



Aionkwatakari:teke

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

"For Us To Be Healthy"

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Dakota Delaronde finds his way through drumming



Dakota Delaronde and members of the the Tiohtiake Drum Group pose with singer Buffy Sainte Marie

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Aionkwatakari:teke

Aionkwatakari:teke is a newsletter published six times a year by Communications Services of Kahnawake Shakotiaa'takehnas 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:

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Persons Profiled

Dakota Delaronde

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 our teen issue. This issue is so jam packed with interesting articles and tips; I barely had enough room for photographs. I want to thank all who contributed, including those at KSCS, KMHC, Emergency Preparedness, Kahnawake Survival School, the MCK Youth Group, and the Kahnawake library.

It may be the teen issue but that doesn't mean the information is exclusive to them. There's lots of information that is practical for everyone to use.

If you would like to suggest an article topic or you know of someone who is leading a healthy lifestyle and would like to be profiled in a future issue, our contact information is to the left and on the back cover. Until next time...

Sken:nen

Marie David



*Cover photo courtesy of Kristina Tellier.
Cover design by Marie David*

Recommended reading on topics covered in this issue—and many other topics—are available from the Skawennio Tsi Iewennahnotahkhwa Library. Feel free to call them at 450-633-1016 or email klibrary@paulcomm.ca for more information.

Heartbeat of the People: Music and Dance of the Northern Pow Wow
By: Tara Browner

The Pow Wow Trail
By: Julia White

The Everything Father-to-be-Book: A Survival Guide for Men
By: Kevin Nelson



Learning Culture Through Drumming

by TYSON PHILLIPS, COMMUNICATIONS

When Dakota Delaronde needed to go to the LaSalle General Hospital in 2004 to receive stitches, he never thought he would embark on a path of learning traditional drumming. Dakota, 15, is the son of community member Lewis Delaronde, and his mom is Kristina Tellier from Montreal.

“We had a very long wait ahead of us at the hospital. It was there we met Chad Diabo,” Kristina explains. Chad is a prevention and support worker at KSCS. “We never met before and we just started talking to each other,” she said. Dakota picks up the story. “Chad told me about the pow wow dancing lessons that they gave at the Native Friendship Center, and about the Tiohtiake (Kanien’keha word for Montreal) Drum group that he’s a part of. My interest in pow wow dancing and drumming evolved from there,” he said. His mom agrees, “Chad was a big influence on him.”

Dakota started out doing pow wow dancing and he enjoyed it. His interest was sparked further in learning traditional drumming when he saw Chad and the other members of the group drumming. “It took a few months to get my singing voice. I learned off other people in the group and just listened over and over to the



Tiohtiake Drum Group. Photo courtesy of Kristina Tellier.

songs they sang,” explained Dakota, one of the younger members of the group. The Tiohtiake Drum group perform at many pow wows, at the First People’s Festival in Montreal, at Aboriginal conferences, and at the



Kristina Tellier and her son Dakota Delaronde. Photo by Tyson Phillips

Longhouse. They even performed when renowned Cree artist Buffy Saint Marie gave a workshop in Montreal a few months ago.

Dakota’s mom is thrilled he’s part of the drum group, especially since they don’t live in Kahnawake. “He is learning about his culture, especially when they play at the Longhouse. I cannot teach him about his Mohawk customs; this is a perfect way for Dakota to be immersed into the culture,” Kristina said.

Aside from drumming, Dakota also plays sports. He’s played basketball, track and field, and football with the Kahnawake Steelers before they disbanded. He also took up bowling

after his grandmother got him interested in it. “I’ve won most of the tournaments I played and won the national championship in 2007. With all the sports I’ve played, my favourite has been hockey and bowling,” said Dakota. He was also a referee

for soccer games, and hopes to continue refereeing this summer. He feels his busy schedule, and learning traditional drumming, has kept him away from alcohol and drugs. “It’s forbidden to do traditional drumming if you have alcohol in your system. It’s not worth it to start drinking, I have

better things to do.”

Dakota’s future plans are to become a professional banker or accountant. “I’m very good in math and my marks are always in the very high 70s.” Dakota smiles and feels he is close to becoming an honour student. He will continue to play the drum and also hopes to be a professional bowler. After high school, Dakota wants to attend CEGEP and University. “I encourage others to try traditional drumming. Not only are you practicing your culture, you’re also giving back to it.”



Teenage Fathers Not a teenage wasteland

by TARYN CONLON, PREVENTION WORKER

Teen pregnancy is a reoccurring social problem and, in Quebec, according to *Sexpressions* magazine “about 1 in every 12 teenage girls becomes pregnant before reaching the age of 18.”

Teen pregnancy is on the increase and so is the growth of teenage fathers. Teen fathers experience many of the same struggles as the teen mothers: depression, demanding responsibilities, and pressure to make sudden decisions about marriage, education or career plans.

Adolescent paternity can be extremely stressful putting extra strain on the relationship. Many new fathers react by walking away, providing no emotional or financial support. In some cases, the mother doesn't want the father around or the young girl's family hold hostility toward him. In many relationships, partners grow apart especially if the relationship is fairly new.

Some teen fathers try to be supportive and take their role as a new parent very seriously and assume full responsibility. Even when a teenager finds parenting challenging, an involved father can have an incredibly positive effect on a child's life.

Why is a father's involvement important?

- **It's good for children:** Studies show that children who have a healthy relationship with their father are less likely to live in poverty, do better in school, and reduce stress on the mother. Stressed out mom's are not good for children.

- **It's good for mothers:** Many mothers work and don't have the supports to help raise young children. Having a partner's (or ex-partner) support is crucial.
- **It's good for fathers:** Caring for a child provides satisfaction that many men say they can't get from anything else. Caring for children often makes men feel better about themselves.



What do children really need?

All children need is to feel safe and loved. Children do not need a large home, beautiful clothes, or parents with high paying jobs. They need room to explore, play, practice skills and they need someone to do these things with. Maybe you are that person. Maybe you could become that person.

Becoming involved in a relationship with your child is a courageous act. Everybody needs to learn to be a parent. The key to learning to be a father is to try. Remember, learning to be a father takes time. The time taken is rewarding.

Source:

Canada. Ministère de la Santé et des Services sociaux du Québec and the Université du Québec à Montréal.

Sexpressions.
Québec: Vol. 1, No. 2. Winter 2006.

Ball, Jessica and Candice Manahan.
Beginning the Journey of Fatherhood: A Guide for Aboriginal Men.
British Columbia: Early Childhood Development Intercultural Partnerships. U of Victoria.

Resources:

Health Canada Project: “My Daddy Matters Because...” www.mydad.ca
Indigenous Fathers Project:
www.ecdip.org
Dads Today: www.dadstoday.com

New Outlet for Youth Voices

by TYSON PHILLIPS, COMMUNICATIONS

When Kahsennenhawe Sky Deer and John Dee Delormier were elected to the Mohawk Council of Kahnawake (MCK) in 2009, one of their initiatives was to start a youth group. They wanted a group where the youth could have an open discussion on any topic.

The first activity was actually planned before the elections to gauge interest in what the youth wanted to do. “We didn’t want to say, ‘*This is the youth forum, take it or leave it*’,” explains John Dee (28). “Rather, we wanted to see exactly how it should be formed.”

At a meeting in April some topics included: membership, the lack of daytime CITSO* buses coming through Kahnawake, teen pregnancy, alcohol and drug abuse, secondary education, and the disparity between support for teens in sports and those in the arts.

“Young people have a lot of questions,” said Kahsennenhawe (30). “We want an atmosphere where the youth feel comfortable in talking about any subject; be it community issues, teen issues, and to share information with each other. This also leads to relationship building between the teens and the facilitators.”

Each meeting follows an agenda and an open discussion. I asked for their comments on a few subjects they face in their everyday lives including why they think so many teens use alcohol and drugs in the community. Some of the comments were:

“The drinkers and drug users say there is nothing to do in town, they are bored, so they turn to alcohol and drugs to get rid of their boredom.”



MCK youth group. Photo by Tyson Phillips

“To be a rebel, you are considered one of the cool kids.”

“They see their parents drink, so the teens do the same.”

On teen pregnancy,

“[There is] not enough information on safe sex.”

“They think having a baby would be great, but don’t realise all the hard work involved.”

“After having a baby, they still act like teenagers and it’s the grandparents who end up taking care of the baby.”

“They want to keep their boyfriend.”

They consider secondary education important and many plan to attend CEGEP. A few are in CEGEP already and one attends University. “It’s an amazing opportunity” one youth said. “Unfortunately, many end up working in town and get \$600 a week. It’s good money, however, do they want to be doing that type of work for the rest of their lives?”

Meetings run from 6:00 to 9:00 pm and are open to youth between the ages of 12 and 30 and meets once a month at the Kahnawake Youth Center. “We were hoping for a bigger turnout, however it’s quality over quantity,” said Kahsennenhawe. “Some teens may think we are only a political group, and only speak about the Mohawk Council. It’s not like that,” she stresses. “You all have a voice and this is the place to come and talk. You will not be judged by the lifestyle you lead. You are Kahnawake’s future.”

For more information check out the group’s Facebook page or call Kahsennenhawe or John Dee at the MCK office at 450-632-7500.

* Conseil Intermunicipal de Transport du Sud-Ouest



Waiting Times

by LISA PETERSON, KMHC COMMUNICATIONS

Long waiting times at hospitals have been making headlines recently. The situation at Kateri Memorial Hospital Centre (KMHC) is no different.

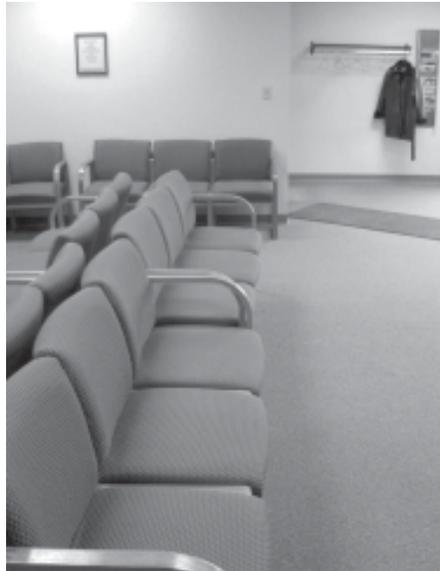
Over the past two years, KMHC has had a number of physicians leave for various reasons, leaving the hospital scrambling to cover essential services for the inpatient department resulting in longer wait times.

Quebec is divided into regions and each region is allotted a set number of new doctors. Our region, the Monteregie, is allotted 27 to 30 spots resulting in one spot for KMHC annually. Dr. Suzanne Jones, director of professional services, is working diligently to recruit new physicians at KMHC.

Debbie Schwartz, M.D., will begin work at KMHC this August and two other doctors are expected to return to work by the fall 2010 at a reduced capacity. KMHC is asking the community for patience and understanding as scheduling changes and cancellations may occur between now and September. Every effort will be made to maintain one or two evening walk-in clinics per week. Please cancel your appointment if you are unable to make it.

During the evening walk-in clinics, a nurse will screen and give priority to clients who present themselves with chest pain, trouble breathing, flu like symptoms, and those people at higher risk of complications or with a serious condition. It's not uncommon to wait several hours, so we are asking for your patience and understanding. Clients with a chronic illness such as

- diabetes
- cancer
- immune deficient or immuno-suppressed patients



- people with chronic heart or lung disease
- liver disease
- pregnant women
- patients under the age of two
- over the age of 65

will be accommodated by the remaining doctors and will benefit from the partnership with our nursing colleagues from the out-patient department (OPD), homecare and mental health services. Nurses may refer clients for follow up. Clients who present themselves or call in with urgent issues will be directed to the OPD for assessment and may be advised to seek medical attention elsewhere due to staffing shortages.

The remaining doctors available to see clients are Dr. Breummer, Dr. Jones, Dr. Horn, Dr. Goldberg, Dr. Tehranifar, Dr. Rubin and Dr. Wojcik.

If you leave a message for one of the doctors please keep in mind that it may take up to one week for a doctor to return your message. If you feel the waiting period is too long, speak with a nurse or seek medical attention elsewhere.

Alternatively, there are medical facilities in the surrounding area. Contact the clinic directly at the telephone numbers listed below.

**Clinique Medicale
Jardins Chateauguay**
72, Blvd Saint-Jean
Baptiste, Chateauguay.
(450) 692-7282

CLSC Chateauguay
101 Lauzon, Chateauguay.
(450) 699-3333

**Medicine Familial
Lasalle**
2101 Av. Dollard, LaSalle
(514) 595-8867

**Old Malone Medical
Center**
Dr. Mercier
(450) 638-0690

Dial 811 for Info-Santé, which is available 24 hours a day, 7 days a week and allows you to contact a health care professional in case of a non-urgent problem.

Lisa Peterson is a communications officer with Kateri Memorial Hospital Centre



Texting: FYI

by CHRISTINE TAYLOR, PROMOTION & EDUCATION

A mobile phone can be a useful thing to keep in touch with friends, conduct business, confirm appointments and so on. Texting or SMS (short message system) is another way of keeping in touch. More and more young people in particular are using text messages to communicate and its use seems to be growing every day.

Texting is a great way to send messages, anything from a “Hello, how are you doing?” to “I will be there in a few minutes” or “meeting running over, will be late”. Teens also use text messaging as a way to have fun...telling jokes, or reporting to their friends on their activities. Along with the new technology there are also a few pitfalls, including the advent of text bullying or harassment via text. Sending pictures via the cell phone is a great way to share photos but it can also be a source of embarrassment if the photos are of a questionable content.

Here are a few guidelines or *textiquette* to bear in mind when sending anything:



Make sure that you are sending the text to the right person. For example, you don’t want to accidentally send a personal message to someone—or a whole group—that you do business with.



Make sure the content of your text is what you really want to say. Take a few moments to review your message to make sure that it’s what you want to say and pay particular attention to the *tone*. For example: all caps can mean you are YELLING. This also goes for photos and videos sent.



Further to language, there are shortened words and actually whole words that are represented by symbols. Does your text recipient know what they mean? (See side box for the more common text speak used)



Keep it short and simple, anything more than 160 characters should be sent in an email.



Make sure it’s appropriate to be sending and receiving texts (you might want to silence your device in a meeting, dinner or movie, etc.) and it is rude to text while having a conversation with another person.



Safety is a huge issue. It is illegal, not to mention dangerous, to text while operating a motor vehicle. Never text while driving. Some researchers say that texting while driving impairs you to the same point as intoxication.

Texting safely and responsibly is the best way to go...as long as you use your common sense. It’s a great way to communicate if used properly, but as with everything there can be negative consequences if used inappropriately or excessively.

Textionary

C.....see
 L8r.....later
 LOL.....laugh out loud
 TTFN...ta ta for now
 TTUL...talk to you later
 BTW...by the way
 WTF...what the frig
 N.....and
 NE.....any
 W.....with
 Luv.....love
 U.....you
 2.....to or too
 4.....for or four
 2nite.....tonight
 4eva.....forever
 BRB.....be right back
 BF.....boyfriend
 GF.....girlfriend
 IDK.....I don’t know
 BFF.....best friend forever
 ROTFL...rolling on the floor laughing
 FYI.....for your information
 POV.....point of view
 BFN.....bye for now



Pow Wow and Alcohol Don't Mix

by CHAD DIABO, PROMOTION & EDUCATION

Where has the respect for an alcohol-free powwow gone? A powwow is a celebration of life. It is a unique event that is shared among many Aboriginal communities across North America. It is an expression of culture, pride, and identity. It is also an event that is meant to be alcohol and drug free.

Recently, it's been observed by many in the community that powwow weekend has become a big party weekend. Establishments gear up for this event, hire special DJs, people prepare for house parties...and healing and ceremony take a back seat!

Our purpose in taking part in a powwow is to have fun and enjoy the time with friends and family. It is also a time for healing and ceremony. It was created as, and has always been, an alcohol and drug free event for the community to enjoy.

A rule of thumb is *not to consume drugs and/or alcohol* for at least two days prior to taking part in any ceremony. There are many reasons for this. Safety of everyone involved is important as well as providing a clean and clear mind and body so that a person is "present" and aware, and ready to commit him/herself to the ceremony.

A special note to competitors (dancers and drummers) of any competition or traditional powwow: if you were at a bar or party the night before, and drank alcohol, what does this mean to you? Many powwow rules state ZERO TOLERANCE for alcohol and drugs. If you are under the influence you will be disqualified and escorted off the grounds. If you are camping on the site you may not return to the site after consuming alcohol.

On average, the human body processes one bottle of beer or one shot of hard liquor at a rate of one every two hours. Six beers will take 12 hours to work out of your system...if you get to sleep after a night out at 5 a.m. how can you justify being at a 12 p.m. grand entry seven hours later?

Respect is an important Kanienke'haka value and our ceremonies need to be respected from abuse of any kind. Think about this the next time you go to a powwow. What choices will you make? How will you show respect?



Respect the elders, singers, dancers, drummers, and the powwow staff and committee.

The dancers wear regalia while they are dancing, not "costumes". People should not touch the regalia or take photos unless they receive permission from the dancer.

Continued on page 9

Pow Wow Etiquette

That's Right, There's Etiquette

by CHAD DIABO, PROMOTION & EDUCATION

Powwows are fun events, but they are also sacred. During the powwow, there are times when sacred ceremonial songs and dances are shared. These songs and dances should not be filmed or recorded.

People should stand and remove their hats during all ceremonial songs and dances. These include the grand entry, flag songs, veteran songs, honour songs, and any other song that the master of ceremonies (MC) designates as a ceremonial song.

Do not take photographs, videos or sound recordings without asking permission from the person or group you are recording. Some songs are sacred and some people may not want their photograph taken.

People should listen to the MC because he will announce the different songs and will also let visitors know when they can dance and when they cannot. Intertribal songs are open to everyone; some sacred songs are not. The MC will also give out other information and news.

Doctor, Doctor

Your First Doctor's Visit on Your Own: What to Expect

by CAIREEN CROSS, KSS

Most teenagers have been to the doctor for the occasional sore throat or bad scrape. But what should you know before you go to see a doctor on your own?

Many teens may not be aware that they are able to receive medical services without their parent's permission or presence once they turn 14 years-of-age. Some teens may still be comfortable having their parents with them when they see a doctor. The important thing to remember is that a nurse or doctor cannot break confidentiality and discuss your health with anyone without your permission unless they believe you to be at risk to yourself or others.

Everyone should go to the doctor for a yearly check-up, including teens. A check-up will start with some questions about yourself, your medical history, your family, your school, and your relationship with your friends, your activities, etc. The doctor may ask about risky behaviours, to see if you need to talk

more in depth about them. For example, are you having sex? Do you or your friends drink, smoke, or use drugs? Do you think about ways to lose weight? Do you feel sad a lot of the time? Do you have one friend you can talk to? Some of these questions may seem silly but are important because it gives the doctor ideas about how to help you.

The actual physical exam may not take long in comparison. This includes some important measurements such as weight, height, blood pressure, pulse, as well as a checking that all your body parts and systems are working normally.

Now, for the most uncomfortable part of the exam: your genitals (or your private parts). If you are not sexually active, the doctor may just check to see that everything looks normal or skip this part altogether, depending on the comfort of the patient. Sexually active teens who have had unprotected sex should have testing for sexually transmitted

infections. This may be as simple as a urine and blood test for young men, or as complicated as a gynecological exam for swabs of the cervix and blood tests for young women. If at any time you are uncomfortable, you may request to have a nurse present to help you through this part of the exam.

Ok, the hard part is over. Some small talk and out the door you go. What now? Don't forget to fill any prescriptions the doctor has given you at the pharmacy where they will keep your prescription on file so you can have them refilled. A good example of this is the birth control pill and condoms—both covered under non-insured health benefits and available to you free with a prescription. Don't forget to make a follow-up appointment as your doctor recommends. This may be for the results of tests you've done or the doctor may want you to come back every year for a physical. There, you did it! You're taking control of your own health care.

Caireen Cross is a nurse at the Kahnawake Survival School



Continued from page 8

The sacred fire is a place to examine your thoughts and pray. Do not talk loudly around the fire or throw anything into it. Tobacco will be available at the fire and people who pray offer small amounts to the creator.

People should take good care of their children at the powwow.

Do not run around the dance area. Horseplay is not tolerated.

Do not bring drugs or alcohol to a powwow. Do not come to a powwow if you are intoxicated.

Dogs are not permitted around the powwow area unless it is a seeing-eye dog. If you are travelling with your pet, please seek out the pow-

wow staff for advice on where dogs can be walked or tied up. Do not leave the dog in the car all day long even if the window is down. That's just cruel.

Bring your own chairs. Do not sit on someone else's chair unless you ask permission.



Healing Our Spirit Worldwide

by BEATRICE TAYLOR, MAD GROUP FACILITATOR

Healing Our Spirit Worldwide (HOSW) is an Aboriginal cultural celebration that focuses on the successes, wise practices and common issues in health, healing and addictions within Aboriginal communities. The sixth gathering will radiate the wisdom of our elders, the aloha of the land and the Aboriginal people of Hawai'i. The Making Adult Decisions (MAD) Group is currently fundraising to attend the conference, which takes place from September 6 to 10, 2010 on the island of Oahu, Hawai'i.

The 2010 gathering in Oahu will continue the traditions of HOSW – to strengthen and heal Aboriginal families and communities worldwide. MAD group members will have an opportunity to participate in the youth track, which is specifically designed for youth. They will have a chance to meet Aboriginal youth from all over the world and share our culture while learning about the cultures of others. Workshops are creative, fun, but also teach youth about social issues that we, as Aboriginal peoples, face and what we are doing about it.

Members and parents have been fundraising since July 2009 and currently have raised \$17,500 U.S. The cost for one youth to attend this conference is \$2,650 U.S. This number includes the cost of flight, accommodations, conference registration fees, and meals. There are

currently nine members who are eligible to go on this trip. The facilitators developed a list of criteria that members need to meet in order to be considered eligible, including; participation in group fundraisers and activities, volunteering, as well as their school grades, their attitude, and



MAD Group participants at the Healing Our Spirit Worldwide conference in 1992. Photo by Bea Taylor.

their overall behaviour. Members are also being taught about our ceremonies, the creation story, social songs etc, so that they are prepared to share our culture with others at this conference.

The MAD Group has a history of attending HOSW conferences. In 1991, Beatrice Taylor was on the youth committee that developed the youth track for the very first conference held in 1992. Eleven

MAD Group members attended the conference (see photo) that was held in Edmonton, Alberta. MAD Group went on to attend the second conference in Australia in 1994, with ten members participating. In 2006, Merrick Diabo participated on the youth committee and nine members of MAD attended the conference in Edmonton, Alberta (see photo).

We are hoping to raise enough money to have all nine members of MAD group attend the conference this year but we are still short of our goal of \$35 thousand US. Our current fundraiser is a raffle for two Canadian memorabilia prizes that will be drawn on June 18, 2010. More fundraisers are planned and will also be promoted through the media. If anyone is interested in donating money, MAD Group will also accept personal donations as well. For more information contact MAD Group facilitators Bea Taylor and Merrick Diabo, they can be reached at 450-632-8089.



MAD Group participants at the Healing Our Spirit Worldwide Conference in 2006. Photo by Bea Taylor.

Fun Things for Teens to do in the Summer

by TARYN CONLON, PREVENTION & SUPPORT

School is over. No more home-work. No more deadlines. It's that time of year when teenagers have nothing to do. Summer-time is a period when teens are lost without their daily routine of school and don't know what to do with all their new free time.

Here is a list of ideas that might help those bored teens enjoy their summer vacation when they don't know what else to do with themselves.

- ◆ **Water balloon fight:** Call up all your friends and arm yourselves with water balloons or water guns. Pick somewhere that is ideal where innocent bystanders won't get soaked. The person who is driest at the end wins.
- ◆ **Volunteer:** Find somewhere that is in need of help and volunteer some time. It will be a great addition to your resume and will benefit the community.



- ◆ **Host a pizza party:** Whether it's with friends or family, have a pizza party. Take a trip to the grocery store and buy all kinds of different toppings. Have your pizza dough ready and

have everyone make their own unique pizza. The best part of the party is tasting your pizza afterwards.



- ◆ **Try a new sport:** Now is the time to try something new. If you never played the Creator's game; sign up for lacrosse. Try swinging a golf club. Prove your arm strength with paddling. Test your pain threshold by trying extreme paint ball or jujitsu.
- ◆ **Be a role model:** Grab your baby brother/sister or younger cousin and do something fun with them. Take them to a pool, a kid's play area or playground, or teach them to fly a kite. It's a great way to feel like a kid again and you'll be relieving some stress from the parents and the little one will be forever grateful.
- ◆ **Engage your Kanien'keha:ka roots:** Spend a day at Kanien'kehá:ka Onkwawén:na Raotitíóhkwa (Cultural Center). You will enhance your Kanien'kéha:ka language, beliefs, values, customs and traditions.

- ◆ **Plant a garden:** Help out the environment and your health. Planting your own garden is great exercise and you also get the benefits of eating healthy foods.
- ◆ **Get creative:** Pick up your video camera and make a movie and post it on-line or write a comedy routine and present it to your friends. Write a poem, paint a picture, or create a story.
- ◆ **Make some money \$\$\$:** Get a part-time job. Try babysitting, washing cars, cutting grass, or having a garage sale. You can use the extra money to do something fun.
- ◆ **Have a board game night:** Get together and play your favourite board games till the wee hours of the evening. It's a guarantee for laughs and good memories.

The Back Page...

“Young people need role models. Not critics.”

*John Wooden,
retired American basketball coach*

Knowing Your Safety Spots

by KELLYANNE MELOCHE, EMERGENCY PREPAREDNESS

Last issue we looked at locating hazards in the home and making a safety plan. This issue, we're looking at safety spots. Explain to your children that there are some specific safe spots they can go to if the weather were to worsen. Let them know that if an emergency were to occur, this is where they can go for safety.

If a heavy windstorm hits, generally anywhere in the house would be safe, however if the winds became stronger where the windows seem to be really shaking, let them know that any corner of the house without windows would be a great safety spot.

- Practice gathering items in the event of a cold weather emergency (items such as blankets, pillows and water. You may also need to gather candles or kerosene lamps, flashlights, and a battery operated radio. Never leave a lit flame unattended) See how many people can fit into one room for heat, or how many can fit into one bed for warmth.
- Play a version of musical safety spots (like musical chairs) with all family members marching in a large circle around the room to music. When the music stops each person has to find his or her closest safety spot.

- Practice with your children identifying inside and outside walls by calling either *inside* or *outside* (of each room) as you go through each room.
- Draw a map of all the safety spots.
- Identified safety spots should not be confined to the home. If you had to evacuate the home, tell your children whose house they should go to for shelter. Where is your safety spot in the event of a fire in your home? At the end of the driveway? A neighbor's home? You can use the same spot.

In order to be properly prepared for every emergency, even when you travel to other towns/cities, ask in advance what types of emergencies they have in the area and get preparedness tips prior to your travel. For instance, did you know that the Walt Disney area in Florida has a fire department specific to Walt Disney? They also have a very extensive emergency planning department that test their plans on a yearly basis. This is great since they are in a very high-risk area for hurricanes, forest fires, and major windstorms.

Next issue look for an article on preparing a safety survival kit. You can get more information from the Kahnawake Emergency Preparedness Planning office located at the Old Peacekeepers Station at 450-632-0635.

June is...

- ALS Awareness Month
- Seniors Month
- Stroke Awareness Month
- 30-5 Canadian Environment Week
- 3 Clean Air Day
- 5 World Environment Day
- 6 National Cancer Survivors Day
- 11-12 Relay for Life
- 20 Father's Day
- 21 National Aboriginal Day
- 21 Summer Solstice
- 24 St. Jean Baptiste

July is...

- 1 Canada Day
- 11 20th anniversary of the "Oka Crisis"

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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