



Aionkwatakari:teke

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

"For Us To Be Healthy"

Vol. 16, No. 5

Kahnawake's Only Health and Wellness Newsletter

Kenténha / October 2011



Don't Drink & Drive!

INSIDE THIS ISSUE

Rotisken'rakéhte Part V	3	HIV in Aboriginal Communities	8
My Sexuality: Breaking the Silence	4	Energy Drinks as Drugs	9
Kids in the Middle Part III	5	Spirit of Wellness 2011	10
The Truth Behind Marijuana	6	Tom Porter at SOW 2011	10
Use, Abuse, & Dependence	6	Heavy Metal Mayhem	11
Talking to Your Kids About Drugs	7	Halloween Safety Tips	12
Doing More With MAD Group	7		



Aionkwatakari:teke

Aionkwatakari:teke is a newsletter published six times a year by Communications Services of Kahnawake Shakotiiia'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:
 Bea Taylor
 Wendy Walker-Phillips



Contributors:

Taryn Conlon
 Marie David
 Teyowisonte Thomas Deer
 Chad Diabo
 Arnold Lazare, EPP
 James Lazare
 Loretta LeBorgne
 Robert Marcheterre
 Tyson Phillips
 Skawenniiio Tsi Iewennahnotákhwa
 Library
 Bea Taylor
 Christine 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.



SELECTION OF EXECUTIVE DIRECTOR

Kahnawake – September 28, 2011 after 23 years of dedicated service to Kahnawake Shakotiiia'takehnhas Community Services (KSCS), Linda Deer is to retire officially as Executive Director on March 31, 2012.

The Board of Directors is happy to announce that Derek Montour is the successful candidate for the position of Executive Director of KSCS. He held the position of Manager of Support Services for 8 years and is looking forward to his new responsibilities.

Derek begins his transition into his new position on October 1, 2011, and will assume full duties as Executive Director effective April 1, 2012.

For additional information contact:

Warren White, Chairperson Board of Directors
 Linda Deer, Executive Director
 Rheena Diabo, Director of Human Resources
 Phone: 450-632-6880
 Fax: 450-632-5116

Skawenniiio Tsi Iewennahnotákhwa Kahnawake Library has books on these topics and more. Call them at 450-633-1016 or email klibrary@paulcomm.ca

Always My Child: A Parents Guide to Understanding Your Gay, Lesbian, Bisexual, Transgendered, or Questioning Son or Daughter by Kevin Jennings. New York: Touchstone, 2001. Print.

Drugs & Your Kid: How to Tell if Your Child Has A Drug/Alcohol Problem And What to Do About It. Peter D. Rogers and Leah Goldstein. New Harbinger Publications Inc. 2002. Print.

The Guide to Living With HIV Infection: Developed at the John Hopkins AIDS Clinic. John G. Bartlet and Ann K. Finkbeiner. Maryland. John Hopkins University Press. 2008. Print.

Cover photo by Tyson Phillips. Cover concept by Chad Diabo. The cover is part of the Operation Lookout campaign aimed at raising awareness about the dangers of drinking and driving.



ROTISKEN' RAKÉHTE

BE THE CHANGE - LEAD THE WAY

by CHAD DIABO AND TEYOWISONTE THOMAS DEER

Part 5 of 6

Our Rotisken' rakéhte can bear enormous stress and hardship in the name of protecting and serving our community and nation. They can suffer the adverse effects of carrying this responsibility.

Men can handle stress in different ways. They can talk about what is bothering them. They can exercise and eat well. They can relax with family and friends. Some turn to unhealthy ways of dealing with stress such as holding the stress in and not talking about what is bothering them or by using alcohol, gambling and/or drugs to cope. Our people fall into this trap in order to cope with stress.

The Longhouse teaches us to not use mind changers, specifically referring to drugs and alcohol today. The Rotisken' rakéhte are a traditional Haudenosaunee fraternity and the men who belong to it are expected to abstain from mind changers. It's hoped that the gathering of men who are free from these vices will serve as a support group to help individuals suffering from these stresses without them having to resort to negative outlets.

There are a number of reasons why an individual would turn to negative outlets including:

Armed conflict. Few people can imagine the stress and responsibility of battle and what it does to an individual.

Most men will try to keep to themselves and mask the symptoms of post-traumatic stress disorder (PTSD) through the use of alcohol and/or drugs.

Separation from loved ones.

Being away from friends and family during their duty can take an emotional toll. Many men self-medicate with alcohol and/or drugs in order to cope with the separation.

Boredom. When a person is in combat or during a crisis they are in constant stress. When they are on break they experience boredom and may fill this time with alcohol use, drug abuse and/or gambling. They may also experience post-event disappointment (U.S. military term) when the crisis is over and he or she attempts to restart their life, they may experience additional stress e.g. unemployment or the inability to reconnect with loved ones.

The Haudenosaunee way of dealing with the responsibility of being a Rotisken' rakéhte includes a ceremony to deal with post-traumatic stress.

Our ancestors devised this unique way for us to deal with our loss and mourning so it would lessen its affect on our daily life and interaction

with others. Warriors returning from battle were *released* from their mission during the ceremony and consoled. Often, when our warriors went off to battle they distanced themselves from emotions. After a while it became hard to feel again. This ceremony is supposed to *bring them back*. Condolence is our ceremony for dealing with loss and sorrow.

Men can do a lot to help themselves if a ceremony is not needed. They can talk with a close friend. They can eat well, exercise and be a caring person. Hug your kids, nephews, nieces, mother, father and family. Our families are our greatest source of healing and support. A kind word from a family member goes a long way. Men should invest good thoughts and time into building strong relations with their family.

It's our families who compel us to be a Rotisken' rakéhte. It's in their name that we stand together and defend what is ours and take care of ourselves in the process too.



My Sexuality: Breaking the Silence

by TARYN CONLON, PREVENTION

My Sexuality, It's About Respect: Break the Silence is a campaign to raise awareness about sexual assault.

This campaign is unique because it is one of the few prevention campaigns that was designed by Aboriginal people for Aboriginal people and is sponsored by the Quebec Native Women Inc. The campaign recognizes Aboriginal views of healthy sexuality as well as the legacy and impact of colonization through the imbalance of male-female relationships.

"Part of the sexual assault healing process for Aboriginal people involves learning about the past in order to understand the roots of our suffering. To meet the challenges of the present day, it is important that we understand our past and look forward to the future in a positive way" (p. 7).

Aboriginal people have their own way of educating their children about sexuality. It is based on two fundamental attitudes: sexual exploration and boundaries. Aboriginal people have understood for many years that sexuality is natural and a part of life. It was never something to be shamed for. Sexuality is present in all humans; from birth to death. Boys received their

education from their fathers, uncles and grandfathers while girls were taught by their mothers, aunts, and grandmothers. Elders would speak to children about different components of sexuality: responsibilities, boundaries, expression, etc.

This campaign's main focus is the topic of sexual assault. "Sexual assault is an act that is sexual in nature, with or without physical contact, committed by an individual without the consent of the victim" (p.25) and is often expressed through acts such as sexual abuse, sexual offence, sexual contact, incest, child prostitution and pornography, rape.

**Aboriginal people
[are] five times more
likely than the general
population to be victims
of sexual offences**

Sexual assault is an attack on a person's basic rights including their right to personal security. Those that are exposed to sexual assault will suffer psychological, physical, social and spiritual repercussions.

Sexual assaults are the same as sexual offences and are rarely reported to the police, with only about one out of ten sexual assaults being reported to the police. They are usually under reported due to shame, fear, taboos, myths or prejudices associated with these crimes. Despite the under reporting of sexual assaults, studies from 2001 and 2002 indicate

that sexual assaults in Aboriginal communities is a major problem with Aboriginal people five times more likely than the general population to be victims of sexual offences.

My Sexuality, It's about Respect: Break the Silence encourages communities to talk about these issues. Educate yourself to understand how the impacts of colonization (residential schools, racism, Christianity, the Indian Act, Bill C-31, etc) and how they have affected Aboriginal peoples sexuality. Learn what sexual assault is and don't be afraid to talk about it or address it when seen. People need to know they have sexual rights and they need to report sexual assaults to authorities.

Over the next couple of months Christine Taylor, Loanna Zacharie and I will be in the community discussing the campaign and conducting various educational workshops and information sessions to community members.

If you are interested in learning more about the campaign, call Louanna Zacharie at 450-632-6880.

Reference:

Quebec Native Women Inc (2011). My Sexuality, it's about respect: Break the Silence, Book.



Kids in the Middle

Parenting After Separation

by BEA TAYLOR, PREVENTION

Part 3 of 3

When parents separate, there are legal issues that need to be discussed in regards to custody of the children as well as negotiating a fair agreement. In 1997, Quebec passed a law that allows couples with children to obtain, for **free**, the services of a professional mediator during the negotiations and settlement of child custody or financial support or to review an existing decision.

Sometimes parents play *games* that put their child in the middle. These games often end up hurting the child and can result in feelings of anger and resentment. Here are a few common games that parents play according to the *Kids in the Middle Handbook*:

- **The messenger:** Telling your child to take messages to the other parent.
- **The ‘nasty’ game:** Threatening to get what you want. “If you don’t pay child support on time, I won’t let you see the kids!”
- **The set-up:** Interfering with the time that the other parent has with the child.
- **I spy:** Trying to get information about the other parent. For example, “Who is your mother seeing?” or “Who does your father have over to the house?”
- **I wish:** Your child may say that they wish their family could be back together. If a parent agrees that this would be good, the child is being given false hope of it coming true.

- **Expensive parent:** One parent may buy expensive gifts or take the child on expensive outings, even if they can’t afford it.
- **Party Pooper:** Criticizing the child’s visit with the other parent.
- **Put Downs:** Putting down the other parent in front of the child(ren).

It’s important to remember that children need both parents and both families to be respectful and co-operative.

Your relationship with the other parent will change from ‘intimate’ to ‘formal’ which may take time to adjust to. With a formal relationship, there are no assumptions, less emotion and personal involvement, more privacy and detailed agreements and/or court orders.

One way to ease the process of separation is to practice positive communication skills that are listed in the handbook *Kids in the Middle*:

Communication tips

- Keep the talk brief and centered on child-related issues.
- Be clear and specific about what the problem is.
- Never communicate through your child.
- Don’t expect appreciation or praise from the other parent.
- Be respectful and act like a guest when you are in the other parent’s home.

- Don’t discuss relationship issues.
- Avoid blaming yourself or your ex-partner for what has happened in the past.
- Have possible solutions ready.

Even though a person may enter a relationship with the best of intentions, over 40 per cent of relationships end in separation. Therefore, it is important for parents to learn ways to cope if they decide to break up with their partner.

For more info on *family mediation* or *your rights at a glance*, check out

- Justice Quebec: www.justice.gouv.qc.ca
- Martha Montour, lawyer and accredited mediator, at 450-635-3322
- Sken:nen A’onsonton Alternative Dispute Resolution at 450-638-9052

For more info on this topic, check out these resources on the Internet: Justice Canada at www.canada.justice.gc.ca Families Change at www.familieschange.ca.

Source: *Justice Education Society of British Columbia: Kids in the Middle Handbook. British Columbia. 2003-2005. Print.*



The Truth Behind Marijuana

by HAZEL MAYO, PREVENTION

Weed, pot, grass, cannabis, spliff, herb, ganga, chronic and Mary J are all common names people use for marijuana and there are approximately two hundred other names you can use besides just marijuana. It is one of the most commonly used drugs today. Statistics show the marijuana users don't realize how dangerous it really is.

Although marijuana has been around for a few decades, it's popularity increased during the 1990s while the age of the kids who smoke it has gotten younger.

Marijuana is derived from the hemp plant (*Cannabis Sativa*) and contains at least 300 different chemicals, the main active ingredient being THC.

THC is *delta-9-tetrahydrocannabinol*. The amount of THC in marijuana determines the drug's strength. Its potency is affected by many factors such as the plant type, weather, soil and the time of harvest. But today's THC levels are higher than the marijuana in the past. The content level averaged less than one percent in 1974 and rose to an average of four percent in 1994.

Hashish is a resin made from flowers of the female plant: the THC levels in hash may be five to ten times higher than weed. There is another popular kind of marijuana called *sinsemilla*. It means *without seeds* in Spanish. This kind of marijuana is made from female plants that are specially cultivated and kept seedless by preventing pollination that produces high resin content.

Marijuana is usually smoked. You can use a pipe, a water pipe, zig zags or even a hollowed out cigar that is known as a *blunt*. It can also be brewed into tea or mixed in baked products such as cookies or brownies.

Some people think it is better or healthier to quit smoking cigarettes and only smoke weed. Think again! Marijuana smoke and cigarette smoke can both cause respiratory problems. Actually, weed smoke can do more long-term damage to the lungs and heart than cigarettes can. Not only does it affect our lungs and heart it also affects our mind and body.

Research has shown that marijuana limits the capacity to absorb and retain information, reduces learning ability, and affects the memory.

Serious weed smokers have more of a chance of getting chest colds, bronchitis, emphysema and bronchial asthma. It will cause damage to lungs, airways and heighten the chance of cancer. It may also limit the ability of the immune system to fight off any infections or disease.

Marijuana also affects your hormones. For young men, marijuana reduces sperm production. For women, it may disrupt the monthly menstrual cycle and inhibit ovulation. Pregnant women who use marijuana run the risk of giving birth to babies with lower birth weights and who are more likely to develop health problems.

Marijuana is considered a gateway drug because it is the most commonly used drug and users are more likely to go on to use other more potent and serious drugs.



Use, Abuse, & Dependence

taken from KSCS PAMPHLET

Use: Is using marijuana within moderation. Using is not always based on the goal of getting intoxicated or high.

Abuse: Is harmful use of marijuana and using is based on the goal of getting intoxicated or high. Your use of marijuana begins to affect the social, mental, emotional, legal and/or professional areas of your life. You may continue to use despite putting

yourself in dangerous situations e.g.: using and driving and/or having many social or relationship problems.

Dependence: Is when your body begins to become dependent on marijuana. You may begin to feel intense withdrawal symptoms or you may notice changes in your tolerance levels. Your use of the drug may increase and you may not be able to stop. Your social activities will be changed or

stopped in order to use or search for marijuana. You continue to use despite having physical or psychological problems.

If you feel you have an abuse or dependence issue, you may want to consider talking to an addictions counsellor at KSCS. Call 450-632-6880 for more information.



Talking To Your Teens About Drugs

by CHRISTINE TAYLOR, PROMOTION & EDUCATION

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

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

Adolescence is a time when our children struggle with their sense of self and their place in the world. They are faced with social pressures and influences that are

powerful and complex. Many parents find it difficult to talk with their teenager about illegal drugs and as the teens grows up and seeks independence, parents feel like they have less and less influence.

Parents sometimes don't realize that they have a lot of influence on their teenager's behaviours. They're often surprised to learn that 87 per cent of teenagers think that their parents are credible sources of infor-

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

As parents it's also important to

our kids to be responsible adults and recognise that our behaviours affect how our children deal with illegal drugs and alcohol abuse.

How do we use drugs, legal and illegal? How do we cope with life's challenges? We know we're not perfect but we need to be aware of what we are showing our children. The old adage "do as I say, not as I do" does not fly. We influence more than we know and we should try and model to our children healthier lifestyles as well.

Teenagers who feel connected to their families are more likely to avoid the dangers of using drugs.

Did you know?

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

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

Drugs: Help and referrals toll-free from anywhere in Quebec: 1-800-265-2626

In Montreal: 514-527-2626

In Kahnawake: KSCS 450-632-6880
Peacekeepers 450-632-6505

Source: Health Canada. Talking With Your Teen About Drugs. Ottawa. HC. 2011. Web.



Doing More With MAD Group

by JAMES LAZARE, PREVENTION

If you want to get away from the tedium of sitting in classroom and nobody is commenting on your Facebook posts, come check out Making A Difference Group (MAD). MAD Group has been open since 1984 and is currently the

longest running youth group in Kahnawake serving youth between ages of 12 to 17.

At MAD Group, we help you improve your self-esteem by teaching you social life skills. It doesn't sound exciting, until you get involved. We work with members on how to make

healthy decisions, resolve conflict, solve problems, communicate effectively, handle peer pressure and we incorporate cultural teachings. We help you develop these skills in a fun and interactive way through workshops and hands on activities.

Continued on page 8



HIV in Aboriginal Communities

by TARYN CONLON, PREVENTION

A boriginal, Métis and Inuit peoples continue to be over-represented in the HIV and AIDS epidemic in Canada. We represent slightly more than three per cent of the total Canadian population and yet, we represent almost ten per cent of the total number of people living with HIV in Canada. (Public Health Agency of Canada 2007).

HIV is the human immunodeficiency virus that causes AIDS, acquired immunodeficiency syndrome. This virus attacks the body's defences. It can penetrate the white blood cells and take over. The body loses its defences and opportunistic infections take advantage of this weakness to attack you.

The virus is transmitted through unprotected sex (vaginal or anal sex without a condom). You can become infected with HIV/AIDS the first time you have sex, the same way a girl can become pregnant the first time she has sex.

HIV/AIDS can also be transmitted from mother to child during pregnancy or while breastfeeding. Another way the virus is transmitted is through the sharing or using dirty drug injection material; like needles.

Whether this community has been affected by HIV or AIDS or not, it is an epidemic that is spreading through Aboriginal communities throughout Canada and to ensure the future generation of healthy people we must be educated about HIV/AIDS.

Becoming knowledgeable about HIV/AIDS will help you become part of the solution. It will influence you to help prevent new HIV infections and teach you how to support and help those now living with HIV/AIDS to access services and treatment.

This year KSCS is dedicated to making sure they offer opportunities for its community members to learn about HIV prevention through several trainings that are listed below, dates to be determined.

- **HIV 101** - Fall 2011 at KSCS: This workshop will teach community members the ABC's of HIV: transmission, how to protect yourself and how to talk to your partner about HIV and safer sex.
- **Sexual Information Leads to Knowledge** – Fall 2011 at Kahnawake Survival School: This workshop targets teens and will discuss issues of sexual and gender identity while providing education on HIV/AIDS.
- **Sense Project** – Fall 2011 at Kahnawake Survival School: Youth that attend this workshop will learn in depth knowledge about sexual health and how to keep their bodies free from diseases (HIV & hepatitis C).
- **Youth & Aboriginals at Risk**– with Wanda Gabriel in October 2011 at KSCS: Those that attend will understand their role in the community to help educate and participate in decreasing the incidents of HIV/AIDS, hepatitis C and other sexually transmitted infections in the community.
- **Pre & Post HIV Testing Counselling** – January 2012: This workshop will prepare and motivate those that attend to consider HIV testing with pre and post test counselling to patients when appropriate.

If you would like to attend or for more information on the above workshops you can contact Terry Young, manager of Prevention Services at KSCS (450) 632-6880.



Continued from page 7

MAD Group offers fun activities through monthly outings. Group members organize the outings and we do the things youth want to do, like going to the movies, bowling, hockey games, La Ronde, camping etc. Group outings are an earned privilege. The eligibility criteria are based on member attendance and behavior at MAD Group.

MAD Group also offers employment to our members through our dish business. MAD Dishes helps fundraise for group activities and gives job skills to group members. The service provides place settings for up to 350 people for public and private events. Members are paid \$9.65 per hour. We believe in giving

back to the community and offer MAD Group members a working experience in a professional setting.

We're located at the Whitehouse next to the MCK and are open Tuesday and Thursday nights from 6:00 P.M.-9:30 P.M. For more information, contact Merrick Diabo or James Lazare at 450-635-8089.

Energy Drinks As Drugs

by MARIE DAVID

Energy drinks are becoming the go-to solution for many young adults who are looking for an added energy boost. What they don't realize is what they are trading in for that momentary boost of energy. Red Bull might promise to *give you wings* but there are several other side effects it's giving you as well.

Energy drinks are marketed towards 18-24 year-olds and are regulated as natural health products in Canada. The elevated caffeine levels in the drink allow companies to promote a health claim of providing an energy boost.

However, a recent report by an expert panel for Health Canada says drinks such as Red Bull and Monster should be labelled as "stimulant drug containing drinks" and should only be sold under the direct supervision of a pharmacist.

The panel is urging Health Canada to impose stricter control over energy drinks. The panel is composed of Canadian specialists in cardiology, pediatrics, pharmacology and kinesiology. The panel consulted with a doctor specializing in pharmacovigilance* from the World Health Organization (WHO) and three experts from the European Food and Safety Authority before making its recommendations.

According to Stéphanie Côté, a nutritionist with the Université de Montréal, energy drinks are high in sugar and caffeine and "can have a negative impact on health." For example, the drinks may produce adverse effects such as increasing the risk of fatigue and dehydration. The caffeine involved may also cause an increase in headaches, insomnia, hypertension, anxiety, and may even cause heart palpitations. Health Canada recommends

consuming energy drinks in moderation and doesn't recommend using them as a meal replacement. Unfortunately, many teens don't heed that warning. They may not also realize that a lot of that energy comes from sugar putting them at risk for diabetes or its complications.

A recent report by an expert panel for Health Canada says drinks such as Red Bull and Monster should be labelled as "stimulant drug containing drinks"

Another disturbing recent trend among young adults is mixing the energy drinks with alcohol for a quick rush. That rush doesn't last and, according to Éduc-Alcool (a non-profit organization aimed at educating Quebecers about their drinking habits), "The danger in mixing energy drinks and alcohol lies in the opposite effects of the two substances. Caffeine acts as a stimulant on the central nervous system, while alcohol is a depressant. Energy drinks thus mask the effects of alcohol, leading people to drink more in order to feel the alcohol buzz. Needless to say, that increases the danger of excessive alcohol consumption and all the risks that entails."

In 2009, Éduc-Alcool began a poster campaign at Cegeps and universities in Quebec that is aimed at educating students about this alarming trend. Energy drinks mask the effects of alcohol so young people can engage in dangerous activity without realizing it, like getting behind the wheel of a car because they don't feel drunk or having sexual

relations they might not otherwise engage in. The overall message of the campaign is to be careful especially when alcohol is involved.

If Canada moves forward with the panel's recommendations and sets stricter controls over energy drinks it would set an international precedent. The Canadian Beverage Association, which represents many energy drink brands, has said it would oppose these changes and called the panel's report "unrealistic and flawed".

** pharmacovigilance: the science and activities related to the detection, assessment, understanding, and prevention of adverse affects or any other drug related problem. (WHO definition).*

Source: Schmidt, Sarah. "Energy Drinks Are Drugs: Panel." *Montreal Gazette*. Sept. 21, 2011. n.page. Web. Sept. 21, 2011. <http://www.montrealgazette.com/health/Energy+drinks+drugs+panel/5433513/story.html>
Édu-Alcool website: <http://www.educalcoool.qc.ca/en/what-new/huge-back-to-class-campaign-educ-alcool-warns-students-about-the-danger-of-mixing-alcohol-and-energy-drinks-256.html>.



Photo from flickr.



Spirit of Wellness 2011

by ROBERT MARCHETERRE, PREVENTION

When the cold winds begin to blow, the community's warmth will show. November marks the time of year when we start to bundle up even more and prepare ourselves for the long winter months to come.

Each year, during the first blush of winter, KSCS coordinates the Spirit of Wellness (SOW) campaign and we are proud to do so again.

The goal of the campaign is to bring together different community organizations and groups to coordinate and offer the people of Kahnawake activities that promote healthy lifestyles, education, and the overall wellness of body, mind and soul.

Particular focus for this year's campaign will be on diabetes prevention, addictions, cardiovascular disease, family violence, and mental health; all issues that are based on the community health needs assessment of 2003 and the Community Health Plan of 2004.

The 2011 SOW campaign is already off to a great start. Activities have been planned that will help meet the community health needs and with more to come. Among the already scheduled events are:

- Opening ceremony social
- A presentation by Tom Porter on suicide prevention and traditional medicines
- Community social
- Concert featuring local talent
- Theatrical presentation on bullycide*
- Mental Health First Aid presentations

- Anger management presentations
- Healthy sexuality presentations
- ASIST suicide prevention presentations
- Skating party
- Information kiosks
- Family and youth dances
-and so much more!

The coordinating team of the 2011 SOW campaign is working hard towards making this year's event schedule a true success and we're looking forward to having a great turnout from the community. A full schedule will be released soon regarding the dates for the campaign activities as the air becomes crisper and the leaves begin to turn.

For information or if you or your organization is interested in participating in the organizing committee or in hosting an activity, please contact either of this year's coordinators, Robert Marcheterre or Loretta LeBorgne at 450-632-6880.

* *Bullycide*: A term coined by Tim Field and Neil Marr in their book *Bullycide: Death at Playtime*. The term is a portmanteau word, which is the blending of two or more words into one new word. In this case, bullying and suicide.



Tom Porter at SOW 2011

by LORETTA LEBORGNE, PREVENTION

Tom Porter will be coming to Kahnawake to do a presentation at the KSCS Family and Wellness Center (FWC) on **Wednesday, November 16, 2011 from 8:30 a.m. to 4:00 p.m.** The first half of his presentation is in conjunction with the Spirit of Wellness campaign on suicide prevention. A lunch will be provided for the participants.

After lunch, he will present on behalf of the Onkwata'karitáhtshera Traditional Approaches subcommittee about traditional medicine and diabetes.

Tom Porter (Sakokwenionkwaw—*The One Who Wins*) is the chief and spiritual leader of the Mohawk community of Kanatsiohareke (Ga na jo' ha la'y: gay) in Fonda, New York.

Tom is a nationally recognized figure in Aboriginal country since the 1960s when he co-founded the *White Roots of Peace*, a group of Iroquois elders who toured the country sharing traditional teachings and encouraging Aboriginal people to embrace their respective traditions.

Seating is limited to the first 80 participants. Please call the FWC to register at 450-638-0408.



Heavy Metal Mayhem

by TYSON PHILLIPS, COMMUNICATIONS

Heavy Metal as a form of music has been around since the late 1960s and has gone through many changes over the years. *Black Sabbath* (featuring Ozzy Osborne) was one of the first heavy metal groups to hit the music scene.

By the mid 1980s, an underground sub-genre of heavy metal music was emerging. The music was faster and edgier, with songs that dealt with the darker elements we experience

associated with worshipping Satan,” he says. “Some bands may sing about the devil but they are not practising black magic and summoning evil forces. Some Christian groups labelled heavy metal music as the devil’s music yet they were saying the same about rock and roll music. Elvis Presley was said to be doing the devil’s work by the way he danced. We all now know how untrue this is. The same goes for heavy metal music,” explained Merrick.

Chad agrees, pointing out that other music genres have their own controversies. “Some rap/hip-hop music glamorize drugs, sex, and women as whores. Some country songs promote heavy use of alcohol,” he says. “There are some anti-Christian heavy metal bands that originated in Norway. They are black metal and a few have burned down churches.

However, this was a small number of bands [and] not all heavy metal groups do this,” he points out.

Wearing black is the fashion style. “The clothes are part of the music’s culture just like baggy clothes is the fashion of rap [or] cowboy hats and a mullet haircut is [to] country music. To dress all in black does not mean you worship Satan,” Chad explained.

In Kahnawake, there are two very popular heavy metal bands, *Avery’s Descent* and *We Are the Nightlife*. “The music is a mixture of black, death, and thrash metal; however, these bands are creating their own category of music,” said Merrick.

The singing is a low-pitched growling and screaming, with fast drumming and extreme heavy guitar play. “I might not understand all

of the lyrics but they sing about relationships that have gone bad, their emotions, letting out aggression, their dissatisfaction with society. Then there are songs that are about an awesome party they went to. The songs have nothing to do with devil worship,” said Merrick.

Chad attended the Heavy MTL (Montreal) concert this past July. “It was not only young teens who went, I saw people of all ages. There is a mosh pit, where you slam into others,” he says. “I do it to let out aggression however we are not in the pit to destroy each other. With the high energy of the music, mosh pits have become very popular with this type of music.”

Fans of heavy metal in Kahnawake can look forward to Metal Mayhem II, which will take place during the SOW campaign in November 2011. Details will be available in the coming weeks.



We Are the Nightlife perform at the 2010 Metal Mayhem concert, part of the Spirit of Wellness. Photo by Christine Taylor.

in life. Some notable bands were *Metallica*, *Megadeth*, *Anthrax*, and *Slayer*. Heavy metal might not have number one singles on the top twenty countdown but they do have a huge following, especially among the youth.

There are now many sub-genres of heavy metal including black metal, death metal, and thrash metal.

Two KSCS staff members are huge fans of the genre; Merrick Diabo is a facilitator of the Making A Difference (MAD) Group and Chad Diabo is a prevention worker. Merrick and the MAD Group coordinated the Metal Mayhem concert as part of the Spirit of Wellness (SOW) activities in November 2010.

Merrick defends the music. “First of all, not all heavy metal music is



Avery’s Descent play to the crowd at Metal Mayhem in 2010. Photo by Christine Taylor.

The Back Page...

“Hope is better than fear. Optimism is better than despair. So let us be loving, hopeful, and optimistic. And we’ll change the world.”

Jack Layton, the late NDP leader, who passed away on August 22, 2011.

Halloween Safety Tips for Adults

by ARNOLD LAZARE, EMERGENCY PLANNING AND PREPAREDNESS PROGRAM

Children can get so caught up in the fun of trick or treating that they might forget some simple safety ideas that could keep everyone out of trouble. Having a fun and safe Halloween will make it all worthwhile. Here are common sense tips that can help adults keep their kids safe.

Costumes

Help your young child pick out or make a costume that will be safe. Make sure that it’s fire proof or is treated with fire retardant. If they are wearing a mask of any kind, make sure that the eye holes are large enough for good peripheral vision. Using reflective tape on the costume will ensure that your child is seen.

If a prop is part of the costume such as a scythe, butcher knife or a pitchfork, make sure that the tips are smooth and flexible enough to not cause injury if fallen on. Make sure that costumes won’t get in the way when they are walking, which could cause them to trip.

While Trick or Treating

Know the route your kids will be taking if you aren’t going with them. Let them know that they are to check in with you every hour by phone or by stopping back at home. Make sure that they know not to deviate from the planned route so that you always know where they will be.

Make sure that the group has a pre-programmed cell phone with them.



Make sure that all important phone numbers are already there keyed in and ready for use.

Set a time that your kids should be home by. Make sure your kids know how important it is for them to be home on time or to call immediately if something happens and they are going to be delayed

Serve your kids a filling meal before trick or treating and they won’t be as tempted to eat candy before they bring it home for you to check. Check your local grocery or craft store for Halloween cookbooks full of tasty treats WITH a horror theme for both kids and adults.

Traffic Safety

Be sure to show your children how to cross a street properly. They should always look both ways before crossing the street and should only cross at corners or crosswalks. Make sure that if you have more than one child, they know to take the hand of the younger child when they cross a street. Always drive carefully paying special attention to trick or treaters.

Be Prepared for Emergencies

Remember by taking a few minutes to properly prepare, a lot of pain and anguish can be avoided. If you have any questions about how you can ensure your family is prepared, please contact the Emergency Planning and Preparedness Program at 450-632-0635.

October is...

- Breast Cancer Awareness Month
- 1-7 World Breastfeeding Week
- 3-9 Fire Prevention Week
- 3-9 Mental Illness Awareness Week
- 17-23 Natl. School Safety Week
- 10 Thanksgiving
- 31 Halloween

November is....

- Spirit of Wellness Month
- Diabetes Month
- Lung Cancer Awareness Month
- 6-12 Natl. Seniors Safety Week
- 13-19 Natl. Aboriginal Addictions Awareness Week
- 24-30 Natl. Home Fire Safety Week
- 11 Remembrance Day
- 14 World Diabetes Day
- 25 Intl. Day for the Elimination of Violence Against Women

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

Aionkwatakari:teke

P.O. Box 1440
Kahnawake, Quebec JOL 1B0
Tel: (450) 6326880
Fax: (450) 6325116
E-mail: kscs@kscskahnawake.ca