



# Aionkwatakari:teke

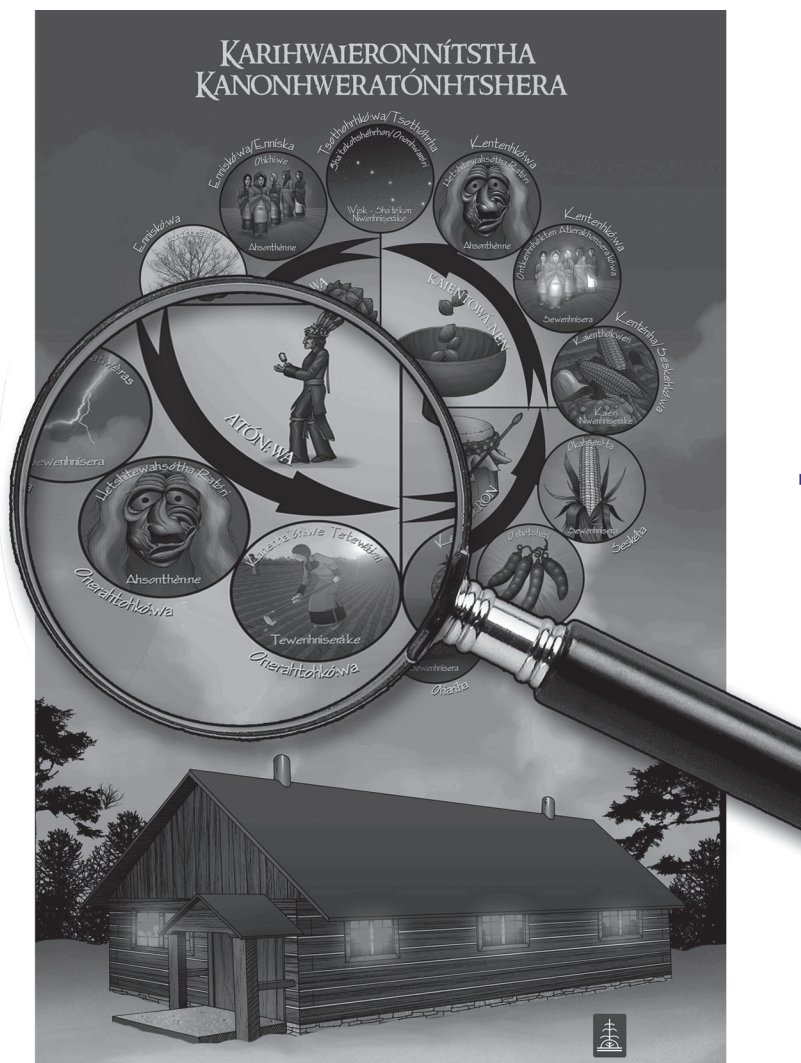
(A-YOU-GWA-DA-GA-RI-DE-GEH)

"For us to be healthy"

Vol. 18, No. 2

Kahnawake's Only Health and Wellness Newsletter

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## Spotlight on Traditional

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## Aionkwatakari:teke

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

.....

**H**o hum. I'm sitting here trying to think of something to write about. Have you ever had one of those days where you just can't think of anything? That's not good when you are tasked with writing the editorial for a bi-monthly newsletter. Thank goodness I don't have to do a weekly (or daily) column. I don't know how those who do, do it. I'm suddenly in awe of these writers.

I can tell you that we have some great articles for this newsletter, including an article about a prenatal group that also focuses on the father's role in the pregnancy. We also have an article on how the Tree of Peace could be used in teaching traditional values to the youth and coming generations. We're happy to have articles from Kanien'kehá:ka Onkwawén:na Raotitióhkwa Cultural Center, the Community Protection Unit, and the Kateri Memorial Hospital Centre. It's great to have their participation in this newsletter and it helps to bring a more rounded narrative to the community. We hope to continue this relationship, and even expand it to other community organizations, in future newsletters.

Don't forget April 22<sup>nd</sup> is Earth Day. Check out page 7 and see how you do on our earth day quiz.

Please remember to honour and respect your mother (including Mother Earth) on Mother's Day on May 12<sup>th</sup> (and, well, every day). Keep in mind to do the same for fathers every day and, specifically, on their day on June 16<sup>th</sup>.

That's it for now. Take care. Sken:nen.

Marie

*Cover art of the ceremonial calendar by Teiowisonte Thomas Deer for Kanien'kehá:ka Onkwawén:na Raotitióhkwa. Used with permission. Cover design by Marie David.*





## A Father's Role During Pregnancy

BY TYSON PHILLIPS, COMMUNICATIONS (WITH FRAN BEAUVAIS AND RAKWIRENH:THA DIABO)

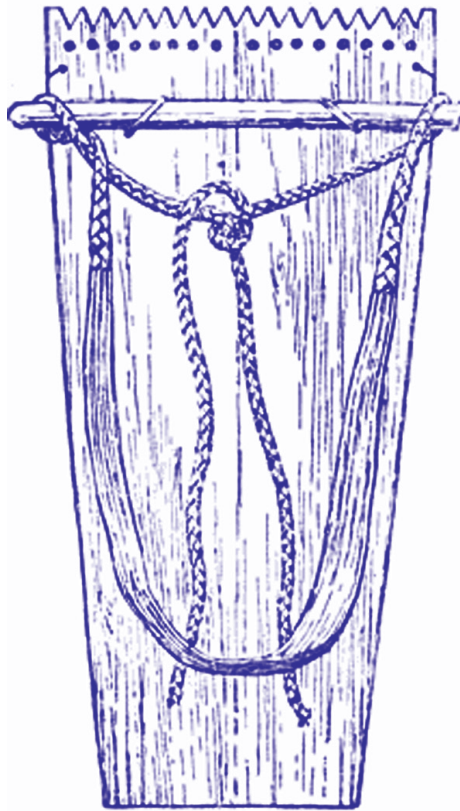
Welcoming a new baby into this world is one of the most joyful times for a family. The baby is a gift from the Creator, and the baby's family will do everything in their power to make sure the baby grows up in a safe and loving environment.

The mother and father should prepare themselves when planning a pregnancy, and when the woman does become pregnant, the father becomes pregnant as well. At the KSCS Family and Wellness Center, Fran Beauvais offers traditional prenatal teachings to the expectant parents. Rakwiren:tha Diabo, the facilitator of Where the Creek Runs Clearer youth group, assists in the prenatal teachings. "The fathers and I have our own gathering and I teach them what their role is when their partner is pregnant," Rakwiren:tha said.

Both the pregnant mother and the father should not consume alcohol during pregnancy. Remember, both parents are considered to be pregnant. Most of us are familiar with the dangers associated with alcohol consumption during pregnancy (FASD). The teachings say that if the parents consume alcohol during the time of pregnancy the child will crave alcohol at a very young age and will continue to drink and act out.

The male's role is to be supportive and nurturing to his partner. Dad must be like a soft pillow, treat mother with love and respect, always watch what he says and never raise his hand to her.

The importance of including the father in the pregnancy is to provide clear direction to the dad on his role



before, during, and after pregnancy.

When the woman becomes pregnant, she is no longer a young girl. She is now preparing herself for the role of a mother. The same is true for the man. He is no longer a boy; he is now a man

with a responsibility towards his partner and their child.

Too many children are growing up without their fathers in our communities. Our teachings support the fathers in reclaiming their responsibility in child rearing. Relationships between father, and child, should be life long regardless of the relationship with the mother. Children should always feel wanted and accepted by both parents and the extended families of the couples.

The fathers who attend the traditional prenatal group with Rakwiren:tha Diabo are given the opportunity to make their own cradleboard with their partner. The men choose and cut the wood. They have the opportunity to go into the woods to learn about the selection of the tree for the band that is used on the board. Once the board is constructed, the parents will work on the completion of the board together. The mothers will sew the padding and the bands for securing the child to the cradleboard. "It will be a proud moment for both mom and dad," Rakwiren:tha said.

The goal of the traditional prenatal group is to reintroduce the teachings of the Haudenosaunee people to raise children who will feel the love, and security, of growing up in a healthy happy environment.



## Tsioneratischkó:wa: Tree of Peace

BY MARY MCCOMBER, PREVENTION

Times were never too easy for the Kanien'keháka and the Peacemaker came to us in a time of terrible distress. The teachings given to us are still remembered and this is testament to the strength of our people considering the trauma and losses we've experienced. As a community and nation we continue to try to pass along the teachings to the new generations.

At Kahnawà:ke Shakotia'takéhnhas Community Services (KSCS) our youth groups incorporate tsi niionkwarihó:tens (our ways) into the activities and group sessions.

This past year, we had the opportunity to work and train with the human rights group, Equitas. The program works to engage the youth in discussions about their rights and explore ways to collaborate on activities and solve conflicts peacefully.

Last December, KSCS hosted a training session with Equitas trainers who offered sessions on the "Play it Fair" and "Speaking Rights" toolkits. These toolkits are designed to engage youth in active discussion in order to enhance their communication skills and

encourage dialogue around values and attitudes.

The Equitas program offers grants to groups who would like to host a community action project. This year the Making a Difference Group, Our Gang, Kahnawà:ke Youth Center, and Kahnawà:ke Survival School are working together on a project. The proposal is based on the Tree of Peace teachings and is a work in progress as we need youth involvement.

Tsioneratischkó:wa (Tree of Peace) has been a strong symbol for the Iroquois Confederacy. It is also a symbolism of peaceful conflict resolution and healthy relationships based on respect and acceptance. These are important values and skills that we want to pass along to our youth; the future leaders of our nation.

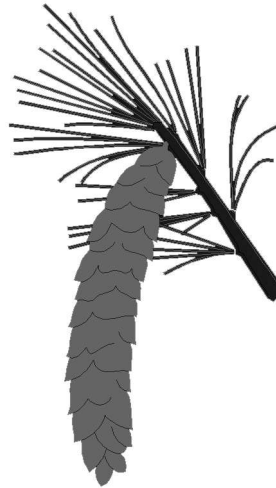
The general themes of the Tree of Peace teachings were discussed briefly in comparison to the values outlined in the Equitas program: non violence, respect for diversity, unity, peace, power,

righteousness, equality, acceptance, cooperation, and responsibility.

The symbolism of the eagle was also discussed in relation to the importance of the prevention message. The eagle symbolizes thinking ahead to the next generations and anticipating potential problems in order to warn the people and provide protection. Thinking of the coming generations (á:se tahatikonhsotóntie- new faces to come) is an important mindset to instil in our youth. As adults, we must role model the responsibility and respect we'd like to see in our youth.

Throughout the coming months, the youth groups will be discussing and preparing ideas that may include a tree planting activity in the spring as well the possible exhibition of art work to illustrate the changes and vision the youth have in terms of the environment as they experience it. We would like to see family involvement as well as youth initiative in this activity.

If you have any questions on the proposed project, please contact: Mary McComber at KSCS 450-632-6880.





# Wáhta: The Maple Tree Ceremony

BY LISA KAWENNANÓ:RON PHILLIPS, KORLCC

The Maple Tree Ceremony, Wáhta, usually takes place in mid-March, when the warm weather commences and the maple's sap begins to flow.

In this ceremony, we give thanks to the Creator for all the things which the maple tree gives us: its delicious syrup, its hardwood used for warmth and construction of our homes and the cool shade it gives us on hot summer days. Its sap is also used for medicinal purposes. These are just a few of the many ways in which the maple tree benefits us.

Wáhta is a one day ceremony. It is opened with the Thanksgiving address and followed by tobacco burning. At this point, there is an elaboration on the maple tree and its benefits to the small animals such as the birds and squirrels, which it houses, to the people who it feeds and protects and to all life forms which it helps.

The singing and dancing of the Pigeon Dance is done next. The reason for this is that the birds are the ones responsible for the propagation of tree life and other perennial plant life. This is preceded by several women distributing maple sap to all partakers of the ceremony.

This sap is usually the first to flow from the tree and is considered to be a medicine. Then each participant in his/

her own way offers a thanksgiving to the Creator for the maple tree by either orally expressing himself or by inner contemplation. Even a simple smile may be considered a gesture of thanksgiving.

Wáhta is then ended by the Great Feather Dance and a short closing address is recited. The closing address is both a reiteration of the opening Thanksgiving address and of the Maple Tree Ceremony which just took place.

*Source: Tewaterihwarenia'tha: The journal of Kanien'kehaka Raotitiohkwa Cultural Center (March 1988).*

## Owenna'shón:a

### Nahò:ten tsénthos? (What are you planting?)

Kí:ken kakwitè:ne enkhsahe'taiéntho'.  
(This spring, I will plant beans)

Tiénthos ne \_\_\_\_\_?  
(I am planting \_\_\_\_\_)

So'kwa't.  
(Dig a hole)

Tontasa'kenhrá:ra't.  
(Bury it/put the dirt back)

Tekáhrhent tshahe'taná:wenht.  
(Overnight, soak the beans in water)

### Seeds

Oièn:kwa/Oien'kwa'ón:we = natural/real tobacco

Ó:nenhste = corn

Osahè:ta = bean

Onon'ónsera = squash/pumpkin

Ohnennà:ta = potatoes

Ohiakháhon = tomatoes

O'niónkseri = onions

Otsi:tsa = flower

Kanon'ónseres = cucumber

Tiononkwahtsheroskó:wa = peppers

*Submitted by Mary Kawennaroroks*

*McComber and Bea Skawennetsi Taylor*

# Ants!

TAKEN FROM HEALTH CANADA

The warmer months mean we may be noticing some new guests in our home. No, not the in-laws but pesky pests that invade our homes in the warmer months; ants!

Ants are not benign and can actually do a lot of damage to your home. Here are some tips to help you get rid of them; including the chemical-ridden pesticide way; we've also included a non-chemical recipe at the end.

## Ants

Ants may be black, brown, red, or yellow in colour. They vary in size from 1 mm to 13 mm (1/6" — 1/2").

Ants create new colonies by a process of swarming or budding. The appearance of winged queens and smaller winged males means that swarming is taking place. The ants may come indoors at this time, but this does not necessarily mean that the ants will succeed in colonizing in your home.

Carpenter ants are sometimes confused with termites—both can cause structural damage to the home—but it's easy to distinguish between them. The termite has straight antennae and a thick waist and the carpenter ant has a very narrow waist and elbowed antennae. (Ants Pest Note).



## Getting rid of them

The easiest way to avoid pest problems is to remove all access to food and water. Ants are attracted to sugar and greasy foods like peanut butter or crumbs. You can restrict their access by cleaning up after cooking and eating and storing goods in containers with tight lids. Rinse containers before tossing them in the garbage or recycling bin and empty garbage containers frequently.

## Use of pesticides

- Carefully read the label and instructions before using.
- Wear a mask if necessary.
- Cover and/or remove food, dishes, and utensils if using in the kitchen.
- Do not smoke, eat, or drink while applying pesticides.
- People and pets should not be present during treatment. Cover the aquarium if you have one.

## After using pesticides

- Wash your hands thoroughly after handling the product.
- Provide proper ventilation of the area.
- Do not allow people or pets to have contact with treated areas until the residue has dried completely.



## Alternatives

- Flood ant nests with garden hose to encourage ants to move further away from the house.
- Pour boiling water and detergent down the nests to temporarily reduce the population of the colony.
- Diatomaceous earth can be placed in the cracks and crevices as a non-chemical means of control. This powder is composed of microscopic fossils that scratch the outer skin of ants causing the ants to dehydrate and die.

## Another solution

- 1 cup sugar
- 3 Tablespoons boric acid
- 3 cups warm water

Mix sugar and boric acid well. Add warm water slowly, mixing so no lumps form. Store in a jar (e.g.: a baby food jar with perforated lid). When ready to use, put cotton into the jar, saturating the fabric. Place where you want it. It will keep for a while. The mixture attracts the ants so don't place it anywhere you will be preparing food. They will drink the solution and take it back to the nest.

Source: <http://www.food.com/recipe/get-rid-of-ants-ants-ants-203233>,

Health Canada Pest Management Regulatory Agency. *Ants: Pest Note*. Ottawa: 2010. Web.

# Earth Day Quiz

TAKEN FROM EARTH DAY CANADA (USED WITH PERMISSION)

**S**o you want to reduce your environmental impact and increase your knowledge about what eco-steps you can take? Take this quiz and learn what steps you can take to help protect Mother Earth.

**1:** What year was the first earth day held?

- A) 1960
- B) 1965
- C) 1970
- D) 1975

*(Answer: C)*

**2:** “Phantom carriers” is a term used for devices that

- A) move from room to room.
- B) continue to consume electricity even when turned off.
- C) are really expensive.
- D) are energy efficient.

*(Answer B: Phantom carriers are electronics that use power 24 hours a day. Appliances that have clocks or programming displays such as coffee makers, clock radios, DVD players, computers, printers, etc. are phantom load carriers. 75% of electricity used to power home electronics is consumed while the products are turned off.*

**Take Action:** unplug electronic devices or equipment when you leave the room or use a power bar that connects all these units and simply switch the bar off.

**3:** What household appliance uses the second-most amount of energy? (the first being the refrigerator).

- A) Hair dryer
- B) Clothes dryer
- C) Microwave
- D) Computer

*(Answer: B. Take Action:* Whenever possible, air dry your laundry. You can use an outdoor clothes line or purchase a drying rack to use indoors. Air drying can save \$85 in energy costs per year and help reduce your impact on the environment.)

**4:** How many litres of water can be saved if your turn off the tap when you brush your teeth?

- A) 5 litres
- B) 7 litres
- C) 9 litres
- D) 11 litres

*(Answer: D. Take Action:* Turn off the tap when not needed, or partially fill up the sink with water and plug it, then turn off the tap so that it doesn't run.

**5:** On average, each child that takes a \_\_\_\_\_ to school generates 30 kg of garbage per school year.

- A) Backpack
- B) Disposable lunch
- C) Scooter
- D) Textbook

*(Answer: B.)*

**Take Action:** Pack your child's lunch in reusable containers and avoid purchasing individually wrapped items when you can easily put these items into your own sealed reusable containers. You will save about 45% in expenses and 89% less waste when you AVOID single use, disposable containers and bags. You can even wash sandwich bags and reuse them again before disposing.

**6:** How many plastic bags are used per year by the average family of four people?

- A) 200
- B) 500
- C) 1000
- D) 1500

*(Answer: C. Take Action:* Bring your own reusable bags or baskets wherever you can (such as the grocery store). Say “no thanks” when cashiers offer to bag small items that you don't really need a bag for; if you have to get plastic bags, reuse them.

**7:** How long does it take for an aluminum can to decompose?

- A) 80 years
- B) 100 years
- C) 75 years
- D) 50 years

*(Answer B. Also, decomposition is even slower in landfills because there is little air and moisture to help this process.)*

# Summer Safety

BY ARNOLD LAZARE, EMERGENCY PLANNING MANAGER



**T**he first week of May (1<sup>st</sup>–7<sup>th</sup>) kicks off summer safety week. Last year there were far too many drowning deaths in Quebec. The amount of time that it takes a child to drown is literally only seconds of inattention.

Now is the time for families to begin taking preventative actions. While most pools are still frozen, the thaw season will be arriving soon. The ice results in a false sense of security so it is strongly recommended that pool areas be checked to ensure that children can't mistakenly go near the pool.

As the warm weather approaches, the pool area should be restricted; gates and locks need to be verified to ensure they are operational. It is imperative that proper supervision is maintained when children are near water.

Also, with the warm weather comes BBQ season and all the associated dangers, from propane safety to proper food preparation.

Be sun safety aware and avoid sun burns by applying proper sunscreen at least 30 minutes before venturing out.

On hot days, pay attention to the effects of heat by making you and your family familiar with the signs and symptoms of heat cramps, heat exhaustion, and heat stroke. Proper hydration is important.

## **The second week of May (5<sup>th</sup> -11<sup>th</sup>) marks Emergency Preparedness Week.**

Although this week serves as a reminder, families should be prepared for emergencies at all times. Ensuring you have a family plan that will allow you to be self-sufficient for at least 72 hours is a great start. It is recommended that as each season approaches, the plans be reviewed and changed as appropriate.

Take a little time during the week to discuss your family's plan and check your food supply and first aid kit. Remember to rotate dry and canned goods.

The Kahnawake Emergency Preparedness program has been working with several community organizations to update plans and procedures including: Kahnawake schools, Kahnawake Peacekeepers, KSCS, and the KMHC.

Through a cooperative effort of the: Kahnawake Fire Brigade, Peacekeepers, KMHC, Kahnawake Education Center, KSCS, MCK Communications, Community Protection, Emergency Planning, and Paul's Cable, an emergency notification banner has been obtained and will be seen on all cable channels in the case of an emergency.

Remember a few moments of planning may prevent eliminate hours of anguish by being prepared. For more information or if you have any questions or concerns, please do not hesitate to consult our website at <http://www.kahnawake.com/org/cpu/beprepared/> or call 450-632-0635.

*Arnold Lazare is with the Community Protection Unit.*





# The Community Sing

BY LISA KAWENNANÓ:RON PHILLIPS INTERIM EXECUTIVE DIRECTOR, KORLCC.

**T**he Confederacy Sing is a biannual event in Haudenosaunee culture that occurs each spring and fall season (typically during Easter and the US Thanksgiving long-weekends). The event draws many of the prominent singers in Haudenosaunee territories to come share their songs.

The gathering began in the '50s as a way for community singing groups to share their volunteer and social endeavors between territories. The Women's Shuffle Dance was chosen as the song of the sing, which recognizes and honours the life-force of women (mothers, daughters, aunts, grandmothers, Mother Earth or Grandmother moon, all the elemental forces within our existence that allow for life to continue on). The event also honours our women who are highly regarded and respected in Haudenosaunee society.

Invitations are sent out to community leaders of a group recognized as a singing society in our Haudenosaunee territories. These leaders inform their respective communities of the date and location of the event.

Singing is reserved for singing societies. Anyone can sing as a part of singing society. Which singing society you sing with depends on what community and Longhouse your family comes from. Participation is limited to Onkwehón:we people.

The Sing begins at 11:00 a.m. Singing societies take turns sharing new

and old verses of the Women's Shuffle Dance. Each set contains five verses, which are sung twice. Each set lasts approximately 20 minutes.

Each Haudenosaunee community takes a turn hosting the event. The host of the next sing is chosen during the singing society delegates' meeting that occurs during the dinner break. The group that leads the first dance at the social is acknowledged as being the group that has volunteered to host the next sing. A date is chosen; typically six weeks prior to the event. The social begins in the evening when all of the earth songs are sung.

## PROTOCOLS:

**Behaviour:** This is a family-event that is open to all Haudenosaunee and Onkwehón:we people. All visitors are asked to conduct themselves in a respectful manner. Being of good mind is important. Parents are encouraged to pay close attention to their children; children running and playing in the singing area is strongly discouraged during the event. This is a drug and alcohol free event. Violators will be asked to leave.

**Attire/Clothing:** The singing societies respect individual freedom, but also encourage a traditional approach to treating our bodies with respect, by dressing in a respectful way. Attire is casual. Some visitors wear ribbon shirts or dresses. Exposing or revealing

clothing is discouraged and any persons dressed in such a way may be asked to change.

**Recording:** Unobtrusive recording is permitted. Visitors are asked to be respectful of the societies while they are singing, as they have spent a lot of work practicing their songs and loud noises during sets distract the focus of the singers and listeners.

There is a designated area for people who wish to record the singers. This area is closer than regular seating, and quiet conduct is appreciated.

**Fundraising/Raffle Draws:** Each singing society usually brings some traditional items (e.g.: lacrosse sticks, artwork, instruments) to raffle off.

The money raised from these draws is used to help families suffering hardships in their respective communities. Fundraising is reserved for the singing societies.

*Information compiled from The Official Site of the Six Nations Sing*

<http://publish.uwo.ca/~athoma63/The-Sing/>



# Spa Safety

BY LESLIE WALKER RICE, KMHC

For many, a day at the spa is a day of pampering. However, for the uninformed consumer, personal treatments such as facials, manicures, pedicures, and waxing are all potential sources of infection.

Minor skin eruptions at the base of hair shaft (folliculitis), colds or flu, as well as serious blood borne infections, for example Hepatitis B, or fungal nail infections can be transmitted during treatment.

Service providers have varying levels of health and safety awareness. As a service recipient, it is up to you to ensure your safety by being an informed, active consumer of these services.

Remember: simple hand washing can prevent the spread of germs from one person to another, cleaning or disinfection of tools between clients, or the use of individual (single use) items are good methods to reduce the spread of infection. Regardless of the type of service desired, there are a few tips to reduce your risk of infection.

Individuals with underlying health conditions; such as diabetes, or skin conditions e.g. eczema, should pay particular care while participating in personal care treatments.

Before any treatment, take a few moments to look around and take note of the cleanliness of the environment and the hygiene practices of the service personnel. Arrive early with a checklist

in mind; if you are not comfortable with what you see do not be afraid to refuse service or request a new item.

## Spa Service Checklist:

- Certificate of inspection or professional affiliation is displayed
- Cleanliness: does it smell clean? Are the floors/surfaces clean and well organized (no clutter or dust)
- Tools are in good repair, disinfected between clients
- Pump style dispensers (no fingers in the pot/no double dipping)
- Supplies are in covered containers
- Linen is clean and changed between clients
- Water in steam vapor is changed daily
- Workers wash hands
- Clients are encouraged to wash hands
- Clients with visible signs of infection are refused service

## Suggested Single Use Item List

- Emery board or buffers
- Wooden cuticle pushers
- Foam toe separators
- Paper slippers
- Pedicure razors
- Sponges or cotton applicator pads

- Cloth wax strips
- Wooden applicator sticks
- Roll on wax
- Needles or lancets

Recently, an increasing number of people have been enticed by the fish pedicures. A fish pedicure immerses both feet in a tank where *Garra rufa* fish “nibble” the thickened skin on the feet. These tanks are seen in a variety of locations from high-end salons to outdoor flea markets.

To date, there is little scientific evidence against fish pedicures; however, they have been banned in several states and a number of provinces because they contravene regulations applicable to personal service procedures, in particular the inability to disinfect or sterilize the instruments (fish) between clients.

Presently, fish spas remain legal in Quebec but consumers should make themselves aware of the potential risks involved in participating in this type of service, especially if they have an underlying health condition and remember to Spa Safely.

For more information consult Public Health, or the Community Health Unit KMHC.

# Food Establishment Inspection Schedule

BY MARK HORNE, ENVIRONMENTAL HEALTH SERVICES

Environmental Health Services (EHS) would like to congratulate the following establishments for successfully passing food safety and sanitation inspections within the past year.

## April      Kahnawake Market

Fadee's  
Hamburger Heaven  
Sny's Canteen  
Jamie Diabo Store  
Robertson's Distributing  
Wild Wild West

## May      Kahnawake Driving Range

Caughnawaga Golf Club  
Mohawk Hills Golf Club  
Lafleur's Golf Club  
J & J Mini Mart  
Kaniwaki Golf Club  
Patton's Glen

## June      The Edgewater

Club Rez  
Deer Crossing Convenience  
Eagle's Nest  
Hotspots  
Khanata Convenience store

## July      Big Bear Trading

Get 'N' Go Gas Bar  
Maddie's Place  
MJ Convenience  
OCR Necessities  
Dustin's  
Evelyn's

## Aug.      Goodleaf Convenience

Turtle Island Theatre  
Pitstop  
Wheel's Convenience  
Blackberries Specialty Foods

## Sept.      Kateri School

KMHC Cafeteria and Coffee Shop

Kahnawake Survival School  
Karonhianonhnha School  
Sports Complex  
Step by Step  
Kwe Kwe Gourmet

## Oct.      Kahnawake Klippers

Flo's Convenience  
Rice's Livestock  
Skye's the Limit  
Get 'N' Go Gas Bar

## Nov.      The Rail

The Edgewater  
Chunky's Snack Bar

## Dec      VIP Poker Room

Club Rez

## Jan.      Snake's Poker Palace

Café Delight  
Eileen's  
Water Drum  
Bayview  
The Grill

## Feb.      Legion

Moose Lodge  
Marina  
Knights of Columbus  
Stardust Poker Mansion  
Lafleur's Meat Market  
Kathy's Convenience

## Mar.      Chilly Willy's

Dustin's  
The Ranch  
McComber's Convenience  
Elder's Lodge  
Host Depanneur

Please contact EHS at 450-635-9945 if you plan on opening a new establishment or if your establishment was overlooked.

## The Back Page....

*“Men can know more than their ancestors did if they start with a knowledge of what their ancestors had already learned. That is why a society can be progressive only if it conserves its traditions.”*

*- Walter Lippmann (1889-1974) US author & journalist*

## Ensuring a Safe Grad

BY JAMES LAZARE, PREVENTION

It's that time of year when the grade 11 students are filled with excitement about graduation time. There are plenty of things to think about when it comes to graduation, such as buying the perfect dress, renting a James Bond tuxedo, renting a luxurious ride in a limousine and, of course, finding a date.

But there are bigger situations to worry about that can be potentially fatal. Some of the dangers that students may face on graduation night or at a grad party are alcohol poisoning, date rape, sexually transmitted infections, and drinking and driving.

With these dangers present, Kahnawake Shakotia'takehnas Community Services created a Safe Grad Awareness Campaign that is designed to educate the graduating student on the pitfalls that can occur during graduation time.

The Safe Grad Awareness Campaign does not focus only on the life threatening dangers of graduation season; we also focus on the roles and responsibilities of parents/guardians. Some of the responsibilities that parents may have are legal liabilities regarding hotel room rentals and creating a safe environment for the graduate during a house party.

The Safe Grad Awareness Campaign encourages a safe and healthy

relationship between the parent/guardian and the graduate. We offer a contract of responsibility and trust between the students and their parents/guardians. The contract is an agreement between a trusted adult and the graduate in which he/she agrees to contact the trusted adult in the event of complications regarding overall safety during a party or celebration.

In turn, the adult will pick up the graduate without question. These questions can come later, as the contract stipulates that the two parties agree to discuss the night in question the following day in a calm and respectful manner.

The overall goal of the campaign is to give the students the proper information needed so that they can make the best decisions and make their evening memorable. The Safe Grad committee will be giving a presentation to the local high school and also the participating high schools around the community.

On behalf of the Safe Grad committee, I would like to encourage all Kahnawakero:non to help the graduates have an exciting, unforgettable and safe evening. If you would like more information on the Safe Grad campaign please contact James Lazare at 450-635-8089.



### April

Daffodil Days: Cancer Awareness

Parkinson's Awareness Month

20-27 Natl. Immunization Awareness Week

21-27 Natl. Organ and Tissue Donor Awareness Week

1 Easter Monday

2 World Autism Awareness Day

7 World Health Day

17 World Hemophilia Day

22 Earth Day

### May

Food Allergy Awareness Month

Foot Health Awareness Month

1-7 Natl. Summer Safety Week

5-11 Emergency Preparedness Week

6-12 Natl. Mental Health Week

19-25 Aboriginal Awareness Week

12 Mother's Day

12 Canada Health Day

20 Planting 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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