



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

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Profile of Kahnawake Firefighter Cheryl Montour



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Aionkwatakari:teke

Aionkwatakari:teke is a newsletter published six times a year by Communications Services of Kahnawake Shakotiaa'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 & encouraged to submit articles provided that they are comprehensive to the general public, informative & 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

Welcome back! What a great summer we've had! Way better than last year. The strawberries and corn was plentiful and sweet. Let's hope this coming winter is a good one as well; not too much snow and not too cold. I can't believe I'm thinking about that now, but this is the October/November newsletter so...

The Spirit of Wellness annually takes place in November and National Aboriginal Addictions Awareness week is November 14-20, 2010. It is also diabetes awareness month. So, keep your eyes and ears open for activities and events taking place around Kahnawake to mark both occasions.

November 11 is also Remembrance Day, a day to honour our Aboriginal veterans who, despite risking their lives for both Canada and the United States, continue to face difficult times in mental and physical health areas, collecting benefits and pension. It's beyond irritating to realize that both the U.S. and Canada don't mind sending people off to war but treat them so poorly when they come home. The image of some of our veterans being pushed and shoved around at the La Trappe monastery in Oka/Kanehsatake as they attempted to enter Kanehsatake during the 1990 crisis—which, by the way, was 20 years ago—is seared into my mind. I guess I have a special soft spot for Aboriginal veterans because my late Dad served in the U.S. Marine Corps and was wounded at Iwo Jima during WW II. He was considered disabled but I never met anyone more *able* than him. It also wasn't that long ago that our Aboriginal veterans weren't even allowed to lay a wreath at the War Memorial in Ottawa or allowed to participate during Remembrance Day ceremonies. This November 11, let's remember the sacrifices our Aboriginal veterans made, not just in the Wars of the U.S. and Canada, but also as many of them fought for our own Aboriginal rights and freedoms.

Sken:nen and with respect, Semper Fi
Marie David



Recommended films on or about Aboriginal veterans. *Forgotten Warriors*: Loretta Todd, director, NFB. *Flags of Our Fathers*: Clint Eastwood, director. **Websites of interest**: Official site of the Navajo code talkers: <http://navajocodetalkers.org/> and the National Aboriginal Veterans Association: www.nava.ca.



Into the Fire: Profile of Cheryl Montour

by TYSON PHILLIPS, COMMUNICATIONS

October 3-9 is National Fire Prevention Week. To mark the occasion, we profiled a local firefighter and role model.

Cheryl Katsi'tsenha:wi (Carrying Flowers) Montour wanted to work in a job where she would be helping people. "I first tried iron working. I did that for a year and then decided to go to nursing school in 2002," said Cheryl. Some of the nursing classes took place at the Kahnawake Fire Brigade and Cheryl saw first hand what the ambulance technicians and fire fighters did. "When a call came in, I would see the workers adrenaline go into full swing, and that was exciting to me." Cheryl stopped going to nursing school and decided to change her career to be a fire fighter and ambulance technician.

"For the first two years I concentrated on [becoming] a fire fighter. An instructor comes to the hall and we get all our training there," she explained. The training comes from the Justice Institute of British Columbia because the training in Quebec is offered only in French. Testing is done through the Institute and they send back the results. Cheryl then took the Emergency Medical Technician course in New York State. The training took place during the evening over a six-month period. By the time she completed her classes, there was a job opening at the Kahnawake Fire Brigade. "It was very good timing. I applied and got the job."

Cheryl balances work with being a single mother to five children. The age range of her children are from 18 to 11 years old. The oldest

are the two boys who stay with their father. The three youngest girls live with their mom. Cheryl is able to spend more time with her family with this type of work. "I became a single mom in 2004 and it was a big adjustment for me. I had to make some quick decisions on what career I was



Cheryl Montour. Photo by Tyson Phillips

going to choose. It would have been harder to stick with nursing, as it is long hours and I wouldn't see my children very much. I made the right decision to become an EMT and fire fighter."

Two years ago, Cheryl became an official fire officer. "There are seven officers in charge, one week at a time. It is an election process, where people are nominated then voted for. When I got it, I was shocked." A fire officer responds to a fire call, assesses the situation, and then delegates duties to the team. Cheryl has fought many fires, and has seen many horrific incidents while on ambulance duty. "What I've witnessed, such as car accidents, the regular community member would be disturbed. However, we are trained to go right into work mode and our

concern is to get that person to safety. Once we get back to the Fire Hall, we do a de-briefing session where the accident is discussed and people can express their feelings. We are there to support one another." When Cheryl sees a community member a few weeks after an accident, and the person is doing fine, Cheryl feels good that she was able to help someone in need.

"Looking back, I wish I had started doing this sooner. I really enjoy doing this type of work." Her daughters might be following in their mother's footsteps as well. "My oldest daughter went to a fire academy in Vermont this summer and loved it. The younger ones were in the junior fire brigade, so they are showing an interest in this field. I plan to continue working in this field as long as my body will let me," said a smiling Cheryl.



Healthy Eating: Fruits & More

by LEAH K. DIOME, KSDPP SCHOOLS INTERVENTION FACILITATOR

Tips on Some Healthy Fruits

Blueberries: High in antioxidants. When eaten with healthy fats (e.g.: dairy products, yogurt, etc.) may promote absorption of vitamins (e.g.: E).

Possible use: In cereals (hot/cold), salads, fresh / frozen to make juices etc.

Source high in: Vitamins (e.g.: C, E), minerals (e.g.: manganese), and other nutrients (e.g.: phytochemicals, bioflavonoids)



Apples: It's important to wash the skin of the apple to remove any residual pesticides— whether it's organic or not. Apples are a source high in vitamin C and promote the absorption of iron e.g: iron in oats is absorbed better when combined with apples (or other sources of vitamin C such as oranges.)

Source high in: vitamins (e.g.: C), minerals (e.g.: magnesium, calcium), other nutrients (e.g.: bioflavonoids)

Here are some ideas on how to include nutrient rich fruits, vegetables and healthy spices/seasonings into your child and family's breakfasts, snacks, lunches, left over lunches and suppers. There are unlimited possibilities. Be creative!

- Add them to healthy blended juices you make using ingredients that you have on hand. (see Leah's Magic Juice Recipe).
- Add puréed (blended) or whole veggies/fruits into sauces (e.g: spaghetti, meat sauces of any kind, etc), stews and casseroles.
- Add healthy spices/seasonings to blended juices, sprinkle on pancakes, whole grain breads and pan bread, waffles, cereals (hot/cold), add to teas, salads, salad dressing, dip, cornbread, meat loaf, hamburger, etc.
- Purée fruits. You may even want to add a hint of cooked veggies. Eat the purée as is or use as a sweetener in cereals, sprinkle over pancakes, whole grain breads, waffles cereal (hot/cold), and toast.

References:

Marber, I. (2008). *Quadrille Publishing Ltd., China*
 Mateljan, G. (2007). *The World's Healthiest Foods, Canada*
 Quillin P, PhD, RD, CNS (2009). *Wisdom and Healing Power of Whole Foods, Nutrition Times Press, Inc.*

Recipe: Leah's Magic Juices

- 1 3/4 cup water
- 1 banana
- 2 cups of kale or collard greens
- 1 1/2 cup blueberry juice (or whatever juice you have available)
- 3 medium apples (cored and peeled)
- 1 cup of dandelions (fresh or dried)
- 1 cup blueberries (fresh or frozen)
- 2 tablespoons manuka honey (or maple syrup, sugar cane, sugar in the raw)
- 1/4 cup sesame seeds
- 1/8 cup of salba
- 1/4 cup flax seeds
- 1/4 cup mango or any mixture of berries (fresh or frozen)



Leah K. Diome is a schools intervention facilitator with the Kahnawake Schools Diabetes Prevention Program.

Fire Safety Tips

taken from FIRE PREVENTION CANADA's WEBSITE

Fire Prevention Week is October 3-9, 2010. Here are some tips to help you and your family stay safe. To volunteer with the Kahnawake Fire Brigade, call 450-632-1010.

- Always use a properly fitted fire screen for the fireplace. Have the chimney cleaned every year. Most chimney fires occur with wood burning fireplaces or stoves. Burn only small quantities of wood at a time. Always open the damper before lighting the fire and keep it open until the ashes are cool.
- Use dry, seasoned wood in small amounts in the fireplace or woodstove.
- Always place ashes in a metal container and remove from the house.
- Never leave cigarettes in ashtrays unattended. Smokers should check furniture for fallen cigarettes or embers. They can smoulder for several hours before bursting into flames. Smoking while in bed, under the influence of alcohol or medication, or when tired is one of the leading causes of fires that kill.
- Never leave lit candles unattended.
- Install at least one smoke detector outside each sleeping area. For more safety, install an alarm in every bedroom.

- Remove all combustible and flammable material (thinners, gasoline, paints, industrial cleaners) from the basement.
- Do not store propane indoors.



Photo by Tony Hathcock.

- Do not store combustible material such as paper or wood too close to the fireplace or stove.
- Do not smoke or leave matches or lighters in a garage or workshop.
- Install and know how to properly use a fire extinguisher for the garage or workshop.
- Heating appliances such as space heaters should not have anything combustible nearby and need at least one metre (3 feet) of space around them.

- Never use charcoal starter fluids, gasoline, or any flammable substance to start a fire.
- To avoid dryer fires: Clean the lint filter before and after each use and wipe away any lint that has accumulated around the drum. Do not run the dryer without the lint filter or while you are away from the house.
- In the kitchen: keep a lid or cookie sheet handy in case the grease or oil catches fire. You can smother the fire with the lid or cookie sheet.
- Never attempt to move a flaming pan or pot away from the stove. The movement can fan the flames and spread the fire. You could also drop it. It's best to try to smother the fire by sliding a lid or cookie sheet over it. Turn off the heat and turn on the exhaust fan, causing the pan to cool. React fast; grease fires can spread quickly.

To escape a fire:

- Develop and practice a fire escape plan. Be sure to include all hallways and stairs.
- Know two ways out of every room and how to escape from all levels of your home.
- Ensure all doors and windows can be unlocked or opened.

For more tips, visit these websites: the Fire Prevention Canada website at www.fiprecan.ca/, the 3-Minute Drill at www.3minutedrill.alberta.ca or call/visit the Kahnawake Fire Brigade for more information.



A Change is Going to Come

by Christine Taylor, Promotion & Education

Change is inevitable. When it comes to behavioural change there are things that we can do that influence the ultimate outcome of our health and wellbeing.

There are many models that illustrate how we can make better choices in regards to change. The Serenity Prayer goes:

Dear Lord, grant me the serenity to accept the things I cannot change, the courage to change the things that I can and the wisdom to know the difference.

Wisdom is the hardest part; knowing the difference and knowing what changes we have control over, making those choices, and following through on them.

Here is just one model of change that is helpful. The DECIDE model directly relates to our overall health. The example behaviour used is the use and abuse of alcohol but this model can be used for any behavioural change we'd like to make in our lives.

D: Decide in advance what the problem is. By defining the problem in advance, you will have time to decide how important it is. If you have really decided that drinking is not for you or that drinking in certain situations could put you at risk, you will have set your criteria for acting in specific situations.

E: Explore the alternatives. List the possible alternatives, ranging from not drinking to drinking heavily. If any of these alternatives is unacceptable to you, cross it off and work with those remaining.

C: Consider the consequence. Think about each of the alternatives remaining. What are the possible positive and negative consequences of each? Think about what will probably happen, not just what may happen in the best and worst scenarios. How risky is each alternative? Are the consequences of losing the friendship of a group because you refuse to drink as serious as drinking heavily and getting into trouble sexually or drinking and driving? Is there another alternative that could reduce your risks?

I: Identify your values. Your beliefs and feelings about certain behaviours represent your values, and your values influence the vast majority of your behaviours. When choosing to drink or not to drink in a social setting, or when choosing how much to drink, you should base your choice on an analysis of your values.

D: Decide and take action. If you have seriously thought about the first four DECIDE skills and decided that it's okay to have one or two drinks over the course of the evening and that is the absolute limit, this

may be a reasonable decision for you. Now you must take action, based upon your decision – you must actively resist temptation and stick to your limit.

E: Evaluate the consequences. A key component of the decision-making process is a careful look backward at your decision and your resulting behaviour, how you felt about them, and whether you want to do anything differently in the future. You may add other alternatives at the second step, for instance. The secret to success is to think about the problem in advance, consider your value and wants, and anticipate the choices you will have.

Source: DECIDE model from *Health the Basics*, Rebecca J. Donatelle et al. 2001





Energy Drinks: A Boost?

by DOUG LAHACHE, COMMUNICATIONS

A critical editorial published by Canada's leading medical journal is the latest move in a mounting effort to convince the federal government to crack down on the sale of caffeinated energy drinks to minors.

Energy drinks that contain high amounts of caffeine—some more than five times the amount in a can of soda or nearly triple the amount in a cup of brewed coffee—can pose serious health risks to children and adolescents and require stronger warning labels, according to the Canadian Medical Association Journal's editorial.

Studies show that common ingredients in energy drinks—such as sugar, sodium and caffeine—are dangerous when taken in high dosages for diabetics and for people with high or low blood sugar. Even an

average healthy person consuming an energy drink that's extremely high in sugar can feel like they're trapped in a speeding, out-of-control elevator that's crashing to the ground when a sudden drop in insulin levels kicks in. The stimulating properties of energy drinks can also boost the heart rate and blood pressure, sometimes to the point of palpitations (irregular heart rhythm.)

According to Canadian regulatory guidelines, bottles and cans of regulated energy drinks must bear warnings that no more than 500 millilitres of the product be consumed in one day, and that it should not be mixed with alcohol or consumed by children or pregnant women. By law, caffeine does not have to be listed on labels unless it has been added to the product separately as a pure substance.

Health Canada's maximum recommended dosage of caffeine is:

- 45 mg for children aged 4–6
- 62.5 mg for children aged 7–9
- 85 mg for children aged 10–12
- 400 mg for adults

Health Canada has not developed definitive advice for adolescents 13 and older because of insufficient data. However, Health Canada recommends no more than a daily dosage of 2.5 mg per kg of body weight. That means a 50 kg teen should not exceed 125 mg of caffeine per day, that's less than half the serving of many energy drinks sold in Kahnawake.

Source: McDonald, Noni et al. Caffeinated: Children and Youth. Editorial. Canadian Medical Association Journal. July 2010.



Healthy Alternatives

by LEAH K. DIOME

Here is a list of alternatives, not to necessarily cook with but to season foods or beverages with.

White Sugar: Stevia, fruit juice, puréed fruit (e.g.: apple sauce), maple syrup, manuka honey, clover honey, manuka honey

Saturated Fats: Coconut oil, olive oil (first cold pressed, extra virgin is best), canola, flax oil (avoid cooking with), avocado oil, soy oil, safflower oil, 'high oleic' sunflower oil.

Salt: Kelp powder, miso, Cajun salt, lemon or lime juice, Seloplante, Mrs. Dash, Half Salt (KCL) consult your doctor if you have compromised kidney function since potassium (K) might need to be monitored.

Healthy Spices (use generously): Allspice, chives, cardamom, chives, cloves, tabasco, carob, ginger, spearmint, sage, thyme, pumpkin pie spice, Worcestershire, peppermint, Gaylord's vegetable broth*, pure almond extract, bay leaves, caraway

seeds, coriander, cayenne, chili, garlic, onion, cinnamon, onion, salsa, curry, celery seed, basil, mustard powder/seeds.

* A no sodium all natural vegetable broth.

Leah K. Diome is a facilitator with the Kahnawake School Diabetes Prevention Project.

Ghostly Encounters

by TYSON PHILLIPS, COMMUNICATIONS

Kahnawake has a great number of scary stories passed down through the generations. Two community members shared their supernatural encounters with Aionkwatakari:teke.

What was it?

“This story is factual, as I was told the story by persons who actually witnessed the event,” explained the elder. “It was after midnight when a couple could hear their dog barking in a strange manner. Now this being the 1930’s, the streets in Kahnawake late at night were quiet, unlike today.” The elder continues “The man looked out the window and saw some type of creature near his dog. [It] looked part dog and part kangaroo, with big glowing eyes. The man told his wife to stay inside and he grabbed a weapon. Standing on his porch, he yelled at the creature and it ran off into the darkness.”

The mysterious creature was seen during the daytime by a different group of people. The elder tells the story that happened during a gathering of family and friends one afternoon when a group of men saw the creature in a nearby field.

“They told the women to bring the kids in the house and stay inside” the elder says. In order for the creature to escape it had to jump over a fence when it got caught on the fence line. “When it got loose, the creature turned into an old woman

who ran off,” the elder pauses. “It is said that she was a witch and was able to shape shift her body into an animal,” he said.



The Amityville house, which is said to be haunted and was also the scene of a grisly mass murder in the mid 1970s.

A Modern Day Ghost

“I’ve had some encounters with ghosts over the past few years,” admits a young man whose first ghostly encounter occurred one Christmas Eve. “My wife and I were going to bed so I turned off the Christmas tree lights.”

The couple could see the Christmas tree clearly from their bedroom.

“A little while after we got into bed, the Christmas lights came back on. When I went into the living room, I saw a young boy, probably around eight years old, sitting near the plug. When the boy saw me, he vaporized,” he says. “My wife also saw this ghost

boy so it was not my imagination. We believe it was a Christmas spirit who wanted to see the Christmas lights stay on,” said the man.

On another occasion, he was working alone late at night when he encountered the ghost that resides in the building. “Out of nowhere, someone hit me in the head. No one else was there. Then all the cupboards started to open and close and the water was being turned on and off. I ran out terrified but I knew I had to face this entity,” he explained. “I went back and said that I’m here to work and [to] leave me alone. The paranormal activity then stopped for that night. I was told it is a ghost of an older man,” he said.

He’s not the only one who has seen the ghost. “Some people who have come to the building said they would sometimes see the ghost staring down at them from the staircase.” Sightings continue even though the building has been renovated. “Normally, when a call comes in, four telephones will ring,” he explains. “However, one telephone will ring on it’s own and, when it is answered, no one is on the other end. A technician came and he said it’s impossible for only one phone to ring. It’s the ghost playing tricks on us,” said the young man who has



The Spirit of Wellness

by BEA TAYLOR, PREVENTION WORKER

November is the annual kickoff for the Spirit of Wellness (SOW) Campaign in Kahnawake and, this year, I am the coordinator for the campaign.

For those of you who might not know what SOW is, here is a short summary: *The Spirit of Wellness is a month—long campaign designed to mobilize Kahnawakéro:non to address the health and social issues in the community.* The SOW activities grew out of the National Aboriginal Addictions Awareness Week (NAAAW), a national campaign aimed at raising awareness around addictions and how addictions issues can be addressed in Aboriginal communities across Canada. NAAAW takes place during the week of November 14 to 20 this year.

Each year, a committee made up of KSCS staff and representatives from organizations in the community comes together for SOW to plan health and wellness activities in the month of November. The SOW Committee encourages organizations, businesses, families and/or individuals in our community to coordinate an activity/ies that are fun, healthy and includes or promotes a positive message.



Beatrice Taylor, the coordinator for the Spirit of Wellness this year. Photo by: Tyson Phillips.

In previous years, a SOW logo was introduced with each yearly campaign. This year, the committee has decided to go with a permanent logo for the Spirit of Wellness Campaign. This permanent logo will embody health and wellness and, hopefully, include some aspect of our culture that the community will identify with.

Each year, to kick off the SOW Campaign, an opening event is held on November 1st or as close to that date as possible. This year, the Family

Wellness Center will be hosting the SOW opening event on Monday, November 1st and will be held from 10:00 a.m. to 3:00 p.m. Food and refreshments will be available and it will be an opportunity to see what services are offered at the Family Wellness Center.

Noon hour talk shows on K103 are planned for each Tuesday in November. Our goal with these talk shows is to create awareness in our community on the following topics: suicide prevention, addictions, mental health, and fatherhood. There will also be a SOW calendar insert in the Eastern Door newspaper in the last week of October. The calendar will have the pertinent information for each activity such as location, time, and a registration fee if any apply.

If you have a health and wellness activity you are planning for the month of November, please send this information to me by e-mail at mad_group@hotmail.com or I can be reached at 450-635-8089. KSCS will promote your event on the SOW Calendar.



Recommended reading on topics covered in this issue are available from the Skawennio Tsi Iewennahnotahkwa Library.

Feel free to call: 450-633-1016 or email: klibrary@paulcomm.ca for more information.

- 1001 Fundraising Ideas & Strategies for Charity and Other Not-for-Profit Groups

- Even Little Kids Get Diabetes
- American Diabetes Association Complete Guide to Diabetes
- We also have a variety of diabetic cookbooks
- Anger, Alcoholism & Addiction: Treating Individuals Couples and Families
- Women and Drugs: Getting Hooked Getting Clean
- Healing Energy: The Power of Recovery
- True Ghost Stories
- Midnight Fright: A Collection of Ghost Stories



Supporting People Through Serious Illness

What Can I Do?

by KATERI DELISLE, KMHC

You have just received news that a family member or friend has been diagnosed with a serious illness. You want to help but aren't sure how. Here are a few suggestions.

The feelings of those needing the help will vary. Distress levels can be high for a spouse or primary caregiver and they can be tired, either from illness or the challenges of taking care of someone with an illness. A serious illness is a family affair and all family members will need some support. Too often, we think people are cared for when they are not. Extra hands from outside the home can make a difference in the quality of someone's home life.

Committing yourself to doing something on a regular basis will help them devote their time to healing or to providing the care needed for someone else.

If you are the person needing assistance, the realization that there are times when you can't do it all, can't cope, and can barely hang on - can make you feel vulnerable. It's important to know that people offering assistance are not just trying to be polite; they really want to help. They are seeking ways to let you know that they will not desert you and usually are grateful to have something to do.

You are not obliged to say yes to all helping hands. The offer can be appreciated and taken up at a later time if you wish.

"I have seen that in any great undertaking it is not enough for a man to depend simply upon himself." Lone Man (Isnala-wica, Teton Sioux)

There are practical things you can do to help someone experiencing serious illness either personally or through a family member.

If you are a family member, you may be close enough and sensitive enough to offer emotional support. You may also be able to provide guidance on the role others can play and delegate tasks accordingly.

Personal: Listening without judging or trying to "fix things" is difficult, but will be appreciated. Not everyone is comfortable doing that and that's OK. If you want to let them know that you are thinking of them you can try sending a humorous card once a week, picking up and delivering DVDs for their pleasure, giving a gift subscription to a magazine of interest, playing a game with them, or taking them out when they feel up to dinner or a movie.

Transportation: picking up prescriptions or groceries, driving and picking up kids from school, sports activities, etc., driving and accompanying them to their appointments.

Family responsibilities: taking their children once a week for homework and supper, babysitting so that mom and dad can have some free time, making dinner and delivering it once a week, ordering and paying for a weekly pizza delivery.

Home maintenance: organizing spring/fall clean up, cutting the grass, shoveling the snow, putting away or taking out garden items.

Helpers can find the perfect role by assessing their own talents and interests, availability and energy, and applying that to the needs of the person(s).

Respect their privacy. If you have left messages asking how they are doing and they haven't returned your call, accept that they are probably not up to talking at the moment.



Kateri Delisle is a Cancer Care Worker at Kateri Memorial Hospital Centre.

Preparing an Action Plan

Part four of a four part series

by KELLYANN MELOCHE, EMERGENCY PREPAREDNESS

Are you aware of the potential emergencies that could happen here in Kahnawake? Historically, we've had floods, major snowstorms, and train chemical leaks. We also have major highways, nearby airports, and a busy river all with the potential to bring disaster to the community. There are also two earthquake faults that run right through the community.

You don't have to be caught unaware. You can make a planning night with your children so they're involved and can voice their concerns or fears with you.

Start by:

- Determining meeting places inside and outside of the house and away from windows, trees, and power lines to meet up after the disaster.
- Determining a phone contact outside the community to get phone messages to and from mom and dad. Sew the number into your children's jackets or put into lunch kits. Get dad to leave a secret message one day. Let the kids dial the number to get the message and see if they keep the secret.
- Letting the children help make office and car emergency kits if you work outside the community. Tell them it will help you come home to them safely. Let them know it may take two or three sleeps before that happens because roads may not be open.

- Having the kids hold their breath for as long as they can. Tell them that it will take longer than that for a storm to pass.



Having the children involved in making an emergency action plan can help calm their fears and avoid confusion if and when an emergency occurs.

- Practicing making loud noises. See who can make the loudest noise or laugh the loudest. Ask what the loudest noise they can remember is. Warn them that storms can be very dark and noisy and discuss what you might hear... pots clanging, fire alarm buzzing, things breaking, etc.
- Warning the children they may get wet if there is a sprinkle system in place. Sing songs like *rain, rain, go away* or talk about animals that like to get wet and ask what animal they'd like to pretend to be. Make those animal noises while it's raining.

- Telling them what the plan is if they are at school and someone else is picking them up. Invite that person over to see the survival kit – find out what they would like to put into it.
- Reassuring your children that you will be with them as soon as you can because separation anxiety can be very scary for them.
- Asking the children to put a note in a special place that daddy and mommy are aware of in case you have to leave the house.
- Showing them how to turn the gas utilities off if they are old enough.

The more games you play, the more fun they'll have and the less scared they'll be. Plan to take a few days for planning and proofing and then celebrate getting it done. Don't forget to constantly reassure your child. Tell them not to be scared but, rather, be prepared!

You can get this and more information from the Kahnawake Emergency Preparedness Planning office located at the Old Peacekeepers Station at 450-632-0635.

Kellyann Meloche is with the Emergency Preparedness unit.

The Back Page...

“I may not have gone where I intended to go, but I think I ended up where I needed to be.”

Douglas Adams, author



Fundraising

by BRIAN WILLIAMS, PROMOTION & EDUCATION

All across the community you can easily bump into someone trying to raise money for one worthy cause or another; we are a very giving people.

However if you have ever personally tried raising money for a charitable cause, you most likely will have wished that people either gave a little more or that more people would give. A quick search online will give you a hundred if not thousands of different suggestions and event

ideas to help raise some money: bake sales, car washes, walk/run/swim-a-thons, and polar plunges to name only a few.

However, if you want to be more effective in your fundraising efforts I suggest reading *Fundraising Ideas That Work for Grassroots Groups*, a resource that can be found online for free. While it cannot provide surefire solutions that will guarantee success during each fundraising campaign, it will offer useful and practical advice that will provide a good baseline of knowledge from where to start.



One great point made in the fundraising article is that: “People give to people” is one of the oldest truisms of fundraising. People do not give or donate to a cause because an organization itself needs funds; rather, they give because they want to help other people. So, remember to explain

the results that each donation will make. Don’t talk about what you will spend the money on, talk about what the money will achieve!

When raising funds, you should tell people

what your group or organization does, but much more importantly give them a clear idea of what the money you are asking for will do. Sell the results that your group provides to the community, and whenever possible share your success stories. Making a personal connection between what your group will do and the person giving money makes giving not only easier but also much more rewarding.

Fundraising Ideas That Work for Grassroots Groups by Ken Wyman
http://tamarackcommunity.ca/downloads/CCI_downloads/f_kwymanfundraising.pdf

October is...

- Breast Cancer Awareness Month
- Eye Health Month
- 3-9 Fire Prevention Week
- 4-10 World Breastfeeding Week
- 17-23 Natl. School Safety Week
- 11 Thanksgiving (Harvest Day)
- 31 Halloween

November is...

- Spirit of Wellness Month
- CPR Awareness Month
- Diabetes Month
- Osteoporosis Month
- 1-5 Canadian Patient Safety Week
- 6-12 Natl. Senior Safety Week
- 24-30 Natl. Home Fire Safety Week
- 11 Remembrance Day
- 14 World Diabetes Day
- 25 Intl. Day for the Elimination of Violence Against Women

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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