



Aionkwatakari:teke

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

"For us to be healthy"

Vol. 17, No. 6

Kahnawake's Only Health and Wellness Newsletter

Tsothóhrha/December 2012



Art Therapy

INSIDE THIS ISSUE

Letting Go & Starting Over	3	Expressing Yourself Through Writing	7
Job Skills & Mental Health	4	Poems	7, 11
Caring for the Caregivers	5	Stretching & Sweating	8
Holiday Fire Prevention	5,10	Where the Creek Runs Clearer	9
Taietewataterihwakwénienste	6	Changing Weather: Are You Prepared?	11,12

Aionkwatakari:teke

Aionkwatakari:teke is a newsletter published six times a year by Communications Services of Kahnawake Shakotiiá'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**

The end of the year issue's editorial is sometimes a time for reflection over the past year. It could be about the community of Kahnawake, or about the community at large. As I sat down to compose this editorial, it was a few days after Hurricane Sandy battered the eastern seaboard and left millions of people without power, destroyed homes and businesses, and, most importantly, cost at least 121 lives (more when you include deaths in Cuba, Puerto Rico, and Haiti).

Are these natural phenomena on the rise? Or, as some climate change doubters suggest, are they just being reported more often due to advances in technology? Whatever side of the climate change debate you might fall on, it's hard to deny the effects they have on our lives even just witnessing it from afar.

In that vein, Arnold Lazare has a timely article on emergency preparedness. There are also other great articles on yoga, on the traditional teaching youth group, on caring for caregivers, and more. We hope you enjoy them. See you next year!

Sken:nen,
 Marie David

Erratum

In Vol. 17, No. 4. (August/September issue) page 10: *Managing Food Allergies* by Wendy Sky Delaronde. The number of adults should be 20-30, and not 2030. We apologize for the error.



Cover: March 2011, art therapy. Artist: Anonymous.

Cover design: Marie David.



Letting Go & Starting Over

BY BEA SKAWENNETSI TAYLOR, PREVENTION

Mental health is the theme of this issue and we all have the responsibility to take care of ourselves mentally, physically, spiritually, and emotionally.

Throughout the year, people do or say things that may cause problems. These problems may include hurt feelings, hateful or vindictive feelings, and many more negative feelings.

This article covers a couple of traditions that can help us deal with negative feelings in a positive way.

For the past five years, I've been learning about our culture. I've learned that every year, our cycle of ceremonies comes to an end and a new cycle begins after the 13th new moon.

To kick off the new year, the Longhouse holds midwinter ceremonies, which begin on the 6th day after the new moon.

Midwinter celebrations can be from four to 14 days long, depending on which Longhouse you go to and which Aboriginal nation you are in. For example, the bowl game can sometimes last for days and some Aboriginal nations do dream interpretations.

Midwinter starts with a ceremony called "stirring of the ashes." The stirring of the ashes symbolizes many things. For example, it's a symbolic chance to put out the fire of the past year and the

negativity that may have come with it. It's a chance to forgive, to let go of bad feelings and move on.

It also symbolizes a fresh fire and rebirth of the spiritual calendar year. Last but not least, it's a chance for us to be thankful for everything that the Creator provided for us in the past year and to ask for good fortune in the upcoming year.

It's a chance to renew our "inner fire" or "recharge our batteries." If you participate in the stirring of the ashes ceremony, you literally get to stir the ashes in the woodstove with a wooden paddle.

Not everyone in Kahnawake goes to the Longhouse and it's not the only way to let go of bad feelings.

I recall a tradition in my mother's family that was done on New Year's Day. Discreetly, my mother would go to my Tota, and ask for her forgiveness for anything she did during the year that may have hurt her feelings or caused problems. This opened the door to discussion.

Some people may say this is a tradition created by the "church" or only "Catholic" people do this and maybe that's true.

But no matter what faith, I think it's a positive way to try to make things right and if this was done between

siblings and other family members, it could be one more way to help our families deal with bad feelings in a good way.

I've written about two ways that can help a person deal with bad feelings and of course, there are lots more.

It is up to each of us to figure out what works best and to make sure that we take care of ourselves. It's important to role model to children healthy ways to deal with the problems in our lives so that they can pass it on.



Job Skills & Mental Health

BY TYSON PHILLIPS, COMMUNICATIONS

Finding a job is hard in these tough economic times. When a program like Tewatohnhi'saktha's Career Building Skills (CBS) program comes along...it can be a life saver, especially when it offers training on mental health issues.

What is the CBS program? Kara Paul, the CBS coordinator, tells us the program "Is designed for adults who want to enhance their skills to better prepare for the workforce and explore career opportunities within the region."

CBS began in 2010 and runs for 12 weeks. It

covers many topics and activities aimed at providing valuable skills and certifications such as CV writing, career exploration, and includes training offered by KSCS on Applied Suicide Intervention Skills Training (ASIST) and Mental Health First Aid (MHFA).

Kara—and the students—find the KSCS trainings to be invaluable. "The students are learning new skills that can be applied to any job as well as personal family situations. With the knowledge

they gain, it opens up dialogue with their family and friends that mental illness and suicidal ideologies do exist in the community," Kara said. "The trainings prepare students to react and respond should they encounter a critical situation within their personal or professional lives, plus the certification is a bonus as it looks great on their CV," she adds.

The students agree. "It was informative," Nick Cook, 19, offered. "I know now what to do if I am in that type of situation. It's a very good tool to have."

Aubrey Albany, 23, agrees. "It

made me see how serious suicide is in the community. We may not have high incidents of a person taking their life, but many are thinking about it," she said. "It could be anyone; a friend, a neighbour. Even on Facebook, if someone is always posting that they are depressed, you know they need help. I feel the training will help me when I start working, as I will know the signs if a co-worker is thinking of suicide."

"I did not know what to look for," Britlee Diabo, 23, adds. "ASIST taught me to be aware of people's behaviours.

Suicide is usually associated with the teen population, but anyone can be thinking of suicide, from young adults to our elders."

Participants gain the knowledge that mental illness exists and comes in many forms: depression, eating disorders, suicide ideation are all signs of deeper mental health problems. "It is a huge issue in our community and the CBS program gives its students the tools to respond to mental health behaviours with their future clients before it gets out of control," Kara said.

In general, the aim of the program is to provide participants with a variety of tools and resources to help them pursue their specific career interests or to re-enter the labour force.

Could that labour force include KSCS, where there's a demand for people working in the areas of mental health and social services? It's a possibility according to Jonathan Rice, co-coordinator of the CBS program. "I see the inclusion of the training as an opportunity to promote mental health awareness, while exposing individuals to potentially rewarding careers in mental health and social service," he said.

The CBS students will be graduating on December 7th, 2012 and transitioning to work or full time academic programs in the new year. The next session of the program begins in January, 2013 and runs until March. Call 450-638-4280 for more information.



Students from the 2012 CBS program at Tewatohnhi'saktha.

Photo by: Tyson Phillips.



Caring for the Caregivers

BY JEAN O'CONNOR, HOME & COMMUNITY CARE

Caregivers are family members or friends who provide both short-term and ongoing care and assistance to those in need of support due to physical, cognitive, or mental health conditions.

Caregivers assume many responsibilities in the on-going care of their

loved one in addition to managing the many responsibilities of their

own life. The on-going commitment in caring for someone is a responsibility that many family members take on with great enthusiasm.

However, over time these responsibilities can become exhausting, demanding, and stressful, which subsequently negatively affect their social life, health, relationships, work, and finances. Often times, they forget about their own self-care given the amount of time that goes towards care-giving.

With this in mind, and in an attempt to avoid caregiver burnout, caregivers require support, services, respite and recognition to be able to maintain their physical, emotional, social, and financial well-being.

Caregivers Week ran from November 4-10, 2012. It was initiated by Professional Networking for Caregivers and

was created to celebrate and honour caregivers and to create public awareness around these issues.

Former First Lady Rosalyn Carter has said that there are only four kinds of people in the world:

- Those who have been caregivers.
- Those who are caregivers.
- Those who will be caregivers.
- Those who need caregivers.

I invite you to give thanks and appreciation to a caregiver, either someone you know who is caring for a family member or perhaps someone is caring for you. Kind words of acknowledgement, an offer to cook a meal, or provide respite for an evening can go a long way in supporting a caregiver.

Home and Community Care Services (HCCS) is considering starting a support group for caregivers. For further information please call Jean O'Connor at HCCS 450-632-5499 local 110.

Resource: <http://www.rppa-pnc.com>

Holiday Fire Prevention



The holidays are a time for celebration with family and friends.

That's why fire safety should be a key consideration in any holiday plans. It is also why it is vital to ensure smoke alarms are installed on every level of the home and have working batteries in them. The following safety tips will help everyone be safer this holiday season.

In the Kitchen

- Never leave cooking unattended.
- If distracted by another activity or a phone call, turn off the heat before leaving the kitchen.
- Turn pot or pan handles inward to prevent burns caused by overturned pots.
- Wear short or close-fitting sleeves to avoid clothes catching fire.
- Keep flammable materials, such as curtains, newspapers or plastic bags, away from heat sources such as burners and the oven.
- Have a pot lid nearby to smother a pan fire.
- If frying foods, use a temperature-controlled electric skillet or deep-fat fryer.

Holiday Tree

- If purchasing a live tree, check for freshness by pulling on the needles. If they are brown or come

continued on page 10



Taietewataterihwakwénienste

We Should Respect Each Other

BY MARY MCCOMBER, PREVENTION



On Saturday, Sept 22, 2012 a Respect banner unveiling was held at the Kahnawà:ke Sports Complex. Kahnawà:ke Shakotii'akéh-nhas Community Services (KSCS), the Mohawk Council Sports and Recreation Unit and Kahnawà:ke Minor Hockey Association launched the Respect campaign.

The goal of this campaign is to promote the use of respectful actions and attitudes within the community. The activity resulted from discussions amongst organizations and community members among the Community Prevention Task Force.

KSCS, the Sports and Recreation Unit, and Minor Hockey took the initiative to promote respect and non-violence in response to a general feeling of discontent around the issue of violence in our community. They wanted to promote a more positive image of Kahnawà:ke and encourage respect in all areas of the community.

The event went well and there were 20 volunteers and approximately 400 community and non-community members who were present during the minor hockey friendship tournament. Hot dogs and corn were provided by the Sports and Recreation Unit and volunteers/workers spent the day serving

people in-between games. The Minor Hockey Association provided water and KSCS had bracelet give-aways.

A small vernissage displayed pictures to honour the various community sports that youth and families participate in Kahnawà:ke. Free condoms and lip balm were given away at the Fetal Alcohol Spectrum Disorder display area.

The Respect campaign booth was busy. One hundred and two surveys on violence were completed. To date, the survey has been conducted at other venues as well such as, the Moccasin Walk and a Community Prevention Task Force meeting.

When respondents were asked, "Do you think violence is a problem in our community?" One hundred and eighty three of the 202 respondents said, "Yes." Many insightful comments were made such as, "Some people don't realize some of their behaviours are violent. We need to educate the community about this." It was also uplifting to see that the community identify some positive solutions to violence such as, "Talking about feelings before acting.", "Positive communication really is the key.", and "Work on ourselves as individuals first and then heal as a community."

Other information was provided to participants and included awareness on respect, family violence, bullying,

leaving abusive relationships, self esteem, anger management, and a resource line information pamphlet.

A press conference was held to explain the reason for the campaign and brief presentations were made on center ice. Presenters included Grand Chief Mike Delisle Jr., KSCS representative Rheena Diabo, Suroit Referee-and-Chief Robert Hurtubise, Sports and Rec. Unit rep. Dave Canadian and a Traditional opening was done by Tehahtkationnions Bush.

Following the press conference, the Zamboni brought the banner out to center ice for spectators to see. It was a positive experience for all and something we hope to build on in the future.

Promotion of respect is important to encourage healthy relationships. Healthy relationships are important in order to provide each other with support as well to develop stability in the community for youth. Unstable environments and unhealthy relationships can have an impact on youth development and mental health.

Thank you to our contributors, Peter Thomas and the Condors, Jacob's Hardware and OCR Gaz Bar.

Thi'atewehnisená:ke ka'nikonbri:io aié-tewatste nó:nen tentewathá:ren tánon' taietewataterihwakwénienste.

Every day we should use a good mind when we speak to one another and we should respect each other.



Expressing Yourself Through Writing

BY WINNIE TAYLOR, OPERATIONAL DEVELOPMENT SERVICES

I just recently watched a show on PBS regarding our brains and how it works—or better yet how we think it works. What really interested me was one researcher's story on why she is so interested in researching the brain.

When she was younger, she was one of the best soccer goalies around and she knew at this one particular game a scout for an Olympic team would be there. Knowing this really unnerved her and stressed her out and she basically choked and did not perform as she usually does.

Needless to say, she never made it to the Olympics but this event spurred her on to search to understand why this happened and just how her thoughts could impact her physically.

Her research shows that if you ever are feeling anxious or stressed out and afraid, you will choke up and not perform to your best ability. But by taking a few minutes beforehand to write out your feelings and thoughts, it can help prevent them from affecting your performance.

Writing is a powerful tool that can provide a sense of peace rather than keeping it all bottled up inside. Keeping a journal, a diary, or writing poetry are all excellent examples of the tools you can use to write personal stories; whether

good and bad. They can help keep a good memory alive or help to work on a negative issue.

With that in mind, I would like to share two poems with you that my niece gave Aionkwatakari:teke permission to use. They are two of many that she has written over the years. I believe she is very talented and I hope her poems move you as they do me and inspire others to take up the pen.

Poems

S C R E A M

**Have you ever wanted to
SCREAM**

**Scream so loud you can feel the pulse of your LUNGS
Lungs expanding, almost on the verge of COLLAPSING
Collapsing to the ground in complete
DEFEAT**

**Defeated by every emotion that bubbles and pops at the
top of your
THROAT**

**Throat closing and opening just to touch a burst of
AIR**

**Air pushing into your lungs getting ready for a silent
S C R E A M**

~ Maya

continued on page 11



Stretching & Sweating

BY CHRISTINE TAYLOR, PROMOTION & EDUCATION

It's hot, the sweat is burning my eyes, I am soaked and I struggle to calm my breathing so I don't panic and a voice is telling me to do...unimaginable things to my body. No, this is not hell. It's a Bikram yoga class.

I have been practicing Bikram for over two years now. I look forward to spending 90 minutes in what the founder Bikram Choudhury affectionately refers to as the "torture chamber."

Bikram yoga is hatha yoga (healing); 26 postures and two breath-

ing exercises done in a studio heated to at least 105 degrees, 40 per cent humidity. It's not easy and it might not be for everyone, but everyone can do it.

Anyone can do Bikram yoga. The postures are beginner postures and the sequence is designed to work every part of your body from bones to skin to all major organs and muscles.

The goal is not the final or ideal posture, but to be able to reach your own potential and to do it correctly from the

very first step. If you do it the right way and to the best of your ability then you are receiving 100 per cent of the yoga benefits.

The teachers use a carefully crafted dialogue to guide you through the postures. The experienced students are in

the front and lead the class, beginners learn from watching the other students and listening to the dialogue.

It is recommended that you do not eat for at least 2 to 3 hours before class and hydration is very important. You

will be sweating. A lot. Drinking water throughout the day, before, during, and after class is very important.

Wear comfortable stretchy clothing, nothing too loose. You will also need a large towel and a yoga mat, also bring a water bottle with you in class—mostly for before and after and for sips in between postures. Showers are available afterwards so bring a towel to dry off too.

Most importantly bring an open mind. As mentioned, it's hot and it usually takes a few to five classes to become acclimated to the heat and to see how the heat affects you.

The benefits are many: injury prevention, weight loss, detox, stress relief and overall healthy body, mind and spirit. Bikram yoga is a 90 minute, open eyed meditation.

The challenge—the heat, the mirrors and even the bright lights—can be very uncomfortable as you struggle through the class, but for me, it's proven its worth. I find balance between the physical, mental and spiritual parts of myself; I find peace in this challenging yoga and I love it.

Any yoga is helpful, and there are many to choose from. I chose Bikram Yoga after trying out several different others. If you want more information on Bikram Yoga, you can check out their webpage at www.bikramyogamtl.com or their facebook page. I hope to see you in the hot room! Namaste.



Stretching it out in Bikram Yoga.
Photo courtesy of Christine Taylor.

Where the Creek Runs Clearer

BY TYSON PHILLIPS, COMMUNICATIONS

The KSCS Where the Creek Runs Clearer program began a few years ago through Brighter Futures*. The program started up again last year after a brief hiatus and operates out of the Family and Wellness Center.

The program offers hands-on teachings on topics such as gardening, basket making, hunting, trainings, traditional medicines and spiritual wellness.

Rakwiren:tha Diabo has been a facilitator from the beginning. Skahentioah Leborgne became the co-facilitator in 2011.

“When the program ended a few years ago, many in the community were asking when it would be offered again. There was so much demand, that KSCS management decided to bring it back,” said Rakwiren:tha.

The group covers 52 different topics throughout the year. “We go over the subject and a discussion starts. The teens share what’s going on in their lives. I will teach them about a subject, but the teens are teaching me as well on what it is like to be a teen now and what they face each day,” explained Rakwiren:tha. “Cell phones are left at home as it’s a time to listen and talk, not to text friends.”

In September, the group travelled to La Verendre Park, near Maniwaki, Quebec. “We were way out in the bush

and an Algonquin elder was our host. We slept in tents and the elder’s cabin had no electricity,” Rakwiren:tha explained. The group went fishing and hunting, even catching a moose. “They were taught our traditional teachings of killing an animal; you offer tobacco for the animal’s life.

The teens all had a great time.”

The group has taken other trainings including: Juvenile Health and Safety Course in the Workplace, CPR, First Aid, and a Boat Pleasure Craft Operators Safety Course.

There is a mix of contemporary and traditional teachings. “While planting a garden, they were taught the male and female roles when gardening. As the young men broke up the dirt, the young women sang planting songs,” Rakwiren:tha said. “When the vegetables were ready, they brought the food home and shared their gardening stories with their family.” The group also made black ash baskets from scratch.

“We want to teach them the traditional ways,” Rakwiren:tha said. “Everything is so fast paced in today’s world; they needed to learn how our ancestors lived. We have done a lot of

teachings on medicines as well. They learn which plant to use for a specific illness.”

“It’s also a place where the teens can speak about the problems they face and get advice from others in the group. Skahentioah and I also offer

our guidance on how to deal with the problem,” Rakwiren:tha said. “One time, a teen mentioned bullying. It led to a long discussion on how to deal with bullying. The group is also for bringing up the [their] morale and

for them to have good spiritual mental health.”

Teens who are interested in joining the group can call the Family & Wellness Centre and speak to Rakwiren:tha Diabo at 450-638-0408. Others join by referral through their case worker.

* *The Brighter Futures program is a community-based health promotion and ill-health prevention program for First Nations and Inuit communities.*



*Shaving splints for basket making:
Photo by Marie David.*



Holiday Fire Prevention cont.



TAKEN FROM FIRE PREVENTION CANADA

continued from page 5

- off easily, the tree is probably dry and can be a fire hazard.
- When setting up the tree, try to position it near an electrical outlet to keep cords short.
- Cut two to five centimetres diagonally off the base of the tree, and place it securely in a large holder; ensure that the water in the holder stays at least one centimetre above the cut to prevent the tree from drying out.
- Before leaving home or going to sleep, always unplug tree lights.
- For an artificial tree, check the label to ensure it is fire-retardant.

Disposing of Holiday Trees

- Never put tree branches or needles in a fireplace or wood burning stove. They can spark and ignite nearby items.
- The best way to dispose of a live tree is to take it to a recycling centre or have it hauled away by a community pick up service

Decorating Tips

- Use only non-combustible, flame retardant or flame resistant materials to decorate your home or tree.
- Never use candles to decorate trees.
- Keep candles away from decorations, trees and other combustible materials.

- Keep candles in a sturdy holder away from children, pets and combustible materials. Blow them out before leaving the room or going to sleep.
- To eliminate the risk of an open candle flame, use battery-powered candles whenever possible, especially when using candles in a decorative setting.
- Purchase only lights and electrical decorations bearing the name of an independent testing lab (ULC or CSA, for example), and follow the manufacturer's instructions for installation and maintenance.
- Indoor lights should only be used indoors; outdoor lights should only be used outdoors.
- Run outdoor light cords above the ground to keep them away from snow and water.
- Carefully inspect new and previously used light strings, and replace damaged items before plugging lights in.
- Be mindful of not damaging a cord's wire insulation when mounting lights. It is safer to use plastic clips instead of nails.
- Keep pets and young children away from electrical decorations and light strings.
- Locate decorations in an area that will not block or interfere

with an exit, or exit route.

- Space heaters need space - ensure at least one metre of clearance.
- Turn off all light strings and decorations before leaving home or going to bed.
- Never place furniture, rugs or other objects over electrical cords. Any damage the cord may sustain can go unnoticed.
- Never overload extension cords.

Entertaining

- Holiday wrapping can be highly combustible and should be kept away from heat sources such as candles, lamps, fireplaces and wood burning stoves.
- Never throw wrapping paper in a fire place. Rapid burning can generate sparks or ignite creosote in the chimney.
- Alcohol and fire are a dangerous mix. Keep a close eye on anyone cooking or smoking while under the influence of alcohol.
- Keep matches and lights up high, out of sight and reach of children.
- After a party, always check on, between and under upholstery and cushions and inside trash cans for smouldering cigar or cigarette butts.

Poems cont.



continued from page 11

Untitled

I remember you took me
everywhere
But those were the days
you wore pigtails in your
hair
Always pulling me behind
By my folded fuzzy ear
I was the one you could
always find
You were the one I was
always near
Then the girl I knew grew
a little older
A little taller
A little bolder
She was no longer a
toddler
You began to walk
Always carrying me by my
fluffed out arm
You began to talk
Always snuggling me; so
warm
I was always there to pick
you up after a fall
My love for you would
never change
Not when you tossed me
against a wall
No when my fur began to
mange
Then you grew a bit older
A bit wiser
A bit crosser
My fur became matted
My ears began to fold
My seams and stitches

shattered

You were never there to
hold
One eye missing
I, almost blind
You were lost
Mine to find
I was yours and only yours
Yours to play with
Yours to cherish
All yours
Only yours
You headed to a big
building
They called it a college
My world was spinning
While you were gaining
knowledge
You left me alone for
hours on end
With nobody
but myself to defend
Time went by
And I wondered why
You left so suddenly into
the ground
I was never found
In the darkness of your
room
My paws are dusted
Cobwebs in my fluff
My stitching now busted
I guess I'll try to be
tough

~ Maya

Changing
Weather cont.

CONTINUED FROM 12

Keep the items that you would most likely need during an evacuation in an easy-to-carry container. Possible containers include a large, covered trash container; a camping backpack; or a duffle bag.

Additionally, ensuring that you have safe back-up heat and lighting, and a communication plan for other family members will round out the plan.

Making sure you are aware of the upcoming weather, especially if you are travelling) so you can plan on what to expect is also a great idea.

For more specific information, please call the **Community Protection Unit** 450-632-0635 or visit our website <http://www.kahnawake.com/org/cpu/beprepared/>

Additional information can also be referenced at the Government of Canada's **Get Prepared** web site: <http://www.getprepared.gc.ca/index-eng.aspx> or the U.S. Federal Emergency Management Agency's **Ready.gov** web site: <http://www.ready.gov/>

Arnold Lazare is with the Community Protection Unit.

The Back Page....

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day."

- Edith Lovejoy Pierce.

Changing Weather Are You Prepared?

BY ARNOLD LAZARE, EMERGENCY PLANNING MANAGER

One only has to look at the headlines to see that the weather patterns are changing. On one hand, there is a tempering of temperature (warmer winters, cooler summers). On the other hand; the storms and temperatures are more extreme.

Although there have always been snowstorms, rainstorms, tornadoes, and hurricanes, our community has more or less been unaffected by these events. But the ice storm and Hurricanes Irene and Sandy have demonstrated that we are no longer immune.

While the results of the ice storm are fading into memory; Hurricane Irene caused an enormous amount of damage close to us in New York and Vermont State and Hurricane Sandy totally shut down the east coast.

Just the fact that it may happen again to our community should give us sufficient reason to "BE PREPARED".

As always, the Community Protection Program is promoting the slogan, "By taking a few moments to plan and prepare today, hours and days of anguish may be prevented tomorrow". Kahnawake is fortunate that there are many resources available or nearby but the reality is that setting up in

preparation of an actual event or disaster up in preparation of an actual event or disaster does take time.

Is your family able to function independently for the first 72 hours? Hopefully, the answer is yes but ensuring you have a family emergency plan will go far in minimizing the emergency.

Here is a list of the eight basics that you should stock in your home as part of a basic disaster supply list:

- Water (one gallon per person per day)
- Food (make sure to rotate stock)
- First aid supplies
- Clothing, bedding and sanitation supplies
- Tools (for minor repairs)
- Batteries (for portable radios, flashlights, etc.)
- Cash (ATM's may be down)
- Special items (medicines, baby foods, pet supplies, etc.)

CONTINUED ON PAGE 11



December

The Lung Association's Christmas Seal Campaign

- 1 Holiday Parade
- 1 World AIDS Day
- 3 Intl. Day of Disabled Persons
- 6 Natl. Day of Remembrance and Action on Violence Against Women in Canada
- 10 Human Rights Day
- 24 Christmas Eve
- 25 Christmas Day**
- 26 Boxing Day
- 31 New Year's Eve

January 2013

- 1 New Year's Day**
- 20-26 Natl. Non-Smoking Week
- 23 Weedless Wednesday
- 27 Family Literacy Day

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

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