



Karihwi:ios

2018 Kanehsatake Lacrosse Jamboree



By Brandon Etienne

With the success from last years jamboree, the Kanehsatake Lacrosse Association decided to host another edition for 2018. 2018 featured eight PEEWEE level teams from five different towns, and 6 TYKE level teams from six different towns. We had teams from as close as St. Eustache to as far as Tyendinaga! With all teams confirmed playing on two different venues, we were ready to play.

To start the Jamboree we featured our local Tyke team playing against St. Hubert Patriotes. It was a great game with our kids grabbing the victory! With games running all day, it was hard to keep track of all the great things happening, the awesome goals being scored, and the terrific saves being made, so only our Warrior games will be recapped.

The Warrior PEEWEES played St. Eustache in their first game. In a hard fought battle our Warriors came up short in a 8-5 final. Their next game was the closing game

of the jamboree. They faced the other Mohawk team from Tyendinaga. In a one sided game our Warriors pitched the 6-0 shutout with Brody Simon making incredible save after save. All the Peewees played like they were determined to give the local crowd the victory. With the win the Peewees season record is now 2 wins, 2 loses and 1 tie.

The Warrior TYKES played their final game against Tyendinaga as well. In a game that was well played by both teams, our Warriors came up just short and lost to our guests. With the lose our Tykes record now stands at 4 wins and 3 loses.

Our Mini-Tyke Warriors were lucky enough to have a chance to see some game time, as one of the visiting teams was missing players. Mini Tykes range in age from 3-6 years old, so for them it was quite a big challenge playing against 7 and 8 year olds. They all played hard and gained some valuable experience.

I would like to thank the lacrosse associations from St, Eustache, Blainville, West Island, St Hubert, and Tyendinaga for

participating in our jamboree. As hosts, we offered all players and coaches free meals to thank them. On that note, I'd like to thank all the parents that volunteered their time to either cook, serve, park, score keep, do security, and coach. Without you these type of events would not happen. The whole community of Kanehsatake should be proud of you.

**More photos on
page 8**



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

Friday, August 31, 2018

karihwiios@hotmail.com

**Look for the Kanesatake Health Center on
 Facebook!**



**The toll-free number for the
 First Nations and Inuit Hope for Wellness Help Line is
 1-855-242-3310**



Health Center Notes

First, we would like to let everyone know, the health center's fax number has changed. **Our fax number is now (450) 479-8801.**

We would also like to let you know that the Kanehsatake Paddling Club is open until September 26th. You will find the July/August schedule on page 12 of Karihwi:ios, as well as, the paddling club facebook page and the health center facebook page.



We have had a few changes in staff over the last few weeks. We welcome our new janitor, Chris Meloche, to the team. He replaces Mike Malo, who has retired. We also welcome our new Medical Transport Driver, Mike Pepin. You may have already met him on his training runs. He takes over from Jason Proulx. We recently hired our new Human Resources and Accreditation Coordinator, Nathalie Gelinas. Welcome to the team. Finally, we say goodbye to one of our Youth Animators, Brandon Etienne, who has decided to move on. We wish you the best.

**Old Age Security and
 Canada Pension Plan
 payment dates 2018**

July 27, 2018

August 29, 2018

September 26, 2018

October 29, 2018

November 28, 2018

December 20, 2018

Stir-fried Pork & Broccoli With Garlic-Ginger Sauce

Taken from <http://www.diabetes.ca/diabetes-and-you/recipes/stir-fried-pork-broccoli-w-garlic-ginger-sauce>

Submitted by Tanya Denis, Diabetes Prevention Support Worker

Though it's not typically remembered as a member of the lean protein family, pork tenderloin has just 1 gram of saturated fat per a 3-ounce (90-gram) serving.

Makes 4 servings
Cooking time: N/A
Ingredients

Pork

¾ lb. (350 g) pork tenderloin, cut into ½-inch (1.25-cm) cubes

1 tbsp (15 mL) sodium reduced soy sauce

1 tsp (5 mL) cornstarch

1 tsp (5 mL) dry sherry

Garlic-Ginger Sauce

¼ cup (60 mL) low-sodium chicken broth

1 tsp (5 mL) oyster sauce

2 tsp (10 mL) cornstarch

2 tbsp (30 mL) canola oil, to divide

2 cloves garlic, sliced, to divide

4 slices ginger, to divide

¾ lb. (350 g) broccoli crowns, cut into ½-inch (1.25-cm) pieces

⅓ cup (75 mL) low-sodium chicken broth

2 stalks green onion, thinly sliced

Instructions

In medium bowl, mix together pork, soy sauce, cornstarch and sherry. Marinate in refrigerator at least 30 minutes.

In small bowl, stir together broth, oyster sauce and cornstarch. Set aside.

In wok or heavy skillet, heat 1 tbsp (15 mL) canola oil over medium-high heat. Add half of garlic and half of ginger and sauté until fragrant, about 30 seconds. Add pork and stir-fry about 4 minutes, browning meat and cooking until no longer pink. Scoop pork onto a separate plate. Set aside.



In wok or skillet, heat remaining 1 tbsp (15 mL) canola oil over medium-high heat. Tip wok to coat bottom of pan with canola oil. Add remaining garlic and ginger. Stir-fry until fragrant, about 30 seconds. Add broccoli and sauté for 1 minute. Pour in broth and cover wok or skillet. Cook for 3 minutes.

Remove cover and cook until most of liquid is evaporated. Add pork. Stir sauce, making sure cornstarch is dissolved, then add to pork and broccoli. Cook until sauce is thickened, about 2 minutes. Stir occasionally to coat meat and broccoli with sauce. Sprinkle in green onions and cook for another minute. Serve immediately.

Mini-Mohawk Lesson

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

lewistohseraká:stha Otsí:nekwahr Nikatsi'tsó:ten
Buttercup

Kanon'tíneken's/Kanon'tókhahs
Milkweed

Katsi'tsákeras
Marigold

Konwákeri
Daisy

Otsi'tsa'kó:wa/Tekarahkwaká:nere
Sunflower

Very Low Carb Diet and Diabetes

Taken from: <https://www.diabetescarecommunity.ca/diet-and-fitness-articles/very-low-carb-diet-and-diabetes>

Submitted by Tanya Denis, Diabetes Prevention Support Worker

What is a very low carb diet?

A very low carb diet is one that strictly limits the intake of carbohydrate-containing foods. The three main types of carbohydrates found in foods are starches, sugars and fibre.

According to the Diabetes Canada clinical practice guidelines, carbohydrates should comprise between 45% and 60% of the total nutritional intake per day for people with diabetes (protein intake should be 15% to 20%, and fat intake should be 20% to 35%). This is a recommendation only, and some people may opt for a low carb diet, limiting their carbohydrate intake even further.

Benefits for people with diabetes

Many people with diabetes follow a low carb diet because it can help improve their diabetes control and also help them lose weight (if needed). A couple of studies support this theory.

In one study published this year, 316 people who followed a very low carb diet – 5% of total daily calories – reduced their average A1C to 5.7%. (The A1C target for most people with diabetes is 7% or lower). They also had low triglyceride levels and high HDL cholesterol levels (the “good” cholesterol).

Another study conducted in 2015 showed that people who had a very low carbohydrate diet – 14% of total daily calories – lowered their A1C and fasting blood sugar levels. They also had lower LDL cholesterol levels (the “bad” cholesterol).

Because carbohydrates are broken down into glucose, an increase in blood sugar levels can occur after a meal, depending on how much carb you have consumed. So, by reducing carbohydrate intake, you can help to reduce blood sugar spikes after meals.

Low carbohydrate diets have been found to be successful in aiding weight loss. For people who take insulin to manage their diabetes, a reduction in carbohydrates means that you don't need to produce – or inject – as much insulin. As insulin helps to store fat, less circulating insulin helps prevent, reduce or reverse weight gain.

Also, by restricting carbohydrate intake, people often lower their calorie intake at the same time by eating less calorically dense foods, or by eating more protein-containing foods, which can make you feel fuller so you are less likely to overeat or snack.

Potential harms for people with diabetes

While a low carb diet may seem like an ideal way to lose weight and better manage your diabetes, there are short-term effects of suddenly and drastically cutting carbs from your diet, which include:

- Headache
- Weakness
- Fatigue
- Constipation or diarrhea
- Bad breath
- Muscle cramps
- Skin rash

A very low carb diet can lower your blood sugar; however, this effect can actually go too far and might result in dangerous blood sugar lows (hypoglycemia). As well, because consuming a low carb diet mean that you're increasing your protein intake; this can put a strain on your kidneys. If you have kidney problems, eating too much protein could worsen your kidney function.

TO EAT	TO AVOID:
Non-starchy vegetables, such as, lettuce, cucumbers, broccoli, brussel sprouts	Starchy vegetables, such as, potatoes, peas, and corn
Tart fruit, such as, strawberries, cranberries, and blackberries	Sweeter fruits, such as, pineapple, mangoes, watermelon, and pears
Proteins, such as, meat, seafood, and tofu	Dried beans and legumes, such as, lentils, pinto and kidney beans
Eggs	Milk and yogurt
Nuts and seeds	Grains, such as rice, oatmeal, bread, cereal, pasta and crackers
Hard cheeses, such as cheddar, feta, Swiss, parmesan and asiago	Sweet treats and snack foods (such as soda, juice drinks, cake, cookies, candy and chips)

Reducing your carbohydrate intake has many health benefits, including blood sugar control and weight loss. However, it can cause episodes of hypoglycemia (low blood sugar), has the potential to worsen your kidney function, and can cause side effects such as bad breath and fatigue. If you're considering a low carb diet, talk to your healthcare team first, especially if you take insulin or a sulphonylurea medication to manage your diabetes.

Health Center Calendar: July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 KHC CLOSED	3 Blood Clinic 7:00-9:00 am	4 Dr. DeBroux 1/2 day	5 Dr. Moisan Blood Clinic 8:00-9:00 am	6 Dietician, Vinita Rawat	7
8	9 Dr. Moisan	10 Blood Clinic 7:00-9:00 am	11 KHC CLOSED	12 Dr. Moisan Blood Clinic 8:00-9:00 am	13 Dietician, Vinita Rawat	14
15	16 Dr. Moisan	17 Blood Clinic 7:00-9:00 am	18 Dr. DeBroux 1/2 day	19 Dr. Moisan Blood Clinic 8:00-9:00 am	20 Dietician, Vinita Rawat	21
22	23 Dr. Moisan	24 Blood Clinic 7:00-9:00 am	25 Dr. DeBroux 1/2 day	26 Dr. Moisan Blood Clinic 8:00-9:00 am	27 Dietician, Vinita Rawat	28
29	30 Dr. Moisan	31 Blood Clinic 7:00-9:00 am				

Health Center Calendar: August

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

Ticks

<https://www.quebec.ca/en/health/health-issues/a-z/lyme-disease/>

Lyme disease is caused by bacteria transmitted through the bite of an infected tick. Lyme disease was first identified in 1977. Many cases, at the time, were reported in children from the town of Lyme, Connecticut, United States. Ever since, thousands of cases have been reported across the United States, Canada and Europe.

In Canada, ticks that can transmit Lyme disease are found in parts of southern Manitoba, Ontario, Québec and British Columbia and parts of New Brunswick and Nova Scotia.

In Québec, available data confirms the presence of *Ixodes scapularis* tick populations infected by *Borrelia burgdorferi*, particularly in the following areas:

- The north and west of Estrie
- A large part of Montérégie
- The south-west of Mauricie-et-Centre-du-Québec
- The south-west of Outaouais

Since 2011, there has been an increase in the number of people with Lyme disease in Québec, as well as, the number of people that have contracted the illness in the province. The fact that Québec winters are less cold than they used to be partly explains this increase. The warmer climate enables the ticks to survive and grow more easily.

Ticks that transmit Lyme disease are known as “deer ticks” and “blacklegged ticks”. They live primarily in the forests, woods and tall grass. Ticks feed on animal or human blood. Before feeding, their size can vary between 1 and 3 mm. Ticks can triple in volume when filled with blood, which makes it easier to spot them if bitten.

Tick bites are usually painless and often go unnoticed. If you get bitten by a tick, you should immediately remove it. Place the tick you removed from your skin in the refrigerator in a tightly closed container, like an empty pill vial. Write down the date and place you were at when bitten. Also note what part of your body you were bitten on. This information could be useful if you go see a doctor.

Symptoms

Lyme disease symptoms usually appear between 3 and 30 days after the bite of an infected tick.

Redness caused by Lyme disease. © Centers for Disease Control and Prevention (CDC)

The most common symptom is reddening of the skin in the area bitten. This symptom is visible in 60 to 80% of infection cases. The rash spreads fast, reaching 5 cm and can be ring-shaped or in the form of a target. Sometimes the rash can appear on several parts of the body. Other symptoms may accompany this redness:

**Fever Fatigue Headache
Neck stiffness
Muscle and joint pain**

When to seek medical help

If you have one or more Lyme disease symptoms 3 to 30 days after being bitten, call Info-Santé 811 or see a doctor. Give the details of the bite as you noted them. If you go see a doctor, bring the tick with you, if possible, in a sealed container, like an empty pill vial.

If you have been bitten by a tick in particular areas of Estrie or Montérégie, a preventive antibiotic treatment can be prescribed in certain situations. To find out if it is preferable to consult a health-care professional, contact Info-Santé 811.

If you have been bitten by a tick elsewhere in Canada or in the United States in the areas where the risk of contracting the disease is high, preventive antibiotic treatment can also be prescribed. Lyme disease can be treated with antibiotics prescribed by a doctor. The nature and duration of the treatment depends on the stage of infection and symptoms.

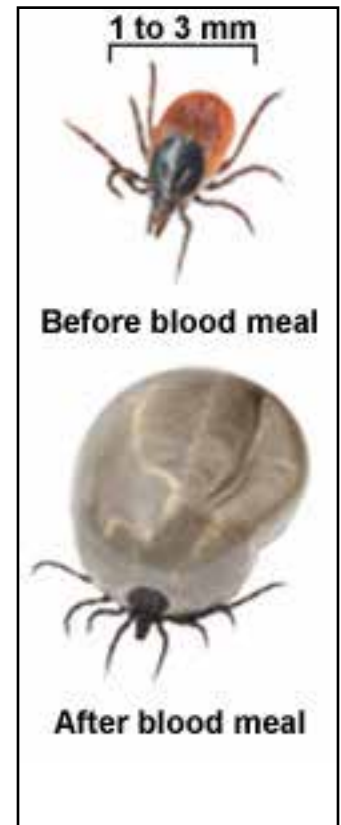
Complications

If the disease is not treated, it can cause problems in other organs or parts of the body, for example:

Joint problems Heart problems Neurological problems

The problems may occur weeks, months or years after the bite. Transmission To transmit Lyme disease, the tick must be infected by the bacterium *Borrelia burgdorferi*. The risk of contracting this disease is very low if the tick remains attached to your skin less than 24 hours, but this risk increases if the tick remains attached longer. It is, as a result, vital to remove the tick from your skin as quickly as possible. .

Ticks can cling to any part of the human body. They are often found in areas that are difficult to inspect, such as the



groin, navel, armpits and scalp. People with Lyme disease can contract it again. Lyme disease cannot be transmitted from an infected animal to a human or through contact between two people.

Ticks do not jump, but they can cling to you or your pet during walks in the forests, woods and tall grass. The best way to prevent Lyme disease is to avoid tick bites.

How to avoid tick bites

- Take your walks preferably on trails and avoid tall grass.
- Use insect repellent on every exposed part of your body, avoiding your face. Wear a hat, closed shoes, a long-sleeved shirt and long pants.
- Tuck your shirt into your pants.
- Tuck your pants into your socks or boots.

After outdoor activities :

Carefully inspect your belongings (backpack, coat, etc.). Such precaution eliminates the risk of bringing a tick into your house where it could bite someone.

Get rid of ticks on your clothes by putting them in the dryer at a high temperature for 6 minutes. If your clothes are too dirty to be put in the dryer directly, wash them in the machine with hot water, ideally for at least 40 minutes. Then put them in the dryer at a high temperature for at least 6 minutes.

Also inspect your pets as they may bring ticks into your house. If you find ticks on a pet, remove them and consult a veterinarian if necessary. To obtain information and recommendations regarding ticks on your pets, consult the **Ministère de l'Agriculture, des Pêcheries et de l'Alimentation** website.

How to spot a tick on your body

Wear bright-coloured clothing during your walks. Clear colors make ticks more visible. Examine your entire body after any activity in the forest. Get help from another person or use a mirror to look at less visible parts, like your back. Also use shower time to examine your kids.

To reduce the presence of ticks in your yard

- Cut tall grass and undergrowth around your house, and mow your lawn
- Remove dead leaves, undergrowth and weeds from your lawn, around wood supplies and the shed
- Place wood chip or gravel paths between lawns and wooded areas, patios and playgrounds. Paths should be at least 3 meters in width
- Position play areas away from trees, in a sunny location
- Stack wood neatly in a dry, sheltered area. This can deter rodents, which attract ticks. Rid your yard of old furniture and items

Removing a Tick After a Bite

In case you are bitten, you must remove the tick as soon as possible.

To remove a tick attached to your skin, use fine forceps like tweezers. Avoid using your fingers or fingernails, because you could crush the tick and favour transmission of the bacteria responsible for Lyme disease.

Steps for removing a tick

Grasp the tick with tweezers as close as possible to the skin. Avoid pressing on the insect's abdomen since that increases the risk of transmitting the infection.

Pull the tick gently, but firmly and continuously, without turning it or crushing it, so that you remove the entire tick without breaking it. If the tick's head stays implanted in the skin, you may then be able to remove it delicately with tweezers. If you cannot remove the head, leave it in place and let the skin heal.

Place the tick removed from the skin in a container that closes tightly, such as an empty pill container. Mark the location of the bite and the date of removal of the tick on the container and store it in the fridge. The tick could be useful if you go see a doctor.

After removing the tick, clean your skin with soap and water, and wash your hands thoroughly.





Jordan`s Principle



Are you trying to access services for your child?

Jordan`s Principle aims to make sure First Nations children can access all public services in a way that is reflective of their distinct cultural needs, takes full account of the historical disadvantage linked to colonization, and without experiencing any service denials, delays or disruptions related to their First Nations status. This includes services in education, health, childcare, recreation and culture and language.

Have you had to pay for your child/children to receive services from present to as far back as 2007?

Did you know that there is a possibility that you can be reimbursed from the Jordan`s Principle Program if you have had to pay for these services yourself?

Jordan`s Principle will also review submitted cases where families have had to pay for services for their children which they may be currently receiving or have received in the past up to the year 2007.

For further information or if you have questions please contact:

April Kibbe
Family Support Worker
a.kibbe@kanesatakehealthcenter.ca
450-479-6000, ext: 227
450-479-8313



Kanesatake Health Center
12 Joseph Swan Rd.
Kanesatake, QC
J0N 1E0



KHC Fishing Tournament

The winners of the fishing tournament are:

Most fish: Misty Martin

Biggest fish : Karyn Murray

Smallest fish: Logan Cataford

Perseverance: AJ, Alan Montour, Ehsa and Georgia Montour.

Al Harrington, Nation, Sage and Rayna.



Kanehsatake Paddling Club 2018 Season

July Schedule

Excursions:

Wednesday, July 18 and July 25
5:30-7:30 PM

Regular Paddling:

July 19 4:00-7:00 PM
July 20 12:00 - 2:00 PM
July 26 4:00 - 7:00 PM

Free BBQ for members July 21st
11:00AM-4:00 PM

August Schedule

Excursions:

Wednesdays, August 1, 8, 15, 22, 29
5:30-7:30 PM

Regular Paddling:

August 2, 6, 9, 13, 16, 20, 23, 27, 30
4:00 - 7:00 PM

Free BBQ for members August 4th
11:00 AM - 4:00 PM

**Open from
July 25th to September 26th**

Registration \$20

Under 18 \$10

Non band member \$50

Info or registration: Dave Ballale

(450) 479-6000 Ext. 228

Fun Activities:

Intro to Paddling

Games

Stand Up Paddle Boards

Kayaks

Races

Excursions

Cannes

Free monthly BBQ for members



NAME	MANAGEMENT POSITION	EMAIL	EXT/CELL
Joyce Bonspiel Nelson	Executive Director	jb.nelson@knesatakehealthcenter.ca	Ext. 234
Shirrillean Nelson	Administrative Assistant	s.nelson@knesatakehealthcenter.ca	234
Dinah Routly, RN, BScN, MScN	Manager of Clinical & Nursing Services	d.routly@knesatakehealthcenter.ca	291
Gloria Nelson	Assisted Living Manager	g.nelson@knesatakehealthcenter.ca	222
Karennahawi McComber	Child & Family Services Manager	k.mccomber@knesatakehealthcenter.ca	288
Marie Josée Martin	Kaniatarak'ta Riverside Elders Home Manager	mj.martin@knesatakehealthcenter.ca	(450) 479-1115
Name	Staff Postion	Email	EXT/CELL
Matthew Barr, RN, BN	Community Health Nurse/School Nurse	m.barr@knesatakehealthcenter.ca	235
David Belisle	Community Support Worker	d.belisle@knesatakehealthcenter.ca	228
Jocelyn "Kitty" Bonspille	Elders Community Worker	j.bonspille@knesatakehealthcenter.ca	238
Carolie Brassard, RN	Nurse Kaniatarak'ta Riverside Elders Home	c.brassard@knesatakehealthcenter.ca	(450) 479-1115
Tim Cree	Water Quality Monitor	t.cree@knesatakehealthcenter.ca	292
Tanya Denis	Diabetes Prevention Support Worker	t.denis@knesatakehealthcenter.ca	238
Crystal Diabo	Child Support Worker	c.diabo@knesatakehealthcenter.ca	(450) 479-6000
Lee Etienne	Medical Transport Driver	l.etienne@knesatakehealthcenter.ca	(514) 821-8554
Nathalie Gelinis	Human Resources & Accreditation Coordinator	n.gelinis@knesatakehealthcenter.ca	285
Mary Jane Hannaburg	Mental Health Worker	mj.hannaburg@knesatakehealthcenter.ca	296
Diane Harding	Receptionist	d.harding@knesatakehealthcenter.ca	221
Toni-Ann Harding	Medical Secretary	ta.harding@knesatakehealthcenter.ca	229
April Kibbe	Family Support Worker	a.kibbe@knesatakehealthcenter.ca	227
Jadya Lauder	Youth Program Animator	j.lauder@knesatakehealthcenter.ca	(450) 479 6000
Stephanie Leroux, RN, BN	Home & Community Care Nurse	s.leroux@knesatakehealthcenter.ca	236
Karen MacInnes, RN, BScN	Maternal Child Health Nurse	k.macinnes@knesatakehealthcenter.ca	237
Robert Marcheterre	Case Management Coordinator	r.marcheterre@knesatakehealthcenter.ca	267
Tiohenta McComber	Youth Program Animator (Part-time)	t.mccomber@knesatakehealthcenter.ca	(450) 479-6000
Amanda Nelson	Secretary Kaniatarak'ta Riverside Elders Home	a.nelson@knesatakehealthcenter.ca	(450) 479-1115
Donna Nelson	Finance Clerk/Medical Transportation Clerk	d.nelson@knesatakehealthcenter.ca	225
Kevin Nelson	Youth Support Worker	k.nelson@knesatakehealthcenter.ca	224
Vanessa Nelson	Finance Clerk	v.nelson@knesatakehealthcenter.ca	225
Susan Oke	Communication Technician	s.oke@knesatakehealthcenter.ca	223
Natasha Palinkas, RN	Home & Community Care Program Manager	n.palinkas@knesatakehealthcenter.ca	298
Mike Pepin	Medical Transport Driver	m.pepin@knesatakehealthcenter.ca	(514) 821-8566
Shelly Simon	Medical Transport Coordinator	s.simon@knesatakehealthcenter.ca	226
Kathleen Skye, RN, BScN	Community Health Nurse	k.skye@knesatakehealthcenter.ca	299
Crissann Thompson	Family Development Coordinator	c.thompson@knesatakehealthcenter.ca	287

Pet Vaccination Clinic 2018

The KHCs Annual Pet Vaccination Clinic protected 32 dogs and 16 cats. Veterinarian's Dr. Donald Floyd and Susan Rouleau-Floyd volunteer their time every year to protect our community's pets. The numbers are a little lower than last year mainly because the shots are good for three years and many of our pets are not due for another vaccination until next year. As usual, the event was organized by David Belisle and took place at the MCK Public Works Garage.



Announcements



Danny Mallette
1963-2018

The family of Danny Mallette wishes to thank the community for their condolences and their generosity in our time of need.

Danny will be greatly missed by his family and friends, who have all come out and shown just how much he mattered.

Nia:wen to all the community members who contributed donations, whether it be food, money, or a helping hand.

Niawenhkó:wa,

*His wife, Victoria
and sons Sterling and Randy*



Health Center Birthdays

Natasha Palinkas
July 7

Karen MacInnes
July 10

Kathy Skye
July 10

Toni-Ann Harding
July 30

Lee Etienne
August 24

Happy birthday everyone!



Irene
Happy 100th birthday!

The entire Riverside Elders Team would like to wish a very Happy 100th Birthday to an absolutely fabulous young lady. Mrs. Irene, we enjoy every single minute with you. We hope you know that you are a very special person, and not just because you've lived 100 years, but because whether you've faced good or bad times, you have always been a loving presence and a kind hand for everyone around you and we are looking forward to enjoying many more special moments and lots of laughter with you!

With all our love,
The guys & gals of Riverside



Celina Kwanen'tawi Goodleaf
August 9

Happy 13th Birthday! We hope that your teenage years are amazing just like you!

Love Mom, Dad,
Kanento:ton, lohrehn:hatie
& A'nikonhra'shá:tste.

Aiden
July 8

Happy birthday to our granddaughter Aiden, who turns 9 on July 8th. We hope that you have a great birthday. We are very proud of you and we love you very much.

Love Tota and Grandpa

Congratulations to our Current KHRO Graduates!

At the end of another academic year, KHRO is happy to have assisted a few more students that have achieved their goals and graduated from their field of study.

We here at KHRO send out our heartfelt congratulations to the following two graduates:

Kayla Lazore: Mental Health and Addiction Worker Program with First Nations Technical Institute

Caira Nicholas: Digital Layout and Printing with Rosemont Technology Centre

Take pride in how far you have come and have faith in how far you can go!



Iohrhén:hatie Etienne
July 3

Happy 2nd Birthday to our Beautiful Princess!

Love Mama, Daddy,
Celina, Kanento:ton & A'nikonhra'shá:tste



July

National Injury Prevention Day
July 5

Remembering 1990
July 11

International Self-Care Day
July 24

Kanesatake Family Day
July 27

World Hepatitis Day
July 28

August

International Youth Day
August 12

World Humanitarian Day
August 19

International Overdose Awareness Day
August 31

Kanehsatake Traditional Pow Wow
August 25-26

Emergency Phone Numbers

Fire and Ambulance: 911

Police Emergency:

310-4141 *4141 (cell)

Police Non-emergency

(office) (450) 479-1313



July 6, 20

August 3, 17, 31



July 3, 17, 31

August 14, 28



July 4, 11, 18, 25

August 1, 8, 15, 22, 29

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.

Lacrosse Photos Page 8

