



Karihwios

Akohsera:ke Atswa'tahtshera 2016

By Brandon Etienne

After a 5 year absence, 2016 marked the return of the Winter Carnival. The Winter Carnival is an integral part of Kanehsatake that brings fun, joy, and pride to our community and its members. During the winter months there was a gap that needed to be filled, so a team was put together consisting of members from the **Health Center, Crime Prevention and Quebec en Forme** to organize a two week carnival.

On Feb. 21st, the **Ice Fishing Derby** kicked off the carnival at Centre de Peche Chez Robert. 55 participants came out, even in wet conditions. There were a total of 5 fish caught. Cheryl Cataford's team received the award for the largest fish, Maegan Nelson's team caught 3 fish, which was good enough to win the award for most fish; Rose Belisle-Diabo caught the smallest fish and finally, since there were so many teams that didn't catch anything, we gave the least fish caught award to Amanda Nelson's team as they stuck it out the longest on the ice.

On Monday and Tuesday we held **Ball Hockey** for kids, youth, and adults. The kids winners were Jack Cree, Douglas Gabriel, Logan Gabriel, Jeremy Farkas, Ehsa Montour, and Tara Bonspiel; The youth winners were Brandon Lazore, Shawn Mallette, Shylo Hunter, Cameron Hunter, and the two goalies, Tewenhnitoken Porier and Randy Farkas.



Photo: Miranda Gabriel



Photo: Susan Oke

Finally, the adult winners were Keith Simon, Kevin Simon, Selena Beauvais, Brandon Etienne and the two goalies Jonathan Nelson and Tewenhnitoken Poirier. The participation for all levels was fantastic. The total participation was 50 players. The kids were especially thrilled with their medals!

On Wednesday evening, even during a snow storm, we were able to get 16 participants out for the **Playstation3 NHL Legacy Edition Tournament**. The competition was tough, but in the end two players stood out from the rest. Dustin Krupp and Shawn Johnstone-Nelson played one another in the final and even with some power outages Shawn prevailed as the victor. Dustin took 2nd place and Justin Nelson placed 3rd.

Saturday was a busy day for the carnival as we had four different events happening. To start the day we constructed a tough **obstacle course**. The average time to complete the course was estimated at

8:00 minutes with 40 different participants taking on the challenge. Participants ranged from 5 years old to 55 years old. Some of the obstacles included a rope maze, a tire drag, snowshoe hurdles, and a javelin throw, just to name a few. In the end, three groups conquered the course in record time. The third fastest time was 5:55, which was posted by Owen Rice and Teha Albany. The second fastest time was 5:46 posted by Brandon Rice and Teho Albany. The fastest time belonged to Jeff Nelson and Logan Gabriel. They beat second by just 4 seconds by posting a time of 5:42.

While the obstacle course was taking place, we offered a **horse drawn wagon ride** to all waiting participants and community members. The ride brought them up Asennenhksen road, down Joseph Swan and back to the school yard. We roughly had 80 people participate. Also, some local community members took the time to make a Snow Snake track and stick, which

Continued on page 6

Inside Karihwios

Diabetic Retinopathy Screening 2

World Water Day 3

Getting Your Head Around Diabetes..... 5

Rotiennakehte School..... 11

AMI Quebec (Action on Mental Illness) 12

Diabetes: Kids Get Type 2 Diabetes Too..... 12

KEC School Registration Form..... 13

Announcements..... 15

The deadline for the
May/June Issue of
Karihwios is:

Monday, APRIL 25, 2016

karihwios@hotmail.com

www.kanesatakehealthcenter.ca

Look for the
Kanesatake Health Center on
Facebook!

Diabetic Retinopathy Screening



Thursday April 21, 2016, 9:00-12:00 AND
Thursday April 28, 2016 from 9:00-12:00

Diabetic retinopathy is the result of damage to the tiny blood vessels that nourish the retina (back of the eye). They leak blood and other fluids that cause swelling of retinal tissue and clouding of vision. The condition usually affects both eyes.

Using a nonmydriatic camera and telemedicine, the team at the Kanesatake Health Center will be screening for diabetic retinopathy. The process is safe, fast, reliable, and confidential. All community members with diabetes are invited to the Kanesatake Health Center on Thursday, April 21, 2016 and Thursday April 28, 2016 to have their eyes checked for issues related to the retina.

Those community members with diabetes who came last year, may book their annual follow up. For those community members with diabetes who have not been screened, we invite you to call and reserve a spot. The camera is only here for a little while, so book early before all the spaces are taken. Simply call the Kanesatake Health Center at 450-479-6000 to reserve a spot.

March 22nd is World Water Day

Taken from Health Canada: www.hc-sc.gc.ca

submitted by: Tim Cree,
Water Monitoring Technician

Safe drinking water is everybody’s business. Managing drinking water supplies properly, from the source water to the consumer’s tap, takes a great deal of knowledge and coordination among multiple stakeholders--from governments and businesses, to individuals like you and me.

A shared responsibility

In Canada, the responsibility for making sure drinking water supplies are safe is shared between the provincial, territorial, federal and municipal governments. The day-to-day responsibility of providing safe drinking water to the public generally rests with the provinces and territories, while municipalities usually oversee the day to day operations of the treatment facilities.

Health Canada’s Water Quality and Health Bureau plays a leadership role in science and research. Its mandate and expertise lies in protecting the health of all Canadians by developing the Guidelines for Canadian Drinking Water Quality in partnership with the provinces and territories. These guidelines are used by every jurisdiction in Canada and are the basis for establishing drinking water quality requirements for all Canadians.

Health Canada is recognized as a World Health Organisation/Pan American Health Organisation (WHO/PAHO) Collaborating Centre for Water Quality, and participates in the development of Next link will take you to another Web site WHO guidelines for drinking water. The Bureau also works closely and shares information with other government agencies such as the Next link will take you to another Web site United States Environmental Protection Agency.

The multi-barrier approach

The best way to make sure drinking water supplies are kept clean, safe and reliable is to take a preventive risk management approach. This means understanding each water supply from its beginning in nature

to where it reaches you, the consumer. This understanding--about the water’s characteristics, the ways it could become contaminated, and the type of treatment it needs--comes from collecting and studying data.

The drinking water supply can be broken down into three parts: the source water, the drinking water treatment system, and the distribution system which carries the treated water to homes, businesses, schools, and other buildings. The plumbing inside your home is an extension of the distribution system

As drinking water travels on its journey



to you, it can become contaminated in many ways. The multi-barrier approach to managing drinking water supplies is a preventive risk management approach that identifies all known and potential hazards and makes sure barriers are in place to reduce or eliminate the risk of contamination.

Drinking water guidelines

In order to know whether their drinking water management program is working, drinking water authorities need to have benchmarks for water quality. These benchmarks come in the form of drinking water guidelines. Guidelines make it possible for drinking water to be tested at various points along its journey and analysed to determine whether it is safe to drink. The Guidelines for Canadian Drinking Water Quality are established by the Federal-Provincial-Territorial Committee on Drinking Water and published by Health Canada.

The guidelines for some contaminants, like E.coli which indicates the presence of microbiological pathogens, are very clear and should never be exceeded because people will become sick soon after drinking contaminated water. Others, like many of the

chemical guidelines, are based on the best available science and give a good indication of health effects that might be seen in some people if we consume high amounts of the chemical in drinking water over a period of decades. Products and materials that come into contact with drinking water.

Another way that drinking water can become contaminated is by the products and materials with which it comes into contact. Water is a solvent and can leach metals and other chemicals from pipes, fittings, fixtures, and other products. Health Canada works with national and international standards-setting organizations to develop health-based performance standards for these products and materials to make sure they are not contributing harmful contaminants to your drinking water.

What information you can find here

This site includes many publications that explain what it takes to keep our drinking water supplies clean, safe and reliable.

If you are looking for general information about substances that could be found in tap water and how these may affect your health, check out our It’s Your Health series of publications. For slightly more technical information, you may be interested in our Water Talk series.

If you have a scientific or technical background and would like to understand in detail how a particular guideline was developed and why, see the supporting documents for the Guidelines for Canadian Drinking Water Quality. You are also invited to participate in current consultations on draft guidelines.

If you work in the drinking water industry, you can find technical information about the multi-barrier approach to ensuring safe drinking water, documents about specific drinking water guidelines, and information about standards for products and materials that come into contact with drinking water. You’ll also find information about the Federal-Provincial-Territorial Committee on Drinking Water, including membership, meeting minutes, and processes for developing guidelines.



Exercise Program for Seniors 65+ To Prevent Falls and Keep you Strong!

**For 12 weeks, Starting April 18th 2016
Every Monday and Thursday
From 11:00 - 11:45 AM**

**At the Riverside Elder's Home
518 St-Philomene, Kanesatake**



**COME AS YOU ARE, WITH YOUR CANE OR WALKER IF NEEDED!
SMOOTH EXERCISES TO KEEP YOUR BALANCE AND STRENGTH
EXERCISES ARE DONE ON A CHAIR. FOR MEN AND WOMEN.**

**Given by Denise Greggain, Pilates teacher
and
Mary Nicholas, Activities Coordinator**

**For inscriptions, please call Amanda Nelson
At 450-479-1115**

Free!

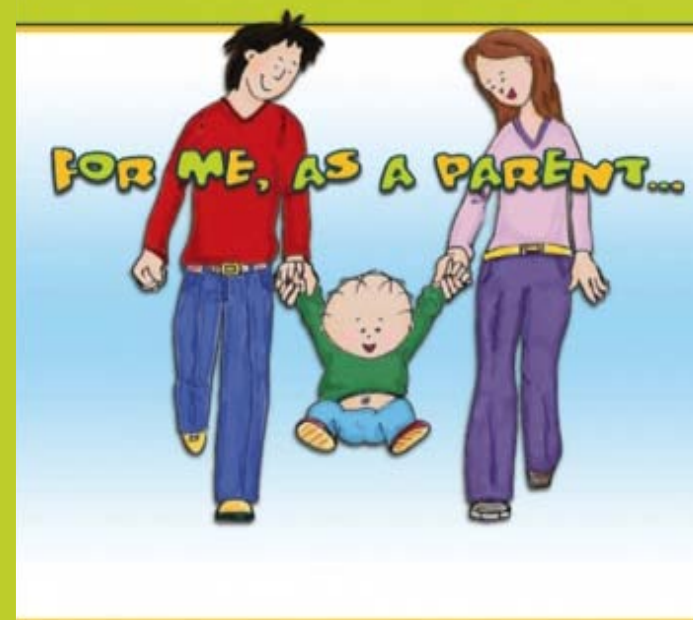
Getting Your Head Around Diabetes

Information source by Sara J. Meltzer, MD, FCPC, FACP Anne B. Belton, RN, BA, CDE

Submitted: by Tanya Denis Diabetes Prevention support worker

You been diagnosed with diabetes! That might of been a shock! Or maybe it was expected. You knew there was something up, you've been losing weight or even feeling tired with no energy. Now after the initial reaction to the diagnosis, you're thinking, what now! The diagnosis is a stressor and time is needed to soak all this in, big changes are coming to you and your family. Here comes denial, at first you might say to yourself my blood sugar will go back down. I don't have diabetes. Then, the next emotion is anger, a new way of living, the daily meal planning and checking your blood sugar (glucose), trying to get an exercise routine in, plus taking your insulin or tablets. I bet you, this makes denial impossible. You're angry that you have to fit all

this in your life now. You're angry that this has to happen to you! "Why me?" You need to know being angry all the time will cause your blood sugar to stay high. Guilt sometimes comes from anger, most people feel guilty that they have caused the diabetes. Try not to fall into a depression, after some time you'll feel sad about having to deal with all the demands of being a diabetic. You will say I can't deal with all this! Don't give up, if you think you can't handle being a diabetic and stop taking care of yourself, your heading for trouble! Ignoring diabetes does have consequences! Because the complications will happen, you have no clue that the diabetes is progressing. Depression comes along with diabetes, if it persists it is better to seek help to resolve your feelings rather than keeping it to yourself. Take time to understand your new lifestyle.



**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.

was enjoyed by many. It's been many years since we've had a **Snow Snake** and are very fortunate that Travis Gabriel, William Gareau, and Randy Etienne decided to do this for the community. Nia:wen.

The highlight of the day was definitely the **Polar Plunge**. We had 10 brave souls take part in this feat, each having to get pledges to participate. Travis Etienne started off the plunge, followed by Louanne Cataford, Abby Cree, Selena Beauvais, Brianna Etienne, Jimmy Nicholas, Kevin Nelson, Shawn Nelson, Brandon Etienne and Frank Hannaburg. In total approximately **\$1700.00** was raised! A big Nia:wen to the plungers and also to the pledgers who made this happen. All the proceeds are going towards the **elders home's needs**. Some of the highlights of the plunge were Jimmy and Kevin dressed in their Sunday dresses and Brandon doing his plunge in a bikini! It was a great turnout for a great cause.



Later that night, the **Broomball Tournament** commenced with the first of two round robin games. This year we had fewer players than ever before, so only 3 teams were made. The players for each team were:

Team 1 (Red)

Jonathan Nelson (g)
Keith Simon
Shawn Nelson
Michael Gabriel
Kyle Canatonquin
William Gareau
Carl Dunn
Matt Simon
Andrea Nelson
Tiohenta McComber

Team 2 (Blue Steel)

Anthony Doiron (g)
Smokey Richard
Kevin Simon
Randy Etienne
Dan Baker
Teha Belsile-Diabo
Brandon Lariviere
Katsirakeron McComber
Kimberly Simon
Valerie Tewisha

Team 3 (Black)

Justin Nelson (g)
Mike David
Brandon Etienne
Andrew Simon
Skyler Baker
Dustin Krupp
Frank Hannaburg
Selena Beauvais
Brigette Beauvais



Photos: Susan Oke, Miranda Gabriel, Brandon Etienne



After the first three games were played Saturday evening, we continued on Sunday. There were some great games played with perfect passing, great goals, and outstanding saves. However one team just didn't have enough luck to qualify for the final. Blue and Black faced off in the championship game.

What looked like it was going to be a dominating performance by the Black, resulted in the complete opposite as Blue scored on their chances early on and ran away with the game. The final score would end up 8-2 in favor of Blue. The tournament was a perfect way to wrap up the first week of the carnival as, apparently, this was the 25th consecutive Broomball tournament to happen in our community!

To start the second week of the carnival, we held a **Lacrosse Tournament** for kids, youth, and adults on Monday, Feb. 29th and Tuesday, Mar. 1st. The participation wasn't as good as we had hoped for but it was great to watch all the participants play the creators game. The kids winners were Isaiah Bonspille, Owen Rice, Alex Nolet, and Brody Simon (g). The youth winners were Selena Beauvais, Hayden Nicholas, and Abby Cree. The adult winners were Vincent Cree, Nevada Baker-Nelson, Cody Hannaburg and Token Porier.

In the **Blind Volleyball** Tournament, we had 4 competitive teams which resulted in a very good tournament. Twenty-one players came out to show off their skills. However, in the end, only two teams remained, Team Steph and Team Brandon. For anyone that has seen or participated in

Blind Volleyball, it is a very tough game as players cannot see what the other team is doing or when the ball is coming back over the net. This is due to a tarp hanging across the net. This leads to some incredible plays, and the final didn't disappoint in that category. Usually it takes about 15-30 minutes to finish one game and in the Championship game, it took about 1 hour and 15 minutes to finish as there were some crazy saves, incredible rallies, and great team work all around. But in the end, only one team could win and that was Team Brandon by a close score of 21-19! Congrats to Brandon Etienne, Kevin Simon, Amber Simon, Nicole Gagnier, and Shylo Hunter.

To end this year's Winter Carnival, on Saturday, Mar. 5th we held a **Variety show** followed by the Award Gala. We began with a delicious spaghetti and lasagna supper provided by Keith Nelson. Then after everyone was stuffed we commenced with the variety show. There were nine acts and all were terrific. Tahkwa McDonald took time out of his schedule to help us out by MC'ing the show. Emily White started off with a dance routine that got the crowd going and then the Crime Prevention kids put on a song and dance number to "Dream Big." Adryan Tolley sang her heart out to Frozen's "Let it Go" and, right before the intermission, the three Beauvais sisters, Brigette, Amy, and Selena gave the crowd a lesson on how to sing with a performance of multiple songs. After the break Amy Beauvais started with a solo to "If I aint got you" by Alicia Keys. Then we had a special guest performance by Slash and Axle Rose

of Guns n Roses portrayed by Melinda and Cassandra Nelson. We finished with three solo acts starting with Brigette Beauvais, followed by Celine Gaspé and wrapping up with Selena Beauvais. All that has to be said about the performances is that there are very talented people in our community and their talents need to be exposed.

After the Variety Show, a slide show of the Winter carnival was shown highlighting some of the great moments of this year's festivities. Up next was the **Award Gala**. All of the winners throughout the two week carnival were presented with trophies. There was a special set of plaques presented by the Kanehsatake Lacrosse Club to Quebec en Forme, the Kanasatake Education Center, and the Kanasatake Health Center to acknowledge all that each of these services has done for the game and the community.

Finally, it was time to announce the winners of the **Scavenger Hunt**, which had been running during the two weeks of the carnival. Nine teams took part looking for all of the items listed and also participating in events to receive bonus points. However in the end, 3 teams managed to surpass the other 6 and place in the top three: 3rd place went to "Don't Drink the Lake Water" consisting of Cheryl Cataford, Louanne Cataford, Josephine Beauvais, Vincent Chabot, and Angel Bonspiel. The 2nd place team, who finished just 10 points back, were "The Etienne Clan" consisting of Travis Etienne, Melissa Simon, Joanne Etienne, Dahlia Simon, Brianna, Tanner, and Ryder Etienne. And, finally, the grand prize winners were "Me, Myself, and Irene's"!!! Amy Beauvais, Brigette Beauvais, Selena



Continued on page 8



Beauvais, Jesse Desroches, Mercedes and Spencer Desroches, and Oakley McGregor just worked hard enough to take the overall title. Congratulations!!

Throughout the evening we gave away about **60 door prizes**. Many of the items were donated from local businesses which included **Moccasin Jo Coffee Roasters, Rez Mart, Big Chiefs, Mohawk Gaz Bar, and C.K.H.Q.** I want to thank the, roughly, 140 people that came out to show support to some of our local talent and to honor this years champions. Without our community, none of this would have been possible.

To officially wrap up the **2016 Akohsera:ke Atswa'tahtshera** (Winter Carnival), a big nia:wen goes out to the event organizers: David Belisle, Crystal Diabo, Pamela Gabriel-Ferland, Karennahawi McComber, Kevin Nelson, Connie Nicholas, Crissann Thompson, and, myself, Brandon Etienne. Also, a big nia:wen to the volunteers: Keith Cree for reffing, Travis Gabriel for the Snow Snake stick, Randy Etienne and Will Gareau for the Snow Snake Track, Tehaneratahkwa McDonald for MC'ing the Variety Show and all the polar plungers and pledgers.

And, finally, all our contributors who helped out in any way they could to make the carnival run smoothly: Kanesatake Health Center, Crime Prevention, Centre de Peche Chez Robert, Ellen Filippelli, Gloria Nelson, Jason Nelson, Terry Yaxley, Mark Tolley, Jimmy Nicholas, Sandra Harding, Lorrie Anne Oke, Aaron Cree, Kahneki:io, Mike David, Jon Nelson, Josh Gabriel, Mohawk Gaz Bar, Moccasin Jo Coffee Roasters, C.K.H.Q., M.C.K., T.M. Designs, Mira Amusement, Trophée Promo Plus, Keith Nelson and, last but certainly not least, to all Kanehsatakeron for your continued support. NIA:WEN!





Programme d'Exercices pour les 65 ans + Prévenir les chutes et garder la forme!

Durée de 12 semaines, Débutant le 18 avril 2016
Les Lundis et Jeudis
De 11:00 à 11:45 AM

Au Centre d'Hébergement Riverside
518 St-Philomene, Kanesatake



VENEZ, MÊME SI VOUS AVEZ BESOIN DE VOTRE CANNE OU DE VOTRE MARCHETTE!

EXERCICES FACILES POUR MAINTENIR VOTRE ÉQUILIBRE ET VOTRE FORCE
LES EXERCICES SONT FAITS SUR UNE CHAISE. POUR HOMMES ET FEMMES.

Cours donné par Denise Greggain, Professeure de Pilates et
Mary Nicholas, Coordonnatrice des Activités

Pour vous inscrire, veuillez appeler Amanda Nelson
Au 450-479-1115

Gratuit!

Mini-Mohawk Lesson

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

Easter Sunday
Family Dinner
Chocolate (candy)
Rabbit
Chicken
Eggs

Shotonhnhé:ton
Kakhwahé:re
Otsikhéta
Tahonhtané:ken
Kitkit
O'nhónhsa

Rotiwennakehte School

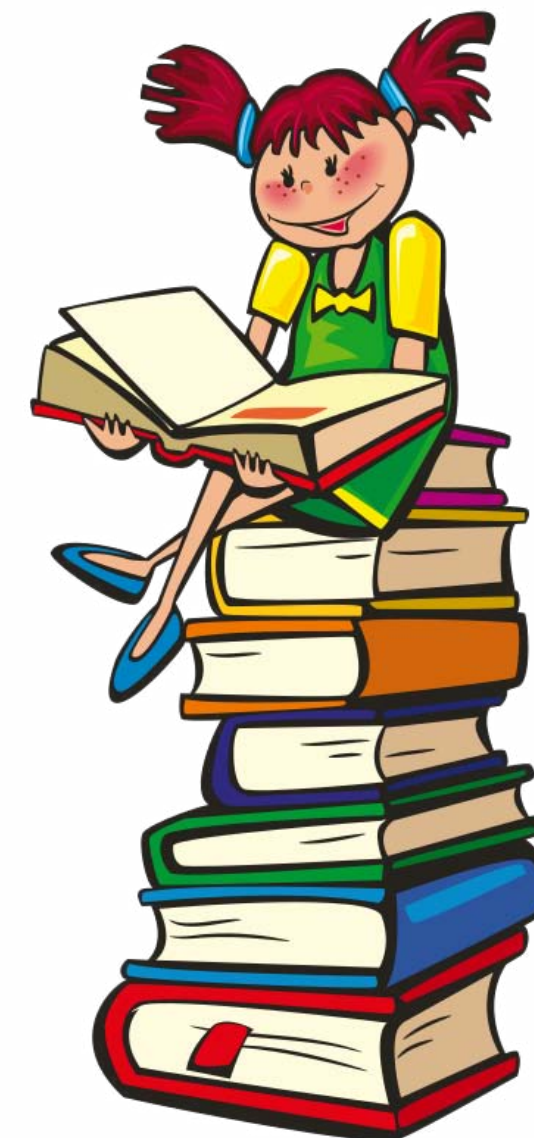
407 St-Michel, Kanesatake, QC,
450-479-9969 Ext. 501

The Learning Partnership along with First Nations Education Council are currently working with us to provide an early literacy experience for our youngest and newest students.

An orientation session called "Welcome to Kindergarten" will be held on **Thursday, May 26** from 6:00 to 7:30 p.m. at our school. Supper will be provided. Parents, Grand-Parents and siblings are invited to attend. The students will have the opportunity to participate in a number of activities that focus on elements related to basic learning.

Our young students will also receive a bag which contains a few educational goodies to help get them ready for the school in the fall.

This event is designed specific for next year's (2016-2017) Nursery and Kindergarten students. Note: The students must be registered at our school to participate in the event. Should you have any questions, please do not hesitate to call the school.



AMI Quebec (Action on Mental Illness)

Upcoming Webinars

Tuesday, March 29, 2016

How to Help a Family Member
Who is Suicidal
7:00-8:00 PM
Sharon Casey, Suicide Action Montreal

Tuesday, April 26, 2016

Healthy Parent-Child Relationships
and Children's Emotional Competence
7:00-8:00 PM
Dr. Dale Stack, psychologist

Webinars are presentations that can be accessed from any computer that is connected to the internet. An expert presents a specific topic and you have the chance to ask questions. This service is free of charge, but you must register in advance by calling: 1866-396-2433 or visit thecaregivernetwork.ca

For More Info: www.amiquebec.org/webinars

Diabetes: Kids Get Type 2 Diabetes Too

Information source:: Diabetes Complete Food Management Program.
by Sherri Shafer, R.D., C.E/Ds

Submitted by Tanya Denis Diabetes prevention support worker.

High fat diets and sedentary lifestyle contribute to kids obesity. Type 2 diabetes was once considered to be an adult only disease. Not today! Year after year the number of type 2 diabetes in kids has increased. Kids are becoming heavier and are not exercising. A high fat diet contributes to type 2 diabetes. Most kids lunches include pizza, cheesburgers, hot dogs, french fries and other high fat foods. Children tend to snack on sweets while they sit playing games or watching movies. Typical snack foods include chips, ice cream, soft drinks. Parents and schools should be aware of the epidemic of type 2 diabetes in children today.

Children who develop type 2 diabetes usually get diagnosed around the age of ten, when puberty starts. Why? Because of the changing of hormone levels associated with puberty that cause an increase in insulin resistance. Who's at risk? All children who are overweight and over 10 years of age, they should be checked for diabetes every two years if they have any risks factors. Here are some things to look at;

- if a family member have a history of type 2 diabetes.
- if the child has high blood pressure.
- if the child has high cholesterol or high triglycerides.

A simple blood test can confirm a diagnosis of any type of diabetes. Signs to watch for are frequent urination, weight loss, and thirst. Most parents have no idea what to look for. Most people walk around for many years with diabetes until they notice some kind of complications. We need to stop the obesity in children, and start teaching them good healthy eating habits and being more active with our children.

Here is a healthy snack for the family instead of having chips!

KALE CHIPS
Prep time 5 minutes
Total time 20 minutes
Portion size 6 servings

INGREDIENTS
6 cups (1.5L) torn stemmed kale
2 tsp (10mL) olive oil
1 pinch sea salt
1 pinch sweet paprika

PREPARATION
Toss together kale, oil, sea salt, and paprika, arrange in single layer on parchment paper lined baking sheet. Bake in 350°F (180°C) oven until crisp and dark green, 12 to 15 minutes.

NUTRITIONAL INFORMATION
PER SERVING
Cal 47
Carbs 7g
Sodium 29mg
Iron 8
Pro 2g
Dietary fiber 2g
Total fat 2g sat fat 0



Kanehsatà:ke Tsi Ionthiatonhseraweihstàkhwa
Kanehsatake Education Center
14 Joseph Swan Road
Kanehsatà:ke Qc. JoN 1E0
(450)479-8358 - (450)479-6022
www.kanehsatake-edu.com

REGISTRATION FOR THE 2016 – 2017 SCHOOL YEAR

Registrations

**ROTIWENNAKÉHTE
TSI IONTERIHWAIENSTÁHKHWA
407 St-Michel
Kanehsatake QC. JON 1E0
450-479-9969**

**Ratihent:te High School
681-A Ste-Philomène
Kanehsatake QC JON 1E0
450-479-6395**

Re-registration forms will be given to students already attending our band schools to register for next year.

Where and how to register?

New students can register at the School before April 29th, 2016.

Condition of admission

- Nursery children must be 4 years old by September 30th, 2016.
- Kindergarten students must be 5 years old by September 30th, 2016.

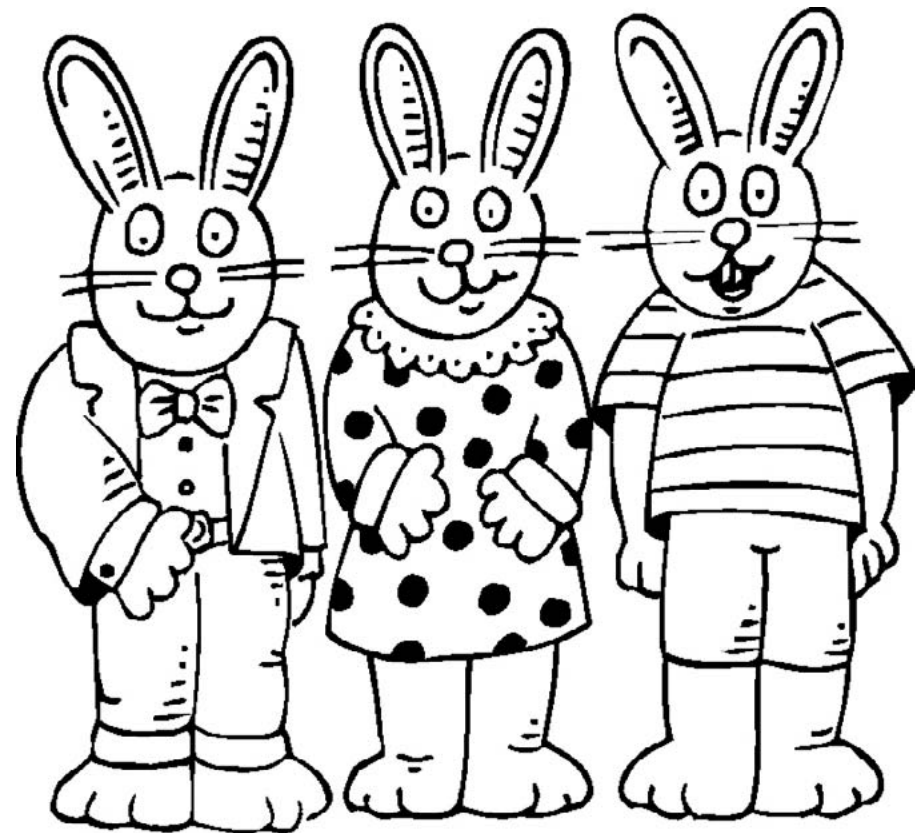
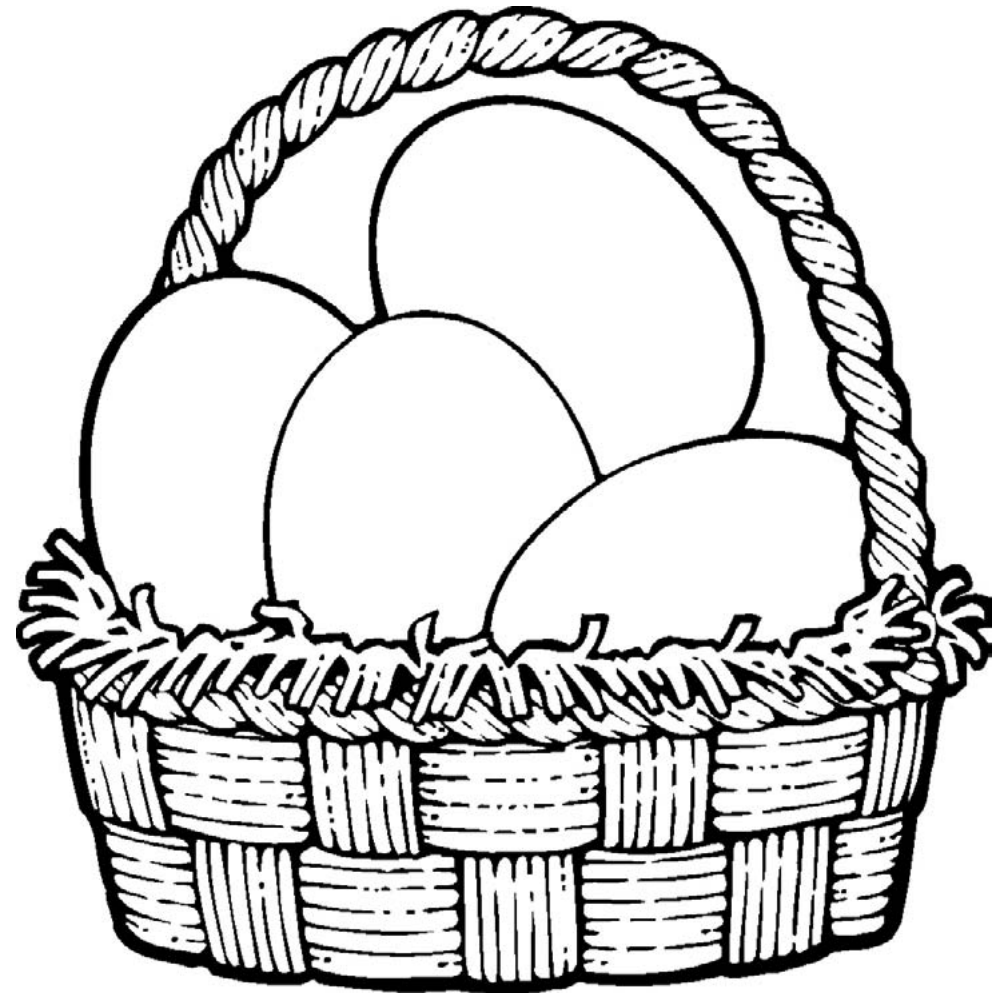
Documents required

- Birth Certificate
- Medical book – Record of Immunizations
- Valid Medicare card and its expiry date
- Proof of residency

For more information

Parents please call the school or Kay Gaspé at the Kanehsatake Education Center
450.479.8358 ext. 225

www.kanehsatake-edu.com



Announcements



Thank You

As sisters of Eleanor Montour, we would like to thank everyone at Kaniatarak:ta Lontorish-entahkhwa Elders Home for the excellent care they consistently provided to Eleanor during her stay. The kindness our sister received from everyone at Kaniatarak:ta Lontorishentahkhwa Elders Home made her feel comfortable and happy, they made her feel at home. Eleanor was always proud to invite us to visit her in her new home which she grew to love, as she did the people who lived there with her, and those who worked and cared for her. Visiting Eleanor at Kaniatarak:ta Lontorishentahkhwa Elders Home was a big part of our lives, and we miss her dearly. We also miss the kind and joyful people who made our visits with Eleanor special and memorable moments.

Niawenkó:wa,
Her sisters, Christina and Charlotte



Teharonhia:khwa Happy 18th birthday

Even though you've grown into this amazing, handsome, young man, you will always be our Baby Boy. Soon you will have a baby boy of your own. You are going to be an amazing father. We are so proud of you. Konnoronhkhwa.

Mom, Dad, Flower, Rose
And Weiner and Si too.

Health Center Birthdays

Peggy Jacobs March 3

Happy birthday Peggy



Taylor Belated Happy 18th birthday.

Teha's a lucky man to have a beautiful young woman like you.

Love you lots,
Crystal, Dave, Flower, and Rose



Teharonhia:khwa Diabo & Taylor Daye are proud to announce the birth of their son

Tehoronhiahnhen Jonah Diabo

March 13, 2016
6-lbs 11-oz

Proud totas
Crystal & Dave
Cheryl & Howard

Great totas
Gloria & Mike
Barbara & Donald
Susan & Harvey

Great great totas
Joan & Davidson
And

Very proud Aunties
Flower & Rose



Karonhiatetha Happy 8th birthday

You're growing up to be the most beautiful "Rose" in the whole wide world. Tsi ná:we enkonnoronhkhwake.

Mom, Dad, & Flower
Oscar and Si too



Brenda Gabriel Thanks

Our Sister Brenda Gabriel was a great warrior woman who left us on January 8, 2016, her life journey a testament to the strength of her spirit. Her physical presence is greatly missed, her spirit lives on in our memories and in the songs she sang and in the teachings she left us all.

The Gabriel & Doxtator family would like to say a great big thank you for all the support and help that came forth at the passing of our beloved Brenda Gabriel. To David Gabriel who guided her spirit. To Cathy, Gigi, Cathy, Robin and Suzy, Wilma who prepared her for her journey. To Charlie Patton & Joe McGregor at Mohawk trails who said the kind and loving words. To all the women and men who brought food and support to our homes. To the united church women who hosted the reception after her burial. To Daryl Thompson who came to guide us in helping her final step to the spirit world. Also to extend our appreciation to all the people who made donations. Those who helped us in the pines to make her last resting place ready. And to all others I may have forgotten. Our hearts are filled with gratitude for all your actions and kindness. Nia:wenkó:wa

March

**National Colorectal Cancer
Awareness Month**

National Nutrition Month

World Glaucoma Week
March 6-12

Poison Prevention Week
March 20-26

International Women's Day
March 8

World Water Day
March 22

Good Friday
March 25

Easter Monday
March 28



March 8, 22



March 4, 18

April

Daffodil Days (Cancer Awareness)

Parkinson's Awareness Month

Oral Health Month

National Immunization Awareness Week
April 25-29

World Autism Awareness Day
April 2

World Health Day
April 7

Earth Day
April 22



April 5, 18



April 1, 15, 29



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.

**See inside for more photos from the
Akohsera:ke Atswa'tahtshera 2016**

