



Karihwí:ios

10th Annual Emergency Preparedness



Pet Vaccination Clinic

By Susan Oke

The KHC held its annual Pet Vaccination Clinic on Wednesday, June 19th at the MCK Public Works Garage.

Dr. Donald Floyd and Dr. Susan Rouleau Floyd have been volunteering their time to vaccinate our pets for many years. This year we vaccinated 13 cats and 37 dogs and the only creatures that bit us were the mosquitos.

We'd like to thank the MCK for the use of the garage and a BIG thank you to the workers who did an amazing job cleaning the garage and setting up for the clinic. We will see you and your fur babies again next year!

Look for more photos
on page 4



Text and Photos: Shyann Nelson-Baker

On Saturday May 25th, Kanesatake's Annual Emergency Preparedness Day took place at the Ratihente High School yard starting at 10:00 am. The Kanesatake Emergency Preparedness team put on yet another successful event in association with 13 different services including the SQ, Incendie Oka, Canadian Coast Guard and more!

This year's gathering was a special one celebrating the 10-year anniversary of this popular event. The day consisted of informative presentations, demonstrations, a free BBQ lunch and many interesting door prizes to be won. The door prizes included bikes & helmets for children, scooters, car seats, booster seats, kayaks, escape ladders, smoke detectors, fire extinguishers, generators, and 72-hr emergency kits.

Throughout the day you could hear sirens going off and see families with their children getting into several emergency vehicles like the ambulance, the fire truck and the coast guard boat. Some kids got to participate in putting out a fire with an extinguisher, with the help and support of a firefighter. A free BBQ lunch was served

which included hot dogs, hamburgers and salads. Later fresh watermelon was brought out along with the 10th anniversary cake.

Reviving Kanehsatà:ke Radio – RKR was also on site at this year's event. They were fundraising to support broadcasting vital communication during emergencies to the community via radio. Congratulations to Agnes Beauvais who was the lucky winner of \$750.00 in the RKR half and half draw.

The event ended an hour later due to all the activities and the time it took to call out all the door prize tickets. Unfortunately, one community member missed out on winning a generator because you had to be present to win a prize. It was apparent that a number of people attended the event because they saw a full parking lot with cars on both sides of the road. To end the day, there was a roll-over vehicle simulation, as well as, a car accident rescue demonstration. It wasn't something that was easy to watch, but very important for us and our future generations to understand. Despite the misfortune of the rain that made everyone huddle under the tents, the event was a success. Until next year! **MORE PHOTOS ON PAGE 3!**

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Canada Pension Plan/Old Age Security

All payment dates

- July 29, 2019
- August 28, 2019
- September 26, 2019
- October 29, 2019
- November 27, 2019
- December 20, 2019

RECOGNISING & RESPONDING

OPIOID OVERDOSE

SIGNS OF OVERDOSE

- No response to stimuli
- Shallow, laboured or no breathing
- Cannot be woken up
- Snoring or gurgling
- Blue/grey lips or finger tips
- Floppy arms or legs

HOW TO RESPOND

- Check for danger
- Call an ambulance and stay on the line
- Put the person in recovery position
- If you have access to nalcen/naloxone, assemble the mini-jet or ampoule and inject into thigh or upper arm (if you have a nasal spray, spray into one side of the nasal canal)
- Provide CPR
- If there has been no response within 3-5 minutes, and if you have it available, administer another dose of nalcen/naloxone

TIME TO
REMEMBER.
TIME TO
ACT.

X International Overdose
Awareness Day
A Pennington Institute Initiative

31 AUGUST

INTERNATIONAL
OVERDOSE
AWARENESS DAY



WABA | WORLD BREASTFEEDING WEEK 2019
1-7 AUGUST 2019

#WBW2019 will **protect, promote** and
support breastfeeding through:



Parental social
protection policies
and legislation



Parent-friendly workplaces
in both formal and
informal sectors



Parent-friendly values
and gender-equitable
social norms

Emergency Preparedness 10th Anniversary Event



Photos: Shyann Nelson-Baker



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	J U L Y
	1 KHC closed	2 Dr. Dumont-Maurice	3	4 Dr. Moisan Blood Clinic 8:00-9:00 am	5 Dietician, Vinita Rawat	6	
7	8 Dr. Moisan	9 Dr. Dumont-Maurice Blood Clinic 7:00-9:00 am	10 Dr. Moisan	11 Blood Clinic 8:00-9:00 am	12 KHC closed	13	
14	15	16 Blood Clinic 7:00-9:00 am	17 Psychologist	18 Blood Clinic 8:00-9:00 am Foot Care Nurse	19 Dietician, Vinita Rawat	20	
21	22 Dr. Moisan	23 Blood Clinic 7:00-9:00 am	24 Dr. Moisan	25 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. Moisan Psychologist	Clinic schedule is subject to change or cancellation			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	A U G U S T
	If you cannot make your appointment, please let us know. There is someone waiting for your appointment. Nia:wen.			1	2 Dietician, Vinita Rawat	3	
4	5 Dr. Moisan	6 Blood Clinic 7:00-9:00 am	7 Dr. Moisan	8 Blood Clinic 8:00-900 am Foot Care Nurse	9 Dietician, Vinita Rawat	10	
11	12 Dr. Moisan	13 Blood Clinic 7:00-9:00 am	14 Dr. Moisan Psychologist	15 Blood Clinic 8:00-900 am Foot Care Nurse	16 Dietician, Vinita Rawat	17	
18	19 Dr. Moisan	20 Blood Clinic 7:00-9:00 am	21 Dr. Moisan	22 Blood Clinic 8:00-900 am Foot Care Nurse	23 Dietician, Vinita Rawat	24	
25	26 Dr. Moisan	27 Blood Clinic 7:00-9:00 am	28 Dr. Moisan Psychologist	29 Blood Clinic 8:00-900 am	30 Dietician, Vinita Rawat	31	

Á:iontste ne Onkwahronkhátshera Aonsetewatkwatá:ko

By Will Wenhi'tíio Gareau

Ó:nen nón:wa wenhniseraténion
é:so ionkwatérién:tare tsi níio:re
tsi

ionkwakaronni:’on wáhi, ne Residential
Schools. Roti’nikonhraientá:’on
ne ohén:ton iehón:nete ne tsi ionterih-
waienstákhwa tóka’ akwé:kon
ahatirihwatá:ko ne tsi nihotirihó:ten ne
ratiksa’okón:’a, sénha
aontiesénhake tahshakotité:ni
tánon ahshakotinenhraihsten ne
Tehotinen’tariá:kon. Sénha aon-
tiesénhake ahoti’nikónhrhen tsi
ronnonkwehón:we. Tsi nihá:ti ki’ nón:wa
tehonatonhontsakahrhatennién:
ni, tóka’ ne tsi nitionkwahtehrí:non
enwá:ton aonsahatirihwatshén:ri ne tsi
nahatiia’tó:tens.

Wentá:onts aontitewatié:renhte
ne wahón:nise sénha
aionkwa’nikonhraien:ta’ne oh nontié:ren
eh nihatiweién:tehkwe ne ratitsi-
hénhstatsi ahshakoti’nikonhratén:ni
ne ratiksa’okón:’a. Teiorì:wake sénha
wahatirihwaka’én:ion: onkwahronkhát-
shera tánon tsi niionkwarihó:ten.
Wahónttoke ò:ni’ tsi nón: ne
ratiksa’okón:’a ratiweientéhtas kí:ken
teiorì:wake, tsi tionkwatahskwáhere. Ne
nen’ né:’e wahonhkwíron ratitsihénhstat-
si tahontkonhretshó:ko tsi onkwahwatsir-
akéhson. Né:ne sha’oié:ra nón:wa tsi iah
thaetewáttoke tsi ionkwatkahronni:’on,
nek tsi tó:ske nen’ né:’e.

Tó:ske tsi é:so ionkhikarewáhton nek
tsi enwá:ton ò:ni’ aonsetewatkwatá:ko.
Sénha ki’ wé:ne kí:ken tsi satewienston-
hátie aonsasatá:ti tóka’ ken’ nikarihwéhsa
ensanohntónnionhwe. Akwé:kon tsi
niká:ien ratitsihénhstatsi wahatinénhsko
enwá:ton aetsitewarihwatshén:ri sénha ki’
aetewatate’nikonhrahni:rate.

Ó:nen ísi’ nón: ne áhsen
niiohserà:ke shiwakateweienstonhá-
tie nonkwawén:na. Enwá:ton ki’ ní:’i

akerihwahní:rate tsi niionwesén:nen.
Tóka’ ne tesa’nikonhrakontáhkwen ne
tsi niionkwarihó:ten ionehrákwa tsi
neniá:wén’ne. Kanonhkwa’tsherí:io ki’
ná:’a.

O’nónhkwa nen’ né:’e nonkwawén:na
ne akwé:kon tsi niionkwarihó:ten,
ionkwahró:ris oh ní:ne skén:nen taete-
wawénrie kén:tho tsi ionhwentsá:te,
tánon’k thieská:te sénha ónhte wé:ne,
ne tekeníhaton owén:na ahsá:ronke.
Tóka’ tentewawennakháhsi (Né:ne
kari’wanónhtha ronatehiá:ron
ahatiweientéhta’ne) iah tetite-
wanónhtonhs aionkwanehrá:ko tsi
nikawenní:ios iethihsotokon’kénhen
wa’onkhiwén:non. Iah titewanónhtonhs
skén:nen aetewanonhtónnionhwe tsi
tewattó:kas tó: níio:re tsi tekaiéhston
nonkwawén:na ne ka’satsténhsera,
karihonnienní’tshera tánon
kanoronhkwá’tshera.

Akwé:kon ne ionkwá:ien ne
iontstha’shón:’a ne aonsakakwa-
tákwen nahò:ten kahetkénhton.
Kwah nek ne karihwanónhtha
onkwawén:na tánon tsi niionkwarihó:ten
aetewate’nikonhraie:ra’té. Entewakwé:ni
kátí’ wáhi aonsetewate’nikonhrakétsko.

Tho kátí’ naióhton ne sewa’nikòn:ra

Healing Our- selves Using Our Language

These days we all have quite a good
idea of the harm done to us by
Residential Schools. The heads of
these schools understood that in strip-
ping the children of their culture it would
be easier for them to be assimilated into
settler society and forget their identity as
Onkwehón:we. Perhaps those that have

become lost because of the intergen-
erational transmission of this trauma can
find peace and rediscover their identity
by retracing their roots.

If we look back we can have a better
understanding of why these people
were so successful in brainwashing the
children that were sent to these schools.
They focused on two issues in particular:
our language and our culture. They
noticed also where the children were
obtaining these two essential elements,
at home. This was in fact their focus, to
“scatter the logs” of our family fires. Even
though we might not overtly notice, a lot
of us are grieving these losses.

It’s true that we’ve been hurt, but it’s
possible also to heal. This, I think, is more
obvious as you’re studying to become a
speaker. Everything that has been stolen
from us can be found again.

I’ve been studying our language for
over three years and I can confirm it
was an eye opening experience. If you
are dedicated to our ways, the things
you can discover are always surprising.
Our language is definitely an amazing
medicine.

Without exaggerating, our language is
the base of our entire identity. It tells us
how to peacefully go about our business
here on earth. It gives us a roadmap for-
ward, by letting us time travel back. On
top of that, learning Kanien’kéha as a sec-
ond language puts a massive spotlight on
these facts. If we break apart our words
(which is the best way for adults to learn)
we have no choice but to be in awe of
the beautiful gift that our ancestors have
given us. We have no choice but to let it
ease our minds as we notice the extent
to which our language is interlaced with
strength, love and knowledge.

We have all the tools to heal the harm
that has been done. Those logs from
our family fires can be gathered back up
once more and our fires rekindled. All
that’s needed is to turn to our language
and culture. Let it be that way in your
minds.

Manganese water talk

The guideline for manganese in drinking water.

Health Canada has developed two new guideline values for manganese in drinking water, a health-based value of 0.12 milligrams per litre (mg/L) and an aesthetic objective of 0.02 mg/L. The new guideline value for manganese in drinking water is protective of the health of Canadians, including the most vulnerable members of society, such as infants and children.

Health effects of manganese in drinking water

Although humans need to consume small amounts of manganese to be healthy, too much manganese in drinking water can lead to some adverse health effects.

Drinking water that contains high levels of manganese, even for a short time, **can be a health risk to infants**.

Formula-fed infants may be especially at risk if the water used to prepare the formula contains levels above the guideline value. This is because:

- their brains are developing rapidly
- they drink more water based on body weight
- they absorb more manganese and are less able to remove it from their bodies

Exposure to manganese in drinking water can cause:

- neurological and behavioural effects
- deficits in memory, attention and motor skills

For adults and older children, short-term exposure to manganese in drinking water slightly above the guideline is unlikely to cause negative health effects.

How to reduce your exposure to manganese in drinking water

Manganese will not enter the body through the skin or by breathing in vapours while showering or bathing. Bathing and showering in water that contains levels of manganese above the guideline value is considered safe.

If you are pregnant, breast-feeding or caring for an infant

If you are pregnant, breastfeeding or preparing infant formula and are concerned about your infant's exposure to high levels of manganese in drinking water you may wish to:

- use an alternate source of drinking water
- install a treatment device to remove manganese from drinking water

Removing manganese from drinking water

There are two categories of treatment units that are capable of reducing manganese in water in your home:

- units installed directly at the tap: used to reduce specific contaminants at one tap only (point of use units). Reverse osmosis is the most effective and reliable way to reduce manganese levels in drinking water that will be used for drinking and food preparation.
- units installed where the water supply enters the home: used to reduce specific contaminants in water in the entire household (point of entry units). Water softeners and

manganese "greensand filters" can be used to reduce the potential for discoloured water and staining of laundry. Greensand filters require careful maintenance to ensure that they are effectively removing manganese.

Make sure that any treatment unit you use is:

- **certified** as meeting the NSF International/American National Standards Institute standard for the drinking water treatment unit or materials
- **installed and maintained** (or replaced) according to the instructions given by the manufacturer

For more information

- Guideline for Canadian Drinking Water Quality for Manganese

<https://www.canada.ca/en/health-canada/services/publications/healthy-living/guidelines-canadian-drinking-water-quality-guideline-technical-document-manganese.html>

- If you have questions about the guideline or manganese in drinking water, you can contact us at:

1-833-223-1014 (toll free)
hc.water-eau.sc@canada.ca

Family Day 2019

By Susan Oke

This year Family Day was held on July 1st at the Lacrosse Box and what a spectacular event it was. The weather was sunny and hot but the pines and the tents provided a lot of shade. There was a record crowd for this years Family Day, with close to 300 people participating.

The opening address was given in Mohawk by Will Wenhi'ti:io Gareau. Our emcee was Kahnawake's own Jeremy White, who is also a deejay for The Beat 92.5 in Montreal. He provided commentary and great music too.

There were fun bounces for the kids, a BBQ done by Mamie's Kitchen, plenty of lacrosse, and our strawberry bake-off. This year's bake-off had four contestants, three for the adult category and only one for the youth category. The winner in the adult category was Teionata'a Tolley. She made a strawberry

cheesecake parfait that impressed our judges (Kevin Nelson, Flower Diabo, and Kelly Tolley). The youth category winner was Adryan Tolley, who made a strawberry caramel tart. All the submissions were delicious and we hope to see more strawberry creations next year.

There were three lacrosse games this year; tyke/mini-tyke, novice/pee wee, and adults. All were representing either Center Road or Up the Bay. The rivalry is friendly but definitely a little competitive too, with the games hotly—literally—contested as teams vied for the beautiful and newly acquired trophy made by Tuscarora Woodworks. On this day, the Center Road Wild Turkeys swept all three games. Better luck next year Up the Bay Fisher Cats.

Congrats to all the door prize winners. The Child and Family Support Department did a great job with the organizing and we hope to see even more people at the next Family Day.

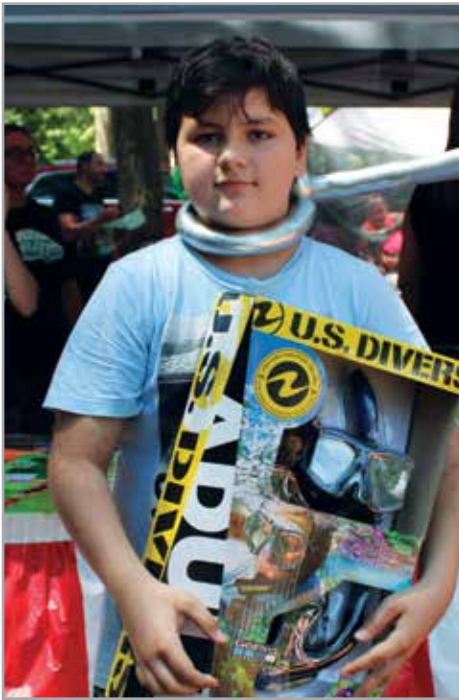


Photo: Crystal Diabo









Creating a Breastfeeding Friendly Workplace

Submitted by Crissann Thompson



Understanding the basics... Support, Promote, Protect!

Employers should be aware that breastmilk is the recommended and normal method of feeding to support healthy infant growth and development and provides unique biological protection against many diseases and illnesses. Breastmilk continues to contribute to a child's nutritional and emotional health well into the second year and beyond!

Not breastfeeding can be a financial burden for families. The purchase of infant formula, bottles and equipment can add tremendous stress to already strained budgets. When an employee does not breastfeed, it can result in increased health and benefit claims, and increased days missed from work when caring for sick children.

Finally, breastfeeding is eco-friendly. It is a natural, efficient use of resources which is the most ecologically sound food source available. It is produced and delivered to the child without using other resources, and it creates no pollution. It is obvious that breastfeeding has a positive influence on the overall well-being of our communities. For employers, supporting continued breastfeeding after an employee returns to work is feasible with a small investment of time, money, and flexibility (United States Breastfeeding Committee, 2002).

According to the Human Rights Commission, an employer should provide a breastfeeding mother with enough time to breastfeed or express breast milk for her child. Employees who require breaks for breastfeeding or expressing breast milk should be given these breaks and should not be asked to forgo regular meal time breaks or be asked to work additional time to make up for breaks taken (Ontario Human Rights Commission, 2001). A work environment should remain free from discrimination and should ensure that all employees have equal rights and opportunities regardless of pregnancy or breastfeeding status.

Creating a breastfeeding friendly workplace space and facilities

SPACE AND FACILITIES

Provision of a clean, comfortable and private space at or near the workplace is needed for breastfeeding or expressing breast milk. Bathroom facilities are not appropriate for women to breastfeed or express their breastmilk. *ESSENTIAL:*

- Comfortable chair with supportive arms for breastfeeding
- Small table, chair and electrical outlet for expressing breast milk
- Appropriate signage (ie: ROOM IN USE) to enhance privacy

- Baby changing station or table with a means to hygienically clean area
- Proximity to hand washing facilities.

SUPPORT

Support of/for a Workplace Breastfeeding Policy is provided by the following; *ESSENTIAL:*

- Flexible time schedule to accommodate breastfeeding/pumping. The International Labour Organization recommends two thirty-minute breaks in an eight-hour shift in addition to normal breaks
- Providing information to all employees about the benefits of breastfeeding, and the company policy that supports breastfeeding
- Ensuring that managers and employees are supportive of breastfeeding and working
- Encouraging a network of women who can support each other when working and breastfeeding
- No age limit regarding the breastfeeding child
- Comfortable facilities

PROMOTION

Promotion of a Workplace Breastfeeding Policy is evident when the following actions are implemented: *ESSENTIAL:*

- Presentation of rationale and benefits of such a policy to administration (and their endorsement of it)
- Provision of details regarding workplace facilities and philosophy supportive of breastfeeding to all employees and in all pregnancy and parental leave packages
- Implementation and recognition of a problem-solving process

Excerpts Sourced from: **Ontario Public Health Association 2008**
CREATING A BREASTFEEDING FRIENDLY WORKPLACE SPACE AND FACILITIES

Salmon With Lemon-Ginger Sauce

Taken from diabetes.ca



Nutritional Information Per 1 piece

Amount %	Daily Value
Calories 237	
Fat 11 g	17 %
Saturated 2 g	
+ Trans 0 g	10 %
Cholesterol 83 mg	
Sodium 293 mg	12 %
Carbohydrate 3 g	1 %
Fibre 0 g	0 %
Sugars 1.6 g	
Protein 31 g	

Lots of flavour is added to the salmon with this easy marinade

This dish is also great to cook on the barbecue!

Prep Time:

20 minutes

Cook Time:

13 - 15 minutes

Calories:

237

Serving Size: 4

Ingredients

- 4 salmon fillets, 5 oz (150 g) each
- 2 green onions
- 1 ½ tsp (7 mL) fresh ginger root, minced
- 1 clove garlic, minced
- 2 tbsp (25 mL) low-sodium soya sauce
- 1 tbsp (15 mL) fresh lemon juice
- 1 tsp (5 mL) grated lemon rind
- 1 tsp (5 mL) granulated sugar
- 1 tsp (5 mL) sesame oil

Instructions

Preheat oven to 425°F (220° C)

Chop green onions; set aside chopped green tops for garnish. In a bowl combine white part of onions, ginger root, garlic, soya sauce, lemon juice and rind, sugar and sesame oil to make the marinade.

Place salmon fillets in a single layer in a shallow baking dish. Pour marinade over; let stand at room temperature for 15 minutes or in the refrigerator for up to 1 hour.

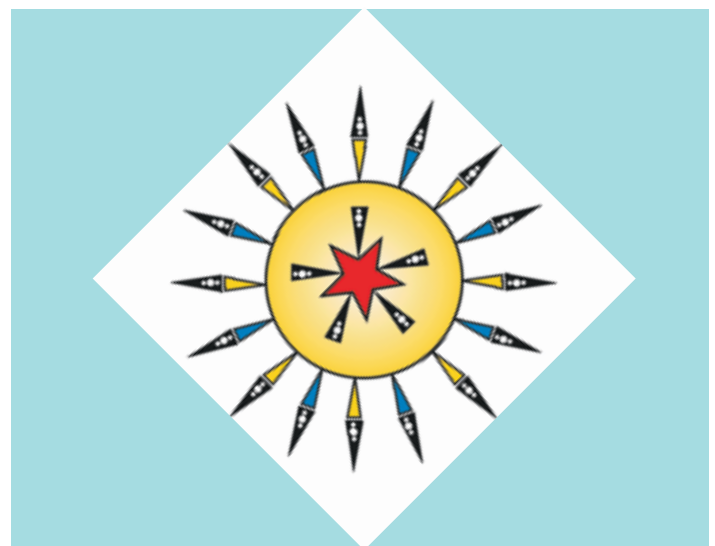
Bake, uncovered, in preheated oven for 13 to 15 minutes or until salmon turns opaque. Arrange on serving plates, spoon sauce over and sprinkle with green onion tops.

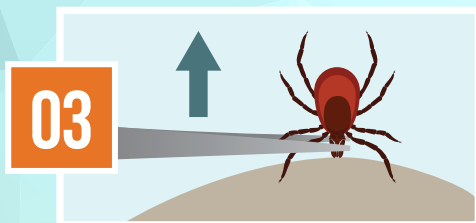
Notes

To cook salmon and other fish quickly, use the microwave. Arrange fish and sauce in a shallow baking dish and cover with microwave-safe plastic wrap; turn back one corner to vent. Microwave at Medium for 4 minutes. Turn fish over and re-cover; microwave at Medium for 3 to 5 minutes more or until salmon turns opaque.

This fish dish is also great to cook on the barbecue.

Recipe reprinted with permission from Complete Canadian Diabetes Cookbook, Katherine E. Younker, Robert Rose Inc., 2005, <http://www.robertrose.ca>





TAKE ACTION

- ✓ Use tweezers to immediately remove attached ticks by slowly pulling them straight out. Try not to twist or squeeze the tick.
- ✓ Wash the bite area with soap and water or alcohol-based sanitizer.
- ✓ Contact your health care provider if you're not feeling well or if you are concerned after being bitten by a tick.
- ✓ Keep the tick in a closed container and bring it with you if you go see your health care provider.

For more information, visit:

Canada.ca/LymeDisease

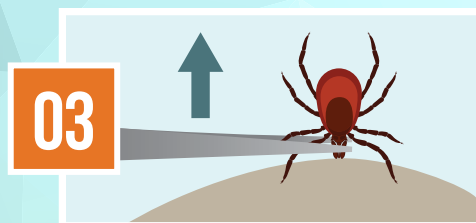
© Her Majesty the Queen in Right of Canada, as represented by the Minister of Health, 2019
Pub.: 190028

 Government of Canada Gouvernement du Canada

ENJOY THE OUTDOORS, WITHOUT A TICK

Lyme disease is spread by the bite of infected blacklegged ticks. These ticks are often found in and near areas with trees, shrubs, tall grass or piles of leaves.

Canada



AGIR

- ✓ Utilisez des pinces à épiler pour retirer immédiatement les tiques accrochées à la peau en tirant lentement et tout droit. Essayez de ne pas faire pivoter ou de ne pas écraser la tique.
- ✓ Lavez le site de la morsure avec de l'eau et du savon ou avec un désinfectant pour les mains à base d'alcool.
- ✓ Consultez un professionnel de la santé si vous ne vous sentez pas bien ou que vous avez des inquiétudes après une morsure de tique.
- ✓ Mettez la tique dans un contenant hermétique et apportez-la si vous allez voir un professionnel de la santé.

Pour en savoir plus, consultez

Canada.ca/MaladieDeLyme

© Sa Majesté la Reine du chef du Canada, représentée par la ministre de la Santé, 2019
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 Gouvernement du Canada Government of Canada

PROFITEZ DU PLEIN AIR SANS TIQUER

La **maladie de Lyme** est transmise par les morsures de tiques à pattes noires infectées. Ces tiques se trouvent dans les zones boisées, les arbustes, les herbes hautes et les tas de feuilles, ou à proximité de ces zones.

Canada

Community Clean-Up in the Pines

By Susan Oke & Ida Nelson

Photos: Susan Oke

The Community Clean-up took place on Saturday, May 11th and was organized by the Kanonhsesne ne Kanehsatake. The weather was cool but sunny and there were roughly 20 participants of all ages. The idea for the clean-up was brought to the Kanonhsesne by **Charlotte Nelson** and a small organizing group was formed, according to Ida Nelson. From this idea the plan grew. Ida points out, "Springtime always brings us the reality of just how much litter is left on the ground to be put 'out of sight, out of mind' with the cover of snow. This is not something unique to us in the community, it happens everywhere."

Shortly after their arrival the group dispersed all over the pines and up Ahsennenhson and Karenhata:se. The cleaner-uppers collected a great deal of garbage and two of the volunteers were rewarded with \$5 bills that they picked up along the way. They and the rest of the group were also treated to a lunch of chips and hot dogs, thanks to Ida Nelson, who provided the food and took care of the barbecuing.

The most surprising thing about the day, says Ida "What I was surprised at was just how much litter there was and amazed at how much could be collected in such a short amount of time. Everyone should be proud of their accomplishments when you get a group of invested and caring community members who put the effort in because they want to see a cleaner community for everyone to enjoy." She is hoping to make the clean-up an annual or semi-annual event.

Niá:wen to **Kanesatake Ratihontsanonhstats: Environment Department**; for providing the garbage/recycling bags, pick up tools, and the man power of their remediation crew who drove around collecting all the bags and brought them to the eco-center. Niá:wen also for the donation of the re-usable water bottles which were given out as part of the thank you gifts to participants. The **Kanesatake Health Center**; for providing the T-shirts that were also part of the thank you gifts, as well as helping with the mail-out of our flyer. **Mocassin-Jo**; for providing the coffee and **Kahnekí:io**; for donating the water for our re-filling station.

*Tseià:ta ká:ron niaakokwénion; skátne sénha
wé:so ionkenikwénion.*

*(Alone we can do so little; together we can do so
much~Helen Keller)*



BE TOGETHER FEEL GOOD



April 2019

SEXUAL HEALTH AND HEALTHY RELATIONSHIPS

LET'S TALK ABOUT COMMUNICATION!

Romantic partners may have things in common, but they don't always have the same needs, desires or moods. Couples who are always in perfect harmony are pretty rare. That's why it's so important to talk things out!

COMMUNICATING: THE SECRET TO A HEALTHY RELATIONSHIP

Communication is the glue that holds relationships together. Why? Because it creates a safe space where we can talk things out and where we feel understood, accepted and respected.

DARE TO COMMUNICATE!

Talking about our emotions isn't always easy. Opening up to our partner can make us feel vulnerable. But not talking will keep you from solving the problems that may get worse with time. Silence can be interpreted as a sign of indifference or a lack of interest and this can create misunderstanding between you.

SO HOW DO YOU DEVELOP HEALTHY AND RESPECTFUL COMMUNICATION?

- **Set an example:** When you take the initiative and start a conversation, you show that the relationship is important to you. You're leading the way to better communication.
- **Make "I" statements:** When we talk from our own perspective, we avoid accusing the other person and making him or her withdraw. It's important to express our own emotions, not blame our partner.
- **Choose the right moment:** When the other person is receptive, we feel listened to and supported. However, if your partner is closed, respect that and wait for a better time to talk.

CROSS WORD PUZZLE

Horizontal

1. Allows us to invest in a relationship.
4. What we feel when we can express ourselves without fearing our partner's reaction.
6. Makes the partners to feel they are equals and important in the relationship.
7. Dialog. The act of expressing our feelings and being listened to.

1 C 2 M

Vertical

2. Silence can cause it.
3. It can be verbal, physical, sexual or psychological.
5. Present when you know you can count on your partner.
8. It is important to express these to our partner.



Source: The content of this document is largely inspired by the Tel-jeunes website.

HOW DO WE AVOID WORDS THAT HURT?

It's normal to argue from time to time or to get angry. But you should never use hurtful words. How can you express yourself without hurting the other person? And how should you react when you're the victim of hurtful words? Here are some ideas.



How can you avoid saying hurtful words?

- When you're angry, bite your tongue and don't say words you'll likely regret later.
- Calm down. When you feel like you're losing control, make "I" statements.
- Listen to what the other person is saying and look for possible solutions together.

IDENTIFY THE WORDS THAT HURT

These words are violent, aggressive, cruel or even hateful. They don't leave visible marks, but they're painful and they can have serious consequences. Luckily, you can learn to recognize them and avoid them. Here are some examples.

1. Words that make demands and give orders
2. Words that judge and criticize
3. Words that humiliate and attack

What should you do if someone's words hurt you?

- If someone's words hurt you, say so.
- Ask him or her to stop and explain what you feel.
- If you feel like the other person isn't listening, put an end to the conversation without raising your voice and without using hurtful words.

YOUR RELATIONSHIP MAKES YOU UNHAPPY? YOU FEAR FOR YOUR SAFETY?

If you are experiencing ongoing conflict and you can't see a way out, talk with an adult you trust or with an intervener in your community. It will surely help you see more clearly!

HERE ARE SOME MORE RESOURCES YOU CAN USE:

Tel-jeunes

1 800 263-2266
www.teljeunes.com

SOS violence conjugale*

1 800 363-9010
www.sosviolenceconjugale.ca

Hope for Wellness Help Line

Experienced and culturally competent counsellors for First Nations and Inuit
1 855 242-3310
www.hopeforwellness.ca

*Website in French only but live chat and phone calls are available in English.



FIRST NATIONS OF QUEBEC
AND LABRADOR HEALTH
AND SOCIAL SERVICES
COMMISSION

Cross Word Puzzle Answers

1. Commitment
2. Misunderstanding
3. Violence
4. Safety
5. Trust
6. Balance
7. Communication
8. Needs

Lacrosse Box Renovated

Submitted by Jeff Nelson

Kanesatake has 53 kids playing lacrosse this year, ranging from 4-13 years of age in 4 categories: mini-tyke, tyke, novice, peewee. A big team of volunteers made some much needed improvements to the lacrosse box with a multitude of donations. Renovations include a new covered bench for the home team and the visitors, with a penalty box and a box for the scorekeeper. Inside the box is new top soil and sod, along with new synthetic goal creases. The committee would like to thank the following groups and individuals who contributed money and/or time:

Kelly Tolley	Pamela Gabriel
Joshua Nolet	Travis Gabriel
Jenson Nicholas	Jonathan Nelson
William Gareau	Jeremy Tomlinson
Hunter Gabriel	Wathahine Standing
Al Harrington	Nicole Gagnier Nicholas
Vincent Cree	Amy Dillon
Karen Barth	Brandon Etienne
Travis Etienne	Melissa Simon
Jason Nelson	Dave Belisle
Justin Nelson	Misty Martin
Peter Schlotthauber	

Kanesatake Health Center
 Russell Denis Rez Excavation
 Dagenais & Fils
 Nancy Gabriel (Mary Jane)
 GNR Recycling
 Larry Daye & workers
 Medicine Box
 Le Roi
 The Depot
 Joshua Gabriel
 Chase the Ace
 Jeff Nelson Roofing & Construction
 Metro Oka
 MCK
 Crime Prevention

The improvements/renovations cost approximately \$25,000 and there was a \$10,000 budget for new jerseys, shorts, socks, referees, insurance & scorekeepers. They have already begun playing in the pines and will be holding the Lacrosse Jamboree, July 6-7. Don't forget to stop by and watch.

The Lacrosse Committee:
 Jeff Nelson, Jonathan Nelson, Travis Etienne, Ami Lee Hannaburg, Wathahine Standing





Aiden
July 8

Happy 10th birthday to our special granddaughter. We wish you a great day and year. We love u very much.

Love: Tota and Grandpa

Happy Birthday Dad
Davidson Nelson, May 23, 2019

Dad, we are so blessed to celebrate another birthday with you, especially your 90th. Your humour has been so comforting for all of us, even the nurses & doctor. You are special in every way and always joking and ready to tease with something funny in a good way! Dad, your strength and determination to get through the rough times is amazing. We admire and love you for being you, especially being our Dad! Wishing you all the best wishes, especially good health and never stop being so funny! We love you Dad and Happy birthday!

Your children, grandchildren, great grandchildren and great, great grandchildren
XOXO

Announcements

Health Center Birthdays

Natasha Palinkas
July 7

Karen MacInnes
July 10

Kathy Skye
July 10

Toni-Ann Harding
July 30

Lee Etienne
August 24

Happy birthday to everyone!



Jessie
June 26

Happy belated birthday Tota Jessie! We hope you enjoyed your special day. We love you.

XOXO

Esther, Tommy, Shyann,
Skyler, Nevada



Pamela Rose "Noonie" Jacobsen
1956-2019

The family would like to thank the UCW for the reception and everyone who donated food and/or money for her collection.

Special thanks to Pastor John and Arlene for the service and their numerous visits to the hospital

Special gratitude to her friend Joe Italiano for spending most nights at the hospital. Also special gratitude to Mamie Gabriel for her support, her prayers, and her visits.

Special gratitude to Diane Angus for being Noonie's security blanket.

Also to Rita Cree for helping care for our sister.

Thanks for the encouragement & moral support from Sabrina Richard and the Kanesatake Health Center staff.

Finally, thank you to Noonie for the amazing journey we shared.

from her sisters
Sheila & Candy

Mini-Mohawk Lesson

Courtesy of Will Wenhi'tí:io Gareau

It's a nice day
Wenhniserío

Onónhkwa
Medicine

Kanónhkwa'tsher:ío
It's good medicine

It's a clear sky
Tioronhioké:wen

Ononkwa'shón:'a
Medicines

It's cloudy
loronhió:ron

Entewanonhkwa'tserakó:ha
We will go get medicines

It's raining
lokenó:ron

July

Family Day
July 1

**National Injury
Prevention Day**
July 5

Remembering 1990
July 11

**International
Self-Care Day**
July 24

World Hepatitis Day
July 28

August

Civic Holiday (ON)
August 5

International Youth Day
August 12

World Humanitarian Day
August 19

Overdose Awareness Day
August 31

Garbage

July 4, 18
August 1, 15, 29

Recycling

July 11, 25,
August 8, 22

Organic Waste

July 2, 9, 16, 23, 30
August 6, 13, 20, 27

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.



Emergency Phone Numbers

Fire and Ambulance: 911

Police Emergency:

310-4141 *4141 (cell)

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

Ami-Quebec Support Groups

For family, friends & people living with mental illness

Anxiety	Bipolar Disorder	Depression	Hoarding	Obsessive Compulsive Disorder
July 8 August 12	July 22 August 26	July 22 August 26	July 22 August 26	July 8 August 12

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

For information: amiquebec.org
514-486-1448
1-877-303-0264
info@amiquebec.org