

THE MOHAWK COUNCIL OF AKWESASNE PRESENTS:

ONKWE'TA:KE

FOR THE PEOPLE

HOLIDAY SPECIAL 2020



IN THIS ISSUE:

- COVID-19 SAFETY TIPS & RECOMMENDATIONS
- HOLIDAY EVENTS IN AKWESASNE
- RESOURCES, ACTIVITIES & IDEAS FOR MERRY FUN!



MOHAWK COUNCIL OF AKWESASNE HOLIDAY SPECIAL

She:kon Akwesasronon,

I hope that you and your family are doing well, and staying safe and healthy.

We know that this entire year has been difficult, and that this holiday season will be unlike past celebrations.

But as we move into a new, and hopefully better year, I wish nothing but peace and happiness for you and your loved ones.

I encourage you to make connections with family and friends, even if they can't be in person. Reflect on your warm memories from holidays past, and remember that there is hope for the future. And although these are frustrating, and hard times, know that they will not last forever.

This year will be different, but the strength and love of Akwesasronon will prevail.

With that, I wish Akwesasronon and our neighbors a safe and healthy holiday season and a happy new year. We are all in this together.

Sincerely,

Grand Chief Abram Benedict



KAN IEN'KÉHA HOLIDAY PHRASES

Merry Christmas!

*lotshennónnia ki
Ratonniá:ne!*

**Soon it will be
Christmas.**

lohstó:re Rotón:ni enwá:ton.

Happy New Year!

Ohserá:se!

Santa Claus

Shakohstónhrha

Deer

Oskénón:ton

Elves

Shakotineniíóia'ks

Very cold

lothó:re

Winter coat

Akohsera'kékha atia:tawi

Winter boots

Akohsera'kékha áhta

Winter

Akohserà:ke

Snow crust

lonehsáhere/onéhsa

Drifting snow

lonien'kwí:seron

Snow is here and there

*Kaniehtaké:ron/
loniehtakwenhrá:ron*

Good food

Kakhwí:io

Let's get a tree.

Hánio tenirontakóha.

The tree is decayed.

*Ohéhsa iotón:'on thi
karón:ta.*

**Decorate the stair
banister.**

*Tsi kanekó:tote
wate'enhráhere
tetserónnion.*

IOTSHENNÓN NIA KI RATONNIÁ:NE!



KANIEN'KÉHA CHRISTMAS CAROLS

SHWISTÁ: 'EH (JINGLE BELLS)

(SRMT Early Learning Center Version)

Oniehtokónhshon (Through the Snow)
Ionkwahonwí:sere (We are driving)
Ionkwaieshónnion (We're laughing a lot)
Iakwarén:note (We are singing)
lahwistaka:rere (Bells are ringing)
Tsi ionkwahonwi:sere (We are driving)
Ionkwaten'nikonhró:ri (We're having fun)
Ionkwatonhnháhere (We're content)

AY!

Shwistá:'eh, Shwistá:'eh (You ring the bell)
é:so shwistá:'eh (A lot you ring the bell)

Ion'we:sén akohsá:tens (It's a fun horse)
Aionkwahonwí:sere (We ought to drive)

ATENENNIO:KWA (FROSTY THE SNOWMAN)

(Origin Unknown)

Atenenniò:kwa tiótkon rotonhnháhere
Ononhkwén: 'on ne raonén:nawen
Otsíhkwa ra'niónhsonte
Atenenniò:kwa tiótkon é:ren shatákhe
Ratiksa'okón:'a ronwáhsere's
Ronaterén:note

Tum ta ta tum tum
Tum ta ta tum tum
A'é:ren sahatákhe
Tum ta ta tum tum
Tum ta ta tum tum
Onontohará:ke



KAN IEN'KÉHA CHRISTMAS CAROLS

ANGELS WE HAVE HEARD ON HIGH

(Translation by Elizabeth Francis)

Tsion kwe ni io hi-ta kien ha, Se-son kwas kon ta ken
ha kie

Non wa son kwen na-ke ra ti

A..... hon-wa

Sen na-ien Is-sos ra wa ni....io...ni....io

Io ia ta-to ken ti ko wa, Wa hon w ana ke rat she

Tsi a kwa ka non sak sens kwa, Ta tsi te wa-ri wa kwa
se

A..... hon-wa

Sen na-ien Is-sos ra wa ni....io...ni....io

Son kwa wi-ne ka ron hia ke, Ni-on kwen ten non hwen
tsia ke

Ron ton ne ro-nat kon o kon

A..... hon-wa

Sen na-ien Is-sos ra wa ni....io...ni....io

DECK THE HALLS

(Translation by Elizabeth Francis)

Te wa te no sa hse ron ni, Fa la la la la, la la la la
Ha te wa te ni kon roh-ri, Fa la la la la, la la la la
Kwah te was kia ta hse ron ni, Faa la la la la la la la la

Te wat ka tho ni-ka tsien hi io, Fa la la la la, la la la la
Te-wa na kwa ek te-wa tere no ten, Fa la la la la, la la la la
A kwe kon te-te, wa ta te nen tsia, Faa la la la la, la la la la

O nen en wa toh se rok ten, Fa la la la la, la la la la
Twa no we ra ton Oh se ra-se, Fa la la la la, la la la la
Te wa toh ha, ren te, twa kwe kon, Faa la la la la, la la la la



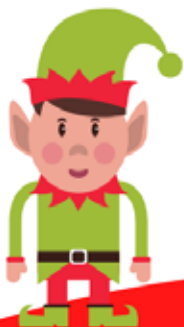
Niawenhko:wa to those who submitted lyrics.



FUN & EASY HOLIDAY RECIPES

GREEN BEAN CASSEROLE

- 1 can (10 1/2 oz) Condensed Cream of Mushroom Soup
 - 3/4 cup milk
 - 1/8 teaspoon ground black pepper
 - 2 cans (14 1/2 oz) Green Beans, drained
 - 1 1/3 cup French's Original Crispy Fried Onions
1. Preheat oven to 350°. Mix cream of mushroom soup, milk and pepper in 1 1/2-quart baking dish. Stir in green beans and 2/3 cup Crispy Fried Onions.
 2. Bake 30 minutes or until hot. stir.
 3. Top with remaining 2/3 cup onions. Bake 5 minutes until onions are golden brown.



HONEY BAKED GLAZED HAM

Ham

Spiral Ham, about 8-10 pounds

Glaze

- 1/4 cup honey
- 3 tbsp butter, melted
- 2 cups white sugar
- 1/2 tsp. seasoned salt
- 1/2 tsp. onion powder
- 1/2 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 1/4 tsp. ground ginger
- 1/4 tsp. ground cloves
- 1/2 cup water



4. Preheat oven to 350°. Coat an oven roasting pan with cooking spray.
5. Place ham in the pan, cut side down.
6. Combine the butter and honey. Mix well.
7. Pour mixture on ham, coating evenly.
8. Cover the baking dish with foil and put in oven.
9. Bake for 2 hours or until internal temp is 140°F.
10. Remove Ham from oven and turn to broil.
11. In a medium pan, combine sugar and seasonings with 1/2 water.
12. Pour glaze on ham.
13. Place under broiler 1-2 minutes.



FUN & EASY HOLIDAY RECIPES

COCKTAIL MEATBALLS

- 2 lbs. ground beef
- 1/3 cup ketchup
- 3 tsp. dry bread crumbs
- 1 egg, beaten
- 2 tsp. onion flakes
- 3/4 tsp. garlic salt
- 1/2 tsp. pepper
- 1 cup ketchup
- 1 cup packed brown sugar
- 6-oz. can tomato paste
- 1/4 cup soy sauce
- 1/4 cup cider vinegar
- 1-1 1/2 tsp. hot pepper sauce

1. Combine ground beef, 1/3 cup ketchup, bread crumbs, egg, onion flakes, garlic salt and pepper. Mix well. Shape into 1-inch meatballs. Place on jelly roll pan. Bake at 350° for 18 minutes, or until brown. Place in slow cooker.
2. Combine 1 cup ketchup, brown sugar, tomato paste, soy sauce, vinegar and hot pepper sauce. Pour over meatballs.
3. Cover. Cook on low 4 hours.



EASY CHOCOLATE CLUSTERS

- 2 lbs white coating chocolate, broken into small pieces
 - 2 cups (12 oz) semisweet chocolate chips
 - 4 oz pkg sweet German chocolate
 - 24 oz jar roasted peanuts
1. Combine coating chocolate, chocolate chips, and German chocolate in crock pot. Cover and cook on High 1 hour. Reduce heat to Low and cook 1 hour longer, or until chocolate is melted, stirring every 15 minutes.
 2. Stir in peanuts. Mix well.
 3. Drop by teaspoonfuls onto waxed paper. Let stand until set. Store at room temperature.



COVID-19 CHRISTMAS

Although it is currently being recommended that you celebrate the holidays with your immediate household only, if you decide to have a small gathering with loved ones, please ensure that you are taking the proper safety precautions. ***Please be reminded that if you are having a gathering, the MCA Social Gathering limit is 10 people indoors and 25 people outdoors.***

MCA'S CURRENT COVID-19 GUIDELINES



SOCIAL GATHERING LIMIT:
10 INDOOR — 25 OUTDOOR



TRAVEL RADIUS:
100 MILES/160 KILOMETRES
(EXCLUDING MONTREAL)



CURFEW:
11 P.M. - 5 A.M.

STAY ORGANIZED WITH A COVID CHRISTMAS TO-DO LIST

If you decide to host a holiday party, please factor in extra cleaning supplies and sanitizers when setting your budget. Make your list and shop early to avoid the holiday rush on essentials like these:

Hand sanitizer: Set up hand sanitizer stations at ALL entrances or exits, in the kitchen, and in bathrooms. If you are hosting outside where access to running water is limited, make sure you provide alcohol-based hand sanitizer that's at least 60% alcohol.



Paper towels: Swap regular hand towels for single-use disposable paper hand towels.



COVID-19 CHRISTMAS

Disposable tableware: While not as eco-friendly, 2020 is the exception to our rule to avoid single-use tableware—stock up on paper plates, cups, napkins, and serveware.

Face masks: Ask guests to BYO face mask, but have extras on hand if anyone forgets. You can also provide festive Christmas masks as a 2020-friendly party favor.



MAKE IT EASY FOR GUESTS TO SOCIAL DISTANCE

Along with hosting outdoors and avoiding overnight visits, there are other ways to minimize exposure and social distance while you're together.

Skip welcome hugs: Fight the urge to hug friends and family (we know it's been a while!), and go for elbow bumps instead. If you must hug, wear your mask to limit exposure.



Limit surface exposure: Limit how many surfaces guests have to touch. Wipe down tables. Disinfect surfaces throughout the event.

Separate personal items: Skip the giant pile of coats on your bed this year. Keep coats, bags, and personal items separate when possible.

Wash linens: Wash any reusable linens after each meal, or use hassle-free disposable napkins.



THE MORE PEOPLE YOU INVITE, THE GREATER THE RISK.



COVID-19 CHRISTMAS

THINK ABOUT FOOD SAFETY

Food safety is one of the most important parts of how to prepare for Christmas this year. Please ensure that you make some small tweaks to your normal feast, so that it will reduce your chances of spreading COVID-19. But remember, the best way to ensure the safety of others, is to only gather with your immediate household for the festivities.

Instead of a pretty cocktail party punch...try single-serving options like cans or bottles. You could also bottle your own beverages in advance to serve in a mason jar, and decorate them festively. You might not ever go back.

Instead of family-style, buffet-style, and potlucks...designate one person to handle and serve food for each meal.

Instead of passing around condiments...provide single-use options for spices, dressings, or salt and pepper.

Instead of abundant cheese boards...make individual snack boards for each immediate family or individual. The same goes for bowls of nuts or candy.

Instead of going straight for the appetizers...encourage everyone to wash their hands or use hand sanitizer before and after they eat. You could also put those in individual containers.

LET'S HAVE A SAFE & HAPPY HOLIDAY SEASON!



COVID-19 CHRISTMAS

COVID CHRISTMAS TRAVEL PLANS

If you're traveling to visit family this year for Christmas, assess the risks and benefits before booking your trip (such as your family members' age and health conditions). While traveling, take precautions to limit the spread of Covid-19 while you're together and on your return.

Quarantine before travel: If your job or family situation allows, consider quarantining before your trip. Avoid contact with people outside of your household for two weeks before you're set to leave.

Get a COVID-19 test: To put friends and family at ease, get a COVID test before traveling so you can be sure you won't be putting anyone at risk for getting sick.

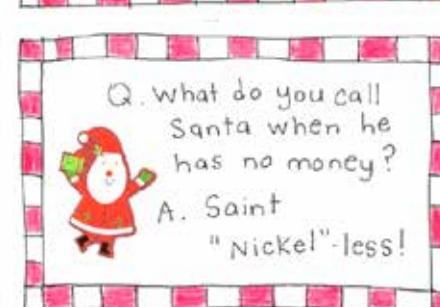
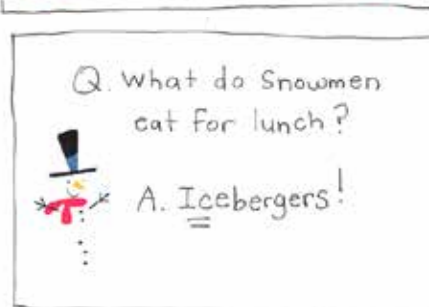
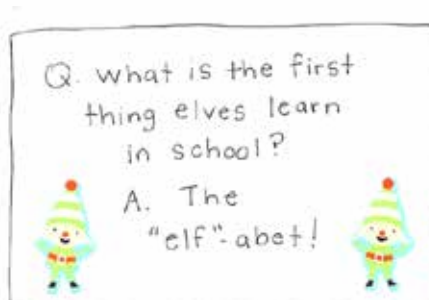
Be safe while you travel: If driving is an option, choose it over flying or taking public transportation to minimize contact with others. If flying, all airlines will require you to wear a mask on board, but look for airlines that are blocking the middle seat between travelers. Be sure to eat something before you board to avoid having to take your mask off while on the plane.

Quarantine after travel: Remember, if you have travelled outside of the 100 mile radius, you are REQUIRED to quarantine after returning from Akwesasne. Avoid contact with people outside of your household for two weeks after you return from your holiday travel.

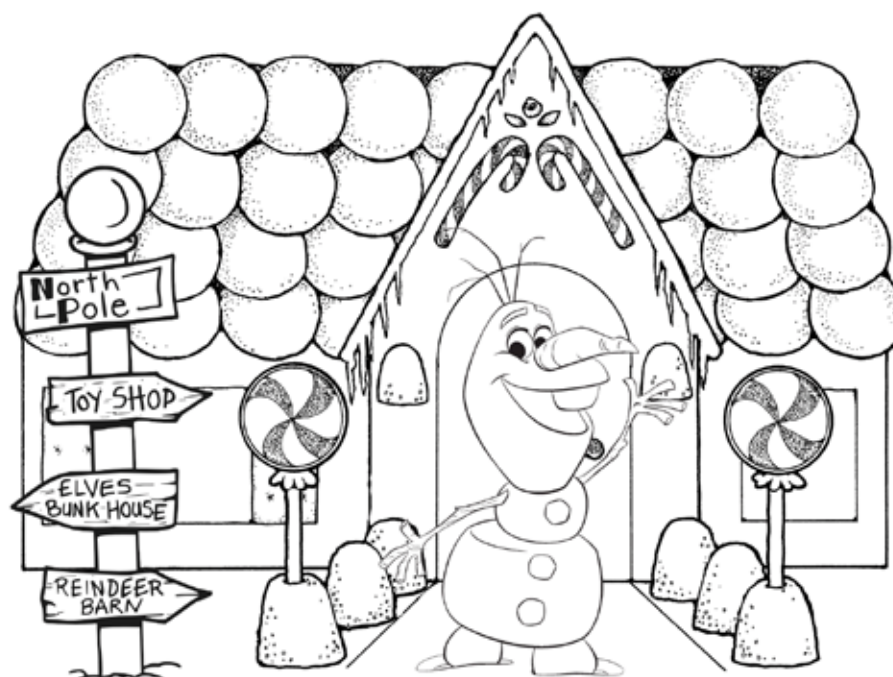


KIDS PAGES!

YOU'VE GOT TO BE KIDDING ME!

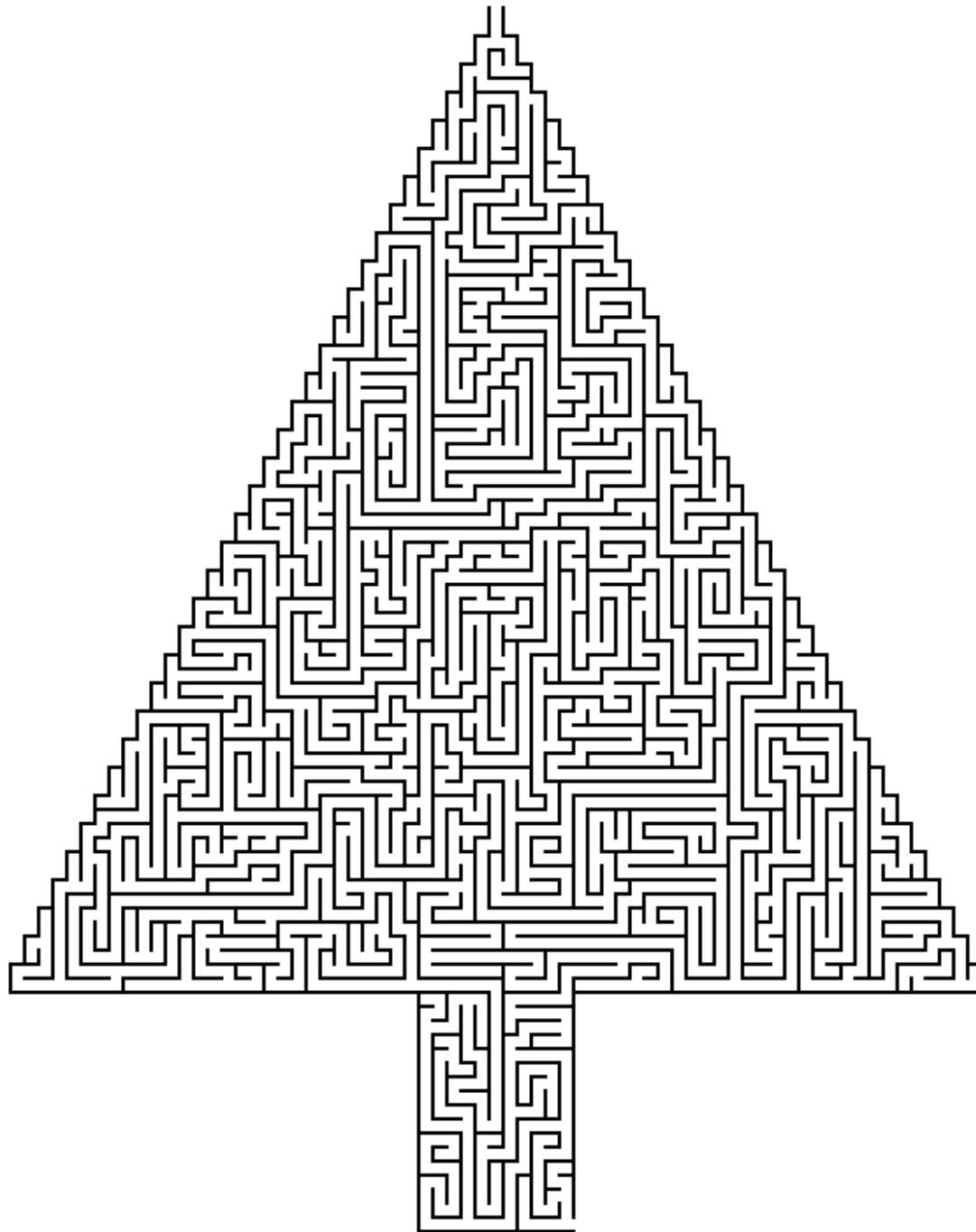


COLOUR ME!



KIDS PAGES!

SIMPLY A-MAZE-ING



KIDS PAGES!

SPOT THE DIFFERENCES

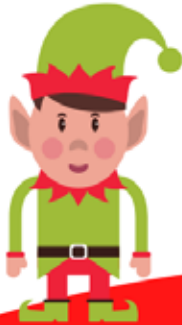
Can you find the five differences between Santa and his reindeer?



1. Chimney is higher in second picture. 2. Shed is missing a window. 3. Above Santa's head, there is a missing snowflake. 4. Tree is missing star. 5. Tree has an additional piece of snow on it.

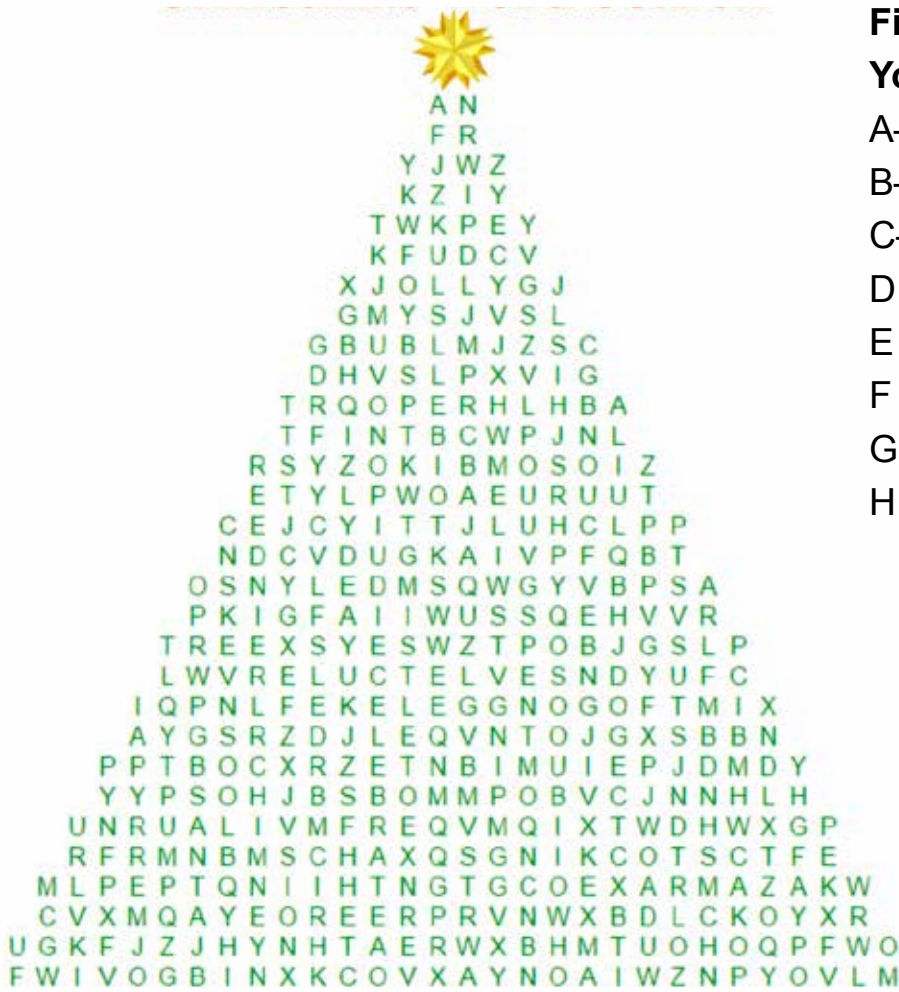
COOL FACTS ABOUT WINTER

1. Earth is closest to the sun in December, even though winter solstice is the shortest day of the year.
2. On January 28, 1887, a snowflake 15" wide and 8" thick fell in Montana, making it the largest snowflake ever observed.
3. Every winter, at least one septillion (that's 1 followed by 24 zeros) snow crystals fall from the sky.
4. The average snowflake falls at 3 mph.
5. The largest recorded snowman was made in Maine in 1999. It was 113 ft, 7 in tall snowman.
6. A single snowstorn can drop 39 million tons of snow.
7. The most snow ever recorded in 24 hours in the US was at Silver Lake, Colorado in 1921 at 76 inches.
8. Around 12% of the Earth's land surface is covered in snow and ice.



KIDS PAGES!

HOLIDAY WORD SEARCH



Bells	Sled	Jolly	Chimney
Stockings	Celebrate	Santa	Reindeer
Wreath	Eggnog	Merry	
Elves	Tree	Mistletoe	

WHAT'S YOUR ELF NAME?

First Letter of Your Name	I —Innocent	S —Sweet
A—Adventurous	J —Jumpy	T —Thoughtful
B—Bouncy	K —Kindhearted	U —Unique
C—Cuddly	L —Lively	V —Very Nice
D —Dainty	M —Mighty	W —Wiggly
E —Energetic	N —Nimble	X —Xtra Special
F —Fearless	O —Outgoing	Y —Youthful
G —Gracefull	P —Playful	Z —Zesty
H —Humble	Q —Quick	
	R —Rosy	



Month You Were Born	May —Sparkle	Patty
Jan —Sugar	Pants	Oct. —
Plum	June —Merry	Gingerbread
Feb —Jingle	Dancer	Breath
Bells	July — Twinkle	Nov. —Silly
March —	Toes	Giggles
Giggle Pants	Aug. —Happy	Dec. —Jolly
April —Candy	Feet	Jingles
Cane	Sept. —	
	Peppermint	



AKWESASNE MOHAWK POLICE SERVICE

SEASONAL SAFETY TIPS

The holidays will be very different this year, but we can still celebrate with our households. We also encourage all to wear masks and physical distancing wherever required.

ONLINE SHOPPING

It's wise to do some research on a website before you purchase something and hand over your credit card information.

- Log on to the company website yourself - do not enter through an emailed link.
- Check the Better Business Bureau to see if they have had any complaints about the company.
- Look for a padlock icon in the upper right corner of any page asking for your credit card information to indicate it is secure.

SHOPPING IN PERSON

- Wear a mask and ensure you are physically distancing.
- Choose times to shop when there are fewer customers.
- Try not to take your eyes off your debit or credit card when someone else is handling it.
- Make sure store employees only swipe your card once.
- Keep watch of your personal belongings at all times - don't leave your purse unattended.
- If you must store your purchases in your car, make sure they're in the trunk and that your trunk opener inside your car is deactivated.
- Again, if you must use your car to go shopping, park somewhere well-lit and don't leave valuables where they can be seen.



CELEBRATING

- Your celebrations may only be with your household, but please ensure you have a plan to prevent drinking and driving.



AKWESASNE MOHAWK POLICE SERVICE

SEASONAL SAFETY TIPS

- Determine who the designated drivers in your group will be or have a plan to take public transit or taxis ahead of time.
- If you are unable to stop someone who shouldn't be driving, you will need to call the police - it may be difficult to do, but the potential for serious or deadly harm is a very real possibility if they get behind the wheel.

DECKING THE HALLS

- If your Christmas tree is visible from the outside, consider not placing gifts under the tree until the last minute.
- If you have pets, they may be attracted to ribbons and parcels and they could pose a choking hazard.
- Once the presents have been unwrapped, take boxes for things such as computers, electronics and televisions straight to a recycling depot yourself - no need to alert a thief to what new toys Santa brought you by leaving the boxes outside your home.



TRAVELLING BY CAR

This time of year, the roads can become slippery and you may encounter black ice.

- Have directions and check road conditions before you set out for somewhere unfamiliar.
- Always wear a seatbelt.
- Stick to well-travelled roads when possible and take a cell phone and car charger for emergencies.
- Ensure your car is in good mechanical condition and that you have appropriate tires for the road conditions you may encounter.
- Have the correct car seats for children and make sure they are installed properly.
- Keep an emergency kit and blankets in your trunk
- If you need to use your GPS or your cell phone, pull over to the side of the road when it's safe to do so



HAPPY HOLIDAYS!



AKWESASNE MOHAWK POLICE SERVICE

SEASONAL SAFETY TIPS

FIRE SAFETY

Lastly, holiday safety tips wouldn't be complete without some fire prevention advice.

- If you have a fresh-cut Christmas tree, make sure to water it regularly to help it retain its moisture; if you purchase an artificial tree, make sure that it is fire retardant.
- Be cautious on a ladder when installing and removing your Christmas lights and inspect your lights for excessive wear before you install them; if you have any doubt about the age and safety of your strand of lights, it's probably time to get new ones - be power smart and purchase energy efficient LED lights.
- Use only approved CSA and UL tested extension cords and power bars for all your electrical needs.
- Keep all flammable items at least three feet from your space heaters and ensure your heaters are CSA or UL approved.
- Kitchen fires are a major concern at this time of year; don't leave pots unattended on the stove and be extremely cautious when cooking with oil.
- Have and learn how to use a fire extinguisher - we recommend an ABC type extinguisher.
- Keep candles away from combustible materials and never use lighted candles on or near a Christmas tree; don't ever leave your home or go to bed with candles burning.
- Working smoke alarms save lives; press the test button on your smoke alarm once a month to ensure it is working and don't forget to change the battery once a year - if your smoke alarm is more than ten years old, it's time to change it.
- Remember, smoke from a fire can hurt or kill you long before the flames ever get near you, so make a point of sleeping with your bedroom door closed.

DON'T LET DOWN YOUR GUARD.

LET'S BE SAFE!



RISK FACTORS TO CONSIDER

Celebrating virtually or with members of your own household (who are consistently taking measures to reduce the spread of COVID-19) poses the lowest risk for spread. Your household is anyone who currently lives and shares common spaces in your housing unit (such as your house or apartment). This can include family members, as well as roommates or people who are unrelated to you. **People who do not currently live in your housing unit, such as college students who are returning home from school for the holidays, should be considered part of different households.** In-person gatherings that bring together family members or friends from different households, including college students returning home, pose varying levels of risk.

Several factors can contribute to the risk of getting and spreading COVID-19 at small in-person gatherings. In combination, these factors will create various amounts of risk:

Community levels of COVID-19 – High or increasing levels of COVID-19 cases in the gathering location, as well as in the areas where attendees are coming from, increase the risk of infection and spread among attendees. Family and friends should consider the number of COVID-19 cases in their community and in the community where they plan to celebrate when deciding whether to host or attend a gathering. Information on the number of cases in an area can often be found on the local health department website or on CDC's COVID Data Tracker County View. Akwesasne numbers are listed on the akwesasne.ca website, as well as the MCA Facebook page.

Exposure during travel – Airports, bus stations, train stations, public transport, gas stations, and rest stops are all places travelers can be exposed to the virus in the air and on surfaces.



Location of the gathering – Indoor gatherings, especially those with poor ventilation (for example, small enclosed spaces with no outside air), pose more risk than outdoor gatherings.



RISK FACTORS TO CONSIDER

Duration of the gathering – Gatherings that last longer pose more risk than shorter gatherings. Being within 6 feet of someone who has COVID-19 for a cumulative total of 15 minutes or more greatly increases the risk of becoming sick and requires a 14-day quarantine.



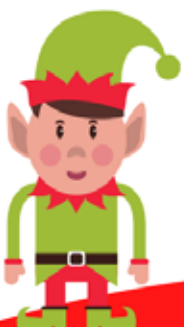
Number and crowding of people at the gathering – Gatherings with more people poses more risk. The limit of individuals gathering is 10 indoors and 25 outside for Mohawk Council of Akwesasne. The size of a holiday gathering should be determined based on the ability of attendees from different households to stay 6 feet (2 arm lengths) apart, wear masks, wash hands, and follow state, local, territorial, or tribal health and safety laws, rules, and regulations.



Behaviors of attendees prior to the gathering – Individuals who did not consistently adhere to social distancing (staying at least 6 feet apart), mask wearing, handwashing, and other prevention behaviors pose more risk than those who consistently practiced these safety measures.

Behaviors of attendees during the gathering – Gatherings with more safety measures in place, such as mask wearing, social distancing, and handwashing, pose less risk than gatherings where fewer or no preventive measures are being implemented. Use of alcohol or drugs may alter judgment and make it more difficult to practice COVID-19 safety measures.

MORE PEOPLE, MORE RISK.



RISK FACTORS TO CONSIDER

THE FOLLOWING PEOPLE SHOULD NOT ATTEND IN-PERSON HOLIDAY GATHERINGS

People with or exposed to COVID-19

Do not host or participate in any in-person gatherings if you or anyone in your household:

- Has been diagnosed with COVID-19 and has not met the criteria for when it is safe to be around others
- Has symptoms of COVID-19
- Is waiting for COVID-19 viral test results
- May have been exposed to someone with COVID-19 in the last 14 days
- Is at increased risk of severe illness from COVID-19



Do not host or attend gatherings with anyone who has COVID-19 or has been exposed to someone with COVID-19 in the last 14 days.

People at increased risk for severe illness

If you are an older adult or person with certain medical conditions who is at increased risk of severe illness from COVID-19, or live or work with someone at increased risk of severe illness, you should avoid in-person gatherings with people who do not live in your household.

IT MIGHT BE STORMY NOW, BUT RAIN DOESN'T LAST FOREVER.



IF YOU ARE HOSTING OR ATTENDING A GATHERING

Considerations for Hosting or Attending a Gathering

If you will be hosting a gathering during the holiday season that brings people who live in different households together, follow these tips for hosting gatherings.

- Limit the number of attendees as much as possible to allow people from different households to remain at least 6 feet apart at all times. In MCA jurisdiction, it is limited to 10 people indoors and 25 outside. Guests should avoid direct contact, including handshakes and hugs, with others not from their household.
- Host outdoor rather than indoor gatherings as much as possible. Even outdoors, require guests to wear masks when not eating or drinking.
- Avoid holding gatherings in crowded, poorly ventilated spaces with persons who are not in your household.
- Increase ventilation by opening windows and doors to the extent that is safe and feasible based on the weather, or by placing central air and heating on continuous circulation.

Winter weather can be cold, wet, and unpredictable. Inclement weather makes it difficult to increase ventilation by opening windows or to hold an event outdoors.

If setting up outdoor seating under a pop-up open air tent, ensure guests are still seated with physical distancing in mind. Enclosed 4-wall tents will have less air circulation than open air tents. If outdoor temperature or weather forces you to put up the tent sidewalls, consider leaving one or more sides open or rolling up the bottom 12 inches of each sidewall to enhance ventilation while still providing a wind break.

Require guests to wear masks. At gatherings that include persons of different households, everyone should always wear a mask that covers both the mouth and nose, except when eating or drinking. It is also important to stay at least 6 feet away from people who are not in your household at all times.



IF YOU ARE HOSTING OR ATTENDING A GATHERING

- Encourage guests to avoid singing or shouting, especially indoors. Keep music levels down so people don't have to shout or speak loudly to be heard.
- Encourage attendees to wash their hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use hand sanitizer that contains at least 60% alcohol.
- Provide guests information about any COVID-19 safety guidelines and steps that will be in place at the gathering to prevent the spread of the virus.
- Provide and/or encourage attendees to bring supplies to help everyone to stay healthy. These include extra masks (do not share or swap with others), hand sanitizer that contains at least 60% alcohol, and tissues. Stock bathrooms with enough hand soap and single use towels.
- Limit contact with commonly touched surfaces or shared items, such as serving utensils.
- Clean and disinfect commonly touched surfaces and any shared items between use when feasible. Use EPA-approved disinfectants.
- Use touchless garbage cans if available. Use gloves when removing garbage bags or handling and disposing of trash. Wash hands after removing gloves.
- Plan ahead and ask guests to avoid contact with people outside of their households for 14 days before the gathering.
- Treat pets as you would other human family members – do not let pets interact with people outside the household.
- The more of these prevention measures that you put in place, the safer your gathering will be. No one measure is enough to prevent the spread of COVID-19.

WE ARE ALL IN THIS TOGETHER.



HANDLING FOOD AND DRINK

FOOD AND DRINKS AT SMALL HOLIDAY GATHERINGS

Currently, there is no evidence to suggest that handling food or eating is associated with directly spreading COVID-19. It is possible that a person can get COVID-19 by touching a surface or object, including food, food packaging, or utensils that have the virus on it and then touching their own mouth, nose, or possibly their eyes. However, this is not thought to be the main way that the virus is spread. Remember, it is always important to follow food safety practices to reduce the risk of illness from common foodborne germs.

- Encourage guests to bring food and drinks for themselves and for members of their own household only; avoid potluck-style gatherings.
- Wear a mask while preparing food for or serving food to others who don't live in your household.
- All attendees should have a plan for where to store their mask while eating and drinking. Keep it in a dry, breathable bag (like a paper or mesh fabric bag) to keep it clean between uses.
- Limit people going in and out of the areas where food is being prepared or handled, such as in the kitchen or around the grill, if possible.
- Have one person who is wearing a mask serve all the food so that multiple people are not handling the serving utensils.
- Use single-use options or identify one person to serve sharable items, like salad dressings, food containers, plates and utensils, and condiments.
- Make sure everyone washes their hands with soap and water for 20 seconds before and after preparing, serving, and eating food and after taking trash out. Use hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Designate a space for guests to wash hands after handling or eating food.



HANDLING FOOD AND DRINK

- Limit crowding in areas where food is served by having one person dispense food individually to plates, always keeping a minimum of a 6-foot distance from the person whom they are serving. Avoid crowded buffet and drink stations.
- Change and launder linen items (e.g., seating covers, tablecloths, linen napkins) immediately following the event.
- Offer no-touch trash cans for guests to easily throw away food items.
- Wash dishes in the dishwasher or with hot soapy water immediately following the gathering.



**CONSIDER A
VIRTUAL POTLUCK.
DROP OFF FOOD AT OTHERS,
THEN “MEET” VIRTUALLY.**



TOBACCO USE AND COVID-19

As the COVID-19 pandemic continues, it is important to understand the role that smoking may play in catching and passing on the virus. Although more research is needed, this resource is based on the latest evidence as of March 2020. It also includes tips and resources for quitting or reducing smoking during the pandemic.

HOW DOES SMOKING AFFECT THE RISK OF GETTING COVID-19?

- COVID-19 affects your lungs, chest and other parts of your breathing system. When you inhale cigarette smoke, chemicals damage your lungs and weaken your immune response. This can cause viruses to enter your lungs more easily and increase your chance of getting respiratory infections, such as COVID-19.
- The action of moving cigarettes from your hand to your mouth, as well as sharing cigarettes with others, can also increase your risk of catching and transmitting COVID-19.

DO SMOKERS HAVE WORSE SYMPTOMS OF COVID-19?

- Current and past smokers are more likely than other people to have severe symptoms of COVID-19, such

as pneumonia.

- Current and past smokers are also at a higher risk than others of needing admission to the ICU and mechanical ventilation, and are at a higher risk of death.
- Exposure to second-hand smoke can cause damage to the heart and lungs, which could increase the risk of more serious symptoms of COVID-19 for those around you.

HOW CAN I MANAGE MY SMOKING DURING THE PANDEMIC?

You may feel a strong urge to smoke to help you cope with feelings of stress, loneliness and boredom. But quitting is the most important thing you can do for your overall health, and may reduce your chance of getting COVID-19.

HERE ARE SOME TIPS FOR MANAGING CRAVINGS DURING THE PANDEMIC:

Seek support and stay connected with family and friends by phone, text and video. You can also share



TOBACCO USE AND COVID-19

your thoughts and progress on Twitter with the hashtag #QuitforCovid.

Keep busy with healthy and enjoyable activities, while staying at a safe distance from others.

Track your cravings, cigarettes, mood and activities each day. You might start to identify triggers for your smoking. iPhone users can use the My Change Plan app (download for free from the App Store).

Plan how you will manage triggers and cravings. For example, spend more time doing things that keep you from smoking or away from cigarettes.

Call your pharmacist to explore whether quit-smoking medications might be an option for you and how you can get them during the pandemic.



RESOURCES FOR SUPPORT ON SMOKING AND VAPING

- Mental Health and the COVID-19 Pandemic: www.camh.ca/covid19
- FAQs on Smoking, Vaping and COVID-19: www.otru.org/wp-content/uploads/2020/03/otru_covidfaqs_mar2020.pdf
- Smoker's Helpline: A free service offering support and information about quitting smoking. Visit www.smokershelpline.ca for online support, text iQUIT to 123456, or call Telehealth Ontario at 1 866 797-0000.
- ConnexOntario: Free and confidential services for people experiencing issues with addictions and mental health. Call 1 866 531-2600 or visit www.connexontario.ca
- CAMH Nicotine Dependence Service: Information and resources on quitting smoking. Visit www.nicotinedependenceclinic.com



OUTDOOR ACTIVITIES FOR FAMILIES

You know where to host and what to serve, now you're probably wondering, "how to celebrate Christmas during COVID?" While cookie decorating and caroling work if you're just with your household, these outdoor family Christmas activities are better for groups and extra guests.

OUTDOOR COVID CHRISTMAS IDEAS FOR KIDS

S'mores party: Bring your speaker to play a festive soundtrack, light a fire, and set out roasting sticks and individual kits for each guest.



Say hi to Santa Claus: Have Old Saint Nick make an appearance at an outdoor gathering, but skip sitting on his lap this year. Instead, have your mini guests hand Santa their wish list or drop it in his bag. If a member from your household can dress up as Santa instead of hiring someone, even better.



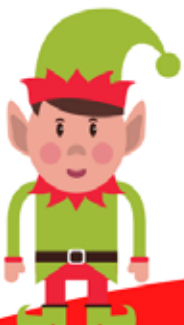
Ice skating party: Perfect for celebrating with your kid's classmates or groups, have families meet you on the ice for a few laps around the rink.



Go to a Christmas tree farm: Christmas tree farms are the pumpkin patches of winter! Find a festive place near you with drinks or activities to make a whole day out of it.



Baked goods drop-off: If you're looking for social distancing Christmas ideas to keep your family busy, try baking! You'll keep the kiddos occupied all day in the kitchen and then all night driving to friends and family's houses to drop off your sweet treats. Have your little worker bees craft Christmas cards and notes you can attach to each box of goodies.



OUTDOOR ACTIVITIES FOR FAMILIES

COVID CHRISTMAS IDEAS FOR ADULTS

Wreath making party: Set up individual stations outdoors where you can get a little messy. Look for all your materials at your local craft store like wreath rings, wire, pine cones, and ribbon.



Bonfire party: If you live in a more rural area, celebrate Christmas around the fire this year with hearty soups and individually prepared snacks.



Winter palace party: Break out your warmest furs (think Dr. Zhivago) serve fresh blinis, caviar, and Stoli for an eventful outdoor party.



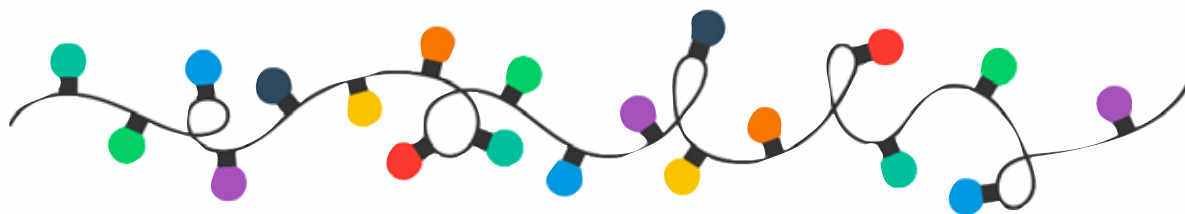
Host a COVID Christmas drive-by event: One of our favorite social distancing Christmas party ideas is a drive-by party. Stay nice and warm in your car, all while doing something festive. Is there anything better?



Admire the lights: Consider hosting a Christmas caravan or a neighborhood stroll to take in the Christmas lights. Head to the neighborhoods that always go above and beyond or pay your group's admission to attend a professional light display.



Drive-in movie night: Host or attend a Christmas-themed movie night to get in the holiday spirit. BYO popcorn!



WINTER HEATING SAFETY AND YOU!

WINTER HEATING SAFETY AND YOU!

There is comfort in the crackling sound of a wood-burning fireplace or stove on a cold winter's night. But warm and cozy can quickly turn dangerous, destructive and deadly if your wood-burning unit is not properly installed or regularly maintained. So, let's focus our attention on safe practices and reminding fireplace and woodstove users to think about safety.



FIREPLACE / WOODSTOVE PREPARATION

Preventative care and a well-designed area for burning wood can reduce the likelihood of an unintended incident. For example, when installing a woodstove, situate it on a non-combustible surface such as a tile floor.

- Adequate ventilation is very important for preventing carbon monoxide poisoning; make sure that a door or window is easily accessible from your wood-burning area.

- Consult a professional about proper installation of stove pipes. If you are using a fireplace, regularly have the chimney cleaned and serviced by a professional. Keep an area of at least one meter around the stove or fireplace clear of anything that might catch fire or overheat.

- Know what to expect from your woodburning unit. Stoves are designed to heat larger areas, and emit warmth from all sides. You may need to install a heat shield behind or beside the stove to prevent heat damage to any nearby walls. A fireplace, meanwhile, is primarily decorative and often does little more than provide some heat to the room in which it is located.

FIRING IT UP

Before lighting your fireplace or wood-stove, open the damper to allow for good airflow. Keep the damper open until the fire is out and the ashes are cool enough to touch.

- Never use highly flammable materials such as wrapping paper or gasoline in a woodstove or fireplace. These substances can create dangerous fireballs in an instant and, just like burning too much wood at once, can cause a buildup of flammable materials in your chimney or stove pipes.

- Always use a screen in front of the fireplace, and never



WINTER HEATING SAFETY AND YOU!

leave children unattended by a fire. Have a fire escape plan for your house and regularly review it with your family.

- Keep a working fire extinguisher in an accessible location. Check your smoke detectors monthly, and replace the batteries as necessary.
- Carbon monoxide detectors should be located near your sleeping quarters to alert you of any deadly gas. Carbon monoxide is odorless and buildup can occur if the area around your woodburning unit is inadequately ventilated.

Symptoms of carbon monoxide poisoning can include headaches and nausea. If your carbon monoxide detector goes off, get out of the building immediately and call AMPS Central Dispatch (613) 575-2000.

- Remove holiday decorations such as stockings from the fireplace before use. Real Christmas trees require regular watering and keep it a safe distance away from your woodstove and any open flames.
- Never leave a fire burning.

PROPANE SAFETY TIPS

Propane gas provides many additional benefits for homeowners, as you can use it for heating water, cooking, washing and drying. It is important to think about safety first as you fire up your propane appliances in the fall and winter.

Knowing how to detect a propane leak, when to get your system checked and what to do if you think there's an issue can ensure your propane system continues to run smoothly and safely.



Follow these tips to get the most of your propane heating system.

- Keep the tank clear of clutter as it needs plenty of space - especially flammable materials,(e.g. paper, textiles, leaves, tall grass, etc.). To avoid any chance of fire, never store any household items near your tank.
- Read the Owner's Manual for your propane tank can provide you with specific information about the best way to care for it and how to increase its safety. The manual will let you know what to do if there is a leak or another hazardous situation.
- Pay attention to the pilot light, it's a small flame that



WINTER HEATING SAFETY AND YOU!

burns constantly. When the system is functioning properly, the pilot light should stay lit and not go out. A pilot light that regularly gets extinguished could be a sign of a problem within the system.



Although it is not likely, there is the risk of fire or explosion if your propane heating system is not operating properly and you attempt to relight the pilot. For safety's sake, call in the pros.

- When you smell Propane Gas or think you smell it, extinguish any flames, such as the burners on your stove, put away any electronic devices, such as your smartphone, and get out of there.
- Regular delivery schedules ensure that you always have a sufficient supply of propane gas to heat your home. Even if you have automatic delivery, periodically check your tank's fuel gauge. If the tank has less than 20% of fuel left, contact your propane fuel service for

a refill. Keeping an adequate amount of gas in your propane tank is also important for preventing leaks when the system is refilled. You can protect your propane tank and prolong its life by keeping it filled.

- Have your propane tank professionally serviced is critical. Your propane provider can inspect your tank and let you know if any fixes or changes are needed. Signing up for a service agreement can give you peace of mind that your tank and propane appliances will be regularly maintained and that any problems can be fixed quickly and easily.
- Check on your propane tank after any storms, and as we are all aware, Akwesasne sees its fair share of storms. Some storms could cause leaves and branches to build up around your propane tank, while others might lead to piles of snow or blocks of ice around your tank. After a storm, inspect your tank and remove any debris from the area. You might need to brush snow away so that vents and valves are not covered.

For more information please refer to the Canada Safety Council website: csc@safety-council.org



NON-INSURED HEALTH BENEFITS

HOURS OF OPERATION

The Akwesasne Non-Insured Health Benefits (ANIHB) Program remains operational. To maintain safety, community members are encouraged to contact the ANIHB through telephone prior to coming into the office.

For Medical Transportation services, please call two (2) weeks in advance.

Appointments are strongly encouraged for all ANIHB services.

ANIHB Reference Guide & Forms can be found on our website at:

www.akwesasne.ca/health/akwesasne-non-insured-health-benefits/

Email: info@akwesasne.ca

Phone 613-575-2250 Fax: 613-575-2181


Address: PO Box 90 Akwesasne, Quebec, H0M 1A0

www.akwesasne.ca

If you have any questions, please call (613) 575 – 2341 ext. 3340.

ANIHB Offices will be closed beginning December 25, 2020 and will reopen on Monday January 4, 2021.

We wish everyone a safe and happy holiday!



COVID-19 TESTING SITE



NOW LOCATED AT 33 THIRD ST, KANA:TAKON
If you have questions about COVID-19 and testing, please call the MCA Community Health Program at 613-575-2341 ext. 3220.



STRESS & THE HOLIDAYS

TIPS FOR COPING

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays often present a dizzying array of demands — cooking meals, shopping, baking, cleaning and entertaining, to name just a few. And with COVID-19, you may feel additional stress, or worry about you and your loved ones' health. You may also feel stressed, sad or anxious because your holiday plans may look different during the COVID-19 pandemic.

But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

TIPS TO PREVENT HOLIDAY STRESS AND DEPRESSION

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

ACKNOWLEDGE YOUR FEELINGS. If someone close to you has recently died or you can't be with loved ones for other reasons, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

REACH OUT. If you feel lonely or isolated, seek out community, religious or other social events or communities for support and companionship. Many have websites, online support groups, social media sites or virtual events.

It also may help to talk to a friend or family member about your concerns. Try reaching out with a text, a call or a video chat.

Volunteering your time or doing something to help others also is also a good way to lift your spirits and broaden your friendships.

BE REALISTIC. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. Even though your holiday plans may look different this year, you can find ways to celebrate.

SET ASIDE DIFFERENCES. Try to accept family members and friends as they are, even if they don't live up to all of your expectations. And be understanding if others get upset or distressed when something goes awry.



STRESS & THE HOLIDAYS

TIPS FOR COPING

STICK TO A BUDGET. Before you do your gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

PLAN AHEAD. Set aside specific days for shopping, baking, connecting with friends and other activities. Consider whether you can shop online for any of your items. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients.

LEARN TO SAY NO. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

DON'T ABANDON HEALTHY HABITS. Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.

Try these suggestions:

- Have a healthy snack before holiday meals so that you don't go overboard on sweets, cheese or drinks.
- Eat healthy meals.
- Get plenty of sleep.
- Include regular physical activity in

your daily routine.

- Try deep-breathing exercises, meditation or yoga.
- Avoid excessive tobacco, alcohol and drug use.
- Adjust the time you spend reading news and social media as you see fit.

TAKE A BREATHER. Make some time for yourself. Find an activity you enjoy. Take a break by yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do.

Some options may include:

- Taking a walk at night and stargazing
- Listening to soothing music
- Reading a book

SEEK PROFESSIONAL HELP IF YOU NEED IT.

Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

With a little planning and some positive thinking, you can find peace and joy during the holidays.



HAPPY HOLIDAYS FROM MCA



2020

*The Mohawk Council of Akwesasne wishes joy,
happiness and health upon you and your family
this holiday season and in the New Year!*