



# Aionkwatakari:teke

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

"For us to be healthy"

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Kahnawake's Only Health and Wellness Newsletter

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**Aionkwatakari:teke**

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

Welcome to the June/July issue of Aionkwatakari:teke. We have a very full issue, with articles on parenting, on substance use and the youth, on the recent return of the Bullycide Project to Kahnawake, and on the link between the Idle No More movement and food security, and much more.

You also may have noticed the great pictures on the cover. Those pictures are courtesy of Callie Karihwiiooshta Montour who has spent considerable time volunteering abroad (in KwaZulu-Natal province in South Africa, and in Ecuador.) We find out what she gets from volunteering and will perhaps inspire some of you to volunteer your time to an organization in need.

Since the last issue, there was the devastating bombing in Boston, the Montreal Canadiens and the Toronto Maple Leafs were eliminated from the NHL playoffs, and actor Angelina Jolie went public with an Op-Ed piece in the New York Times about her decision to have a double mastectomy. She made the decision to have the surgery because she carries the gene that increases her chances of getting breast cancer by 87 per cent. After her surgery, her odds were reduced to around 5 per cent. It must have been a difficult decision to make—and certainly a very personal one—but what's great is how she used her status as a celebrity to bring attention to the disease, to genetic testing, and to treatment options.

A special note: This issue was proofread by Curran Jacobs. Curran is a summer student employed at KSCS in the HR department. She is studying Education and English Literature at Bishop's University. One of the tasks she had to do was proofread this issue. So it's no surprise she did a great job. Thanks Curran!

Our next issue will be released in early August. We hope you have a great summer up to that point (and beyond, of course.) Until next time, be safe and enjoy the summer.

Sken:nen  
Marie David

Cover photos courtesy of Callie Karihwiiooshta Montour.  
Cover design by Marie David.





# What We Teach Our Children

BY TAWNIE MILLER-BUSH, PREVENTION

*This is part one in a multi part series of articles on parenting.*

**W**hat do we to teach our children when they come into this world? Do we want them to think they are less important than other children because they don't sport the latest Uggs or have the newest Monster High doll or wear Carharts?

We instill in our children values we will refer to as the Seven teachings (there may be more but for the sake of this series of articles we are looking at only seven) which include Honesty, Love, Respect, Humility, Courage, Wisdom and Truth.

As children grow and mature, it's these teachings that will help define and shape who they are, the manner in which they think, how they behave and who they will become.

The hardest part of parenting has to be the teenage years. Children begin asserting their independence while their parents continue to try to assert some authority over them. It can often become a tug-of-war between the two parties and the teenage years are too late to begin instilling values ("Secrets of Discipline," Ronald Morrish.)

The term you may often hear is

preventative parenting: parenting your children now to prevent a crisis later. By the time they are teenagers their morals, values, and characteristics have been developed. Teenagers implement these values and incorporate them in their decisions as independent thinkers.

Now, I'm not suggesting any parent is perfect, neither is any teenager. No such creature exists. Teenagers make mistakes; they sometimes learn by trial and error, they are impulsive, and so on. The learning process begins when they are infants and toddlers, onto school age and pre-teens years. We help fine tune these values and how they are applied as they mature. Every age is important in terms of their moral development and milestones.

## Let's examine each of the values closer:

**Honesty:** We can teach that lying is unacceptable. No one likes being lied to. Being honest is one of the hardest things to do. It means accepting responsibility when you are wrong. It's also about not telling *only part of* the story: "I wasn't on the train tracks," versus "I was there but I didn't go on them." Honesty is what we want from others so we NEED to apply it ourselves as well.

**Love:** Love is not about money.

Showering them with presents and toys doesn't say I love you, it just shows them we have money. Regardless of their financial situation, every parent loves their children. Love can be

- providing hugs when they are sick.
- taking the time to read over their homework.
- having rules and enforcing those rules for their own safety.
- establishing curfews so they are safe.
- studying for school so they will do well in life and have choices available to them after high school, etc.

Don't take for granted that they know you love them; tell them. Every child smiles when they hear those three little words. If you don't believe me, try it for yourself. We will look at the remaining teachings in the upcoming articles.

# BBQ Food Safety

TAKEN FROM HEALTHY CANADIANS WEBSITE

**B**arbecue season has begun and Health Canada would like to remind Canadians of steps they can take to avoid foodborne illness caused by bacteria such as E. coli, Salmonella and Campylobacter.

Eating undercooked meat and other foods that have come into contact with raw meat can cause foodborne illness. Symptoms can include severe stomach cramps, vomiting, fever and diarrhea.

It is estimated that approximately 1 in 8 Canadians will get sick from food poisoning (foodborne illness) in Canada. Many of these cases could be prevented by following proper food handling and preparation techniques.

## What you should do

You can help lower your risk of foodborne illness by handling and cooking raw meat carefully.

## Storing:

- Raw meat should always be stored in a refrigerator or cooler at 4°C (40°F) or below.
- If you are storing raw meat in a cooler, make sure that it is packed with ice and that it stays out of direct sunlight. Avoid opening it too often.
- Ensure meat products are well sealed so their juices don't come in contact with other food products, thus avoiding cross-contamination.

## Cleaning:

- Remember to wash your hands

and other utensils, like cutting boards, countertops and knives, carefully with soap and warm water before and after handling raw meat. This helps to avoid cross-contamination and prevent the spread of foodborne illness.

## When you grill:

- Colour alone is not a reliable indicator that meat is safe to eat. Meat can turn brown before all bacteria are killed. Use a digital food thermometer to be sure.
- To check the temperature of meat that you are cooking on the barbecue, take it off the grill and insert a digital food thermometer through the thickest part of the meat.
- If you are cooking a beef hamburger, take the patty from the grill and insert a digital food thermometer through its side, all the way to the middle.
- If you are cooking more than one patty, or several pieces of meat, be sure to check the temperature of each piece.
- Use clean utensils and plates when removing cooked meats from the grill.
- Remember to wash the thermometer in hot, soapy water between temperature readings.
- Always remember to keep hot food hot until it is ready to serve.

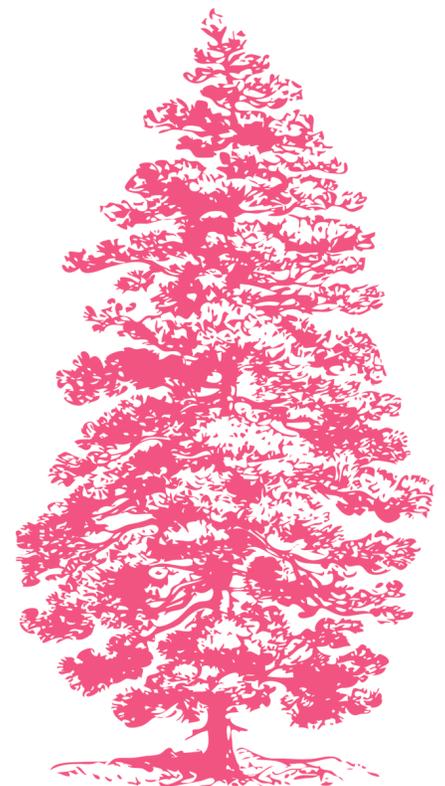
# Kanien'kéha Word List

SUBMITTED BY MARY KAWENNARÒ:ROKS

MCCOMBER

- Iakwatátenonhkwe: We are related
- Onkwará'se'okón:'a: We are cousins
- Iakwatate'ken'okón:'a: Our siblings
- Wakerá'séston: I am cool.
- Wa'onkenó:ronhkwe: I am loved
- Tekonnonhwerá:tons tsi wa'tehsatóhetste: Congratulations on your graduation.
- Iakwarén:note: We are singing.
- Ranekénhteron: Young man
- Ieià:tase: Young woman

Source: *Kanien'kehá:ka Owenná'shón:'a*  
published by *Kanien'kéha Owén:na Orióhkwa*  
(Mohawk Language Curriculum Center) 2006





## Expand Your Horizons: Volunteer

BY CHRISTINE TAYLOR, PROMOTION & EDUCATION

Last year, I wrote an article on volunteering and how many organizations depend on volunteers to offer the little extras that dwindling budgets don't cover. Volunteering also helps the person who is volunteering their time; experience, responsibility and of course fun are just some of the pros that a young person gains from volunteering.

I spoke with Callie Karihwiiostha Montour, who volunteers internationally. She started in Ecuador in 2010 and in Africa in 2012 and plans to volunteer again in Nicaragua this summer. She's volunteered locally at the Turtle Island Theatre, Kateri School, Young Adults Program/ILC, Kwatokent TV, and the United Church.

While attending Concordia University, Callie came across a pamphlet for an organization called Vesa and was intrigued. Vesa was looking for people to volunteer abroad.

She researched the organization on-line and questioned people who had done work for the organization about their experiences. Everything was legit and she signed up to volunteer for a two week period that summer in Ecuador.

Callie's experience was rewarding on many levels, personally and professionally. It opened her mind to other cultures from around the world, she

gained a sense of responsibility, and she became more independent as she had to raise the money, schedule vaccinations, and make sure her paperwork for travel was in order before leaving.

Callie says volunteering internationally does not mean you're at a 'resort'; you are usually housed in the same conditions as the locals, giving you a

out and interacting in a different culture, environment and language. "You get to see the real issues and how some things are the same as our culture but also the differences," she said. For example, in Ecuador the native people wear ribbon shirts and dresses and in Africa they make cornhusk dolls, soap stone carvings and beadwork very similar to our own.

Callie's international volunteering has helped open her mind and taught her some great life lessons. She plans on returning to Nicaragua this summer with volunteer organization GIVE. She'll be helping construct buildings out of recycled bottles, sand and cement, all local and economical material. This knowledge could be used to build homes in our own communities here in Canada.



*Callie Karihwiiostha Montour in KwaZulu Natal province, South Africa 2012. Photo courtesy of Callie Karihwiiostha Montour.*

unique opportunity to understand the challenges other native peoples and communities face.

The work was more meaningful and selfless because she was not being paid. "Something so small here, means so much to the local native people," she said. Callie admits it was hard work but it felt good to help out. Callie chose construction out of several different types of work available.

It was also a great chance to "unplug" and learn to live a more simple way of life. It's real world experience because you are with the people, helping them

That's just some of what Callie will be bringing home; that and great memories, hands on experience, and cultural knowledge that you can't get out of a book. Callie encourages others to volunteer; it gives you experience and perspective, you see immediate change in the world around you, and you learn by doing and give by helping.

Callie is currently in her first year of the Ratiwennahní:rats Language Program and has her B.A. in Child Studies with a minor in Anthropology from Concordia University.

# Idle No More & Food Security

BY ALEX M. MCCOMBER & DR. TREENA DELORMIER, KSDPP



*Overpass Light Brigade at Interstate-894, West Allis, WI, January 2013. Photo by badsci, flickr.*

The Idle No More movement in Canada began in December 2012. The name was coined by four Indigenous women in Saskatchewan in conjunction with a teach-in gathering they organized to inform communities about the omnibus Bill C45 and other federal legislation from the Conservative government.

These bills, and others, open the door for government and industry to push through actions to ensure development of pipeline passages for oil from the Alberta tar sands to the west, south and east. In the process, Indigenous rights will, and have been, pushed aside

for the benefit of industry and financial profit. Other bills impact on Indigenous rights and communities mostly without any meaningful consultation with Indigenous peoples.

Chief Theresa Spence, of the Cree community of Attawapiskat, began a hunger strike on December 11, 2012 in protest of the government's actions. The Idle No More movement embraced Spence's action and it grew like wildfire, mainly through social media.

The movement was not restricted to the Indigenous peoples of Canada, but included environmentalists, Canadian and American citizens, and other world

peoples who found common ground protesting the treatment of Indigenous peoples and, more importantly, the treatment of Mother Earth.

But Idle No More is more than a political awakening. It is a stirring deep within Indigenous people about our identities, our rights and most importantly, about our responsibilities. Those responsibilities include the care of Mother Earth and protecting our future generations; this includes exercising our sovereignty which includes being able to provide our own food.

Food security refers to the availability of food and one's access to it. The World Food Summit definition of food security states that food security exists when all people, at all times, have physical and economic access to enough safe and nutritious food to meet their dietary needs and food preferences for an active and healthy lifestyle (World Food Summit 1996).

Conversely, Food insecurity exists when the availability of nutritionally adequate and safe foods or the ability to acquire acceptable foods in socially acceptable ways is limited or uncertain. Food security can be characterized and understood at individual, household and community levels.

Food sovereignty refers to the rights of peoples to define their own food systems. Food sovereignty, a term coined by

members of Via Campesina, an international peasant's movement in 1996, is about the right of peoples to define their own food systems.

Advocates of food sovereignty put the people who produce, distribute and consume food at the centre of decisions on food systems and policies, rather than the demands of markets and corporations that they believe have come to dominate the global food system. This movement is advocated by a number of farmers, peasants, pastoralists, fisher-folk,

Indigenous peoples, women, rural youth and environmental organizations. (Wikipedia)

The traditional aspects of food security include planting corn, beans, squash, and gathering greens, herbs and other foods not usually found at contemporary markets, and also include hunting and fishing.

In Kahnawake, we have seen our food sovereignty shift from one where Kanien'keha:ka subsisted on our own food systems and knowledge, to one where our community is largely

dependent upon industry to produce and distribute what we eat. We even allow industry to tell us what we want to eat with most of our food coming from industrial agriculture delivered to supermarkets.

Agriculture and planting that is done on small scale, family farms, and cooperative groups all contribute a small but important part of our food. There are people who still hunt moose, mainly at Tioweroton; and even fewer people who rely on subsistence fishing.

The Kahnawake Schools Diabetes Prevention Project (KSDPP) has focused on healthy lifestyles for our children and youth since 1994. We do this through activities

that promote healthy eating habits, daily physical activity and daily healthy stress management, most often through partnership with other local organizations.

With regards to the health of our children and youth, many groups in Kahnawake have been "Idle No More" for many years, with KSDPP's particular focus on diabetes prevention. Over the years, we have become aware of issues around food security and food sovereignty in Canada and in Kahnawake.

The Ieiénthos Akotióhkwa Planting Group was established this past year through the efforts of Dr. Treena Delormier and KSDPP with the objectives of teaching and connecting community members who are interested in gardening.

This project will assist interested families, school groups, and local organizations to set up gardens at their locations during the year. Garden and seed preparation, planting and care, harvesting and food preservation are all activities addressed through this project through information, workshops and possibly occasional physical support during the summer.

The Idle No More movement carries a powerful message for people who believe in our sovereignty as Kanien'keha:ka. Growing, hunting and gathering our own food increases our food security, and in a larger perspective, supports our practice as sovereign people.

For more information you can join the Ieiénthos Akotióhkwa Planting Group Facebook group or contact KSDPP at 450-635-4374.

*Source: "World Food Summit Plan of Action." Rome. 13 Nov. 1996. n.pag. Archived. 22 Apr. 2013. [http://www.fao.org/wfs/index\\_en.htm](http://www.fao.org/wfs/index_en.htm).*

*"Food Sovereignty." Wikipedia. n.d, n.pag. Web. 22 Apr. 2013.*

*Alex M. McComber & Dr. Treena Delormier are with Kahnawake Schools Diabetes Prevention Project.*

# The Bullycide Project

BY MARY MCCOMBER, PREVENTION



Members of the Bullycide Project returned to Kahnawake in March. Photo by Tyson Phillips.

**B**ullying has become a big topic in the media these days. It is distressing to see the impact on youth and families when people become victims of bullying. “Bullycide” is a term used to describe the devastating action of suicide as a result of bullying.

The Bullycide Project presented a production at the Kateri Hall on March 20, 2013 to provide education to the community on this horrific issue. Sponsored by Kahnawà:ke Shakotiià'takehnhas Community Services (KSCS), the Trust Theatre Ensemble visited Kahnawà:ke to provide an understanding of the impact of bullying on youth and their families.

Lori Thompson is a teacher in Michigan. She began The Bullycide Project after being inspired by the book

Bullycide in America. The book was written and compiled by Brenda High, who lost her own son to suicide after being bullied at school

As part of her healing, High compiled stories from various other families who had been through the same experience. These are the stories that are told during the production.

The actors are young adults who bring to life the stories of these families and their sons or daughters who committed suicide because of the trauma they experienced as victims of bullies. Some of the actors also tell their own stories as bullies or victims and their healing process and survival. It was an emotional evening.

After the production the audience had the opportunity to ask questions

or share their own stories and they did so with passion and concern. Approximately 84 people were in the audience and feedback surveys were also completed. Here are some of the comments from the audience:

When asked, “What was your most important learning?” some of the respondents answered, “Bullying needs to be addressed in Kahnawà:ke”, or “The bully needs as much help as the victim in situations” and “Do not bully and don’t keep all of your sadness. Let it out.”

Others went on to provide comments such as, “I really liked this play it opened my heart to those gone so young. I will give a helping hand and teach about bullying” and that it was an “Absolutely amazing honest portrayal of ‘true to life’ stories”.

The Bullycide Project and KSCS encourage parents and teachers to talk with youth about bullying, to intervene when you witness it or when a youth expresses a need for help, and encourage a positive and safe environment where bullying and other forms of violence are not tolerated and youth can receive support to be responsible, respectful and assertive.

For more information on this production contact Mary McComber at KSCS: 632-6880 or check out the Bullycide web site at [www.trusttheatreensemble.org](http://www.trusttheatreensemble.org).



## A Balancing Act

BY TYSON PHILLIPS, COMMUNICATIONS



Laurie Whiteban. Photo by Tyson Phillips.

It's no secret that the health care sector has been experiencing demands for qualified medical professionals. With Kahnawake having its own hospital, the possibility of working within the community is definitely a bonus. So, when a health career program was offered to community members, Laurie Katsitsi:io (Beautiful Flower) Whitebean decided to sign up.

"I have three children and was a stay at home mom when they were little. As they grew up, I wanted to try something for myself," Laurie explained. While the program offered many opportunities in the health field; they were encouraging people to go into nursing.

Laurie was studying to be an X-ray technician at the Nova Career Centre until her teachers encouraged her to go into nursing. "They told me that I work

well with people and I'd be better suited to be a nurse than to be in a dark x-ray room all day where you don't interact with people."

Before going back to school she had to brush up on her math skills. "I basically started

from grade seven math and even studied chemistry at John Abbott College." Laurie explained. She now attends Champlain College and plans to graduate from the nursing program in 2014.

Twelve students from Kahnawake were enrolled when the health career program began. Now, only Laurie and two other students remain. "It's a very tough program; your life is school," she admits. For Laurie, it's a challenge as a single mother of three children, a daughter aged 8, and two sons aged 11 and 14. "Time management is a big issue," Laurie admits. "I am very lucky that my mother is always there to help me out."

Laurie's full schedule includes eight courses. The demands of school and homework make her feel as if she doesn't see her children very much. "I try to make sure that I spend some quality

time with them on the weekends even when I have a lot of studying to do."

"Nursing is not just taking temperatures and giving needles; nurses do a lot more," she says while pointing out that nurses have to learn the same material as doctors. She also has many hours of reading, studying, and weekly assignments. Laurie admits "There were a number of times I wanted to quit but I convinced myself to stay in the program." Laurie also receives support from her teachers who are always willing to help when she is having a hard time.

Laurie plans to continue her education. "There are more opportunities with a Bachelor degree. I can have a teaching position, work in a baby clinic, [or] be a school nurse."

Laurie encourages others to consider the nursing program. "It's a lot of hard work. If you believe in yourself, you will get through it," she said. "It makes me proud to see other community members going back to school to pursue a higher education. The younger generation should see there is a world outside of Kahnawake. Going to CEGEP and University opens your horizons." Laurie has some encouraging words for anyone considering going back to school. "I was 32 when I went back to school. Continuing your education is something you will not regret."

# Harnessing the Sun's Power

BY MARIE DAVID

**M**ore and more people are becoming interested in becoming self sustaining, whether that means through being their own boss, growing their own food, or becoming less reliant on hydro electricity.

I recently interviewed Kanerahtontie McComber about his new business, Mohawk Solar Solutions, about the benefits of solar power and why he started his business.

Kanerahtontie McComber is a 36-year-old father of three. Like many in the community, he attended the Kahnawake Survival School (KSS). Since graduating from KSS, he's attended the language immersion program in Kahnawake, taken a herbology course in Montreal, worked in the tobacco industry and did other odd jobs.

So what sparked his interest in solar energy? Kanerahtontie said "since I became a father, I was always interested in doing my best in maintaining a lifestyle for myself and my family that would give back to the environment in some way."

An opportunity presented itself in the fall of 2010 when a relative suggested he attend training for installation of solar systems in Toronto. The session opened his eyes "not only to the financial opportunity that was available but also to the important role that solar technology

could potentially play in maintaining a more sustainable environment," he said. From there he did research, stayed on top of industry developments, and made a business plan.

Kanerahtontie admits starting his own business has been scary and sometimes difficult but it's "also been very interesting and fulfilling because I know that I am doing something right for the environment and it allows me more flexibility in spending time with my family."

So what are some of the myths and benefits of solar energy? The benefits are fairly obvious; it's an energy alternative to hydro electricity and it's beneficial to the environment.

But what about the myths, that it's too costly or that we just don't have the environment to sustain solar power (how many sunny days were there in April anyway?). Kanerahtontie admits solar energy can be costly but he adds that the system can pay for itself in savings in a few years.

Consumer demand is also driving costs down as more and more people seek alternatives to electricity. For instance, a residential user could combine solar power with their hydro to reduce their electricity bill (with an option to add on to the solar system later.) Or they could choose to do away with hydro altogether and combine solar power with a windmill or generator to use as backup or to recharge the solar battery if there's not enough sun.

As for whether Kahnawake or its environs has the climate to support solar power, Kanerahtontie says that technological advances mean that climates like ours in Quebec can definitely support solar power as a viable alternative energy source

For more information about solar power contact Kanerahtontie McComber at Mohawk Solar Solutions at 514-805-2998.



## Caregivers: Chronic Stress

BY JEAN O'CONNOR, HOME & COMMUNITY CARE

Over the last few editions of Aionkwatakari:teke, I have written about issues relating to caregiving. This article will focus specifically on the issue of chronic stress.

Stress is a normal response to situations that make you feel threatened or unbalanced in some way. Our bodies are wired to go into a defence mode “fight or flight” reaction when faced with a situation that is viewed as stressful. This fight or flight reaction is body’s way of protecting you as well as helping you rise to meet challenges.

In caring for someone who has a progressive and/or long term illness, stress is a constant factor. When stress is on-going rather than situational, a condition known as chronic stress develops. Stress becomes a normal part of daily life. The effects of chronic stress on the mind and body are well documented.

**Cognitive Symptoms:** memory loss, constant worrying, poor judgement; seeing only the negative; anxious or racing thoughts.

**Emotional Symptoms:** feelings of being overwhelmed, depression, moodiness, irritability or short temper.

**Physical Symptoms:** aches and pains, chest pain, rapid heartbeat, frequent colds.

**Behavioural Symptoms:** eating more or less, sleeping too much or too little, and isolating yourself from others, procrastinating.

As responsibilities of the caregiver increase; demands increase. As demands increase, emotional and psychological stress increases for the caregiver.

Caring for yourself is one of the most important things to do as caregiver. The practice of self care is very important in dealing with the effects of chronic stress.

Establishing a regular exercise and meditation routine, eating healthy meals, and making time for you are ways to help manage chronic stress. It is important to get rest.

Some people find it helpful to create a detailed calendar that incorporates time for you to do what you enjoy or need to do to remain in control of your life. Stay connected—or re-connect—with friends and family and take time to find enjoyment in your life.

Professional support can also be helpful eg., the Alzheimer Society or cancer support groups or other professionals such as psychologist or counsellor. If you are experiencing physical manifestations of chronic stress, it is important as well to discuss these symptoms with your physician.

Visit the Canadian Caregiver Coalition website at [www.ccc-ccan.ca](http://www.ccc-ccan.ca) for more information.



**Nia:wen  
Ko:wa!**

**The National Aboriginal Hockey Championship** host committee would like to thank our sponsors for the tremendous support we received.

We want to especially acknowledge the commitment of the volunteers who worked tirelessly to make the 2013 event one of the best.

**Thank You!**

## The Back Page....

*"It takes courage to grow up and become who you really are."*

*- e.e. cummings, American poet, painter, essayist, & author (1894-1962)*



## Substance Use and Youth

BY MARY MCCOMBER, PREVENTION

Summer time is upon us and it's a beautiful time for friends and family to re-connect, relax and have fun. However, if substance abuse is a part of this it may put a damper on the good times.

For this reason it's important to be educated on the impact and effects of substance use especially with youth who are still developing even though they may feel like they are all grown.

They may seem fully developed as well. They may be organizing social activities, driving cars or working at jobs. However, their bodies and brains are still going through development changes. This is something that parents may also want to address with their youth. It's important to note that the earlier a child starts using drugs the chances increase for them to develop long term consequences. Treatment options are also a challenge.

Having open dialogue and consistent involvement with your youth can assist them to be aware of the dangers of substance abuse and potentially prevent issues such as addictions, impaired driving accidents and mental health problems.

"Did you know? Teenagers who feel connected to their families are more likely to avoid the dangers of using drugs." ("Talking to Your Kids about Drug" 2.) It's important to "be knowledgeable, communicate with your teen, monitor activities, watch for signs and learn more about drugs." ("Talking to Your Kids about Drug" 1.) An



interesting site for parents and educators is: [www.ccsa.ca](http://www.ccsa.ca).

For more information contact: Mary McComber at 450-632-6880. Keep safe and have a great summer.

*Source: Government of Canada. Minister of Health Canada. Talking with Your Teens About Drugs. Ottawa: Health Canada, 2008. Print.*

### June

- Brain Injury Awareness Month
- ALS Awareness Month
- Relay for Life
- Stroke Awareness Month
- 2-8 Canadian Environment Week
- 3-9 Natl. Sun Awareness Week
- 3 Natl. Cancer Survivors Day
- 5 World Environment Day
- 5 Clean Air Day
- 14 World Blood Donor Day
- 16 Father's Day
- 21 Natl. Aboriginal Day
- 26 Intl. Day Against Drug Abuse & Illicit Trafficking
- 28 **KSCS Closed**

### July

- 1 **Canada Day (KSCS Closed)**
- 11 "Oka Crisis" Anniversary 23 years
- 11 World Hepatitis 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.

**Aionkwatakari:teke**

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