



Aionkwatakari:teke

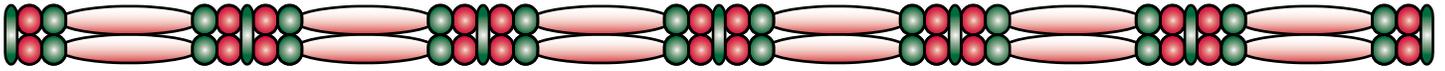
(A-YOU-GWA-DA-GA-RI-DE-GEH)

"For us to be healthy"

Vol. 19, No. 5

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 Shakotia'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**

First of all, we here at KSCS want to congratulate all the athletes who participated and won medals at the North American Indigenous Games in July, including Angel Robertson, who was profiled in our last issue. All of you did the community proud!

Secondly, there is a two-page spread highlighting an open and frank interview with a Making Adult Decisions (MAD) group participant about his drug use and how he began using drugs. Accompanying the article is some artwork and a quote from other MAD Group participants. A big SHOUT OUT to MAD Group for contributing to this issue and we hope this will be a regular occurrence. Another, no less, big SHOUT OUT goes out to the other contributors to this issue. Your words, your work, is an outstanding testament to your commitment to reach out to the community you serve.

Finally, I hope you are enjoying the first days of fall. Maybe you planted a garden and are enjoying the fruits of your labours. If so, you might find the two articles on composting and preserving foods useful, especially if you're a newbie. Always remember to follow the recipes exactly as failure to do so can lead to botulism.

We also have articles highlighting the upcoming Tehontatro:ris sessions (modeled on Grand Rounds used at teaching hospitals) and this year's Spirit of Wellness campaign.

That's it for this issue. See you next time!

Sken:nen,
Marie

Cover design: Marie David and Chad Diabo.

The cover is based on a song title by Neil Young.

The lyrics describe the descent into heroin addiction for some of the musicians he knew.





A Theory of Addiction

BY KAWENNARÒ:ROKS MONTOUR, PREVENTION

Everyone strives to live in a healthy community; one that encourages happiness, health and safety. A community that is filled with strong ties and social bonds can help develop stable relationships and lead to happy lives. However, when no social bonds are formed, it can sometimes lead to high-risk behaviours and can put the community and individuals at risk.

All human beings need certain things to live such as food, water, shelter, and relationships. What happens when we lack integration in the community? When we socialize within our communities we can communicate, build an economy and create healthy relationships.

These are examples of psychosocial integration; a relationship between individual and society is a key aspect of making life enjoyable. This integration develops throughout a person's life, moulding who we are.

Weak ties may be formed when individuals have no self-confidence, friends, or acceptance from the community, which can lead to something known as *dislocation*. Dislocation is the psychological and social separation from society. It can be anything from never getting a compliment, to feeling isolated and displaced from society.

Individuals can tolerate dislocation for some time but at a certain point it becomes unbearable and can lead to unwanted emotions like shame, boredom and depression. Some people may feel like they are going to self-destruct

and they may contemplate suicide. They may try alternate ways of coping with the unwanted emotions, which can lead to a path of dangerous decisions.

Individuals who feel dislocated may lean towards drugs, prescription pills, or alcohol to cope with the dislocation. Feeling dislocated is one of the ways of becoming an addict. This habit becomes an adaptation for the dislocation and individuals believe it is one of the most practical ways to deal with it. However, maintaining the addiction can lead to more serious issues such as crime within the community. Dislocated individuals may not be able to hold a job. Some individuals will do anything to get their fix, not only putting the individual in danger but also the community at large.

One way to prevent crime and dislocation is through social change. The community needs to work together and intervene before dislocation imprisons too many lives. Understanding the issues and creating relationships with everyone in the community benefits the whole community.

No community is perfect and not everyone will like each other. Yet, people should strive to have open minds and be accepting, encouraging and caring towards others to keep the community healthy and safe.

Source:

Maté, Gabor. "The Only Home He's Ever Had." *In the Realm of Hungry Ghosts: Close Encounters with Addiction*. Toronto: Vintage Canada, 2008. 2-24. Print.

Addiction 101

BY CHRISTINE TAYLOR, PROMOTION & EDUCATION

The *Addiction Foundation of Manitoba* defines a "dependency syndrome" as: patterned use that carries with it a dependence on mind or mood altering substance, which has attained such a degree as to disrupt academic or work performance, interfere with family and interpersonal relationships, disrupt social and economic functioning and impair the state of physical and or mental health.

Addiction very plainly is; when we lose control of a substance or activity (behaviour) and it starts to negatively affect our lives (About Addiction 2).

Addiction or dependency syndrome is more than just a definition. It's a problem that can be far reaching and subtle, and develop very quickly or slowly over many years. Its effect is damaging on an individual personal level or to the wider community.

There are two kinds of addiction: substance based and behaviour based. In fact, if you have an addiction, it is more likely that you would have an addiction to another drug and different behaviours, often at the same time. Substances that a person can be addicted to include:

- alcohol
- illegal drugs
- prescription drugs
- over the counter drugs
- nicotine/caffeine

Continued on page 11



BY MERRICK DIABO, MAD GROUP

Your First Time Could Be Your Last

In today's society there are many temptations and struggles that youth can fall victim to, whether it's their sense of identity, their health concerns, the loss of their loved ones, or dealing with mental health issues.

For one Kahnawake youth, the threat of allowing substance abuse to consume his life was almost a certainty. What follows is a true account of the young man's road to sobriety along with his trials and tribulations throughout the process. His continued sobriety is essential and hard enough without the social pressures that may come as a result of this published interview so his anonymity will remain intact. We'll call him Tobey...

Tobey is a young transgendered male who seems unsure of his surroundings and those that dwell within it.

When he sits, he never appears to be comfortable. His hair drapes his eyes. When spoken to, he'll clear the hair from his eyes and pierce you with a gaze that displays his life's experiences.

When he speaks, he's confident, yet cautious, his voice telling a story of hardship that's brimming with a bold new sense of confidence.

So how did your addiction start?

"Mostly peer pressure. I didn't have many friends at the time but this one guy sort of taught me how to down a beer and then how to roll a joint. Then other things just came easily."

How old were you?

"I was like 12 years old. It was the first time I had tried smoking marijuana. I remember going behind the school and lighting up with my friend, and it wasn't long at all before I started shaking. My heart was going crazy and I remember everyone was looking for me. I know that someone called my mom and the ambulance. Next thing I knew I was at the hospital, still shaking and sweating. My mom told me that the doctors had to give me some sort of shot to lower my heart rate or else I was going to have a heart attack."

Was that the last time you smoked up?

"Yup, my first and my last!"

So you mentioned other things came easier, you mean drugs?

"Yeah, well you know, like shrooms and ecstasy."

What would you say was your drug of choice?

"I did a lot of ecstasy."

Why X, what was it about ecstasy?

"To tell you the truth it was because it made me numb to the world. I was finally calm...I was relaxed and everything glowed, shined you know."

So considering that you had some bad experiences with drugs what would you say was your deciding factor to stop doing drugs?

"It would have to be the time I tried

ketamine. I had this friend who could get all kinds of stuff and he had this. I had no idea what it was, but I just took it. It wasn't long that I was tripping out. I didn't know what was real and what wasn't. I had no idea what reality was. This lasted a long time."

What's a long time?

"At least a week of hard tripping. I just wanted it to end."

Would you say that was your rock bottom?

"Yeah I think. I had to go to the Douglas [hospital] for depression and all kinds of stuff."

Have you relapsed at all?

"Nope, thankfully."

Considering your current sobriety, what would you say is your deciding factor to stay sober?

"(Laughs) My family, especially my younger brother. I really don't want to see him like I was, you know...I want to be a role model for him and other people. I definitely learned my lesson from the last time."



Like most experimental users, Tobey started small and fell victim to negative social pressures and gradually attempted using harder drugs. Should you come to a realization that an addiction is consuming you and you want help to stop, please call KSCS at 450-632-6880.

A Quote I Say to Myself

BY DESTINY LAZORE, AGE 12

“
When life gets you down, they say get back up. Not me. I rather lay there until the ashes of hell fall down on me.
But someday you're going to realize that you have to get back up for your family, friends and your life.”

Keep this in mind when you're feeling down. I would also say don't do drugs or drink because it makes things worse. MAD Group teaches you about drugs and alcohol as they persuade you not to do it as well as providing fun activities. I feel that MAD Group provides a safe and happy environment where you can express your feelings and that is what I love about MAD Group.

ARTWORK BY KAWEHNOKE DIABO, AGE 12



The articles, quotations, and illustrations were submitted by the MAD Group. MAD Group is a youth leadership program for adolescents between the ages of 12–17. If you would like to get involved with MAD Group, give them a call at 450-635-8089.

Compost

BY MARIE DAVID, COMMUNICATIONS

Over the past several years the Kahnawake Environment Protection Office (KEPO) has been teaching and inspiring Kahnawakehro:non how to organic garden, how to preserve, and how to compost.

If you've never composted, it can be intimidating: Should I compost? What can I compost? And what do I do with all those fruits and vegetables I planted anyway?

KEPO has given tips on how to begin composting and composting the right way. There are many reasons why people should compost, among them; to get rid of kitchen or yard scraps, because it's good for the environment, and—because we live in Quebec—the Quebec 2013-2020 Climate Change Action Plan is on the books.

The Action Plan is an ambitious plan to reduce greenhouse gasses by 20 per cent below the 1990 levels by the year 2020.

Compost needs a good mix of green material (kitchen scraps including coffee grounds, egg shells, peelings, etc.), brown material (dried leaves, paper, straw, small branches), and moisture (the compost should be kept as moist as a well wrung-out sponge). The mix of green to brown material should be double the amount of brown material to the amount of green matter.

Do not put oils, fats, grease, meats, fish, dairy products, or diseased plant material into the compost. Not only will it be smelly, it can attract rodents.

There's really no excuse not to compost. Not only is it good for the environment it provides your plants with rich nutrients.

If your goal is to have completely organic compost, you need to be mindful of what you compost. For example, when you compost coffee grounds you can throw in the coffee filter too. However, if you want organic compost, it's best to use unbleached coffee filters. You can throw in used paper towels but keep in mind that if you're wiping up chemicals or toxic waste...that's going into your compost too.

You can buy a prefabricated compost bin, which are available at most hardware, garden, or retail stores. Or you can try to make your own. Many articles and tutorials can be found online. Just Google something like "make/build your own compost bin" and sift through the results to find one you

Can I have the recipe?

- ▲ 2 cups of "Brown" for 1 cup of "Green"
- ▲ 2 tbsp Proper air circulation
- ▲ 1 tsp Water
- ▲ Mix Well



One of KEPOs slides shows the recipe for perfect compost. Photo by Marie David.

like. During my recent search I found that you can make a compost bin out of garbage cans, cinder blocks, and wood pallets.

For more information about composting, organic gardening or to find out when their next workshop will be, call the Kahnawake Environment Protection Office at 450-635-0600.



Preserving methods. Photo by Marie David

Preserving Nature's Bounty

MARIE DAVID, COMMUNICATIONS

The Kahnawake Environment Protection Office (KEPO) has been showing Kahnawakeh'ronon the different methods of preserving foods over the past several years. I was fortunate to take one of their gardening and preserving workshops a few years ago at KSCS' Family and Wellness Center.

Canning, freezing, and drying are all methods of preserving food. Why bother when you can buy canned, frozen, or dried foods at the grocery store? There are several reasons.

- The first is: cost. It's cheaper to grow your own foods and to preserve them yourself.
- The second reason is: control. By preserving the foods yourself, you can adjust and control the amount of salt and sugar (or other sweetener), and even spices, that you put in. Perhaps you have high blood pressure or diabetes; this is a good way to control your diet or special foods.
- The third reason is: health. Bisphenol-A (BPA) is a harmful chemical found in the linings of food and drink cans. Exposure to BPA has been linked to breast and prostate cancer, attention deficit hyperactivity disorder, and a wide range of other health risks. Canning and preserving foods in glass jars helps reduce the risk of exposure to BPA.

WHAT ARE THE PRESERVING METHODS?

Canning: It's relatively cheap and you can preserve a wide variety of foods. There are two kinds of canning methods: high acid and low acid. High acid foods include fruits (jams, jellies, other fruit spreads), tomatoes, pickles, relish, chutney, sauces, vinegar, and condiments. This method uses the boiling water method. Low acid foods include: vegetables, soups, stews, meats, poultry, seafood, and tomato or vegetable sauces. This method uses a pressure canning method.

Freezing: You can freeze many fruits and vegetables in freezer bags or other airtight containers. Remember to remove the excess air either through a straw or other method. Fruits and vegetables may require blanching (scalding vegetables in hot water or steam for a short time). You can freeze herbs by chopping and putting them into ice-cube trays, covering them with a little water. When you need it, take an ice cube out and throw it into your soup, sauce, or stew. Another method is to chop the herb or vegetable and place it into small freezer bags.

Drying: You can dry herbs, vegetables, or seeds. One method is to tie the food item and hang them from a rafter or hook in your shed or basement. Another method is to spread the food item out on a screen. The National Center for Home Food Preservation gives some good tips on the types of screens that should be used and avoided, including

screens made of copper and aluminum; "copper destroys vitamin C and oxidation. Aluminum tends to discolor and corrode." Meat and fish can also be dried.

Another method is to use a food dehydrator. Not only can you dry fruits and vegetables (and make fruit rolls or leather) you can also dry meats (make beef jerky), seeds, and herbs. For instance, you can dry onions, potatoes, and celery and save the results in a mason jar. Whenever you make a soup or stew, you already have the dried ingredients ready to throw in.

If you're ever fortunate to take a workshop on preserving foods given by KEPO, you won't regret it.

Sources: National Center for Food Preservation. U of Georgia. <http://nchfp.uga.edu/index.html>. Web. 5 Mar. 2013

Drying Food. U of Illinois at Urbana-Champaign. http://www.aces.uiuc.edu/vistal/html_pubs/DRYING/dryfood.html. Web. 5 Mar. 2013.

Bernardin: <http://www.home-canning.com/> Web. 5 Mar. 2013.



Involved Parenting & Education

Setting Your Kids up for Success

BY MARY MCCOMBER, PREVENTION

Adolescence is a challenging time in the development of a youth. Not only are they going through all sorts of hormonal changes, they are also expected to perform well in school. This, too, is a challenge for families who need to offer support and guidance to youth with developing needs.

A research article from Harvard University describes the importance of family involvement in middle and high schools and reiterates that, it is just as important as in “early education and elementary school” (“Family Involvement” 1).

The Harvard research points out three processes proven to have an impact on adolescent outcomes. These processes are, related to family involvement:

- parenting
- home-school relationships
- responsibility for learning

“Academic and social-emotional outcomes” (2) are impacted by family involvement and supportive parenting.

Although, family involvement is important it can be difficult to maintain, at times, because the adolescent may be trying to learn how to be more independent. Parents may have a difficult time with this transition. This can make monitoring a challenge.

Parents continue to have an important role to maintain appropriate bonds with their adolescents.

According to the Harvard research, “Youth who share trusting relationships with their parents—characterized by mutual and sustained bonds and open communication—have higher grade point averages (GPAs) and better physical health and are more likely to disclose information to their parents that will keep them out of trouble” (2).

This is important for parents to keep in mind as the importance of monitoring school performance and social activities could benefit children and families and “decreases school problems, substance use and delinquency” (3).

Home-school involvement has also proven to be important in creating positive outcomes for youth.

Open communication is always a challenge especially because everyone is so busy. However, it may be worthwhile for the Kahnawà:ke education system staff and parents to take more time and outreach to one another in order to create more effective methods of communication.

According to the Harvard research, “home-school relationships are also linked to various student achievement outcomes beyond grades, including adjustment across transitions and students’ educational expectations for themselves” (5).

Finally, “responsibility for learning outcomes” (2) is also an important process and “homework management”

(4) may be another element of education and awareness that can be encouraged.

According to Harvard, “Parents are less likely to be directly involved in the homework content of middle and high school students as compared to younger children” (4). This may occur for a variety of reasons but this still needs to remain an important element in the support provided at home.

If you need more support to assist your youth to succeed, reach out to the various resources around you or ask a friend. Support youth in their schooling by getting involved and attending parent/teachers conferences and becoming aware of available resources.

Source: “Family Involvement in Middle and High School Students’ Education.” Family Involvement Makes a Difference, Harvard Family Research Project Spring. 3 (2007). Print.



Exercise: Passion or Problem?

BY LESLIE WALKER-RICE, KMHC

Exercise is universally recognized as a healthy lifestyle choice. Thirty minutes a day of moderate intensity exercise is most often recommended by health care professionals to reduce the risk of diabetes, high cholesterol, obesity, and hypertension.

The most recent Canadian guideline recommends a minimum accumulation of 150 minutes of physical activity per week. Most individuals have difficulty achieving this, despite there being 10,080 minutes in a week. On the flip side there are individuals who take exercise to the extreme, logging in hours of activity daily, who exercise despite injury and exhaustion. They may also manipulate or exclude themselves from social or professional obligations in order to exercise. They no longer choose to exercise but are compelled to do so despite adverse consequences.

Alayne Yates has deemed this behavior as an “activity disorder” in her book *Compulsive Exercise and Eating Disorders* (1991). The cue to this activity disorder, or addiction, is when an individual is found to be in the pursuit of excessive, purposeless physical activity, which may end up as a deterrent to health, emotional, and physical.

Healthy exercisers organize exercise around their lives. In contrast unhealthy

exercisers organize their lives around exercise, for example refusing to go on a vacation destination based on the hotel gym facilities, or the runner who has to go for a run, even while his wife is in labour.

Exercise addicts usually feel the need for extreme control in their lives, and may be strongly influenced by societal pressures- to be thin, to be “in shape or buff.” The addiction has more to do with personality type than profession.

While athletes can certainly display an intense driven quality to their training regime, there are also others who are not professional athletes who refuse to limit their activities even with injury. Training volume may be the same, but an addicted individual will not see the value in activities unrelated to exercise. There is a definite loss of balance, and the person may pass up interpersonal connections to train, run or work out.

The first challenge of regaining balance is to recognize the addiction and work with a trainer or counsellor to plan workouts with reasonable goals, including pre-determined mileage, intensity or time devoted to exercise.

Balance exercise with brain enriching activities such as learning a new skill—a new language or handiwork—or schedule a “date night” with your spouse or a

night out with your child or a group of friends.

The goal of physical and emotional wellness can be obtained with a balance of life enriching activities—including exercise, to ensure that your passion does not develop into a problem.

References;

Over-exercising, Over Activity; Samantha Gluck- December 2008

Exercise Addiction in Men, when exercise becomes too much; Arthur Allen-June, 2007

Know the signs of unhealthy exercise addiction- American Running Association; Volume 18, #6 Running & Fit News

Canadian Guidelines for Physical Activity- Public Health Agency of Canada

Canadian Society of Exercise Physiology

Leslie Walker-Rice is a nurse with the Community Health Unit at the Kateri Memorial Hospital Center.



Spirit of Wellness 2014

BY LEO PARENT, PREVENTION

She:kon Kahnawakehro:non. I have been given the honour, along with my co-coordinator Victoria Brascoup and our organizing committee; Mary McComber and Merrick Diabo, to spearhead this year's Spirit of Wellness (SOW) campaign. I am excited to meet the staff of the different services and organizations within Kahnawake and begin a working relationship with everyone.

The Spirit of Wellness campaign

is an annual month long community campaign, that encourages wellness and healthy living. The idea of SOW is for community members to be actively involved in healthy life choices, whether it is physical, emotional, mental or spiritual wellness.

Although Victoria and I are coordinating the planning of the SOW month, it is up to the community to mobilize and be proactive in doing whatever wellness activity appeals to you. It could be a group of friends going for a stroll along the bike path, or it could be just as

simple as changing your soda for water or 100 per cent real fruit juice. A little positive affirmation goes a long way and with the right encouragement and support, these changes can become a regular

part of your day to day routine.

Spirit of Wellness month grew from what was known as National Addictions Awareness Week, which was usually held during the third full week of November.

The prevention team at the time did an excellent job of organizing drug and alcohol free events and educational and recreational activities within that week. Soon the Kahnawake Addictions Awareness Month came about to envelope all the different activities that couldn't be held in one week alone.

The Sate'shén:naien program developed three goals for Kahnawake Addictions Awareness month which are:

1. To increase public awareness of the effects of addictions on the self, the family, and the community.

2. To actively involve the community in preventing addictions.
3. To provide alternate activities and promote positive / healthy lifestyles within the community.

Keep your eyes and ears open for promotion of the upcoming Spirit of Wellness campaign 2014 and remember that we all have a choice to live a healthy lifestyle and it's never too late to start making those changes.

For more information or if you have an idea for a healthy activity you want included in the SOW calendar, please contact Leo Parent or Victoria Brascoup at 450-638-0408. Don't forget to check the activity calendar on the KSCS website for up to date information at www.kscs.ca/calendar or as in insert in the Eastern Door.





Tehontatro:ris

BY CHRISTINE TAYLOR, PROMOTION & EDUCATION

KSCS hosts Tehontatro:ris, a monthly information session to hear ideas and share information and knowledge that is relevant to the overall health and well-being of our community. Topics in the last year ranged from elder oriented sessions from the McGill Center for the Studies in Aging to Estate Planning and Wills from the Caisse Populaire Kahnawake. We also had clinical topics from different therapy modalities to substance dependence.

It has been a very successful year and I and my co-coordinator, Chad Diabo, are looking forward to a new season. We are proud to announce some of the confirmed line up for the upcoming season.

| Month | Presenter | Topic |
|----------|-------------------------|--|
| October | Douglas Institute | Adolescent Dialectical Behavioural Therapy |
| November | R. D'Amico and N. Worth | Co-Dependency |
| January | Sleep Apnea Solutions | Sleep Apnea |
| February | Sarah Roberts | Mindfulness Based Cognitive Therapy |
| April | KSCS Language Committee | Culture |

Tehontatro:ris is free of charge and happens every last Thursday of the month (except July, August, and December) from 10:30 A.M. to NOON. Everyone is welcome. You can also check out our updated calendar on our website, www.kscs.ca/calendar.

If you have any suggestions of topics and/or presenters or if you'd like to receive a monthly email reminder, contact Christine Taylor christinet@kscskahnawake.ca or Chad Diabo chadd@kscskahnawake.ca or call 450-632-6880.



Photo: freeimages.com

Continued from page 3

There is physical dependence and psychological dependence. With physical dependence when someone stops using the substance, the person experiences withdrawal. With psychological dependence the person *feels* they cannot perform without the substance.

People can be addicted to behaviour as well, some behaviours include:

- eating (over/under)
- gambling
- exercise
- unhealthy relationships
- sex
- work
- love

This explanation is general and basic but the subject matter is more complex. Tehontatro:ris, our monthly information session, will look at the related subject of co-dependency in November. I will also have more on the subject in the next issue of Aionkwatakari:teke.

If you or someone you know is suffering, there is help available. Contact KSCS at 450-632-6880 or check out our website for resources available to you.

Sources:

Channing Bete Company. About Addiction.

1993 Channing Bete Company.

Addictions Foundation of Manitoba.

The Back Page....

"No one is immune to addiction; it afflicts people of all ages, races, classes, and professions."

∞ Patrick Kennedy

OVERDOSES in the city: lower your dose it won't kill you SUMMER 2014



IF YOU USE DRUGS OFTEN OR ONLY FROM TIME TO TIME:

- Never do it alone
- Lower your dose (cut it in 4)
- Take it slowly

If you think someone is in danger, **quickly call an ambulance (911)**.
You could save this person's life!

WATCH FOR THESE SIGNS:

- difficulty breathing
- breathing slower and slower
- blue lips
- loss of consciousness (the person doesn't wake up)

Agence de la santé et des services sociaux de Montréal

Québec 

Kentén:ha/October

- Breast Cancer Awareness Month
- Autism Awareness Month
- 1-7 World Breastfeeding Week
- 5-11 Fire Prevention Week
- 5-11 Mental Illness Awareness Week
- 10 Mental Health Day
- 13 **Thanksgiving Day (KSCS Closed)**
- 31 Halloween

Kentenhkó:wa/November

- Spirit of Wellness Month
- Diabetes Awareness Month
- 6-12 Natl. Seniors Safety Week
- 17-23 Natl. Addictions Awareness Week
- 24-30 Natl. Home Fire Safety Week
- 2 Daylight Saving Ends
- 11 Remembrance Day
- 14 World Diabetes Day
- 25 Intl. Day for the Elimination of Violence Against Women

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

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