



Karihwi:ios

KHC Attracts a Big Crowd at 2019 Health Fair



By Susan Oke

The KHC held our Health Fair and Flu Vaccination Clinic on Saturday, November 2nd at Ratihente High School gym. It was a busy day and for many people it was also rewarding because there were lots of door prizes to be had. There were plenty of information booths including KHRO, who had info on health-related careers, and were also promoting their upcoming PAB (Préposé aux bénéficiaires) course. A representative from McGill also had info for university students interested in health careers.

There was a traditional medicine representative in attendance. Alicia Cook (Canoe Woman Herbs), was there handing out samples of her home-made elderberry cough syrup. It was delicious. Both Kanehsatake Crossfit and Steel Alphas were on hand to encourage people to work on their physical health. The crossfit booth had a trivia contest (hosted by their trainer S.P. Dubois), and a physical challenge for all takers interested in winning a treatment or a smoothie.

Onen'to:kon Healing Lodge was there, as was the West Island Thera-

py group, 4Korners, and representing environmental health was the Ratishontsanonstats Environment Department who gave away a paper shredder. See complete list of vendors below.

This event was big and well organized by KHC's Tiohenta McComber. We had a great turn out this year with about 250 people attending the health fair and 132 also getting their flu shot. The vaccination numbers would have been higher but unfortunately, we ran out of vaccines a little after 1:00 PM. We have received some more vaccines and will continue to vaccinate people—by appointment only—every Wednesday until the Christmas Holidays. If you are interested in an appointment, call Diane at the front desk. Hope to see you at our next health fair. See a list of some of the prize winners below.

Vendors

COHI
Mamie's Kitchen
Steel Alphas
Canoe Woman Herbs
Kanehsatake Crossfit
Wild Iris

BACA

Onento:kon Healing Lodge
Centre SIDA Amitié (CSA)

West Island Therapy

4Korners

Indigenous Health

KHRO

Kanesatake Ratishontsanonstats Environment Department with Terra Humana Solutions and McGill University.

Some of our winners

Mary Claude Bernard: Grand Prize
IPAD mini and Case

Jeff Nelson	\$100 pre-paid visa
Tracy Cross	\$50 pre-paid visa
Gilles Lepins	\$50 pre-paid visa
Chloe Jacobs	\$50 pre-paid visa
A. Lamouche	\$25 pre-paid visa
Susan Beauvais	\$25 pre-paid visa
Claudia	\$25 pre-paid visa
Linda M.	\$25 pre-paid visa
Kimberly Simon	\$25 pre-paid visa
Joanne Etienne	\$25 pre-paid visa

PHOTOS on PAGE 8

Inside Karihiwios

What is UV treatment?	2
Radio Station Update	4
Breast Cancer Among Indigenous People in Quebec	8
Kanesatake Health Center Inc. Baby Friendly (BFI) re-designation 2019.....	9
Intergenerational Gathering 2019.....	9
Health Fair and Vaccination Clinic.....	10
Matthew Etienne Memorial	12
Masters Lacrosse Tournament	12
Halloween 2019	16
Tsi Niiorihowá:nen Aetewathsnié:non	17
The Importance of Supporting Each Other.....	18
Announcements.....	19



Health Center News

The Kanesatake Health Center welcomes Patricia Gabriel to our team. Patricia was recently hired as our Accreditation Coordinator. Congratulations and welcome aboard.

**FLU Vaccinations
Every Wednesday
Until the Christmas Break
By appointment only!
Speak to Diane, EXT. 221**

Canada Pension Plan/Old Age Security

- November 27, 2019
- December 20, 2019

What is UV treatment?

Submitted by Stephanie Nelson

Ultra-violet (UV) treatment is the disinfection process of passing water by a special light source. Immersed in the water in a protective transparent sleeve, the special light source emits UV waves that can inactivate harmful microorganisms. This method of treatment is growing in popularity because it does not necessarily require the addition of chemicals.

UV systems alone are neither intended to treat water that is visually contaminated nor intended to convert wastewater to safe, microbiologically potable water.

How does UV treatment work?

The ultra-violet rays, similar to the sun's UV but stronger, alter the nucleic acid (DNA) of viruses, bacteria, molds or parasites, so that they cannot reproduce and are considered inactivated. UV treatment does not alter the water chemically as nothing is added except energy. UV treatment does not remove dirt and particles, metals such as lead or iron, or hard minerals such as calcium.

How do you maintain a UV system?

UV units operate at a low cost. The bulb gradually loses its disinfecting capabilities over time. It should be changed at least once a year—even if it is still operating.

The quartz sleeve surrounding the bulb must be kept clean in order for the unit to function safely.

Note: no one system can treat water 100 per cent, and without proper maintenance it should not be considered 100 per cent reliable.

If your drinking water comes from a private source, (such as a well), be sure to have your water tested periodically to ensure it is safe to drink.

FREE TOY AND GROCERY BINGO

THE KANESATAKE HEALTH CENTER
IS HOSTING A FREE TOY AND GROCERY BINGO!
COME OUT AND HAVE SOME FUN AND SEE WHAT YOU CAN WIN!

SUNDAY, DECEMBER 1, 2019
RATIHENTE HIGH SCHOOL GYM

BINGO PLAYERS OF ALL AGES WELCOME!

**DOORS
OPEN
11:30 AM**

**BINGO
STARTS
12:30 PM**

JOIN US AND GET 2 BINGO PACKAGES



JACKPOT GRAND PRIZE

**A CHRISTMAS TREE OF FUN!
COMPLETE WITH GIFTS FOR THE WHOLE FAMILY**



**DOOR
PRIZES**

**ELEPHANT
DRAW**

**\$5 MEAL
DEALS**

**\$2 CASH
GAME**



**SPACES ARE LIMITED. REGISTER YOUR HOUSEHOLD TODAY.
PRE-REGISTRATION REQUIRED.
TO RESERVE YOUR TICKETS FOR THIS EVENT CALL
APRIL AT 450-479-6000 EXT 227**

Radio Station Update



Public Meeting for Radio Station

Wednesday, November 27th, 2019
United Church Hall
6:30 pm

The meeting is being held to ratify the newly formed not-for-profit corporation and to instate the board of directors. The name is **Tsik Nonwéhson Nitkontewenní:ne's - Mohawk MultiMedia, Inc.** The corporation will oversee the radio station and other multimedia endeavors.

All Kanehsatà:ke members that attend each meeting are automatically members of the corporation. A copy of the bylaws can be sent to you before the meeting upon request. Please email: 1017rkr@gmail.com



The Secret Door Fundraiser

WIN \$20 000 CASH!! And help fundraise **\$50 000 for Reviving Kanehsatà:ke Radio - RKR.** Only 100 "DOORS" for sale. \$1 000 each. Every Door is a guaranteed winner!! \$60 000 in total prizes!! 2nd prize \$8 000, 3rd, 4th, 5th, 6th prizes \$5 000 each, 7th prize \$2 000!! All other prizes worth at least \$100! E-transfer today: 1017rkr@gmail.com. Note new draw date December 20th. Remember you can create a group to get in on the action! Check out which doors remain and pick your number! www.facebook.com/thesecondoor.kanehsatake This fundraiser is for your community radio station's new building, new antenna and transmission tower!

The Secret DOOR

Grand Prize: **WIN \$20,000 CASH**

1 Prize of **\$8,000**

4 Prizes of **\$5,000**

1 Prize of **\$2,000**

\$50,000 in cash prizes

Buy a door **\$1000 ea.**

Create a group!

Draw **December 20th**

Only 100 doors for sale

At least \$10,000 worth of prizes behind remaining doors

7 A FUNDRAISER FOR REVIVING KANEHSATÀ:KE RADIO-101.7 FM. HELP RAISE \$50,000 TO REBUILD THE RADIO STATION

IN COLLABORATION WITH **EASTERN DOOR**

E-TRANSFERS: 1017RKR@GMAIL.COM

facebook.com/thesecondoor.kanehsatake/

Super Clinique

GMF-Reseau Sainte-Rose

280 Boulevard Roi-du-Nord, Laval

On-Line Appointments (Same day or next day appts.)

www.rvsq.gouv.qc.ca

CANnabis WE TALK?

Hosted by
the Kanesatake Health Center

with special guest presenter
Shawna Dunbar from
Wild Iris Sauvage



Please RSVP
Robert Marcheterre
450-479-6000 ext. 267

Deadline to register:
Monday November 25 by 4pm

Maximum 30 participants



AN OPEN DISCUSSION ON THE SUBJECT OF CANNABIS

November 28, 2019
6pm – 9pm

KHC Board Room

A light meal will be provided at 5pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	N O V E M B E R
Clinic schedule is subject to change or cancellation.					1	2	
3	4 Dr. Moisan	5 Dr. Raven Dumont-Maurice Blood Clinic 7:30-9:00 am	6 Dr. Moisan 1/2 day	7 Dr. DeBroux 9:00-11:00 am Blood Clinic 8:00-9:00 am	8	9	
10	11	12 Blood Clinic 7:30-9:00 am	13 Dr. Moisan 1/2 day	14 Dr. DeBroux 9:00-11:00 am Blood Clinic 8:00-9:00 am	15 Dr. Saba	16	
17	18 Dr. Moisan	19 Dr. Raven Dumont-Maurice Blood Clinic 7:30-9:00 am	20 Dr. Moisan 1/2 day	21Dr. DeBroux 9:00-11:00 am Blood Clinic 8:00-9:00 am	22	23	
24	25 Dr. Moisan	26 Blood Clinic 7:30-9:00 am	27 Dr. Moisan 1/2 day	28 Dr. DeBroux 9:00-11:00 am Blood Clinic 8:00-9:00 am	29	30	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	D E C E M B E R
1	2 Dr. Moisan	3 Dr. Raven Dumont-Maurice Blood Clinic 7:30-9:00 am	4 Dr. Moisan 1/2 day	5 Dr. DeBroux Blood Clinic 8:00-900 am Foot Care Nurse	6 Dr. Saba	7	
8	9 Dr. Moisan	10 Dr. Raven Dumont-Maurice Blood Clinic 7:30-9:00 am	11 Dr. Moisan 1/2 day	12 Dr. DeBroux Blood Clinic 8:00-900 am Foot Care Nurse	13	14	
15	16 Dr. Moisan	17 Dr. Raven Dumont-Maurice Blood Clinic 7:30-9:00 am	18 Dr. Moisan 1/2 day	19 Dr. DeBroux Blood Clinic 8:00-900 am Foot Care Nurse	20	21	
22	23	24	25	26	27	28	
The Kanesatake Health Center will be closed for the Christmas Holidays starting December 23rd. We return Monday, January 6, 2020							
29	30	31			If you can't make it to your appointment, please let us know. Someone's waiting for your appointment. Nia:wen.		

Kids Volleyball

Monday Nights @ Ratihente High School

Starting November 18th 2019

Ages: 7-9 From 6:00-7:00pm

Ages: 10-12 From 7:00-8:00pm

Teen & Adult Volleyball

Wednesday Nights @ Ratihente High School

Starting November 20th 2019

Ages: 13+ from 6:00-8:00

Please dress accordingly

Indoor shoes are Mandatory

For more information, contact

Jeff Nelson 514-688-8324

Sponsored by:

The Kanesatake Health Center

Child & Family Support Department

in collaboration with

Kanesatake Crime Prevention Program



If you are a diabetic, feel free to **"walk-In"** on **Wednesdays** for a teaching session to help you keep your blood sugars at an optimal level.

For anyone who would like to prevent diabetes, please **"Walk-In," Wednesdays**, to make a plan to keep yourself diabetes free.

You may have the following symptoms and not yet realize you may be diabetic:

Excessive thirst
Increased hunger
The need to urinate more than usual
Blurred vision
Unusual fatigue and weakness

Come in WEDNESDAYS for a sugar test 2 to 3 hours after a meal and we'll let you know where your blood sugar is at.

Breast Cancer Among Indigenous People in Quebec

By Dinah Routly, RN, BScN, MScN

On October 22 & 23, 2019, two Nurses from the Kanesatake Health Center attended a training session sponsored by the FNQLHSSC on *Cancer Prevention and Screening*.

Regarding breast cancer specifically, the available statistics show that there are fewer cases and fewer deaths due in part to the successful screening program by the Ministry which invites women over 50 years of age for a screening mammogram every two years. Besides the screening mammogram, women may want to reflect on the various risk factors they may face but over which they have some control. These are called **modifiable risk factors** and include:

- alcohol consumption
- physical inactivity
- excess weight after menopause
- late pregnancy or no pregnancy
- oral contraceptives or hormone replacement therapy

Non-modifiable risk factors are ones over which women have no control. These include:

- over 50 years old,
- early menarche/late menopause,
- family history of breast cancer'



- dense breast tissue
- radiation treatments to the chest area before 30 years of age.

The recommendation is for women between 50-69 years of age to have a screening mammogram every two years and it makes sense. Some women have mammograms earlier if referred by the physician.

To promote equity and equal access to health services, women from the community will be asked to participate in a brief telephone survey regarding mammograms. Dr. Nathalie Duchesne has worked with the community of Kahnawake and now Kanesatake to develop the survey with the goal of improving access to breast cancer screening. This health promotion and illness prevention initiative will be anonymous and the results confidential.

Kanesatake Health Center Inc. Baby Friendly (BFI) re-designation 2019

By Crissann Thompson, BFI Coordinator/
Family Development Coordinator



On Sept 24th & 25th 2019 the Breastfeeding Committee for Canada Accreditation assessors visited the KHC for two days.

The KHC was visited by two lovely ladies, Marg La Salle RN, BScN, IBCLC, Baby Friendly Initiative Co-Chair, BFI Assessment Committee, Breastfeeding Committee for Canada. Louise Dumas RN, MSC, PhD is lead assessor for the WHO/UNICEF Baby-Friendly Hospital Initiatives and one of the Canadian representatives at the WHO for BFHI implementation in industrialized countries. She is also a member of the Breastfeeding Committee for Canada.

The two days were jam packed with staff interviews and a visit to our local Parents n Tots group, who were participating in an Intergeneration Gathering for our expecting mothers. Parents and their support people were able to sit and chat with the assessors and tell them their personal stories and how we as a community have regained a breastfeeding culture within this past decade.

This accreditation did not happen overnight....It has been years in the making. And you the community families have made this happen. By renormalizing breastfeeding and making the choice to be "Baby Friendly" in your own homes, you have changed the culture in your community! Be proud of that!!! You are giving the best to your children by helping them have a strong foundation for a healthy future.

On September 1st 2019 we achieved re-designation as a "Baby Friendly" Community Health Service! Way to go!!! To all the KHC staff who went above and beyond and were acknowledged as being well educated and well informed. To all the families and mothers who shared their stories and their breastfeeding experiences with the assessors, you were also acknowledged as being well educated and well informed about the Baby Friendly Initiative.

By being Baby Friendly Accredited, the Kanesatake Health Center can continue to offer the community of Kanesatake the best services available! Let's keep up the great work and be ready for the next five-year re-assessment. Promote, Protect and Support!!



Intergenerational Gathering 2019

By Crissann Thompson, BFI Coordinator/
Family Development Coordinator

This past September the Maternal Child Health department and the Baby friendly department cohosted our bi-annual Intergenerational Gathering on September 24th 2019 at the Kanesatake Health Center board room. We had a total of 10 participants. We also had two lovely guests, Marg LaSalle and Louise Dumas, both Baby Friendly assessors from the Breastfeeding Committee for Canada. They both participated in our gathering and were very moved by our "support network approach" to teach breastfeeding information and the importance of connecting families to the expecting mother and baby.

What is an Intergenerational gathering?? We invite all expecting woman and all their support, grandmothers, mothers, aunts, sisters' friends as well as their partners and any other male support they may have in their networks.

We have everyone get together to learn all about breastfeeding and mother baby connection as well as family connection and support. This has given us a chance to dispel myths they have may heard along the way and inform the support network of all the benefits of breastmilk.

Karen MacInnes, Crissann Thompson and Karenahawi McComber host the Intergenerational Gathering bi-annually, depending on how many expecting families we have within the community of Kanesatake that particular year.



By educating the support network of each expecting woman, we can then ensure we have families with at least one or two support people with up to date information and support techniques. Let's continue to create a Baby Friendly Kanesatake!

Health Fair and Vaccination Clinic

Photos: Susan Oke & Shyann Nelson-Baker





Matthew Etienne Memorial Masters Lacrosse Tournament

Photo courtesy of Kevin Nelson



First Place: Ottawa Axemen, Second Place. L

By Kevin Nelson

On Friday September 14 we hosted a lacrosse alumni dinner celebrating the life of famed stick maker Matthew Wa'es Etienne. A 20 minute video paying tribute to the man who was an influential part of running lacrosse in Kanehsatake for over 30 years.

Following that video, we had a lacrosse panel discussion with James Nelson, Garry Carbone, Victor Bonspille, Barry Bonspille and John Cree who discussed what it was like growing up playing lacrosse and the influence and impact Matthew Etienne had on their playing careers. Following that, Shelly Simon was honored for her contributions in being a trailblazer in the development of women's lacrosse in Kanehsatake.

Myself and Brandon Etienne were honored for our contributions in helping develop minor lacrosse in Kanehsatake for over 10 years. We were deeply touched and honored to receive a Tionatakwente lacrosse stick for our contributions. There was a report on the minor lacrosse by Jeff Nelson and we ended the dinner with an announcement that our MVP award for our 1st Masters tournament will be in the name of one of our hall-of-famers, Donald Gabriel.

On Saturday, we hosted our first tournament in the name of Matthew Wa'es Etienne in our newly renovated lacrosse box. There were 4 teams competing in our inaugural tournament: Kanehsatake, Manns Masters, Kahnawake Sniprhawks and Ottawa Axemen. In the end Ottawa proved to be to be the strongest, as they won the tournament.

Day 1

Kanehsatake 5- Kahnawake 2
Kahnawake 7 Manns 6
Ottawa 10- Kanehsatake 0
Ottawa 5- Manns 2
Manns 9- Kanehsatake 3
Ottawa 5- Kahnawake 1

Day 2

Ottawa 6 Kanehsatake 1 semi final 1
Kahnawake 4 Manns 1 semi final 2
Manns 10 Kanehsatake 2 3rd place
Ottawa 6 Kahnawake 2 final

On behalf of our committee we would like to thank the following sponsors, Kanehsatake Health Center, Mohawk Council of Kanehsatake, Smileys, Rezmart, The Depot, Leroi, Hilltop, TNT, Maria Gas bar, GnR Recycling, Green room, Green Devil, Mary Jane, Chase The Ace, Kahnakiio, Med Pharma, Mark Bonspille and the Kanehsatake Powwow Committee. As well as economic development for the garbage bins.

We would like to thank Smokey Richard for setting up, Russel Denis for generators, Syd Gaspé and his crew of Rahnekenhawi Cupples and Tewa Nelson for the video setup. Tess Lalonde for cleanup, Dave Belisle, Donna Bonspille, Shiril



Bonspille and Brigitte Toohey. Brandon Etienne for scheduling, Teionata'a Tolley, Daphne White, Makena Nicholas and Tetiaronhianisere Diabo for shot clock and scoreboard. Ida Nelson and Tehoniehtonkwen Gabriel for cleanup and Al Harrington and Nicole for the BBQ on Sunday.

Most of all we would like to thank the Etienne family—Timmy Etienne and Karen Etienne for allowing us to host the weekend festivities in Matthew Etienne name.

Organizers: Mathew Etienne Memorial

Kevin Nelson, Garry Carbonnell, Valerie Bonspille, Victor Bonspille, Travis Gabriel, Jeremy Tomlinson, Jason Nelson





DOG BITE SAFETY



Dog bite prevention tips

- 🐾 Don't approach a strange dog, especially one that's tethered or confined.
- 🐾 Do not run past a dog. The dog's natural instinct is to chase and catch prey.
- 🐾 If a dog threatens you, don't scream. Avoid eye contact. Try to remain motionless until the dog leaves, and then back away slowly until the dog is out of sight.
- 🐾 Always ask the owner if it's OK to pet the dog.
- 🐾 People who choose to pet dogs should always let a dog see and sniff them before petting the animal.
- 🐾 Never bother dogs while they are eating, sleeping, or taking care of their puppies.
- 🐾 A dog of any age, size or breed can bite.

How to Be a Responsible Dog Owner

- 🐾 Obedience training can teach dogs proper behavior and help owners control their dog in any situation.
- 🐾 spay or neuter your dog. Neutered pets can be calmer, healthier and less likely to be aggressive in some situations. Neutered dogs are less likely to bite.
- 🐾 Make sure your dog has his vaccinations up to date.
- 🐾 Dogs that haven't been properly socialized, receive little attention or handling, or are left tied up for long periods of time frequently turn into biters.
- 🐾 Always supervise your dogs around house guests, strangers and especially children.
- 🐾 Do not practice rough play. Avoid playing tug of war and never have your dog chase you for fun.

What to do if you're bitten by a dog

- 🦴 Wash the wound thoroughly. Run under a cold tap for 10 minutes, even if the skin isn't broken.
- 🦴 Seek medical attention as soon as possible. Tell your doctor or medical practitioner that you have been bitten by an animal.
- 🦴 Speak to the owner if possible and let them know what happened. This might be easier if you know them.
- 🦴 Report the bite. Taking photos of the wound straight after it happens can be helpful. Your police and local authority's dog warden should be informed of any dog bites to take steps to prevent this happening in the future.
- 🦴 Seek assistance if you find your emotional wellbeing is suffering, you have an increased fear of dogs or other animals and/or you have nightmares or cannot sleep.

References: doggonessafe.com. Preventthebite.org



Kanesatake Health Center Injury Prevention



CONSEILS EN MATIERE DE PREVENTION DES MORSURES DE CHIENS



Conseils sur la prévention des morsures de chiens

- Évitez d'approcher un chien attaché ou enfermé dans un lieu clos.
- Évitez de dépasser un chien en courant. Chez le chien, son instinct naturel lui dit de pourchasser et d'attraper une proie.
- Si un chien vous menace, ne criez pas. Évitez le contact visuel. Essayez de demeurer immobile jusqu'à ce que le chien s'en aille, et reculez doucement jusqu'à ce qu'il soit hors de vue.
- Demandez toujours au propriétaire si vous pouvez caresser le chien.
- Les personnes qui choisissent de caresser un chien doivent toujours s'assurer que le chien puisse les voir et les renifler avant de pouvoir flatter l'animal.
- Ne dérangez jamais un chien qui est en train de manger, de dormir ou qui prend soin de ses chiots.
- N'importe quel chien peut mordre, peu importe l'âge, la grosseur ou la race.

Comment être un propriétaire de chien responsable

- Les cours d'obéissance et de dressage peuvent apprendre au chien à avoir un comportement approprié et aider les propriétaires à maîtriser leurs chiens en toute situation.
- Stérilisez ou castré votre chien. Les chiens castrés seront plus calmes, en meilleure santé et seront moins portés à être agressifs dans certaines situations. Les chiens castrés sont moins enclins à mordre.
- Assurez-vous que le carnet de santé et de vaccinations de votre chien est à jour.
- Les chiens qui n'ont pas été préalablement socialisés, qui ont reçu peu d'attention, d'affection, ou qui sont attachés pendant de longues périodes de temps sont souvent portés à mordre.
- Surveillez toujours votre chien lorsqu'il est en présence d'invités, d'étrangers et particulièrement d'enfants.
- Ne vous adonnez pas à des jeux rudes et robustes avec votre animal. Évitez les jeux brutaux et n'encouragez jamais votre chien à vous pourchasser simplement pour le plaisir de la chose.

Que faire en cas de morsures

- Nettoyez soigneusement la plaie. Rincez doucement à l'eau froide sous le robinet pendant 10 minutes, même si la peau n'est pas transpercée.
- Ayez recours à une aide médicale le plus tôt possible. Informez le médecin que vous avez été mordu par un animal.
- Si possible, parlez au propriétaire et informez-le de ce qui vient de se produire. Cette démarche pourrait être plus facile si vous le connaissez.
- Il faut déclarer la morsure. Des photos de la blessure prises immédiatement après pourraient s'avérer utiles. La police et le surveillant canin de votre autorité locale doivent être informés de toutes morsures canines afin que des mesures soient prises pour empêcher que cela ne se reproduise à l'avenir.
- Demandez de l'aide si vous trouvez que votre bien-être émotionnel est fragilisé, que vous éprouvez une peur accrue des chiens ou d'autres animaux et/ou si vous faites des cauchemars ou ne parvenez pas à dormir la nuit.

References: doggonesafe.com. Preventthebite.org



Programme de prévention des blessures, Centre de Santé de Kanesatake

Halloween 2019



Tsi Niiorihowá:nen Aetewathsnié:n

By Wenhni'tt'io Will Gareau, Language and Culture Coordinator



Tóka' iethiisothokon'kénhen ieniethiianonhtónnionhwe né:ne iah só:tsi tewahón:nise ronatóhétston, akwé: ónhte enwá:ton aetewarihwán:we'ne tsi sénha se's wentó:re tsi ronatehiahróntie. Iah thé: tehotiien:tahkwe ne ken'tonhkwarà:ken, ká:ron nihotihwistaién:tahkwe, aó:wen se's é:so ahatiien'ho ne tsi tóka' iah, iah tha'tahonatskà:hnhon tsi niióhseres. Ronhátien tsi sénha wentó:rehkwe tho shikahá:wi shé:kon wahatikwé:ni eh tho nahatí:iere nahò:ten teitonhontsohón:nen. Ratiká:ratons thotí:ions tsi niiorihowá:nen se's ahatina'tsihá:ren ronónha ken' shithotiién:'a.

Tsi ní:ioht tsi ronthró:ris, é:so se's ratina'tsihárrha né:ne iah só:tsi wahón:nise té:. Tsi niionkwarihó:ten nen' né:'e tió:konte taetewatatsnié:n, aiethiie:nawa'se skátne tsi aionkwaió'ten. Tóka' ahontenonhsón:ni, ahatiienthwá:ko tóka' ní' akontikhón:ni, tiokon'ón:we ohserón:ni rotiió'tehkwe. Ahontshennón:ni tsi niká:ien ronatia'taró:ron skátne tahatithà:ren tsi rotiió'te sok aonsahatiia'tahní:rate tsi na'teiontskà:nhons. Kwah iah ohwísta khok thia'tehonnonhtónnions. Skén:nen ò:ni' ronnonhtónnionskwe nahonaterién:tarake tsi enhonwatihsnié:n ni' né:'e nó:nen ienkáhewe.

Tóka' nón:wa iah teionkwattó:ken só:tsi é:so iohserà:ke niahéte tsi akwé:kon skátne kén:nen tánon kwah skénén:'a wa'tewatté:ni wa'onkwakarón:niá'te taetewaté:ni tsi nitewaiérrha naetewakwekónhake né:ne tsi nonkwá:ti ne tewaia'taktóntie nón:wa wenhniseraténion. Tóka' karihwanóntha thé:nen ne ontionhà:'ak aetewahkitáhrhoke orihwí:io tsi kátke'k enionkwakarón:niá'te. Iah eh tho teionkwarihó:ten. Ronattó:ken thonnonkwe'tá:ions tsi iotshennónnia't skátne aetewatia'taró:roke né:ne taetewatatsnié:n nahò:ten ionkwarihwaién:ni. Tóka' enwá:ton skénén:'a tsi nitionkwathtehrí:n niaeséte tsi akwé: skátne enionkwakwátshe'ne. Tóka' ò:ni' sha'teiorihowá:nen ne iethiio'okón:'a raotirihwà:ke tsi enwá:ton ní' né:'e aiethina'tón:hahse ahatirihwakwénienste kí:ken, "aiana'tsihá:ren". Teiorénhsaron't tsi niiohstó:re ratiweientéhtas ken' nihonná:sa ronhátien tsi ronatswa'tonháties. Tsi sénha iotká:te entewatia'taró:roke enwá:ton ahatiweientéhta'ne norihwakaionhnéha khò:ni' ne onkwehonwehnéha kakwenienstátshera. Iorihwatshá:nit tsi na'á:wen'ne né:ne só:tsi iohstó:re wa'tewaté:ni onkwawén:na tánon tsi niionkwarihó:ten. Wé:ne tóka' entewaká:én:ion tsi nihá:ti tehotinekwenhsatsikhè:tare. Né:'e kí' na'á:wen'ne tsi só:tsi iohstó:re wa'titewaté:ni kahkwáksens aétewake. Iorihwatshá:nit ò:ni tsi neniá:wen'ne tóka' tionkwa'nikonhrakontáhkwen nonkwehonwehnéha, ne tsi ken'k niiorí:wa aiana'tsihá:ren. Tóhkara'k niiorí:wake káhsen né:ne o'nónhkwa ne tsi naetewaweienó:ten. Iah thaón:ton aiethiatswaténien ne thonnonkwe'tá:ions nahò:ten ionkhirihonnién:ni ne taetewaterihwakwénienhste.

Wa'akwana'tsihá:ren ne Ratiwennenhá:wi raotitíohkwa ne tsi niiontónnhien nikahá:wi aiakwanorótshi tánon ò:ni' ó:nenhste aiakwaratsken'tón:ni. Wahatikwáthoni' né:'e Learn and Playronterihwaiénstha. Wa'akwatan'nikonhró:ri, ohstón:ha wa'akwaweientéhta'ne tánon skátne wa'tiakwatskà:nhon. Sénha kí', thontaiawénhstsi ohontsakékha wa'akwaterennó:ten. Io'nikonhrakétskwa't tsi niwake'nikonhró:ten tsi ioiótetehkwe nonónhkwa. Á:ienhre'k kwah iah teionkwaio'tenhseraién:tahkwe tsi niion'wesén:nen. Tó:ske tsi iah kén:' tehón:nes iethiisothokon'kénhen nek tsi shé:kon kí' kaién:ton raonaterien'tátshera naétewatste. Kwah nek ne karihwanóntha aonsetewarihwahní:rate tsi naetewaia'tó:ten tsi tionkwehón:we né:ne tóhsa aiethiatswaténien ne iethiisothokon'kénhen. Sénha ne' tentewataterihwakwénienhste, entewatatenorónkhwake tánon tentewatatsnié:n, sénha ne entsitewa'shátsten'ne. Eh nikawén:nake. Tho káti' naióhton ne onkwa'nikò:n:ra.

QR Codes for Onkwehonwehnéha Content

Starting with this issue of Karihwí:ios, you will find a "QR code" included with all Onkwehonwehnéha content. These QR codes work with an app on your smartphone or mobile device so you can not only read the article, but *listen* to them as well!

Follow these quick instructions to get started and listen along! Download a QR scanner app from the app store (I use QR Reader by Scan). Once the app is downloaded open it. Hold your device over the QR Code so that it's clearly visible within your smartphone's screen. That's all! The app will automatically direct you to where the sound file is stored where you can listen as many times as you like!

The Importance of Supporting Each Other

Photos: Susan Oke

By Wenhni'tio Will Gareau, Language and Culture Coordinator

If we think of our ancestors, those that have passed not too long ago, I think we can all agree that they grew up in times that were much harder than our own. They didn't have electricity, they had much less money and they also had to plant a lot and then harvest because if not, the reality was that they'd have nothing to eat over the winter. Even though those times were difficult they were still able to accomplish what needed to be done. Our elders tell stories of how important it was to "hang the bucket" when they were younger.

The way they tell it, we would do this a lot not too long ago (aiena'tsihá:ren, to hang the bucket or "a work bee"). It's our way to always help each other, support each other and work together. Whether building a house, harvesting food or cooking, it was understood that it was worthwhile to work together. Those that would arrive to help would be happy with a good conversation while they worked and a meal when they would finish. There was no thought of being paid monetarily. For some, their minds would be put at ease with the understanding that they would also receive help if ever it became necessary.

Although we might not notice because these changes took place over many years, our change from a tight knit society to one leaning more toward social isolation has been and continues to be, extremely damaging. If we have to carry a load by ourselves eventually it'll become too much and we'll find ourselves burnt out or depressed. It's not our way to shoulder all the responsibility. The old ones noticed that it's uplifting to gather together and to share in our responsibilities. If we can slowly make a move towards our root's we can all be better off for it.

Also of equal importance is the necessity of showing our children to treasure this, "aiena'tsihá:ren". It's surprising how fast they will learn, even when they're playing around. As we begin to gather more often they can learn the old ways, as well as, our values as Onkwehón:we.

It's of special significance that we were forced so quickly into changing our language and culture. This is more evident as we think about how many in our community are diabetic. This is the result of changing our diets too quickly from healthy foods to those that do us harm. That being said, it will be equally as striking if we re-prioritize our ways, because "aiena'tsihá:ren" is but a small part of the whole. There seems to be a few issues that are central to our ways and that cannot be separated. Helping each other, is one.

At harvest time we held a small husking bee with our language group here in Kanehsatà:ke, Ratiwennenhá:wi, where we husked and braided quite a bit a corn. The children from Learn and Play also paid us a visit. We had fun, we learnt a bit and we shared a pot of corn soup. On top of that we spontaneously started to sing our social songs as we worked. It was uplifting to see the medicine working, as what was suppose to be a job, turned into something very enjoyable. It's true that our ancestors are not here with us but their knowledge is at our fingertips. All that is needed is to reaffirm our identity as Onkwehón:we as to not turn our backs on the old ones. The more we respect each other, love each other and support each other, the stronger we will get. That's the amount of words, let it be that way in our minds.





Announcements

Health Center Birthdays

Jocelyn "Kitty" Bonspille
November 4

Kassandra Bonspiel
November 29

Tanya Denis
December 4

Robert Marcheterre
December 16

Shirrillean Nelson
December 25

Happy birthday everyone!



The Kanesatake Health Center Inc. would like to wish the community a safe and happy Christmas Holiday!



Birthday blessings to

Sidney, Barbara, Rodger, Leilani, and Noreen! For the month of November

From Mavis



Mini-Mohawk Lesson Courtesy of Will Wenhni'tí:io Gareau

Snow is coming - Taio'keronhátie

We will build a snowman - Atenenniò:kwa entión:ni

There is freezing rain now - Ó:nen iowisóntion

Christmas is coming - Tá:we rotón:ni nikahá:wi

My family always has a big meal together at Christmas - Tió:konte akhwá:tsire skátne tehontskà:hons ne Rotón:ni nikahá:wi.

Happy New Year! - Ohserá:se!

November

**Lung Cancer
Awareness Month**

**National Domestic Violence
Awareness Month**

Remembrance Day
November 11

World Diabetes Day
November 14

December

World AIDS Day
December 1

Human Rights Day
December 10

Christmas Day
December 25

New Year's Eve
December 31

Garbage

November 7, 21
December 5, 19

Recycling

November 14, 28
December 12, 26

Organic Waste

November 5, 12, 19, 26
December 10

DIABETES FACTS AND FIGURES

- 425 million adults (1-in-11) have diabetes
- The number of people with diabetes is expected to rise to **522 million by 2030**
- 1 in 2 people with diabetes** remain undiagnosed (212 million)
- 3 out of 4 people with diabetes** live in low and middle income countries
- Over 1 million children and adolescents** have type 1 diabetes
- 1 in 6 births** is affected by high blood glucose (hyperglycaemia) in pregnancy
- Two-thirds of people with diabetes** are of working age (327 million)
- Diabetes caused **4 million deaths** in 2017
- Diabetes was responsible for **at least \$727 billion in health expenditure** in 2017 – that's greater than the defence budgets of the US and China combined!

The **IDF Diabetes Atlas** > provides the latest figures, information and projections on diabetes worldwide. **Stay tuned for the 9th Edition, available on 14 November 2019.**



THE NUMBER OF PEOPLE WITH
DIABETES IS EXPECTED TO RISE
TO 522 MILLION BY 2030



3 OUT OF 4 PEOPLE WITH
DIABETES LIVE IN LOW AND
MIDDLE INCOME COUNTRIES

PLAY YOUR PART: Print this page and share these stats to raise awareness of the prevalence and dangers of diabetes



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
Disorder**

Bipolar Disorder

Depression

Hoarding

Obsessive Compulsive

November 4
December 2

November 18
December 9

November 18
December 9

November 25
December 16

November 4
December 2

All support groups take place on Mondays, 6:30-8:30 PM, 4333 Cote Ste. Catherine Rd., Montreal. For information: info@amiquebec.org

514-486-1448

1-877-303-0264