue to follow up on this process and see how it unfolds.

All payment dates for Old Age Security Pension

September 28, 2016

October 27, 2016

November 28, 2016

December 21, 2016

Kanesatake Accepts the Fitness Challenge



Text and Photos: Susan Oke

Jansen Nicholas is a 22 year old community member who is starting his second year at Syracuse University, studying exercise science. It is with his background in fitness training that he came to spearhead the organization of the recent community fitness challenge triathlon—a kind of spartan race. He says it was "a real community effort to execute it." adding, "The event was organized by myself, Katsitsaronkwas Jacobs, Ellen Filipelli, Kevin Nelson, and Lorrie Ann Oke. But we had help from various other people in MCK, FLS, Crime prevention and the Paddling club. The event was sponsored by the program I was hired under called Kanehsatake Stay Fit Program. It's run and funded with the CDESL based in Mirabel. We also had donations from Infinity Designs which is a company co-created by Alex Beaupre. We also had gifts from Mocassin Joe and Rapids Car Wash."

During the event the 22 participants kayaked 2 kilometers, completed an obstacle course and a mud crawl, before jogging 6.5 kilometers back to the start/finish line. And they did it all in the pouring rain. Considering the weather, it was amazing to see so many people come out to cheer them on. Of course, it's possible that everyone just wanted to see participants crawl through the mud, which, I've been told, smelled like pig droppings. Jansen says all 22 contestants finished the course under 2 hours. First prize for the women's category was taken by Julie Ann David, 2nd place went to Kaniehtawaks Lauder, and 3rd place to Valerie Gabriel. In the men's category the winner was Guillaume Belisle, followed by Jeremy Tomlinson and Mark Tolley.

Jansen was very happy with the turnout and feedback has been very positive, "We were worried that the weather conditions could ruin the event but in the end I think the rain helped our athletes in staying cool. I was so amazed with the performances and determination of all the competitors. Many had to push their

limits and get out of their comfort zone but I think everyone was happy with their results and we all had fun. For an event never done before, we were not sure what to expect but we knew we wanted people to have fun so I feel we accomplished that." He says the triathlon will definitely be an annual event and the organizers have learned a lot from this first one. "We are committed to making next year's event even bigger. We're even considering the possibility of making teams and inviting our fellow Haudenasaunee communities to participate. Jansen's final thanks, "We had so many people help and volunteer to make sure the event was a success and I want to send a huge Niawen to all the departments and everyone who participated and volunteered to support this event." if anyone wants to help out at next years event, contact Jansen Nicholas by email: jnicho04@syr.edu.



Continued on page 10

Healthy Eating On a Budget Harvest Time

Submitted By: Tanya Denis Diabetes Prevention Support Worker.

As we struggle to meet rising costs, it's easy to feel overwhelmed by the challenge of diabetes! But do you know that eating healthy can actually cost less. That's good news for everyone—not just for people with diabetes.

Here are tips for healthy eating on a budget.

Foods to eat often

- High fiber foods! People with diabetes should fill half of their plate with veggies, and a quarter of the plate with high fiber starchy foods like whole grains and the other quarter with meat protein, this is a good thing! Since meats are the most expensive part of the meal.
- Substitute fish for meat, frozen or canned fish can be inexpensive plus fish is healthier. Alternative protein substitutes can be legumes, dried or canned peas and beans, chick peas. Lentils are good value and it can lower blood sugar and cholesterol.
- In season veggies! Are cheaper than the veggies that are transported, and you can freeze the extra. Buy big bags of frozen veggies, it's easy to make a meal with it.
- Brown rice. Buy big bags its cheaper!
- Whole grain pasta. Buy the common shapes, common shaped pasta cost less.

Foods to eat Less!

- Processed pre-seasoned foods. These foods usually cost more than plain foods, and are often unhealthy and high in sodium. You're better off cooking from scratch.
- Pre-mixed instant hot cereals: It's far better—and cheaper—to buy plain oatmeal and add your own flavor.
- Pre-mixed salad dressing. You can make your own with olive oil, vinegar or lemon juice, and crushed garlic.
- Frozen fish is better than those covered with crumbs or sauces.

You see, planning is everything! I know investing time in meal planning takes some getting used to! But if you do it, it can lead to big savings. Give it a shot! You will save money! It's a good idea to plan a menu for the week ahead. Ask our dietitian for more ideas.

*information Source: Diabetes Care Community.
<https://www.diabetescarecommunity.ca/>*



By Tany Denis, Diabetes Prevention Worker

It's that time AGAIN! It's harvest season! Lots of good vegetables and fruits ready to be harvested.

Here are some ideas to harvest your vegetables and fruits when buying in bulk.

◇ With a food processor, shred or slice your carrots, celery, peppers and apples.

◇ Measure the amount you think you would need for your favorite carrot cake, muffins, stir fry, or soups! Put in a freezer bag and freeze.

◇ You also can do this with apples; just add in your spices and freeze, this saves you time for your next apple cake, apple pie, or apple sauce.

**Flu season is fast approaching.
Please plan to get your flu shot
to protect yourself and others.**

Pet Vaccinations

The annual KHC pet vaccination clinic is as popular as ever. This year doctor Floyd and his wife Susan, vaccinated 69 dogs and 19 cats. The shots are good for three years, so if your pet was vaccinated this year, then you don't need to make an appointment until 2019.



Photos: Susan Oke







Following the triathlon event was the Kids All Star Skills event, organized by most of the same people. Jansen says this event will also happen again next year. " We would like to bring in more clubs and sports organizations from around the area. The whole goal of the event was to try and introduce the kids to sports that are either new or aren't currently offered in Kanehsatake. We had a huge interest in archery at the event and I am in the works with Matt Barr over at the health center to get something together. I want the kids in the community to have access and resources to sports and activities and with these events we can see what the kids want the most and maybe we can try to offer them here.

The kids event was held in the Ratihente High School yard. Children and youth tried out several different sports. They were given points at the various locations for hitting targets or making baskets and shooting goals etc. and at the end of the day, medals were handed out in two age categories. In the two categories 4 out of 6 of the winners were girls, which didn't surprise Jansen, "I knew the girls would participate and knew they had interest in sports and activities. So I was very impressed with their efforts and talent." There was also a special speaker for the day. Alexandru Sorin who has competed in karate for both his home country of Romania and now his adopted country of Canada. He also runs a karate academy in Montreal. He gave a talk about perseverance and he was a big hit with the kids, especially when he taught them a few karate moves and let them wear his medals from international competitions. The event was a lot of fun, the BBQ was great, and hopefully there will be even more kids there the next time. Turn the page for photos from the Kids All Star Skills Competition.







Pow Wow Time





Hibou's 10th Annual Softball Tournament



By Brandon "Hibou" Etienne

2016 marked the 10th year of my tournament and it turned out to be the biggest one yet. With 60 players registered to play from here, Kahnawake, Two Mountains, and even Trois Rivières, we managed to make 5 competitive teams. Team 1 (Alabama Slammers) and Team 2 (Hooters) started off the tournament Friday night with Team 2 winning by the 10 run mercy rule. Saturday featured the rest of the competition squaring off in a four game minimum round robin.

This year's talent was on full display and there were some amazing catches and pickups throughout the day. After all was said and done Team 2 finished 1st overall, Team 3 (Penetrators) was 2nd, Team 1 3rd, and Team 4 (Brandon Bonspiel) took the final spot in the playoffs. Unfortunately Team 5 (Chester) was the odd team out.

In the first semi-final Team 2 played Team 4. The game turned out to be closer than most expected, but Team 2 proved to be too much and won 12-3. The other semi-final pitted Team 3 against Team 1. In what was probably the best game of the tournament, the game went back and forth until team 1 tied the game in the 7th to force extra innings. However Team 3 showed their might and prevailed with a 2 out single to drive in the winning run!

In what has become the highlight of the tournament over the years, the men and women's Homerun Derby took place after the semi-finals. Four women took their turns trying to best one another. In the end Selena Beauvais took the crown and this year's HRQ (Homerun Queen) title. The mens division had 14 hitters give

it a shot. Wind being a factor, six men were able to put one over the fence in the first round. In the final round, two of the first five finalists hit 1 more over leaving only Timmy Cree who put all three of his hits over the fence and claimed this year's HRK (Homerun King) trophy!!!

The Final featured 1st place vs 2nd. The game stayed very tight throughout, with teams exchanging leads during the game. In the end, Team 2 was the stronger team, showing that their 3-0-1 round-robin wasn't a fluke. They won the game and the championship! Congratulations to the Hooters!

As always this tournament could not happen without some help from community members. I'd like to thank Jason Nelson, Kevin Simon, Chester Nelson, and Randy Etienne for their help making the infield beautiful again and Public Works for maintaining the grass. I would also like to thank all the players who either umpired or kept score. And a huge thanks to Melissa and Emma Simon for keeping the players hydrated and fed, good job. On that note, I hope to get even more players for the 11th annual tournament, so come on out next year. Nia:wen.



Top row left to right: Kevin Simon, Frank Michaud, Mike Andreouzzi, Keith Simon. Middle row left to right: Erik Johnson, Jon Nelson, Travis Etienne, Jason Nelson, Smokey Richard, Brandon Etienne. Bottom Row left to right: Shawn Nelson, Randy Etienne, Jeff Nelson.

Goldshluggers win DMSA Mens Rec. League Championship

By Brandon Etienne

Over the past two years, some of our local softball players joined the Two Mountain's Mens Recreational League. With Gold being the only color remaining, we decided on the name Goldshluggers. Looking to improve on our early exit from last years playoffs, we came into this season determined to make a statement. During the season we finished with 8 wins and 4 loses, which was good enough for fourth overall. After winning the quarter final game 11-6, we were in for a tough match against the #3 seed in the semi final. The game was very close but the Goldshluggers prevailed 8-6 and were off to the Championship. In a best of three format, we turned up the heat in game 1 wining 16-10, and in game 2 kept rolling winning 18-10 and winning the championship! It was a great season and post season and we are looking to repeat next year.

Community Service Worker Hilda Nicholas



Hilda on the left in 2016. On the right, Hilda in the back in 1971.

By Susan Oke

Hilda Kanerahten:wi Nicholas is the director of the Language and Culture Center. She has been working to preserve and promote the language in the community since 1993. But in 1971 her first position in the community was that of teachers aid to Mrs. Johnson at the day school, up the bay.

Her tasks as the director of language and culture are many, from writing funding proposals to secretarial and bookkeeping duties. The center receives limited funding and she works non-stop to find money to preserve the language. Right now, she and Minnie Nelson are the only permanent employees. Project staff includes Ellen Gabriel and Linda Cree, who conduct research for curriculum development in the language classes and for the community schools. The language teachers currently facilitating classes are Mina Beauvais and Wariso:se Gabriel. The main operational funding comes from First Nations Confederacy of Culture and Education. Funding for the language classes comes from the Canadian Heritage Fund, but they have also recently received a grant from the National Indian Brotherhood, a very hard grant to get. Hilda says "There were 7000 proposals across Canada and 2000 from Quebec. We were one of the lucky ones chosen"

Language classes run at the center from Monday to Thursday, 9:00 am-11:00 am for level 1 (beginners); 1:00 pm – 4:00 pm for level 2 (intermediate) and on Friday from 12:00 pm – 1:00 pm for MCK services staff. On Tuesday evenings there are another beginners and another intermediate class from 6:00 pm - 8:00 pm.

Asked what her greatest accomplishment has been she replied, "Just surviving against all the odds. Trying to preserve the language is difficult with little or no funding if proposals are not approved and also because not everyone is available to come to classes."

Her plan for the future is to secure funding to train and certify Mohawk language teachers right here in the community and maybe include potential teachers from other communities as well. But as always Hilda says, "Everything depends on funding."

For now there is still time to register for the classes, which are happening until March and Hilda encourages everyone to do so. She says, "The reality is that if people don't come and learn, they won't hear the language in a few years." If attending classes is not possible, you are invited to check out the language and culture website (kanehsatakevoices.com), where you can also find Mohawk lessons. Also on the site are books like *At the Woods Edge*, or books about our legends.

Rontswata'khwa Ground Breaking Ceremony

By Molly Gabriel

A big NIAWENKO:WA from the little ones at Tsi Rontswata'khwa Early Childhood Center and also from the staff. Nia:wen to all the Tota's, Isten'a's and Rakeni's and community members who came out to join us for the Ground-breaking Ceremony on September 6, 2016.

Niawenko:wa to the Creator for blessing us with such a beautiful day, it couldn't have been more perfect. A special Nia:wen, to Grand Chief Simon, who spoke about how they came to choose the area of the Pines as the location for the Center, emphasis was made on how important it was not to cut down any trees and also that transitioning from the early childhood center to school would be so much easier when it's time for our little ones to go to school.

A huge Nia:wen goes out to Chief Patricia Meuilleur and council members, for working tirelessly on this file and making it a reality. Also nia:wen to Vincent McComber, our photographer and to the Rotiennakehte School staff. Last but not least a special thanks to Mary Nicholas, our event coordinator, for putting out a lovely array of desserts, as well as, refreshments!



Mark
October 28

Happy birthday to my amazing husband!
I'm so proud of the man you are! Love you
forever...

Karennahawi, Teionata'a, Sha'tekaronhi:io,
and Ionhnhe'on:we



Adryan River Tolley
October 27

Happy 10th Birthday to our little star! We wish
you the most fabulous day ever!

Love always

Mommy, Daddy, Teionata'a, and Hank

Jeff Nelson
October 28

Happy Birthday to our uncle Jeff!

From the Tolleys'

Shyann
Nov. 23

Happy Birthday!

From your To:ta

Nevada
Sept. 24

Happy Birthday!

From your To:ta

Jason Nelson
October 21

Happy Birthday! And a great day to him!

From the Tolleys'

Announcements

Thank You

Thank you all who helped provide delicious food for our family. This token of love is greatly appreciated by each one of us during our time of loss. And a big thank you to Jessie Nelson for having us all at her home.

Christine Schlotthauber and family xoxox



Annie Nicholas Simon

The Simon sisters and their families would like to thank everybody who supported us in this difficult time.

This poem is dedicated to our mother's memory.

'i carry your heart' by e.e. cummings

i carry your heart with me
(i carry it in my heart)
i am never without it
(anywhere i go you go, my dear; and
whatever is done by only me is your doing,
my darling)
i fear no fate
(for you are my fate, my sweet)
i want no world
(for beautiful you are my world, my true)
and it's you are whatever a moon has
always meant
and whatever a sun will always sing is you
here is the deepest secret nobody knows
(here is the root of the root and the bud
of the bud and the sky of the sky of a tree
called life; which grows higher than the soul
can hope or mind can hide)
and this is the wonder that's keeping the
stars apart
i carry your heart (i carry it in my heart)

Health Center Birthdays

Shelly Simon
September 10

Mary Jane Hannaburg
October 4

Vanessa Nelson
October 28

Happy birthday everyone!



Carol Ruth Simon

We would like to thank the Kanehsatake community for their generosity in the community collection for our late mother, Carol Ruth Simon, who died on June 22, 2016. We have been deeply touched by your kindness and generosity and remain very appreciative to the entire Kanehsatake community.

Nia:wen, Thank you, Merci

*Gina Lavallée
Josée Lavallée
Mark Lavallée*

Belated Happy Birthday Wishes to the following:

Esther
July 18

Boo Boo
July 31

From your mother

Jeanne Vincent
July 30

Best wishes!

From your friend Jessie

Tommy Schlotthauber
August 1

From your mother-in-law

Mike Schlotthauber
July 24

From Jessie

Russell McComber
August 23
From your mother-in-law

Glen Conway
August 27

Happy belated birthday!
From Jessie

Rosie
August 31
Happy belated birthday!
From Jessie



Jason Nelson

Happy 40th birthday to my husband and best friend! I wish you all the best this year!

With lots of love,
Crissann

September

National Arthritis Awareness Month

Breakfast for Learning Month

FASD Awareness Day
September 9

World Suicide Prevention Day
September 10

World Alzheimer's Day
September 21

World Heart Day
September 29



September 6, 13, 20



September 2, 16, 30

October

Autism Awareness Month

Healthy Work Place Month

Fire Prevention Week
October 9 - 15

National Senior's Day
October 1

World Mental Health Day
October 10

Thanksgiving Monday
October 10

Halloween
October 31



October 4, 18



October 14, 28



Emergency Phone Numbers

Fire and Ambulance:
911

Police Emergency:
310-4141 *4141 (cell)
Police Non-emergency
(SQ office) (450) 479-1313

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

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

Community Triathlon Competitors



Photo: Kathleen Nelson