



Aionkwatakari:teke

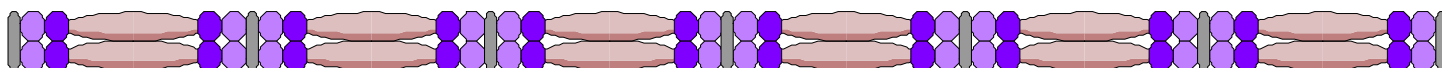
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"For us to be healthy"

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Kahnawake's Only Health and Wellness Newsletter

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Aionkwatakari:teke

Aionkwatakari:teke is a newsletter published six times a year by Communications Services of Kahnawà:ke Shakotia'takehnhas Community Services (KSCS). Our purpose is to provide information on health and wellness issues that affect Kahnawà'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



I'M STRUGGLING WITH WORDS. I usually try to put a positive spin on things as we head into a new year; new beginnings, a fresh start and all that. But, for me at least, and many others I expect, the results of the US election have thrown things into disarray, to say the least. We are in uncharted territory with a vitriolic, reactionary, ex-reality-TV-show-star demagogue as the next president of the US. Big deal, some might say. Well, it really, kinda is a big deal.

Trump has made a number of disturbing and ill-informed statements on issues of race, the economy, and climate change. Time will tell the effect a Trump presidency has on the environment, on climate change, and, by extension, Indigenous people in the US. People like those protecting and protesting at the Standing Rock Sioux territory in North Dakota (Kahnawà:ke has sent support and, as of this writing, community members have set up a camp at the foot of the Mercier bridge in support). The Standing Rock Sioux have been fighting the Dakota Access Pipeline route – originally slated to go through the non-Indigenous city of Bismarck – and have faced violence and intimidation from pipeline workers, police and National Guard. Trump, who has a stake in the company behind the pipeline, has expressed support for pipelines, fracking, and the coal industry during the election campaign. It's not hard to see the writing on the wall. It is disconcerting and disappointing to see 30 years of movement on climate change in peril because of a man who believes climate change is a Chinese government conspiracy.

So where does that leave us? It leaves us worried. But determined. There is nowhere else for us to go. Turtle Island is our homeland. We don't give up. We don't give in.

"Every human being is a raindrop. And when enough of the raindrops become clear and coherent, then they become the power of the storm."

- John Trudell, Indigenous activist

Sken:nen tanon tekonnnonhwerá:tons ne Ohserá:se!

Cover photo by Christine Taylor. Cover Design by Marie David.

Holly, mittens, and gift boxes designed by Freepik.com. Back elements: designed by Nadezhda_grapes -Freepik.com.





Holidays & Family Time

BY STEPHANIE HORNE, PREVENTION



DOES IT EVER FEEL like the kids start their December vacation only to find that it is already time to start back to school? Here are some ideas to balance the time spent together making family memories and enjoying the Christmas vacation.

Have a family meeting and decide what everyone wants to do during their time off. Go online and see what is happening on the Kahnawà:ke Community Calendar, the Montreal Blog, and Montreal Families websites, etc. and get an idea of what is going to cost money and what is free.

Gather the activities and write them on a piece of paper. Place the choices in a jar and select one at random during the holiday season.

- It may be fun to use post it notes and create a family calendar itinerary.
- Hint — a great gift from family would be movie passes, and tickets to the theater, concerts or museums.
- Remember to do some physical activity — there are a number of indoor and outdoor options such as swimming, skating, skiing or sledding, etc.
- With everyone home, it is a great time to pull out those board games — they encourage some great skill and fun!
- Invite friends and family over and have an easy pizza party with English muffins and a variety of toppings to choose from. Everyone will enjoy sharing each other's creations.
- As modern families, we have access to Pinterest, Netflix and the Internet – which can provide wonderful opportunities to sit together as a family and laugh and enjoy each other's company.
- Each family is unique and will have their own preferences for family fun!

ALTRUISTIC ACTIVITIES – INVOLVING THE WHOLE FAMILY

The holiday time is a wonderful opportunity to teach your kids the value of charity and giving back. There are many places and fund-raising initiatives that could use the extra financial help during the winter months.

Other ideas could be to make a special meal and bring it to an elderly neighbor or single parent. Go on a family shopping trip to purchase and donate goods to the Kateri Food Basket. Or go through your gently used household items toys and clothing and donate them to a local charity.

If you have any ideas to share with our families in Kahnawà:ke not brought up in this article, please give us a call at the Family and Wellness Center at 450-638-0408.

Websites mentioned:

Kahnawà:ke Community Calendar @ <http://kahnawakecalendar.com/>

Montreal Blog @ www.mtlblog.com/

Montreal Families @ www.montrealfamilies.ca/



Addictions: A Health Issue

Not a Mental Health Issue

BY JESSICA OESTERREICH, PREVENTION

WE HAVE ALL EXPERIENCED illness at several points in our lives. We become familiar with illness early in our lives when we contract the common cold, a gastro-intestinal bug, or the flu. For most of us, age brings more serious illnesses and injuries, some of which can last a lifetime, like diabetes or herniated discs.

These illnesses affect how we operate in our everyday life, but we learn to adapt and continue on. Some of us face illnesses, like cancer, that make us fight for our lives – or the lives of our loved ones. In these cases, everyday life is drastically altered so that we can dedicate ourselves to overcoming the challenges that will come our way in order to keep living.

Although all of these examples vary greatly in severity, what they have in common is that they are treatable. There is hope that the person with any of these illnesses will resume living their lives again. It may not be the same life they once enjoyed, but it will be a life that is theirs to pursue and engage in.

Our mental health, like our physical health can be altered as a result of various causes such as; genetics, injury (ex: a car crash, stroke), biological (ex: infection), the result of emotional trauma (ex: physical or sexual abuse, disruption in our lives), a series of stressful events, or addiction. Like a physical

illness, a decrease in our mental health has noticeable symptoms. Changes in; personality, sleep pattern, appetite, and behaviour can be symptoms of a disruption in mental health. There can be a sudden onset of symptoms, or a gradual increase over time.

Addiction is recognized as a mental health issue; the topic occupies a chapter of the Diagnostic and Statistical Manual of Mental Disorders. But the regular, everyday person often still thinks of addiction as a personality flaw, that the person who lives with an addiction has poor willpower, low motivation, or is too selfish to stop abusing the substance that has taken over their lives.

Although the addicted person may have intentionally experimented with a substance, using it recreationally or socially, it's key to remember that they never planned on becoming addicted. Addiction means that their ability to stop using or their ability to choose when they use a substance, is gone.

We are all at risk of experiencing an addiction or mental health issue. Some people's risk may be higher due to genetics or lifestyle. Just like any physical illness or injury, there is treatment for addictions and other disruptions in mental health. We would never deny treatment or education to someone

living with diabetes or cancer, the same applies to someone who has an addiction or mental illness.

Treatment can help return a person's life to them. It may not be the same life they once enjoyed, but it will be a life that is theirs to pursue and engage in. If you need assistance in getting your life back on track, you can contact KSCS at 450-632-6880.



Family Resiliency

BY ERIN MONTOUR, PREVENTION

ALL FAMILIES HAVE HEALTHY and unhealthy behaviors. Families face challenges that can either strengthen or weaken them. With resiliency, in the face of life challenges and changes, families work through these difficulties together and come out stronger and healthier.

Families that maintain a resiliency approach are better able to adjust to life's daily stressors. Family resiliency can be defined as the family's ability to face an obstacle and emerge stronger and more resourceful and confident.

Resiliency is the belief that individuals and families can adapt to complex life situations through developed strengths, skills, abilities, and resources. Family resiliency fosters healing, problem solving and growth (Family Resilience, 2011). There are three main processes to strengthening family resiliency:

- **Family belief systems.** Refers to socially constructed beliefs and shared meaning that are learned cultural rituals, interactions with family and other influences such as friends and peers. Our whole identity of who we are and how we navigate through perceived threats, daily challenges and traumatic events are rooted in past experiences and overall beliefs. Thinking, feeling and acting based on failures can reinforce self-doubt and learned helplessness. Through encouragement and support, families can build upon existing skills and enhance their problem solving abilities that can result in a healthier outlook on life and better adaptation to perceived threats (Ibid).
- **Family organizational patterns:** Transitions at different life stages such as the birth of a child, divorce and death can be stressors that can impact positively or negatively on family coping skills. With mutual support, encouragement and assurance, each family member is able to understand the perceived threats and adapt to them successfully. Age-appropriate learning opportunities for children and conversations on healthy responses to life's obstacles should be openly discussed in a way that is nurturing and assists in learning opportunities and aids healing for family members (Ibid).

- **Communication/problem solving process:** The three main processes to foster family resiliency are clarity, open emotional expression, and collaborative problem solving. Within each family unit, it's essential to have honest and open communication. This kind of healthy communication enhances relationships and promotes a shared understanding of current and future conflicts, crises or expectations. Fostering an environment that encourages discussion of problems, issues and hardships in a collective manner among family members promotes a sense of belonging and mastery of skills to tackle new challenges and problem solving. Discussing events and issues allows children and their parents to tackle new challenges both as a learning and adaptation process (Ibid).

There are certain social and psychological factors that are present in healthy families such as commitment, appreciation, communication, shared values and coping skills, and time spent together.

Families that engage in healthy responses to stress or hardships while anticipating and preparing for future situations improves a family's self-help capacity (Ibid).

If you would like more information on family resilience please check out the website below, or contact KSCS at 450-632-6880 for information on the programs and services that can be provided to you and your family.

"Family Resilience." Research Bytes 3 (2011): n. pag. Centre for Child Well-Being. Mount Royal University, 2011. Web. 8 Nov. 2016.



Men's Wellness & Fitness

BY ALEX M. MCCOMBER WITH CONTRIBUTIONS FROM TREENA DELORMIER, JUDI JACOBS, AND AMELIA MCGREGOR



KSDPP's men's fitness activity Get Fit for Men. Photo courtesy of Alex McComber

I REMEMBER A STORY from a couple years ago of two older men, both very obese but who had made the decision to start walking to reduce their weight and feel better about themselves. But they stopped when their male friends made fun of them for walking. They felt discouraged. Over the years, I have heard women at diabetes prevention workshops comment many times, "Our men take better care of their cars than themselves." So what gives? Why aren't men taking care of themselves and their health? What has happened to men's responsibilities?

To understand this phenomenon, let's consider the painful history of colonization and assimilation our peoples have endured. The traditional roles of men as providers, protectors, and nurturers have been largely undermined by British, Canadian and American colonizing actions intended to crush the culture and spirit of the people; the loss of language, culture, land and spiritual connection with the imposition of the Indian Act and Christianity has had devastating effects.

From Rotinonhsión:ni and Kanien'kehá:ka perspectives, we understand that mental and physical health are intimately interconnected. We know the relations between mental

health and chronic physical conditions significantly impact people's quality of life, and the disconnection of these two have resulted in many negative consequences in society and placed huge demands on health care.

The World Health Organization defines health as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."¹ There is no physical health without mental health.

We need healthy fathers, uncles, brothers and grandfathers as role models. Yet anecdotal evidence suggests that men in our community are getting less healthy. Men do not live as long as women (130 men compared to 325

women over 80 years of age in 2010)². There are increasing numbers of men who are being diagnosed with diabetes and other chronic disease at younger ages. Men are less likely to go to the doctor for an annual check-up or when they are feeling unwell.

In Canada, research has focused limited attention on men's personal health and social support needs. Indigenous men's health has been almost completely ignored. The results are documented in the rates of Indigenous men expressing disproportionately higher rates of suicide, incarceration and chronic illness including diabetes; generally a wide-range of mental health issues and poor education rates.

An article from the American Diabetes Association of June 2014 stated "Historically, men have not been as comfortable as women when it comes to discussing issues about their health, particularly conditions like diabetes, depression or sexual dysfunction. This has resulted in shorter and less healthy lives for men ... compared to women. Experts have

1 <http://who.int/about/definition/en/print.html>

2 Kahnawake Community Health Plan: Health Transferred Programs 2012-2022, Jacobs B, Onkwata'karitahshera (2011)

concluded that the main reason men don't talk about or take better care of their health is fear of receiving bad news... because they don't want to show vulnerability"³.

Improved self-esteem is a key psychological benefit of regular physical activity. Physical activity releases endorphins in the body. These hormones, or body chemicals, interact with the brain receptors that reduce the perception of pain. The euphoria, that intense feeling of happiness and well being that follows a run or workout can be accompanied by a positive and energizing outlook on life. Regular exercise has been proven to reduce stress, ward off anxiety and feeling of depression, boost self-esteem and improve sleep⁴.

Men need to be engaged in the dialogue on these topics to give better understanding of the mind-body-spirit connection and the importance to include physical activity in their lives. The challenge remains to get healthy lifestyle information to men, and more importantly to get them to act upon it. Understanding the barriers to personal health and lifestyles that create and nurture environments that support health and wellness for the people, especially children and grandchildren, is vital for men to reclaim their health.

The Kahnawà:ke Schools Diabetes Prevention Project goal is to prevent type-2 diabetes in our children and youth by promoting daily physical activity and healthy eating while strengthening a positive attitude. To support male role models, KSDPP offers Get Fit for Men — now running for over six years with positive responses from the core group of men who have participated — with agreement that as tough as it can be, it is personally rewarding on all levels.



Kahnawà:ke men get a workout at KSDPP's fitness class. Photo courtesy of Alex McComber

Starting in January 2017, KSDPP will be facilitating a men's diabetes support group. The intention is to create a positive safe place for men to learn about aspects of health and more importantly, to be free to talk about the things that support them and hold them back from being healthy.

Lastly, a reminder to look around Kahnawà:ke and see there are many males — younger and older, who live healthy lifestyles, have high self-esteem and a positive identity, and are grounded in culture and personal roles and responsibilities. They show themselves to be healthy role models to their children, grandchildren and the people in their circles by walking their journey with good personal understanding of their own mental wellness and health.

³ <http://www.diabetes.org/living-with-diabetes/treatment-and-care/men/>

⁴ <http://www.webmd.com/depression/guide/exercise-depression#1>



Beyond the Baby Blues

Post-partum Depression

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

FOR EVERY WOMAN, having a baby is a challenging time, both physically and emotionally. It is natural for many new mothers to have mood swings after delivery, feeling joyful one minute and depressed the next. These feelings are sometimes known as the “baby blues” and often go away within 10 days of delivery. However, some women may experience a deep and ongoing depression which lasts much longer. This is called post-partum depression.

Post-partum depression can occur at any time from delivery to 12 months after the birth of the baby. It can also start during pregnancy. It occurs with 3 per cent to 20 per cent of births. It can affect anyone regardless of income, education level, etc.

Fathers can also suffer from post-partum depression as well as parents who adopt, though predominately it is mothers.

Post-partum depression is caused by many different factors such as: hormonal changes, partner conflict, lack of financial and or social support, health problems with the baby, previous history of depression and or anxiety, life experiences and environmental stresses, etc.

Signs and symptoms of post-partum depression include feelings of being overwhelmed, guilt, sadness, anxiousness, irritability, fatigue, tearfulness, etc. Physical symptoms could possibly include headaches, loss of appetite, inability to sleep even when the baby goes to sleep, etc. In addition a woman may regard her child with disinterest and not be able to enjoy the baby.



If a woman has the above feelings she can contact her doctor or the nurses in the Well Baby Clinic at KMHC who all have been trained to screen for post-partum depression. She can also contact KSCS for support services.

In an emergency where a mom has thoughts of hurting herself and her child (this is very rare) she can call the Peacekeepers, who will contact the on-call social worker. It is important to note that a mom who feels this way will not be judged as the feelings she has are beyond her control and she will not always feel this way. Help is out there.

Support and care for post-partum depression include: counselling services, medication (in some cases)

and other support services.

A mom suffering from post-partum can also do some things on her own such as: enlisting the support of family members and friends who she trusts, exercising, spending time on activities, etc.

Post-partum depression happens through no one's fault as there are a number of factors that can cause this. The good news is that help is only a phone call away. Moms can recover and enjoy their family with proper care and support.

For more information contact the Well Baby Clinic nurses at Kateri Memorial Hospital at 450-638-3930.

Image: Designed by Peoplecreations / Freepik.

Holiday Eating

BY ANNI BEDROSSIAN, REGISTERED HOLISTIC NUTRITIONIST, SPECIAL FOR AIONKWATAKARI:TEKE

AS MUCH AS WE THINK of the holidays as a time for family, shopping, gift-wrapping, and decorating, this time of year has also become synonymous with over-eating, over-drinking and over-indulging. 'Tis the season of one-too-many-drinks, one-too-many-cookies and by the end of it, one-too-many-pounds.

We've all been there: eating till we're overfull only to be filled with regret later is just as much a holiday tradition as is decorating the Christmas tree. But holiday eating doesn't have to be over-indulgent, nor does it have to make you feel deprived. Here are a few tips to help you navigate holiday eating this year:

- **Slow. It. Down.** The main reason we tend to overeat during the holidays — or anytime for that matter — is because we eat too fast. It takes about 20 minutes for your brain to recognize that your body is full. So, linger over your meal. Enjoy the people around you. Put your fork down between each bite and savour your food.
- **Indulge a bit in everything,** but indulge a LOT in vegetables. Load your plate with them. High in fiber and low in calories, they make your body feel full longer, allowing you to indulge in a bit of everything without the guilt.
- **Easy on the eggnog.** Remember that alcohol has calories. Lots of them. And they add up. Fast.
- **Take a walk.** Walking after a meal helps digestion, and decreases blood sugar levels. So fight off that turkey-coma feeling and get out there! Studies have shown that even 15 minutes can make a difference.
- **Develop an attitude of gratitude:** not everybody gets to sit in front of a big meal. Take a few deep breaths before you eat and recognize that. Not only will this make you appreciate what you have, but taking those extra moments before eating will calm the nervous system, which in turn prepares the body for digestion. This is why saying grace before a meal is such a great habit.
- **Recognize emotional eating.** This is when eating is triggered by emotions rather than physical hunger. It's a complicated topic, but suffice it to say that as much as we love our family, they can push our buttons like no other. So if you find yourself reaching for another glass of wine just to get through your conversation with Uncle Bob, start by taking a deep breath. Next, put your glass down and allow yourself to feel what you're feeling without judgment. If you need to, politely excuse yourself from the conversation. The idea is to honour your feelings instead of stuffing them down with wine and cake.

And finally, here's my number one tip for holiday eating: don't wait for the holidays to get started. In my opinion, people fret too much over how they eat during two weeks of holidays when it's really the other 50 weeks they should be paying attention to. Start developing good daily habits throughout the year, and holiday eating will become a breeze.

If you would like more information, Anni Bedrossian can be reached at annibedrossian.ca or on her Facebook page at Anni Bedrossian, RHN.



Profile: Lynn Jacobs-Scott

BY TYSON PHILLIPS, COMMUNICATIONS



Lynn Jacobs-Scott in the Skennenkowa Room. Photo by Tyson Phillips.

LYNN JACOBS-SCOTT HAS been teaching at Kateri School for the past 27 years. She started her career as an assistant teacher eventually becoming the associate principal for the past seven years.

Becoming associate principal was an eye opener. “I saw the effects of colonization on our people, influencing us at times to be able to live a healthy, balanced and peaceful life,” she said. “As a teacher, you deal with only your students. In administration, you are dealing with the entire student body and in some cases their home life. It was stressful to see the struggles that the community goes through and how it was affecting the children.”

It was during this time that Lynn went to see Geraldine Standup, a traditional healer, for guidance. Geraldine suggested Lynn take a year off and travel with her.

“I took Geraldine’s advice and left my position in 2001,” she said. “I knew that being with Geraldine, I would be learning even more about our traditional

ways. We travelled to Ontario, went to many different health centers, attended healing sessions, etc.” She wanted to share what she was learning with Kahnawà:ke children.

Returning to Kateri School,

Lynn found out the people who ran the Skennenkowa room had left. She approached Arlie Goodleaf, the principal, and asked if she could take it over. She agreed. “I saw it as a great opportunity to help bring balance back into the lives of the children who needed it,” she said.

The Skennenkowa room at Kateri School is a support service for students. There was a myth in the community that the room is only for kids who get into trouble.

“The Skennenkowa room is here to support the children spiritually, physically, emotionally, and mentally so they will succeed in their education and in their life,” Lynn explained. “The students come by referral from their teacher or parent, or a student can ask to attend on their own without a referral.”

Lynn designed the room to be welcoming and calming for the students. She plays soothing traditional music by

artists like Joanne Shenandoah. There is a small waterfall, comfortable couches and chairs for talking circles, a small kitchen area and space to do yoga.

When a student goes to the room, Lynn suggests they find an area in the room to calm down until they are ready to talk. “There is a small sandbox where they can put their hands in the sand. The sand comes from Mother Earth and she can help you get rid of your negative feelings,” she said. “One student went to the waterfall and the sound of the flowing water helped him calm down. He was then ready to talk.” Lynn also has sage, sweetgrass and other traditional medicines to help the students.

The Skennenkowa room has a drawing of the Peace Tree with explanations for the students on the role we play as Onkwehonwe people. “As we journey up the stem of the tree,” Lynn explained, “we are heading towards enlightenment and any negative energy is to be buried under the roots for healing, after we have processed it using various methods. We solve problems through peaceful activities and teachings.”

Lynn still teaches when a teacher requests a lesson on cultural teachings. “I look forward to each day as I don’t know what my day will be like.” The Skennenkowa room is not just for one type of student; it is for every student who needs extra help and guidance.



Children & Holiday Stress

BY MARY GILBERT, PREVENTION

THE HOLIDAY SEASON can either creep up on you or surprise you that there's only a few weeks left until the family is called together for meals, parties, family visits, and of course there's the hustle of shopping, bustle of meal preparation plus, the requests for attention from children.

During this time of year, it is important to take time to relax. Both children and parents need to find time to enjoy the most wonderful time of the year. Children see parents running around anxiously trying to make it to those sales, searching for that specific gift. Children witness the hysteria at the local big box store, the decorating and the cooking, not to mention the strained look of parents who realize that the holiday budget is blown, after one trip to the mall.

Here are some ways the entire family can reduce holiday stress:

- **Remember routines:** during the holidays, children will find their routines disrupted. They become easily frustrated when dragged out on shopping trips, staying up past their usual bedtimes, or eating too many goodies. This can create stress in children and, in turn, create strained parenting.
- **Say "No":** Invitations to parties or gift exchanges don't have to be accepted. Children want to be home with their gifts from their relatives (or from Santa).
- **Nutrition:** During the holiday rush, people are just too busy to get home to prepare a home cooked meal. Children fussing around in their seats, anticipating the time they get to play rather than eat, as well as those sugary holiday treats, can create stressed out parents. Plan at least one healthy meal for the family every day, if it can't be lunch or supper, have a nutritious breakfast.
- **Family traditions:** Traditions are important for children to appreciate and offer great comfort and security for children. Families can create their own traditions such as creating a

holiday calendar, baking cookies, building a gingerbread house, and making holiday decorations and gifts.

- **Attitude check:** Here's a great idea, have both children and parents do an attitude check before the holiday season begins. Have everyone in the family, take a deep cleansing breath, and pledge to make the holiday season a time of joy, love, happiness and peace. The less holiday stress felt, the more relaxed children will be.
- **Rest and relaxation:** A well-rested child will be much happier on a trip to the mall than one who is in need of a nap. Children and parents can benefit from a time out over the holiday season. Schedule some rest and relaxation time for everyone in the family.
- **Favorite things:** If travelling, bring a bit of home for your child. A favorite blanket, pillow or stuffed animal will do.
- **Laughter and Fun:** Laughter has always been the best way to beat stress and change everyone's mood. Lighten up the mood with funny movies, fun table games, adult and child coloring, sledding or cozy chats over cups of hot chocolate (with marshmallows).

Start a new family tradition, make it a stress free holiday!

Make it a positive change this year. The best gift of all are the memories shared with children and family. Your presence can be the best present when bringing fun filled memories, love, and laughter, the kind that only you can bring.

"Children and Holiday Stress." Department of Health. Anne Arundal County, 21 Nov. 2013. Web.

Image: Designed by Asier_Relampagoestudio / Freepik.



The Back Page....

"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible."

~ Francis of Assisi



Drama & Prevention

A Fun & Educational Combination

BY TERRY KARIWAIEHNNE MCCOMBER, PREVENTION

DRAMA HAS BEEN BACK in the schools since January 2016. It began with a pilot project in Kateri School in January and ran for 13 weeks, going into the school two days a week, after school. Adrienne Kanonhsisakhe Zachary and I facilitated 10 enthusiastic and dramatically-inclined actors and actresses.

At the end of the 13 weeks, they put on a small play for their families and other invited guests titled *Is There Bullying in the Kingdom?*

The children made up the play's story on their own after having lessons from the Second Step Program's Bullying Prevention Unit. Their story centered on a bullying Queen, her servants and other characters who were victims of her bullying. As in real life, there were also bystanders to the bullying. In the end, the children's story was presented in a play format. It was funny and informative and yes, everyone lived happily ever after.

In September, we brought the 13 week after school drama program to Karonhianonhnha School where it was warmly welcomed. Fifteen energetic children ranging in age from 6 to 11 years had a blast learning and acting and looking forward to their end-of-year play/performance. Drama is not just for extroverts with a stage presence. Here is a list I found that says it all:

Ten Reasons for Doing Drama!

- Drama helps people recognize that they are individuals with special talents.
- Drama helps people to understand others through role playing.
- Drama develops observation skills, cultivates imagination, and improves concentration.
- Drama helps develop poise and self-confidence.
- Drama develops good speaking, listening, and communication skills.
- Drama develops physical development through dance and body expression.
- Drama utilizes an interesting, motivating way to put reading and writing skill to work.
- Drama incorporates skills in cooperation and team spirit.
- Drama opens our minds to the arts.
- Drama is for everyone

(source unknown)

If you would like any information on the drama program happening through KSCS' Prevention team please feel free to contact me at 450-632-6880, ext. 141.

Tsothóhrha/December 2016

Lung Association's
Christmas Seal
Campaign

- 1 World AIDS Day
- 3 Intl. Day of Disabled Persons
- 4 Kahnawà:ke Holiday Parade
- 6 Natl. Day of Remembrance & Action on Violence Against Women in Canada

- 10 Human Rights Day
- 21 Winter Solstice



- 25 Christmas Day (KSCS closed)

Tsothohrhkó:wa/January 2017

Hot Tea Month

- 1 New Year's Day
- 3 KSCS resumes regular business hours



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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