



# Karihwi:ios

## Lending A Hand at the NFCM

Photos: Leo Parent

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by Leo Parent, NNADAP Worker

### Native Friendship Center of Montreal – Kanesatake Community Services Initiative



**O**n Monday April 29, 2013 the Kanesatake Health Center sponsored a community services initiative with the NFCM Community. This initiative was meant to allow Kanesatake youth (Originally meant to be Ratihente High School students but unfortunately there are school days left that need to be completed), and young adults from the Pikwadin Program, and a family from Kanesatake, the opportunity to go and visit the NFCM and to provide 45 homeless community members with a hot meal and to distribute to them, 80 pairs of socks and underwear.

Our goal was to give our community's young adults the chance to see the realities by our brothers and sisters from different

First Nations and Inuit communities who come to Montreal for a better life but often succumb to the harsh realities of homelessness and addictions.

The Native Friendship Center of Montreal provides vital services to the homeless First Nations and Inuit of Montreal, such as a lunch, laundry, and shower facilities. There is also the Inter-tribal youth center that operates out of the NFCM to help FN and Inuit youth with a safe place to hang out and for them to have a place to call their own. They have a mobile program kind of like meals on wheels called "Ka'washe." Their van drives around key points in Montreal to distribute food and necessities to the homeless population.

continued on next page

NFCM Visit continued from front page

We began our time at the NFCM with a tour of the building and were greeted by Arlene Cross McPherson who is a worker on the street patrol along with some other staff. We got the chance to meet some of the community members, while setting up for our feast. Our feast of beef stew, rice, salad, and beef barley soup was prepared by Jimmy's Catering Delight and was much appreciated by everyone. Before our meal an elder from the NFCM homeless community gave a prayer and expressed his deep appreciation for our coming and being a part of something special that day.

"It was an eye opening experience to see how they live and what they have to go through" said one of the participants from Pikwadin. "It took us coming here to realize and appreciate what we have." I am very proud of Kanesatake's young adults for taking time to do community service and for being open to this initiative.



## Rotiwennakéhte Students Sing on K103 radio

Submitted by Wathahine Nicholas

On Wednesday, April 10th, the students from Rotiwennakéhte School nursery to grade-2 classes, participated in the Wahta/Maple radio show in Kahnawake. The Kanien'kéha Onkwawén:na Raotitióhkwa Language and Cultural Center and the K103.7 FM radio station hosted the event. Our students sang, in Kanien'kéha, the following songs: Í:se Akeráhkwa, Tóh nikanó:ron Ti È:rhar, Otsísto, Otsísto and Ioráhkote. Our students did an excellent job promoting our language. They did such a great job that they were invited to participate for next year.

# Chef Wolfman's Spicy Black Bean Chowder

(6 8-oz servings)

## Ingredients:

- 1 tbsp grapeseed oil
- 2 cloves garlic, chopped
- 2 medium onions, diced
- 1 medium red pepper diced
- 1<sup>1/2</sup> cups diced carrots
- 4 cups low sodium chicken broth
- 2 bay leaves
- 1 tsp fresh thyme
- 1 small sprig of fresh parsley or coriander
- 1/2 tsp black peppercorns, crushed
- 1 head of broccoli
- 1 15-oz can of Black beans, rinsed and drained
- 1 tsp chillies or chili paste
- Mrs. Dash or salt substitute to taste (if approved by your doctor or dietician only)



## Method

1. In a large soup pot, heat oil over medium heat.
2. Add onions and carrot and cook for two minutes.
3. Add red peppers, garlic, and black peppercorns, and let sweat for 2 minutes.
4. Add broth and bring to a boil, then add bay leaves, fresh thyme, and half the chillies/paste.
5. Add broccoli, let simmer until vegetables are tender (10-15 minutes).
6. Add beans to chowder and bring back to a boil; cook 5 minutes more.
7. Taste and adjust seasoning with salt substitute, ground pepper, and chillies/paste if needed.
8. Finish with chopped parsley or coriander.
9. Serve hot and enjoy

# THE GREAT SURVEY *on your nation's* **DEVELOPMENT**



**Do you have an opinion about the economic development of your nation?**

**Let us know by filling out our survey, and you have the chance to win one of the following prizes\* :**

- 2 Grand prizes of \$500 cash**
- 4 Apple iPod touch 32 GB**
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- 3 Samsung 10" 32 GB Galaxy Tab 2 Tablets with keyboard**

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**To fill out the survey and take part in the draw, visit our Facebook page:**



**Great Survey – FNQLEDC**



This survey is administered by the  
**FIRST NATIONS OF QUEBEC AND LABRADOR  
ECONOMIC DEVELOPMENT COMMISSION**

\*You may only register once for the draw. Anyone who registers more than once for the contest will be disqualified and have his or her name removed from the draw. To participate, it is mandatory that you are a status member of an Aboriginal nation (on or off reserve). Only participants aged 18 or older will be eligible for the draw.

In collaboration with the Business and Community Service  
of Centre d'études collégiales & Chibougamau - <http://www.seccol.com/>



**BUSINESS AND  
COMMUNITY SERVICE**  
**CENTRE D'ÉTUDES COLLÉGIALES & Chibougamau**  
400-200-0000

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# 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 Gerations**

*(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.

# Kids Zone Goes to the Farm

Photos: Susan Oke



By: Leo Parent

The Kids Zone After School Program has been involved with the Kanehsatake Farm and its farmers, Valerie Gabriel and her partner Adam Sousa. Together, Valerie and Adam are teaching our kids about planting seeds and about composting, in an effort to promote healthy living and healthy eating and for the children to know where their food comes from. The kids definitely looked like farmers, holding the rakes and shovels, wearing their rubber boots and getting their hands dirty.

We have had three sessions with them and the kids are learning a lot. The children planted Zinnia and Tomato seeds, learned how soil is made, helped turning over the compost pile, looked at the chickens, and they even held a few worms. They all really enjoy their time at the farm located next to Michelle and Peter Gabriel's house on Karenhatase Road and the kids always have tons of questions that Valerie and Adam readily answer. Nia:wen to you both for sharing your knowledge and love for farming! Look for the Kanehsatake Farm page on Face book.





# Heat Waves taken from <http://www.getprepared.gc.ca/cnt/rsrscs/sfttps/tp201207-eng.aspx>

**D**o you know how to spot the difference between heat cramps, heat stroke, and heat exhaustion? Read our safety tip to find out how to keep cool this summer as the temperature rises.

Anyone can experience heat stress. The health risks are greatest for those over the age of 65, infants and young children, people with chronic illness such as breathing or heart problems, those who work or exercise in the heat, and those who are overweight. Heat illnesses are preventable.

## During Heat Waves:

- Drink fluids, especially water, before feeling thirsty.
- Slow down! Your body can't function as well in high temperatures.
- Cool down in cool store, public library, or community pool.
- Shade heads and faces with a loose-fitting ventilated hat or umbrella when outdoors.
- Dress appropriately in light-weight, light-coloured, and loose-fitting clothing.
- Avoid getting sunburned. It decreases the body's ability to cool.
- Never leave infants, children or pets inside a parked vehicle.
- Remember to check on elderly family members, neighbours and friends to make sure they are comfortable and safe.

## Common symptoms and treatment of hot weather illnesses:

### Heat Cramps

**Symptoms** include sharp pains in the muscles caused by salt imbalance resulting from the failure to replace salt lost with excessive sweat.

**Treatment:** Move person to cool, shaded area to rest, and apply firm pressure to cramping muscles. Give person two glasses of salty water (mix 5 milliliters of salt to 1 liter of water) at 10 to 15 minute intervals between each glass if cramps persist.

### Heat Exhaustion

**Symptoms** include heavy sweating, weakness, dizziness, headache, diarrhea, muscle cramps, cold and clammy skin, low blood pressure, disorientation and possible vomiting. These are caused by excessive loss of water and salt.

**Treatment:** Move patient to cool area to rest, provide salty water, and cover person if shivering. The person should rest in bed until recovered. Seek medical attention immediately.

### Heat Stroke

**Symptoms** include a core body temperature greater than 40°C, complete or partial loss of consciousness, reduced cognitive function and cessation of sweating (hot and dry skin), dilated pupils, and elevated blood pressure. Skin may be flushed at first, later ashen or purplish.

**Treatment:** Heat stroke is very serious. Call 911 immediately and while waiting for the ambulance, move the person to a cool place and sponge body with cool water while letting the water evaporate to reduce body temperature.

## Sun Safety for Children

Your child can sunburn in as little as 15 minutes. During a heat wave, limit outdoor activity to cooler morning and evening hours and never let infants or young children play or sleep in the sun in a playpen, stroller, or carriage.

If out in the sun, limit their exposure time as much as possible and apply sunscreen with an SPF 15 or higher. Pay particular attention to the areas that are most exposed, such as the face, lips, ears, neck, shoulders, back, knees, and the tops of their feet. Apply sunscreen at least 20 minutes before going out in the sun and reapply every two hours or more frequently if your child has been involved in vigorous activity that could potentially remove the product, such as swimming, toweling or excessive sweating.

Don't forget to put a wide-brimmed hat and sunglasses on your child. When deciding on sunglasses, look for a label that says ANSI or CSA approved for sun protection and that are labeled as "UVA and UVB blocking", "100-percent UVR protection" or "UV 400". They will provide almost complete protection against eye damage from the sun.

Dress children in tight woven, light-weight, light-colored, and loose-fitting clothing, preferably in cotton to absorb sweat. Give small amounts of water frequently.

*This safety tip was prepared by Public Safety Canada in collaboration with Environment Canada and Health Canada.*



# Elders' Center Update

by Noreen Cree, Coordinator

**G**reetings! We are finally enjoying spring weather. I know many are getting ready to get their gardens planted so they can enjoy fresh vegetables in the summer time.

I am very saddened with all the deaths recently in our community. My heart goes out to all of the families and friends. I know that they will be missed and I pray that God will comfort all of their loved ones and those of us who are left behind.

On Friday, April 26th, 2013, the elders enjoyed a visit to the Constantin Sugar Shack. The food was delicious and the service was great. People who attended really enjoyed getting together. I pray that God will keep you safe.



## Mini-Mohawk Lesson

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

To doubt it

Aiontenó:wenhte'

She doubts it

Iontenwèntha

He doubts it

Ratenowènhta

It is doubtful

Iotenó:wenhte'

# Summer Safety Quiz

taken from Health Canada's website: Healthy Living Section



## True or False

1. A tan is healthy
2. You can get 'hamburger disease', or barbecue syndrome, from eating under cooked chicken.
3. It is safe to swim in polluted water, as long as you don't swallow any water.
4. Over-exposure to the sun earlier in life is a more usual cause of skin cancer than the thinning of the ozone layer.
5. You can use sand to completely put out a campfire.
6. The darkest shade of sunglasses is always the best.
7. Boiling water for 5 minutes will kill most harmful organisms.
8. Ozone is found only high in the atmosphere, where it filters out harmful rays from the sun.
9. If you come in contact with poison ivy, wash carefully with hot water and baking soda to prevent the infection from spreading.
10. You can't get a sunburn on a cloudy day.

1. FALSE: A suntan is a skin injury. It is evidence that your skin has been damaged by the sun.
2. TRUE: You can get "barbecue syndrome" from eating undercooked meat or poultry, or drinking unpasteurized milk or unchlorinated water.
3. FALSE: Polluted water contains disease-causing microorganisms which can enter the body through the ears, eyes, nose, or through broken skin in addition to the mouth.
4. TRUE: The sun is the main cause of skin cancer and there is evidence that even a single sunburn in childhood may increase the risk of developing skin cancer later in life. All sunburns should be avoided, but particularly by children.
5. TRUE: You can use sand or water to put out a campfire.
6. FALSE: Choose sunglasses with lenses dark enough for the brightness in which you'll wear them, but not so dark as to interfere with vision. The brighter the environment, the darker the lens you will need.
7. TRUE: However, boiling water for one minute will kill most harmful organisms.
8. FALSE: Ground-level-ozone, also known as smog, occurs when nitrous oxides and volatile organic compounds combine in the presence of sunlight.
9. FALSE: Washing the skin with cold water and soap is recommended to prevent a poison ivy infection from spreading.
10. FALSE: Up to 80-percent of the sun's rays can penetrate light cloud, mist and fog.

Answers

# Announcements



**Julie Gaspé**  
June 5

Happy birthday!

from

Karihohtstha  
Rahnekenhawi  
Kahentanoron  
Daryl

Holly-dog and all the kitties!  
And Auntie Celyne

We love you!  
XOXOXO

## KHC Birthdays

**Joyce Bonspiel Nelson**  
May 2

**Susan Oke**  
May 8

**Tim Cree**  
June 22

Happy birthday to us :)



**Savannah**  
June 2

Happy Birthday to my one and only beautiful niece! Happy 14<sup>th</sup> Birthday Savannah, wishing you all the great things for your 14<sup>th</sup> year!

Love Aunty Myrna XX

**Bronson**  
May 29

Happy birthday to my awesomely amazing nephew Bronson who continues to make me smile! Happy 12<sup>th</sup> Birthday Buddy! So many wonderful things await you this year, like .. HIGH SCHOOL!!

Go get em Tiger!  
Love Aunty Myrna

**Aunty Ida**  
May 15

Best wishes to you Aunty Ida, hoping you'll have a great year!

Love Myrna

## Happy graduation wishes

Bronson! Happy graduation from Aronhiatekha Elementary School! You're advancing on into a new chapter of greatness; high school will bring you on a journey of self discovery, thrill seeking fun, adventure and mostly to build on your smartness. You're an amazing kid Bronson and I love that you're my nephew. Happy Graduation Buddy!



Congratulations to all of  
Kanesatake's graduates!!

You've worked hard to get where  
you are.

Please celebrate responsibly,  
don't drink and drive.

You have a bright future :)

## On Behalf of the Kanesatake Human Resources Office

I'd like to wish all 2013 Graduating students from all academic levels a prosperous future filled with success and enrichment in your pursuit for greatness! You've worked hard throughout your studies, continue to shine and prosper for excellence! You deserve it.

Myrna Gabriel  
Employment Counsellor  
Kanesatake Human Resources Office



*Rest in Peace*  
**Fleurette Simon Cloutier**

The family would like to say thank you to the community for your donations and your support during their time of loss.

Gilles, Michel, Pierre,  
Daniel, Josée

# May

**Cystic Fibrosis Month**

**Food Allergy Awareness Month**

**National Summer Safety Week**

May 1-7

**Emergency Preparedness Week**

May 5-11

**World Asthma Day**

May 7

**World Red Cross Day**

May 8

**Mother's Day**

May 12

**Victoria Day**

May 20



May 7, 21, 28



May 3, 17, 31

# June

**Brain Injury Awareness Month**

**Stroke Awareness Month**

**National Sun Awareness Week**

June 3-9

**World Environment Day**

June 5

**Father's Day**

June 16

**National Aboriginal Day**

June 21

**St. Jean Baptiste Day**

June 24



June 4, 11, 18, 25



June 14, 28



If you have questions or comments regarding Karihwios, please email

karihwios@hotmail.com

**Karihwios Deadline For July/August**  
**June 25, 2013**

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

\*Leaves will be picked up on May 2nd and May 9th.



## Aronhiatékha/Rotiwennakéhte School Makes Donation to Elders Home

Last Christmas, the teachers at our local elementary school donated items for gift baskets which were raffled off at their Christmas play. The school decided that the proceeds from the baskets should go to our Kaniatarak'ta Riverside Elders Home. So on May 2nd, principal Bob Bennet, along with Grand Chief, Serge Simon, paid a visit to the home to hand over a cheque in the amount of \$575.25. Interim Director, Marie-Josée Martin was thrilled with the gift and says the money will likely go towards activities for the elders.

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.