



Karihwi:ios

2018 Family Day Fun and Games



By Crissann Thompson,
Family Development Coordinator

After a few postponed dates due to heat warnings, the Family Day event took place on July 2, 2018. There were 230 community members who participated in the event. We had Lone Wolf and the Spaghetti Corner Band from Akwesasne to entertain us for the afternoon with some great covers, as well as, original songs.

The emcee for the event was William "Boopie" McComber, who kept us up to date on the activities taking place that day. We also had background music provided by the Kanesatake Health Center's very own DJ Robert Marcheterre.

The kids had fun racing and playing games that Crystal Diabo and Jadyn Lauder organized for them. Activities included a wheelbarrow race, potato sack race and water balloon toss. The adults also made teams and took part in the annual tug of war which was greatly anticipated.

All the awards were given at the end of the day to the children who placed in the games. Fun bounce houses were a favorite

amongst the children in attendance, keeping them very busy most of the day in-between all the fun games being played.

The Strawberry Treat Bake-off was hosted by Tiohenta McComber and April Kibbe. This is always a community favorite. In the adult category, the first place winner was Deborah Lissebeck. Deborah walked away with a professional series Kitchen Aid mixer for winning first place. And in the children's category, Adryan Tolley and Hailey Gareau won first place and took home a baking kit and gift cards.

During the day we also had a few raffles going on, for two prints from the well known artist, Brandon Lazore of Akwesasne. We also raffled off a wooden lacrosse stick, hand made by one of Kanesatake's very own artists, Travis Gabriel. Another of our local artists, Christine Gabriel, raffled off a beautiful etched mirror of a humming bird and strawberry bloom

The other local vendors that participated in the day's events also

had a few crafts that were being raffled. We had some very happy community members who won all these beautiful prizes. Towards the end of the event we offered a mechoui supper consisting of roast beef and roast pork with all the trimmings. Everyone seemed to really enjoy spending time visiting together and having supper together as a community.

At the end of the day Kevin Nelson arranged a lacrosse game between the "life time rivals" In the community..... Up the Bay vs. Center Road. The Up the Bay Fisher cats won this year.... leaving the Center Road Wild turkeys feeling a little roasted!

All in all, the day was a great success and we appreciate the community's involvement in this event. I would like to take the time to thank all the people who were involved in making this year's event happen! Niawenhkó:wa ☺. We are already looking forward to next year's Family Day Event, hope to see you there! FAMILY DAY PHOTOS ON PAGE 8-9

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

Friday, November 30, 2018

karihiwios@hotmail.com

Look for the Kanehsatake Health Center on

Facebook!



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



**Old Age Security and
Canada Pension Plan
payment dates 2018**

September 26, 2018

October 29, 2018

November 28, 2018

December 20, 2018

Community Meeting Save the 101.7 Frequency

By Syd Karahkôhare Gaspe

A community meeting concerning the state of the radio station will be organized in October. If you feel Kanehsatà:ke should have a radio station, please attend this meeting. A team needs to be formed and many forms of help will be needed.

As you may know, a faith based organization wants to use the 101.7 frequency at 300 watts for a new radio station only 27 km away. Kanehsatà:ke's radio station is licensed at 27 watts and is classified as "low power, non-protected," which allows Lachute to attempt to get a license. The CRTC will render a decision on the Lachute radio station application, sometime this fall.

Official measures have been taken to contest this application. Other measures are under way to obtain more power for Kanehsatà:ke. Anything over 50 watts would be classified as "protected."

When the meeting date is set, a separate notice will be sent out in the beginning of October.

KHC Notes:

This years annual Flu vaccination clinic will happen in conjunction with the KHC health fair. Stay tuned for more information.

Just a reminder that **Yoga** has resumed at Rotiwennakéhte School Wednesday evenings. There are two types of yoga being offered. Core yoga (strength training) goes from 6:15-7:15 PM. If you want to do this session with weights, you will have to bring your own. Following this session will be Restorative Yoga, from 7:30-8:30 PM. This will include not only yoga but also breathing and meditation. Come for one or both sessions

Also a reminder that the **Chair Exercises** start September 24th at Kaniatarak'ta Riverside Elders Home. They take place twice a week (Mondays and Thursdays) from 10:45-11:45 AM and are open to all community members, so pass it on.

For info on the yoga classes or the chair exercises, speak to Tanya Denis: (450) 479-6000 EXT. 238

Fall Havest Healthy Apple Crisp

Taken from <http://www.diabetescarecommunity.ca>

Every year when the leaves change colour, the air gets colder and the layers get heavier, I crave a specific warm dessert that signifies all the cozy feelings this changing season brings. Unfortunately, in usual hibernation-fashion, cozy usually means carb-y. This crisp truly showcases the sweet, warm flavours fall has to offer, but without all the usual guilt. I use an assortment of apples to achieve an array of flavours and textures, and a mixture of oats and nuts to achieve a healthier crisp.

INGREDIENTS

For the Apples

- 5 apples*
- 1 tbsp lemon juice
- 1½ tbsp cornstarch or arrowroot powder
- 1½ tbsp coconut sugar or cane sugar
- 1 tsp ground cinnamon
- 1/8 tsp of sea salt

For the Crisp Topping

- 1 cup/100 grams rolled oats (I like large flake or old fashioned)
- ½ cup/45 grams almond flour
- ½ cup/60 grams chopped pecans, toasted**
- ¼ cup/40 grams coconut sugar or cane sugar
- ½ tsp cinnamon
- ¼ tsp sea salt
- 2 tbsp room temp unsalted butter or coconut oil

For the Greek yogurt (to dollop per serving)

- 2 tbsp low fat Greek yogurt
- Sprinkle of cinnamon
- 1 tsp honey to drizzle

DIRECTIONS

Preheat the oven to 375°F

For the Apples Peel the apples and using a paring knife, slice the apples right off the core in thin uneven pieces. (I am not a fan of coring the apples and then slicing them into wedges on a cutting board, I find the apples do not cook as well, I prefer thin slicing them right off the core and leaving the core behind.)

In a large mixing bowl toss the apples with the lemon juice. Sprinkle with the cornstarch or arrowroot, sugar, cinnamon and salt, toss. Place apple mixture in a medium size shallow baking dish, about 2-quart (smaller than a lasagna dish), about 10-inch by 9-inch/8-inch by 8-inch, or even smaller.

Make the Crisp Topping: In a medium size mixing bowl mix together the oats, almond flour, toasted pecans, sugar, cinnamon and salt. Using your fingers, mix in the butter or coconut oil,



massaging it into the dry mixture. Scatter this mixture on top of the apples in the baking dish.

Bake for 60-75 minutes or until the apples are bubbling and the topping is golden.

To Serve: Serve warm in individual bowls dolloped with Greek yogurt sprinkled with cinnamon and a drizzle of honey.

SERVES 8

*I use 2 Granny Smith, one Honey Crisp, one Pink Lady and one Spartan, but choose what you like, as long as you use two Granny Smith and do not use Macintosh.

** I place the whole pecans in a zip top bag and smash them with the back of a fry pan to chop them, then I place them in a dry fry pan and cook them on low heat until they are fragrant and toasted. This takes about 10 minutes.

Nutrition Facts	
Serving size	1 serving
Amount Per Serving	
Calories	280
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 3.4g	17%
Trans Fat 0.2g	
Cholesterol 15mg	5%
Sodium 150mg	7%
Total Carbohydrate 40g	15%
Dietary Fiber 3g	11%
Total Sugars 24g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Dietitians: An important part of your diabetes healthcare team

Taken from: <https://www.diabetescarecommunity.ca>

Submitted by Tanya Denis,
Diabetes Prevention Support Worker

It is natural to have questions about what food to eat when you are first diagnosed with diabetes because an essential part of managing diabetes is food. Food can help you manage your blood sugar levels, but it also can cause them to rise out of control depending on what you choose. Regardless of the type of diabetes you have or what medications you take, eating right is key in the management of diabetes and reducing the risk of heart attack and stroke. According to the latest guidelines released by Diabetes Canada, people with diabetes should receive nutrition counselling by a registered dietitian because studies have found that counselling and frequent follow up provided by a dietitian with expertise in diabetes management has demonstrated benefits for those with diabetes.

What does a dietitian do?

As one of the most important members of your diabetes health-care team, dietitians work collaboratively with the other members of your team including doctors, nurses, and pharmacists. Dietitians look beyond fads and gimmicks to deliver reliable advice. They translate the science of nutrition into terms you can understand and provide you with a tailored meal plan to help you achieve your blood glucose and weight management goals.

There are a variety of dietary patterns and specific foods that have been shown to be of benefit in people with diabetes; a dietitian can help you choose the dietary pattern that best aligns with your culture, values, and preferences, helping you to stick to the plan over the long term.

If you have just been diagnosed with diabetes, you're probably thinking, "Okay, now what do I eat?"
How can a dietitian help in terms of diabetes management?

Here are some ways a dietitian can assist you:

Personalized meal plan.

A dietitian will work with you to build a meal plan that considers your lifestyle, what you like to eat and how active you are. Follow up with a dietitian is important to tweak the meal plan based on your results and how it is working out for you.
Losing weight.

For some people with diabetes, losing weight will help with their diabetes control. A dietitian will calculate how much you need to eat to help you balance your calories with your level of activity so that you will be able to lose weight in a healthy way. Learn more [here](#).

Carb counting

Eating the right type and amount of carbohydrates will help keep your blood sugar in line. A dietitian will teach you how to read package labels and show you how to identify healthy choices and to count the grams of carbohydrate in each portion. Learn more [here](#).

Managing blood sugar

A dietitian may suggest that you keep a food diary to learn how what you eat affects your blood sugar levels. Together with the dietitian you can identify and choose foods geared toward avoiding big swings in your blood sugar levels.

If you would like to meet with **our dietitian, Vinita Rawat**, she is at the health center on Fridays. Please speak with our Medical Secretary, Toni-Ann Harding for your initial appointment: (450) 479-6000 EXT. 229. Follow up appointments will be made directly with Vinita.

Mini-Mohawk Lesson

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

Kanenna'kè:ne
Fall

Tsi Na'teiontenonhwerá:tons
Thanksgiving Day

Iohsa'kenserá:ien
Frost on the ground or any surface

Health Center Calendar: September

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

Health Center Calendar: October

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

Kanehsatake Crossfit Warrior Triathlon

Photos: Susan Oke

By Julie Anne David

A total of 29 participants registered and took part in this event. They had the choice of competing in the Sprint Race or the more challenging, Beast Race. We had racers from Kanehsatake, Kahnawake, and Oka, most being members of Kanehsatake Crossfit.

Both levels started with a 20 minute workout. The workout was comprised of a set amount of calories on the rowing machine, tire deadlifts, tire flips, burpee box jumps, burpee slam ball, ground to over head, with a plate, or rope climbs. Once the workout was completed, they had to run 1.5 km to the paddling club. The Beast members had a surprise component added to their race. They had to carry a bale of hay from Kanehsatake Crossfit to the paddling club and back. Once the participants reached KPC they had to either kayak 500m (Sprint) or 2k (beast).

The next leg of the race was to bike either 7k for the Sprint or 15k for the Beast. When they completed the bike they started the running component which consisted of running 8k for the Sprint and 15k for the Beast.

This race definitely tested the mental toughness of the athletes. Pushing the limit. They were able to show off their skills that they have been working hard for, attending classes everyday, and eating well. Feel proud because it was very difficult.

We would like to thank the Kanesatake Health Center for helping with the water stations, at the Paddling Club, and making sure the participants were safe on the road. And also for their donation of door prizes and prize money. Thank you to all the volunteers that followed the participants on the road to ensure their safety.

Winners of the Sprint

1st Place: Alana Simon & Patrick Aubin
2nd Place: Kathleen Nelson & Randy Etienne
3rd Place: Marie-Claude Decarie & Keith Cree

Winners of the Beast:

1st Place: Amber Simon & Kevin Simon
2nd Place Ruby McComber & Mark Tolley
3rd Place: Jadyn Lauder & Andrew Simon



Sprint Category	Total Time
Alana Simon	2:06:56
Kathleen Nelson	2:14:45
Marie-Claude Decarie	2:17:25
Patrick Aubin	2:18:50
Valerie Tewisha	2:19:07
Stephanie Lacroix	2:29:35
Rahskweiontha Etienne	2:30:08
Stephanie St-Jacques	2:30:38
Lucie Oceau	2:41:05
Teionata'a Tolley	2:42:55
Watsenniiostha Nelson	2:43:14
Liz Montreuil	2:43:52
Lise David	3:04:48
Joanne Etienne	3:04:58
Caitlyn Richard	3:05:15
Keith Cree	3:10:47
Amanda Nelson	3:10:47

Beast Category	Total Time
Kevin Simon	3:26:50
Mark Tolley	3:54:01
Andrew Simon	4:08:31
Amber Simon	4:15:45
Ruby McComber	4:27:47
Jadyn Lauder	4:27:47
Keith Simon	4:34:14
Edward Gabriel	4:39:18
Mike David	4:45:01
Jonathan Nelson	5:30:53
Selena Beauvais	DNF
Kanieh Lauder	DNF

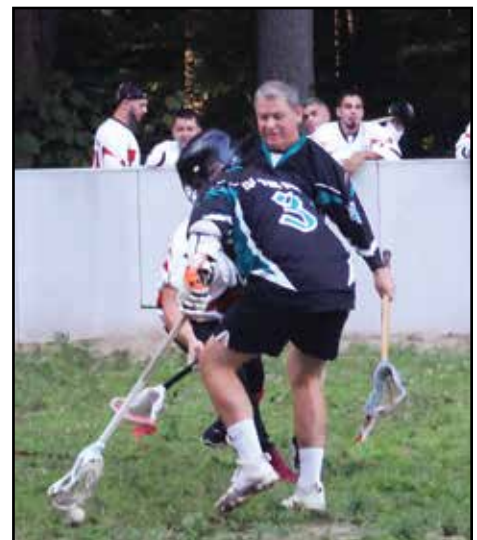








Family Day Lacrosse: Up The Bay VS. Center Road



Learn 'n' Play Grads 2018

By Crystal Diabo, Child and Youth Support Worker



I am very proud to introduce this years Learn & Play graduates. Four amazing children have completed the Learn & Play Program and will now be moving on to elementary school, where they will continue their educational journey.

Congratulations to:

Ronwanién:te Etienne-Gareau

Teiako'tekará:ton Tomlinson

Victoria Rodrigue

Eden Lemieux

The children were all dressed traditionally for their big moment and entered the room singing and rattling, led by Kevin Nelson. Jady and myself would like to wish you all the best. It has been an amazing two years and we will miss you all very much.

Learn & Play currently has a couple of spaces still available. Children must be 2 years of age to register. For more information, please contact the Kanesatake Health center.

Elders Cruise the Old Port



By Tanya Denis, Diabetes Prevention Worker

On Tuesday, August 14th, 36 elders enjoyed a cruise in Montreal's Old Port. It was a beautiful summer day with nice calm water when we left the port. The cruise passed by many of the city's landmarks including Olympic stadium, La Ronde, Habitat 67, and Bonsecour Market. The cruise included a lunch of either a smoke meat plate or a smoked salmon plate with tea or coffee and nice strawberry cake, which the elders thoroughly enjoyed. The cruise lasted 90 minutes and the elders said they had a good time with their friends. The cruise was organized by Jocelyn Kitty Bonspille and Tanya Denis. Thanks to Dave and Timmy for driving the buses and to nurse Dinah for coming along to look out for the elders.



Kanehsatake Traditional Pow Wow 2018

Text and photos: Susan Oke

The tenth edition of the Kanehsatake Traditional Pow Wow was held on August 25-26th, in its usual spot across from MCK Public Works. There was a great crowd on Saturday despite the heat and humidity. Many participants were camping on site, the parking lots were full all afternoon and many people chose to park at MCK or the high school.

There were at least three drums and many dancers from near and far. The Host Drum was Buffalo Hat Singers, the Emcee was Lance Delisle and once again, the Arena Director was Ray Deer.

There was pow wow drumming and Iroquois social songs and dances. Food was plentiful, and the lack of walleye nuggets didn't make the food lines any shorter. Everyone in attendance was having fun, including the elders, who gathered under their canopy in the shade. In the craft area there was something for everyone, from books and beaded items to clothes, accessories, and hand made soaps.

Although it only rained for a short period, the threat of bad weather did deter some people from attending on the second day, but it was still a healthy sized crowd. It isn't easy to organize an event like this, especially when you are a small group and at the mercy of the weather, but it was very well done. Congratulations to Mark and his team of helpers and volunteers, I'm sure we're all looking forward to the next one.





Harvest Ceremony Explanation With Aronhiaes Herne



Topics Will Include:

- Harvest Explanation
- Ceremony
- Foods
- Social Songs
- Dances
- Protocols

Friday, September 28, 2018

Doors open at 4:30 PM

Free Supper at 5:00 PM

Presentation begins at 5:30 PM

Rotiwennakehte Elementary School

Announcements

Belated Birthday Wishes

Esther
July 18

Beverly
July 31

From your loving mother

Jean Vincent
July 30

Russell McComber
August 23

Glen Conway
August 27

Louise Bonspille
August 27

Evan Nelson
August 27

Best wishes
from Jessie

Health Center Birthdays

Shelly Simon
September 10


Mary Jane Hannaburg
October 4

Vanessa Nelson
October 28

Happy birthday everyone!



HALLOWEEN TREATS



Halloween Safety

Look left, right and left again when crossing the road and keep looking as you cross

Make eye contact with drivers before crossing in front of them.

Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.

Children under the age of 12 should not be alone at night without adult supervision

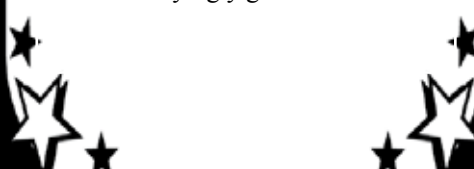
Decorate costumes and bags with reflective tape or stickers

Use face paint and makeup whenever possible instead of masks,.

Make sure your costume fits properly, so you don't trip.

Have an adult go through your candy.

Have a terrifyingly good time!



September

**Prostate Cancer & Thyroid
Cancer Awareness Month**

Labor Day
September 3

FASD Awareness Day
September 9

**World Suicide
Prevention Day**
September 10

October

**Mental Illness
Awareness Week**
October 1-7

HPV Prevention Week
1-7

Thanksgiving Monday
October 8

World Mental Health Day
October 10



Emergency Phone Numbers

Fire and Ambulance: 911

Police Emergency:

310-4141 *4141 (cell)

Police Non-emergency

(office) (450) 479-1313



September 14, 28

October 12, 26



September 11, 25

October 9, 23



September 5, 12, 19, 26

October 3, 10, 17, 24, 31

Leaves will be picked up
October 17, 24, 31

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.

Ami-Quebec Support Groups

For family, friends & people living with mental illness

Anxiety

September 17
October 15
November 12
December 3

Bipolar Disorder

September 24
October 22
November 19
December 10

Depression

September 24
October 22
November 19
December 10

Hoarding

October 1, 29
November 26
December 17

Obsessive Compulsive Disorder

September 17
October 15
November 12
December 3

All Support groups take place on Mondays, 6:30-8:30 PM, 4333 Cote Ste. Catherine Rd.

For information: amiquebec.org

514-486-1448

1-877-303-0264

info@amiquebec.org