



Karíhwi:ios

Emergency Preparedness Event

Photos: Gloria Nelson

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by Ellen Filippelli

On May 18, 2013, Kanehsata:ke's 4th Annual Emergency Preparedness Awareness Family Day took place and a fun time was had by all. Since this year's National Safety and Prevention Week

fell in the same month it was decided to incorporate the two events together.

With over 120 people coming out to participate in the fun and beautiful sunshine, we were able to have yet another successful day to promote safety awareness and provide prevention tips to community members through activities and presentations. This event was pulled together courtesy of our sponsors and partners and the amazing participation from community families and friends. The MCK waved the normal rental fees and permitted us to set up the event in the Ratihente High School yard. They also authorized the manual labour for Pat Filippelli (from the public works department) to come and help set up and take down the site and do a whole lot of little jobs during the event,

great job Pat, Nia:wen.

A BBQ lunch was provided by the Kanestate Health Center catered by Jimmy's Catering Delight and his fabulous team, and as always the food was delicious—thank you Jimmy! Chiina Tynes, Kevin Lussier, and Scott Forster were our fantastic volunteers throughout the day, pitching in and helping out whenever and wherever they were needed. Nia:wen, you guys were a great support team! Gloria Nelson from the KHC, who is also on the Emergency Preparedness Committee, played an enormous role in organizing this event. Without Gloria and her endless resources this event would not have happened. Dave Belisle and Leo Parent from the KHC were on site all day to set up and take down the tables and

continued on next page



Emergency Preparedness week continued from front page

tents. They also volunteered their services whenever it was needed. Thanks guys, your support were truly appreciated!

Each table was set up and loaded with material for anyone interested in obtaining information on any one of the emergency response services that were present and their roles and responsibilities in an emergency. A team from Sécurité Civile joined us with informative material on emergency preparedness and for the first time, representatives from Search and Rescue Amateur “HAM” Radio were present with a full set of radios used in search and rescue operations.

The youth were encouraged to join in and be actively involved in the various presentations with the emergency response services such as the Sauvetage Canada Search and Rescue canine unit. The search and rescue dogs not only entertained everyone with their friendly and playful behavior but provided families with a live demonstration on how the canine unit plays an important role when searching for someone who may be lost. The Sûreté du Québec provided a bicycle track for the children to ride bikes and offered injury prevention and helmet and bicycle safety tips. This year they used the bike track to demonstrate an interactive presentation on DUI utilizing the alcohol simulation goggles. The Sûreté du Québec also provided information to concerned participants on the proper and safe installation of baby car seats.

The youth were invited to satisfy their curiosity and experience first-hand what it’s like to be on a fire truck, ambulance, search & rescue boat, ATV, and motorcycle patrol unit. Qualified technicians who were experienced in their field of occupation

were available and happy to answer any and all questions.

A huge thank you goes out to the following sponsors for their generous donations that made it possible for us to give away so many door prizes:

Kanehsata:ke Health Center -15 bicycle helmets, 1 camping tent, 6 baseball gloves, 1 lacrosse gloves

Sûreté du Québec - 6 bicycles, 8 helmets, 2 baby car seats

Pines Poker Club-Joe-Anna’s Restaurant- 2 bicycles

Tracy Cross & Family-\$200.00

Otsi Simon - \$50.00

Cash donations were used to purchase 4 bicycles Acknowledgement of appreciation goes out to the manager at Canadian Tire in St-Eustache for offering a generous rebate allowing us to purchase more bicycles.

Unipharm Oka, Pierre Belisle - 6 Emergency medical kits–approx. \$100.00 value

Performance Car Audio – Eric Mayer - 60 emergency flashlights

The emergency flashlights were given away to the first 60 participants who arrived on site and 51 happy winners walked away with fabulous door prizes. But the gift of winning didn’t stop there. The family of Christine Meilleur and Louis Nelson had the good fortune to win not one but two bicycles! They kept one for their daughter Bryanna and generously donated the other bicycle to the Kanehsata:ke Daycare. Now that’s the true meaning of community spirit and paying forward... incredible!

The following are our partnering emergency response agencies who took the time to come out on a Saturday and

participate and promote emergency preparedness and prevention measures in Kanehsata:ke:

Sécurité Civile

Jean-Pierre Tremblay, Emergency Preparedness Site Coordinator
Hilda Hewitt, volunteer
Jacques Brouillette, Emergency Preparedness Site Coordinator

Search and Rescue Amateur “HAM” Radio

Carole Hamel, HAM Radio Operator
Normand Pitre, HAM Radio Operator

Oka Fire Department

Robert Graveline, Firefighter
Benoit Graveline, Firefighter

First Nation Paramedics

Nicholas Bachand, Paramedic
Bobby Dagenais, Paramedic

Sauvetage Canada Search and Rescue Canine Unit

Carol A. Namur, Volunteer Group
Douglas Flook, Volunteer Group
Chantal LaLiberté, Canine Handler
Moyac, S&R Dog

Sûreté du Québec

Carlos Medeiros, Assistant Chief of Police
Sgt. Laurent Salamagne, ATV Safety
Dominique DeGiglio, Bicycle Safety
Jérôme Fillion, Boating Safety
Michel Gravel, Motorcycle Unit

Nia:wenkowa/Merci/Thank-you to everyone. We hope you had as much fun participating and learning about emergency preparedness, staying safe and injury prevention as we did organizing this event for Kanehsata:ke. We look forward to seeing everyone again at next year’s Annual Emergency Preparedness Awareness Family Day event!



Chef Wolfman's Zucchini Fettucine

(Without the fettucine.)

(2 portions)

Ingredients:

2 green zucchinis, sliced long and thin (using a mandolin)

1/2 sweet potato, chopped fine

1/4 red pepper, julienned

1/4 yellow pepper, julienned

Zest and juice from 1 lemon

2 cloves roasted garlic, chopped

1 tbsp grape seed oil

1 tsp. Mrs. Dash or other salt substitute (if approved by your doctor/dietician only)

pepper to taste

1tsp balsamic glaze



Method

1. In a large 4-quart pot, bring 2 quarts of water to a boil, add zucchini and then place steamer on top and place sweet potato and peppers inside
2. Cook covered for four minutes.
3. Remove and drain zucchini and place in a stainless steel bowl.
4. Top with the sweet potato, peppers, lemon zest and juice, garlic and grape seed oil.
5. Mix carefully and season with salt substitute and pepper.
6. Serve hot on a platter and garnish with basil and balsamic glaze.

Walk-in Clinic Information

Polyclinique Saint-Eustache

75, rue Grignon
Saint-Eustache (Québec)
J7P 4J2
Tel.: 450 473-6777
Fax : 450 473-1916

For a SAME DAY clinic appointment

Starting at 5:00 am

Call (450) 323-6237

Clinique des Generations

(formerly Centre Médical 25)
465 Bibeau (behind the hospital)
Saint-Eustache (Québec) J7P 2V1
Tel.: 450 472-1955
Fax 450 472-1905

For a SAME DAY appointment

Starting at 7 :00 am

Call (450) 323-6211

Clinique JMG Montée de la baie

St. Joseph-du-lac

For an appointment the NEXT DAY

starting at 11 :30 PM

Call (450) 323-6239

Clinique Médicale Deux-Montagnes

201, 9e Avenue
Deux-Montagnes (Québec) J7R 3M1
Tel.: 450 472-7520
Fax: 450 472-0886

For an appointment the NEXT DAY

Starting at 10 :00 pm

Call (450) 323-6247

Polyclinique Urgence 640

2000, Cours le Corbusier
Boisbriand (Québec) J7G 3E8
Tel.: 450 434-3434
Fax.: 450 434-6494

For a SAME DAY appointment

starting at 3:30 am

Call (450) 970-2419

Clinique Médicale Laval-Ouest

3400, boul. Sainte-Rose
Laval (Québec) H7R 5E8

Tel. : 450 627-2651

Fax. : 450 627-0072

Clinique Médicale Boisbriand

877, chemin de la Grande-Allée
Boisbriand (Québec) J7G 1W6

Tel. : 450 437-4600

Clinique Blainville

519, boul. Curé-Labelle
Blainville (Québec) J7C 2H6

Tel. : 450 430-2222

Clinique Médicale de l'Avenir

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

Tel.: 450 680-1150

Fax.: 450 680-1151

Clinique Medicale Sans Rendez-vous.com

136 rue Saint-Louis
St.-Eustache, QC
(514) 370-2112

Make your appointment online/Prenez votre rendez-vous sur internet

www.cliniqueSRV.com

For a more complete list of area clinics (including private clinics), go to the health center's website:

www.kanesatakehealthcenter.ca

If you aren't sure if you should go to a clinic or the emergency ward, you can call **info sante at: 811**. The services offered and the operating days and hours of these clinics may vary, so you may want to call the general phone number for this information.

New Breastfeeding Video Featuring Local Families

Photos: Susan Oke

by Crissann Thompson

The Kanestate Health Center, through its Baby Friendly Initiative, along with the peer support woman and Sonia Boileau from Nish Media, have collaborated on a video that will captivate and inspire more women and families to embrace breastfeeding. We are very proud to announce we have received a completed version of the video, "Breastfeeding; laying the foundation for a healthy community."

The Kanestate Health Center had a small screening at the KYOT building on Thursday June 20, 2013 for the peer support mothers, as well as, people that were directly involved in creating this wonderful tool to help inform and inspire prenatal and post-partum families.



To see the women's awesome ideas taken from a note pad directly to the screen was just simply amazing. To observe peoples expressions while watching the film is enough to know that this tool is both meaningful and powerful.

The Kanestate Health Center is planning a community viewing for sometime in the near future. We hope to see you there.

Non Alcoholic Mixed Drink Recipe

submitted by Leo Parent, NNADAP Worker

As summer is upon us, many people enjoy a nice refreshing drink to keep cool. So, here is a recipe that can help cool those warm days and nights! No need for alcohol to stay refreshed. Enjoy!

Summer Rain

- 1-oz. raspberry puree
- 1-oz. grapefruit juice
- 1-oz. pineapple juice
- 2-oz. orange sherbet
- 1-oz. lemonade

Blend all the ingredients (except lemonade), briefly with half a glassful of crushed ice and pour into a highball glass. Add lemonade, garnish with fruit, add straws and serve.

Recipe taken from: <http://www.drinksmixer.com/drink7251.html>

World Breastfeeding Week Aug. 1-7 2013

taken from worldbreastfeedingweek.org



Breastfeeding Support: Close to Mothers

This year's World Breastfeeding Week (WBW) theme, 'BREASTFEEDING SUPPORT: CLOSE TO MOTHERS', highlights breastfeeding peer counselling. Even when mothers are able to get off to a good start, all too often in the weeks or months after delivery there is a sharp decline in breastfeeding rates, and practices, particularly exclusive breastfeeding. The period

when mothers do not visit a healthcare facility is the time when a community support system for mothers is essential. Continued support to sustain breastfeeding can be provided in a variety of ways. Traditionally, support is provided by the family. As societies change, however, in particular with urbanization, support for mothers from a wider circle is needed, whether it is provided by trained health workers, lactation consultants, community leaders, or from friends who are also mothers, and/or from fathers/partners. The Peer Counselling Program is a cost effective and highly productive way to reach a larger number of mothers more frequently. Peer Counsellors can be anyone from the community who is trained to learn to support mothers. Trained Peer Counsellors, readily available in the community become the lifeline for mothers with breastfeeding questions and issues. "The key to best breastfeeding practices is continued day-to-day support for the breastfeeding mother within her home and community."

Breastfeeding Word Search

Word List

- | | |
|-------------|-------------|
| NATURAL | BENEFITS |
| CONVENIENCE | CHILD |
| FORE-MILK | COLOSTRUM |
| HIND-MILK | HEALTHY |
| BREAST-MILK | BONDING |
| GIFT | MOTHER |
| PORTABLE | ANTIBODIES |
| LATCH | EMPOWERMENT |
| MILK | FREE |
| NOURISHMENT | SUPPLY |

T M S L X K I T H M U E G M F M E O G O
X F J S I P A K O E D S U D F L N P Y Z
N J H G T Q B T L T C X B N R K A S G Q
K G E V Q I H M K Q N N X O O J R T R P
L H F H N E F E U W L E E B N M M N C K
I I S A R E U E T K K Z M I O D G Q B H
M N E R H Z M G N Q R X F R N W I E T B
- D I C Z Q U N B E D A O N E E A N S H
T - D H T D R S T R B Y K T P W V R G S
S M O I W I T K T O G Y H I Y X O N V N
A I B L Z E S K L I M - E R O F A P O V
E L I D N E O K L I M O V G V P J U M C
R K T N Y R L I P B L T U B K N R X S E
B X N R H F O G O E Q O M O M I H O N D
B B A Z T T C I R W O R K X S T W Q O Y
A B W T L F Z N T A E E O H Q S A Y G O
C I P B A I Q M A P I W M N B S D P Q E
R N Y Q E G A Y B V E E N M X O K E C M
N S O E H E D M L A N Q L A R U T A N N
T U Y L P P U S E T D K Z U X X L Y W G

Quebec Native Women Youth Council Meeting

by Naomi George

I attended the youth council meeting held on May 25th and 26th, which was organized by the Quebec Native Women Association (FAQNW). The purpose of this meeting was to explore and discuss human trafficking in Canada and how it affects First Nations communities and their members. The meeting took place in a Montreal hotel conference room. The meeting was made up of youth representatives from various First Nations communities and FAQNW representatives. Presentations were made by guest speakers on the topic of human trafficking in and out of First Nations communities. This was followed by a discussion on the development for a campaign targeted at First Nations youth on the issue. The focus of the discussions and presentation were on sex trafficking and First Nation's youth.

RCMP (Royal Canadian Mounted Police) Coordinator for Human Trafficking Awareness discussed various cases that she had worked on, here in Quebec. Steve Guillot, representative for Homeland Security Investigation and Consulate General of the United States in Montreal, presented on the legal standards used to address the issue of human trafficking in the U.S. Sophie-Claude Miller, a young Cree woman and outreach worker for the First Nations in Montreal discussed her experiences working with urban First Nations youth who fall victim to trafficking. Sebastien Lapointe, co-founder and Vice President of CyberAction Jeunesse Canada, presented on the issue of the Internet used as a tool for traffickers, perpetrators of human trafficking, especially social media sites such as facebook. Colleen MacKinnon, the founder of the project The Freed, discussed the existing campaigns and to raise awareness of this issue in Quebec. The presentations covered the differences between trafficking and the concept of smuggling. They described the different forms such as forced labor and sex trafficking or forced prostitution, etc. They presented the different ways that people have fallen and can fall victim to trafficking. They discussed signs of victimization of human trafficking, what to look out for. They discussed the severity of this issue in Quebec and the lack of public awareness and government acknowledgement of this issue in Quebec. They discussed the over representation of First Nations youth among the victims in the cases of trafficking in Quebec. All of the presentations encouraged and supported the idea of the necessity to increase awareness of this issue within First



Nations communities in Quebec and Canada, especially among the youth.

The meeting was ended with a list of ideas and messages put forward by the youth representatives for campaign idea for First Nations youth that deal with awareness, identification signs of victimization, and aid and assistance for victims of human trafficking. As a participant in this training and consultation on human trafficking I took away from this experience, more knowledge and understanding about this issue. I was left with the concern about whether or not this is an issue in the Kanesatake and surrounding communities.

In discussions with the representatives from other communities I felt that the general consensus was that whether or not this is a current and existing issue in our communities it can be proactive rather than reactive to promote awareness about it.

For more details and any information about this feel free to contact me:

Naomi George

Mohawk nation youth representative for FAQNW

Email: naomi.george@hotmail.com

Widia Larivière

Coordonnatrice jeunesse | Youth Coordinator

Femmes Autochtones du Québec | Quebec Native Women

Business Complex, River Road

C.P. 1989, Kahnawake (Québec) J0L 1B0

Tél.: (450) 632-0088 ext. 236

Toll free: 1-800-363-0322 x236

Fax: (450) 632-9280 Web : www.faq-qnw.org

Hepatitis C <http://www.who.int/mediacentre/factsheets/fs164/en/index.html>

Hepatitis C is a contagious liver disease that results from infection with the hepatitis C virus. It can range in severity from a mild illness lasting a few weeks to a serious, lifelong illness.

The hepatitis C virus is usually spread when blood from an infected person enters the body of a susceptible person. It is among the most common viruses that infect the liver.

Every year, 3–4 million people are infected with the hepatitis C virus. About 150 million people are chronically infected and at risk of developing liver cirrhosis and/or liver cancer. More than 350 000 people die from hepatitis C-related liver diseases every year.

Transmission

The hepatitis C virus is most commonly transmitted through exposure to infectious blood. This can occur through:

- receipt of contaminated blood transfusions, blood products and organ transplants;
- injections given with contaminated syringes and needle-stick injuries in health-care settings;
- injection drug use;
- being born to a hepatitis C-infected mother.

Hepatitis C may be transmitted through sex with an infected person or sharing personal items contaminated with infectious blood, but these are less common.

Hepatitis C is not spread through breast milk, food or water or by casual contact such as hugging, kissing and sharing food or drinks with an infected person.

Symptoms

The incubation period for hepatitis C is 2 weeks to 6 months. Following initial infection, approximately 80% of people do not exhibit any symptoms. Those who are acutely symptomatic may

exhibit fever, fatigue, decreased appetite, nausea, vomiting, abdominal pain, dark urine, grey-coloured faeces, joint pain and jaundice (yellowing of skin and the whites of the eyes).

About 75–85 % of newly infected persons develop chronic infection and 60–70% of chronically infected people develop chronic liver disease; 5–20% develop cirrhosis and 1–5% die from cirrhosis or liver cancer. In 25% of liver cancer patients, the underlying cause is hepatitis C.

Diagnosis

Diagnosis of acute infection is often missed because a majority of infected people have no symptoms. Common methods of antibody detection cannot differentiate between acute and chronic infection. The presence of antibodies against the hepatitis C virus indicates that a person is or has been infected. The hepatitis C virus recombinant immunoblot assay (RIBA) and hepatitis C virus ribonucleic acid (RNA) testing are used to confirm the diagnosis.

Diagnosis of chronic infection is made when hepatitis C virus RNA is identified by nucleic acid testing in a person with antibodies against hepatitis C virus. Specialized tests are often used to evaluate patients for liver disease, including cirrhosis and liver cancer.

Getting tested

Early diagnosis can prevent health problems that may result from infection and prevent transmission to family members and other close contacts. Some countries recommend screening for people who may be at risk for infection. These include:

- people who have received blood, blood products or organs before screening for hepatitis C virus was implemented, or where screening was not yet widespread;
- current or former injecting drug users (even those who injected drugs once many years ago);

- people on long-term haemodialysis;
- health-care workers;
- people living with HIV;
- people with abnormal liver tests or liver disease;
- infants born to infected mothers.

Treatment

Hepatitis C does not always require treatment. There are 6 genotypes of the hepatitis C virus and they may respond differently to treatment. Careful screening is necessary before starting the treatment to determine the most appropriate approach for the patient.

Combination antiviral therapy with interferon and ribavirin has been the mainstay of hepatitis C treatment. Unfortunately, interferon is not widely available globally, it is not always well tolerated, some virus genotypes respond better to interferon than others, and many people who take interferon do not finish their treatment. This means that while hepatitis C is generally considered to be a curable disease, for many people this is not a reality.

Prevention

There is no vaccine for hepatitis C. The risk of infection can be reduced by avoiding:

- unnecessary and unsafe injections;
- unsafe blood products;
- unsafe sharps waste collection and disposal;
- use of illicit drugs and sharing of injection equipment;
- unprotected sex with hepatitis C-infected people;
- sharing of sharp personal items that may be contaminated with infected blood;
- tattoos, piercings and acupuncture performed with contaminated equipment.

For more info, please consult the World Health Organization website:
<http://www.who.int/en/>

Announcements



***In Loving Memory of
Louis Beauvais***

*We thought of you today
But that is nothing new
We thought of you yesterday
And will tomorrow too
We think of you in silence
And make no outward show
For what it meant to lose you
Only those who love you know
Remembering you is easy
We do it every day
Its the heartache of losing you
That will never go away*

*The family of the late Louis Beauvais
would like to extend a heartfelt thank you
to everyone who donated their time and
money during our difficult time of loss.*

***Anne Beauvais
Steve, Kayla, and Roger Nelson***

Health Center Birthdays

Julie Boileau
July 6

Natasha Palinkas
July 7

Kathy Skye
July 10

Karen MacInnes
July 10

Toni Ann Harding
July 30

Leo Parent
August 2

Happy birthday everyone!
Have a great day!

Thank You

The UCW would like to thank the people who came out to support our bingo on June 28, 2013 and all the volunteers who helped out:

Gloria J. Nelson
Ruby Powless
Josephine Beauvais
Gabrielle Lamouche
Maria Canatonquin

Donations Given by:

Ronnie and Judy Bonspiel
Frances Richard
Gloria J. Nelson
Mohawk Gas Bar

We hope to see all of you at our next bingo and at our Christmas Bazaar. Once again thank you and have a nice safe summer.

From Kate Oke, Vivian Oke, Florence Nelson, Susan Gabriel, and Myrlyn Bonspille



Thank You

On behalf of myself and my mother, Melanie Howard, I would like to thank the community of Kanehsatake for their support in helping me reach my goals in the 2012-2013 speed skating season. Last summer, the community supported me by buying half-and-half tickets at the Pow Wow and making donations, which raised close to \$400.

A garage sale at my Tota's house in the village added to that in order to earn enough money to pay for my plane ticket to Winnipeg for the Canadian Age Class Long Track Championships after I won the Ontario Provincial Championship title.

In Winnipeg, there was tough competition from all of the provinces but I managed to finish with three medals in the four events for my age class (Girls 12) at the national level: a gold in the 100m Olympic Style race and two bronze medals for the 300m Mass Start and 500m Olympic Style.

I also would like to say a huge thank you to the Dreamcatcher Foundation, whose generous gift allowed me to get my own skates, and also safety and maintenance equipment. Up until this year, I have always skated on borrowed skates - even at Nationals - so having my own skates made a HUGE difference to me and has improved my training ability.

Thank you as well to my friends and family who believe in me and help me continue to go after my Olympic dreams in speed skating, and to my coaches in Ontario for their help in training.

Aliya Sha'tekenhátie Howard



Congratulations

Congratulations to the lacrosse teams that won their games on June 15th. I wish you good luck with the rest of the season.

From Jessie

Happy Birthday

Esther Nelson
July 18

Beverly Nelson
July 31

Love you both
Mom

Tommy Schlotthauber
August 1

Happy birthday!

From Jessie



Evan Nelson
July 27

Happy birthday!

Love Tota

Russell McComber
August 23

Happy birthday!

From your sister-in-law Jessie

Maria Canatonquin

Happy birthday!

From Oh Jessie



July 28, 2013 is World Hepatitis Day

Mini-Mohawk Lesson

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

He is mean looking

Rahserohen'tó:ron

He is not mean looking

Iáh thetshotsherochen'tó:ron

Mischevious

Nia'teikorí:wake

He is mischevious

Rahnhe'tó:ri

She is mischevious

Kahnhe'tó:ri or Iehnhe'tó:ri

Trouble starters

Ratiri'tstakétskwas

He got in trouble (disciplined)

Wahorá:kahre

July

- Canada Day**
July 1
- Remembering 1990**
July 11
- World Hepatitis Day**
July 28



July 2, 9, 16, 23, 30



July 12, 26

August

- World Breastfeeding Week**
August 1-7
- Kanehsatake Pow Wow**
August 24-25
- Civic Holiday (ON)**
August 5
- World Humanitarian Day**
August 19



August 6, 13, 20, 27



August 9, 23



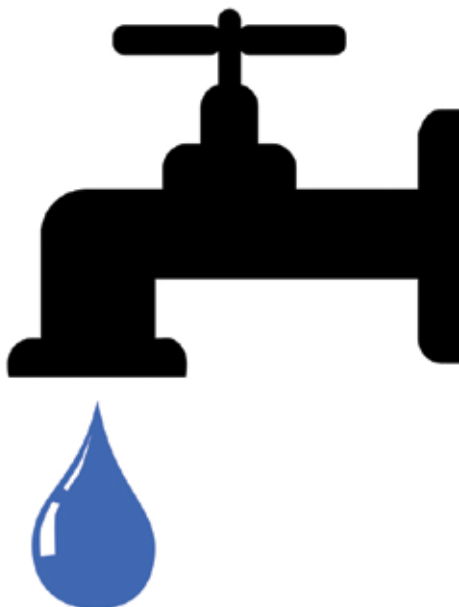
If you have questions or comments regarding Karihwi:ios, please email karihwiios@hotmail.com

Karihwi:ios Deadline For September/October
August 26, 2013

Emergency Phone Numbers
Fire and Ambulance: 911
Police Emergency: 310-4141
*4141 (cell)
Police Non-emergency (SQ office) (450) 479-1313

To have your water tested please call Tim Cree at the Kanesatake Health Center:

(450) 479-6000



Karihwiios serves to distribute health information from the Kanesatake Health Center to the community of Kanesatake. Karihwiios provides a positive forum from which to honor the achievements of community members. Karihwiios promotes community services, their activities, and accomplishments. It advertises and promotes upcoming special events and activities to be held in and around Kanesatake.