



Aionkwatakari:teke

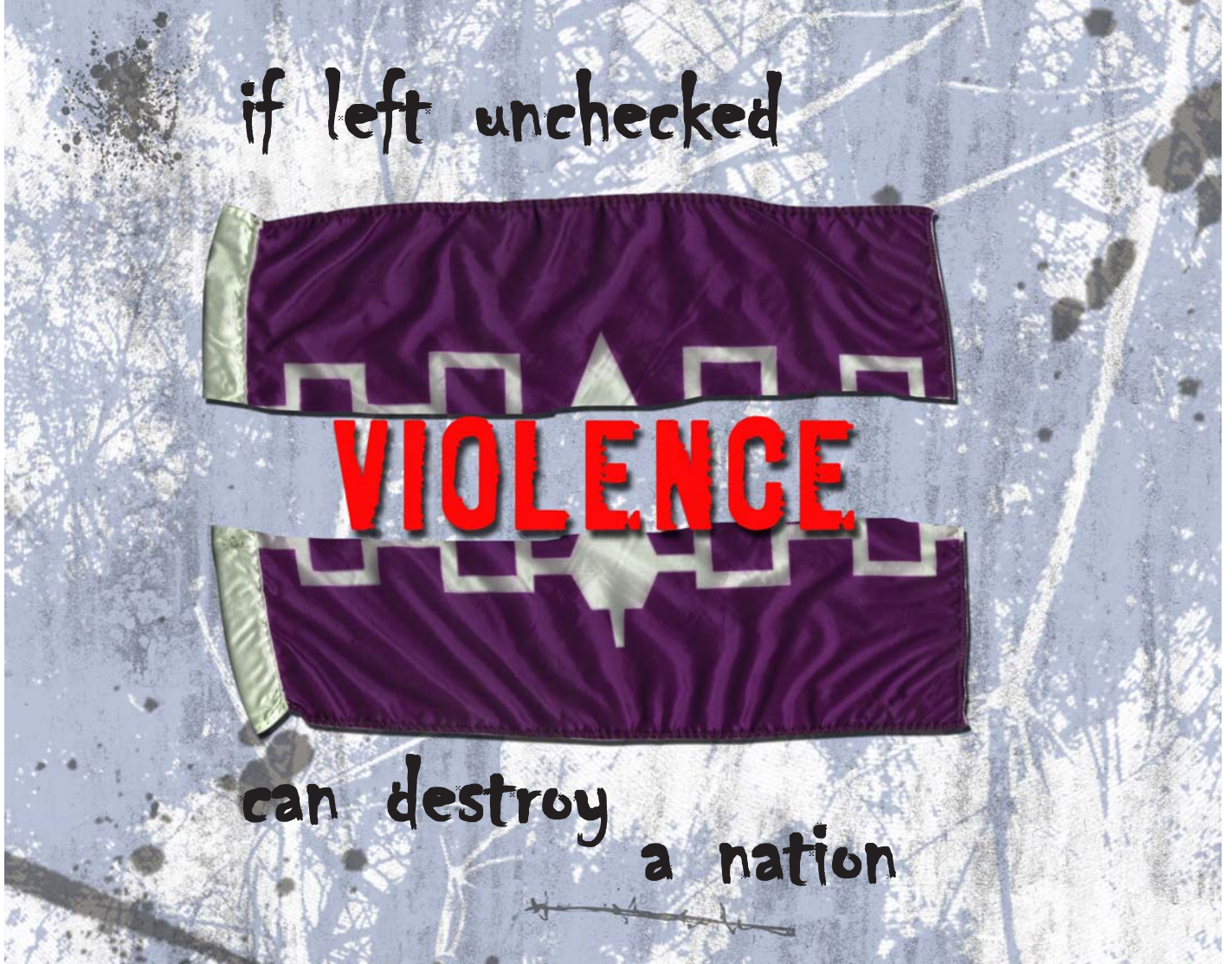
(A-YOU-GWA-DA-GA-RI-DE-GEH)

“For Us To Be Healthy”

Vol. 13, No. 5

Kahnawake's Only Health and Wellness Newsletter

Enniska / February 2009



if left unchecked

VIOLENCE

can destroy a nation

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Aionkwatakari:teke

Aionkwatakari:teke is a newsletter published six times a year by Communications Services of Kahnawake Shakotiaa'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 & encouraged to submit articles provided that they are comprehensive to the general public, informative & 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:

The Editor
Aionkwatakari:teke

P.O. Box 1440
 Kahnawake, Quebec JOL 1B0
 Tel: (450) 632-6880
 Fax: (450) 632-5116
 E-mail: kscs@kscskahnawake.ca
 (attention newsletter editor)

Editor/Layout/Design, Marie David
 Executive Publisher, Linda Deer

Proofreading: Carole Walker
 and Beatrice Taylor

**Contributors:**

Sheila Arnold
 Aileen Collier
 Taryn Conlon
 Marie David
 Robert Marcheterre
 Clair Patton
 Tyson Phillips
 Bea Taylor
 Christine Taylor

Persons Interviewed / Profiled

Davis Montour
 Gail Taylor

This newsletter is intended to complement, not replace the advice of your health care provider. Before starting any new health regimen, please see your doctor.

**Editor's Notebook**

Welcome to the first issue of Aionkwatakari:teke for 2009. The KSCS staff hopes your holidays went well and that this New Year will be a good one for all of us.

This issue's theme is on violence and, as you may or may not know, there are several different ways for violence to manifest itself; physical abuse is what comes to mind most often but there is also emotional, sexual, and financial abuse. Or, here's a new term: community abuse. There's an article on why one person thinks graffiti is a form of violence. You will notice that this publication isn't using any photographs of graffiti in the community. This is intentional. KSCS sees graffiti as violence and, therefore, will not advocate or publicize community violence by displaying photographs of local graffiti. The influence of television violence on children's behaviour is also touched upon in an article by Robert Marcheterre. Abuse can take place in the home, at school, and at work. It can occur between family members, amongst co-workers, between students, or between students and teachers. This issue will examine some of those issues.

There are also a couple of contributions from the health professionals at Kateri Memorial Hospital Centre that parents will find interesting, especially if you're travelling for spring break or later on in the summer. There are also interviews with Gail Taylor of Step-by-Step and Davis Montour, who is an alternative justice coordinator in Kahnawake.

Oh—and hey, February 14th is also Valentine's Day. One superstition says that if you see a robin on that day, you will marry a crime-fighter. I'm thinking they mean a cop or lawyer, and not a costumed crime fighter like, say, Batman. Or if you find one side of a glove on Valentine's Day, your future love will have the other missing glove. There are a few more fun facts on Valentine's Day on the back page.

There's a lot going on in March in terms of the health calendar. You'll find the entire list at the back of the newsletter. Until the next issue, take care!

Sken:nen
 Marie David

Cover artwork: Marie David. Additional photographs and clip art by stock xchange.



Graffiti in K-Town

A personal perspective

by BEA TAYLOR

I wasn't sure what to write for this article but then I started thinking, "What is graffiti?" Some say it's vandalism, others say it's an expression of art. What it really comes down to is: **if you don't have permission, then graffiti is violence.** Violence is *any mean word, look or action that hurts a person's feelings, body or their property.* That is what I teach others when I talk about bullying. Even though it's not a person, that property does belong to someone else. If it's community property, then that building belongs to all of us.

When someone creates graffiti on any property, it is a person or group of people trying to express themselves and also to let others know who they are by their tag(s). Don't get me wrong: there's nothing wrong with expressing yourself, as long as it's not at someone else's expense. The reality is, graffiti is always at someone else's expense because in order to remove it, time and money are involved. Not to mention the feeling of trust and safety is gone because someone came onto their property and violated it.

Who gives the right to those doing graffiti in our community? Well, for one, if no one says anything or doesn't try to stop it from happening when it's being done, that's giving permission. Or if someone tells you that they tagged this place or did the

K103 building (for example), then you are giving permission for them to do that IF you don't tell the Peacekeepers.

I'd like to ask, "Where are the parents in all of this?" Do they know what their son or daughter is doing? If they get caught for doing graffiti, what are the consequences? I do know some youth were caught and their consequences were: being punished by the parents, cleaning up the graffiti they were responsible for, and at least one youth now has a

police record. To say I was disappointed is an understatement. They did take responsibility for their actions and that is part of the solution.

However, to say they've learned their lesson and won't do it again, I'm not so sure. I can't say that I trust them anymore. If they want to earn back the trust of their parents and the community, they need to prove themselves by not doing it again and that will take time.

There are many other positive things that the youth can be doing instead of graffiti. I feel this way because I work with some of them at the Making Adult Decisions (MAD) group or see them at the Youth Center.

To help stop graffiti, you can call the Peacekeepers at 450-632-6505, and file a report.

Violence is any mean word, look or action that hurts a person's feelings, body or their property



These examples of graffiti were found on the Internet. As mentioned on the previous page, KSCS will not publicize examples of community abuse in the form of local graffiti.

Bea Taylor is a facilitator at MAD.

Travelling with Children

by CLAIR PATTON and SHEILA ARNOLD

Travelling the world is an amazing adventure whether you are travelling to visit family and friends, going on a business or school trip, or attending a wedding or other function. There are a few things you should do before you leave home.

The first thing is to assess what kind of trip you are taking and where you will be staying. Health risks vary, i.e. “Are you staying in a five star resort or back-packing in the jungle?”

Your children should be up to date on all the vaccines they normally require for their age. To find out if they need any additional immunization, please call the Tropical Disease Clinic at 514-934-1934, local 48049 – call between 8 a.m. – 9 a.m. on a Tuesday or Thursday morning and the nurse will give you the information you require.

Disease conditions can change quickly and these are the people that have all the up-to-date information and most importantly, do not leave this to the last minute – most vaccines require a series of shots to build up your antibodies and these shots need to be given a few weeks apart. A good example of this is the *Hepatitis A Vaccine* – you need to have at least 10 days to build up any antibodies against the disease; if you show up a week before your trip, you will not be protected.



Photo by Benjamin Earwicker

When packing for vacation, remember this

Include all medication and other medical supplies that your children use on a regular basis because they may be hard to find if you are in another country and you run out. Even if you find them, there’s a good chance the formulation will not be the same as what you need. This may include prescriptions such as inhalers, allergy medication or insulin as well as contact lens cleaners and vitamins.

It’s easier to get sick when you’re in a new place because your body hasn’t had a chance to adjust to the food, water or environment. Travelling can bring you in contact with things that your body isn’t used to.

Family vacations can be an enjoyable experience if you are prepared. Planning ahead and packing the right items will help your vacation go smoothly.

Here are some websites you may want to check out before you head out:

Public Health Agency of Canada: <http://www.phac-aspc.gc.ca/index-eng.php>
Center for Disease Control & Prevention: <http://www.cdc.gov/travel/default.aspx>
World Health Organization: <http://www.who.int/en/>

Clair Patton is with Injury Prevention and Sheila Arnold is the manager of the Community Health Unit at Kateri Memorial Hospital Centre in Kahnawake.



Television Violence and Children

Are there negative effects?

by ROBERT MARCHETERRE

I was asked recently my thoughts on the effects violent programming has on children and, as a father, my immediate response was to say that violence on television has a direct link to violent behaviours in children. There is no room for violent viewing for my kids, but I decided to investigate a bit further. Was it possible that the exposure to violent programming alone could negatively affect my children and make them aggressive?

Before we can get a real grasp of the effects of violent television, we need first to understand how our children are receiving the messages passed on by the old tube. During early childhood, television viewing is exploratory, where they are seeing the moving pictures but have no real connection to the content. Children at this age are mainly attracted to the production and colours, unexpected changes of scenery and rapid movement.

The critical age for children and their viewing patterns is in the elementary school years, from six to 12 years old. At this point, the television viewing habits of children increases from two and a half hours a day to roughly four to five hours. At this age children do not process what they are viewing in the same way as adults and will tend to believe what they see on television as being true, thus making them susceptible to the content of their viewing. In a study by Huesman in 1986, it was discovered that children that have a preference for violent programming are more likely to become more aggressive

later on, and are in danger of having problems with the law in the future. Children may also become more accepting of violent behaviours due to their exposure to violent television, normalizing the behaviour as being part of everyday life.

In a study done by television researchers Bandura and Ross, two groups of children were shown different videos of a child playing with a doll. Group A viewed the child playing aggressively with a doll, while Group B showed the child playing

Children do not process what they are viewing in the same way as adults and will tend to believe what they see on television as being true, thus making them susceptible to the content of their viewing.

with the doll in a gentle way. The groups were then later placed in a room with an exact replica of the doll they viewed in the video, and the children of Group A began to hit and kick the doll, while the children of Group B played with the doll nicely and non-violently. This experiment shows how children are likely to imitate what they see on television and, as mentioned earlier, lack the ability to process what they are viewing as being fiction.

All is not lost though; the role of the parent is instrumental in guiding children through these developmental stages. Television viewing can be



positive through monitoring your children's viewing habits, and by supporting programming that is age-appropriate and educational.

Ultimately, it comes down to assuring that when it comes time for family viewing, choose programming that is not damaging to your children. Adult viewing is to be done when the adults are alone.

Sources: Huesman, L.R. and L.D. Eron, eds. *Television and the Aggressive Child*. New Jersey. Erlbaum. 1986.
Bandura, Albert, Dorothea Ross, and S.A. Ross. "Transmission of Aggression Through Imitation of Aggressive Models." *Journal of Abnormal and Social Psychology*. 1961.
Retro-TV: stock xchange.



Am I in a Healthy Relationship?

by TARYN CONLON

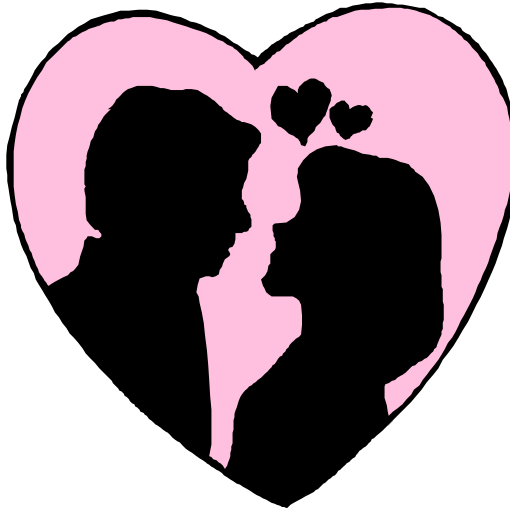
Think you've finally found Mr. or Mrs. Right? The birds are singing, the sun is shining and everything is perfect. You have found that person you believe to be your perfect match. Enjoy that moment because the early stages of most relationships are blissful.

Relationships take constant work and as it progresses they usually involve more work. As time goes by, reality sets in. All people have good and bad qualities. It's important to take a moment to analyze your relationship and whether it constitutes a healthy one.

What makes a healthy relationship?

Fairness & Equality: Relationships need that give-and-take component. Both partners have to make compromises for each other. Take turns doing what you both enjoy. You hung out with your partner's friends a few nights ago; tonight you hang out with your friends. If one person feels like they never get their way and there's no balance then the relationship will be a constant power struggle.

Respect: You and your partner should like the other for who they are and what they want to do. Respecting the other person in the relationship means valuing their beliefs, values, and understanding their boundaries.



Trust & Honesty: Has your partner ever lost all control because they saw you talking to another person of the opposite sex? Jealousy is natural – extreme jealousy is dangerous. In order to maintain a healthy relationship, both partners must trust each other.

Separate Identities: You should never feel as if you are losing yourself in a relationship. You should never give up who you are, who your friends are, or what you enjoy doing because of another person. It's important to try new things, attempt different interests and make new friends.

Communication: You and your partner should be able to speak openly and honestly. Feelings should never be bottled up. Always clarify what the other person means to make sure you understand, avoiding possible miscommunications.

What is an unhealthy relationship?

Unhealthy relationships are those that are disrespectful, controlling and/or abusive (physical, verbal or emotional). Too often, children are raised in homes where parents fight and abuse each other. Growing up in this type of environment can lead to believing that this form of behaviour is normal or ok. It is **NOT** ok for anyone to be emotionally, verbally, or physically abusive to you.

Healthy relationships require kindness and respect

People who have never been treated with kindness or respect may not know how to treat others and may need help from a professional before being ready for a relationship.

Even though you may feel empathy for someone who has been treated badly, it's important to take care of yourself. Staying in an unhealthy relationship involving any type of abusive behaviour is not worthwhile and may cost you your life.

Relationships can be a wonderful experience. Take your time. Be choosy with who you want to get serious with. A healthy relationship will always bring out the best in both of you.



Traditional Healing and Forgiveness

by TYSON PHILLIPS

To forgive and forget is easier said than done. When an individual goes to court, a lawyer speaks on their behalf. When a decision is made, not all parties are satisfied with the end result. The anger and hatred can carry over for many years. This can occur in any case, from child custody battles to minor assault charges. However, there is an option in Kahnawake that can be used to settle grievances.

Davis Montour is the assistant to the Alternative Justice Coordinator Dale Dione. He discussed the Sken:nen A'onsonton (To Become Peaceful Again) program. "Both parties have to agree to use this process. It will not work if the offender denies any wrongdoing. I've been working in the program for a year now, and we have had many positive outcomes." explained Davis. Both the offender and victim will sit down together and explain their side of the story, with facilitators present. "Ideally both parties can come to an agreement where they are both satisfied. It is very hard to forgive but you cannot heal if you are carrying around anger for a long time. Forgiveness is important to the healing process. Unfortunately, many people see forgiveness as a sign of weakness. People can get very caught up in fighting about who is right, rather than focusing on resolving things."



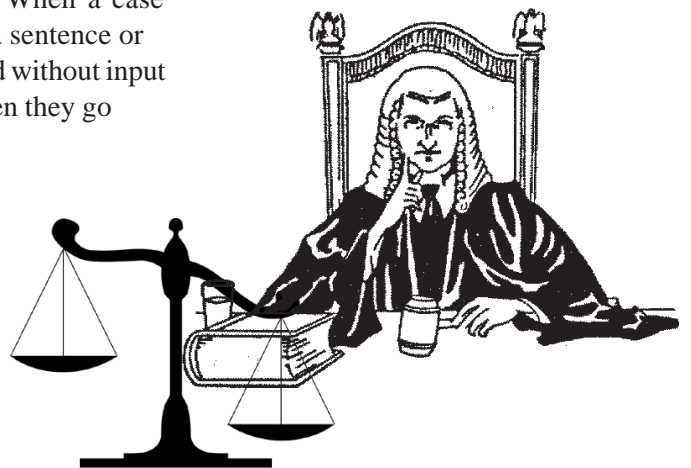
Davis Montour, assistant to the alternative justice coordinator. Photo by Tyson Phillips.

In Mohawk history, this was the way conflicts were resolved. "Our ancestors did not have a court system. This process is going back to dealing with conflict using our traditional ways." Both parties are usually referred to this program, even if they are in the process of using the court system or have already gone through it. "It was asked *how could a rape victim forgive the rapist?* Both parties sit together, and each tell their sides of the story. An offender may say, *'I was drinking and things got out of hand, this is not normal behaviour for me.'*" When a case goes through court, a sentence or conditions are applied without input from the victim. When they go

through alternative justice, the victim can listen to the offender, and can then express how the event has affected their life.

"That part of the process can be very meaningful, for both victim and offender. The legal system is about the law, our system of justice is about making things as right as possible."

Davis and Dale deal with all types of conflict and have worked with numerous community members. "I'm happy to say that there is a lot of success and the persons realize how important it is to forgive. Some people carry a grudge for something that happened over twenty years ago, and may not realize how that anger has affected their lives. We try to resolve that. When a case is closed, it can lift a burden and take away the fear they might have had when seeing the other individual out in the community. If people continue to hate one another, it divides us as a people. Our process is to have both parties satisfied, which can lead to forgiveness and healing. This can bring us closer together as a people."



Active Children = Healthy Adults

Parents: it is up to you to keep your kids moving!

by AILEEN COLLIER, P.Dt.

Children are naturally energetic, but without encouragement they may become sedentary. Many children are spending more and more time sitting in class, on a bus, doing homework, using the computer, playing video games, talking on the phone, watching TV. This can be educational and pleasurable but regular physical activity, aiming for 90 minutes a day for children, is a very important part of a healthy lifestyle. Activity builds strong bones and strengthens muscles, maintains flexibility, promotes good posture and balance, improves self-esteem, and increases relaxation.

Children who are inactive are more likely to be inactive adults. By encouraging kids to build physical activity into their daily routine we help them to create a pattern that may stay with them for the rest of their lives. When we are good role models, children see that we make physical activity a priority and they notice.

What parent's can do to get kids active

- 🚲 Reduce and limit kids' time in front of the TV and computer.
- 🚲 Talk about physical activity as an important part of staying healthy.
- 🚲 Ask what physical activities they like to do.
- 🚲 Encourage them to try new activities and be patient as they learn.

- 🚲 Play with your kids and praise them for being active.
- 🚲 If your kids play sports; go to their games and practices to cheer them on.



- 🚲 Praise their efforts to be active; building confidence is critical to success.
- 🚲 Teach them the skills they need to be active; like jumping rope, throwing and hitting a ball, kicking a ball, running, dancing, skating.

Organized sports can be valuable, but not all children like competition. Unorganized sport and unstructured activity have been shown to be beneficial perhaps because the emphasis is not on winning but on having FUN, which may encourage participation.

Things families can do together

- 🚶 Go for a walk after supper.
- 🚶 Go hiking on the weekends.
- 🚶 Try a yoga workout.

- 🚶 Put on music and dance.
- 🚶 Take the dog for a walk.
- 🚶 Carry in the groceries.
- 🚶 Go cycling.
- 🚶 Swim.
- 🚶 Rake leaves.
- 🚶 Shovel snow.
- 🚶 Build a snowman or snow sculpture.
- 🚶 Play a game of hide and seek.
- 🚶 Organize a treasure hunt.
- 🚶 Go tobogganing.
- 🚶 Play tag, ball hockey, skip rope, frisbee, baseball, soccer.
- 🚶 And, when they ask for a drive, suggest that they walk or bike instead.

Changes don't have to be made all at once. Start with periods of five to 10 minutes a day, increasing the time each week until daily activity becomes part of the family's healthy lifestyle.

Aileen Collier, P.Dt is a nutritionist with the Kateri Memorial Hospital Centre

Sources: "Canada's Physical Activity Guide for Children and Youth." The Heart and Stroke Foundation.
www.heartandstroke.qc.ca
 Photograph: stock xchange





Spring Break Safety

by *CHRISSEY TAYLOR*

Spring break means many families or college and university students will be heading south for some fun in the sun, while others will enjoy the break by staying closer to home. Here are a few suggestions to make your trip safe and memorable.

For families

Whether it's beach fun or snow fun, remember to protect your skin. Babies under 6 months of age should be kept out of direct sunlight and in the shade under a tree, umbrella or stroller canopy. It's okay to apply a small amount of sunscreen on infants if there is no way to avoid the sun. Dress babies in lightweight clothing that covers the arms and legs, and use brimmed hats.

Children sunburn easier so make sure they have a child's sunscreen on, preferably waterproof and test for allergies beforehand. Swimming and sweating will make sunscreen lose its effectiveness faster. Follow product guidelines and re-apply as often as needed. Sunglasses are also important. Reflection off water or snow intensifies the sun's effect. Make sure your child's sunglasses are rated to protect against UV rays.

Adults: Be a positive role model and take care of yourself as well. The sun's rays are strongest between 10 a.m. and 4 p.m. so avoid being outside during that time. Apply sunscreen at least a half an hour before going out, and don't forget to

apply everywhere, on ears, face, feet and hands. Reapply as often as needed. Encourage everyone to wear a hat.

For those who plan to party

Have fun but be safe. Many will let off some steam by partying. Alcohol and giving into a feeling of abandon may make it a dangerous situation to be in. There are some general common sense guidelines when it comes to celebrating during spring break:

- ☞ Use the buddy system when going out. Never leave a location without your friends and keep checking on your buddies as well.
- ☞ Know your limits and avoid drinking games that encourage binge drinking.
- ☞ Never leave with a stranger and do not accept drinks from them. Keep your drink with you at all times.
- ☞ Leave contact information at home detailing where you are and who you are with. Check in daily at designated times, even if it's just to let them know you are okay.
- ☞ If taking a road trip, have your vehicle tuned up and equipped with emergency equipment. Have a cell phone fully charged in case of an emergency.
- ☞ Have adequate insurance in case of emergency. You don't want to be without in case of illness or accident.

- ☞ Pack all identification and information regarding health issues, like asthma, allergies, or medication that you require and keep in a secure location.
- ☞ Don't drink and drive, don't drink and swim and don't drink and hook-up. Alcohol impairs your motor skills and your judgment. The effects could last a lifetime from death and injury, to a sexually transmitted infection or an unplanned pregnancy.

By taking a preventative approach, you can have a great vacation and make happy memories of a fun and safe time.



March 8: International Women's Day

by MARIE DAVID

The first International Women's Day (IWD) was launched on March 8, 1911 in Copenhagen by Clara Zetkin, leader of the 'Women's Office' for the Social Democratic Party in Germany. This followed many years of women's campaigning dating back to British MP, John Stuart Mill, the first person in Parliament calling for women's right to vote.

On September 19, 1893 New Zealand became the first self-governing nation in the world to give women the right to vote.

In just two years time, 2011, we will see IWD's Centenary – 100 years of women's united action for global equality and change.

On a local front, in the late 1960s, Mary Two-Axe Earley spearheaded the establishment of Equal Rights for Indian Women, which later became known as the group: Indian Rights for Indian Women.

Two-Axe Earley was born and raised in Kahnawake. She lost her status under the Indian Act when she married a non-Aboriginal man, and could no longer live on the reserve or be buried there even in the case of divorce or the death of her husband. Two-Axe Earley began the fight for justice after a friend's passing and the friend was barred from being buried on the reserve. Her campaign for justice caught the ear of the Royal Commission on the Status of Women in 1968.

In 1970, the Commission called for amendments to the Indian Act in its treatment of women. This recommendation would grow, under Two-Axe Earley's influence, to become the historic Bill C31 in 1985. Her pursuits of amendments to Section 12(1)(b) of the Indian Act resulted in the reinstatement of women who had previously lost their treaty status via outside marriages and included her own reinstatement in 1985. Two generations of children

**Women have the right to
be safe and free from
violence – Amnesty
International**

from those marriages were also reinstated. Mary Two-Axe Earley passed away on August 21, 1996. She was 84.

Sadly, the fight for equal rights, human rights, and justice continues. Despite legislation, women in general, and Aboriginal, Inuit, and Metis women in particular, continue to be discriminated against and have their rights, and their very lives, violated.

In 2004, the Native Women's Association of Canada and Amnesty International partnered to call attention to the plight of missing and murdered women in Canada. In a report on the violence facing Aboriginal women, Amnesty wrote "Violence against women, and

certainly violence against Indigenous women, is rarely understood as a human rights issue. To the extent that governments, media and the general public do consider concerns about violence against women, it is more frequent for it to be described as a criminal concern or a social issue. It is both of these things of course. But it is also very much a human rights issue. Women have the right to be safe and free from violence."

Sources and for more information:
www.internationalwomensday.com
www.naaf.ca Quebec Native Women Inc.
www.faq-qnw.org and the Native Women's Association of Canada
www.nwac.org. *Stolen Sisters: Discrimination and Violence Against Indigenous Women in Canada*. Ottawa: Amnesty International, 2004.
www.amnesty.ca.





How Violence is Influencing our Children's Minds

by TYSON PHILLIPS

Information that can be viewed in seconds on the Internet, the easy access to all types of movies on DVD, satellite/cable television, and the realistic images in a videogame are all part of our children's lives today.

Gail Taylor started as a volunteer in 1983 at the Step-by-Step (SBS) Child and Family Center, which had just opened its doors. "I have experienced many changes in our young children over the years. There are many contributing factors such as media violence and toys marketed with media violence. Young children see and know too much. They cannot comprehend at a young age the consequences to the violence they see. So young *children use their play to work out and understand experiences confusing and scary to them, including violence.*" explained Gail. Children see the bad guys as one dimensional and don't think about why they are bad. They think good guys can do whatever hurtful actions to the bad guys because *they are* the good guys.

Gail is now the supervisor of program services at SBS. "Challenging behaviour is more common today in young children compared to twenty years ago and we must ask ourselves why. We live in a much faster paced society and family dynamics have changed. Children have more exposure to

television, Internet and video games. For most families, parents are working long days and at the end of the day the television is easy to turn on but just like the Internet, parents must know what their children are viewing."



Gail Taylor, supervisor of program services at Step-by-Step: Photo by Tyson Phillips.

The development of social skills in young children is so critical and research shows that a child's future is determined by six years of age. "The first six years of a child's life is the most important in their development. Development of social skills is attitudes and behaviours acquired at home, school and community. At Step by Step, our approach to developing their social and emotional skills is through play and positive interactions with one

another. It is always a challenge for teachers who have concerns about children's behaviour from physical and verbal aggression toward others and adults. At SBS we create a consistent, structured, age appropriate environment so children know routine, rules and what to expect when they arrive at school but it is always a challenge."

With our fast paced society, Gail understands that it is hard for families to turn off the television and interact with each other. "Perhaps instead of watching television, read a book, play a game with your child, do a family art project. This encourages the child to be excited about reading and learning as they grow older. Young children also need guidelines and must be taught boundaries and limits and saying *no* is not going to harm your child. However, explaining why you said no lets your child know the reason. Lastly, young children should not be viewing the violent and sexual images that are on television. Unfortunately, we cannot change what programming is produced, but parents can limit what their children watch on television. Pay attention to the ratings on any adult content; violence or language is enough to change the channel. Just think about how the adult images are influencing your young child's mind."

Editor's note: for more information, check out these websites: Media Awareness Network: <http://www.media-awareness.ca>. Adults & Children Acting Together: <http://actagainstviolence.apa.org>.


The Back Page...

“Life was meant to be lived and curiosity must be kept alive. One must never, for whatever reason, turn his back on life.”


Eleanor Roosevelt, American First Lady



February is....

- Heart Month www.heartandstroke.qc.ca
- 1 – 7 White Cane Week www.ccbnational.net/
- 1 – 7 Eating Disorders Awareness Week www.nedic.ca
- 12 – 21 Winter Carnival
- 2 Groundhog Day
- 12 Sexual and Reproductive Health Awareness Day www.cfsh.ca
- 13 Skating Party 5 pm –7 p.m.
- 14 Valentine’s Day 

March is....

- Help Fight Liver Disease Month www.liver.ca
- National Colorectal Cancer Awareness Month www.colorectal-cancer.ca
- National Epilepsy Month www.epilepsy.ca
- National Kidney Month www.kidney.ca
- National Nutrition Month www.dieticians.ca
- National Social Work Month www.casw-acts.ca
- Red Cross Month www.redcross.ca
- 11 – 17 Canadian Agricultural Safety Week www.casa-acsa.ca
- 16 – 22 Brain Awareness Week www.neurosciencecanada.ca
- 8 International Women’s Day www.internationalwomensday.org
- 8 Daylight savings time begins.
- 12 World Glaucoma Day www.wgday.org
- 17 St. Patrick’s Day 
- 20 First day of Spring.
- 22 World Day for Water www.worldwaterday.org
- 24 World Tuberculosis Day www.stoptb.ca

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.

Aionkwatakari:teke

P.O. Box 1440

Kahnawake, Quebec JOL 1B0

Tel: (450) 632-6880

Fax: (450) 632-5116

E-mail: kscs@kscskahnawake.ca

(attention newsletter editor)

Did you know?

Approximately 188 million Valentine’s Day cards are exchanged annually, making Valentine’s Day the second most popular greeting card giving occasion, after Christmas.

Women purchase 85% of all valentine cards and this is how they get distributed in order of popularity: teachers, children, mothers, wives, sweethearts and pets. Parents receive one out of every five valentine’s.

At least 2.2 million marriages take place in the United States annually. That’s more than 6 thousand a day, approximately 147,300 of those marriages were performed in Nevada. So many couples “tie the knot” in the Silver State that it ranked fourth nationally in marriages, even though its total population that year among states was 35th.

Some odd Valentine’s superstitions

To be awoken by a kiss on Valentine’s Day is considered lucky.

If you see a squirrel on Valentine’s Day, you will marry a cheapskate who will hoard all your money.

If you see a goldfinch on Valentine’s Day, you will marry a millionaire.

Source: *The History Channel*. www.historychannel.com and “Valentine’s Day Fun Facts.” www.stvalentinesday.org.

