



Aionkwatakari:teke

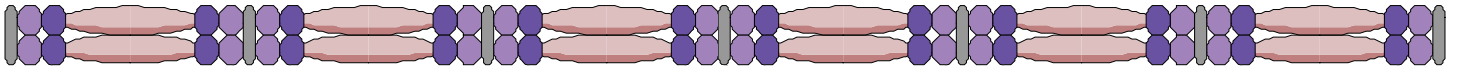
(A-YOU-GWA-DA-GA-RI-DE-GEH)

"For us to be healthy"

Vol. 21, No. 3

Kahnawake's Only Health and Wellness Newsletter

Onerahtókha / April 2016



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Aionkwatakari:teke

Aionkwatakari:teke is a newsletter published six times a year by Communications Services of Kahnawà:ke Shakotia'takehnhas Community Services (KSCS). Our purpose is to provide information on health and wellness issues that affect Kahnawa'kehró:non. All community members are welcomed and encouraged to submit articles provided that they are comprehensive to the general public, informative and educational. Slanderous material will not be accepted. Views expressed in the articles may not necessarily reflect those of KSCS. We reserve the right to edit all articles. All questions concerning this newsletter should be directed to:

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This newsletter is intended to complement, not replace, the advice of your health care provider. Before starting any new health regimen, please see your doctor.

Editor's Notebook

Ch-ch-changes. What is it about spring that makes it seem like change is in the air? Clocks change as we head into Daylight Saving Time. Nature begins to wake up; with the sap running, the song birds returning, the buds...budding on the trees, and the water in the creeks and streams running once the ice starts melting. It's an awesome time.

We hope you find this issue awesome as well. We have an article on a men's group that is making Iroquois longbows, an announcement about a new group for teens, some ideas for summer activities to do with your kids, food security, and the Kahnawake calendar. There's also a colouring page if you need to just sit back and relax.

We hope you enjoy this issue and, as always, when you're done with it please recycle it.

Sken:nen

Marie

Cover image: Spring flowers at JoJo's Nursery in Kahnawà:ke.
 Photo and cover design by Marie David.





Roti'nikonhró:non Group

BY MERRICK DIABO, PREVENTION

Ever since we decided to leave the primordial soup and eventually grow limbs, man has had the responsibility to not only protect but also to provide sustenance for his family. In order to be successful with those functions, he had to construct a tool that both gave him a sense of distance from his target but also ensured accuracy of aim. So through many trials and tribulations and maybe some slight alterations...the bow was born!

The bow (and arrow) has long since been a symbol for our men to acknowledge their place in creation. As such, within their rites of passage to becoming a man, young men were made to construct a bow from hickory or other hardwoods. In doing this, they learned about the true nature of their relationship with creation.

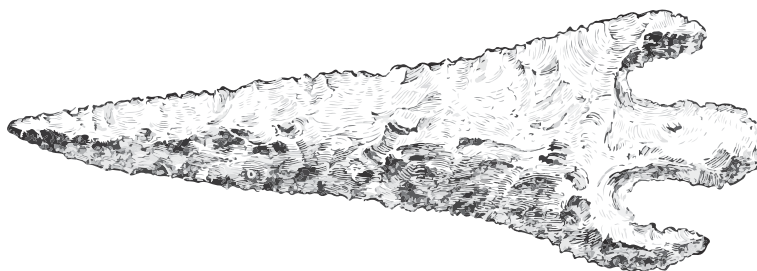
With these principles in mind, the Roti'nikonhró:non Group was developed for men of all ages to learn and take part in a collective activity that both broadens their minds and puts their hands to work as designated through our traditional rights and responsibilities.

Facilitators Merrick Diabo, Rakwirehn:tha Diabo and Leo Parent, along with the knowledge of Preston Jacobs, came up with the notion of producing Iroquois longbows.

The pilot project launched in January and has been consistently well attended by men of varying ages. The older males have taken on the role of uncle for our younger participants, who may not have a father figure present, which allows secure bonds to form within the group.

The age of the participants coming into the group doesn't matter because there is always something new to learn from the process. From a nine-year-old to a sixty-four-year-old, each participant is learning and gaining knowledge.

Although there are modern day tools that would help each group member to produce a bow faster, both facilitators and the participants are using draw knives to carve out and shape their bows. This process instilled a strong sense of pride, respect and ownership amongst the men.



The men's group has been meeting regularly on Thursday nights from 6:00 P.M. to 9:00 P.M. It's a closed group that was implemented as a pilot project that is proving to be fairly successful. If you require any additional information, please feel free to call Merrick Diabo at 450-638-0408.

Arrowhead image: PD-US. Wikimedia Commons.

Ensuring A Safe Grad

BY MARY MCCOMBER, PREVENTION

When I was growing up as a teen in Kahnawake years ago, one of the things I remember most is the graduation season. As I remember it, it wasn't always a happy time because there were often reports of accidents and deaths due to the celebrations that often included drinking and driving.

If you have ever lost a loved one due to drinking and driving, you know that it is a devastating and traumatic incident for a family to endure. The fact that it is also preventable is additionally distressing.

For this reason, in the 1990s, the prevention program of Kahnawà:ke Shakotiiá'takéhnhas Community Services (KSCS), started to work alongside the Kahnawà:ke Peacekeepers and other community members to start the Safe Grad campaign. With this campaign, along with our other campaigns, the Tóhsa Shnekí:ra tánon' Sátori (Don't Drink and Drive), the Designated Driver campaign, and Operation Look Out, we hope to remind community members of the dangers of substance use while driving.

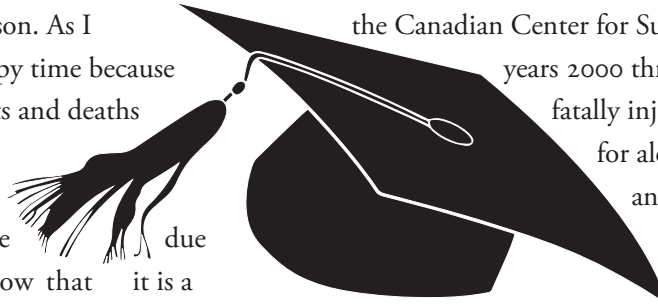
In April and May, a team of KSCS Prevention staff take the campaigns to the Kahnawà:ke Survival School (KSS) and other schools. We will continue this tradition this year.

It's a community responsibility to look out for each other and the Safe Grad season provides an opportunity for everyone to talk with their youth and children about safety in all areas related to substance use.

It's also important that we act as role models, to the best of our ability because despite the promotions on the dangers of drinking and driving, it still seems to be an issue.

"A commonly used indicator of the magnitude of the

impaired driving problem is the percentage of fatally injured drivers who test positive for alcohol or drugs. In a study by the Canadian Center for Substance Abuse, the data for the years 2000 through 2010. The percentage of fatally injured drivers who tested positive for alcohol has varied between 36% and 41% with no clear trend over time. Drug use has varied between 29% and 36%. About 15% of drivers test positive for both alcohol and drugs." (5 CCSA)



Some safety tips:

- Plan safe ways to get home (designated drivers, taxi),
- Talk to youth about safe rides and your expectations,
- Plan alcohol free grad parties for teens (e.g., amusement parties, pool parties),
- Talk about safety practices while they're attending parties e.g., don't leave their friends alone, and keep a watchful eye on your drink.

With these tips in mind, we hope you have a safe and happy graduation season.

Source: "Impaired Driving in Canada." Canadian Centre on Substance Abuse. 2015. PDF

Summer Activity Ideas

BY KAYLIA MARQUIS, WAHÓN:NISE THO NIOHTÓN:NE

Although summer is still a few months away, planning now can help ensure that summer is a magical time for kids to explore the world around them. It can also be a great time to take on those activities you may not feel you have time for during the school year.

As much as we look forward to those lazy days of summer, kids can sometimes get bored too. Here are a few ideas for activities to do with your kids when they're not in school:

- Find a recipe for sorbet or popsicles and make a frozen treat.
- Tye dye a pair of socks or a T-shirt.
- Blow bubbles
- Try to identify as many kinds of trees as you can in your neighbourhood.
- Look for the smallest bug possible in your yard.
- Make a hanging decoration by blowing up a balloon, coating it lightly with oil, then paper maché the balloon. Once dry, pop the balloon and decorate what's left.
- Take photos while out for a walk and make a story up about what you see.
- Prepare a meal together.
- Set up a tent in the yard, or a sheet in your living room. Camp out!
- Make a sundial with a paper and pencil.
- Visit family you haven't seen in awhile.
- Paint rocks with designs, or make garden markers.
- Draw and cut out paper dolls. Make clothes and decorations for them.
- Make a bird feeder out of popsicle sticks or milk cartons.
- Hang cans from the recycling bin from a stick outside and try to throw coins or stones into them. Put tape on the edges of the cans so no one gets cut!
- Read a book outside.
- Think about someone or something that needs some help and help them.
- Set out on a natural scavenger hunt (two kinds of seeds, a chewed leaf, a pinecone, something straight, etc.)
- Make a bedroom sign with your child's name.
- Plant and tend to a garden or plant.
- Play hopscotch.
- Learn to juggle.
- Pick up garbage in the community. Be careful, wear gloves!
- Make a basket.
- Color.
- Learn a new instrument, or write a song.
- Participate in events around the community.
- Make and fly a kite.
- Move twice as slow and twice as fast over the day.
- Learn a new English or Kanien'kéha word each day.
- Borrow a book from the Library.
- Make crayons by melting them in muffin tins (silicone works best).

Kahnawake also has no shortage of activities planned by our own local people, groups, and organizations. Please check www.kahnawakecalendar.com or listen to K103 for up-to-date workshops and events.

The most important part of all these activities is having fun with your family. Enjoy each other as much as you can!

Local Food Activities

BY KAYLIA MARQUIS, WAHÓN:NISE THO NIIOHTÓN:NE

Food is an integral part of survival, however, many people don't have first-hand knowledge of where their food comes from, how to grow what they need, or how to prepare or store it once it's harvested.

For many families in Kahnawake, it is becoming more of a priority to grow their own food: whether it's concern for where their produce comes from, whether it's an interest in being outdoors gardening, a way to connect with our traditions through planting, or a way to cut down a food budget. Haudenosaunee people were capable farmers for centuries before European contact.

This year's Food Security Project through Ieiénthos Akotióhkwa Planting Group will offer several activities in the upcoming season with the hope of helping community members meet their gardening, food preparation, and food preservation goals.

Ieiénthos Akotióhkwa like to offer edible trees (fruit or nuts) to neighbourhoods – the idea here is that there can be a few varieties within a block or a couple of blocks, with the residents agreeing to care for the trees in their area (stake them for the first year, pruning, cleaning up produce on the ground,) and agreeing to allow their neighbours access (if the trees are on private property,) or to trade the harvested produce with their neighbours.

This allows each household access to several types of local, seasonal food, without having to plant several types of trees on one property. Hopefully,

this will also support a cooperative approach to food-growing and sharing within neighbourhoods.

Ieiénthos Akotióhkwa will also offer workshops on garden planting, food foraging, and food preservation over the year. There was a garden planning workshop that took place at the Kahnawake Library in February. There will also be foraging walks through local edible landscapes to identify what's growing, what grows well without much help, and how we can use it. Kahnawake has many committed gardeners that carry valuable information on the plants we see every day.

The Seed Library is still in effect at the Kahnawake Library – it's essentially a library for seeds. You check out the seeds like you would a book, then save some seeds from what you grow this season, and 'check' back in the new, saved seeds for someone else to use next year. This keeps the seeds from dying out if they aren't used.

The Farmers Markets will be in full swing this year as well. Location and dates are to be determined. There will also be a short cookbook produced showing what can be made with local, in-season produce. If you have a recipe you'd like to contribute, please contact Kaylia Marquis at ieienthos.akotiohkwa@gmail.com or at 514-884-5262.

Since we know that shopping at grocery stores are still a reality for most families, Ieiénthos Akotióhkwa will offer a couple of workshops on reading food labels to make sure you're

getting the nutrients you need, and some ideas on meal planning and budgeting. This workshop will include a trip to the grocery store to get what you've planned right away!

These events don't work unless you do, though! Please check www.kahnawakecalendar.com or listen to K103 for up-to-date workshops and events.

If you'd like to be involved, or contribute in some way, or you just want to be kept up to date, please contact Project Coordinator Kaylia Marquis at ieienthos.akotiohkwa@gmail.com or at 514-884-5262.



Lyme Disease Basics

CANADIAN LYME DISEASE FOUNDATION, USED WITH PERMISSION

Lyme disease (often misspelled as “Lime” or “Lymes”) is an inflammatory infection that spreads to humans through tick bites.

Lyme is a borreliosis caused by borrelia bacteria, which commonly infects woodland animals like mice or deer. Ticks pick up the bacteria by biting infected animals, and then pass it on to their human hosts. There are many strains or genospecies of borrelia that cause Lyme disease (borreliosis) in humans just as there are many strains of the flu virus that cause flu symptoms in humans, with some strains more virulent than others.

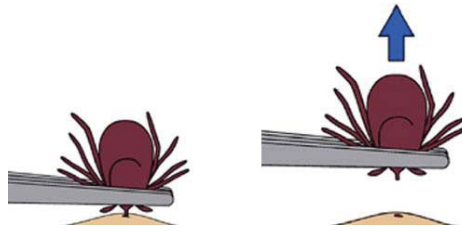
3 stages of Lyme (often blurred together quite rapidly)

- **Stage 1:** Early infection (first few days after infection)
- **Stage 2:** Infection spreads (days to weeks following infection)
- **Stage 3:** Chronic Lyme (days to weeks after infection if left untreated, or not properly treated, for months/years after infection)

Lyme disease is most treatable during Stage 1. As time passes, both treatment and diagnosis become more difficult. Symptoms worsen during each stage of infection, ranging from flu-like symptoms to neurological illnesses, including paralysis. With chronic Lyme disease there is not one system of the body that can be unaffected... this includes various hormone production as well.

Lyme disease is on the rise in Canada. Decrease your risk of infection by taking preventative action and learning more about Lyme.

TICK ID & REMOVAL



Canada is home to many species of ticks, but the Ixodes Tick – more often known as the “black-legged” or “deer” tick – is the most common Lyme-carrier.

Ixodes ticks...

- Have hard-shelled brown and black bodies, but appear greyish when engorged and some times are confused with a skin tag
- Have 8 legs as adults, but baby ticks have only 6
- Are 1–5 mm long, but adults can grow up to 20 mm when feeding

Protect your family from Lyme. Learn how to identify various tick species and how to properly remove them if bitten.



“Classic” erythema migrans rash



Facial palsy



Swollen knee

Symptoms

Early treatment of Lyme disease is critical, however Lyme is very difficult to diagnose because symptoms vary from person to person. There are over 100 known symptoms of Lyme disease.

Common symptoms include:

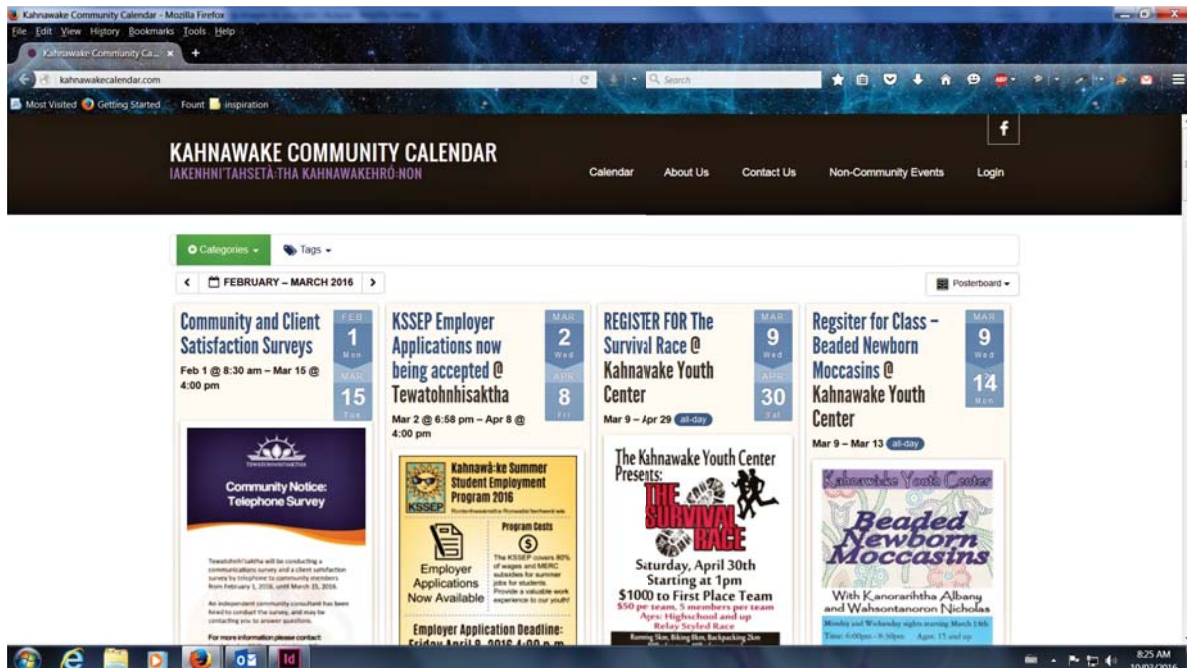
- Developing a rash, sometimes shaped like a “bull’s eye” mark.
- Initial flu-like symptoms, such as: fever, headache, nausea, jaw pain, light sensitivity, red eyes, muscle aches and neck stiffness.

While some Lyme victims experience immediate symptoms after infection, others may have none for many months.

Images from Public Health Image Library (PHIL) <http://phil.cdc.gov/phil/home.asp>.

Kahnawà:ke Community Calendar

BY KAYLIA MARQUIS, WAHÓN:NISE THO NIIOHTÓN:NE



Where do Kahnawakehrón:non turn when they want to know what's going on in town? Have you ever seen a poster, and forgotten the date or the place of the event once you got home? How many times have you heard about an event on the day it happens, or afterward, and say, "I would've gone! I didn't know about it."

There is a new website that may make it easier for people to get to the events in the community that they're interested in.

The Kahnawà:ke online calendar was started in 2014 as a place to show the events in Kahnawà:ke that support physical activity, language and cultural events, spiritual enrichment, and other learning opportunities for the whole family.

There seem to be many people in the community that see a need and put something together to meet it, but not everyone has a Communications Department at

their disposal or the time and know-how to set up a website or poster.

The calendar is also meant to help those community groups and individuals get the word out about their event and make sure that those who want to be there know about it. On the online calendar, it's possible to filter what is shown, so that you see only those events that interest you, like "sports", "language and culture", or "free events." You can even share events that interest you to Facebook or other social networks.

The calendar was initiated by the community group Wahón:nise tho Niiohtón:ne, and is made possible by Paul Communications, Kahnawà:ke Shakotiià'takehnhas Community Services, Mohawk Council of Kahnawà:ke (MCK) Communications, MCK Sports and Recreation, Step by Step, Tawatohni'sáktha, Kahnawà:ke

Youth Center, and Kateri Memorial Hospital Centre.

The calendar is meant to be available to anyone to promote any event that falls within the areas of focus. If you have an event you'd like to list, please email the details and poster (if you have one) to kahnawakecalendar@paulcomm.ca. For more information, or just to check it out, please head over to www.kahnawakecalendar.com. Bookmark it – and check back often!

What Is Radon?

FROM HEALTH CANADA

Radon is a radioactive gas that occurs naturally when the uranium in soil and rock breaks down. It is invisible, odorless and tasteless. When radon is released from the ground into the outdoor air, it is diluted and is not a concern. However, in enclosed spaces like homes, it can sometimes accumulate to high levels, which can be a risk to the health of you and your family.

What are the Health Effects of Radon?

Radon gas breaks down or decays to form radioactive elements that can be inhaled into the lungs. In the lungs, decay continues, creating radioactive particles that release small bursts of energy. This energy is absorbed by nearby lung tissue, damaging the lung cells. When cells are damaged, they have the potential to result in cancer when they reproduce.

Exposure to high levels of radon in indoor air results in an increased risk of developing lung cancer. The risk of cancer depends on the level of radon and how long a person is exposed to those levels.

Exposure to radon and tobacco use together can significantly increase your risk of lung cancer. For example, if you are a lifelong smoker your risk of getting lung cancer is 1 in 10. If you add long term exposure to a high level of radon, your risk becomes 1 in 3. On the other hand, if you are a non-smoker, your lifetime lung cancer risk at the same high radon level is 1 in 20.

How can Radon get into my Home?

The air pressure inside your home is usually lower than in the soil surrounding the foundation. This difference in pressure draws air and other gases, including radon, from the soil into your home.

Radon can enter a home any place it finds an opening where the house contacts the soil: cracks in foundation walls and in floor slabs, construction joints, gaps around service pipes, support posts, window casements, floor drains, sumps or cavities inside walls.

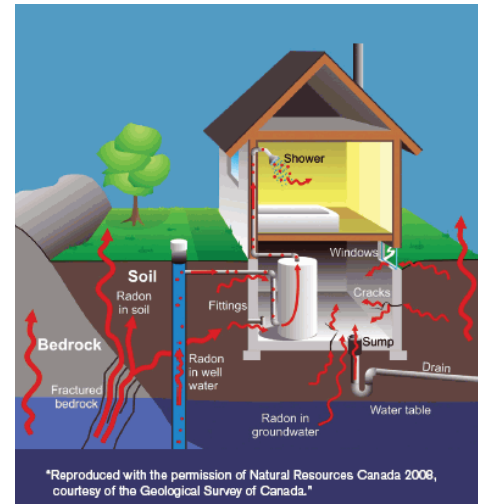
What is the Current Canadian Guideline for Radon in Indoor Air?

The current Canadian guideline for radon in indoor air for dwellings is 200 Becquerels per cubic meter (200 Bq/m³). This was recently reduced from 800 Bq/m³ based on new information about potential health risks. A Becquerel means one radioactive disintegration per second. Individual dwelling owners may wish to reduce radon levels as much as they reasonably can, using methods they find affordable and practical. However, the level in a dwelling should not be above the new guideline.

How can I Reduce the Amount of Radon in my Home?

If your radon test result is above the guideline of 200 Bq/m³, you can take the following steps to help reduce the level of radon:

Ventilate the basement sub-flooring by installing a small pump to draw the radon from below the concrete slab



to the outside before it can enter your home (commonly known as Sub Slab Depressurization typically performed by a contractor).

Increase the mechanical ventilation, via a heat recovery ventilator (HRV), to allow an exchange of air.

Seal all cracks and openings in foundation walls and floors, and around pipes and drains.

For more information contact Larry Jacobs at Environmental Health Services 450-635-9945.

*Source: *Radon: Is it in Your Home?* Health Canada. Web.

Adult Colouring Books

BY MARIE DAVID, COMMUNICATIONS

Adult colouring books. Did you just roll your eyes? Maybe you think people should just doodle and colour that? Maybe you don't see the usefulness behind this craze or why it's become so popular. Why have they become so popular?

One of the selling points behind the fad/craze is that it's a stress reliever. Do you remember when you were a kid and you would colour for hours, your mind would wander and you'd think up stories or songs, or maybe you'd pull up some happy memories and suddenly your mood improves? Well, it's the same thing.

Just because you're an adult, it doesn't mean you can't get in touch with your inner child. In fact, maybe it's a good thing that you do, maybe even necessary. Life can be stressful and whatever method you use to de-stress — whether it's through exercise, reading, cooking, sewing or beading, or drawing and colouring — can only help your overall health.

One woman in Ohio, a teacher, had anxiety over her job affect her blood pressure. Her doctor was concerned but when she returned to her doctor recently, her blood pressure had improved. Her doctor questioned how she had achieved this. She told him she had taken up walking in the evening and... colouring. She told him she'd spend about an hour at night with a colouring book and how it would help her unwind and relax from her day and she'd be able to sleep better at night.

There are critics, however. One of those critics is art therapist Cathy Malchiodi. She finds the trend disappointing and points to a study by the Mayo Clinic that supports pursuing creative endeavours for mental health but doesn't find colouring other people's designs fits the bill. Another critic is Donna Betts, president of the board of the American

Art Therapy Association and an assistant professor at George Washington University. She says there's a distinction between colouring and actually creating art. She's never used colouring books in therapy sessions.

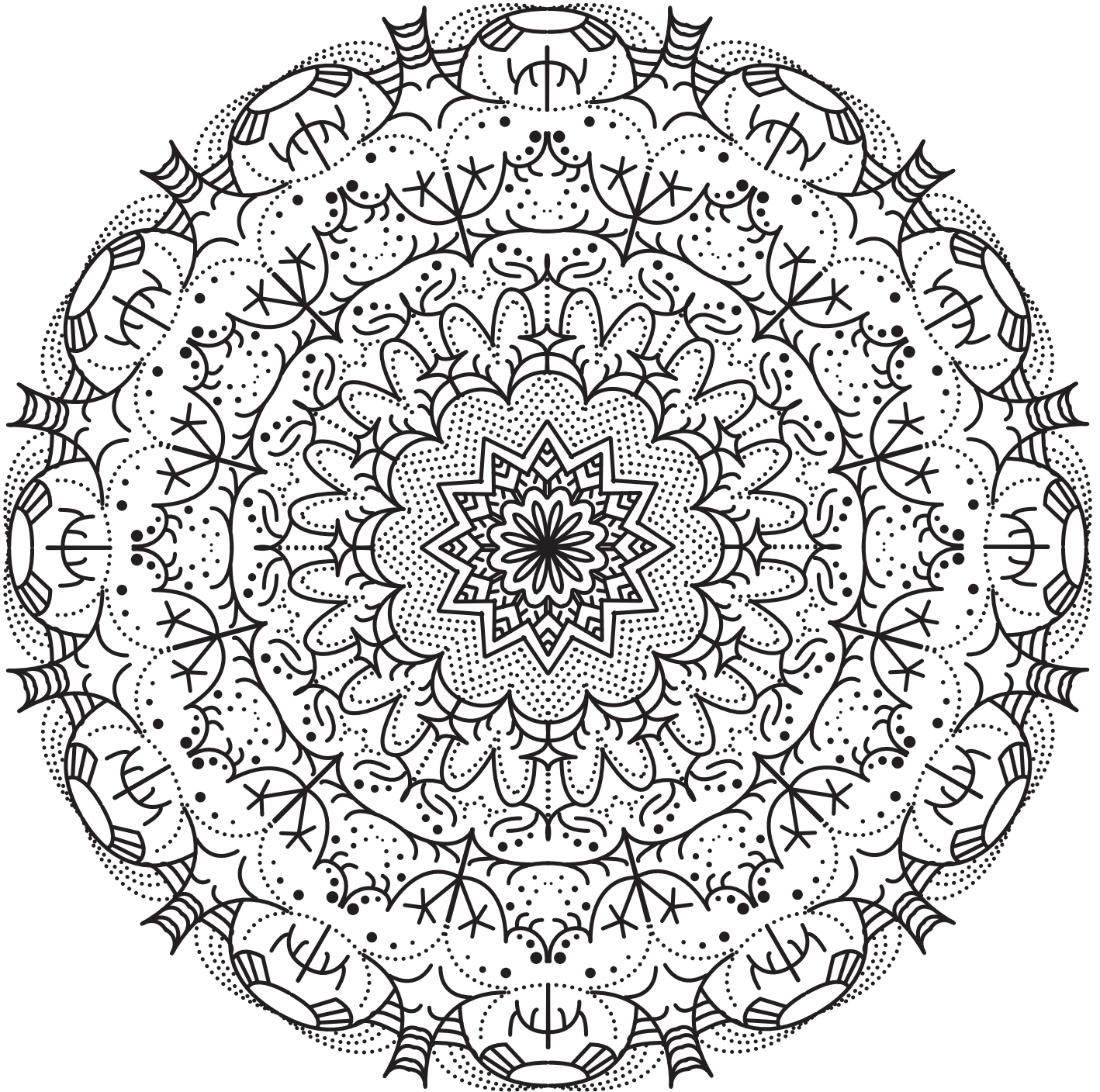
At least one art therapist has a different view. Drena Fagen is an adjunct professor at New York University's Steinhardt School and she's actually used colouring books in therapy sessions. She does make a distinction though "I don't consider the coloring books as art therapy; I consider the coloring books therapeutic, which is not the same thing" (Guardian).

Perhaps it's not but people who colour, including others quoted in the Guardian article, don't care about the criticism because they do find they are able to relax more and are able to de-stress. And isn't that what's most important?

Source: <http://www.theguardian.com/lifeandstyle/2015/aug/17/coloring-books-adults-therapists-opinions> accessed 9 Oct. 2015.

Color Me!

BY MARIE DAVID, COMMUNICATIONS



Mandala created by Marie David.

The Back Page....

"A nation's culture resides in the hearts and in the soul of its people."

~ Mahatma Gandhi

Engaging Youth

BY ADRIENNE ZACHARY, PREVENTION

This April, a new youth program currently named "Teen Group" for Kahnawakehró:non high school students aged 12-17 will begin.

The goal of the teen group is to encourage healthy decision making and a healthy lifestyle through volunteering, teaching leadership skills, encouraging global citizenship and learning and promoting our culture while exploring and experiencing other cultures in our area and around the world.

The teens will have the opportunity to volunteer in and around the community, participate in physical activities, learn to prepare healthy meals and heighten their knowledge of our culture.

The teens will also be given the opportunity to choose the name of the group and to create a logo that will be representative and reflective of who we are as a group.

The group's purpose is to empower youth aged 12-17. The member-led group will give youth the opportunity to set the direction that will allow them to work together to enhance

their skills and knowledge of our culture, leadership roles, and about being better global citizens while giving back to the community.

The members will work in a safe environment that will guide them to make healthier decisions and help them grow as individuals so that they can achieve personal goals.

If you would like more information about the group, contact Kyle Zacharie or Adrienne Zachary at the Whitehouse at 450-635-8089.

Onerahtókha/April

Culture Awareness Month

Daffodil Days: Cancer Awareness Month

7 World Health Day

22 Earth Day

Onerahtokó:wa/May

Lyme Disease Awareness

Food Allergy Awareness Month

2-8 Mental Health Week

9-15 Naturopathic Medicine Week

4 Melanoma Monday

3 World Asthma Day

17 International Day Against Homophobia

23 Planting Day (KSCS closed)

31 World No-Tobacco Day

Do you have questions or suggestions?

Is there a topic you would like to see covered in a future issue of the newsletter? Contact us and let us know.

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