



Aionkwatakari:teke

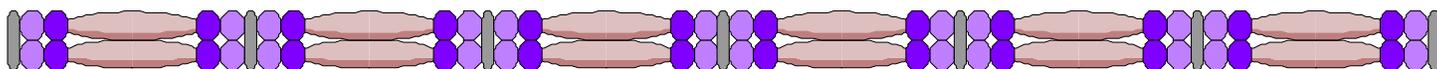
(A-YOU-GWA-DA-GA-RI-DE-GEH)

"For us to be healthy"

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Kahnawake's Only Health and Wellness Newsletter

Ohiari:ha/June 2018



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Aionkwatakari:teke

Aionkwatakari:teke is a newsletter published six times a year by Communications Services of Kahnawà:ke Shakotii'a'takehnhas Community Services (KSCS). Our purpose is to provide information on health and wellness issues that affect Kahnawà'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



THIS YEAR SEEMS TO BE GOING BY SO FAST. IT'S ALREADY JUNE!
It just seems like winter overstayed its welcome and already the year is half over. Or maybe I'm just in a blue mood today because I'm usually a glass-half-full type of person. Meh.

On the upside, this is a really interesting issue of Aionkwatakari:teke (not that they're not *all* really interesting). There are articles that are cautionary tales about teenagers and alcohol or Xanax. The youth today really do have a lot to deal with in terms of the prevalence of substances at their disposal, either legally or illegally. And there is a lot of pressure, too, on them to behave more adult at younger ages (fun fact, there was an article on this very subject in our last issue).

We also have a profile on Tom Deerhouse and his new role with the residential schools survivors program and a look at the emerald ash borer problem, which is a particular problem to those who continue to make our traditional baskets using the Ash tree. And we have an article on PTSD. It's an interesting read, so I hope you'll give it a whirl.

*Until next time, sken:nen.,
Marie*



Cover photo & design by Marie David



Alcohol and the Adolescent Brain

BY JESSICA OESTERREICH, PREVENTION

WE NEED TO UNDERSTAND a few things about the adolescent brain before talking about the affect cannabis has on the human brain.

To understand brain development, let's think of the human brain like a house. In terms of its size, the brain is finished growing by the age of 16. That means the foundation, the walls, the roof of the house are finished. But there's still a lot of work going on inside.

One of the jobs that needs to be completed is all of the electrical work. The wiring is like the brain cells that carry all of the messages between your brain and body, produce your thoughts, control your behavior and create memories for learning.

Imagine the electrician building the house doesn't have the proper materials and is also really bad at planning. He installed all the wiring before the walls and the roof were up and the wire he used wasn't covered in plastic. The wire works, but is not ideal. This wire is susceptible to damage because it's exposed. The electrician also didn't know how much wire was needed, and since he was charging for materials, he used much more wire than was needed.

The brain's electrician comes back to the house and, room by room, starts to coat all of the wire with a plastic coating. He does this slowly, probably

because he's getting paid by the hour. He only finishes this job when the house is 25 years old.

This process is called *myelination*. Myelination means that the long chains of brain cells are being coated in a fatty compound called myelin. Myelin causes the messages in the brain to move faster.

While the electrician coats the wires, he is also cutting out all of the excessive wire he installed years ago. It has to be removed because this extra wire doesn't bring power to anything. There's so much extra wire that it's using more electricity than is necessary. This process is called *synaptic refinement*. This process is necessary because it makes the brain more efficient.

These differences in wiring result in the young brain reacting to substances differently than an adult brain. The young brain is less sensitive to the effects of alcohol as the adult brain.

However, the young brain is more sensitive to becoming increasingly social when under the influence of alcohol. This combination of not feeling drunk but feeling the positive effect of being social means that young people are more likely to drink too much, putting them at risk of alcohol poisoning. It also means they are more likely to take risks that they normally wouldn't when they are sober.

It's important to talk to our youth about alcohol and its effect on their health. For more information, call Jessica Oesterreich at KSCS, 450-632-6880 ext. 30158.

Source:

Winters, Ken. *The Developing Brain, Adolescence and Vulnerability to Drug Abuse*. The Mentor Foundation, 2008.

Youth Employment Through Tewa

Programs at Tewatohnni'saktha Offer Youth Valuable Work Experience

BY ONAWA K. JACOBS, TEWATOHNHI'SAKTHA COMMUNICATIONS

FINDING MEANINGFUL WORK experiences as a young person can be hard, especially when seeking employment for the first time or in the field of one's studies or interest. Tewatohnni'saktha Employment and Training division (ET) offers youth a variety of employability programs that they can access throughout the year and benefit from.

Our primary programs include the *Kahnawà:ke Summer Student Employment Program (KSSEP)*, *Skills Link Program*, *Mentor a Student Intern Program*, *Transitions Program*, and the *Heads Up Program*.

Each program offers young Kahnawa'kehró:non a chance to participate in a subsidized work measure, both within and around our community, and the opportunity to learn and grow through a mentored employment experience.

 The **KSSEP** is one of our most popular programs and accessible for students who are returning to full-time high-school or post-secondary studies in the fall, as well as university graduates of the current year.

Each year, the program offers exciting jobs that not only benefit the students themselves but also benefit the employers who are able to get additional help for the

summer months. Students can apply for jobs within the public and private sectors where they have the chance to earn wages that are in accordance with their level of education. The program's aim is to encourage youth to stay in school and pursue higher education.

 The **Skills Link Program** is for youth aged 15–30, who are out of school and unemployed or underemployed. Clients work one-on-one with one of Tewatohnni'saktha's employment and training counsellors to find a suitable and motivating employment measure, while also working on resume and cover letter writing skills. The three-to six-month program experience allows the client to explore one or more fields of interest, while encouraging them to return to school and follow a meaningful career.

 The **Mentor a Student Intern Program** (formerly the Kahnawake Part-Time Post-Secondary Employment Program) is a way for post-secondary students to find part-time jobs during the academic year. The mentor program is for full-time post-secondary students, who have completed at least one semester of

post-secondary studies and are achieving a GPA of 2.3 or 70 per cent or higher. This program is also a great way for employers to recruit and shape high-achieving, educated and motivated future employees.

 The **Transitions Program** is the employment and training' program's 'new kid on the block.' The program is designed to help new vocational and post-secondary graduates successfully transition from school into the workforce. Transitions presents recent grads with three to six-month work measures with an employer in their area of study. Clients get to give their new careers a real-life test run and further develop skills in the working world.

 The **Heads Up Program** runs two cohorts each summer, geared for youth aged 12–17. Participants gain work and life skills through educational lessons, fun outings, engaging workshops, and employee-for-a-day experiences. Each session wraps up with the opportunity to run a real-life business in which participants apply the various skills learned throughout the program.

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Teens and Xanax

BY JESSICA OESTERREICH, PREVENTION

XANAX IS THE BRAND NAME for an oral medication generically known as alprazolam which is classified as a benzodiazepine. Benzodiazepines are often referred to as sedatives or tranquilizers.

These medications make the user feel relaxed. Doctors will prescribe Xanax and other benzodiazepines to help patients sleep or to reduce anxiety. When prescribed by a doctor, Xanax is only supposed to be for short term or occasional use.

Currently, across North America and in the U.K., Xanax has become a popular recreational drug among youth. Although Xanax is commonly known as a prescription medication, it is by no means safe for recreational use for a number of reasons. If you suspect that a youth you care about is abusing Xanax or at risk of abusing Xanax, here are some useful facts to share with them.

- 👤 Xanax is not meant to be prescribed to youth. In adults, Xanax will produce a calming effect. However, in children and teens it causes them to become agitated.
- 👤 Never mix Xanax (or any benzodiazepine) with alcohol. Xanax and alcohol are both central nervous system depressants. Central

nervous system depressants slow the rate at which the hearts beats, and how frequently the lungs breathe. They can slow down a user's heart rate to the point of losing consciousness (which puts the user at risk of assault), and could lead to a coma or death. Mixing alcohol and Xanax increases the risk of a Xanax overdose as well as the risk of alcohol poisoning.

- 👤 Benzodiazepines like Xanax are highly addictive particularly when used regularly and at high doses. Tolerance develops with less than a month of regular use, and it happens faster the higher the dosage. Withdrawal symptoms are more severe with higher doses and the longer the user was taking Xanax. Withdrawal symptoms include insomnia, anxiety, trouble concentrating, and headache and stomach pain. Withdrawal symptoms can become as severe as seizures, paranoia, and irritability.
- 👤 People abusing Xanax are often buying counterfeit pills. Counterfeit Xanax is not manufactured by the pharmaceutical company Pfizer. Instead, counterfeit pills are made by drug dealers who have pills presses capable of

making pills that look like Xanax. However the chemicals they use in these pills are not guaranteed to be Xanax/alprazolam let alone the correct dose.

Some drug dealers opt to use a chemical called diazepam that is similar to Xanax. Diazepam is also a benzodiazepine but has been deemed inappropriate for use because it is more likely to cause strokes and seizures. It also more addictive than Xanax, making withdrawal symptoms more severe. Additionally, there is the risk of counterfeit pills being mixed with fentanyl, a highly deadly opioid.

Youth are opting to use counterfeit Xanax because it is relatively cheap and easier to access than alcohol. Unlike cannabis, there is no strong odor when using counterfeit pills.

If you or someone you love is struggling with Xanax addiction, see your doctor right away to help them quit safely. Call KSCS at 450-632-6880 to access counselling.

The Emerald Ash Borer Invasion

Working Together to Minimize the Impacts to Our Community

BY LYNN JACOBS, KAHNAWÀ:KE ENVIRONMENT PROTECTION OFFICE

BY NOW YOU MAY HAVE heard the news about a tiny green beetle from Asia called the emerald ash borer (EAB). You might be wondering what all the fuss is about. Why should we care?



in the bark. They mate, lay eggs and their population grows. Once they deplete the ash trees in a woodlot, the EAB move on in search of more food. EAB is also spread to new areas by humans, mainly through firewood.

Unfortunately this tiny beetle is causing quite a bit of damage. Since it was first detected in North America in 2002, the emerald ash borer has killed tens of millions of ash trees. With no natural predators, the EAB is feasting its way across our forests, parks and backyards.

Here is the shocking news: Kahnawà:ke hosts more than 100 thousand ash trees and it is estimated that 99 per cent of these trees will die within the next 10–15 years. Most of our ash trees are red ash but we also have white ash and black ash — a tree used for our basket making.

The female EAB targets only ash trees, where she lays her eggs in the bark and eats the leaves. The larvae feed under the bark. Outward signs of stress on the tree are usually seen after the EAB has been in the tree for a few years. This includes thinning leaves on the top of the tree, woodpecker damage and epicormics shoots (suckers). As the larvae grow and spread under the bark, they eventually block the flow of water and nutrients and the tree dies. This takes anywhere from 3–5 years.

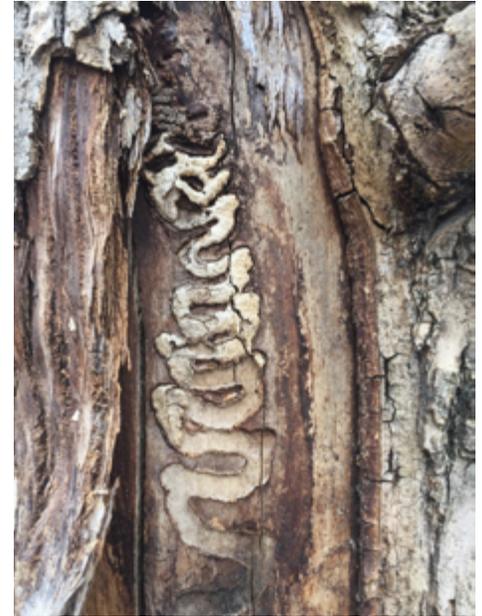
The adult EAB emerge in June, leaving a distinctive D-shaped exit hole

In 2016, the Environment Protection Office (KEPO) obtained funding for a two year project to deal with this problem. In the first year (2016–2017) we put up traps. These traps confirmed that EAB is present throughout the community, with the biggest infestation in the east near the new development area. We researched impacts and best practices, discussed strategies with the Kanien'kehá:ka Onkwawén:na Raotitíohkwa Language and Cultural Center, and developed a management plan to minimize the environmental and cultural impacts.

In 2017–2018, we focused our efforts on the black ash. We did an inventory to find black ash stands and developed an action plan that included treating trees with a product called *TreeAzin*, harvesting some trees for basket-making materials, and developing a seed vault so we can replant once conditions become favorable again.

What can we do as a community to minimize the impacts of EAB?

Check if you have ash trees on your property. Call KEPO if you need help with tree identification.



If you have ash trees, check for signs of EAB infestation. If the tree is in a location that can cause damage or safety issues you will need to arrange to cut it down.

Start replanting other species of trees. In ten years these trees will be a nice size and will replace the dying ash trees. Black ash trees grow in wet areas. If you have black ash on your property, consider offering them to a basket maker.

Think of creative ideas for wood-work projects using the red and white ash that will die in our community.

If you have questions or ideas you can call the Kahnawà:ke Environment Protection Office at 450-635-0600 or come visit us at our new location between the Peacekeeper's station and the arena.

Photos: Ash borer by Pennsylvania Dept. of Conservation & Natural Resources. Ash borer tunnels by judygva.



Profile: Tom Dearhouse

BY TYSON PHILLIPS, COMMUNICATIONS

KSCS EMPLOYEE TOM Dearhouse has taken on a new role. For the next two years, Tom will be the Indian Residential Schools Resolution Health Support Program worker, replacing Merrick Diabo, who left to pursue work at the Kahnawà:ke Survival School.

Tom's manager asked if he would be interested in taking over the position. It turns out, Tom was interested and would be expanding his responsibilities. "I will be part of a team that offers traditional support to clients," Tom said. Tom is working through the Family and Wellness Center and has participated in several trainings and team building activities over the last three months.

Tom will be seeing new clients who were students at the residential schools as well as family members whose parents or grandparents went to residential schools.

"There was no affection at the [residential] school, just strict rules," Tom said. "When those students had children of their own, they may have raised them in a non-loving home because that's all they knew. This carries over into the generation of the grandchildren," Tom continued. "Many residential school survivors abused alcohol and drugs to numb their pain. Their children grew up in that environment and, as adults, also abused alcohol and drugs. This is intergenerational trauma,"

Tom said. "The program is to help these families heal from the trauma."

Honouring Residential School Students

"I would like to focus on activities to honour former students." Tom plans to give a presentation on residential schools to students and adults in Kahnawà:ke and to schools outside of Kahnawà:ke.

Orange Shirt Day, a day to remember and honour the children who went to residential school, takes place annually on September 30 and Tom hopes to mark that day. "I hope to organize an activity on that day for all surviving students and their families." And on June 21 is National Aboriginal Day, Tom wants to give recognition to the survivors. Tom would also like to have a support group for the survivors and their children.

Tom also plans on holding talking circles for former students and family members where they will focus on resiliency and different forms of healing. "The intent is to move families forward on their health and wellness journey. It will be up to individuals what activities they want to participate in," Tom said. "This could include traditional ceremonies, sweats and talking circles, and information sessions on addressing trauma."

Community members can still access counselling, addictions work, and psychological services through intake at the KSCS main office.

If you would like to know more about the Indian Residential Schools Resolution Health Support Program, please contact Tom Dearhouse at the KSCS Family and Wellness Center at 450-638-0408. If you need immediate assistance please contact the KSCS intake worker at 450-632-6880.

Youth Employment

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It can be difficult and sometimes even scary finding your first job or gaining experience in your chosen field. That's why the exciting employability programs offered by Tawatohnhi'saktha's Employment and Training Division can make that experience a lot easier and one to remember!

For more information about these programs, explore the Employment and Training and Youth Programs tabs on our website at www.tewa.ca.

Still have questions about KSSEP, Skills Link, Mentor or Transitions Programs? Contact program manager Onawa K. Jacobs, at onawa.jacobs@kedc.biz, or 450-638-4280, ext. 238.

Interested in the Heads Up program? Contact business services officer/Heads Up program coordinator Daryl Leclaire, at daryl.leclaire@kedc.biz, or 450-638-4280, ext. 239.



Violence Prevention Tips

BY KANAIESHON DELARONDE, PREVENTION

JULY IS *VIOLENCE PREVENTION* Month, where we come together as a community to raise awareness of the risks, causes, and prevalence of violence. The month provides opportunities for community members to learn about healthy lifestyles, families and activities to draw attention to the issue. We hope to inspire the community to work hand in hand with us and with each other to take a stand against violence.

When we hear about issues of violence we may feel at a loss; that this is simply the way it is and always will be. In fact, no one is born violent. Violence is a learned behavior, inherited from families who have adopted unhealthy coping mechanisms to deal with pain, anger, loss, fear, hatred, etc. Because it's a learned behaviour, the good news is that it's possible that we can unlearn violence.

Here are some things you can do to make a change and incorporate healthy habits into your lifestyle and family.

 **Talking about what's going on.**

We have our own experiences and problems that are all valid. But it does not do well to holding it all in and internalizing problems. Get help or ask for help from a trusted friend or family member.

 **Forming good relationships.**

Making sure the people in your life are supportive, loving and

understanding is important. You will need these people when times are difficult. Being a good role model to our youth is key to how they will form their own relationships later on in life.

 **Having a conscience.** We all make mistakes. We are human and perfection is impossible but we can make up for those mistakes by possessing and cultivating the ability to admit to our mistakes and apologizing for them. Realizing that our actions can deeply affect others is integral to the prevention of violence.

 **Having empathy.** It's important that we develop the ability to imagine what others may be feeling. How might you feel if you were in another's position? Would it be difficult? Frustrating? Sad? Everyone has their own story and reason why they are the way they are and developing empathy can go a long way to understanding — though not necessarily agreeing with — another's point of view.

 **Knowing what your limits are and what calms you down.** It's normal to reach your boiling point, to feel anger and feel out of control. What's important is learning for yourself what is triggering you getting to that

boiling point, how to tell when you may get there and to learn the best ways to remove yourself from the situation. It's safer for yourself and others to walk away from a situation that may become escalated. Find your calming method, e.g., counting to 10, going for a walk, listening to your favourite song, or whatever non-violent action that works for you.

Source:

Firestone, Lisa. *7 Ways to Stop Violence at Every Age*. Psychology Today, Sussex Publishers, 1 Oct. 2012.



Post-Traumatic Stress Disorder

A Glimpse Into the Disorder

BY NICOLE MITCHELL, SUPPORT SERVICES

BEFORE I SHARE, LET ME BEGIN BY SAYING THAT AS a non-native black woman, who is not from this community, it was an honour to be asked to write this information piece on post-traumatic stress disorder (PTSD). Nia:wen.

Let's take a moment and think about the many negative experiences people go through in life; from being in a violent relationship, to being sexually/physically abused to surviving a mass attack on your community (e.g. the Oka crisis of 1990). Remnants of those experiences can undoubtedly leave a person scarred. Picking up the pieces and moving forward can be difficult because of the profound impact the traumatic incident had on the person. "Letting go" of the trauma and healing oneself can feel impossible when nightmares about the event are keeping you up or you're constantly having flashbacks about what happened to you. I write this article in hopes to bring awareness to the issue of PTSD. I also want to tell those who may be suffering in silence that there is hope.

Post-traumatic stress disorder is a mental health diagnosis included in the Diagnostic Statistical Manual (DSM). The DSM is published by the American Psychiatric Association (APA) and it is a classification system for mental health disorders like PTSD.

Over the years PTSD has been called various names. During WWI, it was referred to as "shell shock" or "war neurosis". Other names for PTSD included "soldier's heart" and "battle fatigue" (Crocq and Crocq, 2000). PTSD has moved from being a disorder that only affects veterans to a disorder that develops in anyone who has experienced an appalling, frightening or dangerous event (NIHM, 2018). According to Sher (2004), a traumatic stressor can constitute a

...direct personal experience of an event that involves actual or threatened death or serious injury, or other threat to one's physical integrity; or witnessing an event that involves death, injury, or a threat to the physical integrity of another person;

or learning about unexpected or violent death, serious harm, or threat of death or injury experienced by a family member or other close associate... Traumatic events include military combat, violent personal assault, being kidnapped, being taken hostage, terrorist attack, torture, incarceration, natural or man-made disasters, automobile accidents, or being diagnosed with a life-threatening illness. (Leo Sher, *Recognizing Post-Traumatic Stress Disorder*, Oxford, UK, 1)

According to Corcoran and Walsh (2015), "PTSD is characterized by symptoms of anxiety that follow exposure to a traumatic stressor. Four major symptom categories include re-experiencing the trauma, avoidance and numbing, persistent changes in cognition and mood, and arousal." (101). An example of re-experiencing the trauma would be having flashbacks, nightmares or frightening thoughts about what happened. An example of avoidance would be staying away from places or objects that remind you of the traumatic event. Changes in cognition and mood would include having trouble remembering the details about what really happened to you. Lastly, feeling edgy or having explosions of anger, would be an example of arousal (NIMH, 2018).

Now being subject to a traumatic event does not automatically mean that you will develop post-traumatic stress disorder. However, there are many risk factors that can increase the likelihood of developing PTSD. Bellamy and Hardy (2015) completed an in-depth review of PTSD in Aboriginal People in Canada and looked specifically at the many risk factors that exist within Indigenous populations. Their research highlight the following:

Today, Aboriginal peoples in Canada

Continued on page 10

Post-Traumatic Stress Disorder

Continued from page 9

are more likely than non-Aboriginal people to experience traumatic events in their lifetimes. In addition, they are at higher risk of developing PTSD as a result of historical, collective and individual trauma, compounded by stressful current living conditions resulting from high levels of poverty and abuse. (Bellamy and Hardy, *Post-Traumatic Stress Disorder in Aboriginal People in Canada: Review of Risk Factors, the Current State of Knowledge and Directions for Further Research* [British Columbia, 22])

These risk factors should not be taken lightly especially those related to a higher systemic problem. The entrenchment of racial hierarchies in the Canadian system and in the psyche of many individuals stems from generations of incorrect knowledge about Indigenous and other minority populations. Lawrence (2004) notes that “In both Canada and the United States, bodies of law defining and controlling Indianness have for years distorted and disrupted older Indigenous ways of identifying the self in relation not only to collective identity but to the land” (1).

The Canadian government has used unjust policies and laws (e.g. the Indian Act, the use of reserves, oppressive child welfare practices, blood quantum laws, etc.) to further weaken the Indigenous spirit. Discrimination has also been present in the Canadian law enforcement which has led to racial profiling, police brutality and a lack of concern for the hundreds of murdered and missing Indigenous women and girls. Carrying such a load can weigh on a person’s psychological, mental, spiritual and physical health.

Intergenerational trauma is birthed out of the cumulation of all these traumatic experiences. The concept of intergenerational trauma is “...the idea that when trauma is not dealt with in previous generations, it has to be dealt with in subsequent generations...there is a process whereby unresolved trauma becomes more severe each time it is

passed on to a subsequent generation” (Duran 16). The build up of all these traumatic experiences may change a person/the fabric of a community from the inside out thus impacting the way they feel, behave and perceive the world around them. If the pain continues to fester inside, a person may experience symptoms of PTSD.

The heaviness of PTSD can be lightened when individuals reach out for help. It may be difficult for a person to talk about their emotional/psychological health because of the stigma that continues to be attached to mental health. However, it’s important to consider that not reaching out can result in symptoms worsening. People may also suppress their symptoms or will self-medicate as a solution. The problem there is that substances can exasperate the problems even more and only provide a short-term/temporary relief.

KSCS offers a mix of both western and Indigenous based approaches and strategies to help people in the community cope with their challenges.

If you think that you may be experiencing some symptoms of PTSD, I encourage you to call KSCS 450-632-6880 and speak to the intake worker. There are services available that can help you in your journey to mental/emotional wellness. Don’t give up, hang in there, there’s a light at the end of the tunnel.

Sources:

Bellamy, S. and Hardy, C. (October, 2015). *Post-Traumatic Stress Disorder in Aboriginal People in Canada: Review of Risk Factors, the Current State of Knowledge and Directions for Further Research*. National Collaborating Center for Aboriginal Health. Retrieved from: https://www.ccsa-nccah.ca/docs/emerging/RPT-Post-TraumaticStressDisorder-Bellamy_Hardy-EN.pdf

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Nicole Mitchel is a special care counsellor and social worker. She is also a support counsellor in the department of psychological services at KSCS.

Colour Me!



The Back Page....

“Summer, after all, is a time when wonderful things can happen to quiet people.”

~ Deb Caletti, author

Hug a Tree and Survive

BY KELLYANN MELOCHE, EMERGENCY PREPAREDNESS & PLANNING

IF A CHILD BECOMES LOST IN the woods, hugging a tree can help them stay safe and be found. Staying near a tree offers protection from the elements, and keeps lost children in the same place, which makes it easier for searchers to find them. The Kahnawake Search and Rescue Program through the Hug-A-Tree-And-Survive Program invite you to share this information with your children.

The Hug-A-Tree Rules

Hug-A-Tree and Survive emphasizes four key rules to keeping children safe:

Tell an adult where you are going

Always tell your parents, or trusted adult where you are going, who you are going with, and when you will be back. You can do this in person, over the phone, through a text message, or by leaving a note in a place they will see it.

“Hug-A-Tree” and stay put

A tree can help protect you from the elements while you're outdoors, and most importantly, keep you in one place. Depending on where you are, there may not always be a tree. Perhaps your “tree” can be a large rock or bench at a park, or a sales counter at a mall. No matter what your landmark is, it is important to **stay put, in order to stay safe.**

Keep warm and dry

Temperatures change throughout the day, and can drop at night. Even if you are warm during the day, keep your jacket handy for night time. If you get cold, put on an extra layer, pull up your hood or put on your hat if you have one, tuck your shirt in, tuck pant legs into your socks, and zip up your jacket. You can also keep warm by building a nest to keep you off the ground, or by using an emergency shelter.

Help searchers find you by answering their calls

Whether searchers are parents, police officers, or our Search and Rescue Team members, remember they just want to get you home safely. Answer back to their calls by making noise and signaling, so you can be heard and seen. Make sure to leave lots of footprints and clues, so searchers can follow your tracks to find you.

While designed for the outdoors, these rules are easily transferable to other places including sporting events, shopping malls, public parks, urban areas, and much more. Together, these core points work to ensure kids have the knowledge and training needed to safely enjoy the outdoors, and their community.

Ohiari:ha/June

- Brain Injury Awareness Month
- 2 Natl. Health & Fitness Day
- 5 World Environment Day
- 15 World Elder Abuse Awareness Day
- 21 **Aboriginal Day**
- 26 Intl. Day Against Drug Abuse & Illicit Trafficking

Ohiarihhkó:wa/July

- 1 **Canada Day (KSCS closed Monday, July 2)**
- 5 Natl. Injury Prevention Day
- 14-15 Kahnawà:ke Pow Wow
- 24 Intl. Self-Care Day
- 28 World Hepatitis 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.

Aionkwatakari:teke

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