



Karihwi:ios

Ratihénte Students Host Their First Social



Text and photos: Susan Oke

There was an incredible show of support by the community, for the Ratihénte High School students as they hosted their first social. Approximately 80 people came out to the gym on Friday, May 27th to encourage our youth in their efforts to promote our culture.

The student drum group is a spin off from the drum sessions taking place on Tuesday evenings. Some of the students took part in those sessions and brought the spirit back to the high school where they practiced drumming during their lunch period. They were so enthusiastic at times they could be heard from the health center, about 200 yards away. Helping out on the drum at the social were members of Kontirenotatie, the women's singing group, and Kevin Nelson, FLS Youth Worker. The opening was done by John Cree and David Gabriel acted as the emcee. Teacher, Kim Simon had this to say (via facebook), "At this moment, I am filled with so much pride & happiness. I am so proud of my students for hosting the social tonight and filling the house with 80 people. It was so nice to see so many people in one place having a great time. Thank you to everyone that came out and supported our youth tonight. Also, a big nia:wen'kowa to all those who continue to pass down our traditions & to all of the many individuals that helped make tonight possible! Until next time!"

There were snacks and drinks on hand and parents, grandparents, friends, and other community members were very happy to take part in the dancing. It's amazing to see how far they've come in such a short time and it must be encouraging to them to know their community is behind them. Even a non-native couple passing by decided to check out the social after seeing it advertised outside the school. It looks like this could just be the first step in the students interest in the culture and with the Pow Wow coming up at the end of August, don't put your dancing shoes away just yet.



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The deadline for the
**September/October Issue of
Karihwi:ios is:**

Friday, August 26, 2016

karihwiios@hotmail.com

Look for the Kanesatake Health Center on

Facebook!



Health Center Notes

The **Kanesatake Paddling Club** is now open. This season's registration fee: Kanesatake band members: \$15 and Non members \$50. The paddling club has a new rescue boat and a sea-doo to help keep you safe while you canoe, kayak, or paddle board. Registration is ongoing and you can find the schedule for July at the bottom of this page.

If you are looking to make changes in your diet and need some advice about nutrition, Vinita Rawat, BSc (Nutrition Science), MSW, is a Registered Dietician/Nutritionist who is at the health center every Friday, from 8:00 am – 12:00 PM. To make an appointment call (450) 479- 6000 and speak to Toni Ann (EXT. 229). Vinita will also be presenting three general **nutrition information sessions** over the summer, which are open not only to the Diabetic Support Group, but to everyone in the community:

**11:00-12:00 on Friday July 22, 2016:
Preparing & planning healthy menus**

**11:00-12:00 on Friday August 26, 2016: Managing
moods with good nutrition**

**11:00-12:00 on Friday September 23, 2016: Nutrition,
mindfulness & weight management**



Dinah and Tanya invite community members diagnosed with **diabetes** to come out to the next **Support Group**. It will be held in conjunction with the nutrition info session. Call for info.

The KHC recently changed to a **new phone system**. To speak to our staff directly, dial (450) 479 6000 and dial the extension of the person you wish to speak to (see page 3 for the list of KHC extensions). To reach the office of the executive director, dial the health center and press 1.

Finally, you have probably noticed our new **electronic bill board** on the corner of Ahsennenhson and Rte. 344. We will use it to offer health promotion tips and to advertise our programs and upcoming events. Because we have this new option we will send out less flyers, to save trees and mailing costs; although you may still receive an occasional flyer. We also publicize our events on our facebook page, website, and on our local radio station CKHQ.

Kanehsatake Paddling Club

July Schedule

Monday, July 4
2:30 pm to 8:00 pm

Monday, July 11
closed

Monday, July 18
2:30 pm to 8:00 pm

Monday, July 25
2:30 pm to 8:00 pm

Thursday, July 7
4:30 pm to 8:00 pm

Thursday, July 14
12pm to 8pm

Thursday, July 21
12:00 pm to 8:00 pm

Thursday, July 28
12:00 pm to 8:00 pm

Friday, July 8
11:00 am to 4:30 pm

Friday, July 15
11am to 430pm

Friday, July 22
11:00 am to 4:30 pm

Friday, July 29
11:30 am to 4:30 pm

NAME	EXT./CELL	POSITION	EMAIL
Joyce Bonspiel Nelson	Press 1	Executive Director	jb.nelson@knesatakehealthcenter.ca
Gloria Ann Nelson	(Ext. 222)	Mental Health & Wellness Team Manager	g.nelson@knesatakehealthcenter.ca
Shirrillean Nelson	(Ext. 234)	Operations & Administration Manager	s.nelson@knesatakehealthcenter.ca
Karennahawi McComber	(Ext. 288)	FLS Team Manager	k.mccomber@knesatakehealthcenter.ca
Matt Barr, RN, BScN	(Ext. 235)	Clinic Nurse	m.barr@knesatakehealthcenter.ca
Dave Belisle	(Ext. 228)	Brighter Futures Worker	d.belisle@knesatakehealthcenter.ca
Jocelyn "Kitty" Bonspille	(Ext. 238)	Elders Community Worker	j.bonspille@knesatakehealthcenter.ca
Tim Cree	(Ext. 292)	Water Quality Monitor	t.cree@knesatakehealthcenter.ca
Crystal Diabo	(Ext. 267)	Family Support Worker	c.diabo@knesatakehealthcenter.ca
Lee Etienne	(514) 821-8554	Medical Transport Driver	l.etienne@knesatakehealthcenter.ca
Pamela Gabriel	(Ext. 227)	FLS Family Support Worker	p.gabriel@knesatakehealthcenter.ca
Mary Jane Hannaburg	(Ext. 296)	Mental Health Worker	mj.hannaburg@knesatakehealthcenter.ca
Diane Harding	(Ext. 221)	Receptionist	d.harding@knesatakehealthcenter.ca
Toni Ann Harding	(Ext. 229)	Medical Secretary	ta.harding@knesatakehealthcenter.ca
Stephanie Leroux, RN, BN	(Ext. 236)	HCC nurse	s.leroux@knesatakehealthcenter.ca
Karen MacInnes, RN, BScN	(Ext. 237)	CHN/School Health Nurse	k.macinnes@knesatakehealthcenter.ca
Donna Nelson	(Ext. 225)	Finance Clerk/ Medical Transportation Clerk	d.nelson@knesatakehealthcenter.ca
Kathleen Nelson	(Ext. 297)	Casual Help	kj.nelson@knesatakehealthcenter.ca
Kevin Nelson	(Ext. 285)	FLS Youth Worker	k.nelson@knesatakehealthcenter.ca
Vanessa Nelson	(Ext. 225)	Finance Clerk	v.nelson@knesatakehealthcenter.ca
Connie Nicholas	(Ext. 267)	Family Support Worker	c.nicholas@knesatakehealthcenter.ca
Susan Oke	(Ext. 223)	Communication Technician	s.oke@knesatakehealthcenter.ca
Natasha Palinkas, RN	(Ext. 298)	HCC Program Manager	n.palinkas@knesatakehealthcenter.ca
Jason Proulx	(514) 821-8566	Medical Transport Driver	medtaxi@knesatakehealthcenter.ca
Dinah Routly, RN, BScN	(Ext. 291)	Head Nurse	d.routly@knesatakehealthcenter.ca
Shelly Simon	(Ext. 226)	Medical Transport Coordinator	s.simon@knesatakehealthcenter.ca
Kathy Skye, RN, BScN	(Ext. 299)	Community Health Nurse	k.skye@knesatakehealthcenter.ca
Crissann Thompson	(Ext. 287)	Family Support Worker	c.thompson@knesatakehealthcenter.ca
Tanya Denis	(Ext. 224)	Diabetes Prevention Support Worker	t.denis@knesatakehealthcenter.ca

Women's Health and Wellness

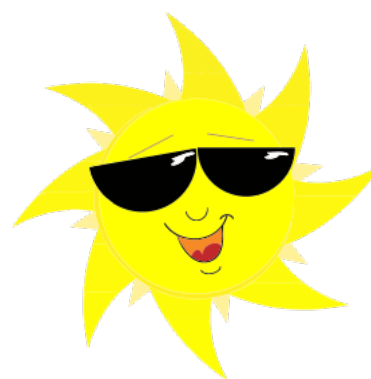


Perinatal and Women's Health Clinic at the KHC

Every Wednesday, for the past year, the KHC has been offering in-house prenatal and women's health consultations. Dre Marie Dominic DeBroux from the Montée de la Baie clinic in St-Joseph comes in every Wednesday to help our nurse, Karen MacInnes, with the medical follow-up of pregnant women in the community. Four babies have been born since the consultations started and we are expecting two more this summer!

In addition to the consultations, an information session on "Women's Health and Wellness 40+" was held May 11th at the KHC. For the occasion, Mrs Amadea Kezar (perineal physiotherapist) and Dre DeBroux were invited to speak about menopause, hot flashes, vaginal dryness, osteoporosis, urinary leaks and other "fun stuff" that usually happens after forty.

The good news is they might come back in the fall; this time to talk about PREGNANCY related urinary problems, contraception, breastfeeding, and intimacy after giving birth. Thank you to Karen and Dinah at the KHC for hosting such interesting talks. We will keep you posted for the next Women's Health Activities.



Sun safety tips

taken from <http://healthy Canadians.gc.ca>

You can protect your family and still have fun under the sun.

- Cover up. Wear light-coloured, long-sleeved shirts, pants, and a wide-brimmed hat made from breathable fabric. When you buy sunglasses, make sure they provide protection against both UVA and UVB rays.
- Limit your time in the sun. Keep out of the sun and heat between 11 a.m. and 4 p.m. When your shadow is shorter than you, the sun is very strong. Look for places with lots of shade, like a park with big trees, partial roofs, awnings, umbrellas or gazebo tents. Always take an umbrella to the beach.
- Use the UV Index forecast. Tune into local radio and TV stations or check online for the UV index forecast in your area. When the UV index is 3 or higher, wear protective clothing, sunglasses and sunscreen.
- Use sunscreen. Put sunscreen on when the UV index is 3 or more.
- Drink plenty of cool liquids (especially water) before you feel thirsty. If sunny days are also hot and humid, stay cool and hydrated to avoid heat illness. Dehydration (not having enough fluids in your body) is dangerous, and thirst is not a good indicator of dehydration.
- Avoid using tanning beds. If you do use them, understand the risks and learn how to protect yourself.

Mini-Mohawk Lesson

Courtesy of Tsi Ronterihwanóhnhha ne Kanien'kéha Language and Culture Center

Ionontakwarontóntie's

Waves

lawenhnó:ton

Flood

Tiohneká:re

Tide

lóhste/Tiohnekatí:ronte

Water recedes

lohnekaratá:ton/lawenhnó:ton

Water is high



FLS Community Supper

By Pamela Gabriel Ferland, B.S.W., S.W.
FLS Family support worker

A huge thank you goes to those who came out for the FLS community family supper on June 22nd. Those who attended were served a tasty homemade meal, and sweet treats for dessert. Feedback was that the food was delicious and that it was fun to be there! While the children played, parents got to visit with each other, talk about their interests, and have a good time. First Line Child and Family Services would like to continue to **offer this activity once a month** and it is with community interest and participation that we will be able to do so. Led by FLS family support worker Pamela Gabriel-Ferland, it is a good opportunity to get out, get away from cooking duty for a night, be with other families, and also to give any feedback and/or comments to a First Line Services staff member. FLS strives to offer activities that are **community driven** and your input helps us to do so. Hope to see you at the next community family supper on **July 21st, at 6pm @ KYOT.**



World Breastfeeding Week

1 - 7 August 2016
Taken from waba.org

Submitted by Crissann Thompson

The World Breastfeeding Week 2016 theme is about how breastfeeding is a key element in getting us to think about how to value our wellbeing from the start of life, how to respect each other and care for the world we share.

WABA is a global network of organizations and individuals who believe breastfeeding is the right of all children and mothers and who dedicate themselves to protect, promote and support this right.

"There can be no food more locally produced, more sustainable or more environmentally friendly than mothers breast milk, the only food required by an infant for the first six months of life. It is a naturally renewable recourse, which requires no packaging or transport which results in no wastage and is free!"

~Unknown

Food safety tips for barbecuing

taken from <http://healthycanadians.gc.ca>

Many Canadians love to barbecue all year round, but especially when the weather starts to get warm. As with any type of cooking, it's important to follow safe food handling guidelines to prevent harmful bacteria from spreading and causing foodborne illness.

At the store

When you're at the grocery store, buy cold food at the end of your shopping. Raw meat may contain harmful bacteria and so it is important that it be kept separate from other grocery items to avoid cross-contamination. You can put packages of raw meat in separate plastic bags to keep meat juices from leaking onto other foods. Always refrigerate perishable foods within one to two hours, especially in warm weather. For longer transport times, consider bringing along an insulated cooler to hold your perishables.

Storing raw meat

In the refrigerator

At home, store raw meat in the refrigerator immediately after you return from the grocery store. Freeze raw poultry or ground beef that won't be used within one to two days. Freeze other raw meats if they won't be used within four to five days.

Marinate meat in the refrigerator, not on the counter. If you want to save some of the marinade to baste cooked meat or use as a dipping sauce, make sure to set some aside in the refrigerator that hasn't touched uncooked meat. Don't use leftover marinade that has been in contact with raw meat on cooked food.

In the cooler

If you are storing your meat in a cooler before barbecuing, make sure that the cooler is kept cold with ice packs. Keep the cooler out of direct sunlight and avoid opening it too often, because it lets cold air out and warm air in. Ensure that your meat products are well sealed and that ice water doesn't come in contact with stored meat products. This can lead to cross-contamination with others items in the cooler. You may also want to use two coolers, one for drinks (as it may get opened more often) and another one for food.

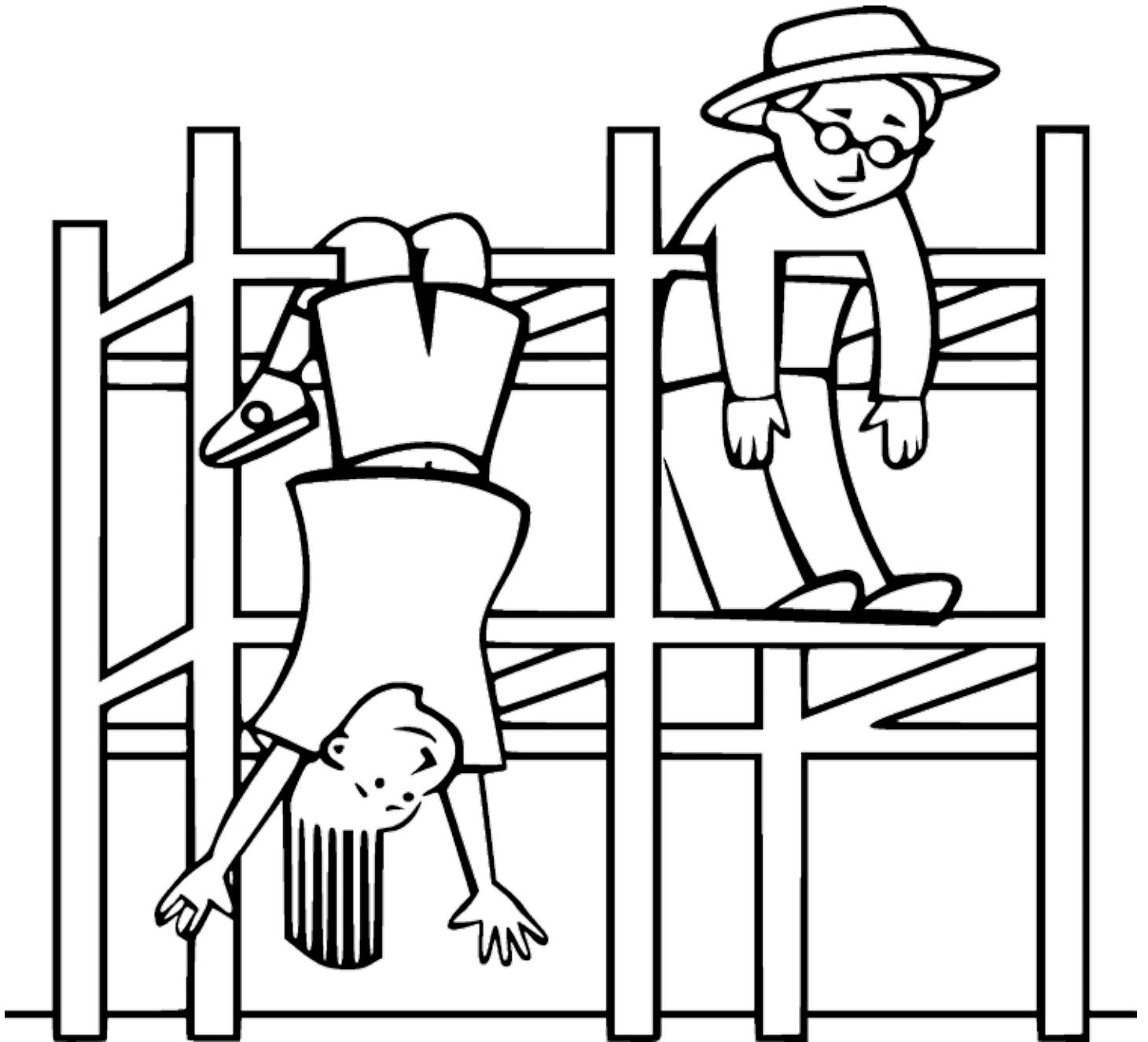
Whether you are storing the meat in the refrigerator or a cooler, always remember to keep food out of the temperature danger zone of 4°C to 60°C (40°F to 140°F). Bacteria can grow in this temperature range. In as little as two hours in this range, your food can become dangerous.

Avoiding cross-contamination

To avoid potential cross-contamination and the risk of foodborne illness, follow these steps:

- Make sure to keep raw meat away from other foods, including vegetables such as lettuce and tomatoes. You can do this by packing meats separately or by making sure they are wrapped separately, so that juices don't leak out onto other foods.
- Use separate utensils, cutting boards, dishes and other cooking equipment when handling raw and cooked meats. For example, do not place cooked meat on the same plate used to bring the raw meat to the BBQ. Raw juices can spread bacteria to your safely-cooked food and cause foodborne illness.

COLORING PAGE



Low Blood Sugar



Diabetes Recipe

Recipe taken from: Diabetes Living

Submitted by: Tanya Denis Diabetes, Prevention Support Worker

Hummus and Avocado Salad Sandwiches

Makes: 4 servings

Serving size: 1 sandwich Carbs: Grams per serving: 26

Ingredients

Nonstick cooking spray

1/3 cup Mediterranean-flavor hummus, such as Sabra Tuscan Herb brand

4 whole wheat sandwich thins or bagel bread squares, split

¼ teaspoon black pepper

½ of an avocado, peeled and sliced

1 cup arugula leaves

2 ounces Gruyere cheese, shredded (1/2 cup)

Directions

Lightly coat an unheated Panini griddle, covered indoor electric grill, or large nonstick skillet with cooking spray. Heat according to manufacturer's directions or heat over medium heat.

Spread the hummus on cut sides of sandwich thins. Sprinkle with black pepper.

Divide avocado slices among sandwich thin bottoms. For each sandwich top avocado slices with ¼ cup of the arugula leaves and 2 teaspoon of the shredded cheese.

Place sandwich thin tops on the cheese, spread sides sown. Press down lightly.

Place sandwiches on griddle, grill, or skillet, adding in batches if necessary. If using griddle or grill, close lid and grill 2 to 3 minutes or until bread is toasted. If using skillet, place a heavy saucepan or skillet on top of sandwiches. Cook about 2 minutes.

Tip: to keep sodium in check read nutritional labels and choose a hummus that has no more than 120 mg sodium per serving.

NUTRITIONAL FACTS PER SERVING

Serving per recipe 4

PER SERVING; 235 cal, 12 g total fat 3 g sat, fat. 16 mg chol, 354 mg sodium, 26 g carbs. 8 g fiber, 3 g sugars. 11 g pro.

DIABETIC EXCHANGE (d.e)

Starch (d.e) 1.5

Lean meat *d.e) 1

Fat (d.e) 2

- Wash your hands carefully with soap and warm water for at least 20 seconds before and after handling raw meat.
- Clean all your cooking equipment, utensils and work surfaces, and then sanitize them with a mild bleach solution, in the following manner: Combine 5 mL (1 tsp) of bleach with 750 mL (3 cups) of water in a labelled spray bottle. Spray the bleach solution on the surface/utensil and let stand briefly. Rinse with lots of clean water and air dry (or use clean towels).

Thawing

Plan ahead. Thawing of meats should be done in the refrigerator, not on the counter. Sealed packages can be thawed in cold water. Microwave defrosting is acceptable if the food item is placed immediately on the grill. Meat should be completely thawed before grilling so that it cooks more evenly. Cook thoroughly and use a digital food thermometer. Bacteria such as E. coli, Salmonella and Campylobacter are killed by heat. Colour alone is not a reliable indicator that meat is safe to eat. Meat can turn brown before all the bacteria are killed, so use a digital food thermometer to be sure. To check the temperature of meat that you are cooking on the barbecue, take it off the grill and place it in a clean plate. Insert the digital food thermometer through the thickest part of the meat. For hamburgers, you should insert the digital food thermometer through the side of the patty, all the way to the middle. Make sure to check each piece of meat or patty because heat can be uneven. See the Healthy Canadians website for more info.

Emergency Preparedness



Prepared by : Ellen Filippelli

May 7, 2016 commemorated the 7th Emergency Preparedness Awareness day that was held in Kanesatake. It's hard to believe that 7 years have passed already, but it has and wow what an amazing turnout we had. 280 family, friends and partnering emergency response agencies participated in the family event which was filled with activities geared to provide emergency preparedness and injury prevention awareness to every age group.

Putting aside the few unexpected mishaps like the electrical malfunction with the accident roll-over simulator which prevented it from rolling, even after great effort from a few mechanics in the crowd it just wouldn't turn over. And a couple of our very faithful partners who always participated in our event unfortunately couldn't show... besides that we had a lively and entertaining day complimented by sunny weather!

Even with the few unexpected mishaps that occurred, informative presentations and demonstrations took place from each emergency response agencies showing participants the roles and responsibilities that they take on in case of an emergency or community disaster. Fire fighters dressed in full gear from the Oka Fire Department started a contained fire and provided the crowd with a demonstration on how to safely put out a fire with a fire extinguisher. The First Nations Paramedic Department, as always, provided hands on, interactive demonstrations to anyone curious to know more about the job of an ambulance technician. The Sûreté du Québec, who, right from the very first Emergency Preparedness Family Day which began in 2010, provided bicycle/helmet safety, baby car seat safety, and boating safety. Despite the malfunction with the accident roll-over simulator participants received an abundance of safety tips and injury prevention information and officers were accessible to answer any questions pertaining to public security and their involvement in emergency preparedness.

Throughout the day sirens could be heard and flashing lights were seen as everyone was free to approach the emergency response vehicles, climb aboard the boat, fire truck and ambulance and see for themselves all the amazing equipment that is used for rescue missions and emergency situations. The emergency response teams were eagerly ready to answer the multitude of questions that were asked during the event.

The Kanesatake Emergency Preparedness Committee provided for the adults, a table complete with emergency preparedness information pamphlets such as, the 72 hour E/P guide – "How to Keep You and Your Family Safe During the First 72-hrs of an Emergency;" the Kanesatake community E/P Plan, a "Family Emergency Plan" guide that we encourage every family fill out, keep in a safe place, and refer to it when needed. And for the children E/P word search games, coloring books and crayons, chalk, hats, t-shirts, balloons, and flashlights.

A good ole Kanesatake community gathering wouldn't be complete without a delicious BBQ for all to enjoy! Sandra Harding and Dave Belisle cooked and served scrumptious hotdogs and hamburgers along with a table filled with veggie and fruit platters, variety of macaroni salads (prepared by Kate's Katering Service) and a tasty dessert. Water was provided by Kahnéki:io - John Harding.

Gloria Nelson, once again, cheerfully took to the mic and did the commentary making all of the announcements for the full afternoon. It was fun to watch as people gathered around and eagerly listened as she called out numbers to the door prize tickets which were drawn throughout the event. Blue tickets were handed out at the front entrance for chances to win water, road, camping and bike safety equipment and apparatuses, as well as, fire extinguishers, emergency escape ladders, and emergency flashlights. Special orange tickets were handed out to everyone who attended to further their chances to win something from the variety of bikes, scooters, baby car seats, and car seat boosters, that were

Continued on page 12

Préparation aux Urgences

Traduit par: Guillaume Bélisle

Le 7 mai 2016 a eu lieu la 7^e journée annuelle de préparation aux urgences de Kanesatake. Difficile à croire que déjà 7 années se sont écoulées depuis la première édition! Mais la plus récente fut certainement une des plus courues : 280 personnes, parents, amis et partenaires de réponse aux urgences ont participé à cet événement familial rempli d'activités favorisant la préparation aux situations d'urgence et à la prévention des blessures, destinés à tous les groupes d'âge.

À l'exception de quelques ennuis techniques, comme le bris ayant empêché le véhicule-tonneau de fonctionner (même après les efforts de mécaniciens présents sur place), et l'absence imprévue de certains de nos partenaires réguliers qui n'ont malheureusement pas pu se présenter, nous avons eu une journée bien remplie, agrémentée d'une belle température ensoleillée!

Malgré ces petits problèmes, tous nos partenaires ont fait des démonstrations afin d'expliquer quels étaient leurs rôles respectifs lors de situations d'urgence ou de catastrophes. Les pompiers d'Oka, vêtus de leur équipement complet, ont allumé un feu contrôlé pour ensuite montrer aux personnes présentes comment utiliser un extincteur. Aussi, fidèles à leurs habitudes, le service ambulancier des Premières nations ont fait des démonstrations interactives aux personnes intéressées à leur travail. Également, la Sûreté du Québec, présente à cette journée depuis la première édition en 2010, ont renseigné les visiteurs sur la sécurité à vélo et le port du casque, la sécurité nautique, ainsi que les sièges d'autos pour enfants. En dépit du bris du véhicule-tonneau, les participants ont pu prendre connaissance d'une abondance de conseils de sécurité et sur la prévention des blessures, en vertu de la disponibilité des agents à répondre à toutes les questions concernant la sécurité publique et la préparation aux situations d'urgences.

Pendant la journée, les véhicules d'urgence ont fait entendre leurs sirènes et voir leurs gyrophares, alors que tous étaient les bienvenus à les approcher, et même prendre place à bord du bateau de police, le camion de pompiers et l'ambulance, pour y voir tous les équipements utilisés pour la réponse aux urgences et les missions de sauvetage. Les répondants sur place étaient tous heureux



de répondre aux nombreuses questions qui leur ont été posées. Le comité de préparation aux urgences de Kanesatake a également tenu un kiosque dans lequel plusieurs documents d'information étaient mis à la disposition des adultes présents, notamment le Guide de préparation aux urgences de 72 heures indiquant « comment garder votre famille et vous en sécurité lors des premières 72 heures d'une situation d'urgence », le Plan de réponse aux urgences communautaire de Kanesatake, un « Plan de réponse aux urgences familial » que nous encourageons toutes les familles à remplir et à garder dans un endroit sûr afin de s'y référer au besoin. Pour les enfants, un jeu de mot caché sur la préparation aux urgences, des cahiers à colorier, crayons, craies, chapeaux, t-shirts, ballons et lampes de poche ont aussi été remis.

Une bonne vieille activité communautaire de Kanesatake ne saurait être complète sans un délicieux BBQ pour tous! Sandra Harding et Dave Belisle ont cuisiné et servi de délicieux hot-dogs et hamburgers, accompagnés de crudités, fruits, salades de macaroni (préparés par Kate's Katering Service) et un savoureux dessert. L'eau fut fournie par Kahnekí:io (John Harding).

Encore cette année, Gloria Nelson a pris le micro pour commenter les activités et faire les annonces. Il était amusant de voir les gens rassemblés autour d'elle afin d'écouter avec attention les numéros pigés au hasard pour la remise des prix de présence. Des billets bleus avaient été donnés à l'entrée pour le tirage d'équipements de sécurité nautique, routière, de camping et à vélo, ainsi que d'autres objets tels que des extincteurs, des échelles et des lampes de poche. Des billets oranges ont aussi été remis à tous les visiteurs pour leur donner la chance de gagner d'autres prix variés tels que des vélos, trottinettes, sièges d'autos pour bébés et enfants, prix qui ont été obtenus grâce aux généreuses contributions que le comité organisateur a reçu spécialement pour l'événement.





made available through the generous donations that the committee received for this special community event.

Like every other year in the past, the emergency preparedness committee, which is a non-profit organization, depends greatly on volunteers, and donations. Without their dedication and generosity this event would not have been made possible. So a great big cheer goes to the following services and local businesses that provided funding for the door prizes and support: Kahnéki:io, Smiley's, IGA – St-Joseph-du-lac, Mohawk Council Of Kanesatake, Kanesatake Family Violence Prevention, Kanesatake Health Center, Shakotihenté:se Crime Prevention and the Sûreté du Québec ; their generous donations and active involvement allowed us to give away so many great safety incentive and injury prevention prizes.

Of course we cannot forget our super star volunteers who dedicated their personal time and lent a hand to ensure our event was a major success. They volunteered to set up, and make sure the day's activities ran smoothly and they didn't leave until all the tents were taken down and tables were folded and brought in. Thanks to Sandra Harding and her amazing abilities to multi-task, could be seen all over the site helping wherever she was needed as well as overseeing our outstanding volunteers who are: Kawi Albany, Shylo Hunter, Cassidy Beaupré, Scott Forster, Kevin Lussier and Anthony Fournier-Phillips. A special acknowledgement goes to all the participants who stayed behind and added to the much appreciated help to clean up and put equipment away.

Nia:wen to all our collaborating partners who participated in the Kanesatake Emergency Preparedness activities:

- Kanesatake Family Violence Prevention
- Kanesatake Health Center
- Shakotihenté:se Crime Prevention
- First Nations Paramedics
- Sûreté Du Québec
- Oka Fire Department
- Search And Rescue Canada – Canine Unit;

and a huge welcome goes out to our new partners:

- Canada Red Cross
- Canadian Coast Guards
- Listuguj Emergency Preparedness Team

With all said and done we hope everyone who attended had fun and walked away better informed on how to play safe, and be prepared in case of an emergency. We look forward to presenting next year's Emergency Preparedness Awareness Day and remember Be Well...Be Safe...Be Prepared Nia:wenkowa / Merci / Thank-You

Comme lors des éditions précédentes, le comité de préparation aux situations d'urgences, qui est une organisation à but non-lucratif, dépend de la participation de bénévoles et des dons reçus. Sans leur dévouement et leur générosité, l'événement n'aurait pu avoir lieu. Nous souhaitons donc prendre le temps de remercier chaleureusement tous les organismes et entreprises suivantes qui nous ont supporté en contribuant à l'achat des prix de présence : Smiley's, IGA – St-Joseph-du-lac, Conseil mohawk de Kanesatake, Kanesatake Family Violence Prevention, Centre de santé de Kanesatake, Shakotihenté:Se Crime Prevention et la Sûreté du Québec. Bien sûr, nous ne pouvons passer sous silence le travail hors-pair de nos bénévoles-vedette, qui ont donné de leur temps pour nous aider à assurer que l'événement soit un succès. Ils nous ont assistés à préparer le site, à faire en sorte que les activités du jour se déroulent sans anicroche, et n'ont pas quitté avant que le site ait été complètement rangé et nettoyé. Un gros merci à Sandra Harding et à son grand talent pour le multi-tâches, qui a été remarqué en assistant tous et chacun sur le site, et en supervisant le travail de nos super-bénévoles : Kawi Albany, Shylo Hunter, Cassidy Beaupré, Scott Forster, Kevin Lussier and Anthony Fournier-Phillips. Nous voulons aussi spécialement remercier les participants qui nous ont aidés à démonter le site à la fin de l'activité.

Nia:wen à tous nos partenaires qui ont collaboré lors des activités de la journée de préparation aux urgences de Kanesatake:

- Kanesatake Family Violence Prevention
- Centre de santé de Kanesatake
- Shakotihenté:Se Crime Prevention
- Paramédics des Premières nations
- Sûreté du Québec
- Pompiers d'Oka
- Recherche et sauvetage Canada – Unité canine

Et bienvenue à nos nouveaux partenaires :

- Croix-rouge canadienne
- Garde côtière canadienne
- Équipe de préparation aux situations urgences de Listuguj

Nous souhaitons que cette journée a permis aux participants d'avoir eu bien du plaisir et d'avoir appris sur comment être bien préparé pour répondre aux situations d'urgence, et comment s'amuser de façon sécuritaire. Nous avons déjà hâte à la prochaine édition de la journée annuelle de préparation aux urgences. D'ici là, soyez bien, soyez prêts, soyez prudents! Nia:wenkowa / Merci / Thank-You



Local Area Clinics

Polyclinique Saint-Eustache

75, rue Grignon
Saint-Eustache (Québec)
J7P 4J2

Tél. : 450 473-6777
Télé. : 450 473-1916

For a **SAME DAY** clinic appointment
Starting at 5:00 am
Call (450) 970-2697

GMF Montée de la Baie

3942, chemin Oka
Saint-Joseph-du-Lac (Québec)
J0N 1M0

Tél. : 450 473-7225 ou 450 473-3930
Télé. : 450 473-2160

For an appointment the **NEXT DAY**
starting at 9:30 PM
Call (450) 970-2693

Clinique Médicale Deux-Montagnes

201, 9e Avenue
Deux-Montagnes (Québec)
J7R 3M1

Tél. : 450 472-7520
Télé. : 450 472-0886

For an appointment the **NEXT DAY**
Starting at 10 :00 pm
Call (450) 970-2692

Centre Médical des Généralions

465, rue Bibeau, bureau 200
Saint-Eustache (Québec)
J7R 0C8

Tél.: 450 472-1955
Télé. : 450 472-1905

For a **SAME DAY** appointment
Starting at 7 :00 am
Call (450) 970-2695

Unité de médecine de famille Saint-Eustache CSSS du Lac- des-Deux-Montagnes

57, boul. Industriel, bureau 2200
Saint-Eustache (Québec)
J7R 5B9

Tél. : 450 491-6001
Télé. : 450 491-7311

For a **SAME DAY** appointment
call Starting at 8:00 am
(450) 491-6001

Polyclinique 640

2000, Cours le Corbusier
Boisbriand (Québec)
J7G 3E8

Tél. : 450 434-3434
Télé. : 450 434-6494

For a **SAME DAY** clinic appointment
Starting at 5:30 am
Call (450) 970-3034

Centre Médical Sainte-Dorothée

1, boul. Samson
Laval (Québec)
H7X 3S5

Tél. : 450 689-6334
Télé. : 450 689-6339

CLSC Sainte-Rose

280, rue Roi du Nord
Laval (Québec)
H7L 4L2

Tél. : 450 622-5110
Télé. : 450 622-5085

Polyclinique Concorde

300, boul. de la Concorde Est
Laval (Québec)
H7G 2E6

Tél. : 450 667-5310

Polyclinique Médicale Fabreville

380, boul. Labelle bureau 113
Laval (Québec)
H7P 5L3

Tél. : 450 628-5800
Télé. : 450 628-0217

Clinique Médicale Sainte-Thérèse

233, rue Turgeon bureau 15
Sainte-Thérèse (Québec)
J7E 3J8

Tél. : 450 430-1030
(urgence – sans rendez-vous)

Tél. : 450 430-4301 (médecine fa-
miliale)

Clinique Médicale de l'Avenir

1150, boul. de l'Avenir bureau 200
Laval (Québec)
H7N 6L9

Tél.: 450 680-1150
Télé.: 450 680-1151

Centre Médical Jolibourg Inc.

1271, boul. Jolibourg
Laval (Québec)
H7Y 1Z8

Tél. : 450 689-2424

TINY TOTS CLINIC
203-3400 du Marche
DDO, QC
H9B 2Y1

Tel: (514) 685-3531
Fax: (514) 685-7971

Walk-in Clinic appointments
Tel: (514) 685-3531

Community Service Workers

By Susan Oke

We are starting a new feature at Karihwiios. Each issue we will profile someone who works in the community. If you are working in one of our services and would like to be profiled, please email me at: s.oke@kanesatakehealthcenter.ca. We are kicking off this feature with a profile of Mental Health Worker, Mary Jane Hannaburg.



What is your job title?

Mental Health Support worker/Addictions Specialist

How long have you worked at the health center?

Nineteen years.

Please give me an overview of your job.

I provide support to community members and their families who face challenges and obstacles to maintaining their well being and safety in a wholistic manner addressing mental health, either by prevention, intervention, postvention.

My work includes but is not limited to all kinds of crisis intervention, family violence, mental health support, addictions counselling, grief support, home visits, debriefing, depression screening, prevention and outreach, mediation, capacity building, Accompaniment to youth court, and outside referrals for resources or support groups.

How has your job evolved over the years?

Mental Health is now Mental Health/Addictions.

Do you have a busy time of year?

I'm busy all year round.

How do you destress?

Exercise, sleeping more, and walking.

How can people reach you?

450-479-6000 ext 296 Monday to Friday 8:00 a.m – 4:00 pm. You can leave me a voice mail or drop by Kanesatake Health Center but it's best to call before.



KHC Student Nurse, Emilie Corriveau

Emilie Corriveau was a third year student at the University Of Montreal in NURSING. This stage here at the Kanesatake Health Center was her last stage before graduation. In the near future, she is planning on working with children as a pediatric nurse. Emilie asked to be placed in this community and has left it with genuine gratitude and warm memories of all the wonderful Kanesatake:ron she has met. We would like to share her comments with the community.

These past months I have been doing my final stage of a nursing bachelor degree on the Kanesatake reserve. More precisely, I was trained by the amazing nursing team at the Kanesatake Health Center. I liked having the possibility to explore various programs, such as home care, school nurse, wound care and much more. I had the opportunity to work with a highly experienced, knowledgeable and open minded team. I think my wound care skills, interpersonal skills, and cultural sensitivity, were well challenged and more developed during this stage. I learned a lot from the nursing team but also from every employee of the center. Everybody was open to sharing their experiences with me and educated me on the situation on reserve.

I also did a project for suicide prevention in the high school. I saw a valuable relationship between the school team and the nurses. It made my task of reaching out to the teenagers easier for the two class activities on self esteem development. Teaching two classes gave me the chance to improve my activities based on the reaction of the first group of students I interacted with. I also did a presentation on the subject for the health center staff. This was my contribution to the team.

Finding a subject to work on was truly hard as the Kanesatake Health Center is already very proactive and the team of nurses is extremely sensitive to the population's needs. When I chose youth suicide it was to support an existing idea of improving youth health.

In conclusion, this final stage at the Kanesatake Health Center was a priceless and unforgettable experience that will follow me throughout my practice. Thank you for giving me this opportunity.

Announcements



Iekenhahawi

We would like to congratulate our beautiful daughter, Iekenhahawi Nicholas, on her grade 6 graduation and wish her a wonderful 12th birthday! We love you so, so much baby girl and are so proud of you!

Love Baba, Mama,
and your brother Roen'ro:te. xoxo

Health Center Birthdays

Natasha Palinkas

July 7

Kathy Skye

July 10

Karen MacInnes

July 10

Toni Ann Harding

July 30

Lee Etienne

August 24

Matthew Barr

May 28



Arihonna

Wishing our Arihonna Mason Gabriel a very Happy 5th Birthday! You sure keep us on our toes everyday with your energy! We love you lots!

Love Mommy, Daddy, Ava & Logan xoxo

Happy birthday everyone and a belated birthday wish for Matthew!



Frank Sabier Nelson

Niá:wen

The Rotiennakehte School staff and students would like to express their gratitude to Frank Sabier Nelson for his generous contributions to our school. This year he graciously donated a hand crafted, beautifully carved wooden glider for the school to use as a fundraiser. It was actually the most successful fundraiser we've ever had. Last year we raffled a bench which he had also made and donated and that was a fantastic success too. Nia:wenkowa to our dedicated and caring parents for their support for this fundraiser as the ticket sales were through the roof. Without your support we wouldn't be able to do what we do with the students. A week after our raffle for the glider the school received a surprise delivery! Frank made us 2 wooden picnic tables for use in the playground. Frank makes furniture in his spare time. It's too bad that we couldn't ALL be as talented. With his generous contributions, he makes us feel like we matter. It's a good feeling to have thoughtful and generous people encouraging us every day.



Alexandre Binnette

1979 - 2016

C'est avec beaucoup de gratitude que j'ai reçu la généreuse donation de la Communauté Mohawk de Kanésatake. A big thanks to all of you people, some gave me their support directly at the salon and most of all, the moral support and/et les témoignages d'amour, d'amitié, d'affection pour Alexander. It helped a lot. Love you, God bless you for seven generations and more.

Lise Piché
for Alex



Niá:wen

A big, big, Niawenko:wa to the organizers, participants and to all who so generously supported the Polar Plunge cause by making pledges, to the brave people who plunged themselves in "icy cold water, outside in the frigid month of February." To everyone who had a hand in this fundraiser, again, Niawenko:wa and we hope that you guys have defrosted by now. So, thanks to, Kevin Nelson, Brandon Etienne, Jimmy Nicholas, Louanne Cataford, Selena Beauvais, Abby Cree, Brianna Etienne, Travis Etienne, Shawn Nelson, last but not least Frank Hannaburg, A group of Community members and Community workers who pulled together the Polar Plunge fundraising and obtained pledges. The group managed to raise enough money to purchase a washer and dryer for Kaniatarak'ta Iontorishentakwa Riverside Elders Home, something that was so greatly needed and appreciated. So, from every one of us here at Riverside we would like to express to all of you who made this possible the biggest gesture of Nia:wen !!!

July

World Population Day
July 11

Remembering 1990
July 11

International Self-Care Day
July 24

World Hepatitis Day
July 28



July 5, 12, 19, 26



July 8, 22

August

World Breastfeeding Week
August 1 - 7

International Youth Day
August 12

World Humanitarian Day
August 19

Kanesatake Pow Wow
August 27-28



August 9, 16, 23, 30



August 5, 19



Emergency Phone Numbers

Fire and Ambulance:
911

Police Emergency:
310-4141 *4141 (cell)
Police Non-emergency
(SQ office) (450) 479-1313

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

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

All payment dates for Old Age Security Pension

July 27, 2016

August 29, 2016

September 28, 2016

October 27, 2016

November 28, 2016

December 21, 2016



**World Breastfeeding
Week
August 1 - 7**