



Karihwi:ios

KHC CFS Dept. Host. 4th Annual Toy & Grocery Bingo

By JadyN Lauder

The Kanusatke Health Center's Child & Family Support department held the fourth Annual Toy & Grocery Bingo on Sunday December 1, 2019. Prior to the event, community members had to pre-register in order to ensure their place. This process helped the team to prepare accordingly for the event in terms of food, seating and space. The gym held 270+ community members including adults, children, youth and elders. The grand prize that everyone was hoping to win was a Christmas tree of fun for the entire family!

Every child received one free bingo package and adults were given two free bingo packages. Each package contained 5 cards for a total of 11 games consisting of 1 line/4 corners followed by a double bingo. The winner of the 1 line or 4 corner received a grocery bag and their choice of a toy/gift item on the prize table. The double bingo



Photos: Susan Oke

winner received the same prize along with a free turkey! The final game was a 3-part game, 1 line/4 corners, double bingo and finally a full card jackpot for the Christmas tree and all of the gifts underneath it! The tree and prizes are worth well over \$2000.

The ongoing fundraisers during the evening were a half/half game, the elephant prize raffle, as well as, the canteen sales. The half-and-half game was sold separately throughout the night for only 2\$. The winner of this game received half of the sales as their prize. The canteen sold baked goods, chili, meat pie, & drinks and chips. The elephant raffle was a fan favorite as always, but the prizes to win this year were bigger and better! For 10\$ you receive a sheet of 25 tickets and get to choose between a variety of gifts to be won, penny fair style! Some of the prizes included a cultural gift basket set, a baby basket, and a Michael Kors purse & wallet. One prize in particular that was very special, labelled as the community tree which included 25\$ gift certificates for local businesses. These businesses included KCF/Fuel bar, Little Tree Convenience, Gas Bar, Beauty by Trina, Shand Thai, Bayside convenience and Mamies Kitchen. The best gift under this tree also had free

snowplow service for the winter season of 2019/2020! The total funds raised this year was approximately \$3,731.50. We have decided to donate the funds back to the youth but we are still determining on which department it will be allotted to. Stay tuned.

Before intermission, an announcement was made that a special guest from "Frozen" had arrived for the children. Olaf showed up for a surprise visit and handed out free lollipops to all the kids. During this time we had some elves helping to distribute advent calendars to all youth under 18 years of age. Every child in attendance received a gift from Olaf and did not leave empty handed!

For the final jackpot game, two lucky winners drew from a deck of cards. The person with the highest card (ace high) would be taking home the Christmas tree of fun! The 2nd place winner would receive 3 consolation prizes of their choice. **Congratulations to Jackie Mallette** who was this year's jackpot winner! She took home the Family tree of fun and everything underneath it! Some of the prizes included gift cards, a flat screen TV, a PlayStation 4/ Virtual reality and much more!



Continued on page 4

Inside Karihw:iios

Colorectal Cancer Among Indigenous People in Quebec	3
Social Economy in Action	5
Christmas 2019 at Rotiwennakehte School.....	7
Christmas at Learn and Play	8
Nutrition and Your Mental health	9
Reacustoming Ourselves to Onkwehonwehnéha.....	12
Over \$56,000 raised for radio station.....	13
Whole Wheat Biscuits taken from diabetes.ca	13
History of Kaniatarak'ta Riverside Elder's Home	14
Announcements.....	15



Health Center News

The Kanesatake Health Center welcomes Jamie Krupp to our team as our new NNADAP worker. Melodie Beaudin is also a recent addition to the team. She is working as a janitor at the KYOT building, as well as, at Kaniatarak'ta Riverside Elder's Home as the activity coordinator.

We are continuing flu vaccinations by appointment. It isn't too late to get one. Call Diane for an appointment (450) 479-6000 Ext. 221.

If you are diabetic or suspect you are diabetic, you can have your sugar checked on Wednesdays 2-3 hours after your last meal. Just give the nurse a heads up by phone. Kathy Skye can be reached at Ext. 299.

If you are trying to reach our staff at the youth center, they now have a land line: (450) 479-6897.

Canada Pension Plan/Old Age Security

2020 Deposit Dates

January 29	June 26
February 26	July 29
March 27	August 27
April 28	September 28
May 27	

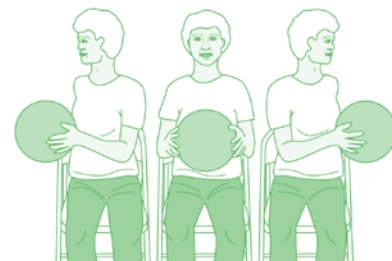
Time to Get Off the Couch and Onto the Chair!



The beautiful fall has turned to winter and great activities are happening at Kaniatarak'ta Riverside Elders' Home.

Every **MONDAY**, there's chair exercises with Stella from 11:00 am - 12:00 pm.

Every **THURSDAY**, chair exercises continue with facilitator, Denise Greggain, from 11:00 - 11:45 am starting January 31st.



Colorectal Cancer Among Indigenous People in Quebec

By Dinah Palinkas-Routly RN, BScN, MScN

This is part 2 in a series of information packets on cancers in First Nations in Quebec. Two Nurses from the Kanasatake Health Center attended a training session in October 2019 sponsored by the FNQLHSSC on *Cancer Prevention and Screening*.

The discussion focused, in part, on the 2015 Regional Health Survey which identified numerous general risk factors for cancers.

General risk factors: obesity/poor nutrition, sedentary lifestyle, smoking;

Contributing community factors ie: living environment, socio-economic, environmental;

Systemic factors ie: accessibility to early detection (screening), diagnosis, treatment;

Personal factors (*non-modifiable*) ie: age, genetics, family history;

It was noted that there are higher incidence and mortality rates for lung and colorectal cancers, and still more cases of cervical cancers and less of breast cancers.

Preventative cancer screening is vital as it may reduce the number of people who develop the cancer and who die from it. The goal is to improve screening especially, for colorectal cancers.

Roles and responsibilities of this type of screening include:

- identifying risk factors. See below for modifiable and non-modifiable risk factors;
- counselling by health care professional;
- explaining available screening tests ie: FIT tests;
- writing the prescription & signing an informed consent form;
- performing the screening test;
- referring when necessary.

Non-modifiable risk factors:

- age (especially after 50);
- having polyps;
- family history of colorectal cancer;
- inflammatory bowel diseases.

Modifiable risk factors: please note that about 46-percent of colorectal cancers can be prevented if the following risk factors are addressed!

tobacco use;
physical activity;

low fiber/vegetable/fruit consumption;
excess weight;
sedentary behaviour;
alcohol consumption;
red meat/processed meat
second hand smoke.

Recommendation is for adults from 50-74 who are asymptomatic and no other risk factors, is to do the FIT test Q 2 years.

Fun Fruit Salad

Taken from Canada.ca

This flavourful fruit salad is sure to satisfy your sweet tooth and makes a great, healthy snack or dessert.

Prep Time: 15 minutes

Cook Time: 0 minutes

Servings: 8

IngredientsDirections

2 apples, cored and chopped
2 oranges, peeled and chopped
1/2 small cantaloupe, seeded and chopped
2 pears
2 tbsp lime juice, about 1 medium lime

Tips

Get creative with this recipe! Substitute with any fruit you have on hand. If using frozen fruit, let it thaw in the fridge first and drain excess water before using.

This is a fun recipe to make with the kids. Little chefs can help with peeling and squeezing.

Hosting dinner this week? Serve this up as a healthy dessert with a dollop of lower fat plain yogurt.

We would like to congratulate all of the bingo winners, consolation prize winners as well as elephant prize winners!

Once all of the winners had been announced we made sure to keep everyone seated, as the event was not over! Tables were called up one by one and **each household received a complimentary grocery bag to take home!** All of the grocery bags contained an assortment of canned vegetables, soup, hot chocolate, popcorn, hand soap, Kleenex and toilet paper. Community members were overjoyed that they were able to take something home that would benefit their household.

On behalf of the child and family Services department we would like to thank the community for their constant support every year in order to make this event such a success!



A special thanks to:

- Olaf
- Tehanerahtákhwa Nelson for hosting the event
- Wenhni'tí:io Gareau as the first time Bingo Caller
- Youth Volunteers; Celina Goodleaf, Adryan Tolley, Wesley Nelson and Konwawenná:wi Nicholas
- Smokey for assisting in setting up the bingo machine
- MCK for allowing us access to the bingo machinery
- IGA St-Joseph for providing the grocery bags, turkeys, as well as, tea/coffee
- Mamie's Kitchen for the wonderful meat pie, chilli and homemade lollipops.
- Festi Fetes for the curtains
- Mark Tolley
- Timmy Cree



On a personal note, I would like to thank all of my co-workers in the CFS Department for their support prior to and during the event, without them the event would not be a success! Nia:wenhkó:wa



Social Economy in Action

Photos: Shyann Nelson Baker

by Pat Gelinas

Shé:kon sewakwé:kon! It is my privilege to speak to you today about “social economy” and the Kanehsatà:ke Youth Entrepreneurs Program. Social economy is a concept that actually relates to our traditional economic system as Mohawk People because instead of returning to a sole individual (as in the case of private enterprise), the benefits of a social economy enterprise return to a community of people, be it in the form of a cooperative (coop) or to a civil community at large (Kanehsatà:ke). A basic and simple example would be when our Ancestors went hunting, the game they harvested was brought back and shared with the community. That was *social economy* in action.

Today, in 2020, as a First Nation that is ever striving to maintain our cultural values and identity, Kanehsatà:ke’s Economic Development Department has instated the “*Kanehsatà:ke Youth Entrepreneurs Program*” in order to teach our youth about business and *Social Economy*.

Powwow 2019:

As an initial project, Ec.Dev. found four youth (ages ranging from 8-13 years of age), and taught them about the rudiments of starting and managing their own business. This project took on the form of a lemonade stand where chips and pop corn were also sold at this years’ powwow.

In order to teach them about *Social Economy*, we explained to them that after all the expenses were covered for (including their salaries), they could share the profit with people in the community. The group of young entrepreneurs chose to give back to our elders at Kaniatarak'ta Riverside Elders Home because, as they themselves had explained to us, “They’re bored because they haven’t anything to do.”

Christmas Event:

On Saturday, December 7th from 11:30am to 2:30pm, Ec. Dev. hosted a Christmas event at the elders home where these young entrepreneurs were able to give back to the people in the community.

So after a nice Christmas luncheon prepared especially by the Riverside cooks, Christmas baskets (containing products that they actually needed), comfy blankets, and many other gifts were handed to the elders. Country Billy Gabriel was also on hand for one set of country music and there was a bingo with fun prizes just for them.

The elders were oh so very happy with their gifts and their time with us and the youth. There were many great, big, smiles of joy and contentment upon receiving the big comfy blankets; some others allowed themselves to be moved with fond memories with Billy Gabriel’s songs; other elders joyous with their modest cash bingo prizes,



almost as if they’d won the lotto 6/49.

Special thanks to the staff at Kaniatarak'ta for their help in putting together the Christmas baskets, to the kitchen staff for preparing the special luncheon, and to Billy Gabriel who generously donated his time to entertain our Elders.

Thank you to Karihwios for publishing this article because the event was a very positive experience for our elders and for our young entrepreneurs.

Given the success of this, the first project of the “Kanehsatà:ke Youth Entrepreneurs Program”, we can look forward to further positive cultural influences stemming from the field of Economic Development.



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	FEBRUARY
						1	
2	3 Dr. Moisan	4 Blood Clinic 7:30-9:00 am	5 Dr. Moisan 1/2 day	6 Dr. DeBroux Blood Clinic 8:00-900 am Foot Care Nurse	7	8	
9	10 Dr. Moisan	11 Dr. Raven Dumont-Maurice Blood Clinic 7:30-9:00 am	12 Dr. Moisan 1/2 day	13 Dr. DeBroux Blood Clinic 8:00-900 am Foot Care Nurse	14	15	
16	17 Dr. Moisan	18 Blood Clinic 7:30-9:00 am	19 Dr. Moisan 1/2 day	20 Blood Clinic 8:00-900 am	21	22	
23	24 Dr. Moisan	25 Blood Clinic 7:30-9:00 am	26 Dr. Moisan 1/2 day	27 Dr. DeBroux Blood Clinic 8:00-900 am	28 Dr. Saba	29	



Christmas 2019 at Rotiwennakéhte School

Photos: Susan Oke

By: Amanda Simon, Kanehsatake Band Member

Shé:kon Kanehsata'kehrónon! The children, teachers and staff at the Rotiwennakéhte Ionterihwaienhstákhwa held their annual Christmas breakfast and gift giving by Santa Claus on December 19th 2019.

For the past four years I have been an integral part of the Secret Santa Society for the Rotiwennakéhte Ionterihwaienhstákhwa. This year I asked the Caisses Populaire of Kahnawake to continue the generosity given by the Oka Caisses Desjardins in the past 4 years, as the school moved their bank account from Oka to Kahnawake. I would like to express my sincere gratitude to **Mandie Montour**, Manager at the Kahnawake Caisses Populaire, as well as her assistant **Shereen Meloche** who donated \$500.00 towards the breakfast with Santa. I would also like to thank a Secret Santa who donated bacon and eggs for the breakfast. Thank you all!

I would like to thank all my "secret Santa's," five owners of local business's in Kanehsatà:wke; two outside companies; and some new contributors from outside the community who graciously accepted to provide me with money to purchase age and gender appropriate gifts from my toy supplier. Without "Christmas ambassadors" like you, Christmas gifts would not have been possible. I wholeheartedly thank my **Secret Santa Ambassadors!**

Finally, to my team of elves: Angela Kawisokwas Gabriel and Brenda Etienne who helped in wrapping and labelling the gifts, thank you very much! God willing, I make an oath to organize and prepare next year's Christmas celebration for the great children of Rotiwennakéhte Ionterihwaienhstákhwa.



Photos: Angela Gabriel

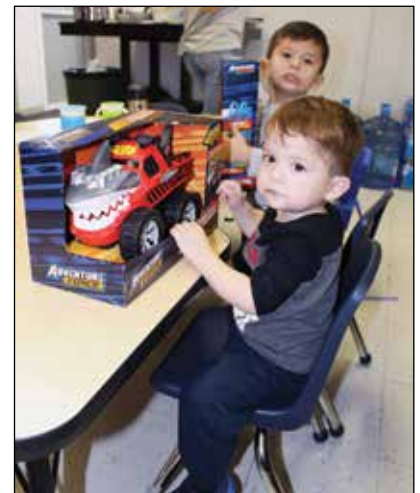


Christmas at Learn and Play



Text and Photos: Susan Oke

The annual Christmas festivities were in full swing at learn and Play last December. The kids, their parents and some grandparents were invited to a delicious, turkey dinner with all the trimmings, including a variety of desserts. To start the event, the kids and family members were given gingerbread houses to construct before the meal and although Santa couldn't make it this year, there were a few elves on hand to pass out gifts to the children, who were thrilled by their presents. A fun time was had by all.



Nutrition and Your Mental health

By Vinita Rawat, Nutritionist

Many of us know the benefits of healthy, balanced eating on our physical health. It reduces our risk of and helps us manage chronic diseases like diabetes, heart diseases and cancer, helps manage our weight, and improves our overall health. But did you know that **what we eat can also greatly impact our mental health?**

Just like how our mood influences what we eat, the food we consume can influence our mood. By eating more nutritious foods and cutting out low-nutrient foods, we can become healthier **AND** happier.

There are many foods proven to help the brain:

- Salmon contains omega 3, a fat that helps with the brain cell membrane. It lowers your risk of depression and dementia.
- Berries are filled with antioxidants which help reduce your risk of illnesses such as heart disease and cancer. They also contain a compound called polyphenolics, which improve concentration, memory, and attention span.
- Yogurt contains probiotics, which are good for the digestive system. The connection between the gut and the brain can mean lowering levels of depression, anxiety, and stress.
- Whole grains are rich in tryptophan, an amino acid which produces serotonin, the hormone that is known to calm the mind, get you in a good mood, and improve your sleep.

- Walnuts are full of antioxidants and can lead to the growth of new neurons (brain cells), which is essential for good brain function.

- Sweet potatoes are rich in beta-carotene, which helps in reducing damage to the brain cells and the oxidative stress on DNA, associated with anxiety, depression, and schizophrenia.

- Beans and legumes are filled with fibre and antioxidants, keeping you full longer and your blood sugar stable. They also contain thiamine, the vitamin that producing acetylcholine, the neurotransmitter essential for memory.

Unhealthy food can often taste good, but it will not make us feel good. A 2017 study found that men who ate 67 or more grams of sugar a day (17 teaspoons of sugar, or about two cans of Coca Cola) were 23 percent likelier to develop anxiety or depression compared to those who ate less than 40 grams a day (10 teaspoons). Highly processed foods, containing large amounts of salt, sugar, and fat, can lead to increased symptoms of fatigue and depression.

Eating healthy is one way to improve your mental wellness and lead a happier life!

For more information about nutrition and to get help with your eating habits, contact Vinita Rawat, Nutritionist at 514-971-4238 to schedule an appointment at the Kanestatka Health Center.

Vinita is at the health center on Wednesdays from 1:00 PM-8:00 PM

JANUARY 31-FEBRUARY 4				
FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
COMMUNITY OUTING LAVAL ROCKETS HOCKEY GAME ALL AGES 6:00 DEPARTURE	ICE FISHING DERBY ALL AGES 10:00AM-4:00PM	OUTDOOR FAMILY DAY SLEIGH RIDE FAMILY SKATING SNOW SNAKE ALL AGES 10:00AM-3:00PM	NERF WAR EVENT AGES 6-10 5:00PM-6:30PM AGES 11-17 6:30PM-8:00PM	BALL HOCKEY AGES 6-10 5:00PM-6:00PM AGES 11-17 6:00PM-7:00PM 18 AND OVER 7:00PM-8:00PM
FEBRUARY 5-FEBRUARY 8				
WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	HAVE A FUN AND SAFE CARNIVAL!
BLIND VOLLEYBALL 15 AND OVER 6:00PM-8:00PM	DODGEBALL AGES 6-10 5:00PM-6:00PM AGES 11-17 6:00PM-7:00PM 18 AND OVER 7:00PM-8:00PM	LIP SYNC BATTLE REHEARSALS 6:00PM-8:00PM	LIP SYNC BATTLE ALL AGES 6:00PM-8:30PM DOORS OPEN 5:30PM LIP SYNC BATTLE REHEARSALS 3:30PM-5:30PM	

FOR MORE INFORMATION CONTACT JADYN LAUDER AT 450-479-6897

How to Find the Added Sugars

Taken from: <http://dhss.alaska.gov>

Submitted by Gloria Nelson

A 20-ounce bottle of soda could have the same amount of sugar as 16 chocolate mini doughnuts. A large amount of added sugar can be hiding in drinks. That's why it's important to always **check the back of the bottle.**

Read the list of ingredients and the Nutrition Facts label to see how much sugar is in your drink. Below is an example of a label for a 20-ounce soda.

Nutrition Facts	
Serving Per Container: 1	
Serving Size: 1 bottle (20 oz)	
Amount Per Serving	
Calories	260
	% Daily Value*
Total Fat 0 g	0%
Sodium 50 mg	2%
Total Carbohydrate 65 g	22%
Sugars 65 g	
Incl. 65 g Added Sugars 130%	
Protein 0 g	
INGREDIENTS: WATER, SUCROSE, GLUCOSE, HIGH FRUCTOSE CORN SYRUP, NATURAL FLAVORS, ARTIFICIAL COLORS, PHOSPHORIC ACID.	

Sample Amounts of Sugar in Beverages.

Iced Tea	8 teaspoons of sugar per drink
Vitamin Water	8 teaspoons of sugar per drink
Soda (20 ounces)	10 teaspoons of sugar per drink
Sport Drinks	10 teaspoons of sugar per drink
Energy Drinks	14 teaspoons of sugar per drink
Specialty Coffee	17 teaspoons of sugar per drink
Bubble Tea	21 teaspoons of sugar per drink
Slush (large)	24 teaspoons of sugar per drink
Try to limit sugar 13 teaspoons or less per day from all sources	

Sugar goes by many names, including: A large amount of added sugar can be hiding in food and drinks. That's why it's important to always **check the back of the package, can or bottle.**

How Do We Calculate Teaspoons of Sugar?

Divide the total grams of sugar listed on a Nutrition Facts label by 4. (*4 grams of sugar = 1 teaspoon of sugar*)

For example:

A sugary drink can have 65 grams of sugar in one serving.
 1. $65 \text{ grams of sugar} \div 4 = 16 \frac{1}{4} \text{ teaspoons of sugar in one serving.}$

Many store-bought drinks contain more than one serving. If you drink the entire container, you'll need to multiply the grams of sugar in one serving by the total number of servings in the container to calculate the total grams of sugar. Then, divide total grams of sugar by 4 to get the total number of teaspoons of added sugar in the drink.

For example:

A bottle of a sugary drink has 2 servings, and each serving contains 32 grams of sugar.

1. $2 \text{ servings} \times 32 \text{ grams of sugar per serving} = 64 \text{ total grams of sugar}$

2. $64 \text{ total grams of sugar} \div 4 = 16 \text{ total teaspoons of sugar in the entire drink. } 16.25 \text{ grams of sugar} = 260 \text{ calories from sugar.}$

10

Agave Nectar	Glucose
Barley Malt	High Fructose Corn Syrup
Cane Sugar	Glucose-Fructose Syrup
Corn Syrup	Honey
Corn Syrup Solids	Maltose
Crystalline Fructose	Malt syrup
Dextrose	Maple Syrup
Evaporated Cane Juice	Molasses
Fructose	Brown Rice Syrup
Fruit Juice Concentrate	Sucrose
Galactose	

Aonsetewarénhna ne Onkwehonwehnéha

By Wenhniitio Gareau



Ó:nen ki' nón:wa wenhniseraténion tóka' tsi iontehrharatstáhhwa ne Tsi Tétiontatshnié:tha ientewatáweia'te orihwí:io tsi enionkwathón:te'ne nonkwahronkhátshera. Tkaráshtha tánon waterihwatewéi:tons kakwatákwen Onkwehonwehnéha í:kare. Á:ienhre tóka' ken'k niiorì:wa Onkwehonwehnéha aionkwathón:te'ne. Tshiorì:wakon ken tóka' ónhka'k iah teiako'nikonhraién:tas? Wentá:onts aetewarihwaká:én:ion tsi ionkwatewéhwaí:ni aionkwa'nikonhraién:ta'ne oh nontí:ren tsi iorihowá:nen ne onkwawén:na tshia'tewenhiserà:ke aionkwathón:te'ne.

Entewé:nehste ki' tsi ionkwatewéhwaí:ni aetewanonhtónnionhwe nahò:ten kén:ton tsi Tionkwehón:we. Só:tsi teionkwaweiehnharà:'on ki' nón:wa nikahá:wis naetewatà:karen ken'k nikarihwéhsa aetewanonhtonnión:ko. Ok thí:kehre tetewattihánion wáhi nek tsi tátien tsi tewakwé:kon ne shá:ka tsi tionkwehtáhhwen tsi kanó:ron se' ne onkwawén:na. Ó:nen kari'wanóntha ia'taionkwarihwaí:ni:ta'se tó: niiorihowá:nen. Sénha ken kanó:ron tsi ní:ioht ne tehotinien'tarií:kon raotiwén:na? Sénha ken kanó:ron tsi ní:ioht aionkwakwátshé'ne? Sewatié:rens wentó:re kí:ken ne aetewahthá:rahkwe, sewatié:rens iorihwanekhé:rent, nek tsi teiotonhontsó:hon ki'.

Ké:iahere ken' íóhsere Kahnawà:ke ia'kkwátho Onkwawén:na aorihwà:ke ne wa'akwahthá:rahkwe. Shaiá:ta wa'tharihwáthe'te tsi niiorihowá:nen iah thaetewén:ron "ne owén:na", wahén:ron, tóka' enwá:ton taetewatatehiahrahkwen tsi akwé: onkwá:wen enwá:ton aionkwa'nikonhraién:ta'ne tsi akwé:kon ionkwatewéhwaí:ni aetewawennanónhstate. Tánon, wahén:ron, tshieská:te, tsi onkwawén:na nen' né:'e nok ò:ni' tsi íónhne íá:ken, tsi ní:ioht ne iethi'nihsténha nen' né:'e nonkwawén:na. Thó:ne ó:nen wahén:ron, tsi tetehshakotíhsnie ítiens ne sa'nihsténha teiakokohén:tons, wahró:ri ratétsents tsi rarihwaiénté:ri oh ní:tsi ahshe'niá:kenhte tóhsa aiaíéheie. Iah tha'taontonhóntsohse aontaharihwà:reke, óhksa'k ne ensahkwíron ahsheí: nawa'se ronhátien tsi nikaio'tenhserowá:nen asé'ken shenorónhkhwa. Iethi'nihsténha ne Onkwehonwehnéha ionkwatewéhwaí:ni taiethiaterién:tarake, sok aonhá:'a ki' nón:wa nikahá:wis ionkwatewéhwaí:ni oh naetewá:iere. Tóka' tsi nentewáhsa nia'té:kon aetewataterihwanontonnión:hahse sok shé:kon Kanien'kéha aonhá:'a é:neken tewarihwakará:tats, ó:nen'k tsi tentewaié:na aonsetiónhnhete.

Tóhkará'k niiahia'kserà:ke kakwatákwen tsi iontehrharatstáhhwa ó:nen tóhkara nihá:ti ronhrónkha khò:ni' ne iah tehonhrónkha wa'onkhró:ri tsi niion'wé:sen ahonathón:te'ne tsi iah kwah teshonate'shén:naien Onkwehonwehnéha akorénhshon tahatihtharónnion. Tsonkwa'nikónhrhens tsi nahò:ten tionkwá:wis ne Onkwawén:na; tsi taiotka'wenhátie nao'shatsténhsera. Ok tsi nonkwá:ti ne iethihsóthó:kon iehonhronkha'tsheraí:ri, tóka' ionkwaio'tátie tshia'tewenhserà:ke ne sénha aetewatá:ti iethina'tón:nis tsi iethinorónhkhwa tánon iethirihwakweniéstha asé'ken ronathró:ri Onkwawén:na, tsi ní:ioht nen' né:'e, tsi nihatiá:tó:tens.

Wentá:onts aonsetewarénhna Onkwehonwehnéha aionkwathón:te'ne tóka' eh nentewaiá'to'ténhake. Sha'oié:ra tsi iowenanekhé:rent tsi tiotáhsawe tóka' kari:wes shitionkwatewén:nokte nek tsi iohstó:re enwáhton'ne eh ní:tsi aetewáttoke. Tenkatén:ni ne ionekhé:rent thé: ó:ia nentsáwen'ne. Ne entewanónhton nahò:ten; Atkwenienstátshera, kanonhweratónhtshera tóka' ní' atshennoniáhtshera tsi niiakonhnhó:ten. Akwé: sha'tékena tsi nentewá:iere sénha iaetewahronkha'tsheraí:ri; Onkwehonwehnéha aetewatónhsatate, ótia'ke taetewawennaté:ni iah thaonsetewén:ron ne Tiorhén:sa, owenna'shón:'a aetewara'nentaktánion ne kanonhskónhson, akwé: kwató:ken tsi ní:ioht tsi entsakoiá'tahní:ratshe iethi'nihsténha, Onkwahronkhátshera. Teiakotén:tshon se' wáhi? Tho ki' nikawén:nake, tho ká:ti' naióhton ne onkwa'nikòn:ra.

QR Codes for Onkwehonwehnéha Content

In this issue of Karihwí:ios, you will find a "QR code" (Pictured top right), included with all Onkwehonwehnéha content. These QR codes work with an app on your smartphone or mobile device so you can not only read the article, but *listen* to them as well! Don't read Onkwehonwehnéha? No problem! Follow these quick instructions to get started and listen along!

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

Reacustoming Ourselves to Onkwehonwehnéha

By Wenhniitio Gareau, language and Culture Coordinator

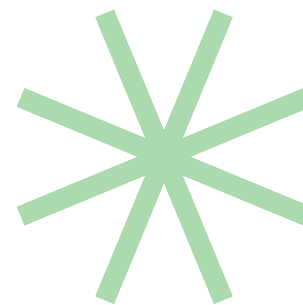
If we enter the Kanehsatà:ke Tsi Tetiontatshnié:tha waiting room these days, we should be guaranteed to hear our language. A smart television and a tablet have been prepared, full of Onkwehonwehnéha content. It might seem to be just a little thing to hear our language. Is it useless for someone who doesn't understand? If we can start to examine what our priorities are we can better understand why it's important to hear Kanien'kéha everyday.

Doing some thinking on what it means to be Onkwehón:we can go a long way to clarifying our priorities. The thing is, we are too busy these days to take the time to relax and think about it. I would imagine that we are all unique but I would be willing to bet that amongst all our priorities, our language is a commonality. Now we have to decide where it sits among those priorities. Is it more important than French or English? Is it more important than making money? Sometimes it's difficult to ask these kinds of questions and to ponder our decisions, but it's always necessary.

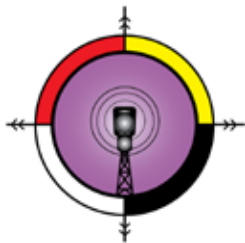
I remember last year I stopped in at Kahnawà:ke for their language conference. One of the speakers spoke about the importance of not saying "the language". He continued by saying if we could remind ourselves that it's "our" language, it would go a long way in our understanding of our responsibilities to preserve it. He went on to explain that if it's "our" language and it's said that our language is alive, it's as if our language is actually our mother. Then he said, suppose if your mother is in the hospital, she's dying. The doctor tells you he knows how to save her life. He wouldn't have to tell you twice. You'd jump at the chance to help your mother no matter the burden you'd have to place on yourself, because you love her. Our language is our mother and we have the responsibility to care for her. On top of that, is the fact we understand like no other time before, how to properly teach Kanien'kéha in a school setting. So, what it comes down to is that if through trying to organize our priorities we still find that our language is up near the top, we have the obligation to work together to revive it.

It's been a few weeks since the television and tablet have been set up in the waiting room. It's nice to hear from speakers and non-speakers alike, who appreciate hearing our language and do not have the chance as often, nowadays, to hear or converse in Kanien'kéha. We tend to forget what our language can impart to us; how it gives us strength. In terms of our elderly speakers, if we can work every day to speak more it shows them we love them and respect them, because our language is such a large chunk of who they, and subsequently we, are.

We need to re-acustom ourselves to our language if we want to continue to claim our identity as Onkwehón:we. It's important to mention that it's natural to feel uneasy around Kanien'kéha if we've been a long time without it, but these feelings often disappear quickly with any concerted effort. They transform into other feelings, sometimes of pride, gratitude and a greater sense of self-worth. All the efforts that we make to improve our fluency are worth it; listening to our language, sticking words up around the house, committing to "delete" English words from our vocabularies. All of these efforts have a specific place in re-strengthening our language, our mother. Because she deserves it, right? That's the amount of words, let it be that way in our minds.



Over \$56,000 raised for radio station



By Karahkó:hare Syd Gaspé

Reviving Kanehsatà:ke Radio would like to thank the following people who helped make The Secret Door fundraisers a huge success, with over \$56,000 raised!

Ní:wen to our sponsors: Steve Bonspiel and The Eastern Door (he invented the fundraiser), K1037 Radio, Maria's Mohawk Gas Bar, Smoke Signals Kanehsatà:ke, First Nations Paramedics Kanehsatà:ke, Host Hotel Kahnawà:ke, Restaurant de la Place Châteauguay, Chase the Ace Kanehsatà:ke, Bayview Restaurant Kahnawà:ke, The Bar B Barn, Hebdo Litho Printing Solutions, The Kanehsatà:ke Health Center, Jeff Nelson Roofing and Construction, G.D's Garage Kahnawà:ke and the Akwesasne Mohawk Casino & Resort.

Our Volunteers: Steve Bonspiel, Karahkó:hare Syd Gaspé, Gordie Oke, Sonia Bonspiel-Boileau, Cathy Beauvais, Travis Gabriel, Dakota Simon, Karihohestha Eliza Cupples, Daryl Cupples, Mary Tylah Mohawk, Tehowesonte Gabriel, Pat Gelinis, Julie Gaspé, Smokey Andre Richard, Jimmy Nicholas, Tehoniehathe Delisle, Erica Flo McComber and Paul Graif as the MC. and ní:wen to Louanne Cataford and Mohawk Prints for the printing of our awesome board, prize cards, envelopes and other posters. And to everyone who bought a Secret Door!

The grand prize of \$20,000 went to **Tommy Taylor**, a reluctant player who originally wanted number 34 but it was taken. He was called back the next day and was convinced to take one of the threeremainingnumbers. Hisnumber,68,turnedouttobeagoodchoice. Other prizes included \$8,000 to **Traci Martin**, four \$5,000 prizes to various people, including a group that paid \$100 each and won \$500 each. There was also a \$2,000 prize and 93 other multiple prizes such as gift certificates of at least \$100, \$200 in cash, \$150 in cash, and an Akwesasne Mohawk Casino & Resort package. Every single door won something.

In the short term, the funds will help us resume broadcasting this coming spring. Funding proposals are in the works for 2020 to ensure training and employment. Negotiations are taking place to secure a new transmission site for the long term. To help the station, to donate, or even just to offer a few words of encouragement, you can contact 1017rkr@gmail.com, or Reviving Kanehsatake Radio on Facebook.

Whole Wheat Biscuits

taken from diabetes.ca



This great whole wheat biscuit adds fibre, and is great served warm to accentuate their delicate texture.

Prep Time: 15 minutes

Cook Time: 12 - 15 minutes

Calories: 95

Serving Size: makes 12 biscuits

Ingredients

- 1½ cups (375 mL) whole wheat flour
- ½ cup (125 mL) all-purpose flour
- 1 tbsp (15 mL) baking powder
- ½ tsp (2 mL) salt
- 2 tbsp (30 mL) cold margarine or butter
- 1 cup (250 mL) skim milk

Instructions

- Preheat oven to 425°F (220°C).
- In a large bowl, combine whole wheat flour, all purpose flour, baking powder and salt. Using a pastry blender or two knives, cut in margarine until mixture resembles coarse crumbs. Using a fork, quickly stir in milk.
- Transfer dough to a floured work surface and knead for 6 to 8 strokes or just until dough holds together. Roll out to ¾ inch (2 cm) thick. Using a 2-inch (5 cm) round cookie cutter, cut into 12 circles (or use a knife to cut into 12 wedges or squares), re-rolling scraps, as necessary. Place at least 1 inch (2.5 cm) apart on a prepared, lightly greased, baking sheet.
- Bake in preheated oven for 12 to 15 minutes or until lightly browned. Transfer to a wire rack and let cool slightly. Serve warm.

History of Kaniatarak'ta Riverside Elder's Home



By Christina Montour

Background Information

Original Members of the Board of Directors to establish Riverside (in late 1990s):

1. Skawennati - Madeleine Montour
2. Skaronianowe - Eleanor Montour
3. Kowahawense - Phyllis Montour
4. Skawanes - Christina Montour
5. Sarot - Charlotte Montour
6. Watahine - Rita Jacobs (partial member)

These ladies worked with former Grand Chief James Gabriel and former Chief Michelle Lamouche. Many meetings and negotiations with the federal government occurred. It took some time, but with perseverance, we reached a conclusion on the location best suited for our elders. Riverside Rest Home (*original name*), is located at 518 Ste-Philomene, Kanehsàta:ke Mohawk Territory. Meetings then followed with an architect to identify renovations required to make the building serviceable to the needs of the elders in Kanehsàta:ke.

A hiring board was created to interview job candidates, with MCK Human Resources assistance through Caroline Dussault. A director was selected and hired, which was Gabrielle Lamouche. A strong personnel team was formed (director, nurses, prepose's and janitors), in order to have the Elders Home work efficiently.

The reason we worked so hard to get a home for our Elders in Kanehsàta:ke:

One of our Elders was taken up north to an elders home around St-Adele where very little English was spoken. This elder

had a niece, called Skawennati, who spent a lot of time as a child at her auntie's place on Center Road.

One day, Skawennati went to St-Adele to visit her auntie. Low and behold, when she went to her auntie's room, she found her dead in her bed with no staff around to help her. It appeared as though her auntie had already been passed away for a few hours by the time Skawennati got there. When Skawennati spoke to the staff, she found out no phone calls had been made to advise the family of her auntie's passing.

Upon returning to Kanehsatake, Skawennati informed her cousins Skaronianowe, Kowahawense, Skawanes, and Sarot. Skawennati said it was so sad to see her auntie left unattended, without proper care. Skawennati swore that this deplorable situation should never happen again to any of our elders. She told her cousins that "we have to form a committee and get a home here in Kanehsatake for our dear elders."

This is the reason we all worked so hard to get this beautiful home in Kanehsatake, to take care of our elders in our home community. These efforts were spearheaded by Skawennati who was fully committed and gave it her all to establish Kanehsatake's own elders home.

We were all very pleased when Kaniatarak'ta Riverside Elder's Home finally opened its doors to care for our dear elders. Today, as years before, we owe it to our elders to keep Riverside open, with the proper staff and funding to continue to meet their health care needs here in Kanehsatake.

Information prepared by Skawanes, with input from original members (Skawennati and Sarot) of the Board of Directors of Riverside Elders Home. Skawanes is currently residing at Kaniatarak'ta Iontorishentakhwa; she has been there since October 2018.

Announcements

Health Center Birthdays

Crissann Thompson

January 29

Gloria Nelson

February 10

Jadyn Lauder

February 16

Donna Nelson

February 19

Dinah Routly

February 19

Karennaha:wi McComber

February 20

Stephanie Leroux

February 20

Diane Harding

February 24

Kevin Nelson

February 27

Happy birthday everyone!



Happy Retirement

The KHC staff would like to wish our long time, visiting psychologist, Madeleine Trembley, a happy, healthy, and well earned retirement.



Joan Myra Gabriel Nelson

April 14, 1933 – November 7, 2019

We would like to express our gratitude and appreciation by thanking you for the cards, flowers, visits, donations, and to the United Church Women & Volunteers for the beautiful reception shared amongst family & friends following the burial.

Your kind expressions of sympathy and support following her passing, has been comforting and will guide us through the difficult times.

*Thank you, the family of
Joan Myra Gabriel Nelson*

Mini-Mohawk Lesson

Courtesy of Will Wenhni'tí:io Gareau

I will use the blue shovel to shovel the snow in front of the house.

lekarenì:tha é:n:katste oròn:ia niwahsohkó:ten takeniehtohtáhrho ohén:ton tsi tewakenónhsote.

lekarenì:tha – Shovel

Oròn:ia niwahsohkó:ten – Colored blue

Kátstha – I use

Tekeniehtohtáhrhos – I shovel snow

Ohén:ton – Before/in front of

Tsi tewakenónhsote – At my house

January

National Non-Smoking Week
January 19-25

Weedless Wednesday
January 22

Bell Let's Talk Day
January 29

February

Psychology Month

Groundhog Day
February 2

World Cancer Day
February 4

Pink Shirt Day
February 27

Garbage

January 2, 16, 30
February 13, 27

Recycling

January 9, 23
February 6, 20

Organic Waste

January 7
February 11



Emergency Phone Numbers

Fire and Ambulance: 911
Police Emergency:
310-4141 *4141 (cell)
Police Non-emergency
(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.

Ami-Quebec Support Groups

For family, friends & people living with mental illness

Anxiety	Bipolar Disorder	Depression	Hoarding	Obsessive Compulsive Disorder
January 13 February 10	January 20 February 17	January 20 February 17	January 27 February 24	January 13 February 2

All support groups take place on Mondays, 6:30-8:30 PM, 4333 Cote Ste. Catherine Rd., Montreal. For information: info@amiquebec.org
514-486-1448
1-877-303-0264