



Aionkwatakari:teke

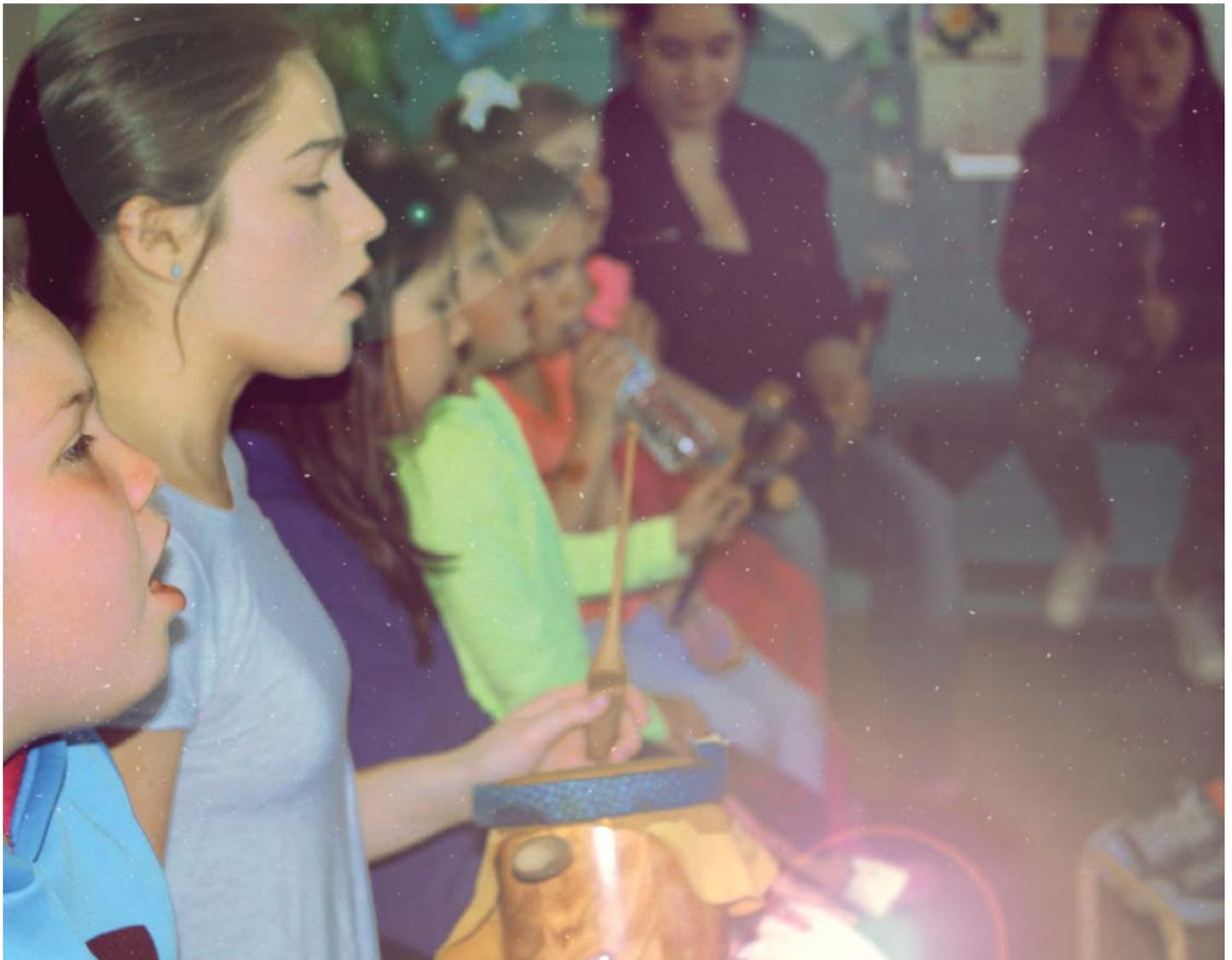
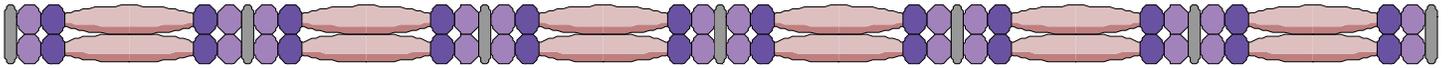
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"For us to be healthy"

Vol. 21, No. 4

Kahnawake's Only Health and Wellness Newsletter

Ohiari:ha / June 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

Since the last issue, the suicide and mental health crisis in Attawapiskat has been in the news — though the story is ebbing now, giving way to the devastating forest fire coverage in Fort McMurray, Alberta. (To recap: the northern Cree community in Ontario declared a state of emergency when approximately 11 young people attempted suicide on the same night. The community's mental health workers were stretched thin.)

That the crisis in Attawapiskat was in the news as long as it was, was for me at least, surprising. The story had two things against it: suicides and Indigenous peoples. Still, the crisis in the community hasn't abated. The problem, I think, is that the governments tend to respond to the immediate crisis but fail to address the underlying root causes: the effects of colonialism, the poverty, the housing problems, the community's infrastructure, the unemployment rate, etc. There are no easy answers. If there were, we'd have done it by now. But that's exactly what the government response has been thus far; to throw money on the issue, to send a team of health workers that are only there for the short term. What about the long term?

That's part of the reason we're happy about a particular article in this issue. Amanda Beauvais is a community member who lost a loved one to suicide. It's been years since it happened but now she's chosen to open up about the suicide because she wants people to know that suicide is not the answer. It's also why we ran a series of articles in previous issues aimed at opening up the conversation around suicide, to open the doors and bring it into the light.

Sken:nen,

Marie

Cover: Youth singing group at the Kahnawà:ke Youth Centre. Photo by Marie David. Cover design: Marie David.





Traditional Support @ KSCS

BY LEO PARENT, PREVENTION

Traditional support is one of the services offered at the KSCS Family and Wellness Center, located on the Mohawk Trail. Our team is made up of traditional support counsellors Rakwirénhtha Diabo, Corleen Montour, and Leo Parent. Merrick Diabo joins us as the Indian residential school resolution health support worker.

In following with our vision that “Kahnawà:ke Shakotiiátakehnhas Community Services strives for a strong collective future for Kahnawà:ke by promoting and supporting a healthy family unit” we support Kahnawakehró:non by offering the following services:

- One on one counselling (grieving and releasing)
- Education on herbal plants
- Cultural teachings from a Kanien'kehá:ka perspective
- Teachings on the roles and responsibilities of men and women
- Sweats for individual healing
- Purges (as needed)
- Couple and family counselling
- Crisis intervention

Our team provides support to enhance and/or to heal the individual person, using both the natural and spiritual realms of our teachings. These services allow our people to grow from the past and live in a good way in the present. For more information on becoming a client of the traditional support services, please contact KSCS at 450-632-6880 and ask for the intake worker.

Recently Merrick, Rakwirénhtha and Leo were involved in a young men's group (ages 8-17) called Roti'nikonhro:ten (their minds mature). This 10-week-long group allowed our young men to make their own traditional long bow.

With the help of Preston Jacobs, the Roti'nikonhro:ten participants put a lot of hard work into cutting and shaving their own Iroquois long bows. It was a great experience watching these fine young men together with some of their fathers and a few “uncles” as they bonded over the activity. We had witnessed their own growth as young men from start to finish.

We are hoping to have another session in the future. More information will be shared with the community when it becomes available.

The theme for this year's “Where the Creek Runs Clearer” traditional wilderness youth group is Kahwatsirakwe:kon (the whole family). As always, the Creek Group has a year-long program with cultural activities scheduled that allow the participants to learn about medicines, basket making, cradleboards, survival techniques and a whole lot more.

For more information about the Where the Creek Runs Clearer group please contact Rakwirénhtha Diabo at the Family and Wellness Center at 450-638-0408.

These two programs are culturally based and empower our youth by teaching and incorporating tsi niionkwariho:ten - our ways - into their values by helping them become proud Kahnawakehró:non.



Empowering Teens Through Tradition

BY TYSON PHILLIPS, COMMUNICATIONS



Where the Creek Runs Clearer group with their cradleboards. Photo courtesy of the group.

Where the Creek Runs Clearer is a KSCS teen program that started in 2001. The program started at the request of the community who wanted their children to learn the customs and rituals of the Kanien'kehá:ka people.

Rakwirénhtha Diabo has facilitated the group since its beginning. "I would like the teens to know that the group provides trainings, education, and opportunities for them to excel in life," he said. The group can help the teens look at career choices and give them the tools to help them become strong healthy adults and parents.

The program runs out of the KSCS Family Wellness Center, located a few doors down from the Mohawk Trail Longhouse and is open to all the teens who live in the community.

The name of the program comes from a traditional medicine teacher's Mohawk name. "The English translation from the man's Kanien'kéha name is

Where the Creek Runs Clearer. The group is honouring this man and a fellow woman teacher for the work they did for the children during their time as teachers," Rakwirénhtha said.

The program's name also relates to when a teen's life is broken and is in despair due to

abuse, divorce, neglect etc. "The workers are here to provide opportunities of science and traditional teachings to the teens, to move them away from the swampy unclear vision of their life to a place where they can begin to see their life clearer," Rakwirénhtha explained.

Many different presenters and teachers have come to the program over the years and some of the activities have included:

- traditional medicines
- first aid/CPR
- planting, crop harvest and garden maintenance
- diabetes prevention
- cradleboard making
- water and boat safety
- railroad safety
- corn washing, etc.

In addition, Rakwirénhtha said "The group has gone to St. Lucie and learned about outdoor survival from the caretakers, and has travelled to La Vérenyde Park, close to Val d'Or to live with Algonquin elders, woodsman/women for six days and five nights where the youth [were] taught to hunt, fish, trap and work together under any weather conditions."

Parents volunteer with the group to support and help with whatever activities are going on. For example, when the teens were making their cradleboards, some of the parents stepped in and helped not only their child but other teens in the group as well. This is an important aspect of the group's dynamic because, as Rakwirénhtha explained, "Some of the members do not have a mother or father in their lives, so the parents who attend become an aunt or uncle to these members."

An evaluation of the group is done each year by the members. The teens say the group feels like a family and they are always respectful to each other and to the people who come to visit. As Rakwirénhtha explained "The main objective for the group is to provide a safe hands-on learning environment so the teens will have a strong, safe and secure future."

If you are a teen, or a parent of a teen, and would like to know more, please contact Rakwirénhtha at 450-638-0408.

The following code for parents appeared in a letter to Ann Landers (a syndicated advice columnist) that was printed appeared in her column in 1988 and is attributed to Rev. C. Galea, who worked at the Guelph Correction Center for a summer.

A CODE FOR PARENTS

A worker assigned to a correction center had developed an excellent rapport with many of the young people placed there. He often explored with the youth the many reasons they had ended up in that institution and began to realize parenting had played a key role.

He asked the youth to draw up advice for parents to follow, zeroing in on specific areas where they felt their parents had failed. What emerged is:

Keep cool. Don't fly off the handle. Keep the lid on when things go wrong. Kids need to see how much better things turn out when people keep their tempers under control.

Don't get strung out from booze or too many pills. When we see our parents reaching for those crutches, we get the idea that it is perfectly OK to reach for a bottle or a pill when things get heavy. Children are careful observers and great imitators.

Bug us a little. Be strict. Show us whose boss. We need to know we have got some strong supports under us. When you cave in, we get scared.

Don't blow your class. Stay on that pedestal. Don't try to dress dance or talk like your kids. You embarrass us, and you look ridiculous.

Light a candle. Show us the way. Tell us God is not dead or sleeping or on vacation. We need to believe in something bigger than ourselves.

Scare the hell out of us. If you catch us lying, stealing or being cruel, get tough. Let us know WHY what we did was wrong.

When we need punishment, dish it out. But let us know you still love us, even though we have let you down. It will make us think twice before we can make that same move again.

Call our bluff. Make it clear you mean what you say. And don't be intimidated by our threats to drop out of school or leave home. Kids don't want everything they ask for.

Be honest. And be a straight arrow about everything. We can take it. Lukewarm answers make us uneasy. We can smell uncertainty a mile away.

Praise us when we deserve it. If you give us a few compliments once in a while, we will be able to accept criticism a lot easier.

Coming To Terms

BY TYSON PHILLIPS, COMMUNICATIONS

This past February, KSCS Suicide Prevention hosted a lip sync contest. Amanda Beauvais decided she wanted to perform in the contest by lip syncing a Selena song. “I did the lip sync to honour my father who took his own life in 1994. I chose the song Where did the feeling go? as Selena died a tragic death as well,” Amanda explained. “No family should ever suffer through the pain of losing someone to suicide. With honouring my father, I also did this so no one else takes their own life. If someone is thinking of suicide, it is not the answer,” Amanda said.

Charlie Atewennaron Beauvais was 57 years old when he committed suicide on April 24, 1994. She remembers a loving father who was well liked in the community and who made many friends wherever he went. It was only later on in Charlie’s life where he became an unhappy man.

Amanda reflected back on her father’s life. “My father lived a traditional lifestyle. He was a very honest man who loved fishing and hunting. As a young boy he was sent to residential school in Spanish, Ontario.” She continues, “He was punished for being left handed, as there were burned scars on his hand. He didn’t speak a lot about residential

school. We only learned that he could speak fluent Kanien’kéha one month before his passing,” she said.

Her father followed a Kahnawà:ke tradition and became an ironworker when he was 16. Later, he would marry and become a father to five girls, with Amanda being the second to eldest.

Amanda fondly remembers when her father would come home for the weekend from his ironworking job. “After driving so many hours from New York, he would take all of us out for pizza. I always remember the good times we had,” she smiles softly.

Charlie would start his Christmas shopping in July. Amanda remembers her father telling her and her sisters to make a wish list. When Christmas came, they got everything they had on their list plus more surprise presents.

“My dad loved Christmas. One time he played a trick on us,” she said. The girls had gone to bed on Christmas Eve.



Amanda Beauvais’ parents, Charlie and Elizabeth. Photo courtesy of Amanda Beauvais.

Her father came in and woke them up, telling them to go check their stockings. Well, they ran with excitement to see what they had. “He stuffed our socks with onions, carrots, turnips and potatoes. We cried with disappointment!” she laughed. “He had a good laugh. We realized he was just playing a trick on us. He was a very comical man who liked a good joke.”

When Charlie was 27 years old, he fell three stories while ironworking. He sustained injuries from the fall and had a plate put in his back. He suffered another fall, this time falling half a story, when he was 33 years old. It took its toll on him and not just physically. He tried to stay in ironwork but the falls put a fear into him.

By the late 1980s, Charlie had quit ironwork and found employment as a night watchman at a cigarette store to pay off his mortgage. “At this time, the cigarette business was booming in Kahnawà:ke,” Amanda explained. “My father was offered to have a cigarette store in his front yard as the house is on the main highway. It was very good money, but my father declined the offer. He felt that it would be an inconvenience to the neighbours to have a busy store next to them.”

Her father always saw the good in people and would give the shirt off his back to help anyone. Amanda remembers one such time. “[A] community member got a flat tire. He was parked on the highway trying to put a new tire on. So many cars passed him, but it was my father who got out to help,” she said. “Once the job was done, the person wanted to pay my father but he did not take the money. He helped the man out of the kindness of his heart.”

Charlie was raised as a Catholic and he only started going to the Longhouse in the late 1970s. At his wake, so many community members told stories of what a great man Charlie was.

Charlie was so well liked that people from Akwesasne, Listuguj, and even

Australia came to his funeral. He left a legacy according to Amanda.

Amanda is quiet before continuing. “Near the end of his life, my father was very unhappy. He had changed,” she said. “I saw the signs of depression in my dad but was not aware that he was thinking of suicide.”

At the lip sync, Amanda was not in it to win, she was there to honour and remember her father. “My father has left his legacy and we will always miss and remember the great person he was; honest, trustworthy, and caring.”

We want to thank Amanda Beauvais for coming forward with her family’s story. It’s important to keep the conversation going, not to normalize suicide ideation but to minimize the stigma around suicide and mental health issues.

It’s important that people know there is help both in and outside the community. KSCS offers training in *Mental Health First Aid* and in *Applied Suicide Intervention Skills Training* as well as counselling for mental health issues. To find out more call KSCS at 450-632-6880 or visit our website at www.kscs.ca

If you would like to share your story with us, please contact us at 450-632-6880 or by email at kscs@kscskahnawake.ca, attention: editor.

Aionkwatakari:teke also ran a five-part series of articles by Gyasi Ross and Chelsea Luger called *The Suicide Chronicles*. The series began running in December 2014, Vol. 19, no. 6. until October 2015, Vol 20, no. 6.

How It Feels To Be A Teen

BY KAIDENCE DOUGLAS, COMMUNITY MEMBER

Dear future teens,

I've lived as a teen six months now and already I have tons of pros and cons in mind! So let's get right to the point.

The pros are:

You get to say you're a teen, which is something I really like!

You get to make more friends that have the same interest as you, it's easier to find people like you at this age. (I don't know why, perhaps it's easier to talk and approach other teens?)

You get to have more privileges like walking around town and getting a baby sitting job to make money to help out with the family... which I love doing because I love seeing people with smiles on their face!

The cons are:

God where do I start!

There are more rules on how to live your life.

You have to learn how to get a job, make money and accept people (a little note parents need to teach their kids to accept people for who they are because I get bullied for being who I am now)

While we're on the topic of bullies, there'll be a lot of them when you're a teen because you're trying different things and finding out who you are. There's other people who'll think you're going crazy or something!

You start to not care about how old you're getting (or that's only me) since you've made it to teen years, you feel like you've won already.

You have to figure out what high school to go to and you have to realize how many friends you'll be losing depending your choice of school.

As a teen, you look up and try to follow someone else's advice and it's not your parents as much as it used to be. You'll start to follow your friends rules and copy what they're doing

whether it's bad or good (note: don't do it if your conscience says so or if your parents say so)

I really have a problem with my friends dating someone and I'm not. I'm only a teenager and my age group should not be dating at all (that's my words only if I was a parent but I'm not). Trying to find someone at this age is way hard if you really need someone there to hug and be in love with.

I had to say this at some point and it has to come out now and at last! Puberty straight up sucks. I have asked all my friends what's new and all they say is "something bad" and I know right away it's that (puberty). Please don't be in a rush to hit "it" because it will change your life big time! Talking to your mom or dad helps a lot. Everyone experiences puberty differently.

EMOTIONS, EMOTIONS, EMOTIONS... You'll experience so many different emotions you'll think you're going crazy! Trust me, you're not and we're all going through the same changes. Talk to your parents (I can't believe I'm even saying that.) It helps.

Parenting A Young Teen

What I know

BY KELLYANN MELOCHE

I was once asked if I could give a short answer on how to parent a young teen today; my answer was “tread lightly.” I’ve noticed our young teens today (ages 13-15) are very sensitive. One look could make them feel horrible and one comment could set them over the edge.

I understand “in our day” it was never like that and we had to just tough it out; however, we didn’t have the multi-input, mass-media outlets they have today. In an instant, a word—fat, ugly, too skinny, big ears, etc.—associated with a young girl’s picture has 80 “likes” or “laughs” and many more comments.

That’s a lot more comments than we had to endure in our small circle of friends back in our day. Back then, there were a handful of people who would say bad words to your face.

Now, from the protection of their home and behind computer, tablet or phone screens, young teens are bashing each other, laughing, joking and making very dangerous comments which could hurt a growing boy or girl forever.

Positive Reinforcement

I know you’ve heard this term before. When your child does something good or in advance of having to ask them, thank them for it. YES, I did just say that. It seems silly doesn’t it? Why should I thank them for doing what they’re supposed to do in the first place?? I get it. But trust me, it works.

Taking notice of the good work, and feeding into that good work, breeds other good tasks. It does. You’re giving them attention. Kids want your attention and they’ll take whatever attention you’ll give them (negative or positive).

Choose to feed the positive. Don’t just yell at them for not doing the dishes yet, or not picking up their clothes. Rather, take notice and thank them for something they have done (making it home on time, putting their shoes in the closet, gathering their laundry in one spot).

Glass Bubble

I’d like you to picture something. You know those bubbles kids blow and play with? Well think of a bubble made of thin glass. It’s very precious, very frail and can shatter at any given time if not cared for.

The age of 13-15 is just like this precious glass bubble. You may not think so, but one evil look or “EWEE” from you could break that bubble forever. Self-esteem down the drain, confidence out the window and everything you’ve built up since then — gone.

You, as the parent, are the only cheerleader your child has. Protect them and think twice before saying the outfit they have on looks silly, etc.

Common Hobby

Lastly, the best thing that’s happening between my teen and I is finding out we have an interest or hobby in common.

It’s opened up our talk time (and giggle time) to a whole new level.

I’ve learned to allow her a little bit of freedom and trust, to grow and foster a whole new relationship with her.



Violence Prevention Month Campaign

BY MARY MCCOMBER, PREVENTION

This July 2016, will mark the fourth year of Kahnawà:ke Violence Prevention Month.

In the past years, Kahnawà:ke Shakotiià'takéhnhas Community Services (KSCS) has hosted activities such as the Movie in the Park, K103 talk shows, community kiosks and presentations on violence and healing.

We know that July is a busy month with summer holidays and lacrosse season, but we would still like to encourage and promote more community participation. You may host an activity of your own, or encourage your groups and families to participate in community activities that promote positive teachings.

It is important to raise awareness on this issue, because exposure to violence is a risk factor for youth, and it can lead to long term issues such as, substance abuse, mental health disorders and suicide. In order to prevent violence and other issues, we would like to encourage more education and awareness of how we can enhance protective factors.

According to the Canadian Centre on Substance Abuse (CCSA), protective factors reduce the potential chances that risk factors may cause long term problems for youth. "Examples of risk factors can be, family issues, problems with peers or individual vulnerabilities" (5).

These vulnerabilities can run the gamut from previous suicide attempts to

self-harm, from negative school experiences (including bullying) to untreated depression, etc. The CCSA lists some important protective factors like "strong family bonds, school connectedness, parental monitoring and a sense of competence" (5) that can help reduce the chance for problems to occur.

Children need to learn effective and respectful interpersonal skills such as practicing conflict resolution, becoming more assertive and empathetic, communicating and setting boundaries.

Teaching youth positive social, and emotional skills can go a long way to enhance their abilities to cope, so they can learn to self-regulate and have more opportunities for positive self-esteem. They have opportunities to learn these skills in schools and with their families.

If you need more information or would like to get involved, please contact Mary McComber at KSCS 450-632-6880.

Top 10 violence related issues noted by participants of the Movie in the Park 2015:

1. Physical violence
2. Verbal violence
3. Sexual violence
4. Emotional violence
5. Domestic violence
6. Neglect
7. Cultural violence
8. Psychological violence
9. Spiritual violence
10. Lateral violence

Sources:

"When Mental Health and Substance Abuse Problems Collide." *Canadian Centre on Substance Abuse*. 2013. Web. 26 Apr. 2016.

Not a Child: Children and Suicide Resource Toolkit. Calgary, Alberta, Canada: Centre for Suicide Prevention, 2013. Print.

"Stop the Violence." *Canadianwomen.org*. Web. 27 Apr. 2016.

Out of Town Summer Activities

BY MARIE DAVID, COMMUNICATIONS

Here are some fun family activities for you and your family to try this summer!

Dark Universe / Aurorae

DARK UNIVERSE is a journey to the dark limits of outer space. Learn about the origins of the universe.

AURORAE is an immersive experience examining the beauty and wonder of the aurora borealis, the Northern Lights.

Both shows run until September 5, 2016 at the Rio Tinto Alcan **PLANETARIUM** and you should allow two hours for each show. Tickets are \$15.50 for adults, \$11.75 for students 18 plus (with card) and \$7.75 for children ages 5-17. A family pass is \$43.50 (two adults and up to three children ages 5-17).

While you're there, check out the other exhibits at the Insectarium or the **BIO-DOME**. A family pass, called A La Carte, is \$73 and includes entry for the Biodome, Planetarium, and the Insectarium.

Animals Inside Out: Body Worlds

See what lies beneath the skin of more than 50 animals. Using the technique called "plastination" you can peer beneath the skin and see the muscles, skeleton, nerves and digestive system, as well as blood vessels and internal organs.

At the **MONTREAL SCIENCE CENTRE**. Tickets are \$23 for adults, \$18 for teens aged 13 - 17, \$12.50 for kids aged 4

- 12. A family pass is \$60 for two adults and two children, or one adult and three children. Hint: you can get a discount with a CAA card.

Old Port activities / La Ronde

You can easily spend an entire day (and, admittedly, a ton of money) on the activities at the **OLD PORT** or **LA RONDE** in Montreal. La Ronde is the amusement park on Ile St. Helen and they have the requisite amusement rides for adults and children. A one-day ticket for an adult is \$63.99, \$46.99 for children under 1.37m, free for children under 4 years of age. TIP, if you buy a season pass, you can access all Six Flag amusement parks in North America.

There are also a ton of activities taking place at the Old Port, including:

A life size replica of a pirate ship that includes an aerial adventure course.

A **ZIP LINE**

SOS LABYRINTH

VIRUS: THE GAME: described as an immersive "sensorial" adventure on the theme of fear.

Each of these activities charge a fee.

Escape Rooms

This activity is more for teens and adults than for little kids and is best with groups of 2 - 6. Basically, you and your friends

are locked in a room and you have an hour to uncover clues and escape the room. It's harder than you think.

TRAPPED: <http://www.trappedmontreal.com/> has four rooms to choose from. I have tried this one twice; it wasn't any easier the second time.

FIND THE KEY: <http://findthekey.ca/> also has four scenarios to choose from.

AMAZE: <http://www.amazemontreal.com/>

OBSIDEM: <http://obsidem.com/> has four scenarios with three more being added this year.

BREAKOUT: <http://montreal.breakout-escapegame.com/> currently has three rooms with two more being added this year. This one is in Brossard.

Go for a Drive

Venture further out of town to St. Sauveur or Mont Tremblant. Sure, you could do the touristy thing and visit all the shops or go to the water park. Or how about attempting their zip line and tree top obstacle course? There's an adult and a junior version. Allow 1.5 to 3 hours to complete. Or you can try outdoor rock climbing for beginners and experts.

The Back Page....

“Youth comes but once in a lifetime.”

~ Henry Wadsworth Longfellow

Canada's Food Guide

Using the Food Guide — Planning Meals

Meal planning doesn't have to take a lot of time! Do it once or twice a week when you write out your shopping list. The more you plan the easier it gets. A little planning goes a long way in helping you have healthy eating habits.

PLANNING TIPS

Involve children in planning and preparing meals. They'll appreciate the meal more and learn important life skills. You may even end up with a capable cook by your side!

Getting started:

- Menu plan - Use a piece of paper, calendar, or a menu planner to jot down your meal ideas.
- Grocery list - Write down the foods you need for the next few days or week.
- Go shopping - Buy the foods you need on your grocery list.
- Start cooking - Post your meal plan on the fridge so whoever gets home first can start the meal.

Meal Planning Checklist:

- Eat at least one dark green and one orange vegetable each day.
- Choose vegetables and fruit with little or no added fat, sugar or salt.

- Have vegetables and fruit more often than juice.
- Make at least half of your grain products whole grain each day.
- Choose grain products that are lower in fat, sugar or salt.
- Drink skim, 1% or 2% milk each day. Drink fortified soy beverage if you do not drink milk.
- Select lower fat milk alternatives.
- Have meat alternatives such as beans, lentils and tofu often.
- Choose at least two Food Guide Servings of fish each week.
- Select lean meat and alternatives prepared with little or no added fat or salt.
- Include a small amount of unsaturated fat each day.
- Satisfy your thirst with water.
- Limit foods and beverages high in calories, fat, sugar or salt.

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Ohiari:ha/June

- Brain Injury Month
- Relay for Life
- Stroke Awareness Month
- 1 Natl. Cancer Survivors Day
- 5 World Environment Day
- 5 Clean Air Day
- 21 Natl. Aboriginal Day
- 24 St. Jean Baptiste

Ohiarihkó:wa/July

- Violence Prevention Month (Kahnawà:ke)
- 1 **Canada Day (KSCS closed)**
- 9-10 **Kahnawà:ke Pow Wow**
- 11 Anniversary 1990 “Oka Crisis”

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.

Aionkwatakari:teke

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