



Aionkwatakari:teke

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

"For us to be healthy"

Vol. 18, No. 6

Kahnawake's Only Health and Wellness Newsletter

Tsothórha / December 2013



The Community Holiday Parade



Bringing Holiday Cheer!

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Aionkwatakari:teke

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

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The end of the year is nigh. For many, this time of year is overflowing with deadlines, travel plans, rushing to and fro, shopping, menu planning, cooking, meetings, office parties, rising bills, traffic, weather worries, and more, more, more! Some people are, of course, really organized; they had their holiday shopping done in July, they've already pre-planned and pre-baked their holiday dinners, they're on top of the game. I don't know any of these people. I'm not even sure they're not pods, replaced by the Body Snatchers. But that's just me.

Mental health, burnout, and stress can and do occur at any time of the year but we also know how things can get worse at this time of the year because of all that extra stress heaped on us from work or family or both. So, take care. Take a breath. Take another breath. And read some of our articles that may give you insight into how one family coped with mental illness, or how to deal with burnout or stress, read about the Faceless Dolls exhibit that was recently in Kahnawake, or put your feet up and do a crossword puzzle. The important thing is to be kind to yourself and others.

Sken:nen tánon obserá:se!

Marie

Cover photos of last year's holiday parade by Tyson Phillips. Cover design: Marie David.

This year's holiday parade will take place on Saturday, December 7 at 11:00 A.M. Please consult www.kscs.ca for more information.





Families, Mental Illness, & Hope

BY TYSON PHILLIPS, COMMUNICATIONS

What should one do when a family member suffers from mental illness? A community member (hereby referred to as CM) shared their story of their experience when a family member became mentally ill; in this particular case it was schizophrenia and post traumatic stress disorder (PTSD).

As CM relates, it was very hard in the beginning with the family member denying that something was wrong and refusing to seek professional help. Other family members grew frustrated and gave up but not CM. “I did my best to try and help,” CM said. But nothing was working. “I was told to let the person fall in order to realize they needed help. This meant they had no place to live, no money and no medial assistance. This was extremely hard to do, but the individual had to experience this to realize help was needed.”

When the person finally went for professional help, they were hospitalized. They were in a lockdown hospital ward and not allowed to leave the premises. This caused a lot of fear and anxiety for the family member but CM believes it was necessary. “I believe if they were not hospitalized, they would have committed suicide,” CM paused. “I told [them] that it was best for them to be in the

hospital as they will be getting the best professional help and that I and my family will be there for support. It’s so important to tell the individual that they are loved, that people care about them and that they will get through this tough time,” CM said, eyes shining with unshed tears.

CM decided to seek professional help as well, for the stress they were going through. “I encourage anyone going through this type of situation to seek professional help for yourself

“Hang in there and be supportive. Never give up. They do get better with time, support and professional help.”

and your family. This helped us to cope with what was happening,” CM suggests emphatically. Getting the person help is one thing but caring doesn’t and shouldn’t end there as CM explains. “I was in constant contact with their doctors and psychiatrists. You can not just hospitalize the person and walk away thinking they will be fixed by the professionals,” CM said. “The person still needs family support. And the family needs to learn how the family member is doing by speaking with the mental health professionals.”

Finding the cause of the breakdown took a long time but slowly, the family member started to get better. Eventually, they left the hospital to live in a structured group home where they shared a bedroom, had chores, attended

a day program, while a professional resided on the premises.

As the family member’s mental health continued to improve, they moved on to a group home that was less structured and not so strict. The third group home gave them more independence and assistance in providing the skills for them to live on their own. At the different stages, the homes provided the support the family member needed based on individual needs.

It’s been at times a tough and arduous journey for all involved but now the family member is living back in the community and is doing very well. “When a loved one is suffering from a mental illness, it’s nothing to be ashamed of. It’s an illness, just like alcoholism is an illness,” CM said. “The person takes time to heal, and needs the love and support from their family and friends.” CM has encouraging words for others. “Even if you are at the end of your rope, hang in there and be supportive. Never give up. They do get better with time, support and professional help.”

How to Beat Workplace Stress

EDITED BY MR. NUGGET, TALON HAUT, MALUNIU

People in many professions work well over the usual 40 hour work week and end up bringing workplace stress home with them. Stress is a negative reaction to overwhelming pressures placed on people.

Fighting this stress is a personal goal, because most companies do not have the resources to focus on the personal health of their workers. It is important to fight stress as it can lead to decreased productivity, weight gain and unhappiness. Reducing work stress usually happens through a series of changes both during the work day and at home. Try incorporating 1 or more of the steps into your routine each week and you may find yourself happier at work and at home. Read more to find out how to beat workplace stress.

Method 1 of 2: Stress Relief at Work

1. **Start your day early.** Many believe that the key to success in work is starting early rather than staying late. When you arrive early for work, you have fewer people to distract you from your tasks, and you may find that you are productive and less tense.
2. **Create realistic goals.** Surveys show that perfectionism is a high goal amongst professionals. Lowering your expectations to small sets of reasonable goals will lower the anxiety that comes from not achieving a high, unattainable goal.
 - One of the keys to meting out perfectionism is understanding that mistakes are common. They can also have positive consequences, allowing you to change your course of action before it is too late. Recognize your mistakes and learn from them, instead of denying them.
3. **Use a to-do list or calendar to simplify your goals.** Each person works differently, but each worker can also learn to prioritize the main workplace goals from the things that can be done in time. Use a calendar, a pen and pad, an organizer, a pocket calendar, or anything that will help to get the stress out of your head and organized in a simplified manner.
4. **Avoid gossip and complaints.** Voicing occasional grievances and annoyances can cause a negative, stressful attitude in the workplace. If you work with people who do this often, try to abstain.
 - By avoiding constant complaining, you may be more aware of major grievances. You should take the time to talk with your superiors about unrealistic goals, victimization at work, unfair work practices or salary questions, when necessary. Learn to separate the problems that can be solved and those general annoyances that have little effect on how you conduct your life.
5. **Take breaks at work.** Sitting for hours on end in an office chair has not only been shown to increase stress, but it can also cause chronic back pain, carpal tunnel, eye strain and more. Remove these health stressors by getting up from your desk every half an hour.
6. **Take a lunch break.** Get out of the office every day for at least 30 minutes. Get some sunlight, if possible, or take a walk—whatever you find gives you the best stress relief.
 - Some people choose to do yoga during their lunch break. Finding a private place and bringing a yoga mat to work may help you to stretch out muscles that could otherwise cause chronic pain. Yoga has also been shown to concentrate the mind and reduce stress when part of a regular practice. Meditation, a breathing exercise, or a regular massage can also have the same stress relief effects.
7. **Take regular vacations.** Vacation time is built into most companies so that you can relieve stress caused by work. Although you may find you want to stay longer, the change will help to revive and relieve workplace tension.

Method 2 of 2: Stress Relief Outside of the Office

8. Leave your work at the office.

Although some professions, such as school teachers, rely heavily on grading after hours, you can probably make a conscious effort to separate work from home life. Ignore work emails and calls.

- If you telecommute or work from home, it is still important to leave work to certain hours of the day. You can find yourself feeling as though your work day never stops, if you do not turn off the computer or forward telephone calls to your voice mail.

9. Exercise regularly.

Health professionals suggest you should get at least 30 minutes of cardiovascular exercise per day in order to maintain a healthy heart and lungs. Find a class or exercise you love to do, and the endorphins that you release will reduce the ill effects of stress on the body.

10. Take a class or become a volunteer.

Some studies have shown that spending time on yourself directly reduces stress caused by work. This dedication to education or the community will help you feel as though your life is well-rounded, relaxed and more fulfilled.

11. Eat a balanced diet.

The tendency during a stressful period is to eat a lot of empty calories and carbohydrates. Plan your snacks and meals ahead of time, so that you have the fuel you need to do your work.

- Eat or snack before you have any large tasks to accomplish. It is not a good idea to go into a presentation, meeting or important phone call with a completely empty stomach. Your body responds to the good proteins, carbohydrates and healthy fats by giving you the energy you need to excel mentally.

12. Focus on sleeping well.

You should dedicate around 8 hours of your night to sleep. Count in 1 hour for relaxing and unplugging your devices before going to bed and 1 hour to wake up.

Tips

- Take time to laugh at least once per day. Find a radio show, podcast, YouTube clip or anything that will help you to relax. Laughter is good for your health.
- Surround yourself with things you enjoy at work. Put up pictures that make you smile, or decorate with your favorite colors. These

small notions can have a positive impact on your mood.

- If you are very unhappy at work and you are unable to relieve your stress with the above options, it may be time to look for a new job. You can set alerts on Google or at Monster.com, Jobshark.com, or Tewatohnni'saktha for similar jobs in your area.

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ten-ways-to-beat-workplace-stress

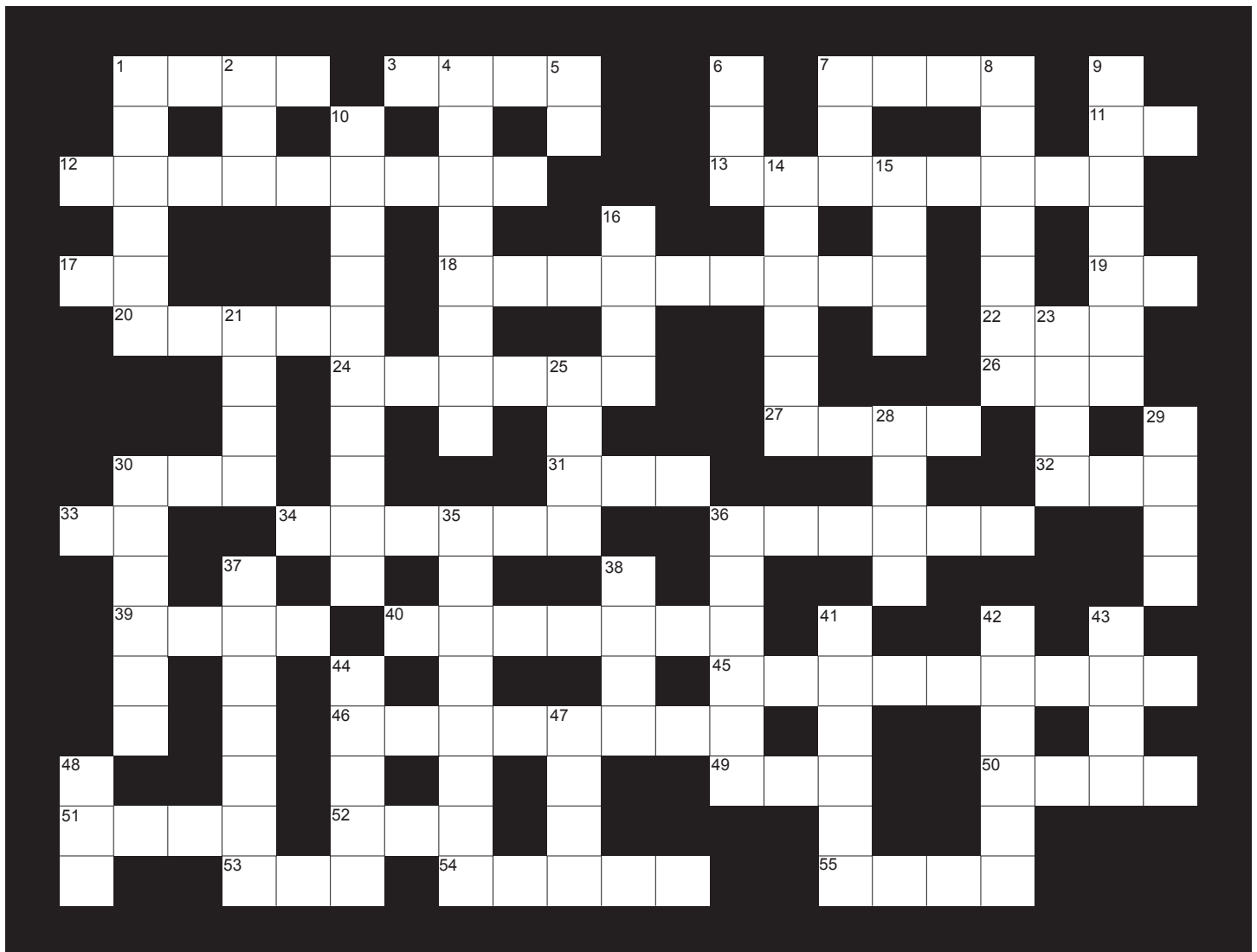
Article provided by wikiHow, a wiki building the world's largest, highest quality how-to manual. Content on wikiHow can be shared under a Creative Commons License.

Article url: <http://www.wikihow.com/Beat-Workplace-Stress>



Wellness Crossword Puzzle

BY CHRISTINE TAYLOR, PROMOTION & EDUCATION



Hints



Across:

1. Concern for or to look after.
3. Bothered, when something is on your _____ or to babysit.
7. Fellowships (AA) give them for time sober.
11. Opposite of off.
12. A group of people living in a specific

locality, or who have a religion, profession, etc., in common.

13. Young human being (pl.).
17. Another word for myself, he saw _____.
18. Leafy green plant, when dried and smoked produces euphoria.
19. I think _____, in English grammar, a coordinating conjunction.

20. To be without alcohol.
22. Common explosive (abbreviation).
24. To be friendly in a public manner or a dance for fun at the Longhouse.
26. To express a thought.
27. What you would like to see happen, a feeling of trust, expectation and desire.
30. A male child.
31. A smaller child but not an infant.
32. Star in our sky that produces sunlight.
33. Refers to more than one person, “together ____ can make it.”
34. Vim, vigor, power.
36. Refers to the unit of biological and non-biological group that usually resides together or relates to one another in a familial way.
39. Real or fact.
40. Places of learning, or ____ of fish (pl.).
46. Custom, opinion or belief handed down.
47. A person or group that supports or pleads on behalf of someone else’s interest.
49. To bitterly feel the consequence of.
50. The opposite of closed.
51. Without charge or fee, to be unhindered.
52. An organ for hearing, or someone you can talk to.
53. Common signal of distress.
54. To give way to, as in traffic sign.
55. The act of making a musical sound with the voice.
- Down:**
1. Shutting or the opposite of opens.
2. An alcoholic beverage that is derived from the sugar cane.
4. Close familiarity or friendship; closeness.
5. ____ unto others, as you would have done onto you.
6. A bag-like cavity enclosed by a membrane.
7. The positive energy in a body (Asian), or the 22nd letter of the Greek alphabet.
8. The persons who raise the children in a family.
9. To be truthful.
10. To perceive the meaning, explanation of cause of.
14. The state of well being of body or mind.
15. Containing little fat or of meager or poor quality.
16. The female child.
21. An infant.
23. A short sleep, rest (pl.).
25. Possessing a flair for creativity in regards to art and fashion.
28. A feeling of hurt.
29. An ____ depressant, any drug or depressant that alleviates depression.
30. Of a more excellent or outstanding or desirable kind.
35. The act or instance of recovering, the process of being recovered.
36. Promote the growth and development, to offer a safe placement for a child.
37. A time to come, what will happen or expected to happen.
38. In Kanien’keha, grandparent, commonly used for both sexes.
41. To touch in a caring manner.
42. Having the power of resistance; able to withstand great force of opposition.
43. An intense feeling of deep affection or fondness for a person or thing, great liking.
44. Produces or builds.
45. Central part or in the case of an apple, its middle that contains seeds.
48. The opposite of on.

Answers on Page 11.



The Faceless Dolls Exhibit

BY MARY MCCOMBER, PREVENTION

Earlier this year Kahnawà:ke Shaktiia'takéhnhas Community Services (KSCS) resumed the Violence Prevention Month Campaign. In July, we had talk shows and held activities such as the “Movie in the Park” family event.

Another activity we wanted to hold during Violence Prevention Month was the Faceless Doll Project; however, due to scheduling conflicts we had to wait until October to bring this powerful exhibition and workshop to the community.

KSCS co-hosted the event, which ran from October 21–25, in cooperation with the Native Women's Association of Canada and the Kanien'keháka Onkwawén:na Raotitíohkwa Language and Cultural Center (KOR).

The Native Women's Association of Canada's (NWAC) “Faceless Doll

Project” is a collection of two dimensional felt dolls that are made in memory of the more than 600 missing and murdered Aboriginal women and girls in Canada.

This project came to our attention by Melanie Morrison, as she had been involved with NWAC and the doll project for some time. It was decided to bring this exhibition to the community in order to raise awareness on the issue of violence against women and to promote personal safety and advocacy.

The opening ceremony was held the evening of Oct 21st at the Cultural Center where Otsitsakén:ra Charlie

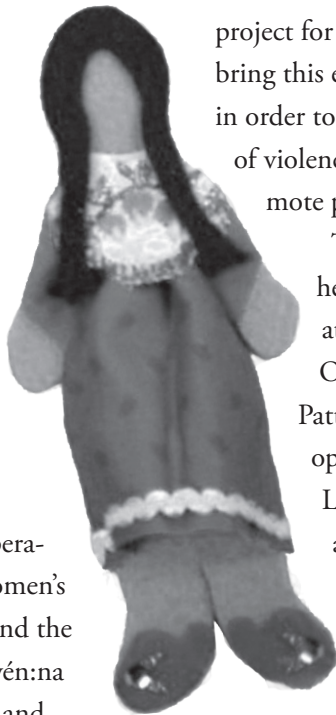
Patton conducted the opening. Jennifer Lord then shared a PowerPoint presentation on the project that included statistics

and other findings as a result of the work and research completed by NWAC.

After a period of discussion and viewing of the felt dolls on display, a group of 11 community members created their own felt dolls to honour the missing and murdered women and their families. A total of 26 people were in attendance and the evening went well. One of the participants said

“Niá:wen—what a gentle, sensitive way to express the grief and wish for resolution of this great tragedy. Thank you for bringing this to light.” NP

Some of the findings and resources can be found in the “Community Resource Guide” created by the Native Women's Association of Canada. For more information on this you can contact NWAC via their website: www.nwac.ca. Remember, take care of yourself and others.



Parents, Schools, & Emergencies

Working Together

BY ARNOLD LAZARE, COMMUNITY PROTECTION UNIT

As parents, we entrust the care of our children to the school system. This article will focus on how you can better work with your child's school to be prepared in case of emergency.

All schools have and practice fire drills and evacuations. What is becoming more prevalent is that the schools cannot limit themselves to one situation and must now expand their emergency procedures to cover a range of possibilities.

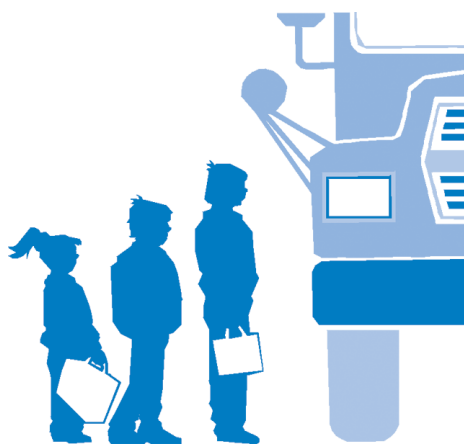
Unfortunately, Kahnawake has now been the target of several "threats"; mostly veiled but still taken very seriously. The good news is that Kahnawake educators have been working to improve their plans long before any incident actually happens and Kahnawake has accepted a comprehensive school safety guide. This serves as an example for plans for several scenarios. The most recent plan updated is the lockdown procedures being implemented by each school.

Each school is considering using a text messaging service; if accepted, parents could receive texts almost immediately if they have a cellular phone.

Parents can do their part by supporting the schools' efforts to be prepared. Here are some do's and don'ts.

Do

- reassure your children that school is a safe place and trust the educators.
- make yourself aware of the school's emergency plans/procedures.
- respect the conditions in the emergency procedures.
- encourage your child to take the practices seriously and follow instructions.



- provide your child's updated medical information to the school.
- keep your contact information (home, cellular or other emergency contact numbers/people) up to date.

- prepare for the worst and hope for the best. (Even a poor plan is better than no plan at all).

Don't

- think that bad things will only happen in other places but keep it in perspective so as not to cause undo worry. Although Kahnawake

is still relatively safe that is not sufficient reason not to be prepared. Remember that most parents in the latest Connecticut shooting didn't think it would happen there.

- cause extra panic by using unconfirmed or unreliable information from social media.
- spread rumors.
- rush to the school if requested not to. (If you find it necessary to go to the school, respect conditions set out by authorities or those in charge).

Please talk to your child and reassure them that the goal of all emergency plans is ultimately to keep them safer. It is well documented that by practicing procedures during non-emergency situations, students are better able to cope during emergency situations with considerably less stress and will be much more resilient overall.

If you have any questions or concerns, you can always contact the Community Protection Unit at 450-632-0635.

Arnold Lazare is the Associate Director of the Community Protection Unit.

Burning the Candle at Both Ends

BY CHRISTINE TAYLOR, PROMOTION & EDUCATION

In today's fast paced world, stress is a given. Certain professionals, such as those that work in human services, police, health workers, teachers, government, community workers, caregivers, healers and those who are involved in social change movements are at high risk for burnout.

Burnout is not just a short period of "I'm tired", or "I feel burnt out today" but a prolonged stress reaction that if not taken care of can cause a major life crisis from which some people may never fully recover.

Burnout is a reality that we need to consider seriously in regards to mental health for us, our families and our community.

There are periods of high stress in most of our lives, but if the stress continues over a long period of time and the person does not take care of replenishing their spirit...burnout is a real possibility.

Burnout can happen if the energy of the person gets so depleted and no short period of rest or vacation helps. It gets to the point where the person cuts themselves off from that which nurtures them; family, friends, the natural environment, whatever the

person uses to find inspiration and renewal.

The person finds themselves down a deep dark well with no energy to get back up. Many times they become cynical and yet feel the need to continue on, becoming ineffectual or even blocking others from achieving goals.

Symptoms of burnout include chronic fatigue—no matter how much sleep you get, you are always tired; this opens up the door to illness like colds and virus. Other symptoms include: frequent headaches, stomach pains, backache, affected sleep patterns, weight loss or weight gain, low libido, which affects relationships.

Some people increase their use of alcohol, marijuana, tobacco, or tranquilizers as an escape. There are also personality changes, depression, anxiety, a sense of being overwhelmed, ideas of entrapment and hair trigger emotions.

Burnout happens by taking on too much, too intensely, for too long. But it's not always that simple and personal, internal, organizational and societal factors can play a part.

Sometimes it's not how much stress we are under but in how we handle that

stress and knowing when and how to set boundaries, so that we can nurture our spirit and find ways to restock our inner energies.

There are many different reasons why someone would burnout; from wanting to help, to making a difference, wanting to do a job well, believing in a cause, or just feeling that they need to sacrifice and be "selfless" to get the job done. While that may be so, as individuals, families, and organizations we need to realize that over the long run we need to stay healthy emotionally, mentally and physically to reach our overall goals.

We need to take the time to replenish our own fuel before it gets so low that the flame goes out.

Source: Shields, Katrina. In the Tiger's Mouth: An Empowerment Guide for Social Action. New Society Publishers, 1993. Print.

Burnout Rating Scale

SUBMITTED BY CHRISTINE TAYLOR, PROMOTION & EDUCATION

Think over the past three months and answer the following questions according to how often you have experienced these symptoms.

- 0 = Never
- 1 = Very rarely
- 2 = Rarely
- 3 = Sometimes
- 4 = Often
- 5 = Very often

Adding up your total score will give you some indication whether you are likely to burn out or not.

1. Do you feel fatigues in a way that rest or sleep does not relieve?
2. Do you feel more cynical, pessimistic or disillusioned about things you used to feel positive about?
3. Do you feel sadness or emptiness inside?
4. Do you have physical symptoms of stress, e.g. insomnia, stomach pains, headaches, migraines?
5. Is your memory unreliable?
6. Are you irritable or emotional with a sort fuse?
7. Have you been more susceptible

to illness lately, e.g. cold, flu, food allergies, hay fever?

8. Do you feel like isolating yourself from colleagues, friends or family?
9. Is it hard to enjoy yourself, have fun, relax and experience joy in your life?
10. Do you feel that you are accomplishing less in your work?

Scoring	
0 – 15	You are doing well.
16 – 25	Some attention needed, you may be a candidate.
26 – 35	You are on the road to burnout. Make changes now.
36 – 50	You need to take action immediately—your health and well-being are threatened.

Taken from: In the Tiger's Mouth: An Empowerment Guide for Social Action by Katrina Shields.

Crossword Answers



- Across:**
- 1. Care
 - 3. Mind
 - 7. Chip
 - 11. On
 - 12. Community
 - 13. Children
 - 17. Me
 - 18. Marjuna
 - 19. So
 - 20. Sober
 - 22. TNT
 - 24. Social
 - 26. Say
 - 27. Hope
 - 30. Boy
 - 31. Tot
 - 32. Sun
 - 33. We
 - 34. Energy
 - 36. Family
 - 39. True
 - 40. Schools
 - 46. Tradition
 - 47. Advocate
 - 49. Rue
 - 50. Open
 - 51. Free
 - 52. Ear
 - 53. SOS
 - 54. Yield
 - 55. Sing
- Down:**
- 1. Closes
 - 2. Rum
 - 4. Intimacy
 - 5. Do
 - 6. Sac
 - 7. Chi
 - 8. Parents
 - 9. Honesty
 - 10. Understand
 - 14. Health
 - 15. Lean
 - 16. Gift
 - 21. Baby
 - 23. Naps
 - 25. Art
 - 28. Pain
 - 29. Anti
 - 30. Better
 - 35. Recovery
 - 36. Foster
 - 37. Futures
 - 38. Tort
 - 41. Care
 - 42. Strong
 - 43. Love
 - 44. Makes
 - 45. Core
 - 48. Off

The Back Page....

"How did it get so late so soon? It's night before it's afternoon. December is here before it's June. My goodness how the time has flown. How did it get so late so soon?"

- Dr. Seuss (*Theodor Geisel*), author

Useless Facts

BY MARIE DAVID

The holiday time is usually fraught with stress and tension what with bills, crowds, family gatherings, and, as the Grinch would say "Noise, noise, noise!" So here are a few mindless, useless "facts" that can occupy your brain instead of all that noise. Who knows, maybe some will be an answer to a trivia question...thereby no longer being useless.

- The human brain is about 75 per cent water.
- A group of kangaroos is called a mob.
- Butterflies cannot fly if their body temperature is less than 86 degrees.
- The plastic things at the ends of shoelaces are called aglets.
- Possums have one of the shortest pregnancies at 16 days. The shortest human pregnancy to produce a healthy baby was 22 weeks, 6 days—the baby was the length of a ballpoint pen.
- Arachibutyrophobia is the fear of peanut butter sticking to the roof of your mouth.
- Some people say that when the black bands on the Woollybear caterpillar are wide, a cold winter is coming.
- 14 per cent of all facts and statistics are made up and 27 per cent of people know that fact.
- The average human eats eight spiders in their lifetime at night.
- Facetious and abstemious contain all the vowels in the correct order, as does arsenious, meaning containing arsenic.
- A polar bear's skin is black. Its fur is actually clear, but like snow it appears white.
- Chevrolet tried marketing a Chevrolet Nova in Spanish speaking countries—it didn't sell well because NO VA means "doesn't go" in Spanish.
- Months that begin on a Sunday will always have a "Friday the 13th."
- Male seahorses carry their mate's babies. The female seahorse deposits her eggs in the male's pouch and the male fertilizes them internally. He carries the eggs until they hatch, then releases fully formed miniature seahorses into the water. Seahorses are also monogamous and mate for life.

Source: <http://uselessfacts.net/>

<http://www.freemaninstitute.com/uselessFacts.htm>

Tsothóhrha/December

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
- 7 Holiday Parade
- 10 Human Rights Day
- 21 Winter Solstice
- 24 Christmas Eve (KSCS Closed)**
- 25 Christmas Day**
- 26 Boxing Day**

Tsothohrhkó:wa/January 2014

Alzheimer Awareness
Month

- 1 New Year's Day**
- 6 KSCS Reopens**
- 22 Weedless Wednesday
- 27 Family Literacy Day
- 19-25 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.

Aionkwatakari:teke

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