



# Karihwí:ios

## Kahwatsí:re Enhontenikonhró:ri Awenhnísera



Photo: Susan Oke

By David Belisle, with additions by Susan Oke

On June 21st the Kanesatake Health Center Inc. hosted a strawberry themed family day celebration at the baseball field. The day consisted of kids games and face painting, adult bocce and horseshoe games along with team tug of war for adults and kids. The tug of war champs were from the Onento:kon Healing Lodge. The health center handed out strawberry drink and there were a few crafts people selling their goods. Also on site was Kanehsatake Crossfit. They held mini competitions all afternoon and had their own prizes to give to the winners. They also offered 10 minute sessions of acupressure/massage with one of their trainers. KHC had a hotly contested "Strawberry Treat" bake off. Eleven people put up their cakes, cookies, and crumbles. Many of the spectators acted as judges and taste testers and while everything was delicious there could only be one winner. Congratulations to Robin Sky who won the Kitchen Aid mixer for her fantastic strawberry crumble.

There was also a very interesting game of Lacrosse between the "Up the bay Fisher Cats" and "Center Road Wild Turkeys." Center road came up with the win 9-5. Both lacrosse teams had a mix of youth and "experience" which made some of the battles very fun to watch.

Supper was a delicious pig and beef BBQ roast that was cooking all afternoon, served with baked potatoes and salads on the side. Social started around 6:30 pm with singers from Akwesasne,

and Kanehsatake. Right before the social Tawit Gabriel gave a talk about what the strawberry's role is in our culture. Door prizes (two beautiful framed prints from Akwesasne artist, Brandon Lazore) were drawn during the social. The winners of the prints were Travis Gabriel and someone from the Onento:kon Healing Lodge. The ribbon shirt prize was won by Kimberly Simon. The event hosted approximately 200 community members throughout the event. **Four more pages of photos from the day starting on page 11.**



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The deadline for the  
**September/October** Issue of

Karihiwios is:

Thursday, August 31, 2017

**karihiwios@hotmail.com**

**Look for the Kanehsatake 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**

## Health Center News

**A**s of June 1st, the KHC welcomes **Robert Marcheterre** to our staff as our Case Management Liaison (*Read more about Robert on Page 5*). You can reach Robert at EXT. 267. If you are looking to reach **Crystal, Jady, or Brandon** they are now working out of KYOT (450) 479-1700. In July, we also welcome two new part-time employees: **Jake Guindon**, is the new Janitor for the KYOT building and **Tiohenta McComber** will be working as a staff replacement worker for the Learn 'N' Play Program and other programs in the Child and Family Services Department. Good luck to you all and welcome to the team.

**I**n other news, the **Paddling Club** is open as of **July 4th**. The cost to register is \$14 for Indigenous people and \$50 for everyone else. You can see their schedule on the Paddling Club Facebook Page.

In March 2017, community members were invited to take part in a Facebook survey about "Access to services for Kanehsatake Children and Their Families" posted on our page. Anyone who participated was entered into a prize draw. The winner of the \$25 St. Hubert gift card is **Morgan Tremblay**. Thanks to everyone who took time to provide us with their feedback.

Finally, there will be an open house at the newly renovated **KYOT building** in August (date to be determined), stay tuned for more information.



## Mini-Mohawk Lesson

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

**Otsi'ten'okón:'a/Birds**

Ohkwé:sen/Partridge

Ohkwesen'tóia/Quail

Ohkwesen'tarí:wase/Pheasant

Raónraon/Humming Bird

Tawístawis/Snipe

Ohà:kwaront/Heron

Tsóka'we/Crow

Tsó:kwaris/Red-Wing Blackbird



# Diabetic Friendly Meals: Buffalo Chicken Salad

Submitted by Tanya Denis, Diabetes Prevention Support Worker



Taken from: [www.diabeticlivingonline.com/recipe/hot-wing-salad](http://www.diabeticlivingonline.com/recipe/hot-wing-salad)

## BUFFALO CHICKEN SALAD

### Ingredients

1/2 of a heart of romaine, sliced  
3/4 cup coarsely chopped cooked chicken breast

2 tablespoons Buffalo wing sauce,\* such as Wing Time® brand  
1 21-gram wedge light blue cheese, such as "Laughing Cow" brand, crumbled  
1/4 teaspoon cracked black pepper  
1 tablespoon bottled fat-free blue cheese salad dressing  
1 teaspoon fat-free milk  
1 stalk celery, cut into 4 sticks

### Directions

Arrange romaine on a plate or in a bowl. In a small microwave-safe bowl combine chopped chicken and wing sauce. Microwave on 100 percent power (high) for 40 to 50 seconds or until heated through. Spoon chicken mixture over romaine. Top with crumbled cheese and pepper. In a small bowl combine salad dressing and milk; drizzle over salad. Serve with celery sticks.

\*Test Kitchen Tip: Read the nutritional facts on the labels of the Buffalo wing sauces available at your grocery store and choose the sauce that's lowest in sodium. Nutrition Facts Per Serving:

Servings Per Recipe: 1  
PER SERVING: 297 cal., 10 g total fat (3 g sat. fat), 99 mg chol., 596 mg sodium, 13 g carb. (3 g fiber, 4 g sugars), 37 g pro.

Diabetic Exchanges

Fat (d.e): 0.5; Vegetables (d.e): 2.5; Lean Meat (d.e): 4.5;

# Diabetic Friendly Meals: Double Berry Pie Square

Submitted by Tanya Denis, Diabetes Prevention Support Worker



Taken from [www.diabeticlivingonline.com/recipe/pies/](http://www.diabeticlivingonline.com/recipe/pies/)

## DOUBLE BERRY PIE SQUARES

### Ingredients

1/3 cup sugar or sugar substitute\* equivalent to 1/3 cup sugar  
1 envelope unflavored gelatin  
1 pound fresh strawberries,

hulled and diced

1 12 - ounce package frozen raspberries, thawed  
Nonstick cooking spray  
2/3 cup finely crushed graham crackers  
2 tablespoons sugar or sugar substitute\* equivalent to 2 tablespoons sugar  
2 tablespoons butter, melted  
1/3 cup frozen sugar-free whipped dessert topping, thawed

### Directions

For filling: In a large saucepan, combine the 1/3 cup sugar and the gelatin; add strawberries and raspberries. Cook and stir over medium-high heat until gelatin is dissolved and mixture is simmering.

Transfer berry mixture to a shallow bowl. Chill about 45 minutes or until mixture begins to set up around the edges, stirring occasionally.

For crust: Lightly coat a 2-quart square baking dish with cooking spray. In a medium bowl, stir together finely crushed graham crackers, the 2 tablespoons sugar, and the melted butter. Press graham cracker mixture evenly over the bottom of the prepared baking dish. Place in freezer while chilling filling.

Carefully pour filling over the crust. Chill about 3 hours or until filling is completely set. Cut into squares to serve. Top with whipped dessert topping. Makes 9 servings (1 square and 1/2 tablespoon dessert topping per serving).

\*Sugar Substitute: Choose from Splenda® Granular or Sweet'N Low® bulk or packets. Follow package directions to use product amount equivalent to 1/3 cup and 2 tablespoons sugar. Servings Per Recipe: 9

Nutrition Facts Per Serving:

PER SERVING: 138 cal., 4 g total fat (2 g sat. fat), 7 mg chol., 80 mg sodium, 25 g carb. (4 g fiber, 15 g sugars), 2 g pro.  
Diabetic Exchanges Fruit (d.e): 1; Other Carb (d.e): 0.5;  
Fat (d.e): 1

## Health Center Calendar: July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Dr. Moisan	4 Blood Clinic 7:00-9:00 am	5	6 Dr. Moisan 1/2 day	7 Dietician, Vinita Rawat	8
9	10 Dr. Moisan	11 CLOSED	12 Dr. DeBroux	13 Dr. Moisan 1/2 day	14	15
16	17 Dr. Moisan	18 Dr. Dumont Maurice Blood Clinic 7:00-9:00 am	19 Dr. DeBroux	20 Dr. Moisan 1/2 day	21 Dietician, Vinita Rawat	22
23/30	24/31 Dr. Moisan	25 Blood Clinic 7:00-9:00 am	26 Dr. DeBroux	27	28	29
CLINIC DATES ARE SUBJECT TO CHANGE OR CANCELLATION						

## Health Center Calendar: August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLINIC DATES ARE SUBJECT TO CHANGE OR CANCELLATION		1	2 Dr. DeBroux	3 Dr. Moisan 1/2 day	4 Dietician, Vinita Rawat	5
6	7 Dr. Moisan	8 Dr. Dumont Maurice Blood Clinic 7:00-9:00 am	9 Dr. DeBroux	10 Dr. Moisan, 1/2 day	11	12
13	14 Dr. Moisan	15 Blood Clinic 7:00-9:00 am	16	17 Dr. Moisan, 1/2 day	18 Dietician, Vinita Rawat	19
20	21 Dr. Moisan	22 Blood Clinic 7:00-9:00 am	23	24 Dr. Moisan, 1/2 day	25	26
27	28 Dr. Moisan	29 Blood Clinic 7:00-9:00 am	30	31 Dr. Moisan, 1/2 day		

# Community Service Worker Robert Marcheterre

## What is your title and what is your role at the KHC?

My title at the KHC, since June 1st, is that of Case Management Liaison, which has varied tasks to bring about best practices for those in the community receiving services. I will be working with the team at the KHC, as well as developing and nurturing partnerships with other organizations to offer the best care alternatives for community members seeking support. I will also be developing other programming with our partners to better serve the community. It is an honour to be working with such a dynamic and passionate team, and to be welcomed into this great community.



## How long have you been associated with the KHC through anger management and are you continuing to offer this service?

I have been associated with the KHC over the past six years in delivering support counselling for individuals experiencing issues with anger control. I will continue to provide this service two evenings a week.

## Where have you worked previously?

I have been working in the field of mental health and support since 1998. My work experience varies from my initial work with the West-Island YMCA, where I served as the coordinator for three adolescent based programs, to eventually becoming the director of community services. I then worked in the school system as a behavioural technician, anger management support worker, and special needs aide. I also spent some time as the director of a group home in Cowansville, and then in 2006 I began to work as a support counsellor in Kahnawake, where I spent the last 10-½ years before coming to the KHC.

## What do you like to do when you are not working?

When I am not working I like to spend time with my wife and children. We enjoy taking weekends away camping, and overall just being in each other's presence. As part of my personal self-care, which I encourage everyone to take part in for themselves, I surround myself with music. I play drums when I can, and also collect vinyl records. For the past few years I have also been hosting two radio shows, one of which has allowed me to meet artists from around the world who share in my passion for rockabilly music; although I have an extremely wide range of musical interests as my ever growing collection of records can confirm. Finally, I have a passion for tattooing and telling my life story through the images that I have on my skin. This too has proven to be a great tool for self-care.

# Onento:kon 30 Year Celebration



Bu Susan Oke, with additions from Cathy Beauvais

On Thursday, June 1<sup>st</sup>, the Onen'to:kon Healing Lodge held an anniversary celebration and open house. Despite some hiccups along the way, it has been 30 years of steady progress, learning, innovation, and partnerships which has benefitted more than 3500 clients who have passed through its doors and made it one of the leaders in the addictions field.

The Healing Lodge (formerly known as Onen'to:kon Treatment Center) is jointly operated by Kanehsatake and Kahnawake and opened in 1987. The organization did not come to be without extensive work from its steering committee, many meetings with Health Canada and overcoming its biggest challenge at the time, in Mayor Ouellette of the Oka Municipality who opposed this project with support from the town of Oka.

Many former board members were present at the gathering, along with current board members, employees, and the first Executive Director, Mr. Keith Leclair, who was a speaker and also acted as the emcee. Other speakers at the event included Grand Chief Serge Otsi Simon, Grand Chief Joe Norton, Janice Horn & the Executive Director of KSCS, Mr. Derek Montour. Two long time employees also shared some words, Mrs. Mavis Etienne, Clinical Supervisor and Ms. Arlette Van Den Hende, Addictions Counsellor. The current Chairperson of the Board of directors, Ms. Cynthia White and current Executive Director, Mr. Curtis Nelson, also shared.

Speakers representing the health sector were Mr. Richard Grey, FNQLHSSC, Dr. Stephanie Marsan, CHUM, and Mr. Richard Budgell, Regional Executive for the First Nations & Inuit Health Branch for Health Canada – Quebec Region.

Some speakers talked about overcoming their own addictions, some spoke of the ups and downs during the history of the healing lodge, but mostly they were there to show appreciation for the staff and to the program itself, which is culturally based. The OHL has an established a working relationship with St. Luc Hospital's addictions unit, which is a first in the whole of Quebec.

There were about 60 people in attendance from Kanehsatake, Kahnawake, Akwesasne and elsewhere. Once the speeches were done, gifts were handed out, lunch was served, and a social was planned for after. Now the Onen'to:kon Healing Lodge begins their journey toward the next milestone and along the way will continue to reach out to those who need a hand up.



# LOOKING TO FURTHER YOUR EDUCATION?

## First Nations Regional Adult Education Centre can help you with:

- getting your high school diploma (DES)
- your high school equivalency
- prerequisites for trades
- becoming an entrepreneur
- getting a college AEC in Early Childhood Education
- becoming an accountant

LET'S DISCUSS  
HOW **FNRAEC**  
IS RIGHT FOR  
YOU, CALL:  
**450-635-6352**

IN KANESATAKE CALL:  
**450-479-1100**



First Nations Regional Adult Education Centre



KANATA HUMAN  
RESOURCES OFFICE



Kanata Education Centre

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AND LET US HELP  
**YOU ACHIEVE YOUR**  
CAREER GOALS

# Opioid Abuse

[www.canada.ca/en/health-canada/services/substance-abuse/prescription-drug-abuse/opioids/about.html](http://www.canada.ca/en/health-canada/services/substance-abuse/prescription-drug-abuse/opioids/about.html)

**O**pioids are medicines generally used to manage pain. They relieve pain by acting on specific nerve cells of the spinal cord and brain. Youth may have a misperception that prescription drugs are less dangerous when abused than illicit drugs because they are prescribed by a doctor. One of the most important uses of opioids is to relieve pain, but they are also used to:

- control moderate to severe cough,
- control diarrhea, and
- treat addiction to other opioids.

#### Examples of opioids include:

**oxycodone**  
**morphine**  
**hydromorphone**  
**fentanyl**  
**codeine**

Opioids can be short-acting (released quickly) or long-acting (released slowly). The type of opioid and the dose prescribed is based on the type, severity and location of pain. The type and dose prescribed may also be different for each patient. Opioids come in many forms, such as:

- tablets
- capsules
- syrups
- liquids for injection
- nose sprays
- skin patches
- suppositories

The strength of the opioid in these medications varies greatly, and most are available by prescription only.

There are many dangerous and unpredictable effects associated with abusing prescription drugs including addiction, overdose and death. Like other medications, opioids may have negative effects, even when used as directed. The short-term effects of using opioids may include:

- drowsiness,
- constipation,
- nausea and vomiting,
- headaches, dizziness and confusion,
- difficulty breathing,
- euphoria (feeling high), and
- itching and sweating.

Long-term use of opioids can lead to increased tolerance to the drug, so that more drug is needed to produce the same pain relieving effect, dependence, and withdrawal symptoms.

Prescription opioids can be just as dangerous as illegal opioid drugs such as heroin. People who take opioids for long periods risk becoming dependent. This is because the body gets used to a regular supply of the drug. If the drug is stopped (withdrawn), or the dose lowered, the body experiences withdrawal symptoms, such as:

- nervousness
- restlessness
- body aches
- diarrhea
- nausea and stomach pain

The severity of withdrawal and how long it lasts depend on: which opioid was used or abused; how much was taken; and how long the drug was used or abused.

Withdrawal symptoms usually last about a week. But some symptoms may continue for longer. These may include anxiety, insomnia and drug cravings. These symptoms can be minimized if patients consult their health care professional about a schedule to reduce doses gradually when it is time to reduce or end the use of opioid pain medications.

There are many dangerous and unpredictable effects associated with abusing prescription drugs including addiction, overdose and death. Opioids are known to be abused because they can produce euphoria (feeling high). Using opioids for this reason rather than to treat pain as prescribed can be very dangerous. Signs of overdose include:

- slow or weak breathing,
- dizziness, confusion, drowsiness,
- cold and clammy skin,
- pinpoint (very small) pupils, and
- collapse and coma.

An accidental overdose may also occur if opioids are taken improperly. For example, time-release tablets are meant to be swallowed whole. Crushing or breaking these pills before taking them can lead to overdose because too much of the opioid is released all at once.

A person is addicted when a drug becomes the focus of their thoughts, feelings and activities. They crave the drug and continue using it despite the harmful effects it is causing. Opioid addiction is accompanied by important changes in the brain and body that can make it very difficult to stop using.

Addiction treatment usually includes a combination of:

**addiction counselling and support, detoxification (managing withdrawal), and medications.**

**Treatment is most effective when all three elements are combined.**

Some people inject the drug with a needle to make an opioid high stronger. Sharing needles with others carries a high risk of being infected with the human immunodeficiency virus (HIV) or hepatitis C. Non-drug substances in tablets or capsules can permanently harm veins and organs if they are dissolved for use by injection. If women use opioids regularly during pregnancy, this increases their risk of premature delivery. The child may also be born with life-threatening withdrawal symptoms. Youth are particularly vulnerable to abusing opioids. The abuse of prescription drugs has harmful effects on teens' health.

#### Prevention Guidelines

- Use your medication properly
- Keep your medication safe to help prevent abuse by others
- Store opioid medications in a safe place, out of the reach of children and teenagers. Keep track of the amount remaining in the package.
- Do not share your medication with anyone else. Not only is this illegal, but may also cause serious harm or death to the other person.
- Return unused medication to the pharmacy for safe disposal. This prevents any possibility of illegal use. It also protects the environment from contamination.

**Oneto:kon Healing Lodge**  
**(450) 479-8353**  
**Kanesatake Health Center**  
**(450) 479-6000**

# May Softball Tournament

By Brandon Etienne

On the weekend of May 27th and 28th, a few of our community members decided to host a small tournament to raise funds for the ball field. It turned out to be a great weekend with players from here and Two Mountains participating. I'd like to thank Timmy Cree and Mike Andreozzi for helping me organize this tournament. Also to the people who helped prepare the field for the tournament, Nia:wen. Congratulations to the winning team "Red Sox."

\*\*\* Be on the look out for registration for "Hibous 11th Annual 6'-12' Ball Tournament". (11 YEARS ALREADY)



## Involved With Youth Protection? Be Informed of Your Rights as a Parent.

1. The right to be consulted at all times to find solutions.
2. The right to be informed.
  - of all the steps in the intervention process
  - of the measures that will be taken to fix/improve the situation
3. The right to refuse and to dispute.
  - if you don't agree with the DYPs decisions, you can refuse to adhere to them. However, the case can then be brought to court for evaluation. You can also file a motion with the court to dispute specific DYP decisions.
4. The right to file a complaint if you aren't satisfied with the services provided.
5. The right to be accompanied.
  - When you meet with the DYP, you and your children have the right to be accompanied by a person of your choosing (e.g., front-line care worker, friend, partner, etc.)
6. The right to be heard.
  - The persons and courts called upon to make decisions regarding a child under the YPA (Youth Protection Act) must give you, your children, and anyone wishing to intervene in the interest of the child, the opportunity to be heard and express their point of view.
7. The right to adequate services.
  - All throughout the DYP intervention, you must have access to all necessary help available and to the support provided by your community's health services and social services.
8. The right to the services of a lawyer.



# Kanehsatake Lacrosse Jamboree

Photos: Susan Oke

By Brandon Etienne

On June 16th the Kanehsatake Lacrosse Club hosted its first ever lacrosse jamboree. Twelve teams came from five towns to play in two different levels, not including Kanehsatake's two teams. We had approximately 200 players participating! To our knowledge this may have been the biggest lacrosse event in Kanehsatake history.

The games began at 9:00 am, running throughout the day and finally ending at 7:00 pm. A total of 12 games were played at the box in the pines with another 2 games being played in St. Eustache. The Lacrosse Club provided all players, coaches, referees, scorekeepers, and volunteers with a free BBQ, while everyone else was free to purchase food and beverages as part of a fundraiser for lacrosse.

Throughout the day, coaches and parents from St. Hubert, Terrebonne, Roussillon, Blainville and St. Eustache provided positive feedback about how great it was to play in an outdoor box, in the sand, and how receptive our community was towards them. They, literally all, said that they couldn't wait until next year's edition!

Although our local teams went winless, it was great to see them all play at the box, like their fathers, grandfathers, and other ancestors before them. I'd like to thank St. Hubert, Terrebonne, Roussillon, Blainville and St. Eustache lacrosse teams for participating in our jamboree. Also nia:wen to Public Works for preparing the area and providing the garbage bins. Nia:wen to all the referees and scorekeepers, Jimmy Nicholas and Keith Nelson for feeding everyone; everyone who supplied anything from a cooler to extension cords to tents, finally, and most importantly, to all the volunteers who helped serve, cleanup, sell tickets, transport equipment, and anything else that I may have missed. Niawen.

It takes a community to make these events a success so Niawen Kanehsatake for coming out and supporting your local players.



# 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

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# Announcements

## Health Center Birthdays

**Natasha Palinkas**  
July 7

**Karen MacInnes**  
July 10

**Kathy Skye**  
July 10

**Toni Ann Harding**  
July 30

**Lee Etienne**

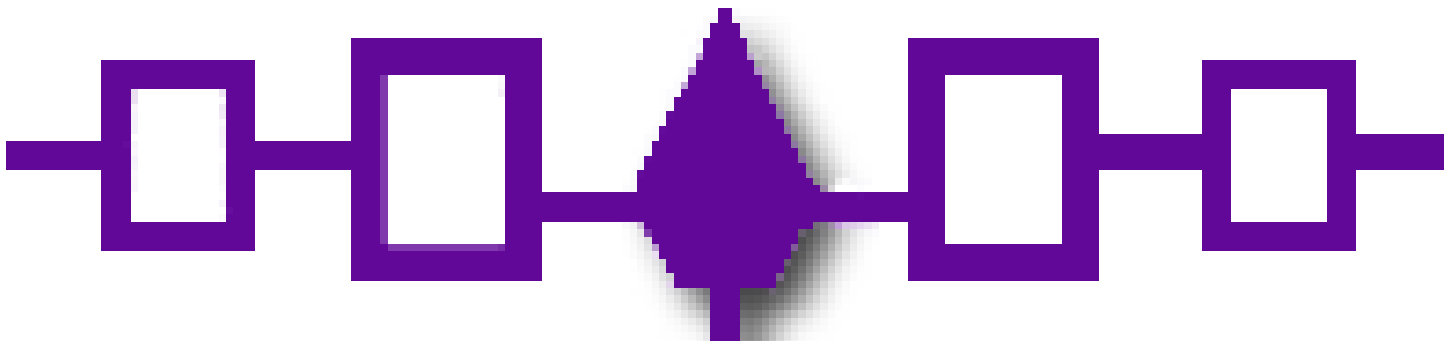
**Matt Barr**  
May 28

Happy birthday to everyone!



**Dorothy Nelson**

Dear Dorothy, for all the years you have been there for the residents, not only have you been giving them care, but also your support, love, and much much more. For the elders, you have been their seamstress, adapting their clothes so the residents would be comfortable and made the job much easier for us. For years you were also their free hair-stylist— cuts, curls and shaves. You fed the residents and the staff; bringing meat pies for Christmas, cakes, lemon pie, jelly rolls etc....oh my God, it was so good. Dorothy, everyone who worked with you saw how big your heart is and how loving you were toward the residents. For all of us you were a role model and you inspired us to do our best. Throughout the years, you came to work with that big smile ready to give the best of yourself no matter what. Dorothy, life must go on, that we know, that's why we wish you a nice retirement and we wish that all you have given to everyone around you will come back to you two-fold.



## Good Luck Kanehsatake NAIG Athletes!

By Kailey Nicholas

As the month of July commences, excitement soars in Kanehsatake where we are proud to announce the five athletes from our community who will be participating in the 2017 North American Indigenous Games (NAIG) held in Toronto, beginning on July 16<sup>th</sup> and ending on the 23<sup>rd</sup>.

Our people have held games and placed a great importance on sports to teach us important social and personal values. NAIG is an extension of that tradition which welcomes young Indigenous athletes aged 13-18 from Canada and the United States to participate in competitive sports and celebrate their heritage in a weeklong event. This year's event marks the 10<sup>th</sup> NAIG competition; the first having been held in Edmonton, Alberta in 1990.

NAIG is the largest indigenous sport and cultural gathering in North America and includes a cultural festival packed with displays of indigenous art, music, and cuisine. It was created in the hopes of improving the quality of life for indigenous people through the promotion of healthy lifestyles, fostering a sense of belonging and autonomy, and creating something constructive the youth can look forward to.

This year's NAIG will be comprised of up to 5000 participants from all over North America and consist of 14 different sports including archery, baseball, canoe/kayak, and swimming. Team Eastern Door and the North (EDN) represents the region of Quebec whose selection camps began in the summer and fall of 2016. Some 300 Quebec athletes were chosen and subjected to 10 months of hard work and training. Our very own **Selena Beauvais (U19 Basketball)**, **Kahsenni:ne Nelson (U19 Volleyball)**, **Roen'ro:te Hayden Nicholas (U16 Lacrosse)**, **Teionata'a Tolley (U16 Volleyball)**, and **Noah Bonspille (U14 Athletics)** were a part of those athletes chosen to compete. They earned their spots on the team through hard work and dedication worthy of the community's recognition.

## Go Team EDN!!!

## July

**Canada Day**  
July 1

**National Injury Prevention Day**  
July 5

**Remembering 1990**  
July 11

**International Self Care Day**  
July 28



July 4, 11, 18, 25



July 7, 21

## August

**Civic Holiday (ON)**  
August 7

**International Youth Day**  
August 12

**World Humanitarian Day**  
August 19

**International Overdose  
Awareness Day**  
August 31



August 1, 8, 15, 22, 29



August 4, 18



### Emergency Phone Numbers

Fire and Ambulance:  
911

Police Emergency:  
310-4141 \*4141 (cell)

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

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

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



**World Breastfeeding Week**  
**August 1-7**

**Old Age Security and  
Canada Pension Plan  
payment dates 2017**

**July 27**

**August 29**

**September 27**

**October 27**

**November 28**

**December 20**