#### WAHTA MOHAWKS

#### Onerahtohko:wa - May (time of big leaf)



Our children had the opportunity to attend a Maple Ceremony held for them at the Longhouse. The Ceremony included and opening and closing prayer, songs and dance. The children got to taste Maple water and give thanks to the Creator and to the Maple tree (Wáh ta).

The children wore ribbon shirts and ribbon dresses throughout the Ceremony.

Front row left to right; Jace Juszczuk, Jackson Dewasha, Lily DeCaire, Caleb Matchett, Sierra Sahanatien, Ava DeCaire, Idella Matchett

Back row left to right; Colleen Mendes, Terry Sahanatien, Lucia Sahanatien, Iohate Sahanatien, Jayden DeCaire





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#### **Tobacco Allocations**

Effective March 31st, 2015
to the following retailers;
Big Smoke and Craft Shop
First Nation Liquidation
The Wahta Station
ITR- Just up the Road
Okwari Smoke Shop
Stocks Art and Crafts
Wahta Convenience

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#### **NOTICE**

The Administration Building will be closed for the long weekend, May 15th –18th.

## May 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Baby Play	<b>5</b> Pole Walking Right to Play	<b>6</b> Baby Play  Tutoring  16Th Annual Mental Health Fair	<b>7</b> Pole Walking  Right to Play	8 Community Health Hub Open House	9
10 Mothers Day	11 Community Shopping Huntsville	12 Pole Walking Right to Play	13 Tutoring  Foot Care  Diabetic Session	14 Pole Walking Right to Play	15Community Rummage Sale (Old Hall) Administration Closed	16 Community Rummage Sale (Old Hall)
17	18 Victoria Day Administration Closed	19 Pole Walking Right to Play	20 Baby Play  Tutoring	21 Pole Walking Right to Play	22	23
24	25 Baby Play	26  Pole Walking  Right to Play  Community  Meeting	27 Baby Play Chair Exercises Tutoring	28  Right to Play  Pole Walking  Water Spin  Classes  Bus 12 pm	29	30  Women's'  Healing Circle
31						

#### **Chief's Update for April**

Wahta Council and staff have developed the Wahta Mohawk Membership Consultation Plan (WMMCP) to ensure that communication with the membership will be carried out in an effective manner. This plan was explained at the General Meeting in November and again in March 2015. A mail out was also recently sent including the Consultation Plan which is the prescribed way that Councils will ensure the membership is aware of any new or changes to laws, by-laws, codes, etc. and the manner in which they will be communicated to the membership. Primarily the document describes the consultation levels for input and ratification that fall into one of two groupings.

The first group is a level one process that would include such things as strategic initiatives, policies, procedures and by-laws. The document describes the steps that would be taken to bring these initiatives into implementation. The second level is for those items such as Wahta Laws, Codes, and Constitution and requires a higher more in depth process of consultation and ratification by the membership. Current examples under consideration may include Matrimonial Real Property law, Citizenship code review, Election regulations, etc.

The purpose of the Consultation plan is to ensure there is a consistent way in which the membership can have access to, provide opportunity for comment and assist in the decision making process, including ensuring that these decisions are ratified by all of the membership.

Hopefully all members will provide their feedback

to the Consultation plan. Council is striving to provide information to everyone and is continuing to implement a communications system that will give everyone an opportunity to take part.

Council recently completed a strategic plan. The document picks up from some of the recommendations made by consultants employed by past Council, and builds on meeting Wahta's continuing circumstances and needs. The plan focusses on four areas, Governance, The People, The Land, and The Economy. This plan is readily available for anyone interested and comments are always welcome. We will report on our progress as we complete projects.

More and more I have found there are many people in the community and throughout the membership who have some good thoughts and ideas on how we can proceed in the future. These thoughts are not limited to any one area, but include everything from economics to preservation of our Mohawk ways, to how we can move forward in dealing with our governance and the interference of other governments in our business. This is very encouraging and I certainly welcome those discussions as we move into this second year of Council's term.

Wahta Council is confident that we can make up for some of the time lost in the past year and still provide an atmosphere ensuring that our Membership is confident that Wahta will continue to prosper in all areas.

Nia: wen kowa,

**Chief Franks** 

## H E A L H S E R $\overline{\mathbf{V}}$ Ι E S

#### \* Baby Play

May 4th, 6th, 20th, 25th and 27th from 9:30 to 11:30 at

#### ratiksaokón:'a raotinákte

(The Children's Place)

## Right to Playafter school program

Every Tuesday from 3:45 to 5:30 at the longhouse and every Thursday from 3:45 to 5:30 at the Community Centre. Please call the school to make arrangements to have your child dropped off at the community centre. Please ensure your children are dressed for the weather as we will be doing outdoor activities.

Wednesdays from 3:45 to 5:30 there is tutoring at the Community Centre.

For more information, please contact Colleen at ext. 241

#### \* Foot Care

Wednesday, May 13th

## NordixxPole Walking

Every Tuesday and Thursday, 9:30 –10:30.

## CommunityShopping

Monday, May 11th, in Huntsville. Contact Christine if interested ext. 273

## In Water SpinClasses

(Bracebridge) starting May 28<sup>th</sup>, June 4, 11 and 18 Bus leaves at 12 (Class from 1:30-2:30) Contact Christine (273) if interested in attending (Space is limited)

## Community RummageSale

Friday May 15th, from 10:00AM until 1:00PM, and on Saturday May 16th from 10:00AM until 2:00PM at the Old Hall. Please contact Colleen ext. 241, or Amy ext. 240 for more information.

#### 16th Annual Mental Health Fair

In Parry Sound Wednesday May 6<sup>th,</sup> the bus leaves at 9am contact Christine (273) if interested (lunch is provided)

#### 21 Day Fitness Challenge

To start Monday May 4<sup>th</sup>.

Monday to Thursday from 4:30-5:30

Fridays from 2:00-3:00

No classes on Monday May 18th for Victoria Day

It is encouraged that participants commit to the entire program to achieve the goals set out within the challenge. The program is designed to be inclusive to all, so please don't be discouraged and join in. This is a video instructed class which includes a series of workouts from Pilates, cardio, yoga and more.

Please contact Amy Davidson at (705)762-2354 ext. 240

#### **Family Summer Group Camping Trips**

I am putting together a family group camping experience for our members who wish to join. Please contact me if this is something you and your family would be interested in. I would like to set up a meeting in late May, or early June, with all those who sign up to go over the details and expectations of our camping trips. It is in my hopes to have at least two group trips this summer. Things that need to be decided on within the group is, location, dates, equipment, food and supplies, duties and responsibilities, and FUN and GAMES.

Please contact me for more details or to join, Amy Davidson (705)762-2354 ext.240

#### **Diabetic Sessions with Eva West**

May 13<sup>th</sup> and June 10<sup>th</sup> 2015 from 1:00 to 2:30, we will be learning how to convert a recipe to be diabetic friendly in the first session and in the second session we will work on converting our own recipes.

(Please bring a recipe with you)

Please call Sherry at ext: 259 or Christine at ext: 273 if you are planning on attending.

Saturday May 30, 2015 9:30am-1pm

## Women's Healing Circle

(16 years+)

#### With



## from Tyendinaga

Register with Christine (273) or Sherry (250) Lunch will be provided

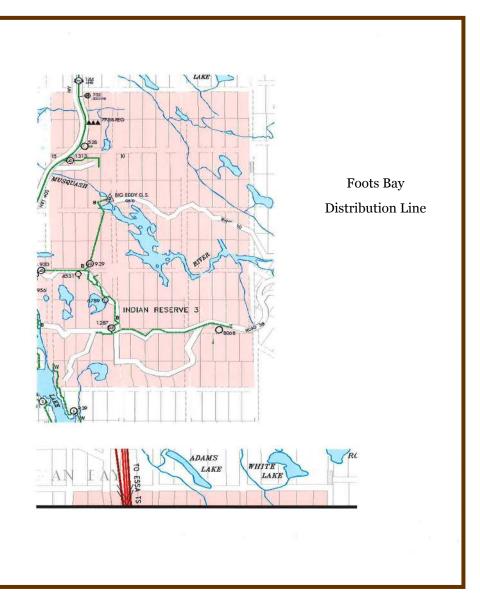
#### **NOTICE**

Hydro One will be clearing trees and limbs from the F1 **Foots Bay Distri**bution Line. The crews will be using ATV's to access the line and will contact any member for permission if access is required. If you have questions please contact; Scott Aubichon at 705-762-2354 Ext 242 or scott.aubichon@wa htamohawks.ca



Senior 2 Bedroom Apartment for Rent Newly Renovated For more information, please contact the office

> at 705-762-2354





#### **Food Handler Course**

We are in the planning stage of offering a Food Handler Course for community and staff, this helps you improve your skills in preparing safe foods.

This course is beneficial to anyone involved in food handling in the food service industry, especially owners, operators and staff of food premises. If you are interested in attending please call Sherry for more information at 705-762-2354

#### **Proposed Relocation of the Cenotaph**

With the planned repurposing of the old administration building as a cultural healing center this spring, Chief and Council have discussed the potential of moving the Cenotaph from that location, to the new administration building at Webster Lake.

The thinking is to bring the annual November 11<sup>th</sup> Remembrance Day ceremony together with the luncheon service now held here. Moving the cenotaph to this site would centralize the event and make it easier for some of the veterans attending. We are of the understanding that relocation of a cenotaph can be done with appropriate ceremony involving the Royal Canadian Legion and should the Wahta membership be supportive of this change in location, then the ceremony and work would be conducted prior to this years' service, which is scheduled to be held here at Wahta.

If you have any comments or concerns regarding this proposed change please let us know by writing or calling this office. We appreciate and respect your input.



#### Wahta Haudenausonee News

#### Language and the cultural teachings in collaboration with Wahta's after school program

The community of Wahta must be aware by now that the Longhouse people have been offering Mohawks language lessons and cultural teachings to the young ones. We meet at the Longhouse every Tuesday after school for an hour and a half. As soon as they arrive at the Longhouse they have their snacks and we let them run around for a bit. We then start the program with the Thanksgiving address in Mohawk. Iohate is usually the person that recites the Thanksgiving address for the young ones, he does the opening and the closing. Nia:wen Kowa Iohate.

#### **Installation of a Cayuga Chief**

The Cayuga nation is getting ready to install a new Chief, this historical event will be held in Ohsweken on May 9th, 2015. Many people are expected to attend.

#### Pot-luck dinner and social dance

This is our twenty seventh year hosting our social gathering. We have them every third Saturday of the month from September to May at the Longhouse. We have one more to host before we close up for the summer. The next social will be May 16th, it is open to everyone.

#### Haudenausonee identification card

Haudenausonee means people of the Longhouse and their extended families. Today the Longhouse people can get their Haudenausonee identification card in most Iroquoian communities. You will need to provide your native name, your clan and your nations clanmother names and the name of the Chief you sit under. The main registration office for the Mohawk nation members is held at Akwesasne Mohawk Nation Office.

#### **Recital of the Great Binding Law of Peace**

The tentative date for the recital of the Great Binding Law of Peace is July 7th, it will be held in Akwesasne. It takes a few days to recite the law and a lot of preparation. It was held by the Onondaga nation last year and the Oneidas held it the year before. Once they confirm the dates we will inform you through the newsletter

#### Wahta Ceromonies

There are three Maple Ceremonies. At the beginning of the season, we celebrate we call the first ceremony "putting the water in trees". Once the sap is running we celebrate the second one, it is called "maple water", the great medicine. We hosted the second ceremony with the children at the Longhouse, they all dressed up for the occasion, after we had a big maple feast. A photo was taken and is on the front page of the newsletter. The third ceremony is called "the closing of the trees and thanking the maples ,food that it gives, and the Creator". This followed by a big maple feast of pancakes, sausage, potatoes, fresh berries, strawberry juice and deserts. All the ceremonies were held at the Longhouse.

If you have any questions I can be reached at 705-762-2385.

That's it for now, the Longhouse people wish everyone Peace, Good Mind, and Strength in Unity.

Submitted by Lucia Sahanatien



#### **EDUCATION NEWSLETTER**

We have received about 40 applications for postsecondary funding for this current year. Applicants will be made aware of their sponsorship in the near future. We have a few students who will graduate later this month from their programs; overall the post secondary program has been very instrumental in assisting our students meet their educational goals.

The eight annual symposium for First Nation, Metis and Inuit Education with the Trillium Lakelands District School Board will be held May 14, 2015. This year the key note speaker is author Richard Wagamese. As in the past, an evening presentation is open to community. A flyer advertising this event will be posted as we receive one. Should anyone be interest in attending and requires transportation please contact Carol to arrange a ride to Bracebridge. (please note that priority will be given to our Elders).

We are excited as we move forward with our cultural healing centre. A project team has been developed and we have met the initial conditions of the Ontario Trillium Foundation, and the grant funding will be received in the very near future. Thank you to those who have indicated an interest in being involved in the advisory committee. You will be notified of a meeting date in the very near future. We look forward to working together to serve the community needs and providing a safe and positive space for all to gather.

## Wahta Nursing Station: Transitioning to a Muskoka Community Health Hub

- As of May 1<sup>st</sup> we will officially be transitioned to Cottage Country Family Health Team (CCFHT). The project will be funded by the Ministry of Health via the Muskoka Community Hub project.
- Salaries, operational funding and governance will be through the Cottage Country Family Health Team. Wahta will share the maintenance costs 50/50 with CCFHT.
- Our new name will be the Muskoka Community Health Hub: Wahta Site.
- Unfortunately we will be saying Goodbye to Dr. Wells as our consulting physician at the end of May and will be working with a physician from the Family Health Team.
- Friday May 8<sup>th</sup> is the Grand Opening 11:00- 1:30, with ribbon cutting at 11:30.

Thank you to the community of Wahta for your support over the last 3 1/2 years. We acknowledge and appreciate the vision from leadership to establish and maintain health services for the community of Wahta.

We thank the Wahta Trust committee for supporting health care by investing in the Resource Centre's renovations to become the Wahta Health Hub.

## The Muskoka Community Health Hub Wahta Site is...

(Formally known as the Wahta Nursing Station)

RE-FRESHED RE-NEWED RE-VEALED

# GRAND [RE-] OPENING

FRI | MAY 8<sup>th</sup> | 11:00

Join us to tour + celebrate our newly renovated facility at 2350 Muskoka Rd. 38.

705-762-1274

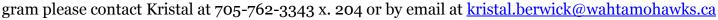
# Are you a resident on reserve receiving SNOW REMOVAL, LAWN MAINTENANCE OR HOMEMAKERS SERVICES?

If so, please join Amy and Kristal for a luncheon and information session regarding the changes to these programs. Everyone must now complete an application and meet the requirements to be eligible for any of the above services. On May 20<sup>th</sup>, please bring your questions and concerns. Lunch will be served at 12:00 pm followed by the info session. Please let sign up with either Amy or Kristal by May 15<sup>th</sup>, 2015

### **Kagita Mikam Employment & Training**

Intake applications are ongoing for Kagita Mikam Employment & Training Programs. If you are unemployed, underemployed or out of school and would like to receive training to get back into the workforce then support is available upon meeting the criteria and funding availability.

Programs available through Kagita Mikam are: Purchase of Training, Targeted Wage Subsidy, Mobility Assistance, Youth Work Experience, Employment Assistance Supports and Self Employment Assistance. Funding for training is for 1 year only. Members of Wahta Mohawks without status are eligible for funding. A Letter from Wahta Mohawks stating that you have membership must be provided. Members with status must provide status number and membership letter. For more information on the pro-





#### Congratulations

to

Bekki DeCaire, Dahlia Sahanatien
And Kara Wanoth-Mee
These ladies successfully completed
the course requirements in the
Aboriginal Entrepreneurship Training
Program

#### Wahta Mohawk Membership Consultation Plan

Thank you to everyone that have submitted their ballot, the draw will be held on May 6th, the winning number will be posted in the next newsletter, it will be required that you provide the corresponding winning number that is announced from the draw.

#### SUMMER STUDENT EMPLOYMENT

The Employment office has applied for funding through AANDC and Kagita Mikam. Eligible applicants must be an Aboriginal (must have status card number, be a member and living on the reserve) secondary or post-secondary student, age 15 -30 who was in school full time prior to the summer employment and will return to school in the fall of 2015. We are looking for students to work at the Iroquois Tea House, Agricultural Labourer at ICG and Wahta Mohawks Maintenance. Please give your resume to Kristal by June 5<sup>th</sup> 2015.



#### Recognition of Rights

As an Indigenous person your Nation has reserved for its citizens the right to cross the border. This inherent right has been affirmed by settler governments not only by the Jay Treaty, but by section 35 of the Constitution Act, 1982, and by Article 36 of the United Nations Declaration on the rights of Indigenous Peoples.

For more information on Rights at the Border please stop by the office to pick up a pamphlet.

#### Parry Sound Health Centre First Nations & Inuit Health Branch



#### WAHTA MOHAWKS COMMUNITY VISIT DATES

FRIDAY MAY  $8^{TH}$  – GRAND OPENING, MUSKOKA COMMUNITY HEALTH HUB, WAHTA SITE.

WEDNESDAY MAY 13TH - B\P CLINIC

WEDNESDAY MAY  $27^{TH}$  – CHAIR EXERCISES AND LUNCH ED. 10:30AM

#### REMINDER: EXPIRED MEDICATIONS

IT IS TIME TO DISPOSE OF OLD OR UNUSED MEDICATIONS.

MEDICATIONS ARE A HAZARDOUS WASTE, AND SHOULD <u>NOT</u> BE
THROWN IN THE GARBAGE OR FLUSHED DOWN THE TOILET.

WHAT MEDICATIONS SHOULD BE DISPOSED OF?

- PILLS, OINTMENTS, LIQUIDS, PRESCRIPTIONS, VITAMINS, HERBALS, AND OVER THE COUNTER MEDICATIONS.
- MEDICATIONS THAT ARE PAST THE EXPIRY
  DATE
- MEDICATIONS THAT YOU NO LONGER TAKE OR "LEFT OVER"

MEDICATION DISPOSAL BAGS ARE AVAILABLE AT THE FOLLOWING LOCATIONS:

- PARRY SOUND HEALTH CENTRE CHN
  - VARIOUS PHARMACIES
- VARIOUS DOCTORS OFFICES

ONCE YOU HAVE SORTED OUT YOUR MEDICATIONS AND PLACED THEM IN THE MEDICATION DISPOSAL BAG, YOU CAN TAKE THEM TO THE PHARMACY FOR DISPOSAL, BRING THEM IN TO OUR OFFICE AT 74 JAMES STREET, IN PARRY SOUND OR CALL OUR OFFICE (705-746-5807) AND HAVE THE COMMUNITY HEALTH NURSE PICK UP THE MEDICATION DISPOSAL BAG.

**NOTE:** PERSONAL INFORMATION \ LABELS ARE REMOVED BY PSHC STAFF BEFORE THE DISPOSAL OF THE MEDICATIONS IS DONE.

## Community Rummage Sale

and

Silent Auction

at

The Old Hall

Friday, May 15th, 10 am—1 pm

Saturday, May 16th, 10 am—2 pm

If you would like space to bring your own rum—

mage sale items or for more information please contact Colleen ext. 241 or Amy ext. 240

#### **Chief and Council**

Phillip Franks	Chief	705-528-9468
Lawrence Schell	Councilor	705-644-3001
Mike DeCaire	Councilor	705-644-3384
Teresa Greasley	Councilor	705-644-9934
Stuart Lane	Councilor	705-641-1548

## **Administration 705-762-2354**

Karen Commandant	Senior Administrator	Ext. 231
Scott Aubichon	Lands and Resources Coordinator	Ext. 242
Kristal Berwick	Employment/SS Administrator	Ext. 230
Sherry Byrne	Health Services	Ext. 250
Christine Cox	Health Services Family Violence	Ext. 273
Amy Davidson	Health Services Assistant	Ext. 240
Lance DeCaire	Economic Development Officer	Ext. 224
Allan Farrell	Properties Manager	Ext. 244
Carol Holmes	Education Services	Ext. 233
Alice Murphy	Finance Officer	Ext. 245
Colleen Mendes	AHWS/NCWPW	Ext. 241
Kim North	Finance Clerk	Ext. 237
Karen Sahanatien	Lands and Housing Clerk	Ext. 222
Martie Stanton	Executive Assistant/Human Resources	Ext. 272



Please.....

Please advise Wahta Mohawks of any change in address as soon as possible so we can continue to serve you.