



# Aionkwatakari:teke

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

"For us to be healthy"

Vol. 18, No. 5

Kahnawake's Only Health and Wellness Newsletter

Kenténha / October 2013



Repeated use of a psychoactive substance or substances,  
to the extent that the user

- is periodically or chronically intoxicated
- shows a compulsion to take the preferred substance (drugs or alcohol)
- has great difficulty voluntarily ceasing or modifying substance use
- exhibits determination to obtain psychoactive substances by almost any means

## Substance Abuse

## Can Tear

## Families Apart

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**Aionkwatakari:teke**

Aionkwatakari:teke is a newsletter published six times a year by Communications Services of Kahnawake Shakotii'a'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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**T**ouchy thorny issues. You ever have one of those? More importantly, did you ever want to ignore them or just put on your rose-coloured glasses and imagine the touchy thorny issue away? I think we all have. And who can blame us. If we've been having a great day, a great week, or a great month...why would you willingly get mired in the blech and the blah of an issue you don't want to deal with? I'm not saying it's a good practice nor am I recommending it. In most cases it's better to deal with an issue head on.

In some ways, that's how addiction gains a foothold in our lives. For whatever reason, people are unable to deal with some issues in their lives and they turn to drugs or alcohol to keep from dealing with the issue, to feel numb, or in some cases to experience the temporary euphoric feelings that some drugs or alcohol can cause. That's what this issue is about: addictions. We hope you find these articles interesting. We hope you find useful information and some encouragement, whether it's for you or for someone you know.

We also have an article on Tehontatro:ris. If you're not familiar with it, please check it out. It's the KSCS version of the grand round, a teaching tool used in hospitals. It's a great opportunity to find out information about issues that range from autism to elder issues to traditional practices and it's open to community members!

There's an article on server responsibility training. We have an article from Arnold Lazare about the CP Rail train safety program, and finally, there's an article outlining some Halloween activities

Sken:nen,  
 Marie

*ON THE COVER: The definition of addiction, drug or alcohol, from the World Health Organization. The definition also appears on page seven.*

*Cover design: Marie David.*





## What We Teach Our Children part III

BY TAWNIE MILLER-BUSH, PREVENTION

*In the previous installments of the article, we looked at how we can instill values in our children, including values like honesty, love, respect, humility, and courage. We now run our final installment, picking up with wisdom. We hope you enjoyed this series.*

**Wisdom:** It's said wisdom comes with age but by sharing the importance of values with your children they too will become wise as they mature. Wisdom is using what you have been taught and learned in life to show your children what is right and not "what feels best." There is wisdom in many of our legends. There is a moral to each story meant to teach you something. Take the time to sit down with your children and read them these stories, talk about what it means to them. Just reading it with them will also give you some special bonding time.

**Truth:** Truth is a lot about perception. I see things this way and that is the truth, and you see things that way and that is the truth. We all have different perspectives on things and combined together they give us a full picture. One piece of a puzzle is not enough to know what the whole picture will look like. We need most, if not all, of the pieces. Truth can be taught to be a concrete value when tied with humility, courage, love and

respect. We often hear about the single mom who voices on social media on how her ex-partner is a deadbeat dad who doesn't support his kids. Well that may be the truth but lets re-examine it with

- **Humility:** Yes he doesn't support them but I'm not in his shoes so I can't assume to know his reasons.
- **Courage:** He doesn't support them and until he can I will do what I have to do to make it work.
- **Love:** He can't support them financially right now but that doesn't mean he stopped loving them.
- **Respect:** Just don't post it publicly. It's a private matter and by not sharing or gossiping or calling him down shows others you respect your privacy, your children's privacy (don't forget they are involved in this too) and you respect his privacy.

You can absolutely role model this behavior. Just think about it for a minute; your child is now a teenager and you've just had an argument. He or she stormed out and went to their friends. Within minutes, they've posted on the social networks about what a witch their mother is along with a picture showing them giving the middle finger and you

know that was meant for you. What values is your child using to make these decisions?

You can't enter a car race when it's half over and expect to win. You can't join the swim team without learning to swim. You can't then expect your children to know these values without teaching them at an early age and re-instilling them as they grow and mature.

Babies aren't born knowing these values; they don't know it until you teach it and you can't teach it when the game is almost over. By the time they are teenagers, the game is almost over. They have developed their own values and either adopted what you have taught them or acquired their own.

I'm not suggesting any of this is easy but we have the COURAGE to take on this task because we LOVE our children and RESPECT the values our parents handed down to us. We will be HUMBLE enough to admit our mistakes and have the WISDOM to realize we aren't perfect either. We will tell our children the TRUTH and we will be HONEST with them when admitting our mistakes. These values are intertwined and often you will use more than one value at a time to help make decisions and help guide them to make healthy decisions. (616)

*Source: Morrish, Ronald. Secrets of Discipline. Ontario: Woodstream Publishing, 1997. n.pag. Print.*



# Aiésewatste' ne Kan'nikonhrí:io

## Use a good mind

BY MARY MCCOMBER, PREVENTION

**A**ddictions and substance abuse prevention can be a heavy topic to discuss with youth. However, this discussion needs to happen whether you are a parent, friend, teacher, or community worker. It is important to get educated on the issue in order to provide young people with accurate information.

This past school year, a team of Kahnawà:ke Shakotii'a'takéhnhas Community Services (KSCS) workers visited Kahnawà:ke Survival School to talk about substance abuse and other issues. We met with students and teachers to discuss our Safe Grad promotions as well the dangers of prescription drug abuse.

A 2011 report by the Canadian Centre on Substance Abuse (based on 2007–2008 data) found that “the difference in prevalence of alcohol and cannabis use between those in the early years of high school and those in their senior year. Among Grade 7 students, prevalence of alcohol and drug use is relatively low; however, use increases dramatically by Grade 12. For example, in Grade 7, 3–8 per cent report past-year cannabis use versus 30–50 per cent of their Grade 12 counterparts.” (5).

According to the RCMP, prescription drugs abuse has become a growing concern. Information was brought to the teaching staff and students regarding the dangers of prescription drug abuse like OxyContin.

The following points are made during the sessions regarding the effects or dangers of drug abuse:

- Prescription drugs can be dangerous and even lethal.
- Use prescription drugs only as prescribed by your doctor.
- Don't share your medications, it's dangerous and a crime.
- Keep medicine safely stored and bring unused/expired meds to the pharmacy for disposal.
- OxyContin can be dangerously addictive.
- Frequent and repeated use of the drug can cause the user to develop a tolerance to its effects, so larger doses are required to elicit the desired sensation and the abuser gets increasingly addicted to the drug.
- When combined with alcohol, the side effects are intensified. Overdose is more likely.
- Health risks e.g. addiction, withdrawal, and overdose.
- Cannabis is classified as a hallucinogen and a depressant.
- Concentration is impaired.
- Cannabis can cause drug induced psychosis that may last days or weeks with hallucinations, delusions, memory loss and confusion.
- Withdrawal from cannabis can include fearfulness, anxiety, panic, terror and paranoia.
- The effects of drugs/alcohol vary depending on how you are feeling emotionally at the time.

An important theme during Safe Grad season is the responsibility of parents and caregivers in keeping the youth safe. We focus on the potential consequences of underage drinking and offer safety tips for the youth to keep in mind while partying.

Here are some tips that may be used in your discussions with youth:

#### Partying

- Make sure you are with friends.
- Always tell each other what you are doing.
- Know the effects of drugs and be informed.
- Mixing drugs can produce negative reactions.
- Drugs impair your ability to drive just like alcohol.
- Injecting drugs is dangerous.
- As a party host, you are responsible for your guests while they are at your house and after they leave.
- There are serious consequences to serving alcohol to minors, even if adults are on the premises. Parents/guardians can be charged with contributing to the delinquency of a minor. These charges can result in going to court, paying a fine and/or doing jail time.
- Home owners can be held liable

for any harm/damage that may occur on site and even when their guests leave the party.

- The Peacekeepers and Social Services may be called if a minor throws a party where minors are drinking alcohol or taking drugs.
- Always use a designated driver or call a taxi if you have been drinking (adults are encouraged to make a contract with their youth during grad season).
- It's okay to not use drugs or alcohol.

An interesting site for parents and educators is the Canadian Centre on Substance Abuse at [www.ccsa.ca](http://www.ccsa.ca). For more information contact Mary McComber at 450-632-6880.

#### Source:

*Canadian Centre on Substance Abuse. Cross-Canada Report on Student Alcohol and Drug Use (Technical Report). Ottawa. CCSA, 2011. PDF*

*Canada. Royal Canadian Mounted Police. Keep Medication out of the Wrong Hands with National Prescription Drug Drop-Off Day May 11<sup>th</sup>. Ottawa. RCMP; nd. Web. 19 Aug. 2013.*

## Violence Prevention Month Recap



BY CHERYL LAHACHE,  
PREVENTION

For the 'Year of the Family' theme within the Violence Prevention Month Campaign, Kahnawà:ke Shakotiià'takéhnhas Community Services (KSCS) Prevention Services organized two radio talk shows on healthy relationships on July 9<sup>th</sup> and 23<sup>rd</sup>, 2013.

KSCS Prevention workers Mary McComber and Stephanie Horne were joined by Wahón:nise tho Niihtón:ne Project Coordinator Kaylia Marquis and Kahente Horne-Miller, a First Nations studies university instructor. Their discussions provided awareness and information on parenting issues, attachment theory, the Kanien'kehá:ka perspective and principles, and the roles of women, men, family, and the community in developing and maintaining healthy relationships.

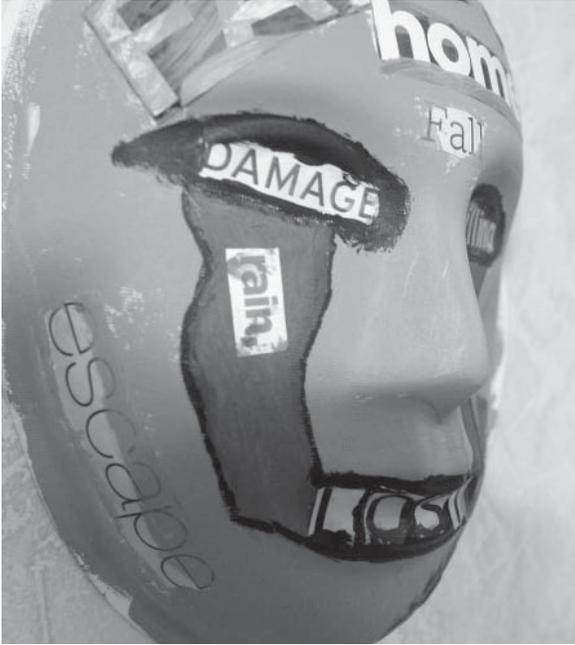
Our second promotional activity was a research summary presentation on "Domestic Violence Against Aboriginal Women in Quebec: Overview and Services" given by Geneviève Sioui from the Université de Montréal. The goal of the research was to increase the understanding of domestic violence experienced by Indigenous women in Quebec and to encourage Indigenous communities to use the results to enhance each particular community's needs and services.

Continued on page 10



## PTSD & Addiction: The Link

BY TYSON PHILLIPS, COMMUNICATIONS



A mask painted by USMC Cpl. Andrew Johnston, during art therapy to relieve PTSD symptoms. Source: Wikimedia Commons.

We all experience stress in our lives. Stress can take various forms, such as dealing with a busy work and home schedule, or dealing with work or assignment deadlines, making sure dinner is cooked, your children have completed their homework and getting them to hockey practice.

It is hard to determine a definition of stress as we all have different types of stress. We unwind from the stress by relaxing, reading, working out at the gym, doing yoga, socializing, etc.

Add post traumatic stress disorder (PTSD) to the stress mix; however, and many individuals may deal with their

stress by drinking and/or using drugs. PTSD, like other psychiatric disorders, is a known risk factor for substance abuse and addiction.

What is PTSD? According to the National Institute on Drug Abuse in the United States and the *Diagnostic And Statistical Manual of Mental Disorders Fifth Edition* from the American Psychiatric Association, PTSD can occur after a person experiences a very traumatic event, including a natural disaster, a serious accident, a crisis such as 9/11, military combat, and physical/sexual abuse.

KSCS's Support Services Clinical Supervisor, Jaime Samayoa, elaborated on the clinical definition of PTSD. "The person suffers from severe levels of stress that is beyond the norm of everyday stress. PTSD is a recognizable mental health disorder and the symptoms can vary from individual to individual," he explained. "Such symptoms can include re-experiencing the trauma through flashbacks, emotional numbness, avoidance of people, places and things and thoughts connected with the traumatic event, hyper arousal, which may involve sleeping difficulties, exaggerated startle response, and hyper vigilance."

According to Jamie, scientific research has long recognized the strong correlation between PTSD substance abuse. "Often, the person with PTSD has a difficult time facing their demons, and would avoid talking about issues that might trigger memories of stressful events," he said. "When cases go undiagnosed and untreated the person suffers for years. Typically, people who struggle with PTSD would self-medicate by abusing alcohol and/or illegal drugs to cope with their trauma."

Correct diagnosis is critical to ensure appropriate treatment. A comprehensive assessment from a qualified mental health professional would help identify whether a person suffers from PTSD, a substance abuse problem, or both. Once the individual has been properly diagnosed, he will receive the professional help to deal with the PTSD and addiction.

There are different therapeutic approaches available to help people suffering with PTSD deal with their disorders, such as psycho-social therapy, cognitive behaviour therapy, relaxation techniques, and medication.

If you believe you or someone you know is suffering from an addiction and PTSD, do not hesitate to consult with your family doctor and/or contact KSCS at 450-632-6880 for the appropriate support and services.



# Talking With Your Teens About Drugs

BY CHRISTINE TAYLOR, PROMOTION & EDUCATION

**I**llegal drug use is a problem that has been around for a long time. Some things are the same from when we were teens and some things are different.

The fact of the matter is that drugs and their consequences are far reaching, they touch us all. No matter what your family background is, the risk of drugs is a risk to all youth and their future.

Adolescence is a time when our children struggle with their sense of self and their place in the world. They are faced with social pressures and influences that are powerful and complex. Many parents find it difficult to talk with their teenager about illegal drugs and as the teens grow up and seek independence, parents feel like they have less and less influence.

Parents sometimes don't realize that they have a lot of influence on their teenager's behaviours. They are often surprised to learn that 87 per cent of teenagers think that their parents are credible sources of information about drugs. Parents make a big difference.

So it's good to learn as much as possible about these things, so you can better discuss with your teen. Your teen will be better able to resist drugs and alcohol and parents will better guide their teen when they become exposed to illegal drugs.

As parents, it's also important to be responsible adults and recognise that our behaviours affect how our children deal with illegal drugs and alcohol abuse. How do we use drugs, legal and illegal? How do we cope with life's challenges? We know we're not perfect but we need to be aware of what we are showing our children. The old adage "do as I say, not as I do" isn't enough. We influence more than we know and we should try and model to our children healthier lifestyles as well.

## Did you know?

Teenagers who feel connected to their families are more likely to avoid the dangers of using drugs. As a key influencer, you are also a key example. Your behaviour should be in line with the positions that you established for your teens. Your actions speak louder than words, so be mindful.

Drug use among teenagers may be influenced by peer pressure. For most young people, acceptance and integration are a priority. Not every teen has the skills to resist peer pressure. Young people who are confident about themselves are more likely to refuse or resist drug use. As a parent, you can help build that confidence. You can give your teen

responsibilities that they can accomplish successfully.

## Drug help and referral:

- Toll-free from anywhere in Quebec: 1-800-265-2626
- Montreal: 514-527-2626
- Kahnawake: KSCS 450-632-6880
- Peacekeepers 450-632-6505

*Source: Canada. Health Canada. Talking with Your Teen About Drugs: Communication Tips for Parents. Ottawa: HC, 2010.*

## Definition of Addiction—Drug or Alcohol

Repeated use of a psychoactive substance or substances, to the extent that the user

- is periodically or chronically intoxicated
- shows a compulsion to take the preferred substance (or substances)
- has great difficulty in voluntarily ceasing or modifying substance use
- exhibits determination to obtain psychoactive substances by almost any means

*World Health Organization*

# Halloween Activities 2013

BY MARIE DAVID

## The Rocky Horror Picture Show Halloween Ball

It's the only event in Montreal featuring the original film on the big screen, with live actors to help keep things really weird.

- **When:** Thursday, October 31, Friday, November 1, Saturday, November 2 at 8:00 P.M. and 11:00 P.M.
- **Where:** Imperial Cinema, 1430 Bleury, Metro Place des Arts.
- **Cost:** \$17.95 in advance, \$19.95 at the door. Taxes and service charges extra. Student discounts: \$5 off admission on October 31 only. Maximum two tickets per student.

[www.rockyhorrorontreal.com](http://www.rockyhorrorontreal.com)

## Ghost Walk

Follow your guides as they take you on a ghost walk. Along the way, learn about some of Montreal's ghost legends and stories and discover the secrets that reside in Old Montreal's streets and lanes.

- **When:** Saturday(s) October, 5, 12, and 19, departures: 8:30 P.M. Length: approximately 90 minutes.
- **Cost:** \$22 / adult, \$18.50 / student (ID required), \$14.50

/ youth (12-17 years)

[www.fantommontreal.com/en/](http://www.fantommontreal.com/en/)

## Fright Fest La Ronde

La Ronde brings back the ever-popular Haunted House to scare visitors out of their wits! Recommended for ages 13 and up.

- **When:** October 5 to October 27, 2013.
- **Cost:** \$49.99, \$33.99 for juniors under 54" tall and seniors ages 60 and over, free for ages 2 and under. Save on admission if tickets are purchased online.

<http://frightfest.sixflags.com/laronde/>

## Montreal Zombie Walk

Be a zombie for the day. Search for brains through the streets of Montreal. It's all the rage!

- **When:** October 19, 2013.
- **Where:** get the route details on their website.
- **Cost:** free.

<http://montrealzombiewalk.com/en/>

## Maze Craze at Mc Maze

Ready for a Halloween road trip? Here a-maze, there a-maze, every where's a-maze-ing! Take your pick: the night maze, the haunted maze, the haunted barn, a haunted bush walk, and more. There's over 3 km of haunted trails,

pumpkin picking, pumpkin fudge and more!

- **When:** through October 31st, 2013.
- **Where:** In St. Andrews, Ontario.
- **Cost:** \$12 to \$15.

[www.mcmaze.ca/](http://www.mcmaze.ca/)

Keep in mind the **Kahnawake Youth Center's** annual haunted house here in Kahnawake. Call them at 450-632-6601 for more info.

Source: [http://montreal.about.com/od/attractionsbyholiday/a/halloween\\_event.htm](http://montreal.about.com/od/attractionsbyholiday/a/halloween_event.htm)



# Server Responsibility Training

BY CHRISTINE TAYLOR, PROMOTION & EDUCATION

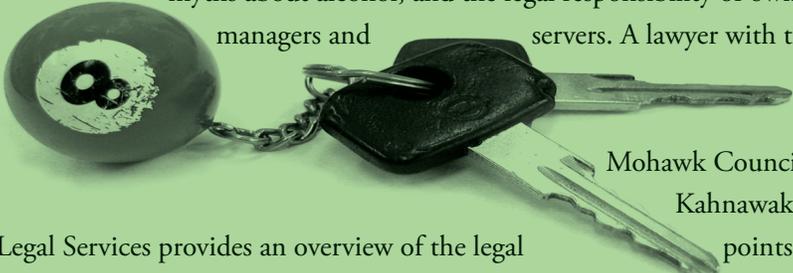
Server Responsibility Training is a 3-hour course that KSCS offers to permit holding establishments that sell and serve alcohol in our community.

We have been offering this course since 2000, and have trained hundreds of participants in prevention and intervention strategies to avoid problems when selling and serving alcohol.

In the late 1990s, KSCS was asked to look into doing training in this area. Following research, we discovered that no English training in Quebec was available at that time.

In Ontario, all staff that work in the hospitality industry—from retail to service at establishments that sell or serve alcohol—are required to get certification in Server Training in order to get employment in the industry.

Server Responsibility Training was developed based on the Ontario “Smart Serve” program with some changes that reflect our community and the laws that govern alcohol. Along with prevention and intervention techniques, general information is given about how alcohol affects the body, myths about alcohol, and the legal responsibility of owners, managers and servers. A lawyer with the



Mohawk Council of Kahnawake Legal Services provides an overview of the legal points and a Satatenikonrarak worker from KSCS discusses how a woman can be supported in not drinking while pregnant.

We schedule two trainings a year, in May and November, when establishments are more likely to be hiring new staff. The Kahnawake Alcoholic Beverages Control Board strongly recommends that all servers in Kahnawake be certified.

The next training will be on Wednesday, November 13<sup>th</sup> from 6:30–9:30 P.M. in the Ohkwari room at KSCS. If you would like to register, please call Christine Taylor at 450-632-6880 Monday to Friday from 8:00 A.M. to 4:00 P.M.

## To Know More...

Skawennio Tsi Iewennahnotahkhwa Kahnawake Library recommends the following books if you would like to know more about some of the issues covered in this edition of the newsletter.

*Severe, Sal. How to Behave So Your Children Will, Too! Penguin, 2003. Print.*

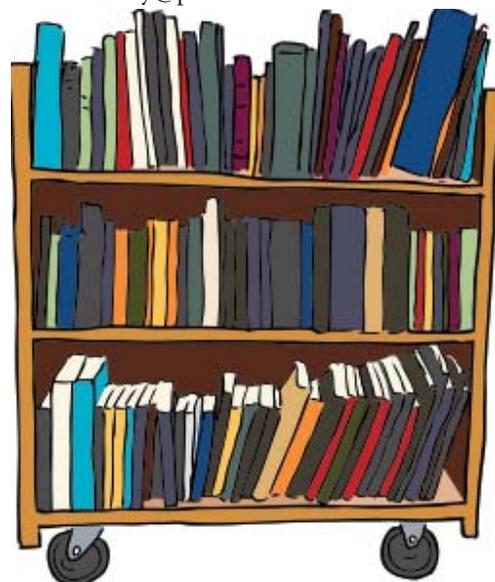
*Dyer, Wayne W. Change your thoughts-change your life: living with the wisdom of Tao. Hay House, 2007. Print.*

*Doyle III, Bruce I. Before you think another thought: an illustrated guide to understanding how your thoughts and beliefs create your life. Hampton Roads Publishing, 1997. Print.*

*Herman, Judith L. Trauma and Recovery: The Aftermath of Violence - From Domestic Abuse to Political Terror. Basic Books, 1997. Print.*

*Schneebeli-Morrell, Deborah. Pumpkin Carving Book. Lorenze Books, 1996. Print.*

Skawennio Tsi Iewennahnotahkhwa Kahnawake Library. can be reached by calling 450-633-1016 or by email at [kahnawakelibrary@paulcomm.ca](mailto:kahnawakelibrary@paulcomm.ca)





# Promoting a Love of Reading

BY WENDY SKYE-DELARONDE, N.,BA. COMMUNITY NURSING

**K**ateri Memorial Hospital Center launched a new project in the Well-Baby Clinic this past June. The Literacy Project promotes reading to your child at an early age. Parents with children aged six months to age five are given a book by the nurse at every well-child visit. Parents are also given information on the importance of reading to their child and how to go about reading to them at different ages.

You might ask why you should read to babies and young children since they cannot yet read for themselves. While doing research for this program, I learned that there are many important reasons parents should be reading to their child.

## Reading

- helps the baby learn to listen and improves memory. Reading stimulates brain and language development by introducing the idea of pictures, shapes and words that tell a story.
- promotes the development of early literacy skills including book orientation, story sequence, listening ability, attention span, page turning and print recognition.
- connects books with the joy of being held and hearing your voice.
- brings in new words and ideas. Studies have shown that you can

increase your child's vocabulary and grammar when you talk while looking at a book with your child (for children ages 2-6 years).

- promotes language development.
- promotes and is part of a healthy lifestyle

Statistics show that there are over 9 million people in Canada who can't read or have only adequate reading skills. When they cannot read they may not be able to get a job, read safety signs or prescriptions, etc. They can suffer low-self-esteem.

This is especially true for children when they reach a certain grade and cannot read. They end up not feeling good about themselves and may go on to drop out in high school.

Parents are their child's first teacher and they can make a big difference by reading to their children for a few minutes at least 4-5 times a week at bedtime. It is also a good idea to carry books wherever you go so you can read to your child whenever there is a free moment.

A love of books can develop when children associate reading with the cozy comfort of their parent's attention and warm laps. We hope you will foster a love of reading in your child.

The Literacy Project was funded by the Caisse Populaire Kahnawake Community Development Fund.

Continued from page 5

The grand finale of events was the Movie in the Park featuring the lacrosse themed flick "Crooked Arrows." There were 123 registered attendees. It was a perfect night-time activity that incorporated Kanien'kehá:ka culture, family bonding, and fun. KSCS provided complimentary hotdogs, popcorn and prizes, and the Young Adults Program offered snow cones for everyone who attended. This activity was such a success that we will be reviewing it as another possible event for next summer.

## Faceless Dolls Project

Although we wrapped up July's Violence Prevention Month Campaign, violence prevention is an on-going process with continual planning such as the possible upcoming Faceless Dolls Project campaign. The travelling art exhibit features faceless felt dolls that represent the more than 600 missing and murdered First Nations, Métis, and Inuit woman in Canada. This event is sponsored by the Native Women's Association of Canada.

For more information on upcoming events contact Mary McComber at 450-632-6880, ext.153.

# Train Safety & You

BY ARNOLD LAZARE, COMMUNITY PROTECTION UNIT

**T**rain safety has occupied the minds of many lately, creating an opportune time for the Community Protection Unit to re-introduce the rail safety program.

A few years ago, Canadian Pacific had their OPERATION LIFESAVER program translated into Kanien'kéha. The three main ideas were "Look, Listen and Live." The result was the KAIO'TATIE AIETIOHNHEKE program that advocates SATKAHTHO, SATAHONHSATAT, SOHNHEK. This program will be presented in the schools but here is a quick summary.

## Operation Lifesaver

Every year in Canada, approximately 300 collisions and trespassing incidents occur at railway crossings and along railway tracks, resulting in the death or serious injury of nearly 130 people. Virtually all of these incidents could be avoided. Statistics show Operation Lifesaver education works!

Freight trains travel up to 105 kilometres an hour (km-h) and can take up to two minutes to come to a complete stop; the average 150-car freight train traveling at 100 km-h needs about 2,500 meters to stop. An automobile traveling at 90 km-h requires about 60 meters to stop. Trains can't stop as quickly as automobiles can.

Teach children

- to find safe, supervised and open areas to have fun e.g., neighborhood parks. Playing games around railway tracks and bridges is dangerous.
- to use only designated railway crossings to cross railway tracks.
- to stop, look, and listen before crossing railway tracks if they must cross railways, e.g., on their way to and from school.
- that it is against the law to trespass on railway property. Walking or playing on train tracks is dangerous and illegal.

Here are some rules to help you stay safe near a railway:

- Listen for warning bells and/or whistles of an approaching train. Turn off or turn down, fans, heaters, music/radios. Do not use a cell phone while driving. Ask children to be quiet until the crossing is safely crossed. Opening the window helps you hear.
- Obey all signs and signals. Never attempt to drive under a gate as it is closing or around a closed gate. If the gate begins to close, keep moving until you clear the crossing.

- Never race a train to a crossing.
- Obey the directions of a police officer or train crew member if they are directing traffic at a crossing.
- Drive across the tracks in low gear. Do not attempt to change gears while crossing.
- Get out of your car if it stalls on the tracks. Move away from the vehicle and tracks to avoid being hit by debris.
- Do not attempt to cross the track if your view is obstructed for 300 meters until you are certain that no train is approaching.
- Keep moving once you start to cross the track in your vehicle.
- Be alert when driving at night or in bad weather. Slow down and be prepared to stop.
- Do not use railway tracks as a shortcut. The only safe way to cross railway tracks is at designated crossings.

For more information, check out the Canadian Pacific website page on safety or call the Community Protection Unit at 450-632-0635.

*Arnold Lazore is the Associate Director of the Community Protection Unit.*

## The Back Page....

*"When you can stop, you don't want to and when you want to stop, you can't."*

*- Luke Davies, Australian author*



## Tehontató:ris

### They are Telling and Sharing with Each Other

BY CHRISTINE TAYLOR, PROMOTION & EDUCATION

Grand rounds are an important teaching tool often used at teaching hospitals or other health care facilities as a way of sharing information among health professionals.

Tehontató:ris is our version of the grand rounds that takes place on the last Thursday of every month from 10:30 to noon, except for the summer months and December. We schedule presenters to come in and share their information to our staff, partners and community.

Over the past two years, we've hosted presenters from the Alzheimer's Society, Dr. Clown, the Douglas Institute, Step by Step, and the Applied Learning Center, just to name a few.

The ideas for future speakers come from suggestions we receive from evaluations. We are mindful of booking clinicians that serve the population of Kahnawake.

The sessions are opportunities to share information on research, signs and symptoms, resources, outcomes, and program availability to our front line workers as well as to the community.

Upcoming presentations include:

- **November 28:** To be determined.
- **January 30:** Dr. Loraine Mazzella "Coping Strategies for caregivers and family members of dementia patients" or on "Healthy Bones"

We are also looking to expand our networks and are working on several topics that have been suggested, including:

- traditional approaches to healing
- alternative therapies
- specific mental and physical illness

If you know of a clinician or person that can or would like to share information with our community, contact Chad Diabo or Christine Taylor at KSCS, 450-638-6880.



### October

Autism Awareness Month

Breast Cancer Awareness Month

Learning Disabilities Awareness Month

6-12 Mental Illness Awareness Wk.

6-12 Natl. Breastfeeding Wk.

6-12 Fire Prevention Week

14-21 ADHD Awareness Wk.

10 World Mental Health Day

14 Thanksgiving (KSCS closed)

31 Halloween

### November

Spirit of Wellness Month

November

Diabetes Month

6-12 Natl. Seniors Safety Week

18-24 Natl. Addictions Awareness Week

24-30 Natl. Home Fires Safety Week

3 Daylight Savings Ends

11 Remembrance Day

14 World Diabetes 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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