



Karihwi:ios

KHC Brings Wolfman to Ratihente!

Photos: Susan Oke

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by Susan Oke

On Monday, February 4th, the students, staff, and some community members were educated and entertained by Chef David Wolfman (his real name), at Ratihente



High School in an event sponsored by the health center. The Lillooet, BC native is the host of “Cooking With the Wolfman,” seen on the APTN network. He is also a culinary arts professor at George Brown College of Applied Arts and Technology in Toronto.

Chef Wolfman and his wife, Marlene Finn were in Kanesatake to demonstrate how to prepare diabetic friendly recipe’s that are easy, tasty, and quick to make. In just two hours, four meals were prepared by the Wolfman, who was assisted at times by various students.

During the meal preparation, he discussed healthier ingredients, preparation, and cooking techniques. According to the Wolfman, if you are crying when you chop onions, it’s because your knives are not

sharp enough. In addition to the cooking tips, he also handed out hats, t-shirts, and aprons to anyone who participated or answered his pop quizzes.

He stressed to everyone that just because a meal is low sodium and low fat, it doesn’t mean the food has to be bland. He used a number of other spices, condiments, or salt substitutes to make the meals very tasty.

After the meals were prepared he came out from behind the cooking area to give the students a short motivational talk.

On Page three you will find his recipe for poached chicken with spring vegetables. There will be more of Chef Wolfman’s recipes in the coming issues of Karihwiios.



Cooking With Moms, Dads, and Tots Group

by Susan Oke

The health center is sponsoring a healthy cooking class, once a week during the Moms, Dads and Tots Group. It's aimed at young families, and breastfeeding moms. Every Tuesday up to 10 parents get together to make a meal to bring home to their families.

Dave Belisle and Gloria Nelson are there to see that all the tasks are performed including disinfecting hands and surfaces, wearing of gloves and hairnets, and making sure everyone has a job to do. On Tuesday, February 19th it was a delicious smelling beef stroganoff that the group prepared and as you will see from the photos, just about everyone had a hand in it.

Every two weeks the participants receive a "Good Food Bag" containing various vegetables and fruits to help them make healthy meals at home with vegetables they may not have thought of using before, such as sweet potatoes. Everyone seems to enjoy this healthy cooking activity and the group will continue until the end of March.



KHC Services for Diabetics

Community Health Nurse, Julie Boileau is here to help community members living with diabetes. If you would like to be monitored at the health center, Julie is available to provide you with one-to-one counselling and to:

- Do a neuropathy assessment (nerve testing)
- Provide a footcare assessment
- Take your blood sugar reading

- Discuss your nutrition plan
- Take your body mass index evaluation
- Link up with your doctor

Maybe you think you are diabetic, but you aren't sure. Julie can also screen you for diabetes. To make an appointment, please call the health center at: (450) 479-6000

Chef Wolfman's Poached Chicken with Spring Vegetables

(4 servings)

Ingredients:

- 4 boneless, skinless chicken breasts
- 3 cups low sodium chicken broth
- 2 tbsp lemon juice or white wine vinegar
- 2 sprigs of parsley
- 1 sprig of thyme
- 1 bay leaf
- 10 white peppercorns
- Cheesecloth for spice bag
- 1 1/2-lbs of mixed cleaned spring vegetables
(baby carrots, broccoli, cauliflower, snow peas,
savoy cabbage and/or leeks, asparagus)
- 1 tbsp chopped parsley (garnish)
- ground white pepper to taste
- Mrs. Dash or salt substitute to taste (if
approved by your
doctor or dietician only)
- *Note: you can thicken broth (mix 1 tsp
cornstarch with 2 tbsp of cold water to change
the consistency to a stew like liquid.)



Method

1. Pour broth and lemon juice into a saute pan.
2. Combine the parsley sprigs, thyme, bay leaf, peppercorns, in a cheesecloth and tie it with a string to make a spice bag and add it to the saute pan.
3. Bring to a simmer and then add chicken breast and cook covered for 15-18 minutes, skimming foam off periodically.
4. While chicken is cooking, clean and trim vegetables and add to poaching liquid, simmer another 7-10 minutes, or until the vegetables are tender.
5. Check chicken breast for doneness by piercing the meat and making sure the juices run clear or test with a food thermometer to see if the chicken has reached 165° F.
6. Taste broth and season with ground white pepper and salt substitute.
7. At this point you can thicken the liquid with the cornstarch if you want to change the consistency.
8. Spoon broth and vegetables in a serving bowl and top with sliced chicken breast.
9. Top with chopped parsley and serve hot.

Cutting and Self-harm

submitted by Julie Boileau,
Community Health Nurse

It has come to our attention that some of our teens are harming themselves. **Suffering in silence is not the way to go. There is help.** You are not alone.

If you know someone that is “cutting” or hurting themselves in any other way, please tell an adult, tell your school teacher, tell the school nurse, tell the guidance counselor.... Karen and I are also available. Call us. 450-479-6000, j.boileau@kanesatakehealthcenter.ca

Tel-Jeunes / Kidshelpphone.ca
1-800-668-6868, it's free and confidential

www.deal.org/www.helpguide.org

What is self-harm?

Self-harm happens when you hurt or harm yourself. You may:

- take too many tablets – an overdose
- cut yourself
- burn yourself
- bang your head or throw yourself against something hard
- punch yourself
- stick things in your body
- swallow things.

It can feel to other people that these things are done calmly and deliberately – almost cynically. But we know that someone who self-harms is usually in a state of high emotion, distress and unbearable inner turmoil. Some people plan it in advance, for others, it happens on the spur of the moment. Some people self-harm only once or twice, but others do it

regularly - it can be hard to stop.

Some of us harm ourselves in less obvious, but still serious, ways. We may behave in ways that suggest we don't care whether we live or die – we may take drugs recklessly, have unsafe sex, or binge drink. Some people simply starve themselves.

What makes people self-harm?

Research has shown that many people who harm themselves are struggling with intolerable distress or unbearable situations. A person will often struggle with difficulties for some time before they self-harm.

Common problems include:

- physical or sexual abuse
- feeling depressed
- feeling bad about yourself
- relationship problems with partners, friends, and family
- being unemployed, or having difficulties at work

You may be more likely to harm yourself if you feel:

- that people don't listen to you
- hopeless, isolated, alone
- out of control
- powerless – it feels as though there's nothing you can do to change anything.

It's more likely to happen if you are using alcohol or drugs – it may feel that these are as out of control as the rest of your life. You may feel like harming yourself if you want to show someone else how

distressed you are or to get back at them or to punish them. This is not common – most people suffer in silence and self-harm in private.

How does it make you feel?

Self-harm can help you to feel in control, and reduce uncomfortable feelings of tension and distress. If you feel guilty, it can be a way of punishing yourself and relieving your guilt. Either way, it can become a ‘quick fix’ for feeling bad.

Does this mean I'm mentally ill?

Probably not. However, you may be depressed, have personality difficulties, find it difficult to get on with other people or have problems with alcohol and/or drugs. You could still do with some help.

Is self-harm the same as attempted suicide

Usually not. But if you start to harm yourself, the risk of killing yourself is greater than for people who don't self-harm. So anyone who self-harms should be taken seriously and offered help.

Getting help

A lot of people who self-harm don't ask for help. Why not? You might be aware that you have some serious problems, but don't feel that you can tell anyone – so you don't talk about it. You may not feel that you do have a serious problem, but see self-harm as a way to cope with life. Unfortunately, at the moment, if you do go

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Photos: Susan Oke

to hospital after self-harming, you've only got a 50:50 chance of being seen by a specialist in this area.

Danger signs

You are most likely to harm yourself badly if you:

- use a dangerous or violent method
- self-harm regularly
- don't see many people
- have a mental illness.

You should really see someone who has a lot of experience of helping people who self-harm, and who knows about mental health problems.

How can I help myself?

The feelings of self-harm will go away after a while. If you can cope with your distress without self-harming for a time, it will get easier over the next few hours. You can:

Talk to someone – if you are on your own perhaps you could phone a friend or a helpline. If the person you are with is making you feel worse, go out.

Distract yourself by going out, listening to music, or by doing something harmless that interests you.

Relax and focus your mind on something pleasant – your very own personal comforting place.

Find another way to express your feelings such as squeezing ice cubes (which you can make with red juice to mimic blood if the sight of blood is important), or just drawing red lines on your skin.

Give yourself some 'harmless pain' - eat a hot chilli, or have a cold shower.

Focus your mind on positive things.

Be kind to yourself – allow yourself to do something harmless that you enjoy.

Write a diary or a letter, to explain what is happening to you – no one else needs to see it.

What can I do if I know someone who self-harms?

It can be very upsetting to be close to someone who self-harms - but there are things you can do. The most important is to listen to

them without judging them or being critical. This can be very hard if you are upset yourself- and perhaps angry - about what they are doing. Try to concentrate on them rather than your own feelings – although this can be hard.

DO

Talk to them when they feel like self-harming. Try to understand their feelings, and then move the conversation onto other things.

Take some of the mystery out of self-harm by helping them find out about self-harm perhaps by showing them this leaflet, or by using the internet or the local library.

Find out about getting help - maybe go with them to see someone, such as their GP.

Help them to think about their self-harm not as a shameful secret, but as a problem to be sorted out.

DON'T

Try to be their therapist – therapy is complicated and you have enough to deal with as their friend, partner or relative. Expect them to stop overnight – it's difficult and takes time and effort.

React strongly, with anger, hurt, or upset - this is likely to make them feel worse. Talk honestly about the effect it has on you, but do this calmly and in a way that shows how much you care for them.

Struggle with them when they are about to self-harm – it's better to walk away and to suggest they come and talk about it rather than do it.

Make them promise not to do it again.

Say that you won't see them unless they stop self-harming.

Feel responsible for their self-harm or become the person who is supposed to stop them. You must get on with your own life as well. Make sure you talk to someone close to you, so you get some support.

*taken from Royal College of Psychiatrists website
rcpsych.ac.uk/expertadvice/problems/depression/self-harm.aspx*

Hibou's 2nd Annual Broomball Tourney

Photos: Susan Oke



by Brandon "Hibou" Etienne

On the weekend of February 9th and 10th, I held Hibou's 2nd Annual Broomball Tournament. 36 players registered to play which broke down to 4 teams.

Team 1 (RED)	Team 2 (BLACK)	Team 3 (GREEN)	Team 4 (WHITE)
Jason Nelson	Teharakoken Cree	Jacob Cree	Justin Nelson
Travis Etienne	Randy Etienne	Kevin Simon	Jeff Nelson
Mark Tolley	Shawn Nelson	Smokey Richard	Steve Bonspiel
Katsirekeron M	Keith Simon	Mike Gabriel	Will Gareau
Skyler Baker	Jansen Nicholas	Andrew Simon	Kevin Cataford
Jon Daoust	Nevada Baker	Teki Albany	Tyler Nelson
Carl Dunn	Tathe Nelson	Daniel Baker	Joseph Hannaburg
Kyle Canatonquin	Frank Hannaburg	Zach Toohey	Selena Beauvais
Andrea Nelson	Stephanie Nelson	Valerie Tewisha	Teha Diabo
Jesse Rice	Cameron Hunter		

The tournament round robin was held on the Saturday. Six games were played with WHITE finishing 1st overall, GREEN 2ND, BLACK 3RD, and RED 4th. On Sunday the playoffs were held. RED played WHITE in the first semi-final. In a close game WHITE won 2-1. The next semi-final had GREEN vs BLACK. This game turned out to be another tight one with the BLACK team coming out victorious. The Championship game was held next. This game went back and forth. However in the end there always has to be a victor and that proved to be the WHITE team winning 2-1 with the help of MVP Kevin Cataford in nets. Thanks to Andrew Simon, Keith Simon, Zach Toohey, Cole Delisle, Skyler Baker and whomever else may have helped make the ice this year. Thank you to the referees and all the players for making this years edition a great success.



Ecotrivia Questions

Courtesy of Earth Day Canada, earthday.ca

Energy

- Which household appliance uses the most energy?
 - Refridgerator
 - Toaster
 - Dishwasher
 - Washing machine
- “Phantom carriers” is a term used for electronic devices that:
 - Move from room to room
 - Continue to consume electricity even when switched off
 - Are really expensive
 - Are energy efficient
- What percentage do heating costs rise by for every degree above 20° C that you set your household thermostat in the winter?
 - 2%
 - 4%
 - 5%
 - 7%

Water

- Over a period of one day, a slow dripping drop of water could fill a:
 - Swimming pool
 - Bathtub
 - Drinking glass
 - Sink
- How much water is used to produce 1kg of paper?
 - 100 litres
 - 200 litres
 - 300 litres
 - 400 litres

- What country has the largest supply of fresh water?
 - Canada
 - Brazil
 - Russia
 - China

Food and Garden

- The existence of many plant flowers depends on:
 - Birds
 - Bugs
 - Worms
 - Bees
- As much as _____ of the chemicals that are administered on our lawns, gardens, and crops to ward off insects and pests end up in our drinking water supply!
 - 70%
 - 60%
 - 50%
 - 80%

Transportation

- One poorly maintained vehicle can emit pollutants equivalent to those from _____ properly tuned cars.
 - 20
 - 30
 - 40
 - 50
- You can improve your gas mileage by about 3.3% by:
 - Having your windows open
 - Keeping your tires inflated to the proper pressure
 - Driving with the music on
 - Keeping your car clean

Answers on page 10

Ecotrivia answers

Energy

1. A—Refrigerators use about 11% of a household's total energy consumption.

Take Action: *Buy energy Star endorsed refrigerators, which will use less energy and save you money. Also, make sure your refrigerator is set to optimal energy use temperatures (between 2°C and 3°C).]*

2. B—"Phantom carriers" are products that draw power 24-hours a day. Appliances that have a clock or programming displays such as coffee makers, DVD players, computers, printers, and stereos are considered phantom load carriers. Seventy-five percent of the electricity used to power home electronics is consumed while the products are off.

Take Action: *Unplug electrical appliances and equipment when you leave the room or use a power bar that connects all of these units and then simply switch the bar off.*

3. C—Don't overheat your home in the winter. Put on a sweater and dress accordingly in order to save money and use less energy.

Water

1. B—Slow dripping taps can actually be more wasteful than high volume toilets.

Take Action: *Fix your faucets to prevent wasting water.*

2. C

Take Action: *Use both sides of a sheet of paper before recycling it. Buy products that are labeled: "contains post consumer recycled material" This means it is made from things that you put into your blue box.*

3. A

Take Action: *Use water conservatively in your life. Although Canada has access to the greatest supply of fresh water, much of it is wasted. There is a severe fresh water shortage in many areas around the globe today, so we must be careful to preserve our water and avoid contaminating it.*



Food and Garden

1. D—If there were no bees, 100,000 plant species would cease to exist.

2. C—Pesticides and other chemicals leach into the ground water and contaminate our drinking supply. They can also negatively affect the health of people and animals nearby.

Take Action: *Don't use pesticides on your lawn. Be sure to look into environmentally sensitive alternatives that aren't harmful to people and animals.*

Transportation

1. A—A poorly maintained vehicle can increase fuel consumption by up to 50% and greenhouse gas emissions by even more.

Take Action: *Make sure your vehicle is regularly tuned and maintained and falls within emission regulations.*

2. B

Take Action: *Make sure to keep your tires inflated to the proper pressure. If just one tire is under-inflated by 20%, you will use an additional 74 litres of fuel annually.*

**For more Earth Day information or more ecotrivia questions,
go to earthday.ca**

Brand New School Buses for the Education Center



by Caroline Gélinas



She:kon everyone. As you may know, I am the new Director of Education at the Kanesatake Education Center (KEC). When I started in my new position, in mid-October, the team at KEC quickly brought to my attention the many concerns they had with the school buses.

I was informed that our buses were in constant need of costly repairs and were not likely to pass the up-coming inspection. It was clear that these buses needed to be replaced as soon as possible. So, I made it a priority to develop a proposal that would allow us to purchase new ones.

Last November, the Grand Chief Serge Simon, Chief John Cannatonquin and I, travelled to the Aboriginal Affairs and Northern Development Canada Regional Office in Quebec City; the Grand Chief presented our proposal for the purchase of two new school buses to a group of government officials and as you can see in the pictures, our proposal was accepted! Our students are now travelling in brand new school buses!

I would like to acknowledge the efforts put forth by everyone at the Education Center, with a special thanks to Kay Gaspé who coordinated the logistics involved with this important purchase.

The safety of our students and the delivery of quality education programs will remain the focus of my priorities as Director of Education.

Announcements

KHC Birthdays

Peggy Jacobs
March 3

Happy birthday Peggy!!!! Have a great day :)



Helen Beauvais

*A mom is one of life's best gifts,
Someone to treasure all life through,
She's caring and loving,
Thoughtful and true,
Someone who is always a special
part of your life,
Someone who holds a prime place
in your heart,
She's a mentor, a confident
and also a friend,
Someone on whose love
you can depend.
A mom always has your best
interests at heart,
She's someone so dear and so good,
She's a blessing, she's a gift,
She's a treasure like no other,
She's someone that is
truly wonderful.
Wherever you go, and
whatever you do,
A mom's love will always
see you through,
A mom is truly invaluable,
Indispensable and unforgettable.
I wouldn't want anyone but you,
And that's why I'm so grateful,
that life picked you for me.*

—Anonymous

Thank you for your support and donations during our difficult time of loss.

Anne Beauvais, Roger, Steve,
and Kayla Nelson

March

- National Nutrition Month
- National Kidney Month
- International Women's Day
March 8
- St. Patrick's Day
March 17
- World Water Day
March 22
- Good Friday
March 29
- Easter Sunday
March 31



March 12, 26



March. 8, 22

April

- Daffodil Days Cancer Awareness
- National Immunization Awareness Week
April 20 - 27
- April Fool's Day
April 1
- World Health Day
April 7
- Earth Day
April 22



April 9, 23



April, 5, 19

*Leaves will be picked up on April 25th.



If you have questions or comments regarding Karihwios, please email karihwios@hotmail.com

**Karihwios Deadline For May/June
April 26, 2013**

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



Drug and Alcohol Awareness Billboard Contest

By: Leo Parent NNADAP Worker

The Kanesatake Health Center sponsored a Billboard contest focusing on addictions awareness on February 8th 2013. Congratulations to Jansen Nicholas for his winning entry. Jansen received an iPad with retina display for his effort. Keep an eye out for the billboard within the next few months. If you or someone you know would like to talk about addictions please call the Kanesatake Health Center (450) 479-6000.

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