



Aionkwatakari:teke

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

"For Us To Be Healthy"

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Violence Cannot Live When There Is Respect

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Aionkwatakari:teke

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

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



Editor's Notebook

The first editorial for the New Year is always a hard one to write, especially for an issue that only comes out in February...but gets printed in January. Plus, in an effort to get a jump on things, I'm writing this in December before the Christmas break but during all the hustle and bustle of the season. Whew! It's a little hard to get my head around this but I'll try.

This is also a hard issue to introduce because the general topic is on violence. Violence is not an easy subject to broach much less examine in depth. Plus, we can only touch upon different issues here and not really go into depth. But that doesn't mean it can't be done nor does it mean that it shouldn't be done. Violence is one of those icky topics that people tend to whisper about or tip-toe around; don't air dirty laundry in public and all that.

But what if we lift the veil around violence, chase the shadows away, and bring it out into the open. Will it go away? Probably not. Will it get better? It more than likely will. The more we understand, the more we question, the more we listen without blame...the more violence will not be suffered alone or be used to separate us.

I hope you enjoy this issue. I hope that the articles inside help you think about the different forms violence can take whether it's in the form of workplace violence, animal abuse, bullying or other forms of violence.

Sken:nen,
Marie

The Respect Campaign 2012 is a year long initiative that has been developed and implemented by KSCS in conjunction with the Community Prevention Task Force. This initiative will form the basis for any upcoming programming and activities within KSCS as well as within the community of Kahnawake.

Cover photo by Chad Diabo.





ROTISKEN'RAKÉHTE

BE THE CHANGE - LEAD THE WAY

by CHAD DIABO WITH PERMISSION OF ORIGINAL AUTHOR TEYOWISONTE THOMAS DEER

Part 6 of 6

After all the previous five articles, we can sum them up by saying being a Rotisken'rakéhte means being a good man.

No matter how we were raised, each of us knows what is expected when we are told to "Be good!" We have often heard this growing up.

Maybe as men, we have taken this simple saying for granted. It is the essence of what we want to achieve by having that title **Rotisken'rakéhte**. We want to be good at being men and to show our community that being a good man is something to aspire to.

When we are good fathers, we are passing on the knowledge of our Kanien'kehá:ka culture to our sons and daughters. We are teaching them how to live, how to behave, how to act. We are showing them what is important in life.

Our daughters learn what to expect from a Kanien'kehá:ka man from their fathers. Our sons learn what is expected from them when they

become fathers themselves. It is a continuous circle of teaching and learning, of passing on our culture.

We want to be good at helping other Kahnawakehrónon live a good life, to be that person that others rely on to help them when they need it. You want to be that guy that has your "buddy's back!"

Being good doesn't necessarily mean belonging to the Longhouse or the Rotisken'rakéhte. Being good, for example, can be shovelling snow for an elder, holding the door open for someone, saying "Hi" to community members you meet on the street and saying "Nia-wen/thank you" when someone helps you.

All of these actions require some thoughtfulness. As men, we need to think about what our actions are saying. What we do is just as important as what we say. Walking our talk is a basic trait of our culture.

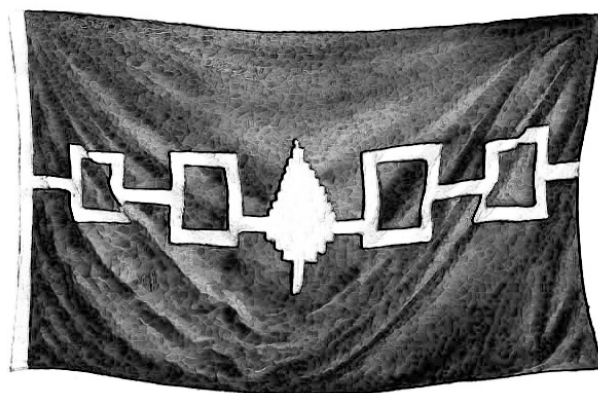
As good men it is our duty to lead the way. Colonization taught us a way to live in Canadian society. That is

not our way. To make a strong and solid future for our children's children, we need to look back and re-introduce Kanien'kehá:ka

What we do is just as important as what we say. Walking our talk is a basic trait of our culture.

values. If we weren't raised with these values, then we need to re-learn them and practice them.

Lead the way! Be the change! Become the **Rotisken'rakéhte** you were always meant to be. Become a good man!





Is My Relationship Healthy?

by CHRISTINE TAYLOR, PROMOTION & EDUCATION

In February, inevitable questions sometimes arise, perhaps due to Valentine's Day. Questions like, am I in love and how is my relationship doing? Relationships take time and effort.

All relationships are different too. Orientation, gender, values, safety, family, finances, all of these things and many more, play a part in how our relationships fare. The needs of both people need to be met. How do I tell if my relationship is healthy? Here is an acronym that you could use as a guide:

S.H.A.R.E., the letters stand for:

- **S – Safety.** You and your partner need to feel safe to learn, to grow and experience life in a safe manner. Together you will take care of each other and not be hurt by physical actions or words. You feel safe that both are STI free and protected against unplanned pregnancy.
- **H – Honesty.** You don't hide things from each other and you both can express yourselves and your truth without fear of being censured or ridiculed.
- **A – Acceptance.** You accept each other for who you are and do not try to "fix" the other person. You appreciate who they are and vice versa; remember those are the qualities that attracted you to each other in the first place.

- **R – Respect.** You respect each other equally and think highly of the other person. You respect their opinions and their right to have those opinions and to make their own choices. You must also respect yourself and your right to your individuality.
- **E – Enjoyment.** You also need to have fun and enjoy yourselves. Do you enjoy each other's company? In a healthy relationship you need to feel good about spending time with each other. You can play, hang out, and have fun.

Healthy or unhealthy, sometimes it's best to let a relationship go but it may not be as simple as walking away if abuse is involved. Abuse could be verbal, through threats or name calling, or it could be less subtle through physical intimidation or violence. When this is the living situation, it is best to leave.

If you are afraid to leave an unhealthy relationship, there are options for you even if you think there aren't. Change is always difficult; talk to friends or relatives, a social worker, counsellor, or a health care worker. They can listen to you and help you cope or steer you in the right direction to get services if you need them.

If you think that it might get violent, or there is a threat of violence, it is best to contact the Peacekeepers or other services that can help you remove yourself from a violent situation. There are also numerous domestic/conjugal violence help lines as well as sexual assault services in our area. See the Blue Pages or check online. Just know that you are not alone.

Phone Numbers

Sexual Assault Center
514-934-4504
(Crisis line available 24/7)

Sexual Assault Hotline
1-888-933-9007

Tel-Aide
1-514-935-1101

SOS Conjugal Violence
1-800-363-9010

Tel-Jeunes
1-800-263-2266

Kahnawake Peacekeepers
450-632-6505

KSCS
450-632-6880



The Darker Side of Love

It's not love. It's violence

by CHRISTINE TAYLOR, PROMOTION & EDUCATION

Statistics say that one out of every four women will have been the victim of some sort of sexual assault in their lifetime.

Think about it, pick any four women that are around you and imagine that one of them, and possibly more, will suffer from a sexual assault. Women are more likely to be on the receiving end of sexual assault though it does happen to men too. Many more occurrences of this crime go unreported.

Sexual assault is ANY type of sexual activity that is unwanted from someone to whom you have not given your consent. A sexual assault may include the use of physical violence, threats or intimidation and there are times when the crime can go undetected like in voyeurism. The number of occurrences is not known but what we do know is that it happens far too often.

We are referring to sexual assault when we use other expressions like sexual abuse, sexual offence, sexual contact, incest, child prostitution, pornography, rape and date rape. Sexual assault can take many forms and can also vary in terms of violence and the kinds of acts that take place.

People tend to think of sexual assault as rape—rape and date rape are sexual assaults—but there are many other forms, including touching or kissing someone without their consent. Remember **ANY sexual act done without consent is sexual assault.**

KSCS, in conjunction with the *Quebec Native Women Inc.*, has been running a campaign called *My Sexuality: It's about Respect.* We realized that after trainings,

talk shows and open discussions that knowledge about sexual assault and sexual rights is lacking in our community. This lack of knowledge allows the cycle of violence to continue along with the negative effects of colonialism; racism and oppression that is experienced by all first nation communities.

Despite this, there is also a sense of hope and pride with discussions involving teaching our men and women, boys and girls, babies and elders. We need to learn to respect each other and our own bodies. We need to start discussing and sharing the reality

around sex and sexual assault so that we may begin to heal and move forward.

The goal of the campaign is to:

- raise awareness about sexual assault
- to understand why it happens
- to understand that it is never the victim's fault
- to understand what your sexual rights are and what you can do to help our communities heal

There are resources in and around our community.

The healing begins with breaking the silence. Talk to a friend or family member and, if you wish, take legal action against the perpetrators (see the inset for resource numbers), but you don't have to unless you are ready and it helps in your healing.

If you'd like a copy of *My Sexuality, It's about Respect: Break the Silence!* Contact Christine Taylor or Loanna Zacharie at KSCS (450) 632-6880.

The healing begins with breaking the silence.



Photo: rgbstock.



Winter Carnival Meltdown

by ROBERT MARCHETERRE, PREVENTION

As part of the Kahnawake Youth Center's annual Winter Carnival, KSCS is proud to present the *Winter Carnival Meltdown*, a free concert for the community's youth at the Legion Hall on February 17th from 7:00 p.m.—10:30 p.m. The concert is sponsored by the KSCS FASD prevention program and AK-47 Entertainment.

The show will feature four local acts:

- Thomas Doubting
—acoustic
- The K-Town Villain
—hip-hop/rap
- We Are the Nightlife
—heavy metal
- Avery's Descent
—heavy metal

This year's show will also feature as its headliner, thanks to the generous contribution from AK-47 Entertainment, Montreal record label signed act Slaves on Dope.

There will be free pizza and water for all participants, as well as giveaways and raffles. Proceeds from the raffles will be donated to the Kahnawake Christmas Basket fund, an annual campaign that brings food and Christmas gifts to the community's families in need.

If you are interested in coming to the show, register your name now at wcmeltdown@hotmail.ca and give yourself the opportunity to win a major prize. A name will be drawn at random from all email entries; all you need to do is be present for the show and you could be a winner. Only email participants are eligible for the grand prize!

We look forward to seeing you there, doors open at the Legion Hall on February 17th at 6:30 p.m. Do not miss this exciting event!

Winter Carnival Meltdown

slaves ON DOPE

Thomas Doubting
The K-Town Villain
We Are The Nightlife
Avery's Descent

Friday, February 17
at the Legion Hall
7:00–10:30 p.m.
Doors open at 6:30

**Door Prizes
Giveaways
Food & Beverages**

Admission is FREE
AK47

KSCS

Stretching Your Sore Muscles

by MARIE DAVID

We're already a few weeks into the New Year and maybe some of you decided to hit the gym or try a new exercise routine as part of your resolution. And maybe, just maybe, you're overdoing it.

Or maybe you're feeling some stress from work, school, the commute or the weather. Whatever your reasons, here are a few stretches that you can do to help relieve muscle soreness or stress.

- **Neck rolls:** If you wake up with a stiff neck or you've been sitting at the computer too long, try doing these. They'll help warm up the neck muscles that can be stiff in the morning (although they're good to do anytime of day).
- **To do:** Sit with your back straight (you can either be in a chair or sit cross legged on the floor). Take a deep breath; slowly bring your chin down to your chest. Only go as far as is comfortable, eventually you can stretch farther. Take another breath, and move your head towards the back with your chin

pointing upward. Continue this movement gently for a few repetitions. Then, take a breath and stretch your neck to one side, bringing your ear as close to the shoulder as possible. Do not raise the shoulder. Take another breath, and repeat the move on the other side for a few repetitions. When you're done, take another deep breath and come to center.

- **The Mountain Pose:** This is a good exercise to do first thing in the morning or later at night as it centers both your body and mind. It may not be a vigorous exercise but it does take practice to do correctly.
- **To do:** Stand straight with your feet close together, or as close together as comfortable. Let your arms hang at your side, with your shoulders back. Lift and spread your toes and the balls of your feet. This will provide balance for the posture. Slowly rock forward and back, side to side, without bending your knees. Gradually come to a standstill with your weight balanced on the balls of your feet. Lift your knees

and tighten your buttocks and thigh muscles. Turn the upper thighs slightly inward and lengthen your tailbone towards the floor. Press your shoulder blades backwards, have your arms hang by your sides with your palms facing the front. Remember to breathe. Stay in this pose for 30 seconds or as long as one minute.

- **Seated Forward Bend:** This move provides a nice stretch for your back and leg muscles. This exercise is good for people with lower back problems.
- **To do:** Sit on a mat on the floor. Stretch your legs out in front of you; feet should be together as much as possible. Stretch forward from your hips, grabbing your calves or your toes. Gently lower your upper body to your knees, going only as far as is comfortable and eventually resting your stomach on your thighs. Hold the stretch for 30 seconds and repeat if necessary.



To Know More....

The Skawenniio Tsi Iewennah-notahkhwa Kahnawake Library suggests these books if you would like to know more on some of these subjects.

Levy, Barrie. *In Love and in Danger: A Teens Guide to Breaking Free of Abusive Relationships*. Seal Press. 2006.

St. Stephens Community House. *The Little Black Book for Girlz: A Book on Healthy Sexuality*. Annick Press. 2006.

Successful Gardening Encyclopedia. No author information available.

Growing Vegetables: Detailed Guide to Planning and Caring for your Garden. No author information available.

Contact the library at 450-633-1016 or by email at kahnawakelibrary@paulcomm.ca. Look for them on Facebook as well.



Mental Illness Affects Everyone

by CHAD DIABO, PROMOTION & EDUCATION

Mental illness doesn't just happen to *them*. It can, and does, happen to *us*. It is an illness that does not discriminate and everyone—regardless of background, economic circumstances or age—is vulnerable.

It is no stranger to adolescents and young adults, as 7 in 10 adults dealing with mental illness first experienced it before the age of 18.

The incidence and impact of mental illness in Canada is profound. Directly or indirectly, every family, every community and every business in Canada will be affected in some way by mental illness. Statistics illustrate the size of the issue:

One in five Canadians every year experience a mental health issue at some point in their lives which means that every family in Canada will be affected by mental illness.

Seven million Canadians of all ages will experience a mental health problem within the next 12 months.

Five in six children diagnosed with a mental problem will not get treatment.

Almost 1 in 5 young people (aged 15-24) report a mental illness or substance abuse problem.

Five hundred thousand people are absent from work each day, on average, for mental health reasons.

Four thousand suicides happen every year in Canada and up to 90 per cent of people who die from suicide have a diagnosable mental illness.

Seventy five per cent of short-term disability claims and 79 per cent of long-term disability claims in Canada are related to mental illness.

Fiftyone billion dollars is the estimated economic toll of mental illness in Canadian workplaces each year.

"Partners for Mental Health" Mental Health Commission of Canada. Sept. 2011.

Kahnawake Shakotii'a'takehnhas Community Services takes mental health seriously!

To help Kahnawakehrónon we are offering the Mental Health First Aid course periodically to the community—free of charge.

This two day course is valued at \$250 per person. It teaches you how to help, comfort, and deal with a person experiencing a mental health problem and/or crisis and it also teaches you how to get professional and personal help for that person as well.

For more information or to register for an up-coming training, please call 450-632-6880 and speak to Chad Diabo or John Mayo.

Health Related Websites

Public Health Agency of Canada
www.phac-aspc.gc.ca

This website provides information on a variety of health-related topics including infectious and chronic diseases, immunizations and vaccines, health promotion (e.g child health, senior health, mental health, pregnancy) and injury prevention. They have a link to food recalls and alerts and they also have information about travel health advisories and vaccinations.

mentalhelp.net

This site has information on issues ranging from abuse to Alzheimer's and from stress to women's health issues and everything in between. You'll also find videos, podcasts, book reviews, a question and answer section and much more.

Canadian Mental Health Association
cmha.ca

The site includes a section on understanding mental illness where you can learn about emotional health, stress, work-life balance and more. You can also locate CMHA offices, join discussion groups or visit other helpful links.

These sites do not constitute professional medical advice and are provided for information gathering purposes only. There will be more website resources in the next newsletter.

Source: Concordia University Health Notes October 2010.



Travelling Abroad

What You Should Know

by JOSEPH STYRES, COMMUNITY BASED PROGRAMS

Spring break is just around the corner and after a long cold winter you're ready to go somewhere warm. Before you pack those bags, there are things you need to know.

Health care in the United States and abroad is expensive. News flash, Indian Affairs will not pay your hospital bills incurred outside of Canada. They don't even pay your hospital bills in Canada.

For Kahnawa'kehró:non residing in Kahnawà:ke, your Régie de l'assurance maladie Québec (RAMQ) Medicare card pays the bills in Quebec. If you are traveling abroad, RAMQ may pay for a portion of the costs incurred, but you must pay first and then submit a detailed claim with receipts. Please keep in mind that RAMQ will only reimburse expenses at the rate that these services would cost in Quebec. It is imperative that you purchase travel insurance.

So you've decided to stay in Canada for your vacation and forego the hassle of traveling in the U.S. You should still consider purchasing medical coverage for travel in other provinces. Let's dispense the myth that health care is free throughout Canada. Quebec does not reimburse the other provinces the full cost of

medical care you may receive. You will be billed for service costs which Quebec does not pay, and you **will not be reimbursed**.

Kahnawa'kehró:non receive health benefits from Health Canada in the form of the Non-Insured Health Benefits Program. This

program covers prescription drugs, medical supplies and equipment, dental care, vision care, and medical transportation.

You can access

these benefits in any province.

This program does not cover these services outside of Canada. If you are traveling, contact your pharmacist

so that you can bring sufficient medications to cover your needs while you are away from home.

Insurance coverage varies dependent on age, gender, and pre-existing medical conditions. Some credit cards will provide health and travel insurance if you booked and paid for

your travel using your card. Many Kahnawa'kehró:non have health/travel insurance plans provided by their employer.

Insurance can be purchased online, or from your current insurance carrier, or at the local Caisse Populaire. Costs can vary depending on elected coverage. A family of four can purchase travel insurance for one week for less than \$80. In all cases, you must check the limitations and criteria for your plan. If you or a family member has a pre-existing medical condition, you must inform the insurance carrier. It may end up costing more but you can travel with peace of mind that you are covered. If you neglect to inform the insurance carrier, your policy may be null and

void, which could end up costing you thousands of dollars if you or a loved one is hospitalized.

If you are traveling without health insurance you are playing Russian roulette with your bank account. Insurance is purchased to provide you with peace of mind should you or a loved one become sick, ill or injured. In this case the old maxim is true; don't leave home without it.

You will be billed for service costs which Quebec does not pay, and you will not be reimbursed.



Don't get stuck paying astronomical medical bills on your next vacation. Purchase travel insurance to ease your mind and wallet.

Violence in the Workplace

from THE CANADIAN CENTRE FOR OCCUPATIONAL HEALTH & SAFETY

Part 1 of 3

What is workplace violence? Most people think of violence as a physical assault. However, workplace violence is a much broader problem. It is any act in which a person is abused, threatened, intimidated or assaulted in his or her employment. Workplace violence includes:

Threatening behaviour: such as shaking fists, destroying property or throwing objects.

Verbal or written threats: any expression of intent to inflict harm.

Harassment: any behaviour that demeans, embarrasses, humiliates, annoys, alarms or verbally abuses a person and that is known or is expected to be unwelcome. This includes words, gestures, intimidation, bullying, or other inappropriate activities.

Verbal abuse: swearing, insults or condescending language.

Physical attacks: hitting, shoving, pushing or kicking.

Rumours, swearing, verbal abuse, pranks, arguments, property damage, vandalism, sabotage, pushing, theft, physical assaults, psychological trauma, anger-related incidents, rape, arson and murder are all examples of workplace violence.

Workplace violence is not limited to incidents that occur within a traditional workplace. Work-related violence can occur at off-site business-related functions (conferences, trade shows), at social events related to work, in clients' homes or away from work but resulting from work (a threatening telephone call to your home from a client).

What work-related factors increase the risk of violence?

Certain work factors, processes, and interactions can put people at increased risk from workplace violence.

Examples include:

- working with the public
- handling money, valuables or prescription drugs (e.g. cashiers, pharmacists)
- carrying out inspection or enforcement duties (e.g. government employees)
- providing service, care, advice or education (e.g. health care staff, teachers)
- working with unstable or volatile persons (e.g. social services, or criminal justice system employees)
- working in premises where alcohol is served (e.g. food and beverage staff)
- working alone, in small numbers (e.g. store clerks, real estate agents), or in isolated or low traffic areas (e.g. washrooms, storage areas, utility rooms)
- working in community-based settings (e.g. nurses, social workers and other home visitors)
- having a mobile workplace (e.g. taxicab)
- working during periods of intense organizational change (e.g. strikes, downsizing)

Risk of violence may be greater at certain times of the day, night or year; for example,

- late hours of the night or early hours of the morning
- Christmas
- pay days
- report cards or parent interviews
- performance appraisals

Risk of violence may increase depending on the geographic location of the workplace; for example,

- near buildings or businesses that are at risk of violent crime (e.g. bars, banks)
- in areas isolated from other buildings or structures

Which occupational groups tend to be most at risk from workplace violence?

Certain occupational groups tend to be more at risk from workplace violence. These occupations include:

- health care employees
- correctional officers
- social services employees
- teachers
- municipal housing inspectors
- public works employees
- retail employees

Reprinted with permission.

Animal Cruelty

by MARIE DAVID

A lot of people own pets, whether they're rabbits, guinea pigs, or the more popular choice of dogs and cats. Most responsible pet owners love their pets and make sure they are kept healthy and happy because they are a part of our family. It hurts us to see them in pain.

That's why it's hard to understand why some people can be intentionally cruel to animals. It's also somewhat alarming

when a link is made between animal abuse and domestic abuse or, in extreme cases, to sociopathic behaviour like serial killing.

We are not forced to keep pets. It is not a law, a right, or a condition for survival. It is a choice. And it is a choice that very often is for the betterment of our lives.

Pets can be a comfort when we are down; they can force us to think beyond ourselves because no matter how down we feel, they still need food and water. They still need to go for a walk or have their litter cleaned.

Studies have shown that pets are good company for the elderly or disabled and that they can also help people to lead better lives, such as with seeing-eye dogs or through animal therapy.

Unfortunately, animals do get abused. The Ontario Society for the Prevention of Cruelty to Animals (OSPCA) defines animal cruelty as falling "into one of three categories:

neglect, intentional cruelty, and sexual abuse." Ontario has one of the toughest animal welfare laws in the country and Quebec, which lags behind, recently moved to toughen its animal welfare laws.

According to the OSPCA, it's not easy to tell who is an animal abuser. Often, the people appear to be benign animal lovers. But be aware because the abuse or conditions the animals live under could be masking other

abusive behaviours like domestic or child abuse or other sociopathic behaviours.

Hurting an animal is bad enough but when this behaviour becomes repetitive or escalates it

becomes more than an animal welfare concern...it is a community and societal concern. Charles Siebert wrote in the New York Times Magazine that one reason for the increased attention surrounding animal abuse "is the mounting body of evidence about the link between such acts and serious crimes of more narrowly human concern, including illegal firearms possession, drug trafficking, gambling, spousal and child abuse, rape and homicide."

According to the Canadian Veterinary Medical Association "animal welfare, law enforcement, domestic violence and child welfare agencies are working together more and more in recognition of 'this link'." And two

years ago in the U.S. the American Society for the Prevention of Cruelty to Animals formed that nation's first mobile animal crime scene investigation unit, complete with a veterinary hospital and forensics lab.

While reports are inconclusive, some scientific research suggests there is a link between animal cruelty and violent human behaviour, though this does not necessarily mean there is a correlation between hurting an animal and becoming a serial killer.

Still, there is enough of a concern about a link for many academics, policy makers, and scientists to call for further research and for more cooperation and reporting between veterinarians, social welfare agencies and law officials.

Source: Parliament of New South Wales. "Animal Abuse and Sociopathic Link."

Full Day Hansard Transcript: Legislative Council. 11 Oct. 2000. web. 8 Dec.

2011. "Animal Abuse, Child Abuse, and Domestic Violence." *Canadian Veterinary Medical Association*. n.d. Web. 8 Dec. 2011.

Siebert, Charles. "The Animal Cruelty Syndrome." *The New York Times Magazine*. 11 June 2010 web. 8 Dec. 2011.

Ontario Society for the Protection of Animals. What is Animal Cruelty? Ontario. Web. 11 Dec. 2011.

The abuse or conditions the animals live under could be masking other abusive behaviours like domestic or child abuse....



The Back Page...

"One kind word can warm three winter months."

Japanese proverb

How Does Your Garden Grow

by MARIE DAVID

The ground may still be either too frozen or moist to do too much preparation but there are still a few things you can start to think about and do to get your garden ready for planting.

- You can start clearing away and composting the dead stalks of perennials.
- Start saving containers for seedlings. There's no need to always purchase them, you can just use your old egg cartons. They're biodegradable (not the Styrofoam kind) and are perfect to put right into the ground. You can start the seedlings in February so they're ready to plant in April or May.
- Start ordering your seeds now. It's the perfect time to peruse the seed catalogues and order organic or heirloom seeds. Here are a few seed companies to check out:
 - ♦ Salt Springs Seeds www.saltspringseeds.com. They sell heirloom and heritage seeds in everything from vegetables to fruits to flowers.
 - ♦ Veseys Seeds www.veseys.com. They also sell heirloom and organic seeds and bulbs.



- ♦ Canadian Gardening www.canadiangardening.com
Check them out for a list of seed companies in Canada, including organic and heirloom seeds and plants.
- ♦ Start turning over your compost pile. The deteriorated organic material will make a great nutritious mulch in your garden.
- Although the ground may still be too frozen, you can begin preparing the soil as much as possible. Rake up the dead leaves and twigs. This will provide good aeration of the soil.
- Your garden tools need to be taken care of too. Gather the tools and give them a good wash using soap and water. Make sure to scrub off all the dirt and rust, either with a scrubbing pad or a wire brush. Brush the metal parts with a light coat of oil and store in a bucket of sand for when they're ready to use.

Source: organicauthority.com and ecoactionteams.ca.



February is...

- Heart Month
- 5-11 White Cane Week
- 5-11 Eating Disorders Awareness Week
- 8-18 Kahnawake Winter Carnival
- 2 Groundhog Day
- 4 World Cancer Day
- 12 Sexual & Reproductive Health Awareness Week
- 14 Memorial March for Missing & Murdered Women (Montreal)
- 14 Valentine's Day
- 17 Winter Carnival Meltdown
- 23-24 ASIST Training at KSCS

March is...

- Help Fight Liver Disease Month
- Natl. Colorectal Cancer Awareness Month
- Natl. Kidney Month
- Natl. Nutrition Month
- Natl. Social Work Month
- 11-17 World Glaucoma Week
- 12-18 Brain Awareness Week
- 18-24 Poison Prevention Week
- 8 Intl. Women's Day
- 11 Daylight Savings Time
- 12 World Glaucoma Day
- 20 First Day of Spring
- 24 World Tuberculosis Day

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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