



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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Aionkwatakari:teke

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

Welcome to the 2014 kick off edition of Aionkwatakari:teke! We hope you find this first issue interesting, whether it's the article on violence prevention and safe environments, or the article with pointers on what makes a relationship healthy or our guest article from the Quebec Native Women outlining their violence prevention campaign aimed at men.

We have an article on what to do if you have to evacuate with your pet (very useful!) and, looking ahead to spring, we have some advice on how to start your seedlings from Organic Gardening.

We also have some news from KSCS on our strategic planning and the Community Health Plan. And we close with a quote from one of my personal heroes, former South African President and ANC member, Nelson Mandela who died at the age of 95 in early December.

As always, we hope you find the articles interesting and, once you're done with the newsletter, please recycle it.

Nia:wen tanon sken:nen,
 Marie



Cover design: Marie David.



Violence Prevention & Safe Environments

BY MARY MCCOMBER, PREVENTION

Violence has many faces. It can be overtly aggressive through acts such as homicide or devishly painful through acts like bullying. The spectrum of violence is hurtful on many levels and for many people who experience it. It's important to be aware and intervene when needed. Whether you are a parent, teacher, friend or youth, we all have a role to play.

Violence Defined (World Health Organization, 2002)

“Intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, that either results in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment or deprivation” (8) (qtd. in *Ten Steps to Creating Safe Environments for Children and Youth*).

Research has shown that children who may have been exposed to conjugal violence early in life can have long term mental health issues, such as addictions, personality disorders, or they may also become abusive to others.

We may all benefit from having more appropriate conflict resolution and communication skills if we are to break the cycle of violence. We can only teach what we know ourselves.

In the past few years, we have been hearing much in the media about the crisis of missing and murdered Indigenous women in Canada. This is an alarming issue as the health and presence of women in our communities is a testament for strong communities. Together, with the assistance of healthy and positive men, we can strengthen our communities with respect and pride for one another.

Native Women Association of Canada (NWAC) 2010 statistics:

- Sixty-seven per cent of the 582 cases of missing and murdered women are murder cases.
- Four per cent suspicious deaths (natural or accidental by police but suspicious by families).
- Fifty-five per cent are under age 31 years.
- Eighty-eight per cent were mothers.
- Ten per cent of all female homicides in Canada are Aboriginal.

Safety Planning

The development of healthy relationships is an important start to healthy families. However, some may find themselves in unhealthy or dangerous relations. It is important to remember that you are not alone. If you are planning to

leave an unhealthy relationship, create a safety plan and ask for help. It is important that you don't do this alone.

Feeling good about yourself is the key to forming “healthy” relationships (NWAC). “Be aware, encourage and support safety of families, friends, colleagues and the community.” (53)

- Listen to victims and support their use of a safety plan.
- Trust your instincts; if you feel unsafe, try to leave (don't do this alone, ask for help).
- Educate yourself of your rights e.g. custody of children.
- Educate your children on safety.
- Nurture yourself.

You may find a sample safety plan on page 55 of the NWAC Community Resource Guide.

Source:

Canadian Red Cross. *Ten Steps to Creating Safe Environments for Children and Youth, 1st Edition: A Risk Management Road Map to Prevent Violence & Abuse. 2009. PDF*

Native Women's Association of Canada: *Community Resource Guide: What Can I Do to Help the Families of Missing and Murdered Aboriginal Women and Girls? 2010. PDF*



Remembering Mary Cross

The Beginning of Kahnawake Social Services

BY TYSON PHILLIPS, COMMUNICATIONS



Mary Cross. Photo provided by the Cross family.

How did Kahnawake Shakotiiia'takehnhas Community Services (KSCS) begin? More importantly, what or who saw a need for social services in the community and who helped bring it to the community?

The late Mary Cross was Kahnawake's first social worker. Mary's two daughters, Selma Phillips and Ginger Delaronde, spoke about their mother's role in community run social services.

In 1964, Mary became one of the first women to be elected as a counsellor at the Mohawk Council of Kahnawake. "She was there for two terms and her main duty was working on welfare cases. When she did not get re-elected, someone suggested she look into social service work. This was in the late 1960s" said Selma.

Mary worked out of a small office with Margo Deer, who acted as her secretary. "There was no pay when she started, but my mother was determined to help this town. There were so many

nights when my mother was not home," said Ginger. "Back then, there was not much drugs in town; the problem was mostly with alcohol. Parents would leave their small children alone while they were out drinking. Some kids were abandoned for days. There was also child abuse and having to deal with juveniles who were causing trouble."

At the time, and with no social services in place, community members would go to Father Lajoie for advice. Father Lajoie was very helpful to Mary as she started social services. "She had a tough job being the only social worker," explained Selma and Ginger.

By the 1970s, Mary had established an official office to provide social services and became the first executive director. She collaborated with Richelieu Social Services, the agency for social services in the Montérégie region, to deliver services and develop the office from a Kahnawake perspective. Under Mary's careful and steady guidance she developed a team of workers and in the early 1980s she retired to be with her family. She passed away in 1992 at the age of 82.

"My mother had a hard life," Selma said. "She and her siblings, two brothers and a younger sister, were sent to residential school after their father died. My mother was only six years old and was at the school for ten years."

The boys and girls were separated at residential school but Mary was able to take care of her younger sister. One

night, her younger sister wet the bed. The nun put the wet sheet on the little girl's head. "My mother got so mad, she hit the nun with a chair," said Selma. Ginger picked up the story. "She fought for herself and her sister, but would be severely punished for her actions. They would put her in—as my mother referred to it—a dungeon."

At 16, Mary returned to Kahnawake. She wanted to go to school in Toronto but her mother could not afford to send her. "Instead of going to school, my mother worked as a nanny for a family in Montreal for six years," explained Ginger.

Mary then met and married Peter Cross and they had seven children together, five girls and two boys. Peter was an ironworker and was often away. "My mother raised us on her own due to my father working away. She made clothes for all her children, and decorated wedding cakes for extra money. We didn't have much but we were happy," said Selma.

KSCS will be honouring the late Mary Cross for her role in the establishment and development of KSCS with an unveiling of a commemorative plaque in April. Her dedication and concern for the welfare of the community was evident in her pioneering accomplishments to strive for professional and comprehensive social services for all Kahnawakehrónon .



Is it Love? What Makes a Relationship Healthy or Unhealthy?

BY CHRISTINE TAYLOR, PROMOTION & EDUCATION

It's that time of year, February means Valentine's Day with all its visions of love and the perfect relationship. A romantic/intimate relationship can give you some of the best things that life can offer—love, companionship, security, children and family and sex—it can also be the reason for some of the most painful and damaging things as well, from abuse, sexually transmitted infections and loss of self esteem.

Healthy relationships:

- You know, like, and respect each other. You accept and are accepted and do not try and change the other person.
- Trust. You enjoy time spent together and aren't jealous of friends, family, or interests that keep you independent from each other.
- You support one another. Helping each other and being there for life challenges.
- Feeling good together. You both feel relaxed and comfortable, able to laugh and have fun. You can be genuine and open and still enjoy yourselves.
- You can share and grow. You can discuss problems and concerns, even openly talk about sex and safety. Listening to each other and being honest. You might not always agree but you can work it out, without anger.

Healthy relationships are more than just sex. They are based on self-respect and self-esteem. They take time and some work to get to know, like, and trust each other.

Unhealthy relationships:

- Your partner constantly criticizes. Nothing you do is good enough. He or she makes you feel inadequate and stupid. You cannot talk about some things like feelings, sex or birth control.



Illustration: stock.xchnge

- Your partner is jealous or controlling. Cutting you off from friends and family or an interest that you enjoy because they want to “know” where you are and be available to them.
- Making you feel insecure. Your partner manipulates you with their behaviours. Nice one minute and then ignores you or lies to you or telling you one thing and doing another.
- You feel pressure to do things that you don't want to. You

are made afraid that your partner will leave you if you don't do what they want to do.

- There is a lot of yelling, arguing and even violence in your relationship. Arguments are normal from time to time but if there is too much fighting about too many things or a hair 'trigger' temper, with threatened harm and you are scared of repercussions when you disagree with them.

In an unhealthy relationship you feel scared, confused, and insecure.

Relationships are not easy and require work to make them healthy and truly beneficial. There are some good and some bad and not all relationships are the same but generally speaking, a healthy relationship will make you feel safe, respected and cared about.

If you're not sure, speak with someone you trust or contact a professional (either through KSCS at 450-632-6880, KMHC at 450-638-3930, or through your family physician) who can help you sort out whether or not you are in a healthy relationship and what you can do.

Source: *Healthy Sexuality Working Group. Sex?—A Healthy Sexuality Resource. [Halifax]: Nova Scotia Office of Health Promotion, 2004. PDF File.*

QNW Violence Awareness Campaign

BY BÉRÉNICE MOLLEN-DUPOIS, INTERIM NON-VIOLENCE & NATIVE SHELTERS COORDINATOR, QNW



Québec Native Women (QNW) is a bilingual non-profit organization created as a result of a community initiative in 1974. Our members are women from ten of the eleven Aboriginal nations in Québec (the Abénaki, Algonquin, Atikamek, Huron-Wendat, Innu, Eeyou, Malécite, Mig'maq, Mohawk and Naskapi nations), and from other Aboriginal groups from the rest of Canada, living in urban communities in Québec.

QNW's mission is to work for the recognition of human rights for Aboriginal women and their families, individually and collectively, and to promote the needs and priorities of its members in dealings with all levels of

government, the civil society and decision-makers, in every sector of activity connected with the rights of Aboriginal peoples.

The organization works proactively on domestic and family violence issues in order to solve violence-related problems in Aboriginal families. It also collaborates in research and helps to prepare holistic, culturally adjusted measures to help prevent family violence.

QNW was the first Aboriginal women's organization in Canada to denounce violence and to develop tools to help women and children. QNW believed that to help victims and to achieve a balance of well-being in the communities, it is imperative to take concrete actions with men to break the cycle of violence that harms families. In 2008, during the last campaign against domestic violence, QNW produced a video entitled *Just One Eye* that staged a violent situation between a man and a woman. During awareness workshops we addressed

- violent behaviour.
- escalation and the cycle of violence.
- the consequences of violence.
- assisting the woman and man.

With this workshop, we realised that there was a lack of resources for men. Our goal with the Men's Awareness Campaign is to provide assistance to both men and women. QNW believes in partnerships and expertise of front line workers in the field of promotion of non-violence. This is why QNW had established a committee of experts composed of front line workers who work with men. This committee worked on

- assessing the needs in terms of awareness and intervention with men.
- developing tools for men.
- putting in place resources to meet the needs in terms of support and assistance.

This committee was composed of experts working as

- Aboriginal police.
- front line workers who work with men.
- representatives of shelters.
- representatives of organizations that work with violent Aboriginal men.
- representatives from social services.
- those having an interest in this issue.

About the awareness campaign

This intervention toolkit was prepared as part of the 2013 non-violence awareness campaign for Aboriginal men, and was made possible by a financial contribution from the Secrétariat à la condition féminine.

The project aims are to

- develop an awareness campaign on violence designed for men who are involved in family violence.
- develop awareness tools to promote non-violence.
- provide case workers with tools to help them intervene in situations of family violence.

About the kit

The kit includes a large poster measuring 8.5" × 11" to promote the awareness campaign in your community.

The leaflet is intended for Aboriginal men who are involved in violent incidents, to give them a voice and show that there are many different facets of violence and that, with hard work, it is possible to escape the cycle of violence.

You should give a copy of the leaflet to every man with whom you work, or who needs to be made aware of the subject.

The wheel is an excellent intervention tool. It summarizes the available information and provides guidelines for interventions with violent Aboriginal men.

The first side presents the definition of violence as stipulated in the 2012–2017 *Government Action Plan*, along with social contexts taken from the *Aboriginal Approach to Family Violence Guide*.

The other side presents examples of different forms of violence and sets out the steps in the intervention process.

The influence of all these different approaches is clearly visible in what we refer to as the "Aboriginal Approach to Family Violence." The Aboriginal

approach uses the history and colonization of the Aboriginal people in Québec as its starting point, and takes into account their present-day struggle to take charge of their own development and future. While some of the analyses and practices may be similar to those used in other approaches, the Aboriginal approach differs because of the specific context in which it is applied.

The Aboriginal approach is also inspired by the foundations, values and other aspects specific to Aboriginal cultures. As a result, case workers from Native shelters share a common vision in their family violence analyses and interventions, focusing on both the family and the community in order to achieve comprehensive healing of women, men and children. The case workers take the view that the well-being of Aboriginal women is closely tied to that of their children, their couple, their family and their community.

Time Out is an important intervention tool. In a "time out", the man steps away from a problem situation for a period of time, to avoid reacting violently. During that time, he reassesses the situation, considers the other person's point of view and reviews the non-violent solutions available to him. The *Time Out* document is available in PDF format on the QNW website.

Additional Tools

Other intervention tools are also available on the QNW website, on the Non-Violence page, in the 2013 Campaign section (www.faq-qnw.org). They are provided in French and English, in PDF format, and are intended to support you during the intervention process.

An "Anger and Aggression" thermometer is available on the MSSS website. http://publications.msss.gouv.qc.ca/acrobat/f/documentation/2009/09-235-12A_05.pdf

The complete *Time Out* document produced by the Ex-Equo Group is available from À cœur d'homme: <http://www.aceurhomme.com/Default.aspx>

Also available is an intervention method using the Medicine Wheel, by Marguerite Loiselle, entitled *The Wellness Wheel: An Aboriginal Contribution to Social Work*: <http://www.reseaudialog.qc.ca/Docspdf/LoiselleMcKenzie.pdf>

For whom is the kit intended?

The kit is intended for case workers at every level who intervene or collaborate with male Aboriginal clients, including front-line workers in the communities, case workers and natural caregivers in Native women's shelters, police forces, Youth Centres, schools (elementary, secondary and college-level), childcare centres, hospitals and health and social services centres, and people working with elders.

Because the Aboriginal approach to violence targets the whole family, our aim in offering these various methods and tools is to reach every member of the community, including children, women, men, of course, and elders.

We hope these tools will serve to guide you in your interventions with Aboriginal men and their families, to help prevent family violence in the communities.

Seed Starting Simplified

Starting Your Own Seeds is Simple if You Want it to Be

ARTICLE COURTESY OF ORGANICGARDENING.COM, USED WITH PERMISSION



Photo: RGB Stock

If you're like many gardeners, you have never tried growing your own plants from seed. Or, if you have tried, maybe your seedlings didn't resemble those you see at the garden center each spring, and you're wondering how you can do better.

Starting your own seedlings is fun, easy, and well worthwhile.

By growing your own transplants, you can choose from hundreds of unusual varieties—including those with tolerance to heat or cold, disease resistance, and unmatched flavor—that simply aren't available at garden centers. Plus, you'll have the satisfaction of knowing that you've grown your entire garden organically right from the very start.

For seed-starting success, follow this simple plan.

1. Choose a fine medium. For healthy seedlings, you've got to give them a loose, well-drained *medium* (seed-starting mix) composed of very fine particles. You can buy a seed-starting mix at your local garden center—or make your own. Don't use *potting soil*—often, it's too rich and doesn't drain well enough for seedlings.

2. Assemble your containers. Many gardeners start their seeds in left-over plastic “six packs” from the garden center, empty milk cartons, or Styrofoam cups. If you don't have containers on hand, you can buy plastic “cell packs,” individual plastic pots, or sphagnum peat pots. Or make your own pots from newspaper. Whatever you use, be sure your containers drain well (usually through holes in the bottoms of the containers).

Set the pots inside a tray so that you can water your seedlings from the bottom (by adding water to the tray) rather than disturbing them by watering from the top. You can buy seed-starting trays at garden centers and many hardware stores.

3. Start your seeds! Moisten your seed-starting mix *before* you plant your seeds. If you water after you plant the seeds, they can easily float to the edges of the container—not

where you want them to be. To moisten the mix, simply pour some into a bucket, add warm water, and stir. After about eight hours (or when the mix has absorbed the water), fill your containers with the moistened mix.

Plant at least two, but no more than three, seeds per container. The seed packet usually tells you how deep to plant, but a good rule of thumb is three times as deep as the seeds' smallest diameter. (Some flower seeds require light to sprout—if that's the case, simply lay the seeds on the surface of the mix, then tamp them in gently with your finger.)

After you've planted your seeds, cover the tray loosely with plastic to create a humid environment. At 65° to 70°F, your seeds should sprout just fine without any supplementary heat. If the room temperature is cooler than that, you can keep the seeds warm by setting the tray on top of a heating mat made specifically for starting seeds.

Tomato, zucchini, and pumpkin seeds should push their sprouts through the surface of the mix in a few days. Peppers sprout in about a week. And some seeds, such as parsley, can take as long as three weeks to sprout, so be patient.

4. Keep the lights bright. Check your trays daily. As soon as you see sprouts, remove the plastic covers

and immediately pop the trays beneath lights. You can invest in grow lights (which provide both “warm” and “cool” light), but many gardeners have good results with standard four-foot-long fluorescent shop lights. Set your seedlings as close to the light as possible—two or three inches away is about right. When seedlings don’t get enough light, they grow long, weak stems. As the seedlings grow, raise the lights to maintain the proper distance.

And don’t worry about turning off the lights at night. Contrary to popular belief, seedlings don’t require a period of darkness. Fluorescent lights are only one-tenth as bright as sunlight, so your seedlings will actually grow better if you leave them on continuously.

5. **Feed and water.** Your seedlings will need a steady supply of water, but the soil shouldn’t be constantly wet. The best method is to keep the containers inside a tray, water from the bottom, and allow the soil inside the containers to “wick up” the water.

If your growing medium contains only vermiculite and peat (as many seed-starting mixes do), you’ll also need to feed your seedlings. When the seedlings get their first “true” leaves (not the tiny ones that first appear, but the two that follow), mix up a fish emulsion solution one-quarter to one-half the recommended strength and add it to the seedlings’ water every other week. As the plants grow bigger, gradually increase the strength of the mixture.

6. **Keep the air moving.** Your seedlings need to be big and strong by the time you move them from their cushy indoor surroundings to the harsh realities of the outside world. You can help them grow sturdy, stocky stems with a small fan. As soon as you see those first true leaves, set the fan to blow lightly but steadily on the seedlings, all day long. The air circulation also will minimize their chance of fungal disease while they’re crowded together indoors.

7. **Give them space.** Those well-watered, well-fed, and well-fanned seedlings will soon need more root space. Shortly after the second set of true leaves appears, thin your seedlings to one per pot. Use small scissors to clip off the weaker plants at the soil line, leaving only the stockiest plant.

Next, carefully “pot up” the survivors into larger 3 or 4-inch pots. Squeeze the sides of the smaller containers all around, turn them upside down, and the plants should come out easily—soil and all. Set them into the larger containers and fill with a mixture of three parts potting soil and one part screened compost.

(If you started your seeds in peat pots or homemade newspaper pots, you can plant both the seedling and its pot in the larger container; the pot eventually will decompose.)

Plant tomatoes deep in the new container to encourage them to develop a larger root system to support these often top-heavy plants. With most other plants, the soil level in the new

pot should be about the same as in the smaller container. After you’ve finished repotting, water the plants well and set them back under the lights.

8. **Harden-off.** About a week or two before you plan to transplant your seedlings to the garden, begin taking them outdoors to a protected place, such as inside a cold frame or near a wall, for increasing lengths of time on mild days. This will help them adjust to the conditions outside—a process known as *hardening off*. Start with just a couple of hours each day, work up to a full day, and then leave them out overnight.

When you transplant the seedlings to the garden, be careful not to disturb their roots. Gently pop them out of their containers, keeping as much soil attached to their roots as possible. Again, plant tomatoes deeply, but set other plants at about the same depth as they were in their pots (or just slightly deeper).

9. **Seal it with a K.I.S.S.** Relax! Except for hardening off, all of these rules are flexible. Before long, you will learn what works best for you—and will have a few secrets of your own to share with fellow seed starters.

Source URL: <http://www.organicgardening.com/learn-and-grow/seed-starting-simplified>. Article courtesy of Organic Gardening.com ©Rodale.inc.



Your Mind, Body, Spirit

BY CHRISTINE TAYLOR, PROMOTION & EDUCATION

Self care, what does this really mean? I had understood it to be something that you do to take care of yourself; a few minutes meditating or reading, while others think it's spending a day at the spa or having a massage. Yes, it is all of those things...but it's much more.

Self care is taking care of all aspects of your life, mind, body, and spirit and bringing balance in order to maintain optimum health.

MIND: Read, listen to music, take a course, meditate, try something new, the possibilities are endless... whatever activity that gets your brain growing, or the flip side, calming it down, whatever your mind needs at any time. Mental health is a key factor in your overall health and taking care of your mental health, whether it's treating a problem or learning how to handle it in a positive way, makes you stronger to meet life's demands.

BODY: Exercise, nutrition, and following through on a healthy regimen whether it's for preventative measures, to treat illness or just for fun. Take care of you by visiting your doctor or health care professional regularly and follow up on any recommendations. Eat well. Maintain a healthy body weight. Don't abuse drugs or alcohol. Get enough sleep. Daily exercise is also important, from a taking brisk walk or run, doing yoga, going to the gym, or taking up a sport like

canoeing or hiking help keep your body healthy. It also has those connections to your overall mental well being and vice versa as it helps alleviate pain and reduce the effects of stress.

SPIRIT: This is where it all comes together. Having faith in whatever comforts you. It can be the traditions you were brought up in, cultural identity, connection to the earth and nature, meditation, spirituality, family, relationships with friends and romantic relationships. All the things that nurture your soul, spirit, dreams and hopes will help keep you happy and optimistic about your future.

Self care is all of these things intertwined and is a constant "work in progress"; there is no "right" formula.

It's a balancing act and I for one sometimes neglect one aspect or another but not for very long because if I do not take care of one of these areas, the others suffer and in the long run something has got to give. So, the best thing that I can do at that time is get back to it, make changes where I can and take care of "self" becomes the priority because, if I can't help myself then I can't help anyone else.



Continued from page 12.

Steps

- **Project initiation**
- **Understanding the current and implied Mission, Vision and Values**
- **Assessment and gap analysis**
- **SWOT (strengths, weaknesses, opportunities, and threats) Analysis**
- **Critical risk issues and factors**
- **Finalize Phase 1 report**

Kahnawake Community Health Plan Released

On December 10, 2013

Onkwata'karitáhtshera (Kahnawake's One Health and Social Services Agency) informed the community it had released the *Kahnawake Community Health Plan Health Transferred Programs 2012-2022* full plan, executive summary and supporting documentation to the public.

This is the third Community Health Plan (CHP) that has been developed by Onkwata'karitáhtshera and submitted to Health Canada. This CHP is unique from the past years as it is for a ten year period, up from previous five year plans. This longer time frame allows community organizations the long-term stability necessary to facilitate and support measurable change.

At the time this update was submitted to Aionkwatakari:teke, the www.kmhc.ca and www.kscs.ca web pages hosting the documentation had 655 visits. We encourage all community members to access the information concerning the CHP.

Your Pet & Emergencies

ONTARIO SPCA, EDITED AND USED WITH PERMISSION

It's too soon to tell whether the winter of 2014 will go down as one of the coldest on record but one thing's for sure, people should be prepared for emergencies and/or to leave their home at a moment's notice.

You've no doubt heard that it's a good idea to have an emergency kit ready for your family and to have provisions and medicine included for at least 72 hours in case you need to leave your home. Just like for your family, it's a good idea to put together a pet emergency kit. Keep it easily accessible and with your family's emergency kit. Here are some tips on what to include in the kit for each pet (taken from the Ontario SPCA Emergency Preparedness, edited for length):

- 72 hours of food, bowls, and a can opener
- 72 hours of bottled water
- Blankets or towels (a few, in case they get soiled)
- Pet litter, litter box if possible, newspapers, paper towels, garbage bags, and chlorine bleach (you can use bleach as a disinfectant (nine parts water to one part bleach), you can also use it to purify water (16 drops of regular household bleach per gallon of water (not scented or colour safe bleach))
- A small toy
- Leash, muzzle, or harness
- Pet carrier

- Medical records (especially proof of vaccinations as some places won't take pets unless there's proof)
- Medications and pet first aid supplies (including flea and tick treatments)
- Instructions on your pet's feeding schedule and any behavioural considerations in case you have to board your pet at a shelter.
- ID tag (microchipping is recommended)
- Picture of pet along with a description in case they get lost

The pet emergency kit should be refreshed/restocked twice a year, the same as your family emergency kit. A good way to remember to do that is to do it at the same time the batteries in your smoke alarm are changed.

Other considerations

- Always bring your pet indoors at the first indication of an emergency.
- If you must evacuate your home, take your pet with you if it is safe to do so. This greatly increases your pet's chances of surviving the emergency.
- Place a Rescue Alert Sticker by your front door in case you have to leave your pets behind. The stickers can be obtained from your local humane society or animal shelter and are placed on your front door to alert police, fire fighters,

and paramedics to the type and number of pets in your home.

In addition, you may want to research and include a list of pet friendly hotels/motels, nearby pet shelters, and neighbours, family members, or friends who may want to take the pet in.

Keep in mind, in an emergency you may not be able to evacuate your pets yourself. You may want to develop a buddy system with neighbours, family, and friends to make sure someone is available to care for or evacuate your pets if you are unable to. Let them know where you keep the emergency kit and designate an area, both local and farther away, where you will meet in case of an emergency.

These are just a few tips. For more ideas on how to protect your pets during an emergency, check out these sites:

- Caring for Animals. Ready. Gov FEMA. <http://www.ready.gov/caring-animals>
- Make a Disaster Plan for Your Pets. U.S. Humane Society. http://www.humanesociety.org/issues/animal_rescue/tips/pets-disaster.html

Source: *Emergency Preparedness. Ontario SPCA.* <http://www.ontariospca.ca/what-we-do/humane-education/companion-animals/fact-sheets/emergency-preparedness.html>



The Back Page....

"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."

- Nelson Mandela, 1918–2013

KSCS Updates

Beginning our Strategic Planning

KSCS is in the beginning phase of entering into strategic planning. It has been defined as "A strategy determines the direction in which an organization needs to move to fulfill its mission. A strategic plan acts as a road map for carrying out the strategy and achieving long-term results." This KSCS Strategic Plan is intended to be a "living document", which will be renewed on a three-year basis to determine if our objectives are being met.

Strategic Planning Steering Committee

The steering committee is made up of KSCS Board of Directors and Managers.

Internal Working Group

The Strategic Planning Steering Committee has agreed to have a Strategic Planning Working Group (SPWG) made up of a cross section of staff from the organization to assist them.

Mandate: is to advise, assist or recommend options to the Strategic Planning Steering Committee with design,

organization and implementation of a comprehensive, effective, efficient organizational Strategic Plan.

The KSCS Board of Directors has secured BASE Partners as the main consultant to help with the process. BASE Partners have experience working with First Nation organizations as well worked with Health Canada

First Nations and Inuit Health Branch.

The strategic planning process will be completed in four phases:

- **Phase 1 Data gathering** January 2014–April 2014.
- **Phase 2 Strategic planning** April 2014–September 2014.
- **Phase 3 Planning for implementation** September 2014–April 2015.
- **Phase 4 Implementation** April 2015.

PHASE 1 (January 2014–April 2014)

Purpose: To confirm KSCS' objectives, the project work plan, timeline and final deliverables.



Enniska/February

- Heart Month
- Psychology Month
- 24–March 2 Eating Disorders Awareness Week
- 5–8 White Cane Week
- 2 Groundhog Day
- 4 World Cancer Day
- 14 Sexual & Reproductive Health Awareness Day
- 14 Annual March for Missing & Murdered Indigenous Women (Montreal)
- 14 Valentine's Day

Enniskó:wa/March

- Natl. Colorectal Cancer Awareness Month
- Natl. Kidney Month
- Natl. Nutrition Month
- Red Cross Month
- 9–15 World Glaucoma Week
- 10–16 Brain Awareness Week
- 16–22 Poison Prevention Week
- 8 International Women's Day
- 22 World Water Day
- 24 World Tuberculosis 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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