



Aionkwatakari:teke

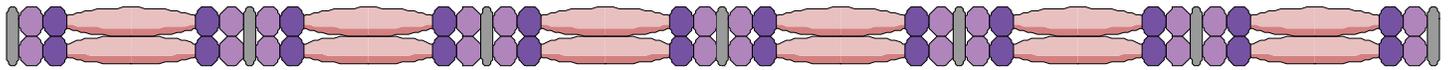
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"For us to be healthy"

Vol. 19, No. 3

Kahnawake's Only Health and Wellness Newsletter

Ohiari:ha / June 2014



Greetings from

KAHNAWAKE

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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

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This issue contains articles on a couple of important milestones for KSCS and the community of Kahnawake: the 20th and 30th (respectively) anniversaries of two programs aimed at the youth; Our Gang and MAD Group.

It's amazing to read about each program's beginnings and to realize how many youth have gone through their doors, to realize how many youth have benefitted by the life skills and prevention programming. If you attended Our Gang or MAD Group in the past, we'd love to hear from you. What did you get out of it? What memories do you have? Do you think it helped shape you? Or maybe you're a parent of a youth who went to one of the groups; let us know how you think the group benefited your child. Get in touch and we'll include your memories in a future newsletter.

Not to be outdone, we have an article about another program aimed at the youth, the Where the Creek Runs Clearer Group that also teaches life skills and prevention principles but also has more emphasis on traditional Kanien'keha:ká culture. The program is proving to be so popular that they've decided to start including parents and/or the extended family into their curriculum.

You'll also find in this issue articles on violence prevention, family communication methods, support for dads in Kahnawake, sun safety, and an article on the First Nations Regional Adult Education Center that opened late last year here in Kahnawake.

Niá:wen tánon skén:nen,
 Marie

Editor's note: Starting with this issue, in an effort to be environmentally responsible, we will be printing fewer copies of the newsletter. They will be available in the lobby of the Services Building (downstairs from KSCS). If you miss the chance to pick up a copy, you can download the issue (in full colour, whereas our print issue is limited to two-colour) from our website:

www.kscs.ca/newsletter.





The Creek Group's Growing Popularity

BY TYSON PHILLIPS, COMMUNICATIONS

There's little doubt that KSCS' Where the Creek Runs Clearer program is popular with Kahnawake youth. What's unexpected is its growing popularity with their parents.

The program was brought back in 2011 after a brief hiatus. Rakwiren:tha Diabo has been a facilitator since the program restarted and was joined by Victoria Brascoupe as co-facilitator in July 2013.

"There have been some changes in the group over the past two years," said Rakwiren:tha. The

program still offers cultural teachings such as planting, picking

medicines, and hunting, along with a place for teens to discuss what's on their minds. "When we started, there was about 10 youth," Rakwiren:tha explained. "We are now at 28 participants. The group was originally for teens aged 12 and over. Much younger children were interested and we welcomed them." The group's age range is from 6–19 years old.

Another big change is the growing involvement of the parents or guardians. As Rakwiren:tha explains "The youth have a garden. One young man brought what he grew—some large vegetables—to a family picnic. His family was so impressed that they wanted to know how to garden," he smiles. "Before, parents would drop off their

kids. Now many are asking if they could sit with the group. They are interested in what the kids are learning; we don't turn anyone away."

Victoria agrees. "We were cooking one time. There were so many youth and mothers in our kitchen that I had to find a job for each one of them. It makes us feel good to see the parents involved with the kids."

Because the youth are growing up in a world of convenience, they see the Creek group activities as a novelty.

"It's the older youth's role to teach the younger ones the roles and responsibilities and to protect them."

Rakwiren:tha tells them everyone in Kahnawake had

a garden; you had to get water from a well, collect wood to be warm in winter, raise livestock, etc. It was not only traditional people who lived like this, it was everyone. It's how people survived and lived.

"Generations ago, our aunts, uncles, and grandparents played an important role in our lives. They were an extension of our parents, as they were also our teachers. We have incorporated that into the group," explained Rakwiren:tha. "Since there is a big [age gap among] the kids, the older ones are the aunts and uncles to the younger participants. It's the older youth's role to teach the younger ones the roles and responsibilities and to protect them," he said.

That's not the only change, group participants have to do volunteer hours. "The older youth acquire 287 hours and the younger ones do 100 hours," Victoria explained.

Rakwiren:tha and Victoria want the youth of Kahnawake to know that you don't have to be "traditional" to join the group, it is for all youth who are interested in going. "Victoria and I are not the only teachers. We are also learning from the youth of what it is like to be a teen in today's world. The youth are also learning from traditional elders, grandparents, parents, aunts and uncles," said Rakwiren:tha.

If you would like more information, please call the KSCS Family and Wellness Center at 450-638-0408 and ask to speak to Rakwiren:tha or Victoria.



Let's Talk

BY TERRY MCCOMBER, PREVENTION

Family Communication is the Core of Prevention.

Tips:

- Drop the interrogation. Routine questions typically reap routine responses while bombarding our teens with a lot of questions can sound more like the third degree than parental interest.
- Be ready to talk when they are. If they want to be silent, let them be silent but be ready to put down the paper, close the computer or turn the TV off when they're ready to talk.
- Show your interest. Listening is the other side of communication (the other being talking, of course). When your teenager is talking, show that you are listening. Respond with comments that demonstrate that you are listening. Even short responses are encouraging. Avoid judgmental responses.
- Involve your teen in family decisions. Get their input on vacation spots, on which movie to see, etc. In short, talk to your teen the way you would like your teen to talk to you.
- It's hard to make time to talk. Talk in the car, while doing dishes together...etc.



“We cannot set aside an hour for discussion with our children and hope that it will be a time of deep encounter. The special moments of intimacy are more likely to happen while baking a cake together, or playing hide and seek or just sitting in the waiting room of the orthodontist” (Kurshan 24).

When teenagers figure out for themselves what they want to do, they grow in confidence and are willing to assume responsibility for their decisions. That doesn't mean we should ignore their problems. Listening as they talk through their dilemmas—rather than immediately problem solving or offering advice—may result in better solutions for them. The process may help nurture their critical thinking capabilities, a skill that can continue to help them in their personal and professional lives.

Suggestion: Help your teenager sort out their thoughts and feelings. Restate the problem as a question. Point out other resources they can use to figure out a solution. Keep in mind that we want to solve all problems, but good communication is key to promoting autonomy and confidence in our teens.

Source: Kurshan, Neil. *Raising Your Child to be a Mensch*. Ivy Books. 1989. Print.



Our Gang Turns 20!

BY BEA TAYLOR, PREVENTION



Some members of Our Gang with Bea Taylor. Photo courtesy of Bea Taylor.

Our Gang is celebrating its 20th year of service. I will take you back to when it all started because yours truly was one of the first facilitators!

In 1993, a proposal was submitted to Brighter Futures* for an afterschool program focusing on life skills and prevention. The proposal was accepted and the Kahnawake Youth Center (KYC) allowed us to hold programming at their facility.

In 1994, the youth of the community were invited to participate. The program did not have a name, so we asked the children to come up with one. It came down to two names: *Our Gang* and *the Rock and Rollers*. After a vote, the children decided they would like the program to be known as *Our Gang*.

Our location has changed over the years. Our Gang was originally held at the KYC, and then moved to the Whitehouse, across from the MCK building. The original Whitehouse building was an actual house

with limited space, but we made it work.

In 2002, KSCS began the process of building a new facility that would accommodate youth programming. Our Gang moved once again, and this time, it was to Fran Beauvais' where we shared a building with *Where the Creek Runs Clearer Group*. In 2003, the new Whitehouse building was ready and Our Gang has been here ever since.

Previous facilitators were: Honey Diabo, Kateri Oesterreich, Terry McComber, Glenda Jacobs, Sherry Alfred, Rebecca D'Amico, Walter Whitebean and Charlayne Norton. Current facilitators are Kyle Zacharie, Kaiatanoron Mayo, and of course, myself.

The program has evolved over the years. It is a prevention program, with

lessons addressing the top seven health issues as identified in the Community Health Plan.

We focus on life skills such as decision making, self-esteem, and how to deal with peer pressure (to name a few). A cultural component has been included and the children learn about the cycle of ceremonies and the occasional legend. We also have extracurricular activities, arts and crafts, and have invited guests in to speak about various topics.

Our afterschool programming runs from September to June and is divided into two age groups: Group A is for 6–8 year olds and Group B is for 9–12 year olds. There is no cost to register for the afterschool program but parents/guardians are required to help fund-raise to cover the cost of extracurricular activities.

We also offer a summer day camp, with 3 one-week sessions with a camping trip included. There *is* a fee for summer programming to cover the cost of activities and trips (such as admission, transportation, t-shirts, etc). This year, each one week session costs \$100.00 per child and our camping trip is \$75.00 for three days and two nights.

This is Our Gang in a nutshell. Niawenhkó:wa to Brighter Futures for funding this program. Hopefully, we'll be here for another 20 years.

** Brighter Futures is a community-based health promotion and prevention program for Indigenous and Inuit communities. (Source: Health Canada)*



Celebrating MAD Group's 30th Anniversary

BY MERRICK DIABO & JAMES LAZARE, PREVENTION

As the title suggests the Making Adult Decisions (MAD) Group will be celebrating its 30th anniversary in October of 2014 and is the longest running KSCS youth orientated programming to date. In commemoration of MAD Group, we would like to bring you down memory lane.

It all started in the fall of 1984 when a community workshop was held for the youth at the Royal Canadian Legion. Kahnawake Shakotia'takehnas Community Services sponsored and hosted the workshops.

Special guest and Olympic champion Alwyn Morris, presented and inspired the youth in attendance to recognize that there was an need for youth to have a voice within the community. As a result, MAD Group was born.

The name MAD Group was not the first option that the first youth participants had decided upon, rather they were keen on being known as *Kids Really Are For Tomorrow*. That was until the members had realized that the acronym would not play in their favour and would forever be known as KRAFT.

Needless to say, the participants went back to the drawing board and eventually came up with the name acronym that sticks to this day.

It was only in the winter of 2010 that the name underwent an evolutionary

step towards Making A Difference, a name that better compliments the desired outlook.

Since the birth of MAD Group, the mandate has remained consistent: it's for youth between the ages of 12–17 years and continues to give the youth a chance to learn more about themselves and others while interacting in a safe group setting.

Participants also learn social and life skills in a fun and interactive way while gaining an array of applicable knowledge such as, healthy decision making, conflict resolution, problem solving, communication, handling peer pressure and cultural teachings.

MAD Group is not all work and no play. Group members are offered activities outside of regular programming like outings to movies and La Ronde, bowling, youth exchanges, camping, softball, and the opportunity to attend workshops and conferences related to youth.

MAD Group's core values have always been rooted in the idea that volunteering in Kahnawake as a form of giving back is essential to the betterment of the youth as well as the community.

This sentiment continues to this very day. This has translated into MAD Group being the only youth organization within our community that maintains volunteering as part of its mandate.

We have volunteered at countless community events such as the Young Adults Program's annual Fun Fair, Mohawk Miles, Kateri Memorial Hospital Center's Red Dress Ball, and the Boston Bruins alumni banquets... the list can go on!

Throughout the years, there have been many facilitators that the youth have been able to lean and rely on. The facilitators, no matter how brief or extended their time was with the group members, have made an impact on the lives of the participants to varying degrees.

Past and present facilitators have reported that they have been approached by former MAD Group participants who have shared memories with them and acknowledged their positive role in the community. Those youth, more often than not, speak to the dedication of the facilitators and other youth within MAD Group.

One of the most important aspects of the MAD Group is the fact that the youth participants continue to be the driving force in terms of dictating the content of the majority of the workshops, planning outings and working extremely hard during MAD Dishes jobs.*

The most amazing fact is that they continue to come through the doors and



Super Dads/Super Kids

BY LEO PARENT, PREVENTION

volunteer their time to make themselves and the community healthier and stronger. This group does not function without their input and determination.

In closing, 30 years does not come along without its bumps and bruises. There have been hard times but—like the youth themselves—we are resilient and always willing to put our best foot forward.

Thirty years of dedication to youth programming needs to be acknowledged and celebrated. So Kahnawake, look forward to hearing more from the MAD Group and here's to 30 more!

**MAD Dishes is a fundraiser for group activities and provides job skills to group members.*

The service provides place settings for up to 350 people for public and private events.



The Family and Wellness Center's Super Dads, Super Kids Program is an interactive activity group for Kahnawake fathers and their child/ren. The activities within this program support and encourage healthy relationships between the father and the child, emotionally, physically and cognitively. Fathers will learn to motivate their child and learn how to bond with them.

This activity group will also focus on bonding *between* the fathers in the group and encourage new friendships while examining and incorporating the culturally traditional role of fathers.

Our previous session ran from February 22, 2014 to April 12, 2014. We had five participants complete the program.

If you missed out on the earlier session, don't fret. We are planning another session in the fall! If you are interested or would like more information please call Leo Parent, traditional support counselor at the Family and Wellness Center at 450-638-0408.



21 Years A MAD Group Facilitator

BY MERRICK DIABO, PREVENTION

It's a rare occasion where I like to write an article in the first person, but I feel that this one warrants such an occasion. There were times while I sat at my desk thinking about this article when I literally laughed out loud, got frustrated, and almost cried.

What could possibly make me feel all those emotions in one sitting? Simple; thinking about the many years that I have been a part of the MAD Group* organization from a young, spry 14 year-old punk to the elated 35 year-old bag.

With the MAD Group celebrating 30 years of existence this October 2014, I came to realize that I have been a part of the organization for 21 years of my life. I started out as a member for a few years then eventually graduating towards facilitator. Considering all those years and how this group has played an intricate part in my life, it would be only fitting that I showcase MAD Group.

In 1993 a friend of mine told me about MAD Group, that he had a good time while he was there and asked me if I wanted to check it out. I was apprehensive about it at first then he told me that a certain girl that I had liked was there and that in the following year, 1994, the Group was going to Australia for a conference.

Needless to say, both were selling factors! So I joined and I actually enjoyed the meetings and workshops. To me, there was something more to MAD Group than the enticement of a cute girl or the possibility of travelling overseas.

With all honesty, it was the friends that I made! Not just friends that come and go, I mean people that have since remained my friends. I have friends that have been there for me when life becomes difficult, who visited when my children were born, who we can make fun of endlessly and know that it's always just in good fun!

In the summer of 2000, I became a facilitator of MAD Group. I was amazed that I was a member of the very group that I would now have to lead.

However, I was never alone in that task. I have the privilege of working with some of the most gifted, intelligent individuals that I have ever known. To witness their equal dedication towards the betterment of the youth of this community astounds me.

Speaking of the youth...they make my job worth coming to every day.

I remember having a meeting one Tuesday night in 2010 and a female Group member had asked me *"Why are we called Making Adult Decisions when a lot of adults don't really make good decisions?"*

I was absolutely dumbfounded and my only reply was *"Well, change the name to something that fits then."* She then met with the group separately, and then 15 minutes later returned and declared *"It would be better if we kept the title of MAD Group, but we'll change the meaning to Making A Difference."* This simple motion put forward by the youth has since remained.

I have seen dozens and dozens of youth come through the Whitehouse doors as children—and grow before my eyes—and become young women and men who go on to bigger and better things within the community. I would joke around with them and call them my "kids" and I, in turn, was called "Bubba." All jokes aside, I know that this means that we are a family.

I would like to end this article just by stating that although I wasn't a part of this organization from its inception, I acknowledge the place that every facilitator and every youth participant have played in MAD Group since 1984 until right this second. I am proud to be a part of *Making A Difference!*

Editor's Note:

* Please see an accompanying article on MAD Group's 30th anniversary on page six in this issue.

Weed & Pest Control

FROM EARTH DAY CANADA, USED WITH PERMISSION. EDITED FOR LENGTH

Many people have used chemical pesticides to rid their gardens of critters and weeds. However, many Canadian municipalities have banned these pesticides, which have been linked to severe health problems like breast cancer and leukemia. Pesticides are also dangerous to the environment as they can get into groundwater and contribute to air pollution.

You can make your own eco-friendly pesticides and fungicides without risks to your health or the environment. Going pesticide-free provides a safe, natural surface for children and pets to play on. You may have most of the tools and ingredients already at your finger tips!

1: The need to weed: The best defense against weeds is to ensure your lawn is thick (to crowd out the weeds and prevent their seeds from sprouting). For a healthy lawn, apply a 3-5 cm layer of lawn soil/compost in early/spring and spread new grass seeds. If weeds still manage to grow, the best way to get rid of them is to pull them out by hand, ensuring the whole root is removed. As a lawn becomes healthier year over year, there will be fewer weeds to pull.

2: Make insecticidal soap spray: Pure soap mixed with water is a natural insecticide for the control of some sap-sucking insect pests, including aphids and mealybugs. It is a contact insecticide and works by breaking down the insect's exoskeleton, causing it to dehydrate and die.

Preparation

- 1 to 2 tablespoons liquid soap
- 1 quart water
- Combine ingredients in a bucket, mix, then transfer to a spray bottle as needed.

3: Garlic spray: A popular recipe to control caterpillars, mosquitoes and aphids.

Preparation

- Soak 3–4 ounces of chopped garlic bulbs in two tablespoons of mineral oil for one day
- Dissolve 1 teaspoon of fish emulsion in a pint of water and add it to your solution; stir
- Strain liquid and store in a glass container (not metal); dilute one part solution to every 20 parts of water

Other uses for garlic include:

Planting it under fruit trees to prevent curly leaf and black spot and repel borers (Note: Leaf curl is a plant disease that occurs in fruit trees. In severe cases, the disease causes leaves on fruit trees to shrivel and drop. Black spot is a fungal disease, which starts off as a black spot in the leaf and then it turns yellow. Eventually, the leaf falls off, and if it's really bad, the plant can die.)

- Keeping away red spider mites by planting it with tomatoes
- Repelling rabbits by spraying garlic pesticide on sweet potatoes

- Killing mosquitoes by spraying ponds with garlic-based oil

4: Create a “ring of fire” with chili

spray: Chili spray may be useful for the control of chewing insects and aphids when sprayed directly onto the insect. It may also deter feeding predators, such as crickets and grasshoppers.

Preparation

- Blend 40 fresh chili peppers in 1 litre of water
- Add 5 grams of pure soap flakes to the blended chili mixture
- Apply as required, undiluted

5: Keep cute but uninvited guests away:

Squirrels, moles, and gophers can cause serious problems if they take a liking to your garden. Repel them by placing jalapeño peppers (mashed in a blender) within four inches of where your vegetables are planted. You can also try nutmeg, cinnamon, peppermint oil, cayenne pepper, chili powder or tabasco sauce.

6: Be patient and persistent: No one tip will be effective on every occasion. While natural methods are not as fast-acting as conventional chemical pesticides, they can be very effective as a preventative measure. Beautiful, healthy lawns and gardens are possible without the use of pesticides!

Source: <http://www.earthday.ca/resources/tips-guides/gardening-tips#weed-pest>



A Tan Lasts A Short Time

Healthy Skin, A Lifetime

BY CHRISTINE TAYLOR, PROMOTION & EDUCATION

Children, teens and parents need to keep in mind the exposure to damaging UV rays and learn ways to protect themselves against the sun's harmful rays. In the quest to look good, young people might be sacrificing their long term health.

A tan is actually the skin's way of fighting damage caused by overexposure to the sun and harmful exposure causes unsightly—and possibly even deadly—consequences.

Protecting your skin is particularly important for young people and kids. Overexposure to sunlight in childhood and adolescence is an important—and cumulative—risk factor for developing health problems.

Short term problems include sunburn, uneven coloring, dry-scaly skin, age spots, wrinkles, and rashes. Long term exposure causes premature aging and loss of skin elasticity, age spots and wrinkles, damage to the eyes (cataracts), skin growths and cancer (melanoma).

There are things that you can do to help protect yourself when enjoying the outdoors;

Always wear sunscreen (SPF 15 or higher) and reapply often. There are waterproof sunscreens as well as those made for sensitive, acne prone, facial skin, and for babies. Newer formulations are lighter and easier to apply.

Use a lip balm with SPF 15 or higher. Lips need protection too! Wear a hat and protective clothing but still use sunscreen, not all UVA and UVB rays are filtered out by clothing, and there is

still exposed skin on your hands, ears, legs and feet. Wear sunglasses that are polarized to filter out UVA and UVB rays.

Limit your exposure by staying out of the sun when it's at its strongest, between the hours of 10:00 A.M. and 2:00 P.M. and be mindful of the reflection off of water, the beach and snow, as the reflection amplifies the exposure. If you do want a "tan" try sunless tanning lotions, sprays and or bronzers to give you a natural glow without exposing you to damaging UV rays.

Never use a tanning bed* as the UV rays are the same and might even be more dangerous, as you don't have any protection. Do not intentionally sunbathe or use oils that offer no protection.

You want your skin to be healthy and look good, so protect your skin from the sun today and it'll keep you covered for your lifetime!

** As of 2013, a law banning tanning beds for those 18 and under came into effect in Quebec. A similar law has come into effect this past May in Ontario*

Editors note: For more information about sun and sunscreen safety, check out the Skin Cancer Foundation's site at www.skincancer.org and for more detailed information about the chemicals that are in sunscreens and for recommendations on how to find safe alternatives check out the Environmental Working Group's Guide to Sunscreens at www.ewg.org/2013sunscreens/

What to look out for

Any unusual skin condition, especially a change in the size or colour of a mole or other darkly pigmented growth or spot. Scaliness, oozing, bleeding, the appearance of bump or nodule, spread of pigment beyond the border, itchiness, tenderness and pain, a sudden changes in a mole's—appearance from small to large, ulcerated, and easily prone to bleeding growth—are all warning signs of skin cancer.

ABCD is a way that outlines the warning signals of cancer:

- **A** is for asymmetry. One half of the mole does not match the other
- **B** is for border irregularity, the edges are botched, ragged or blurred
- **C** is for color, the pigmentation is not uniform
- **D** is for diameter greater than 6 millimeters (about the size of pencil eraser)
- Any or all of these symptoms should cause you to visit a doctor.
- For pictures of what to look for, visit the Skin Cancer Foundation's site and look for *skin cancer information*.



What Do We Stand For

BY MARY MCCOMBER, PREVENTION

As parents and community members, it's important that we are there for our children at all ages and stages of their lives. Many times we see that young children get attention and monitoring but once they become teenagers we struggle with giving them guidance in a supportive and positive way while giving them increased independence.

As it is, much work needs to be done in schools, in the community, and at home to keep our children safe from harm and healthy and happy. As parents, caregivers, and community workers we all need to have a role in maintaining and encouraging healthy and safe environments for our youth.

Traditionally, we had common principles to guide us in child rearing to ensure that youth took their responsible roles in the community. *Skén:nen* (peace), *kanikonhri:io* (good mind) and *ka'satsténhsera* (strength) are used today to encourage communities to use a community approach in many areas.

An example of how we can use these guiding principles can be seen when looking at how to deal with bullying prevention, whether at school or at home. It's important to strive to be positive role models while at the same time providing youth with positive tools to stay away from drugs and to prevent violence.

Communication Skills

- Victims of bullying may have weak social/communication skills and this puts them at risk.
- Bullies may have aggressive communication skills and use their power to get what they want.



Illustration by John Kahionhes Fadden and www.sixnationsindianmuseum.com. Used by permission.

- Young people need to be taught positive communication skills and adults need to role model behaviours they would like to see.

Role of adults

- Provide assistance and take the issue of bullying seriously. Intervene if/when necessary.

- Act as a role model; demonstrate positive conflict resolution and communication skills.
- Teach youth positive communication skills and to report bullying and other issues.
- Supervise children and talk with them.

- Be aware of bully prevention tools e.g., internet (www.getnetwise.org).
- Participate in planning violence prevention and bullying policies and support enforcement and follow up procedures/activities.

Raising children is not an easy job and at times we may need support from peers, family members, and/or professionals.

If you need help, reach out and remember asking for help is not a weakness. It actually takes a lot of courage to reach out if help is needed and is a good coping tool to teach the youth as

well. If you need help or further information contact: KSCS at 450-632-6880.

Source: McLellan, Alyson; Seddon, Cindi, and Lajoie, Gisele. *Bully Beware! Take Action Against Bullying*. Hemlock Printers. 2005.

The Back Page....

"Let us put our minds together and see what life we can make for our children."

- Tatanka Iyotaka (Sitting Bull)

First Nations Regional Adult Education Center

BY TOBI DIABO, FNRAEC

The First Nations Regional Adult Education Center (FNRAEC) is an adult education center intended for English speaking Indigenous people in Quebec. The campus here in Kahnawake is one of two regional campuses, with the other campus located in Listuguj serving the French speaking Indigenous population of Quebec. Our center's Director is Ms. Diane Labelle.

These centers are the first of their kind. The Kahnawake campus opened its doors in September, 2013. There are currently over 100 students attending the center in Kahnawake.

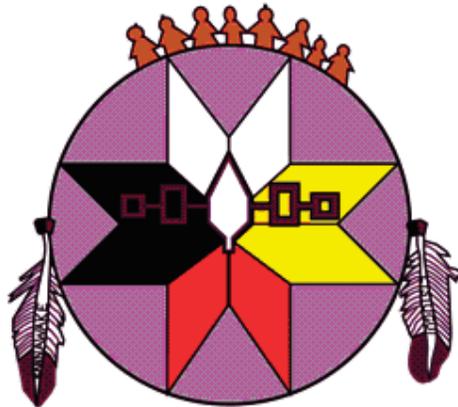
The center recently had five students graduate, with an estimated 25 more expected to graduate this semester. Our center offers credited courses at many levels including: Mohawk language, Native history, English, French, mathematics, science, social science, computers, personal and social development, as well as other courses and programs.

We offer full, part time, and distance education over three semesters throughout the year—September to December, January to April and a third intensive semester from May—June (eight weeks).

Our unique center offers Indigenous people the opportunity to learn in a

culturally based environment. We are open weekdays from 8:30 A.M.—4:30 P.M. (classes are from 9:00 A.M.—4:00 P.M.) Our office is located at 2006 Old Malone, in the Kahnawake Office Complex, on the third floor. Our postal address is:

First Nations Regional Adult Education Center (FNRAEC)
P.O. Box 1679
Kahnawake, QC J0L1B0.
Phone: 450-635-6352
Fax: 450-635-3470



Ohiarí:ha/June

- Brain Injury Awareness Month
- Relay For Life
- Stroke Awareness Month
- 1–7 Canadian Environment Week
- 2–8 Natl. Sun Awareness Week
- 1 Nat. Cancer Survivors Day
- 5 World Environment Day
- 21 Natl. Aboriginal Day
- 30 **KSCS Closed**

Ohiaríhkó:wa/July

- Violence Prevention Month (KSCS)**
- 1 **Canada Day (KSCS Closed)**
- 11 "Oka Crisis" Anniversary
- 12–13 Kahnawake Pow Wow
- 17 KSCS Movie in the Park

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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