



Aionkwatakari:teke

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

"For Us To Be Healthy"

Vol. 16, No. 6

Kahnawake's Only Health and Wellness Newsletter

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The CP Holiday Train stopping
in Kahnawake heralds the
start of the holiday season



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Aionkwatakari:teke

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



Welcome to the final issue of Aionkwatakari:teke for 2011. Our focus in this issue is on mental health issues. We have a great article by Robert Marcheterre about a person who struggled on his own with mental health issues before seeking help from the resources made available at KSCS. It's an inspiring story.

We also have a profile of the kind of work the Mental Health Working Group does and we get an inner look at how they work. There is also a story on the Christmas Basket Fund, a fund that helps give some families in the community a cheerier holiday than they might otherwise have.

There are some articles from the Emergency Preparedness Program on how you can prepare for winter, this includes what you should have on hand in case the power goes out or you end up isolated for a significant length of time. The other article outlines the four principles of preparedness; four principles that could help you be prepared for any emergency.

There's an article on how parents can help themselves de-stress for the holidays so that they can get the most out of this holiday season. As well, there's an article with some fun winter activity suggestions too!

Of special note: the final instalment in the Rotisken'rakehte series will not be in this issue. It will instead run in the February/March issue.

Sken:nen tanon Oserahse!
Marie



Cover photo: Canadian Pacific Railways.
Cover design: Marie David



The Mental Health Working Group

Changing the Perceptions of Mental Illness

by TYSON PHILLIPS, COMMUNICATIONS

The Mental Health Working Group has been in existence at KSCS since 2000. Former Executive Director Donald Horne is credited with forming the group to identify gaps in services when workers noticed there was difficulty in getting proper resources and access for mental health issues.

The working group consists of an addictions response worker, support worker, nurse, psychologist, and a psychiatrist for medical advice.

Tom Dearhouse, a Shakotien:nens Support worker at KSCS, has been part of the working group for the past eight years. “We meet on a weekly basis and consult on cases with the client’s permission,” he said.

Client confidentiality is strictly respected. “The information shared stays with us and the client’s worker. The client does not have to ever worry about their information becoming public,” Tom said.

Mental illness can range from mild depression to schizophrenia. “A case-worker will offer background and problem areas with the client’s situation and from there we can determine what service would be best for the client,” Tom said.

Tom explains how the group works. “We advocate collaboration between clients, workers, family doc-

tors and psychiatrists. The caseworker is assisted by the mental health team’s input and gives them direction and options to offer their client.” He continues, “The group may suggest that the client see a psychologist, get specialized testing, be in contact with the client’s family doctor, or see if there are addiction issues that are

making the situation worse for the client.” Each case is assessed individually.

The group works towards changing

the negative stigma that is associated with mental illness. “We are advocates [who] speak on behalf of the clients, and to integrate them back into the daily life of the community,” Tom said. “For many years, people with a mental illness were labelled as crazy and thought being in an institution was the only option. Time has changed that way of thinking,” he said.

Part of their work is changing people’s perceptions about mental illness. Tom explains, “If a community member sees a person go through a psychotic episode—yes it is scary—but we know what [to do] to get that person better. Obtaining knowledge about one’s illness is a powerful tool,” he stressed. The group’s message is that people with mental illness

can be treated and the goal should be to allow the person to attain their potential in the community.

The group participates in on-going trainings such as at the Douglas Hospital, and discuss the latest trends in the field. “Years ago, it was usually adults who were diagnosed with a mental illness,” Tom said. “We are now seeing [diagnoses in] young people, some as young as twelve years old.”

If you feel that you may have symptoms of mental illness and are ashamed to seek help, go see your family doctor or call the intake worker at KSCS. The mental health working group can help you deal with the shame and stigma and address the symptoms of mental illness.

“We are here to help you get better,” Tom said. “A diagnosis is not necessarily a life long sentence. With the right medication and guidance from doctors, the individual does get healthier, and we call this phase recovery,” explained Tom. If you want to speak to an intake worker, call KSCS at 450-632-6880.





From Tragedy to Triumph

by ROBERT MARCHETERRE, PREVENTION

Tragedy occurs and at times it is unavoidable. Loved ones die, weather patterns destroy lives, and people let us down. Tragedy has different meanings for everyone but one thing that is certain is that its effect can be, at times, completely debilitating.

On a hot July night, a series of tragedies brought Client Z to the brink of destruction.

Client Z sat there that night, his arms burning from a series of fresh cuts he had made into his flesh, contemplating the worth of his life. Over the past few years tragedy had claimed the life of one he loved deeply and had dismantled a relationship he believed was infinite. On this night, he wondered if there was anything that would change for him; would there be any improvement, would there be any opportunity for him to be happy.

Client Z was in the depths of his depression—to the point of considering ending a life filled with sadness, disappointment, and pain—and the

only way he saw out was to hurt himself; Client Z's internal pain had begun to show itself externally. His heart hurt, as did his body, from the repeated cuts he self-inflicted upon his hands. Client Z chose alcohol and drugs to numb his pain. However, he realized over time that this was not

working for him and in the end it was only pulling him deeper into the abyss of his depressive thoughts.

The key element

to dealing with Client Z's pain was to have someone intervene and support him. A loving and caring person intervened and contacted professionals that would allow for Client Z to explore his feelings, his reactions, and the purpose for inflicting pain upon himself.

At first Client Z was mistrustful. This made sense as he had been let down on many occasions before. He had to find faith not only in others but in himself as he needed to believe that he could make the changes needed in his life for a healthier future.

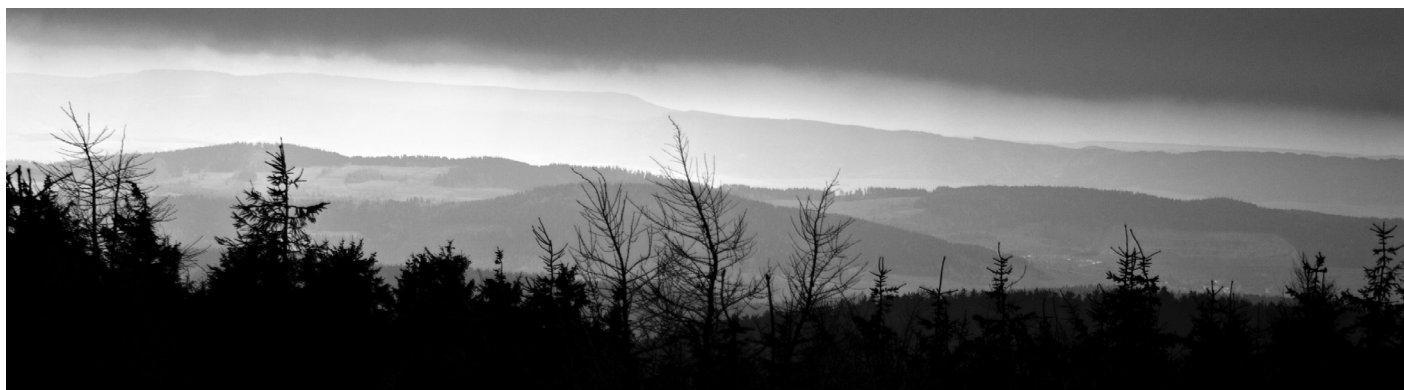
It took time and patience for Client Z and his support worker to develop a relationship of trust; a relationship that would enable him to speak freely of his pain. At first Client Z was scheduled to meet twice a week and, although he did come in physically for his appointments, emotionally he was somewhere else. His thinking was still clouded by his misuse of substances; still believing that somehow the pain would go away on its own.

Trust is a funny thing, Client Z explained. In order to truly trust someone there must be proof through some sort of test. That test came one day at work.

Client Z was suddenly gripped with unbearable anxiety and he truly feared that this may be the trigger for his days end. Client Z was sober, he was clear, yet his anguish still spoke towards death. He was unsure why but when he dialed his phone for support it was to the one person in whom he questioned trust the most; his support counselor. The test had begun.

The day was long but Client Z and his worker discussed at length the true nature of his sadness. He was

On a hot July night, a series of tragedies brought Client Z to the brink of destruction.



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given a safe place to express himself freely, even if the thoughts he shared seemed in some way to be completely misplaced.

Client Z was not met with judgment even when he revealed that the marks on his hand had progressed up his arm and had multiplied from a dozen to perhaps a hundred cuts. The physical wounds were taken care of while the emotional wounds were well

on their way to being addressed as he discovered trust and comfort in speaking freely for the first time.

Over time, Client Z discovered about himself a lifetime of thinking patterns that led to this fateful night. He was able to identify these patterns and deal with them in a healthy manner through discussion and discovery of different ways he could express his pain.

Client Z was able to open himself to better understanding the nature of his angst and the negative impacts his actions were having, not only on himself, but on those he cared for and who care for him.

Client Z opened the door towards forgiveness for himself and others. He began to distance himself from his substance use, understanding that

with sobriety came clarity and this new level of thinking was inviting and inspiring.

Once he was able to develop confidence in others and to open up, Client Z was able to accept the gift of learning. His success can be

measured in his recognition that he could accept that all that had happened to him in the past as being out of his control and not his responsibility.

There are no easy answers to dealing with issues like those Client Z faced but help is out there. There is no magical solution other than to reach out and allow for support to happen.

Client Z is a model for change; a model that shows that with honesty and patience life can turn around. Today he walks with his head held high, proud to have defeated his demons and looking forward to the challenges that lie ahead.

If you or someone you love is experiencing any mental health issues that are negatively impacting on life, Client Z encourages you to talk to someone and contact the appropriate services for support.

For further information regarding mental health issues, please contact KSCS at 450-632-6880.

Today he walks with his head held high, proud to have defeated his demons and looking forward to the challenges that lie ahead.

Emergency Phone Numbers

In Kahnawake:

KSCS: 450-632-6880

Kahnawake Peacekeepers:
450-632-6505

Kateri Memorial Hospital Centre:
450-638-3930

Native Court Worker:
450-638-5647 ext. 227

In Montreal:

911

Tel-Aide: 514-935-1101

Tele-Jeunes: 1-800-288-2266

Kids Help Phone:
1-800-668-6868

Alcoholics Anonymous (AA):
514-376-9230

Al-Anon/Alateen:
514-866-9803

Cocaine Anonymous:
514-527-9999

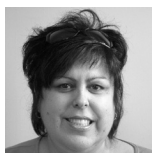
Gay Line: 1-888-505-1010

Suicide Prevention Hotline:
514-723-4000 or
1-866-277-3553

Info Santé: 450-699-3333

Sexual Assault Center:
514-934-4504





De-Stressing Your Holidays

by TERRY MCCOMBER, PREVENTION

Here we go again. It's Christmas and the flyers, the TV ads, and the aisles in the stores are filled with trees, decorations, and toys and gadgets that kids just have to have!

What's a parent to do when all of this is in our face, but our wallets are being stretched thin just to make ends meet? Credit counsellors say January, February and March are their busiest months as families who are struggling to absorb holiday debt stream through their offices. You don't have to be one of those families.

As parents, we need to take a deep breath, be honest and ask ourselves "What is Christmas all about? Is Christmas about gifts and, if so, are they big, small, cheap, or pricey? Is it about trips to beaches and hotels? Or is it about family and being together?"

As adults we should have already figured out that Christmas is about advertising and the all-mighty dollar... but it doesn't have to be!

There is no need to keep up with the Jones' living next door. Instead, we should be taking back Christmas and relieving the stress of gift giving by looking at how it used to be.

Do you remember as a kid receiving one or two toys under the tree with a sock full of candies and little doodads? Do you remember going to Tota's and getting pyjamas or the fun you had visiting and playing with relatives and enjoying those toys? Ahhh, remember when!

Well, here we are and our own kids would be appalled to open up two gifts at home. We can't go back in time, so let's roll with it. Here's where you may think of starting:

- **Budget yourself.** Have your kids make a wish list well in advance of the Christmas holiday and explain clearly that Santa isn't likely to bring everything on their list. Choose one or two items that meet your approval and fit your budget. When relatives ask for ideas, suggest some of the items on the list that you didn't purchase.
- **Be creative.** For big-ticket items like that pink plastic dollhouse or the parking garage with a nifty movable elevator, strike a deal with parents

whose kids have outgrown the toys. You can put a few more dollars in their pockets for Christmas and save a bundle for yourself. Craft sales and bazaars are also good places to pick up gently used toys that can be scrubbed clean and passed on to your children.

- **Raid a friend's closet** to make a dress-up box filled with faded but fancy dresses, glitzy costume jewellery, capes, hats, handbags and grown-up shoes. Spruce up an old trunk or wooden box with a coat of brightly coloured paint and add a whimsical stencil, glitter or stickers.

For children, 95 per cent of the pleasure of the holidays is opening presents. To draw it out and make it fun, wrap small inexpensive items separately. Colouring books, crayons and picture books or novels, and even stocking stuffers are more exciting when they are wrapped.

Let's do our best and take back the magic of Christmas. Happy Holidays!



New Changes to Energy Drinks

by MARIE DAVID

As of October 2011, energy drinks sold in Canada will now be classified in legal terms as food. Previously, energy drinks were marketed as a Natural Health Product (NHP). As an NHP product, energy drinks weren't required to list their ingredients, allergens, and nutritional information.

What does this mean?

The new regulations mean that a parent can more closely scrutinize what their child is drinking—and hopefully limit their intake. However, the new regulations don't go as far as an expert panel had advised Health Canada to go, including banning and restricting sales of the drinks. The

When will this happen?

Manufacturers have 18-24 months to comply with the new regulations. That means that the new changes aren't likely to take effect on the store shelves for approximately another two years.

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The Christmas Basket Fund

by TYSON PHILLIPS, COMMUNICATIONS

The Christmas Basket Fund has been in operation since the early 1980s. The basket drive was started by the church, along with Tessie Goodleaf, who wanted to help the less privileged families in Kahnawake.

Hilda Deer-Hannett, the financial services administrator at KSCS, has been with the fund for many years. She started out as a volunteer and is now the coordinator. "In those days, food and toys were brought to the family. Now we let the families do their own grocery shopping by distributing food vouchers," Hilda explained.

Current fund committee members are Vickie Coury-Jocks, Patsy Bordeau, Peggy Mayo-Standup, and Walter Montour. "We call our first meeting in the early fall.

Letters are sent out asking for donations. The application forms are created and inserted into the Eastern Door," Hilda said.

In the past, the fund has received donations from local and surrounding area businesses. The Canadian Pacific Holiday Train* also makes a monetary donation. "We ask that anyone coming out to see the Holiday Train bring either canned goods or a toy," Hilda said. "The canned goods will be given to the Kateri Food Baskets, which is run by Orville Standup."

Before they started using the food vouchers, the committee members would have to sort through a lot of pre-packaged foods, canned goods, and toys. The committee made sure each family had the same amount of food donations and the toys would go to families with young children. "The vouchers do make our job easier," Hilda said.

"It's rewarding to us to know that the family will have a turkey dinner on Christmas and the children will have toys to open on Christmas morning,"

The food voucher is to be used in Kahnawake at the two local grocery stores, Lafleur's Meat Market and Kahnawake Market. The voucher must be signed by the community member when they pick it up. The voucher is strictly for food, it can not be used for magazines, cigarettes or lotto tickets. When the community member gives the voucher to the cashier, the community member has to sign the voucher again in front of the cashier. "We do not want a person to get the voucher, and then sell it to

someone else. That is the reason for the signature," Hilda explained.

Last year, 140 vouchers were given out. Hilda recalls when the Christmas Basket Fund members used to deliver the food

and toys to the community member's home. "They were so grateful that we were able to help them out," she said. "It's rewarding to us to know that the family will have a turkey dinner on Christmas and the children will have toys to open on Christmas morning," Hilda smiled. "We all enjoy working on the Christmas Basket Fund."

It may seem hard to believe that in 2011 there are families living in poverty in Kahnawake, but it is a fact. The Christmas Basket Fund is a great initiative so the less fortunate can enjoy the holidays.

** The Canadian Pacific (CP) Holiday Train has been raising food, money and awareness for food banks in communities across Canada and the U.S. since 1999. (Source: <http://www.cpr.ca/en/in-your-community/holiday-train>)*



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expert panel would have preferred the drinks be labelled as drugs rather than a food product. The panel also wanted to ban people under the age of 18 from buying the product.

Why all the fuss?

Energy drinks pack a lot of sugar and caffeine and, though the recent regulations limit the amount of caffeine, no mention is made of the amount of sugar. This is of concern to a Nation fighting increasing diabetes rates.

Source: "New Approach on Energy Drinks." Health Canada, Oct. 6, 2011. Web. Nov. 15, 2011.

Schmidt, Sarah. "Energy Drinks Are Drugs: Panel." Montreal Gazette. Sept. 21, 2011. n.page. Web. Sept. 21, 2011.

Fighting Holiday Boredom

by MARIE DAVID

The holidays present many of us with time off work and school. It may even mean time spent being bored.

It doesn't have to be that way. There are plenty of activities to choose from, both indoor and outdoor, with only your budget and your imagination to limit you. Here are some that you can do in town, in Montreal, or in the surrounding areas.

In Town

Go skating at the outdoor skating rink near K103 or at the Kahnawake Sports Complex. Take in a movie, since Hollywood usually marks the holiday season with family-friendly movie fare. Why not do a double feature? See one movie and immediately after, see another one!

Out of Town

Head out of town and go skiing, with plenty of places to hit the slopes nearby such as Mount Tremblant and Mount St. Sauveur in Quebec, Stowe in Vermont, or Whiteface Mountain in New York State, to name a few.

Even if you don't ski, some resorts have other winter activities like snow-boarding, tubing, sledding, snowshoeing, dog-sledding, and

snowmobiling. Check their websites as not all activities are offered at all resorts.

Head out my way towards Oka Park and enjoy winter activities, including cross-country skiing, sledding, snowshoeing, snow walking, and kick sledding—similar to the dog sled except no dogs—all for a fee.



Photo: Ivan Walsh/flickr

You don't need to head to a resort to enjoy tubing, sledding, or skating options. Mount Royal in Montreal has tubing, skating, snowshoeing, and cross country skiing activities.

You can also try outdoor ice skating on the Marche Bonsecours, the Atrium at 1000 rue de la Gaucheterre, or the Parc Lafontaine ice path but remember a fee is charged for skates, sharpening, and locker rental.

Don't forget there's also the Montreal Science Museum and Fun-tropolis and Skyventure in Laval. Check their websites for pricing and schedules.

Okay, so most of these activities rely on snow or cold weather. I've tried sliding down a hill with no snow...not fun! Here are a few other activities to try...sans snow or cold.

Less Expensive Alternatives

- Grab a few DVD's, make some popcorn, and have a movie marathon.
- Forget the video games. The holidays are the perfect time to dust off board games and play a few rounds of Scrabble, Clue, or Monopoly. It can be a lot of fun playing board games with the kids and, while sometimes competitive, it can also draw out their negotiation, spelling, or deductive talents. Playing on teams helps promote their team building skills.
- Finally, if your kids enjoy helping out in the kitchen, why not have them help bake and decorate cookies, bake bread, or help make dinner one night? Who knows, maybe you have the next Iron Chef or Martha Stewart on your hands.

Whatever you choose to do, have fun and happy holidays!

Preparing for Winter

by ARNOLD LAZARE, COMMUNITY PROTECTION UNIT

In the wake of disasters, people often wonder whether there is a way to protect both people and property from such devastating losses.

The answer is a resounding “YES!” Mitigation is the way to provide that protection. Hazard mitigation means taking action to reduce or prevent future damage, preferably before a disaster strikes.

Add the following supplies to your disaster supplies kit:

- Rock salt to melt ice on walkways.
- Sand to improve traction.
- Snow shovels and other snow removal equipment.

Prepare your home and family

- Prepare for possible isolation in your home by having sufficient heating fuel; regular fuel sources may be cut off. For example, store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.
- Winterize your house or any other structure that may provide shelter for your family, neighbors, or equipment. Clear rain gutters; repair roof leaks

and cut away tree branches that could fall on a house or other structure during a storm.

- Insulate pipes with insulation or newspapers and plastic and allow faucets to drip a little during cold weather to avoid freezing.



Preparing for winter by cleaning the gutters. Photo: Nathan Reed/Flickr.

- Keep fire extinguishers on hand and make sure everyone in your house knows how to use them. House fires pose an additional risk as more people turn to alternate heating sources without taking the necessary safety precautions.
- Learn how to shut off water valves (in case a pipe bursts).
- Know ahead of time what you should do to help elderly or disabled friends, neighbors or employees.
- Hire a contractor to check the structural ability of the roof to

sustain heavy weight from the accumulation of snow or water. Check the drains on flat roofs.

Keeping Warm

Make sure your walls and attic are properly insulated. Caulk and weatherstrip doors and windowsills to keep cold air out. Install storm windows or cover windows with plastic from the inside. Protect pipes from freezing by wrapping them in insulation and letting faucets drip a little.

Fireplace and wood stove chimneys should be inspected annually. Burning wood leaves a flammable residue inside the chimney that needs to be cleaned by a professional.

Consider buying emergency heating equipment, such as a wood or coal burning stove or a kerosene heater. Having a backup heating source is important if you lose power in your home.

Kerosene and propane heaters should be kept at least three feet away from any combustible substance like furniture, blankets and rugs. They should be set on an uncarpeted floor and supervised at all times. Never substitute one type of fuel for another. Ensure there is a working carbon monoxide detector near the heater.

Wait for a heater to cool before refueling it. Kerosene can cause a fire if it comes into contact with a hot surface.

Generators should always be operated outdoors. Don't operate generators in any space that is even partially enclosed like a garage, crawl space or basement. Open windows and fans don't provide enough ventilation to prevent the build-up of carbon monoxide gas.

The Four Principles of Preparedness

by ARNOLD LAZARE, COMMUNITY PROTECTION UNIT

The four principles of emergency preparedness are prevention (mitigation), preparedness, response and recovery.

If one was to look up the word DISASTER in a dictionary, one would find something similar to: a calamitous event, especially one occurring suddenly and causing great loss of life, damage, or hardship.

What makes a situation a disaster for one person while the same situation would not necessarily have the same effect on another? The answer is how prepared we are.

While we cannot predict the future, we can affect how we react to any given situation. Using a flat tire on a car as an example, we will attempt to explain the four principles. Nobody can predict when a tire will go flat but there are steps that can be taken that would lessen the impact.

Prevention (Mitigation)

In terms of prevention (mitigation), we can occasionally check the tire pressure, the tread wear and the overall condition of the tire.

If we notice there is a problem, it can be addressed at a time that is less inconvenient. This is especially true if we were leaving on a longer family vacation trip where the negative effects of getting a flat tire are increased.



A flat tire in winter. Are you prepared? Photo: Alisha Vargas, Flickr.

Preparedness

Being prepared would mean having a spare tire and tools plus any additional items that may be needed.

This could include a flashlight if it occurred at night and a blanket in case it happened in cold weather.

Response

In the response stage, the advanced knowledge of knowing how to change the tire is important. It is not a good time to find out that you don't know where the jack is or how to use it.

You may also have a plan for roadside assistance but need to know the number to call.

Recovery

As for recovery, this is where we learn from our mistakes and look at what we can do better for the next time. Depending on when and where we get the flat we may decide to postpone our trip or make alternate arrangements.

The Kahnawake Emergency Planning Program strongly recommends that families BE PREPARED for 72 HOURS. The weather can't be controlled but given that snowstorms, thunderstorms and power failures are probable, taking time to ensure we are prepared will lessen the negative effects. Being aware of what is coming and planning for potential situations may prevent them from becoming disastrous.

Please take a few minutes to BE PREPARED and have a Basic Disaster Supply Kit for your family. A suggested list can be seen on the Emergency Preparedness website: <http://www.kahnawake.com/org/cpu/beprepared/>. Our office also has brochures on how to be better prepared.

If you have any questions or concerns, please do not hesitate to contact the Community Protection Unit at (450) 632-0635.

Arnold Lazare is the emergency planning manager with the Community Protection Unit.



Mouldy or Healthy Homes

by DONALD GILBERT, ENVIRONMENTAL HEALTH SERVICES

Once the cooler weather approaches, the calls about mould start coming into the Environmental Health Services (EHS) offices. After a particularly wet summer, conditions are ripe for mould problems that can affect older and newer homes.

What is Mould?

Mould is a microorganism that survives and thrives under certain conditions. Mould has a purpose, and just like germs, we have some that help us, and others that harm us.

One characteristic of mould is its ability to break down materials and aid in decomposition e.g. in a compost pile. Provide the right condition and mould will go on to grow rapidly. Remove these conditions and you reduce the likelihood of mould appearing.

Conditions for Mould

- moisture
- time
- food
- warmth

Look for sources of moisture and you'll usually find mould; for instance, under a sink, around a bathtub or shower stall, and on the ceiling of the bathroom.

The kitchen is another breeding ground for the spread of mould. Leaky faucets, water spills and steam from cooking add to high moisture levels in a home. Obvious signs of mould are a black sooty or fuzzy growth on surfaces.



An instance of mould in a church basement. Photo: FEMA/ David Valdez.

What can you do?

Clean the area using soap and water. In the past, the recommendation was to use a bleach solution but there were problems with people mixing chemicals that could cause additional problems. NEVER mix bleach with ammonia. The gas you'll create will do severe damage to your lungs.

There are other measures you can take to reduce the chances of the mould returning once you've cleaned up the area.

- Reduce the moisture levels in your home.
- Get a hygrometer (a gauge that measures moisture in the air) from a hardware store. Above 50 per cent and you're looking at potential problems.

- Inspect your home and start looking for sources of water infiltration.
- Check the condition of the roof. Are the shingles weather beaten or missing?
- Are there cracks in the foundation?
- Are the rain gutters clogged or down spouts directing water against the foundation.
- What shape are the windows in?
- Does the land slope towards the foundation or are there deep depressions near the foundation where water can accumulate?

Inspect the basement for mould sources: cardboard boxes, old couch, under rugs and around sump pits and exterior walls.

Some additional sources of unwanted moisture include: storing firewood in the basement for winter heat. As the wood dries, it gives off a surprisingly high amount of moisture. Drying clothes in the home during the winter adds moisture.

This article doesn't begin to cover all the areas we inspect during an indoor air quality inspection; however, the EHS Program has pamphlets you can pick up at our information stand located in the lobby of the Services Complex, or you can stop by our office located near the Independent Living Center.

Contact EHS to schedule an indoor air quality inspection if you believe you have a problem with mould. **Our number is 450-635-9945.**

The Back Page...

"What is a Human Rights Defender? Human rights defender is a title each and every one of us can earn. It is not a role that requires a professional qualification. What it depends on is regard for our fellow human beings, an understanding that we are all entitled to the full range of human rights and a commitment to seeing that ideal become a reality."

Navi Pillay, UN High Commissioner for Human Rights.

A Parent's Night Before Christmas

Twas the night before Christmas, when all through the house, I searched for the tools to hand to my spouse. Instructions were studied and we were inspired, in hopes we could manage "Some Assembly Required."

The children were quiet (not asleep) in their beds, while Dad and I faced the evening with dread: A kitchen, two bikes, Barbie's town house to boot! And thanks to Grandpa, a train with a toot!

We opened the boxes; my heart skipped a beat, let no parts be missing or parts incomplete! Too late for last-minute returns or replacements, if we can't get it right, it goes in the basement!

When what to my worrying eyes should appear, but 50 sheets of directions, concise but not clear? With each part numbered and every slot named, so if we failed, only we could be blamed.

More rapid than eagles the parts then fell out; all over the carpet they were scattered about. Now bolt it! Now twist it! Attach it right there! Slide on the seats, and staple the stair! Hammer the shelves, and nail to the stand. "Honey," said hubby, "you just glued my hand."

And then in a twinkling, I knew for a fact, that all the toy dealers had indeed made a pact; to keep parents busy all Christmas Eve night; with "assembly required" till morning's first light.

We spoke not a word, but kept bent at our work, till our eyes, they went bleary; our fingers all hurt. The coffee went cold and the night it wore thin, before we attached the last rod and last pin.

Then laying the tools away in the chest; we fell into bed for a well-deserved rest. But I said to my husband just before I passed out; this will be the best Christmas, without any doubt.

Tomorrow we'll cheer, let the holiday ring, and not have to run to the store for a thing! We did it! We did it! The toys are all set, for the perfect, most perfect, Christmas, I bet!

Then off to dreamland and sweet repose I gratefully went. Though I suppose there's something to say for those self-deluded; I'd forgotten that BATTERIES are never included!

Source: <http://www.christmas-poems.org>

December is...

- Lung Association's Christmas Seal Campaign
- 1 World AIDS Day
- 3 Intl. Day of Disabled Persons
- 6 Natl. Day of Remembrance & Action on Violence Against Women in Canada
- 10 Intl. Human Rights Day
- 23 KSCS Closes Early for the Holidays
- 25 Christmas Day
- 26 Boxing Day

January is....

- 1 New Year's Day
- 3 KSCS reopens
- 18 Weedless Wednesday
- 27 Family Literacy Day
- 15-20 Natl. Non-Smoking Week

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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