



# Karihwi:ios

## KHC/CFS 3rd Annual Christmas Bingo

By Crystal Diabo

The Kaneshatake Health Center's Child & Family Services Department held our 3<sup>rd</sup> annual Toy & Grocery Bingo on Saturday, December 1, 2018. This year we had community members pre-register to ensure their reserved seating. This also helped us have a general idea of how many people would attend, so we could prepare and so we did not over crowd the space. More than 280 community members attended, in hopes of winning the impressive Christmas tree jackpot.

The bingo consisted of four, two part regular games. One line and then double bingo. The winner of each game won a choice of a toy and a bag of groceries. The jackpot game was a three-part game. A one line, a double and then continued for the full card jackpot game. The jackpot full card game was a Christmas tree complete with many gifts valued over \$2000.

The bingo itself was free to play, but we did have some **fundraisers**. There was a **50/50** game that was sold on the floor and was played right after the intermission. There was a **white elephant raffle** with many amazing prizes, including a 55" Flat screen TV, gift cards for Cirque du Soleil, an electric scooter, and many more. There was also the **canteen** where chili, corn soup, hot dogs, chips, beverages and some sweets were sold. This year we decided to **donate all the funds raised to RKR**



Photos: Susan Oke

**(Reviving Kaneshatake Radio).** Caroline Gelinas, representing the board of RKR, gave a brief statement about their plans to revive our local radio station. They will receive a donation of approximately \$3000.

On top of the bingo games and the fundraisers, a new surprise game was added this year. The **BLITZ wheel!** Each family was assigned a number which were randomly drawn throughout the event. One member of the family came up to spin the BLITZ wheel containing a number of instant prizes including, a year's worth of laundry soap, one season of snow removal by Jason Nelson's snow removal, an iPod and gift cards just to name a few. What an exciting bonus surprise!

Midway through the event, Santa Claus came in for a quick surprise visit. As he & some of his elves greeted the children, each child was gifted with an advent calendar and homemade lollipop.

During the last game, another surprise announcement was made. So many surprises! **Every single Family**

**would go home with a bag of groceries and a voucher for milk & eggs. No one left empty handed.**

We had seven lucky winners for the jackpot game, but there could only be one winner. To determine who would win the jackpot, each winner drew from the deck of cards. Highest card wins! This tie breaker rule was stated at the beginning of the bingo and was noted on the bingo handouts. After a tie in the first round, a second round of the tie breaker was necessary to determine our winner. Everyone else received a consolation prize.

**Congratulations to Pamela Cataford-Clermont**, this year's jackpot winner. I also want to congratulate all the other bingo winners, white elephant winners and all the instant BLITZ winners.

**Turn to page 4 for a list of thank you's and more photos.**

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The deadline for the  
**March/April** Issue of  
Karihwíios is:

Thursday, February 28, 2019

**karihwíios@hotmail.com**

**Look for the Kanesatake Health Center on**

**Facebook!**



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



## Canada Pension Plan/Old Age Security

### All payment dates

- January 29, 2019
- February 26, 2019
- March 27, 2019
- April 26, 2019
- May 29, 2019
- June 26, 2019
- July 29, 2019
- August 28, 2019
- September 26, 2019
- October 29, 2019
- November 27, 2019
- December 20, 2019

## KHC Notes:

We have hired a new Water Monitor Technician. Welcome to Stephanie Nelson who started the position in January. You will be seeing her out and about the community shortly.

We also currently have two project workers with us: they are, Kayla Lazore and Kahsennine Nelson.



## Mini-Mohawk Lesson

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

Wenhiserí:io  
Nice Day

Wenhiseráksen  
Bad day, bad weather

Wahsontí:io  
Nice night

Wahsontáksen  
Bad night

# Influenza Update

Photos: Susan Oke

Submitted by Karen Macinnes CHN

## **"Early signs point to the flu shot working better this year!"**

Overall in Canada there are more confirmed cases of the flu this year than in the previous years and it is still peaking in Quebec. 94% of the viruses have been H1N1, a strain included in the 2018/19 vaccine.

**Good news: H1N1 is easier on adults and the elderly because they have been previously exposed to H1N1 and have had a chance to build immunity against it.**

The majority of lab confirmations and hospitalizations have been among individuals under the age of 65.

Source: (Government of Canada Flu Watch Surveillance)

**Bad News: Children and teens are being hit the hardest with the dominant H1N1 strain circulating.**

The number of children admitted to hospital for viral illness is more than twice as high as it was this time last year and three times higher than 2016/17 flu season

Source: (Public health Agency of Canada)

A midseason evaluation of the effectiveness of this year's vaccine is not expected until late January or early February, but Dr. Theresa Tam, Canada's chief public health officer, said early signs point to the shot working better this year than last year.

Source: (Globe and Mail, January 7, 2019)

## **IT IS NOT TOO LATE TO GET VACCINATED AGAINST THE FLU!**

**If you would like your children vaccinated,** call the KHC for an appointment. We have clinics every Wednesday morning from 9-12 PM. You can also call for an appointment at another time.

**Children age 2 -17 can receive the Flumist vaccine which is a nasal spray that is painless and 'tickles the nose'!**

**Children 6 months to 2 years old receive the flu vaccine by injection.**







I want to send a big Niawenko:wa to community for their support and making this event a huge success.

A special thanks to:

Santa Claus  
MCK Christmas committee  
Tehanerahtahkwa Nelson  
our First time bingo caller, Kevin Nelson  
The youth who volunteered  
Smokey for setting up the bingo machine

Nia:wen to all our business partners:

Moccasin Jo's  
Black Friday  
Kanehsatake Cross Fit  
Bayside convenience  
Mamie's Kitchen  
And last but not least, I would like to thank my co-workers from the Child and Family Support department for all their hard work in making the event happen.



## Health Center Calendar: January

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

## Health Center Calendar: February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Dr. Moisan	5 Blood Clinic 7:00-9:00 am	6 Dr. DeBroux 1/2 day	7 Dr. Moisan Blood Clinic 8:00-900 am Foot Care with Solange	8 Dietician, Vinita Rawat	9
10	11 Dr. Moisan	12 Blood Clinic 7:00-9:00 am	13 Dr. DeBroux 1/2 day	14 Dr. Moisan Blood Clinic 8:00-900 am	15 Dr. Saba Dietician, Vinita Rawat	16
17	18 Dr. Moisan	19 Blood Clinic 7:00-9:00 am	20 Dr. DeBroux 1/2 day	21 Dr. Moisan Blood Clinic 8:00-900 am	22 Dietician, Vinita Rawat	23
24	25 Dr. Moisan	26 Blood Clinic 7:00-9:00 am	27 Dr. DeBroux 1/2 day	28 Dr. Moisan Blood Clinic 8:00-900 am	PLEASE CALL AHEAD IF YOU NEED TO CANCEL AN APPOINTMENT. WE HAVE A WAITING LIST FOR YOUR SPOT.	



# 2018 KHC Health Fair

Photos: Susan Oke



By Tiohenta McComber

We held this year's Influenza Vaccine Clinic in conjunction with our Health and Wellness Fair on Saturday, November 17th. For the first time the event was held at Rotiwennakéhte Elementary School. The final attendance was 205 people.

We added a scavenger hunt this year to encourage guests to mingle with all the vendors and have a chance to win a special prize. After speaking with some of the business owners, they said they were pleased with the scavenger hunt, as it was a way to open up dialogue with guests. There were many prizes and many winners. Evan Nelson was the winner of the IPAD/Case/Itunes Card.

We had 11 businesses/organizations attend, ranging from our local crossfit gym to nearby doulas' to an essential oils business. The Kanesatake Health Center had 22 staff members working a variety of positions including manning information booths and our nurses who administered the vaccines.

We vaccinated 147 people at this year's clinic and have administered 224 vaccinations in total as of December 9th. The flu vaccination campaign is ongoing, you can still call the health center for an appointment.



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# Kanehsatà:ke Youth: Changing their Future



By Caitlyn Richard

**T**he Kanehsatake Human Resources Office coordinated a project over the summer to offer an essential skills and work place training for youth of the community. The *Thatinariotárhoks* (they steer their future), project offers youth (aged 16-30), the opportunity to enter the job market. In mid-September, seven young women of the community became the participants of this project. Kayla Lazore, Julia Lazore, Kahsennine Nelson, Kasie Cross, Paige O'Brien, Jolene Cowan, and Morgan Tremblay chose to embark on a new experience.

Located in the KHRO offices, the young women participated in eight weeks of job development and life skill training. Several topics were covered over the eight weeks deemed essential to work in today's workplace. Topics covered included: developing a cover letter and resumé, preparing for a job interview, understanding codes of conduct, and using a budget. Although these skills are necessary to be able to work efficiently in the workplace, we also touched upon topics related to self and wellness. We discussed stress management, self-esteem, understanding personalities and different ways of learning. Each of these participants were given the time, space, and support to better understand themselves and enhance their skills.

Throughout the eight weeks of training, we were fortunate enough to have guest speakers come in to discuss their work and experiences in the job market. Each week, the group learned about the work that other community members do and the services they offer. As well, larger companies like CN

and Air Canada were invited to discuss positions available to Indigenous youth. These job opportunities opened the eyes of the participants to see what jobs are available to them to apply for. Inviting in guest speakers was beneficial because it helped each participant determine which jobs and careers were interesting to them and which to pursue in the future.

Not all of the training took place at KHRO, we were able to get out of the classroom and take a couple of field trips. We visited the McGill Powwow and two job fairs in the greater Montréal area. For most of the participants, these were the first job fairs they had attended. Exploring the Laval Job Fair and MAMU illustrated how job searches take place outside of our community.

The eight weeks of job training came to a close in mid-November. After many laughs and time spent getting to know each other, this group of women leave knowing themselves better. Most of the participants are now taking part in their 20-week work experience within the community. If you see any of these ladies, know they worked hard to get to where they are and chose to change their situation.

**A second cohort of this project will begin in Spring 2019!** KHRO will be recruiting 10 new youth to participate, please call (450) 479-6222 to register or to ask questions.

CKNW CHILDREN'S CHARITIES

# PINK SHIRT DAY

PRESENTED BY  **coastcapital**  
SAVINGS

If you have been targeted by bullying...

## YOU DESERVE RESPECT.

## YOU DO NOT DESERVE TO BE BULLIED.



**Take a stand.** If you are being targeted keep your cool and walk away. Using insults or fighting back might make the problem worse.



Don't join in the bullying by putting yourself down. **Stay focused on things that make you feel confident and proud of yourself.**



**Get support.** Hang out with friends that will support you, and work together to speak out against bullying and harassment.



**Think about the qualities you want in a friend** and try to have those qualities yourself. Know that people who treat you poorly, exclude you or spread rumours about you are not good friends.



**Don't cast yourself as a "victim" for life.** This person or people have singled you out in this situation but that doesn't mean it will always be that way.



**Cope with strong feelings of sadness or anger in a healthy way** through sports, music, reading, journaling, or talking it out.

## FACTS

- 1.** Bullying is not a normal part of growing up.
- 2.** You have a right to be treated with respect and feel safe.
- 3.** Being bullied is **NOT YOUR FAULT.** No one deserves to be bullied.

## YOU ARE NOT ALONE, ASK 4 HELP

**Talk about it** with someone you trust and try to find a healthy way to change what is happening or how you react to it.

**Call a help line** – reaching out to a counsellor in an anonymous way can help make talking about it easier.

**KidsHelpPhone** t. 1-800-668-6868  
e. [kidshelpphone.ca](mailto:kidshelpphone.ca)



Information provided by  
[redcross.ca/respectededucation](http://redcross.ca/respectededucation)  
Preventing Bullying

Taken from <https://www.pinkshirtday.ca/support-for-youth/>



# Christmas at Learn & Play

Photo courtesy of Amy Dillon



## Baked Apple and Banana Oatmeal

Upgrade your oatmeal with this baked version – made especially heart-healthy with the use of canola oil, which is rich in omega-3 fat and is a good source of vitamin E.

You can substitute berries for the apple if you prefer.

Makes 8 servings

Cooking time: Bake for 45 minutes

### Ingredients

2 cups rolled oats 500 mL  
1/2 Tbsp baking powder 7 mL  
1 tsp cinnamon 5 mL  
1/4 tsp salt 1 mL  
1 apple, diced  
1 banana, sliced  
1 egg  
1 cup skim milk 250 mL  
3 Tbsp canola oil 45 mL  
1/3 cup maple syrup  
or brown sugar 75 mL  
3/4 tsp vanilla extract 4 mL  
canola oil cooking spray

### Instructions

Preheat oven to 350°F (180°C).

In large bowl, mix together oats, baking powder, cinnamon and salt. Stir in apples and banana; set aside.

In another bowl, whisk together egg, milk, canola oil, maple syrup or brown sugar and vanilla extract. Pour over dry mixture and gently stir to combine.

Spray 8- x 8-inch (20- x 20-cm) baking dish with canola oil spray. Pour mixture into baking dish and bake for 45 minutes or until golden brown.

Serving size: 1/2 cup (125 mL)

Recipe courtesy of [canolainfo.org](http://canolainfo.org), featured in the Canadian Diabetes Association's 2014 Healthy Living Calendar. To download the latest recipes, visit [diabetes.ca/calendar](http://diabetes.ca/calendar).



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# Gibimishkaadimin

## An Anishinaabemowin Word Meaning ‘Travelling Together By Boat’ August 20 – 28, 2019

**G**ibimishkaadimin seeks Indigenous and non-Indigenous youth ages 14 to 18 who wish to enhance their leadership skills for the journey of reconciliation, develop friendships and just have fun.

Gibimishkaadimin 2019 will be the third year of a five-year pilot project of reconciliation for Indigenous and non-Indigenous youth within The United Church of Canada.

### **The goals of Gibimishkaadimin are:**

- i) to increase youth's knowledge about Indigenous issues and reconciliation
- ii) to increase youth's leadership skills for the journey of reconciliation
- iii) to create and foster relationships between Indigenous and non-Indigenous youth

The plan to achieve these goals is a wilderness canoe trip in northern Ontario, projects of reconciliation in home communities, and a reunion in February in Toronto. Youth will fly to Toronto on August 20th and then travel by bus to the launch site. The six-day canoe trip will include paddling new waterways, portaging, sleeping in tents, cooking over open fires, developing friendship, and having an amazing time. Youth will fly home on August 28th.

### **Visit Gibimishkaadimin's website**

[www.gibimishkaadimin.wix.com/home](http://www.gibimishkaadimin.wix.com/home)  
or its FaceBook page and download the videos of the  
2017 and 2018 trips

<https://gibimishkaadimin.wixsite.com/home/video2018>

### **2018 Canoe Trip**

Twenty youth ranging in age from 14 to 18 from coast to coast to coast in Canada came on the 2018 canoe trip. They met in Toronto, stayed overnight at a college residence and the next morning travelled by bus to Temagami where they boarded a float plane for a short flight to base camp.

They explored Aboriginal spirituality and Indigenous issues such as the legacy of Residential Schools. They made hoops and learned how to dance. Youth learned water safety and canoeing skills and then paddled south, camped on remote islands and lived through a huge thunderstorm.

They scaled cliffs, jumped from rock ledges and ended at the southern base camp. Youth paddled in three voyageur canoes to Bear Island where the First Nation led a tour of the island and hosted a feast that evening with hoop dancing, drumming and wonderful food.

They explored masks that each person wears and then had great fun creating their own. Youth made REDresses to remember the missing and murdered Indigenous women and girls.

### **What did the youth say about the journey?**

The best thing was meeting new friends, getting to talk to people from all across the country, hearing their stories and how their stories are different from mine.

The high point was the cliff jumping and hiking up Devil's Mountain. It was evening circles on the camping trip—went around the circle and shared things, fairly significant things. A very meaningful and powerful experience. A lot of learning-- but fun as well. Overall the trip was amazing, one of the best I've had in my life. If I could go back, I would. The low point: Saying goodbye.

### **How were the physical demands of the canoe trip?**

- Just right. I paddle quite a bit with my Dad, so it was pretty nice for me.
- Good to have some challenges like portaging, which was more challenging.
- I'd never carried a canoe like that before, so that was good.
- Not completely easy—we had to exert ourselves which was good.
- Fine for me. Pushed me but that was okay.
- I was proud that I had portaged very heavy things, 40 pounds.
- Canoeing was important – got to know each other that way.
- The wilderness experience built trust.

### **Interested?**

All of the expenses of the journey are paid. This includes travel, accommodation, the canoe trip and a reunion in Toronto in the spring of 2020. If you have questions email us at [gibimishkaadimin@gmail.com](mailto:gibimishkaadimin@gmail.com).

### **To apply:**

Just complete an application on line:  
[www.gibimishkaadimin.wix.com/home](http://www.gibimishkaadimin.wix.com/home)  
Deadline for Applications: March 31, 2019

Gibimishkaadimin 2018 was funded from the bequest of Helen Ricker, Rosedale and Fairlawn United Churches, Seeds of Hope, the Toronto United Church Council, Toronto Conference and individual donations.

Gibimishkaadimin  
A Project of Truth and Reconciliation  
for Indigenous and non-Indigenous Youth  
c/o Bloor Street United Church  
300 Bloor Street West  
Toronto, Ontario M5S 1W3



# A Project of Reconciliation

Submitted By: Gabrielle Lamouche

**Gibimishkaadimin** – An Anishinaabemowin word representing “paddling together by boat” – is a name for the five-year pilot project engaging Indigenous and non-Indigenous youth in collaborative and experiential learning through an Indigenous lens. This project seeks to provide young people with the opportunity to foster relationships with each other and the land on an outdoor experiential trip in northern Ontario. Gibimishkaadimin is directed by a six-person Board, three of whom are Indigenous.

In 2015, the Truth and Reconciliation Commission of Canada filed its report calling on the United Church of Canada to ensure that all institutions, policies, programs and practices both comply with and implement the principles identified in the United Nations Declaration on the Rights of Indigenous Peoples.

Gibimishkaadimin is one of the many ways to respond to and realise this call. The Gibimishkaadimin program is a 5-year program running from 2017 to 2021.

## **Project Model**

Youth are integral to the journey towards reconciliation. Each year, Gibimishkaadimin will welcome twelve Indigenous Youth and 12 non-Indigenous youth to join together to build relationships, leadership skills, and increase their knowledge of Indigenous cultures, histories, and ways of engaging with the land.

Over the course of the trip, youth will participate in trip preparations, a multi-day paddling journey, and end in post-trip reflection. The youth will be joined by experienced outfitter guides, group leaders and community Elders.

Following the trip, group leaders will support the youth in a project to share their learning and engage others in the goals of the Truth and Reconciliation Commission of Canada.

## **Project Goals**

The project seeks to foster reconciliation between Indigenous and non- Indigenous peoples by:

- enhance the knowledge of Indigenous issues and culture
- connect participants with the land
- change stereotypical attitudes
- build respect for others and self; create opportunities of mutual learning
- develop leadership skills in the truth and reconciliation process to enable the youth participants to lead their faith communities in the process of reconciliation
- provide a life-changing experience and establish lasting friendships

Photos taken from: Gibimishkaadimin





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# Survey: Community Consultation and Education Project on Tioweró:ton

Submitted by: Valerie Gabriel

## Context and Study Area

Tioweró:ton is a traditional hunting and fishing ground shared by the two Mohawk communities of Kahnawà:ke and Kanesatake. A quickly growing population means the ecology of the watershed faces ongoing, quickly changing pressures due to human activity. Brook Trout (*Salvenius fontinalis*) is highly valued by community members who fish in Tioweró:ton and thus represents an important traditional fishery and food source for the Mohawk communities that share this land. Based on years of experience and observations, caretakers and community members have observed potential issues with the trout population including a decline in numbers and size. Furthermore, several community members have raised concerns over the health of the area's natural environment in general. The Kahnawà:ke Environment Protection Office (KEPO, Mohawk Council of Kahnawà:ke) is therefore launching a study to document the status of the Brook Trout population and its habitat as well as identifying threats to the population to create a comprehensive management plan for the Brook Trout fishery of Tioweró:ton. As part of this study, KEPO wishes to conduct a community consultation and education project to guide the management plan and to develop educational workshops on the natural environment of Tioweró:ton.

## Goal and Objectives

The purpose of the project is to conduct a community consultation in Tioweró:ton that will provide the community's views and opinions on the historic and present status of **the lakes and the Doncaster river**, the traditional knowledge and practices in the area, as well as the status of the Brook Trout and other fisheries with the goal of developing educational and awareness workshops. The project complements a concurrent study on the Brook Trout population in Tioweró:ton and will thus also guide the management plan for the species. The objectives are:

To develop and perform community engagement sessions and consultations to gather historical and current information on the natural environment of Tioweró:ton and traditional knowledge and practices, with a particular focus on the lakes and rivers as well as the Brook Trout population and its habitat.

To develop, from the consultation results, a plan for a five-part educational workshop series for community members with the

goal of raising awareness on Tioweró:ton's natural environment, including Brook Trout and their habitat. The workshops will be conducted separately.

## Why should you get involved?

If you have previously attended Tioweroton or continue to attend being part of the Tioweroton community whether you are youth, adult, or elder, your knowledge and observations on the history of the environment is precious information that will help establish an understanding of environmental issues and concerns observed by the larger community. Because we all interact with the environment in some way, it is important to acknowledge each individual experience as a unique component to this study, that is, if you are willing to participate.

## How to get involved

Please contact either of the following for more information about the survey and we will be happy to forward it to you! Or find the survey online on the Terrahumana Solutions Facebook page.

### Contact:

Valerie Gabriel, Project co-lead  
[valerie.gabriel88@gmail.com](mailto:valerie.gabriel88@gmail.com)  
Ph: (514) 830-2974

Isabelle-Anne Bisson, Project lead  
[ibisson@terrahumanasolutions.com](mailto:ibisson@terrahumanasolutions.com)  
Ph: (514) 654-7835

# Christmas Brunch at Rotiwennakéhte

Photos: Susan Oke



By Amanda Simon  
Member of the Kanehsatake Band

The children, teachers and staff at the Rotiwennakéhte Ionterihwaienhstákhwa/School held their annual Christmas breakfast and gift giving by Santa Claus on December 20th 2018. My father in law Adrien Guindon has, for years, extended his philanthropy to our School in securing a donation from Dominique Laurin, Adjointe Direction Generale Communication et vie associative, Desjardins Caisse du Lac des Deux-Montagnes. This generous donation was used to purchase wrapping paper, tape, and most noteworthy, was used to provide every student with a Christmas breakfast! I wish to thank Ms. Laurin for her generosity and express our appreciation.

I would like to thank my "Secret Santas" five owners of local business's in Kanehsatake; two outside companies; and some new contributors from outside the community, who graciously accepted to provide me with money to purchase age and gender appropriate gifts from my toy supplier. Without "Christmas ambassadors" like you, Christmas gifts would not have been possible. I wholeheartedly thank my Secret Santa Ambassadors! Finally, to my team of elves: Angela Kawisokwas Gabriel and Brenda Etienne who helped in wrapping and labelling the gifts, thank you very much! God willing, I make an oath to organize and prepare next year's Christmas Celebration for the great children of Rotiwennakéhte Ionterihwaienhstákhwa/School.



**Polar  
Plunge**

**Variety  
Show**

**Giant Board  
Game Night**

**\*SAVE THE DATES\***

**February 10<sup>th</sup>, 2019 - February 23<sup>rd</sup>, 2019**



# **Winter Carnival**

**2019**

**Crossfit Competition**

**Ice Fishing**

**Broomball**

**Ball Hockey**

**Blind Volleyball**

**Snow snake**

**And much more!**

**Stay tuned for details...**





# Announcements

## UCW thanks

The UCW would like to thank everybody who came to support us at our Christmas Bazaar, which was very successful.

First Prize: Kenny Simon; wooden bench

Second Prize: Marilyn Nicholas; \$100

Third Prize: Chrissie Gabriel; Electric Skillet

We would also like to thank everyone who worked in the kitchen:

Beryl & Koji

Diane Krebs

Maria Canatonquin

Ruby Powless

Isiah Bonspille

A special thanks to Frank Nelson who donated the beautiful bench he made and to Gloria Jean Nelson who sold tickets at the arts & crafts table.

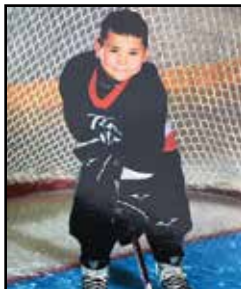
We are currently working on the fancy dancers quilt & we will let you know when we will be selling tickets for it.

## Karihohtstha

February 14

Happy Birthday Karihohtstha!

From all of us!



**Kanento:ton Etienne**

Happy 7th Birthday to our hockey star!

Love Mom, Dad, Celina,  
lohrhen:hatie, A'nikonhra'sha:tste

## Health Center Birthdays

### Crissann Thompson

January 29

### Gloria Nelson

February 10

### Jadyn Lauder

February 16

### Donna Nelson

February 19

### Dinah Routly

February 19

### Karennaha:wi McComber

February 20

### Stephanie Leroux

February 20

### Diane Harding

February 24

### Kevin Nelson

February 27

Happy birthday to each and every one of you!



**A'nikonhra'sha:tste Etienne**

February 10

Happy 1st Birthday to our little man!  
Enjoy your cake smash

Love Always, Mommy, Daddy, Celina,  
lohrhen:hatie & Kanento:ton

### *Albert Gabriel*

*1935/04/06-2018/12/28*

The brothers and sisters of Albert Gabriel thank the community members who offered words of comfort in our time of sadness. We thank everyone who arranged a delicious luncheon.

We cannot forget to thank all the staff at Kaniatarakta Elders Home where Albert and his much beloved wife Kathleen had a caring "home." Albert spent his final days cared for by the doctors and staff at the St. Eustache Hospital. We thank them all for the care they provided our brother.

Pastor John Thévenot knew Albert and Kathleen personally and the family wishes to thank him for sharing his memories of them and his kind words at the service.

Your kindness was indeed touching.

Ida, Frank, Linda, Richard, Violet, Peter





## January

**New Year's Day**  
January 1

**Weedless Wednesday**  
January 23

**Bell Let's Talk Day**  
January 30

## February

**Groundhog Day**  
February 2

**World Cancer Day**  
February 4

**Valentine's Day**  
February 14

**Pink Shirt Day**  
February 27



January 10, 24

February 7, 21



January 3, 17, 31

February 14, 28



January 8

February 12

Christmas trees will be picked up  
January 7th & 14th

### Emergency Phone Numbers

**Fire and Ambulance: 911**

**Police Emergency:**

**310-4141 \*4141 (cell)**

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

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

Karihwii:os 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

January 7  
February 4

### Bipolar Disorder

January 14  
February 18

### Depression

January 14  
February 18

### Hoarding

January 28  
February 25

### Obsessive Compulsive Disorder

January 7  
February 4

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

For information: [amiquebec.org](http://amiquebec.org)

514-486-1448

1-877-303-0264

[info@amiquebec.org](mailto:info@amiquebec.org)