



# Karihwi:ios

## 11th Annual Traditional Powwow



### New Vans for the CFS Department

The Kanesatake Health Center's Child & Family Support Department has purchased two 15 passenger, 2019 Ford Transit Vans, which were delivered in June. The licensing and registration are now complete and some program animators are in the process of upgrading their driver's licenses to 4B. Tiohenta McComber and Crystal Diabo already have their 4B license. The new vans should be on the road shortly and will be used to transport the youth to events and activities in and around Kanesatake.



Text and Photos: Shyann Nelson-Baker

What another beautiful weekend for the 11<sup>th</sup> Annual Kanesatake Traditional Powwow, held on Labour Day weekend, in the usual spot near the paddling club. Another year of having our community members, as well as, many others come together and experience our traditional ways.

The drumming and upbeat personality of Lance Delisle, the MC this year, really helped keep the spirit alive throughout the weekend. You could see everybody enjoying some fresh lemonade and a stack of potato rings on a stick which seemed to be very popular this year. A special shout out to the three drum groups; the host drum, "Buffalo Hat," "Hey Cuzzins," and "Whispering Winds;" and to all the dancers who poured their soul out in their dancing this weekend.

There were 20 craft vendors who came and put their beautiful creations on display to be appreciated by all. Nia:wen to the food vendors who were present, some who were supposed to be here were unable to attend which made the lines long.

According to Mark, this year there were eight volunteers and four nightly security, and he sends a big thank you to those who helped out. Stay tuned for the announcement of next year's new organizing committee for Kanesatake Powwow 2020 which will be held on August 29–30, next year. The new members of the committee will be announced in a few weeks. Next year marks the 30<sup>th</sup> anniversary of The "Oka Crisis," and the new committee will honor all who fought. Anyone who wants to share their story at next year's powwow is more than welcome to.

Mark says he was "pleased with the outcome. It was a beautiful weekend and perfect weather—couldn't ask for any better." Hopefully next year will be just as successful, if not, even more successful! More photos from the Powwow on page 8.

## Inside Karihiwios

Health Center News .....	2
10 Fun Facts About Water .....	2
Radio Station Update .....	3
Kanehsatà:ke Youth Entrepreneurs.....	7
Powwow in Pictures.....	8
Oh Nontié:ren Aiónhnheke ne Onkwahronkhátshera? .....	9
Why Keep Our Language Alive? .....	10
Summer Vacation Bible School .....	11
Learn & Play Graduation 2019 .....	12
Blueberry Bannock.....	13
Announcements.....	15

## Canada Pension Plan/Old Age Security

### All payment dates

- September 26, 2019
- October 29, 2019
- November 27, 2019
- December 20, 2019

## 10 Fun Facts About Water

Submitted by Stephanie Nelson

1. There is the same amount of water on Earth that there was when the Earth was formed. The water in your faucet could contain molecules that dinosaurs drank.
2. Nearly 97% of the world's water is salty or otherwise undrinkable. Another 2% is locked in ice caps and glaciers. That leaves just 1% for all of humanity's needs—all its agricultural, residential, manufacturing, community, and personal needs.
3. Water regulates the Earth's temperature. It also regulates the temperature of the human body, carries nutrients and oxygen to cells, cushions joints, protects organs and tissues, and removes waste.
4. 75% of the human brain is water and 75% of a living tree is water.
5. A person can live about a month without food, but only a week without water.
6. Water is part of a deeply interconnected system. What we pour on the ground ends up in our water.
7. Water expands by 9% when it freezes. Frozen water (ice) is lighter than water, which is why ice floats in water.
8. Logs were used for water distribution in England close to 500 years ago. US cities began using hollowed logs in the late 1700s throughout the 1800s. Today most plumbing supply is made out of steel, copper, plastic. Most waste (also known as "soil") out of steel, copper, plastic, and cast iron.
9. A jellyfish and a cucumber are 95% water.
10. Hot water can freeze faster than cold water under some conditions, (commonly known as the Mpemba effect).



## Health Center News

We would like to announce that the Child and Family Support Dept. has hired Wenhnit'io Will Gareau as a Language and Culture Coordinator. Will acquired the Mohawk language after intensive studying over three years. If you are unsure of who he is please check out his video introduction (done in Mohawk with English subtitles.), on our facebook page. You can also read his article on page 9.

Finally, a reminder that the health center's AGM is coming up in November. There will be a package sent out shortly and community participation is important because we need a quorum of 25 members to start the meeting, and we hope to see you there. The annual report will be uploaded to our website shortly and put in the mail in a few weeks.

# Radio Station Update

Submitted by Karahkóhare Syd Gaspe

Karahkóhare Syd Gaspe has been actively leading the radio station project, **Reviving Kanehsatà:ke Radio - RKR 101.7 FM**. An independent not-for-profit federal corporation has recently become official, **Tsik Nonwéhson Nitkontewenní:ne's** (voices from all over) **Mohawk MultiMedia**.

This means certain things can move forward like obtaining a bank account and ordering hydropower for the existing antenna site. A donated house trailer is being modified to house the transmission equipment. The idea is to get a signal on-the-air while searching for a better transmission site that would cover more territory and a larger potential audience allowing for more revenue. Plus, more power would protect the frequency from being used by another station. And it would be nice to keep listening to the station past Oka park.

Sites being looked at are in the pines and at the Elder's Home. Being high and by the water brings us away from being behind the mountains. The mountain itself is not feasible because of no accessibility, no hydro and no security.

While investigating a new transmission site for 101.7 FM, it became apparent that an interference zone had to be negotiated with Montreal's community radio station, CIBL at 101.5 FM. They categorically closed the door to any discussion. We have firmly responded and are awaiting a response. If negotiations fail, other strategies are being planned.

## Flood Watch Radio

When the threat of rising water approached the community this past spring, **Flood Watch Radio** sprang into action with broadcasts, keeping the community informed of the latest developments and giving key information. Syd and some volunteers hastily activated the ailing antenna and set up a make-shift studio with borrowed equipment in a neighbor's fishing cabin and tapped into their hydropower. Flood Watch Radio broadcast for 6 weeks from the "radio shack" proving that radio is essential during a community crisis. Niawenhkó:wa



Photo: Cheryl McDonald. Flood Watch Radio studio. Syd, Mary Tylah Mohawk, Gordie Oke.

to volunteers Mike Mathieu, Daniel Robert, Lucien Durocher, Lance Delisle, Mary Tylah Mohawk, Cheryl McDonald, Tionatakwente Travis Gabriel, Gordie Oke, Caroline Gelin, Raiden David, Karihohetsa Cupples.

## Digital Archiving Project

This summer, a grant was approved from the Ministère de la Culture et des Communications Québec and MCK to archive the Kanien'ké:ha language lessons, that were produced by CKHQ in 1988, by Skaronhianón:we Nelson and Kawinónhsen Nelson. Most of the master tapes were recovered from the old building and 100 lessons were digitized in high quality. Amongst the tapes was a recording of social songs by the 1990 grade 5/6 class. It was made into a high quality CD and is now for sale at the cultural center. Other cultural content and CKHQ archives are also being digitized before they are lost forever. Syd is managing this project, as well, and hired Tawatenníehtha Nelson and Sherry Benedict through the assistance of KHRO's Capacity Building program, Thatiniarotárhoks. The work is being carried out at the cultural center and will soon move to an office space upstairs at Kaniatarak'ta - Riverside Elder's Home.

Rahnekenhá:wi Cupples has also been hired through a KHRO program as a Music Database Technician. He is preparing the music library for the radio station.

## The Secret Door Fundraiser

A huge and exciting new fundraiser has been developed by Steve Bonspiel and The Eastern Door to help raise \$50 000 for the radio station! Over \$50 000 will be given out in prizes December 7th at



a special event where each door will be opened to reveal a prize. \$20 000 is the grand prize! There's also an \$8 000 prize, four \$5 000 prizes and a \$2 000 prize. Other cash prizes and gifts will be found behind every door. So, every door is a winner! Each door costs \$1 000 and there are only 100 doors for sale. That's a 1-in-100 chance at \$20 000. Have your organisation or office buy a door as a Christmas gift for the employees! Get your family, friends, co-workers to pool together! For example, 5 people at \$200 each or 10 people at \$100 each gets you a door! And you'll be walking away a winner while contributing to your community radio station's new building, new antenna and transmission tower! [www.facebook.com/thesecretdoor.kanehsatake](http://www.facebook.com/thesecretdoor.kanehsatake)

Continued on page 4.



### Not-for-profit corporation members meeting

Tsik Nonwéhson Nitkontewenní:ne's (voices from all over) - Mohawk MultiMedia, Inc. is the name of the not-for-profit corporation set up to oversee the radio station. Its mission is to promote our Mohawk identity, including language, art, history, values and traditions and to share these elements with both our community and neighbouring communities, through original multimedia content. The current board of directors is comprised of Karahkó:hare Syd Gaspe, President, Tionatakwén:te Travis Gabriel, Vice President, Sonia Bonspiel-Boileau, Secretary, Dakota Simon, Treasurer, Caroline Gelin, Director and honorary board members Gordie Oke and Cathy Beauvais. Community members make up the membership and watch for a membership meeting being held this fall.

Meetings with many community organizations have been held to discuss how the radio station can collaborate with them.

Grant proposals and a business plan are in the works for funding. Volunteer by contacting Syd at [1017rkr@gmail.com](mailto:1017rkr@gmail.com). Like, Follow and Share the Reviving Kanehsatà:ke Radio - RKR Facebook page!



Flood Watch Radio Shack

## First Nations Regional Adult Education Center Kanesatake Satellite Center

- ◇ High School Diploma
- ◇ High School Equivalency
- ◇ G.E.D.
- ◇ G.T.D
- ◇ Entrepreneurship



**Registration is ongoing.**

**Drop by KHRO and see Barry or Woody to get started when you are ready.**

**450-479-8373 (Ext 301)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	S E P T E M B E R
1	2	3 Dr. Raven Dumont-Maurice Blood Clinic 7:30-9:00 am	4	5 Dr. Moisan Blood Clinic 8:00-9:00 am	6 Dr. Saba	7	
8	9 Dr. Moisan	10 Blood Clinic 7:30-9:00 am	11 Dr. Moisan	12 Blood Clinic 8:00-9:00 am	13 Dietician, Vinita Rawat	14	
15	16	17 Blood Clinic 7:30-9:00 am	18	19 Blood Clinic 8:00-9:00 am  Foot Care Nurse	20	21	
22	23 Dr. Moisan	24 Dr. Raven Dumont-Maurice Blood Clinic 7:30-9:00 am	25 Dr. Moisan Psychologist	26 Blood Clinic 8:00-9:00 am	27	28	
29	30 Dr. Moisan			Clinic schedule is subject to change or cancellation			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	OCTOBER
		1	2 Dr. Moisan	3	4	5	
6	7 Dr. Moisan	8 Dr. Raven Dumont-Maurice Blood Clinic 7:30-9:00 am	9 Dr. Moisan Psychologist	10 Blood Clinic 8:00-900 am  Foot Care Nurse	11	12	
13	14 Dr. Moisan	15 Blood Clinic 7:30-9:00 am	16 Dr. Moisan Psychologist	17 Blood Clinic 8:00-900 am  Foot Care Nurse	18 Dr. Saba	19	
20	21 Dr. Moisan	22 Dr. Raven Dumont-Maurice Blood Clinic 7:30-9:00 am	23 Dr. Moisan	24 Blood Clinic 8:00-900 am  Foot Care Nurse	25	26	
27	28 Dr. Moisan	29 Blood Clinic 7:30-9:00 am	30 Dr. Moisan	31 Blood Clinic 8:00-900 am	If you can't make your appointment, please let us know. Someone's waiting for your appointment. Nia:wen.		

Flu Vaccination Clinic  
- No appointment needed -

# Health and Wellness Fair



**Light snacks**

**Door prizes**

**Vendors**

## and Seasonal Flu Vaccination Clinic



**Saturday, November 2, 2019**

9:00 am - 3:00 pm  
Ratihente Gymnasium  
681 B Ste-Philomene



## Everyone welcome!

### **Accepting vendors in all areas of health and wellness**

Free Booth! Set up includes 1 table, 2 chairs, table cloth.

Healthy lunch and snack will be offered for vendors.

Limited spots available, reserve early.

For more information or to register please contact

Tiohenta Mccomber (514) 467-7214,  
[t.mcomber@kanestatehealthcenter.ca](mailto:t.mcomber@kanestatehealthcenter.ca)



# Kanehsatà:ke Youth Entrepreneurs



By Patrick Gelinas

One wonderful thing about Pow-wows is that magical thread that links them all, each one providing us with their own moments of healing, of growth and of discovery. For four Mohawk youths (Isabella Bonspiel, Tara Bonspiel, Serena Ionescu, Melina Nelson) Kanehsatà:ke Pow-wow 2019 was a call to leave their comfort zone and learn about the rudiments of managing their own business.

Within the framework of “Kanehsatà:ke Youth Entrepreneurs”, Kanehsatà:ke’s Economic Development Department, for the first time, had the pleasure of grooming and mentoring our youth through the sponsorship of a lemonade stand, providing them with an experience which allowed them to acquire a means for strengthening themselves and to learn how to stand on their own two feet.

## Rudiments

These four participants were introduced to a mini Business Plan where they learned about fixed costs (cost of material for building the actual stand) and variable costs (cost of lemonade mix, water and gasoline for the generator); then they learned how to calculate their profits and to come up with their own advertising (marketing) plan.

The youths then proceeded to assemble their stand (with adults heavily assisting), to create and install their decorations until finally, two grueling days of sales on the actual Pow-wow grounds.

After equally distributing each participants share of the receipts, and after covering the initial costs, the children decided that the proceeds from the sales would go to the Kaniatarak'ta Riverside Elder's home for arts and crafts.

## Acknowledgements:

Special thanks to volunteers Mia Robertson (Migma' Nation) and James Bryant (Canada) for helping our youth at the lemonade stand. Thanks also go out to Mark Tolley of Public Works for his valuable assistance and to Mark Bonspiel for donating the site for the kid's project.

The Youth Entrepreneurs Program is a periodical activity to which new applications can be submitted to us, either by calling us at (450) 479-6006 or (450) 479-6767 or by e-mailing us at:

[gelinas.patrick@kanehsatake.ca](mailto:gelinas.patrick@kanehsatake.ca) or  
[bonspiel.tracey@kanehsatake.ca](mailto:bonspiel.tracey@kanehsatake.ca)

You can stay connected with your Economic Development Department by visiting our web site at  
[www.kanehsatakeebd.ca](http://www.kanehsatakeebd.ca)



# Powwow in Pictures





# Oh Nontíe:ren Aíóhnheke ne Onkwahronkhátshera?

By Wenhní'ttíio Will Gareau

Nó:nen onkwawén:na entewahthá:rahkwe tóka' tsi nonkwá:ti ne teiorí:wake ientewate'nikonhrénhawe né:ne tho'tí:ions aiethiianonhtónnionhwe tánon tsi ionterihwaienstákhwa, sewatié:rens ò:ni' ne kanonhséshne. Ótia'ke kwah nek ne tsi ionterihwaienstákhwa ronnonhtónnions ne tsi iah ónhka teiontá:tis tsi raotihwatsira'kéhson. Akorénhson aé:ren ratirihwaienstà:nes ne ratihnará:ken skátne, oh káti' nenhatí:iere norihwakaionhnéha ahatiweientéhta'ne? Ionehrákwa nonkwawén:na, iohtehra-hiahróntie tsi na'tetewátère. Ionkwatewennahton'onhátie kén:tho ne Kanehsatà:ke, nahò:ten káti kén:ton aionkwá:ti nonkwahronkhá'tshera?

Karihwahní:rats nonkwawén:na oh ní:ne tewatátenonhkwe tánon oh ní:ne kahwà:tsire tentewahthá:rahkwe. Í: ne tionkwehón:we karihwanóntha sénha ki' ne karihwakwenienstáhtshera aetewátste, tsi niionkwarihó:ten nen' né:'e ò:ni' sénha tatewakwekónhake. Tóka' rotiksten'okón:'a enhshenà:tonhkwe né:'e tkaié:ri ahsí:ron ne "rákhso" tóka' ní' "ákhso", ok ne tho'tí:ions enhsí:ron "rakenonhá:'a" tóka' ní' "ístá:", karihwakwenienstáhtshera nen' né:'e. Nó:nen ohóntsa entewahthá:rahkwe entewén:ron "iethihnísténha", "etshitewahtsí:'a" nen' né:'e ne karákhwa nok ratiwen-notónties "iethihsothó:kon". Sha'oié:ra aiethinó:ronhkwe ne onkwahwatsire'shón:'a, ionkweieiahrákhwa ki' wáhi nonkwawén:na aiethinó:ronhkwe ò:ni' kí:ken tóhka niiori:wake.

Watié:sen ò:ni' taetewatstiká:wha tsi niaawenhserón:ne tsi tetewawennakháshions. Tsi nitionkwahtehrí:non ientewaié:ra'te tsí'k ní:wa ne ónhka'k eniethihró:ri aiehnhó:ton tóka' ní' aiehnhotón:ko. Tóka' 300 niiohserà:ke tsi náhe shiiohnhó:ron ne tsi iontaweia'tákhwa ne onkwanónhses, né:ne wathró:ris ne "kahnhóha". Tóhkara'k ò:ni' shé:kon ionkwaká:raien ne At-eneniáhrhon. Kakarí:ios tóka' kwah nek ne tentewarihwískwahte nek tsi kwah í:ken tsi kakaranó:rons tóka' ionkwanikonhraien:tas tsi tó:ske íá:ken kén:'en rotikwáthon kí:ken Ateneniáhrhon. Tóka' Aterihstáhrhon ne tkawennaié:ri aiethinà:tonhkwe kí:ken tehotinien'tariíá:kon, Vikings Tiohrhenhsá:ka shakotina'tónkhwa. É:so ò:ni' aé:ren tionkwa'nikonhrahawíhtha ne ratihnarak-enhnéha ón:wa wenhniseraténion, enwá:ton sénha ki'

ne skén:nen aetewanonhtónnionhwe nonkwawén:na aétewatste. Né:ne aetewén:ron "teionkwatonhontsó:ni" ionkwa'nikonhrahnià:tha tsi nonkwá:ti norihwakaionhnéha. Ionkwahronka'tén:nis ne iorihowanén:nen ne wahón:nise, "ohóntsa" kí' shé:kon ne tiohnhékhwen.

Í:non ónhte ò:ni' na'teká:ron ionkwarihwaié:was tó: nií:re tehotinien'tariíá:kon tsi nihotirihó:ten ionkwaienawá:kon. Á:ienhre kwah ó:ia nihoti'nikonhró:ten se's ne iethihsothokon'kénhen, nek tsi shé:kon raoná:wen ionkwawennakéhte. Tsi nón:wa ní:ioht tsi tewá:ton "í:wehre aonkenonhwákten", "í:wehre taontakahnekatihén-tho" khò:ni' ne "ótkon seráksen". Ronaterién:tarakhwe ronnonkwe'taká:ions nia'teiorí:wake kén:tho kontoriá:nerons tsi ionhwentsà:te ne ka'satsténhsera sha'oié:ra, kwah nek ne tó:ske. Tóka' ísi' nón: ne kaié:ri tewen'niáwe ionkwawén:naien "o'nikòn:ra" tewátstha ne o'nónhkwa, "orí:wa" ò:ni', wathró:ris kí:ken tsi né:'e naetewaia'tó:ten é:so taetewahtharónnion, taetewatirihwatirón:ten nok aetewanonhtónnionhwe nia'té:kon. Tóka' entewahkwísrón aetewawennanónhstate enkáhsere ní' né:'e tsi niionkwarihó:ten ne tsi tho ki' í:kare.

Rón:ton iehonhronkha'tsheraí:ri tsi ní:ioht ne tewaráhstha nonkwa'nikòn:rakon tsi tewatá:tis. Iah thaón:ton taetewá:ren tsi niíóhskats nonkwawén:na tsi ní:ioht ne Tiohrhén:sa tóka' ní' O'seronni'kéha. Tsi tewanine'karahwánions enwá:ton aetewén:ron "kahniararónnions", tóka' iah thé: teiotshá:taien enwá:ton aetewén:ron "tioronhioké:wen", tóka' ónhka'k eniethihretsá:ron "eniethi'nikonhrahni'rate" tóka' ní' "eniethi'nikonhrakétsko", ok ne tsi kanonhséshne "eniethihsensakará:tate" ne kawirasétsi, tánon tsi niká:ien rotikahronní:'on, "tehoti'nikonhrakwen'tarà:'on".

Kwah ki' ne ióhteron tsi nií:re ionkwaio'tá:ti ratihnarak-enhnéha. Tóka' entewataterí:hon aetewawennáhton, akwé: enionkwá:ti ne iethihsothokon'kénhen raonaterien'tátshera, raotirihwakwenienstáhtshera, raotikara'shón:'a tánon raotieshónhtshera. Enionkwá:ti tsi ní:ne tkaié:ri kén:tho tsi ionhwentsá:te aetewatorianerónhake. Akwé: tsi ní:kon ne tóhka' iosénhseronte niiohserà:ke wahatiweientéhta'ne enionkwá:ti, sok kwah token:'en tsi entewaia'táhton. Kanó:ron nonkwawén:na, tánon tó:ske tsi akwé: Í: onkwá:wen. Háó iethihretsá:ron tsi iotehwatsirakahrh atenia'tonhátie ahatiwennanónhstate. Tewatéweienst, tewaweientéhta'n, tíónhnhe't nonkwehonwehnéha!

# Why Keep Our Language Alive?

By Wenhniittio Will Gareau

When we speak about our language more often than not our minds will turn to two directions, our elders and to our schools, sometimes also to kanonhséshne. Some will think only of kanien'kéha classes in our schools because there are no more speakers in their families. Others study outside Kanehsatà:ke, so what can they do to learn our ways? Our language is amazing, the roots of which are intertwined throughout everything that defines us. We're losing our language here in Kanehsatà:ke, so what does that mean?

Our language defines our close relationships to one another and also how we refer to one another. Just by switching to our language it automatically exudes more respect. It's our culture also, to have closer ties to each other. Our way to refer to our elders, no matter if they are blood relation or not, is "grandfather" or "grandmother". Those middle-aged are respectfully called, uncle or mother (aunt). When we speak about the earth we will say "our mother", the sun is "our elder brother" and the thunderers are "our grandfathers". It's natural to love our family and since everything in our language has closer ties, we're constantly reminded to have love for this other part of our family as well.

It's also easy in our language to travel through time, so to speak, as we break apart the meanings of our words. Our minds are directed towards our roots in as little as saying "close" or "open the door". It's been maybe 300 years or more since the entrances to our longhouses were covered by leather but that's exactly what those words talk about. We also still have stories about the stone giants, "Ateneniáhrhon" meaning coated in stone. They're entertaining stories on the surface but dig down deeper and we have precious histories, it's said, of encounters with these people a long time ago. "Covered in steel" would be a more appropriate name for these people who had crossed the ocean, called today, Vikings in English. We tend also these days to be heavily distracted from our original ways but we can find peace and solace in our language. In saying "teionkwatonhontsó:ni", "we want" we're immediately reminded of the old ways. This everyday word, basically meaning a certain place on this earth is set aside for us, serves as a massive reminder to where our priorities should lie.

Too seldom do we think to which extent we're being influenced by settler societies. It seems that our ancestors had totally different concepts, but none the less, we're still carrying their language. For example, we say "it wants I get sick" and "it wants the water to be pulled" (tides) as well as "ótkon seráksen" (explicative to explain something bad, often mysterious that happened). Our ancestors had a deeper understanding of, the often mysterious, forces at work here on earth. We also have over four hundred words which stem from "the mind". Many words also, are constructions using "issue/thing/news". This speaks volumes about who we are, intellectuals who have a culture of speaking together, debating and constantly thinking. If we try hard to preserve our language, our culture will follow.

It's said that as we speak our language we're painting beautiful pictures in our minds. There's no comparison to English or French in terms of the unique, expressive ways that we talk. To speak about when thunder is seen in the sky we can say "it's all snakes", or when it's a clear cloudless day we can say "the sky has been wiped". To encourage people we will "harden their minds" or "lift their minds up". At kanonhséshne babies have "their names lifted up" and those who are grieving a loss have "their minds stretched out on the ground".

It's really quite dangerous the extent to which we're being influenced away from our own culture. If we allow ourselves to lose our language, we will lose all of our ancestor's knowledge, their respect, their stories and humor. We will lose the understanding of how to properly conduct ourselves here on earth. We will lose everything that our ancestors took many thousands of years to gather and learn. Our language – and it is, all of our language -- is so precious. Let's encourage the new generations of children to be language champions. Let's study, learn and really bring our language to life!



# Summer Vacation Bible School

By Mavis Etienne

At the Kanehsatake Pentecostal Church on July 29 to August 2/19 we were blessed to have the wonderful people from the Valley Community Baptist Church doing the Vacation Bible School. The theme was ROAR! - Life is wild- God is Good!

They also built new steps for the front of the church! We are so thankful for their kindness and how they bring the news that God loves the little children. Our church gave all the children stuffed lions. We are thankful for the faithfulness of the people from Connecticut.



Photos: Mavis Etienne



## Overdose Alert

Fentanyl & Oxycodone found in speed in the Laurentians.  
Naloxone kits available upon request.

### 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](https://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.



## Learn & Play Graduation 2019

By Jacyndy Lauder, Program Animator

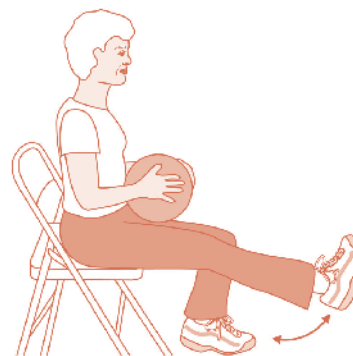
We are pleased to introduce you to this year's Learn & Play graduates. Three wonderful kids have reached the age where they are ready for their next step. These three individuals will continue their educational journey by heading to elementary school in September.

Congratulations to:

**Rarón:ienhawi Tomlinson**  
**Korlee Tremblay**  
**Mia Tewishaw-Frigault**

The program generously gave the gift of a traditional outfit to each graduate, which they wore on the day of the ceremony. With the help of Jeremy Tomlinson, the kids marched in singing and rattling, following that was a small ceremony. The children then received a diploma along with a new school bag/lunch box. Crystal and I will miss them dearly but would like to wish the best of luck to them on their next adventure!

## Time to Get Off the Couch and Onto the Chair!



The beautiful fall is bringing cooler weather and great activities at Kaniatarak'ta Riverside Elders' Home.

Starting **THURSDAY, SEPTEMBER 19th** chair exercises return with facilitator, Denise Greggain, from 11:00 - 11:45 am every Thursday.

Starting **MONDAY, OCTOBER 7th**, there will be **NEW** chair exercises every **MONDAY** from 11:00 am - 12:00 pm. This class will be facilitated by Stella Pethakas.





# Blueberry Bannock

Taken from diabetes.ca



## Nutritional Information Per 1 wedge

Amount	% Daily Value
Calories	130
Fat 2 g	3 %
Saturated 0 g	
+ Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 340 mg	10 %
Carbohydrate 25 g	8 %
Fibre 2 g	8 %
Sugars	2 g
Protein	5 g

Prep Time:

10 minutes

Cook Time:

15 - 20 minutes

Calories:

130

Serving Size: 8

## Ingredients

1 cup (250 mL) whole-wheat flour

1 cup (250 mL) all-purpose flour

$\frac{3}{4}$  cup (175 mL) fresh or frozen blueberries

2 tbsp (30 mL) baking powder

$\frac{1}{2}$  tsp (2 mL) ground cinnamon

$\frac{1}{4}$  tsp (0.5 mL) salt

$\frac{1}{2}$  cup (125 mL) skim milk or milk alternative

$\frac{1}{2}$  cup (125 mL) water

1 tbsp (15 mL) canola oil

## Instructions

Preheat oven to 400°F (200°C).

In bowl, combine flours, blueberries, baking powder, cinnamon and salt.

Stir in milk, water and canola oil and, using hands, moisten all ingredients, handling dough as little as possible.

Turn dough out of bowl and place on lightly floured surface.

Using hands, form disc about  $\frac{1}{2}$  inch (1 cm) thick and about 9 – 10 inches (22 – 25 cm) in diameter. If necessary, sprinkle with flour to keep dough from sticking. Cut into 8 wedges.

Place wedges on parchment-lined baking sheet and bake for 15 – 20 minutes or until bannock is golden brown.

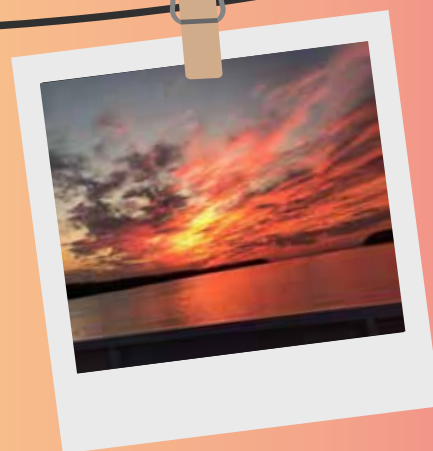
## Notes

Recipe courtesy of [canolainfo.org](http://canolainfo.org), featured in the Canadian Diabetes Association's 2014 Healthy Living Calendar





# **SOLVENT ABUSE CALENDAR CONTEST 2020**



**HIT US WITH YOUR BEST SHOT!**

## **RULES**

- \* OPEN TO COMMUNITY MEMBERS
- \* PHOTOS MUST BE TAKEN BY YOU IN KANESATAKE
- \* PHOTOS MUST BE HIGH QUALITY
- \* MAXIMUM OF 5 PHOTOS PER CONTESTANT
- \* PHOTOS CAN BE OF A PERSON, PLACE OR THING
- \* PHOTOS MUST BE RECEIVED BY THE DEADLINE

Examples: sunsets, portraits, pets, garden, the pines, lacrosse games, pow-wow, family day, and other local events.

**All contestants will be entered into a draw for a chance to win a prize!**

**Deadline to submit: November 8, 2019 to Shyann Nelson-Baker at  
[sn.baker@kanesatakehealthcenter.ca](mailto:sn.baker@kanesatakehealthcenter.ca)**

**\*Please note that by entering this photo contest, you give the Kanesatake Health Center the right to use it in our solvent abuse calendar.**



# Announcements



Health Center Birthdays

Shelly Simon  
September 10

Mary Jane Hannaburg  
October 4

Vanessa Nelson  
October 28

Happy birthday everyone!



## Mini-Mohawk Lesson

Courtesy of Will Wenhni'tí:io Gareau

We are going to pick pumpkins.

**Entewanon'onserakóha**

We will make pumpkin pies for Thanksgiving dinner.

**Tkanon'ónsera entewana'tarón:ni  
ne kaienthókwen.**

The leaves have fallen.

**Wa'kaneráhten'ne**

I will rake the leaves.

**Tenkatenerahtotáhrhon**

It's starting to get cold.

**Ó:nen tontáhsawen aiowístohte / Taiowistohtonhátie**

## September

**Labour Day**  
September 2

**FASD Awareness Day**  
September 9

**World Suicide  
Prevention Day**  
September 10

## October

**World Vegetarian Day**  
October 1

**Thanksgiving Monday**  
October 14

**Halloween**  
October 31

## Garbage

September 12, 26  
October 10, 24

## Recycling

September 5, 19  
October 3, 17, 31

## Organic Waste

September 3, 10, 17, 24  
October 1, 8, 15, 22, 29

**Leaves will be picked up on the following dates:**

**October 22, 29  
November 5, 12, 19**

Karihw:i:os serves to distribute health information from the Kanesatake Health Center to the community of Kanesatake. Karihw:i:os provides a positive forum from which to honor the achievements of community members. Karihw:i:os 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
September 9 October 7	September 16 October 21	September 16 October 28	September 23 October 28	September 9 October 7

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