



Karihwios

Carnival 2019 Two Weeks of Winter Fun

By Kevin Nelson & the CFS Team

The 2019 Winter Carnival took place from Sunday, February 10th to Saturday, February 23rd. There were a lot of activities for the kids and families. On Sunday, February 10th, there were four activities that took place on the same day. There was the **snow snake** which Travis Gabriel helped maintain for several weeks leading up to the day's activity. The **sleigh rides** which the kids enjoyed, as well as, the **Ice castle**. The longest running sporting activity has been the **broomball** tournament this year's winners were Andrew Simon, Kevin Simon, Keith Simon, Selena Beauvais, Kahentinehshon Nicholas and Jordan Pereira.

There were also several activities the kids enjoyed, such as, **Giant Hockey** and **Giant board Game** night that took place during the week. The **Adult Ball Hockey** was won by Selena Beauvais, Andrew Simon, Kyle Canatonquin, Jason Nelson and Justin Nelson were the goalies. The **Youth Ball Hockey** was won by Owen Rice, Logan Gabriel. Ava Gabriel and Brody Simon. The **Kids Ball Hockey** was won by Ava Gabriel, Jordan Bonspille, RJ Cross, Ryder Etienne and the goalies Markie Bonspille and Brody Simon. The **Crossfit Competition** was won by Scaled Woman: Tiohenta McComber and Karennahawi McComber. Scaled Men: Brandon Etienne and Randy Etienne. RX Women: Julie Anne David and April Kibbe. RX Men: Kevin Simon and Pierre Luc Lamontagne.

The other sporting activities were **Lacrosse** which had two categories kids and youth. The winners for Kids lacrosse were Otsisto Nelson, Angel Bonspille, Lexie Nelson, Ryder Etienne and goalies Brody Simon and Markie Bonspille. The winners for Youth lacrosse were Hank Tolley, Hayden Nicholas, Mason Gabriel, Jordan Bonspille, Tara Bonspille, Brianna Etienne the goalies were Brody Simon and Markie Bonspille. The winners for Blind volleyball were Brandon Etienne,



Kevin Simon, Selena Beauvais, Andrew Simon. The dodgeball activity had two categories for winner's kids and adults. The winners for kids were Steven Lacombe, Celina Goodleaf, Nawi Nicholas, Owen Rice, Kaliyah Nelson, Tanner Etienne and Mia Mathias. The dodgeball adults winners Kevin Nelson, Jason Nelson, Nawi Nicholas, Kyle Canatonquin, Andrew Simon and Selena Beauvais.

Valentines Day Dinner and Show

By April Kibbe

The Valentines Day Dinner and Show with Don Burnstick was a major success! The Ratihente gym was decorated beautifully in a Valentines Day theme of red, black and silver. Guests were treated to non-alcoholic bubbly juice with giveaways at each table. There was a photobooth as well as a DJ playing music in the background. The night started out with a catered dinner of prime rib and chicken, wedged

potatoes, steamed vegetables and a dessert table with all kinds of treats. Mr. Don Burnstick began his show just after 8 o'clock soon getting the crowd crying with laughter within the first minute. The laughter continued throughout the hour of the show with many community members leaving with sore cheeks and tears running down their face as Mr. Burnstick's show did not fail at keeping the crowd laughing. Mr. Burnstick then signed t-shirts and sold some of his merchandise. The event coincided with the children's dance at Rotiwennakehte, in order to give parents an opportunity to drop off their children while enjoying a night out without having to travel far and spend a lot of money. Additionally, larger tables were created so that family members and friends could also enjoy the show together. Approximately 120 people attended the dinner and people who did not register for the dinner came in to watch the show.

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The deadline for the
May/June Issue of
Karihwí:ios is:

Tuesday, April 23, 2019

karihwí:ios@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

Please Note

- Please call the Health Center to update your file for all changes of address and/or telephone number.
- Please call the Health Center to cancel previously booked appointments so that those individuals on the waiting list can be called and the spot not lost. This includes appointments with physicians, nurses, blood clinic, visiting professionals and other health service providers etc

Nia:wen and thank you and merci

- 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

Mini-Mohawk Lesson

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

Otsi'ten'okón:'a
Birds/Wild Fowl

Tawènnia'kt
Goose

Raónraon
Humming Bird

Tsó:kwaris
Red Wing Blackbird

Ohà:kwaront
Heron

Tsiskó:ko
Robin

Teríteri
Bluejay

Tsohwà:tstka'we
Seagull

SUSPECT AN OVERDOSE? STAY AND CALL 911

Signs of an opioid overdose:

Dizziness, drowsiness or confusion

Choking, difficulty breathing
or no breathing

Unconscious or won't wake up

Worried about calling 911? Do it.
Canada's Good Samaritan law can protect
you from simple drug possession charges.

KNOW MORE

DRUGS: GET THE FACTS.
KNOW THE RISKS.

Canada.ca/Opioids

ISBN 978-0-660-25016-8



Government
of Canada

Gouvernement
du Canada

Canada

Know the Signs of an Opioid Overdose



Blue lips or nails



Dizziness and confusion



Can't be woken up



Choking, gurgling or
snoring sounds



Slow, weak
or no breathing



Drowsiness or
difficulty staying awake

Suspect an Overdose?

CALL **911** or
your local
emergency
number

Administer
naloxone
if you have it

Stay with the
person until
help arrives

You have the power to save a life.

Learn more at Canada.ca/Opioids.
Together we can #StopOverdoses



Government
of Canada

Gouvernement
du Canada

Canada

Saving a life is the number one priority during an overdose

Even if you've taken drugs or have some on you,
the Good Samaritan law protects you from:

- Simple drug possession charges
- Violation of conditions regarding simple possession in:
pre-trial release | conditional sentences | probation orders | parole

This law applies to the person who has overdosed, the person
who seeks help and anyone at the scene when help arrives.

Free Naloxone Kits Are Available at any Quebec Pharmacy

Using Marijuana When Breastfeeding, is it Safe?



Submitted by Crissann Thompson, Baby Friendly/Family Development Coordinator

In actuality, there is no known safe amount of cannabis use when breastfeeding. After reading numerous articles about marijuana and the effects on breastmilk, the end result is that they all state the same thing. When a breastfeeding mother uses marijuana, the THC from the marijuana passes into the breastmilk and the result is the THC component from the marijuana can be stored in the fat cells of the human body for a few weeks. Because the body stores the THC from marijuana in fat cells and we know that fat is also used to make breastmilk, and a mother then breastfeeds her baby, it then passed into a baby's brain and fat cells. Some research found that baby's exposed to THC through breastmilk resulted in slower baby responses and movements.

What about "Pumping and dumping"?

Some women may wonder if they can pump breastmilk and throw it away (dumping) after using marijuana. However, even after a single use of marijuana, a drug test for THC can be positive for weeks or even months. Pumping and dumping for a few hours, or even a few days, after using marijuana will NOT prevent THC from getting to the baby. There is no benefit to this strategy, and it may create a false sense of safety.

We still do not know everything about this subject and we wait for more research, to truly determine the effects of marijuana exposure in breastmilk. Until we find out more facts about cannabis and breastmilk, please make the best decision possible for the wellbeing of your baby!

Articles referenced:

Article: *Best Start recourse center, risks of Cannabis on Fertility, Pregnancy, Breastfeeding and Parenting.*
www.beststart.org

Article: *Is it safe to use marijuana while breastfeeding?*
www.medicalnewstoday.com

Article: *Marijuana use and breastfeeding*
<http://www.motherisk.org>

Submitting a Request under Jordan's Principle for Orthodontic Treatment

Submitted by April Kibbe

Indigenous services Canada has established a list of information required for the analysis of an orthodontic file under Jordan's Principle.

This information must be collected and forwarded to the Regional Office of Indigenous Services Canada in Montreal.

Jordan's Principle Form:

The completed form (describe the substantive equality under point 7 of the form: see definition below)

Information to obtain from the dentist:

Diagnosis and orthodontic treatment plan.

The letter or note from the dentist mentioning the child's good oral hygiene and indicating the date of the last tooth decay.

The impact on the child if he or she was unable to access orthodontic services.

The costs.

Photos of the dentition, if possible.

Information on substantive equality:

Give an idea of the child's family and socio-economic environment and situation (under point 7 of the Jordan's Principle form).

Non-Insured Health Benefits (NIHB):

Rejection letter from the NIHB Program

Contact Information:

Contact information to receive the decision: Name, address, email of the parent or guardian or Jordan's Principle coordinator, where appropriate (this is information that Headquarters often asks from us afterwards, either to send the letter of approval or refusal or to request additional information).

Optional information:

If applicable: If the youth is being bullied because of his or her dentition, include a letter from the educator, teacher, supervisor or other professional who has observed the child being bullied.

Please feel free to contact your local Jordan's Principle Coordinator for more information, questions or help to access and complete the forms: April Kibbe @ 450-479-6000, ext: 227

Health Center Calendar: March

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

Health Center Calendar: April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Dr. Moisan	2 Dr. Dumont-Maurice Blood Clinic 7:00-9:00 am	3 Dr. DeBroux 1/2 day	4 Dr. Moisan Blood Clinic 8:00-9:00 am	5	6
7	8 Dr. Moisan	9 Blood Clinic 7:00-9:00 am	10 Dr. DeBroux 1/2 day	11 Dr. Moisan Blood Clinic 8:00-9:00 am	12 Dr. Saba	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	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	27
28	29 Dr. Moisan	30 Blood Clinic 7:00-9:00 am			PLEASE CALL AHEAD IF YOU NEED TO CANCEL AN APPOINTMENT. WE HAVE A WAITING LIST FOR YOUR SPOT.	





Family feud

By Katsitsaronkwas Jacobs

We had 6 teams participate. the winners were **"The Leftovers"** Jason Nelson, Jayda Lloyd, Kaliyah Nelson, Patience Nelson, Abby Cree. They all took home a **\$25 gift card each**. Consolation prizes of \$15 was given to the runner up. A difference from last year was that we had it computer programmed, and we also played round robin style to insure everyone had a fair chance to play. Our **volunteer hosts** were **Kevin Simon** and **Brandon Etienne** and they did an amazing job. We thank them for their dedication and doing such an amazing job.

Ice Fishing

By Kevin Nelson

This years **Ice fishing** was another success as we had over 104 people participating. We had 4 categories Biggest Fish: Jaylen Nelson 24-inches. Smallest Fish: Karen Murray 5¼-inch. Most Fish: Evander Nelson 3 fish and Perseverance went to Emma Simon. The **Polar Plunge** also took place at the same location as the fishing and this year we raised over \$1750, which Chase the Ace matched and **all proceeds will be going to Kaniatarak'ta Riverside Elders home**. For the second consecutive year **Markie Bonspille** raised the most money and **Brianna Etienne** has participated in it every year since we began. Other participants were **Pete Doyle, Jeremy Tomlinson, Brandon Etienne** and **Mathew Barr**.

Variety Show/Awards Night

The 2019 variety show and awards gala featured several talented local artists singing there favorite songs. The first place trophies were given out to all the winners during winter Carnival. Our emcee was **Satehoronies Mccomber**. On behalf of the 2019 winter carnival we would like to thank the following people. **Kanehsatake Crossfit, Brandon Etienne, Ratihente High School** and **Rotiennakehte school** for allowing us to use the building, **Crime Prevention, Jeff Nelson, Travis Gabriel, Al Harrington, Moccasin Jo, Shelly Simon, Aaron Cree, Eric Richard, Jean and Barry Simon, IGA in St Joseph, Mamie's Kitchen, Chase the Ace committee, Tess Lalonde and Tehotenion Cree**, as well as, the **Kanesatake Health Center** and the **Child and Family Support team**.



Turn the page for more carnival photos ➔



KCF Crossfit Competition

Submitted by Kanehsatake CrossFit

Once our Kinesiologist knew his athletes were ready, Kanehsatake CrossFit decided it was time for us to hold our very first in-house CrossFit competition. On February 16th, 2019, 17 teams of two aging from 15-60 years old competed in Scaled divisions as well as RX divisions.

With our second-year anniversary approaching, Simon-Pier, Kinesiologist, knew it was time to challenge our athletes. For the past two years, he has created a great foundation for our athletes and he wants this year to be the one where we build our athletes to compete in various competitions.

With our first in-house competition, we witnessed our experienced athletes, as well as, some of our newer athletes push themselves beyond their own limits. We wanted to give our athletes a chance to challenge themselves physically and mentally and allow them to commit to something rewarding. Not only did our athletes show up and put in a crazy amount of work but they were able to see a reward for all the hard work they've been putting in when they step in our box.

A lot of their workouts were spent cheering and encouraging their team mate to keep pushing through which is something our KCF family is all about. We offer our athletes a positive environment to come in and put in the hard work and by having this we've created a close-knit family.

We will soon be introducing a new challenge for beginners and anyone who is ready to step out of their comfort zone and challenge themselves, by meeting certain attainable goals. Goals that you create. We love our KCF family and we know once you join us you'll love it just as much. Take the first step and we'll be there along the way.

A big congratulations to our competition winners and to everyone who stepped out and gave it their 110%, we are beyond proud of all our athletes hard work.

Photos: Shyann Nelson-Baker



March is Nutrition Month: 5 Ways to Unlock the Potential of Food

By Vinita Rawat, Dietitian/Nutritionist

I am so excited to be part of this year's Dietitians of Canada Nutrition Month Campaign. We are celebrating Nutrition Month 2019 by **helping** Canadians **unlock the potential of food** to fuel, discover, prevent, heal and bring us together. Dietitians are key.

Why dietitians?

Dietitians are regulated health professionals who undergo comprehensive and rigorous training in universities and on the job. We are held accountable to the highest standards of education and ethics, which means that we look beyond fads and gimmicks to deliver reliable, life-changing food and nutrition advice.

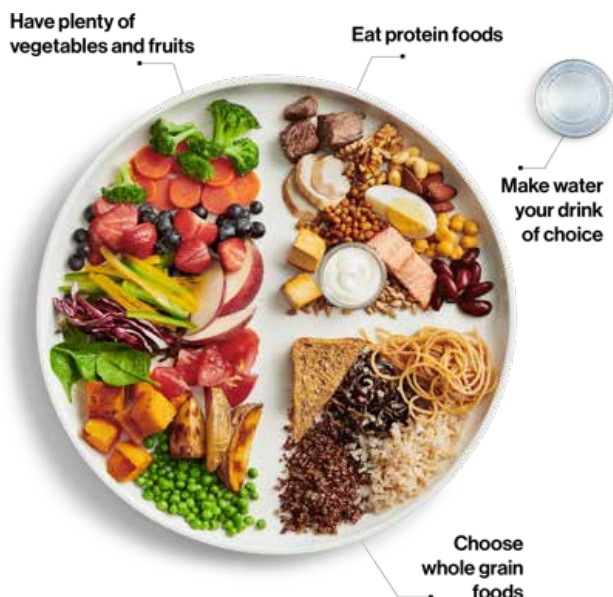
Potential to fuel

Did you know that 30% of Canadians say they snack every day?

The key to healthy snacking is to choose nutritious foods when hungry! Instead of thinking of snacks as something to eat when bored or as a reward, choose healthy foods that keep your mood and blood sugar stable so you feel good all day! For example, when you are hungry and your next meal is not in sight, choose a small handful of dry-roasted, unsalted nuts and a small fruit with a glass of refreshing cold water.

Potential to discover

Did you know that 16% of Canadians say that they never let their child help in the kitchen?



By involving our kids in meal planning, shopping, and cooking we can teach skills for life! When involving them in planning meals, they are more likely to eat what will be served! While shopping, they can discover how to read labels and why to avoid foods that have more advertising on and less nutrients in them. Cooking together at home makes it possible for us to eat more whole, natural foods and less processed foods full of chemicals. There are so many healthy, quick recipes on the internet to try! Each member of the family can take turns choosing a healthy recipe. Cooking together can be a fun activity that the whole family can do together!

Potential to prevent

Did you know that lifestyle interventions by dietitians can **lower the risk** of developing type 2 diabetes by up to 70%...

Eighty percent of premature stroke and heart disease can be prevented through healthy lifestyle behaviours... The MIND Diet (which is a hybrid of the Mediterranean and DASH diet) has been associated with slowing the rate of cognitive decline that occurs with aging...and 1/3 of cancers can be linked to poor diet, obesity and lack of exercise?

A basic healthy diet for disease prevention includes vegetables, fruit, whole grains, healthy fats, and healthy protein sources such as legumes, nuts, seeds, meat, poultry, fish, and dairy products. A healthy diet includes MORE of these whole foods and LESS processed food.

Potential to heal

Did you know that lifestyle interventions from a dietitian can help **heal** clients in many situations like improving blood pressure and cholesterol levels, reducing malnutrition in seniors leading to fewer hospitalizations, gluten-free diet promoting gut healing in Celiac disease, etc.?



As a consulting dietitian at the health center, I have helped people with digestive upset, heart disease, diabetes, emotional eating, fatty liver, and many other health problems. I have helped people with mental health and addiction issues that can interfere with their nutrition and health. It is important to remember, when thinking of your health, the four elements of the medicine wheel: emotional, physical, mental and spiritual.

Potential to bring us together

Did you know that about one quarter to one third of families never or seldom eat together as a family but most Canadians say that mealtime is their favourite time for family members to interact and talk about their day?

Did you know that in a survey of high school seniors, students who regularly ate dinner with their families at least 4 times per week, scored better than those who did not?

Sharing meals allows people to connect, share traditions, learn, communicate and listen. Eating together as a family encourages us to talk to each other about our day. We also are affected by each other's food choices so this is a good time for parents to model good eating behaviour – such as mindful eating – eating with all the senses, focussing on the food and having pleasant conversations.

I have highlighted just a **few** statistics, information and resources. This is just the tip of the iceberg.

If you would like to learn more about these topics, you can pick up some **nutrition month fact sheets** at the health center.

If you want nutrition information, advice, or counselling tailored **just for you**, make an individual appointment with me by calling the health center.

I will be happy to help you unlock the potential of food!
Have a nutritious day!

Adapted from the Dietitians of Canada's Nutrition Month campaign materials. For more information about Nutrition Month at www.nutrition-month2019.ca.

Resources

For Healthy Snack Ideas for adults
<http://www.unlockfood.ca/en/Articles/Weight-Loss/Healthy-Snack-Ideas-for-Adults.aspx>

For Healthy Snack Ideas for Kids
<http://coach.ca/fuel-for-fun-healthy-snacks-for-active-kids--p154664%26language%3Den>

For Cooking with kids
www.unlockfood.ca/KidsCooking

To Make Healthy Meals
<https://food-guide.canada.ca/en/tips-for-healthy-eating/make-healthy-meals-with-the-eat-well-plate/>

For info on diabetes prevention and Management
<http://www.unlockfood.ca/en/Diabetes.aspx>

For heart and stroke prevention
<https://www.heartandstroke.ca/stroke/risk-and-prevention>

For heart and stroke prevention see the Mind diet
<https://www.rush.edu/news/diet-may-help-prevent-alzheimers>

For some of the roles that dietitians play in helping people heal from health problems visit

<http://www.dietitians.ca/Downloads/Public/Dietitians-Training-and-Roles.aspx>

<https://www.dietitians.ca/Downloads/Public/Dietitians-in-Chronic-Disease-Management-bilingual.aspx>

<https://www.dietitians.ca/Downloads/Public/Nutrition-and-Mental-Health-complete-2012.aspx>

For eating better and eating together visit <https://www.interiorhealth.ca/YourHealth/ChildrenYouth/Documents/EatTogetherEatBetter.pdf>

For making healthy eating fun while at home visit
https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/fn-an/alt_formats/pdf/nutrition/part/tb-bo/consumers-consommateurs/fs-fi-eating-home-manger-maison-eng.pdf

For a video on raising healthy kids visit
<http://www.unlockfood.ca/en/Videos/Raising-our-Healthy-Kids/Preschoolers/Video-Eating-together>



Reviving Kanehsatà:ke Radio

And Now, A Reviving Kanehsatà:ke Radio Update

By Celyne Gaspé

Picture an old spy movie where an assignment is sent in a note which will self-destruct after having been read In March 2018, a "note" to Syd Gaspé from a Laval ally, Mike Mathieu, reads, "A station in Lachute is threatening your airwaves. Your mission is to save the 101.7 FM frequency." And, as in a spy movie, the note burns up. Syd and Mike spring into action and the "moccasin telegraph" lights up! Petitions are signed, Mohawk Council of Kanesatake issues a BCR, letters are written, calls are made, media reports come out, and in short, Kanehsatà:ke rallies together to save the 101.7 FM frequency! Fast-forward to December 3rd, 2018, the Canadian Radio-television and Telecommunications Commission (CRTC) denies the Lachute radio station application. A victory to be celebrated! During all this, a passion is sparked, a new mission, not impossible, but challenging, is revived. A temporary name, Reviving Kanehsatà:ke Radio (RKR) is created. An RKR logo is created by Celyne Gaspé, and a Facebook Page is launched. Let's Build A Radio Station!

Over fifty (50) Kanehsatake'ró:non attend the first "Let's Build a Radio Station!" meeting held in November 2018 at the United Church Women's Hall (UCWH), generously donated by the UCW. RKR made friends, discovered supporters, rallied volunteers, and listened to the community. Suggestions and solutions were presented by; Elders and youth, community members, Mohawk Council of Kanesatake, and others. Mike Mathieu, broadcast consultant and 55 year veteran of radio, offered his advice. Everyone agreed that our language, culture, and youth are a priority and that Radio Bingo is sorely missed. The community has given RKR the mandate to be a professional, credible and accountable radio station for Kanehsatà:ke. It was suggested that a new not-for-profit corporation be set up with a board of directors and a membership comprised of individual from the community.

Up till the publishing of this article, RKR has had a total of three community meetings. A working Board of Directors has been established and voted in. The volunteer working Board Members are: Sylvain "Syd" Gaspé, Caroline Gélinas, Dakota Simon, Travis Gabriel, and Sonia Bonspille-Boileau. Syd brings technical experience and knows how to build and manage a radio station, Sonia brings media and film experience, Caroline is currently the Coordinator for the Montréal Urban Service Center and brings project management and government relations experience, Dakota brings financial experience and is a board member of the Kanesatake Health Center, and Travis works as an Addictions Counselor in the community and is the language, culture and sports connection. Celyne Gaspé is RKR's Coordinator/Producer under a Kanehsatà:ke Human Resources Office



Caroline, Dakota, Travis and Syd during a meeting. Sonia was there virtually, center, on the phone.

(KHRO) C1 measure.

The process to legalize the corporation is in the works. A Mohawk and an English name for the corporation are being sought out. With today's increasing modes of communication and evolving social media, Reviving Kanehsatà:ke Radio sees its future as a multimedia not-for-profit corporation. The Board Members are formulating a Mission and Vision Statement and a set of bylaws. The promotion of language and culture are in the forefront of their minds through various forms of media. The board is also working on a Business Plan - a very important document that is required to secure funding. MCK and KHRO has provided start up funds and other possible funding sources are: Aboriginal Initiative Funding (AIF), Ministre de la Culture et des Communications funding for a youth and culture project, KHC/CFS 3rd Annual Christmas Bingo donation, and Chase the Ace Kanehsatà:ke believes in the project as it is their goal to contribute to youth and recreation programs.

RKR is working on procuring a new location and new building. Once a location is secured, the engineering study required by Innovation, Science and Economic Development Canada (ISED - previously known as Industry Canada) will be requested. RKR is also asking for more power on 101.7 FM in order to gain a "protected" status. This will avoid situations like the one with the Lachute group.

As a temporary measure, and to start broadcasting as soon as possible, RKR has an agreement to rebroadcast the K1037 Kahnawà:ke signal. If the old antenna site can be used, electricity will be needed to power a transmitter and a minimum of equipment. Once this is achieved, a signal will emanate over Kanehsatà:ke!

RKR is also seeking a temporary studio location. This will permit recording of the community's own programs and training. K1037 has agreed to assist by allotting some airtime for Kanehsatà:ke. RKR is committed to working with all community organisations and to involve them in attaining its goals. Watch for a forthcoming survey to be distributed. Like, follow, and share the RKR Facebook page to stay informed on all developments.

Parents n' Tots

Building friendships for life!

- The Parents n' Tots program offers a place for parents to gather together and create a safe network of support for their family.
- The program offers various activities ,info sessions trainings and outings throughout the year.
- Great for parents/ guardians with children new-born to 5 years of age. Get together and have your babies and young children socialize and make friends.
- The maternal child health nurse is on site up to 2x per month to answer any questions you might have.

lunch provided to families participating in program-
ming each week.

KYOT Building

12 B Joseph swan Road
(Grey building across from
the Kanesatake Health
Center) Kanesatake
Quebec J0N1E0

450-479-6000 ext. 287
Crissann Thompson
Family Development
Coordinator



Monthly activity calendar available

**Program Every
Tuesday 10:00am to
1:00 pm**



Attend the regularly scheduled meetings every second Tuesday of the month (*the next two meetings are March 12 and April 9*). Volunteers are needed to hustle and sell tickets for several fundraising opportunities. Buy Chase the Ace Kanehsatà:ke tickets! Let RKR know if you can help out. And if you have a space that can be used for a temporary studio, contact RKR at **1017rkr@gmail.com**. This mission is possible!

Nià:wen to everyone who has been supporting, volunteering and continues to contribute to the success of this positive community endeavour.



Pink Shirt Day: Stand Up To Bullying

taken from; <https://www.pinkshirtday.ca>

What is bullying?

Information courtesy of Red Cross Canada

Bullying is a form of aggression where there is a power imbalance; the person doing the bullying has power over the person being victimized. In addition to any physical trauma incurred, bullying can result in serious emotional problems, including anxiety, low self-esteem, or depression.

Types of bullying

- Physical bullying: using physical force or aggression against another person (e.g., hitting)
- Verbal bullying: using words to verbally attack someone (e.g., name-calling)
- Social/relational bullying: trying to hurt someone through excluding them, spreading rumours or ignoring them (e.g., gossiping)
- Cyberbullying: using electronic media to threaten, embarrass, intimidate, or exclude someone, or to damage their reputation (e.g., sending threatening text messages).

Bullying vs harassment

Bullying and harassment are similar, yet different: Harassment

is similar to bullying because someone hurts another person through cruel, offensive and insulting behaviours. Harassment is different from bullying in that it is a form of discrimination.

What is discrimination?

Discrimination is treating someone differently or poorly based on certain characteristics or differences. Bullying turns into harassment when the behaviour goes against Canada's Human Rights Laws and focuses on treating people differently because of:

- Age
- Race (skin colour, facial features)
- Ethnicity (culture, where they live, how they live, how they dress)
- Religion (religious beliefs)
- Sex, Sexual orientation (if they are gay, lesbian, bisexual, or heterosexual)
- Family status (if they are from a single parent family, adopted family, step family, foster family, non-biological gay or lesbian parent family)
- Marital status (if they are single, legally married, common-law spouse, widowed, or divorced)
- Physical and mental disability (if they have a mental illness, learning disability, use a wheelchair)



MATERNAL CHILD HEALTH SERVICES

Nurse Prescriptions

- Hormonal contraception
- Plan B (emergency contraception)
- Prenatal vitamins and folic acid
- Treatment for nausea and vomiting
- Treatment for sore and/or cracked nipples
- Treatment for thrush in baby and breastfeeding mother
- smoke free pregnancy support

Birth control

- Counselling

Pregnancy test

- Confidential counselling offered

Blood work

- Tuesday 7-9 am by appointment

Glucose test

- By appointment

OLO coupons

- Eggs, milk and orange juice for pregnant and breastfeeding mothers

Over the counter medications:

- Prenatal vitamins
- Tylenol for infants, children and adults;
- Cream for diaper rash; etc.

Material available or for loan

- Manual breast pumps and breast pads
- Symphony electric breast pumps,
- Books, DVDs
- Free condoms

Support and referrals:

- For a drug, alcohol free pregnancy
- Child and family support

**For more info regarding services offered by the Kanesatake Health Center Inc.
please feel free to contact our**

Maternal Child Health Nurse

450-479-6000 ext. 237





ASIAN SESAME CHICKEN CHOPPED SALAD

RECIPE PROVIDED BY: Dairy Farmers of Canada

RECIPE SOURCE: Cookspiration.com

RECIPE INFO

PREP. TIME: 20 mins

COOKING TIME: 25 mins

YIELDS: 4

INGREDIENTS

- 1 lb (450 g) chicken breast
- 1 tbs (15 mL) low sodium teriyaki sauce
- 1 ½ cups (375 mL) plain yogurt
- 1 tbs (15 mL) honey
- 1 tbs (15 mL) peanut butter
- ½ tsp (2 mL) sesame oil
- 4 cups (1 L) cabbage coleslaw mix
- 1 cup (250 mL) steamed edamame
- 1 cup (250 mL) sliced cucumber
- 1 cup (250 mL) sliced red peppers
- 1 cup (250 mL) sliced mango
- ½ cup (125 mL) sliced green onions
- ¼ cup (60 mL) toasted sesame seeds
- 1 cup (250 mL) chow mein noodles

INSTRUCTIONS

STEP 1

Preheat oven to 425°F (220°C). Toss chicken in teriyaki sauce and place on a parchment lined baking sheet. Bake for 20 to 25 minutes or until chicken is no longer pink inside. Then, cut the meat into slices.

STEP 2

Meanwhile, in a medium sized bowl, whisk together yogurt, honey, peanut butter, and sesame oil. Set aside for later use.

STEP 3

Place the cabbage coleslaw mix in a large bowl. Add edamame, cucumber, red pepper, mango, green onions, sesame seeds, chow mein noodles and chicken slices. Serve with the yogurt dressing.

TIPS

If you prefer a sweeter dressing, pulse ½ cup (125 mL) of mango in a food processor until smooth and mix into the yogurt dressing.



March Madness Week in Photos

Photos: Shyann Nelson-Baker & Susan Oke



On March 4, Kanehsatake Crossfit was destroyed by a suspicious fire. Please consider a donation to their campaign to rebuild this vital and dynamic, health and well being business. Any size donation would be appreciated.

Rebuilding Kanehsatake Crossfit - [gofundme.com](https://www.gofundme.com/f/rebuilding-kanehsatake-crossfit)
<https://www.gofundme.com/f/rebuilding-kanehsatake-crossfit>



KANESATAKE CAREER FAIR

THURSDAY, APRIL 4TH, 2019

10:00 am – 3:00 pm

RATIHENTE SCHOOL GYM

The Kanesatake Career Fair is open to all students and community members, come out and learn about exciting careers and schools in the following fields..

- Construction
- Entrepreneurship
- Health Care
- Law Enforcement
- Media
- Services Canada



Presented by the Kanesatake Human Resources Office. There will be complimentary snacks, beverages and chances to win for all who attend.



Announcements

Health Center Birthdays



Jonah

Happy birthday to our one and only handsome boy Jonah. Three years old already! You never fail to put a smile on our faces and you amaze us everyday with everything you do. You're the best big brother to your sisters and we love you to the moon & back!

Love,
Mommy, Daddy, Saydee & Raelyn
XOX

April Kibbe
March 1

Peggy Jacobs
March 3

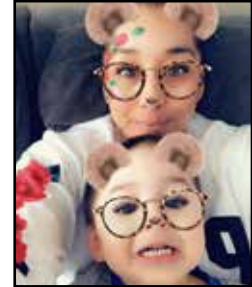
Have a great birthday ladies!



Volunteer Acknowledgement

For volunteering your services at the elder's luncheon; Niawenhkó:wa **Collin Nicholas**, **Deven Nicholas**, **Pearl Bonspille**. Also niá:wen to staff members **Amanda Nelson** and **Donna Bonspille** for stepping up to fill in at the luncheon when they are needed.

We would also like to acknowledge **Kitty Bonspille**, for alerting the **Mohawk Council of Kanesatake** and their staff at the **Public Works** department and **Jason Nelson** to do sanding/salting for clients during the icy conditions this winter. It helps with health and safety, and prevention—the nurses were able to get in and out of clients' homes with ease. There have been many phone calls from elder's/community members with hills and long driveways who appreciate the service that was provided.



Tehoronhiahnhen

Happy 3rd birthday Tehoronhiahnhen
You always brighten our day and melt our hearts!

Love
Ma & Pa



Tehoronhiahnhen

Happy 3rd Birthday Tehoronhiahnhen

Lots of love
From auntieRose



Happy birthday Rose!

You will always be our baby girl
even if you are turning 11.

We love you so much,
Mom & dad

Happy belated birthday Babba Mike & Tota G

We love you very much and We appreciate everything you do for us.

Love,
Dave, crystal, Flower, Rose, Teha, Taylor,
Tehoronhiahnhen, Saydee & Raelyn.

Si & Diesel too

Teharonhiakhwa

Happy 21st birthday Teharonhiakhwa

You are an amazing son, brother, and father to us all.

Love
Mom, Dad, Flower, Rose, Tehoronhiahnhen,
Saydee, Raelyn, and Si and Diesel



March

Nutrition Month

International Women's Day

March 8

St. Patrick's Day

March 17

World Water Day

March 22

World Tuberculosis Day

March 24

April

National Oral Health Month

April Fool's Day

April 1

World Health Day

April 7

Good Friday

April 19

Easter Monday

April 22

Earth Day

April 22

Emergency Phone Numbers

Fire and Ambulance: 911

Police Emergency:

310-4141 *4141 (cell)

Police Non-emergency

(office) (450) 479-1313

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

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



March 7, 21

April 4, 18



March 14, 28,

April 11, 25



March 12

April 2, 9, 16, 23, 30

*Leaves will be picked up on April 23rd and April 30th.

Ami-Quebec Support Groups

For family, friends & people living with mental illness

Anxiety

March 11
April 8

Bipolar Disorder

March 18
April 8

Depression

March 18
April 15

Hoarding

March 25
April 29

Obsessive Compulsive Disorder

March 11
April 8

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