

# ORIHWASE'SHÓN:'A NE WAHTA RONTENRO RAOTIRIHWÁ:KE



**SESKEHA - AUGUST  
(TIME OF FRESHNESS)**

## *IN THIS ISSUE*

- ◆ CALENDER OF EVENTS
- ◆ CHIEF AND COUNCIL
- ◆ HEALTH SERVICES
- ◆ CULTURAL HEALING CENTRE
- ◆ EMPLOYMENT & TRAINING
- ◆ NOTICES & FYI
- ◆ CONTACTS

# AUGUST 2016

**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

	1 Civic Holiday Administration Building is closed	2 Pole Walking (AB) 9am– 10am	3 Baby Play (CHC) 9:30-11:30	4 Pole Walking (AB) 9am– 10am	5	6 Community Unity Adults 10 am
7 Community Unity Off Community 10 am & In Community 2pm	8 Traditional Kids Camp (Longhouse) -> Baby Play (AB) 9:30-11:30 Yoga (CHC) 7-8pm	9 Pole Walking (AB) 9am– 10am St. Jacobs (AB) Bus leaves at 7:30 Drum Group (CHC) 6:30-8pm	10 Foot Care Baby Play (CHC) 9:30-11:30	11 Pole Walking (AB) 9am– 10am Community Shopping 9am pick up	12	13 Woodland Cultural Centre Bus leaves at 8am
14	15 Language/Culture Camp (CHC) -> Baby Play (AB) 9:30-11:30 Yoga (CHC) 7-8pm YWALK (AB) 9am	16 Pole Walking (AB) 9am– 10am	17 Baby Play (CHC) 9:30-11:30 Gravenhurst Market (AB) Bus leaves at 8:30	18 Pole Walking (AB) 9am– 10am Community Unity Youth 5:30 Mindfulness (CHC) 6:30-8pm	19 Real School (CHC) 9am-3pm	20 Real School (CHC) 9am-3pm
21 Real School (CHC) 9am-3pm	22 Language/Culture Camp (CHC) -> Baby Play (AB) 9:30-11:30 Blueberry Picking (AB) Bus leaves 8:30 Book Club (AB) 4:30– 5:30	23 Pole Walking (AB) 9am– 10am Elders & Children (CHC) Baking 9-10:30	24 Baby Play (CHC) 9:30-11:30 Diabetes Club (AB) 10am– 12pm	25 Pole Walking (AB) 9am– 10am Mindfulness (CHC) 6:30-8pm	26	27 Wellness Series (CHC) 9am-4pm
28	29 Baby Play (AB) 9:30-11:30 AIAI Elders Gathering Bus leaves at 10am to Delaware Nation Yoga (CHC) 7-8pm	30 Pole Walking (AB) 9am– 10am AIAI Elders Gathering Community Meeting (AB) 7pm	31 Baby Play (CHC) 9:30-11:30 AIAI Elders Gathering			

**Administration Building – AB**

**Cultural Healing Centre – CHC**

## *From the Desk of the Chief*

The Assembly of First Nations Annual General meeting occurred mid-July, many of you probably saw the media coverage. I attended the three day event in order to get a general sense of what is happening across this country from delegates first hand. The theme of the Assembly was Gaining Momentum, gaining momentum in government to government relations, more so since the Trudeau government has become the majority leaders in Canada's government.

There was an air of optimism among the Chiefs and Council members at the Assembly, heightened by the presence of key Ministers from Indigenous Affairs, Environment, Health, Justice and the Attorney General. The government's position is that they are open to better relationships with First Nations than the last government committed to improve the lives of First Nations people especially on housing and water, economy, and health. They are saying, they are aware of the issues, and welcome participation from First Nations to come up with solutions. What this means is we as First Nation communities, more than ever have to work hard to build our capacities and know where we want to go as a First Nation. We need to work hard to identify how we will be defined in the future, and what we will leave for future generations. First Nation Youth at the Assembly, especially noticed the Attawapiskat youth walkers who tread nine hundred kilometers to be at this event in Niagara Falls. Their message was that they took action to do the long walk to bring awareness about living conditions and youth suicide, they expect now the Chiefs and Councils also to take action to help improve their lives.

Back in the Spring Council endorsed two initiatives with the community and within the total membership. One is the membership review being carried out by Three Bear Consulting. This will examine the current Citizenship Code that we employ and whether that can be improved. There will be discussions about the possibility of using other forms of defining a Wahta Mohawk citizenship registry. This will be a chance to be involved as members, and for many a chance to learn more about Wahta issues. Please join in the conversation.

The other initiative going on is the beginning of gathering voices from across the community and across the total membership on how we can unify and work together to become stronger, while having differences of opinion. This comes about from the discord that has always been present, mostly centered on Indian Act electoral system. Dr. Ed Connors and Kevin Deer are spearheading this process that is member owned and not directed by Council and Administration. Again please become involved when the opportunity arises, whether you are off or on the territory. The Administration role in this will be to provide support communications thru this newsletter or the internet.

Most recently we held our General meeting for Wahta members. One item was the presentation of our annual audit by KPMG. The results are that our accounting had no problems or issues, we are financially sound, and management is working well. The audit will be submitted as an unqualified audit to the funding agencies involved with us. Thanks to all in the finance department who work hard to complete this on time.

*Continued.....*

Iroquois Cranberry Growers was also on the agenda and we discussed the future of this enterprise. The result was that we will host an open forum on the business, likely in September to have further members' consultation on ICG. It is very important you join this process as the future of ICG is a decision of the entire membership.

The Wahta Community Trust also presented and provided a report on expenditures, and the type of policy work and trust agreement review work that is going on. The Trust investment representative from the bank also gave a report on how the investments are going.

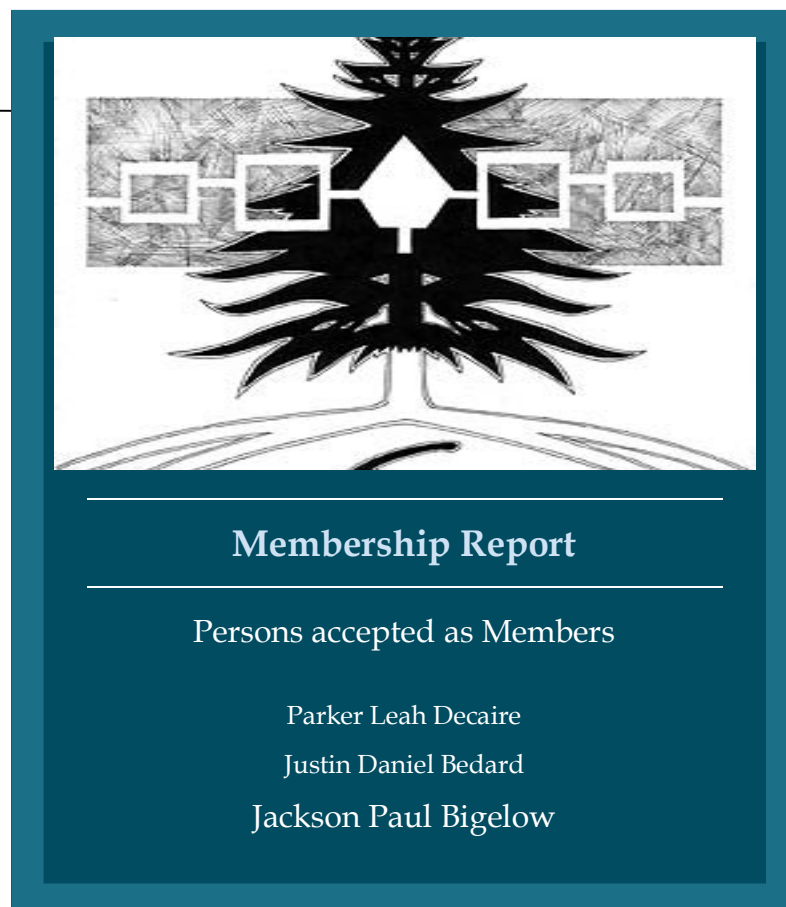
There was a short presentation on the First Nation Market Housing fund that Council has signed on to. The Credit Enhancement portion of this will allow members to access better guaranteed mortgages and not restrict them to borrowing for new structures only, but be able to renovate an existing home, or purchase an existing home from another member of Wahta in the community.

Wahta is involved in an energy audit program. There was a presentation from the engineering firm hired to do this work. They gave an update, and also spoke on the many ways people can lower their energy costs in their own homes. A part of that program will be to do audits of any willing person's house to give individual specific advice on saving energy.

Once again if there are any questions please don't hesitate to ask for more detail. Hoping everyone enjoys and has a safe rest of summer.

Niá:wen kó:wa

Chief Philip Franks



# COMMUNITY UNITY

To Wahta Community Members and Relations,

We have recently begun to discuss a proposed community development/ peacemaking process with Wahta community members and their partners. If you haven't received a copy you can read the proposal on the Wahta website [www.wahtamohawks.com](http://www.wahtamohawks.com) or pick one up at the Administration office. In an effort to ensure that we extend invitations to participate to as many people as possible we are holding 4 more opening meetings to people we have not heard from yet.

On behalf of the membership we are working to establish a peaceful, healthy, and united community, and we are inviting you to participate in one of four focus groups: youth 10-25, adults from 26-54, members and partners living off territory, and nonmembers (and partners) living on territory.

What's happening? First we would like to know what you believe are the issues that are keeping your community members from working together in a united way? We would also like to know what you would like to see happen to improve relationships?

We look forward to meeting you during our sessions at the Wahta Cultural Center.

**Saturday, August 6th**      10 am -Adults 26-54,

**Sunday, August 7th**      10 am -Members and Partners living off community,  
2 pm -Nonmembers living in community.

**Thursday, August 18th**    5:30 pm -Youth night

Niawen ko:wa for your participation on behalf of your community.

Kevin and Ed



# WHAT'S HAPPENING IN AUGUST



## Foot Care

Wed. August 10th

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## Baby Play

Every Monday at the  
Admin Building  
9:30 am – 11:30 am  
and  
Wednesday s at the  
Admin Building  
9:30 am – 11:30 am  
Please contact Colleen  
at  
705-762-2354 ext. 241

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## Come Out and Join In !!!

Pole Walking  
Every Tuesday  
&  
Thursday  
9:00 am – 10:00 am

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## Community Shopping

Thursday,  
Aug. 11th,  
9:00 am pick up  
to Midland  
Please contact  
Christine at  
705-762-2354 ext. 273  
Or  
Sherry ext. 250

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## Blueberry Picking

Bus leaves Administration  
building at 8:30  
Monday August 22  
Lunch at participants own  
cost  
Contact Sherry or Christine

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## Gravenhurst Farmers Market

Leaving 8:30am  
Wednesday, August 17  
Contact Christine or  
Sherry

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## Diabetes Club

Wednesday, Aug. 24th, at the  
Admin Building  
10am-12pm  
Contact Christine ext. 273 or  
Sherry ext. 250

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## Book Club

Monday, August 22<sup>nd</sup>  
4:30-5:30 (book is Indian Horse by  
Richard Wagamese stop by the office  
to pick up a book if interested)  
Next book is "I am Woman" by Lee  
Maracle who will be joining us for  
an author dinner on the 19<sup>th</sup> of Sep-  
tember.

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## St. Jacob's

Tuesday August 9th  
7:30 am departure from  
the administration  
building  
Please contact Sherry or  
Colleen

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## Chair Exercise

Tues. August 23rd  
10:30 am - 1 pm  
at the  
Admin Building  
Contact Christine at  
705-762-2354 ext. 273

## ELDERS AND CHILDREN BAKING

Tuesday August 23 Cultural Center

9-10:30

As part of the Healthy Kids Strategy (2013) and Poverty Reduction Strategy (2014) there was an opportunity for Wahta to provide a provincially funded cost shared Student Nutrition Program. It began January 2016 as a grab and go for the applicable children, September 2016 will see the continuation of this program as the children head back to school. As part of this program we included a core activity that the children and the elders of our community would bake together. If you are interested in being one of those elders please contact Christine or Sherry. We will be having the children participate via the summer program.

## ENGAGING WAHTA'S CHILDREN,

## CREATING POSITIVE CHANGE

## SUMMER LANGUAGE AND CULTURE CAMP

**WHEN:** Monday July 11, 2016 from 8:30am – 4:00pm Monday – Thursday  
8:30am – 1:00pm on Fridays

**WHERE:** Cultural Healing Centre

This language and culture camp will run Monday to Friday.

Activities to include but not limited to;

Language, Culture, Arts & Crafts, Play, Traditional Foods, Gardening

**WHO:** School aged children, Mom/Dads with babies and tots, Students that require volunteer hours, and Elders.

**WHY:** Language and Culture is integral to who we are and we believe if we give our children enough exposure, they will learn it, and continue speaking and teaching the future children in our community.

For more information or contact Colleen at ext. 241

# CULTURAL HEALING CENTRE

August 2016

## MINDFULNESS FOR EVERYDAY LIFE IS A PROGRAM

to practice compassionate ways of being aware and responding to the body, diverse emotions, and community/life challenges based on group guided meditation and gentle stretching. The program is led by Laura Dursley Mindfulness Coach and is held at the cultural healing centre. The program will run each Thursday from August 18, 25, September 8, 15, 22, 29 and October 6. One Saturday from 10-3 will be designated for a "mindful retreat". (The date will be determined). The program will begin at 6:30 and conclude at 8:00 p.m. Please register your attendance with Carol Holmes by August 8.. The fees for this program are supported by our Health Services budgets.

The summer language camp began in July and we are very pleased with the level of programming offered. The program staff and Meagan General provide cultural teachings and language delivered through music art and play. Our summer students Brooke Temple and Alicia Mendes provide hands on support to this program. The camp is geared to school aged children and those entering kindergarten in the fall. Preschool children are welcomed to attend with a parent or guardian. The children attending are having a great summer being together and enjoying the programming offered.



*There will be a rotation of committee members on September. We require two replacements to fill those seats.*

*If interested please contact Carol Holmes, Committee Chair.*



**An invitation to all women in the community.....** September 20 at 6:00 come join us for some food and conversation with **Lee Maracle**. We look forward to an evening of friendship as we connect with one another to discuss our responsibilities as women. All women are encouraged to attend to create a strong union with one another despite our cultural, spiritual, social or political differences. Please contact Carol Holmes at 705-762-2354 x 233 if you plan to attend by September 9 to plan adequately for food.

**Yoga** continues at the cultural healing centre Monday nights from 7:00-8:00 all are welcome – no experience necessary. Mats, bolsters, blocks and straps are available. Please dress appropriately.....and stretch your self!



## TEACHINGS FROM THE LONGHOUSE

Teachings From the Longhouse – change of date (due to a scheduling conflict) we will begin the teaching series in September rather than August – sorry for any Inconvenience.

**Creation Story – September 24, 2016 10:00 am**  
**Cultural Healing Centre**

**Origins of the Clans October 22, 2016 10:00**  
**Cultural Healing Centre**



### **Women's Drum Group**

Tuesday, August 9th  
6:30-8  
at the

**Cultural Center**

Everyone Welcome!!

(experienced or newcomer)

Contact Christine (273) or Sherry (250)

\*please note a drum is not required to participate...if you have a rattle bring it...if you don't just bring yourself \*

FUTURE DATES:

Tuesday, August 9

Tuesday, September 13

Tuesday, October 11

Tuesday, November 8

December off...

**ARTISTS....** We are looking for talented artists to produce visual teaching aids on canvas to be used as traditional teaching tools at the cultural centre. If you have a talent and would like more information about this opportunity please contact Carol Holmes at 705-762-2354 x 233.

# CANADIAN FIREARMS SAFETY COURSE



A Possession and Acquisition Licence (PAL) is your authorization to possess and register a firearm and to obtain ammunition. The Canadian Firearms Safety Course will be held at the Culture and Healing Centre on September 16 & 17, 2016. Course will run from 6:00 pm to 10:00 pm on the Friday and 8:00 am to 4:30 pm on the Saturday. **Space is limited. You must contact Kristal (705-762-2354 ext.230) to register for the course by August 26, 2016.** The course is available to those that are 12 years of age and older.

## TRADITIONAL KIDS CAMP 2016

Summer Camp will be held at the Longhouse with Terry & Lucia Sahanatien from August 8-11 from 8:30 am to 4:00 pm. Please drop your children off and pick them up at the Longhouse. Children will need to bring a swimsuit, towel, life jacket and a sweater in case it is cool. Lunch, snacks and drinks will be provided each day. Contact Kristal at 705-762-2354 ext.230 so she knows how many children will be attending.

**PLEASE NOTE**, children will return to the Culture Centre on Friday.



## Save the Dates for August 2016

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**Woodland Cultural Centre, Brantford Ontario - Saturday August 13, 2016**

**Depart @ 8:00am from Administration Office - Please RSVP All community welcome!**

**Guided Residential School Tour-** The tour we will be attending is the former Mohawk Institute Residential School that will give the history of the School from when it opened in 1981 until it closed in 1970. The tour guide will also share some stories, and guests will get to see the different rooms, the girls' and boys' dorms, the third floor, cafeteria, and various rooms in the basement. This will be a great time for our Youth and Young adults to get an idea of the history of residential schools. It will also be a time for us to reflect on our ancestors and their hardships that they encountered. There will also be a chance after the tour to attend another workshop and/or participate in traditional crafts.

**Young Adult/Community Engagement Night, Cultural Centre- Thursday August 18, 2016**

**Dinner @5:30pm, Cultural Centre- Please RSVP All community welcome!**

**What is Mindfulness?** Mindfulness is simply about being mindful of what you're thinking and deciding where you choose to focus your attention. Ideally, one would choose to focus his or her attention towards compassion, loving-kindness, and optimism. Mindfulness is about deciding to look on the bright side and deciding to be kind to yourself and others. That's it. Come out for an evening of relaxation, and take away some knowledge and tools to use in your everyday life to cope with any stress or negativity you have been encountering.

**Youth Engagement Weekend- R.E.A.L. School, Cultural Centre- August 19, 20, 21 2016. (Friday-Sunday)**

**Start time: 9:00am-3:00pm Lunch/Snacks Provided- All Community welcome!- PROUD TO BE Apparel will be purchased so RSVP is needed**

**R.E.A.L. School-** We have the opportunity to have R.E.A.L. School return to Wahta again to work with our Youth as well as anyone in the community who would like to come out and have fun! The purpose of the **R.E.A.L. School: Leadership Development** program is expressed in their slogan, **"Get REAL and BEcome the LEADER in your Life!"** Aimed at helping as many people as possible explore what it means to create a life based on the powerful expression of authenticity rooted in the truth of who you really are! The laughter will be heard throughout the community, and the fun filled relationships and connections will be seen! Come be a part of a fun filled weekend!

## Wahta Mohawks Annual Bass Derby and Picnic

Saturday July 30<sup>th</sup>, 2016

8am at Webster Lake



After fishing come over to the new cultural centre where we'll have a delicious lunch, then baseball and horseshoes.

**Prizes and giveaways!**  
Everyone welcomed, hope to see you there!



Find us on:  
**facebook®**

Wahta Mohawks has a new Facebook page!

Check out our Facebook page for regular council and community updates at [facebook.com/wahtamohawksCouncil](https://facebook.com/wahtamohawksCouncil)



# Wahta Mohawks Presents

A Wellness Series

Our Hearts Begin To Beat As One

Brian Slegers and Dr. Kevin Fitzmaurice

Saturday, August 27th

9-4

Cultural Healing Center

Lunch Provided

Wahta Mohawks has proudly supported 12 Annual Conferences that provided a series of topics for personal, family and community growth.

Last Conference was "The Journey Begins"

So Let's Get Started!

*Registration and Attendance is required for 2 out of 3 in order to register for the January Conference*

August 27th 2016

October 1st, 2016

November 5th, 2016

January 27, 28, 29, 2017

Register with Sherry (250), Colleen Mendes (241) or Christine Cox (273)

Children are welcome

This is the opportunity for those who have a vested interest in the health of our community

This Is the Journey

## Youth Engagement- June: Teaching/Movie Night “Club Native”

The Youth and Young Adults got together on June 23rd and started the evening off with a teaching from Kristal Berwick. Medicines were discussed and how to incorporate them into our everyday life. The youth had a chance to listen to the Thanksgiving Address and give thanks for the day around a fire.

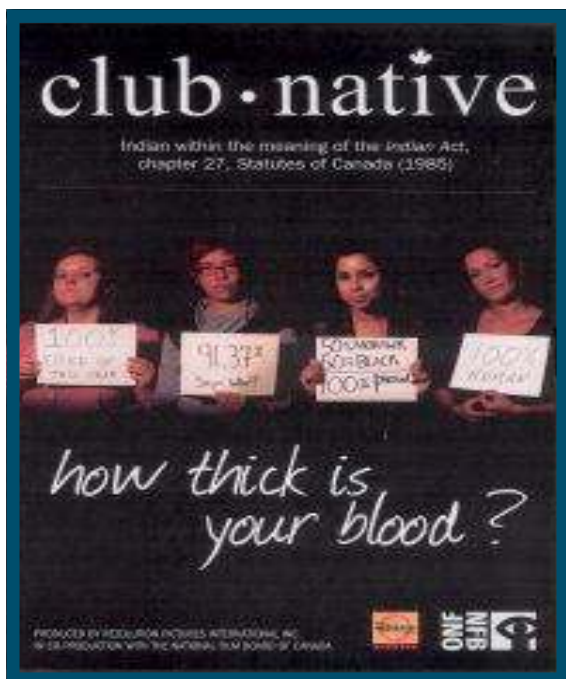
Afterwards we had dinner and a movie, we watched the documentary “Club Native”, starring Waneek Horn-Miller. This movie was focused around the topic of what it means to be “Indian within the meaning of the Indian Act, chapter 27, Statutes of Canada (1985)?”



The four women on the front cover of this NFB production offer four different answers. “Waneek Horn-Miller, former Olympic athlete, is proudly Mohawk; she holds a placard stating that she is 100% human.” Lauren Jiles, an articulate young performance arts student, is “50% Mohawk, 50%

Black, and 100% proud.” Tiffany Deer, sister of Tracey Deer, the maker of the film, is 91.37% Mohawk, but then asks “Says who!?” And Sharon Schurman, blond, blue-eyed, the daughter of a Mohawk mother and “regular Canadian guy” is “100% tired of this crap”; she says apparently, somewhere, there’s a government document indicating that she is only 37% Mohawk.

This movie was a great way to introduce the concept of Blood Quantum to those present and the effects it could have for them and their family now and seven generations from now. It was also a great introduction of Waneek Horn-Miller who will be engaging in our community in the coming months with the potential creation of a new Wahta Mohawk Citizenship Code.



## AFN Youth Summit Update

On June 8, 2016 the members of the Assembly of First Nations (AFN) Youth Council gathered in Ottawa for a Roundtable discussion with the Minister of Health, Jane Philpott to communicate the youth's hopes, ideas, and aspirations for promoting life and reducing risks of suicide amongst First Nation children and Youth. Later at the Youth Summit on July 10 the AFN Youth Council facilitated a discussion about the steps they took to get to the Roundtable, and shared the "Calls of Action" on Life Promotion with the youth and took our feedback, recommendations and validation.



Some youth from Wahta had the amazing opportunity to be a part of this process. They were able to participate and make recommendations on the "Calls of Actions" that were then presented to the AFN General Assembly later that week.

The National First Nations Youth Summit (AFN) on Wellness held the themed conference called "Descended from Strength" which took place in Niagara Falls, ON July 10, 2016.

More than 200 First Nation youth attended this year's Youth Summit and the aim was to generate discussion around mental wellness. It is recognized that in First Nation communities across Canada issues of health, mental wellness, and suicide are an increasing concern facing First Nation Youth. These issues often create barriers for youth in their pursuit of physical and mental wellness on an individual, family, and community level. The voices and actions of young people can have an amazing influence in making changes in health systems that impact First Nation youth across Canada.



This summit allowed youth to listen to the issues and share their perspectives and approaches to address the issues of mental wellness, suicide, attitudes towards mental health, and mental health service delivery.

The Youth were given an opportunity to have a voice and not just give recommendations but provide solutions to the Health Minister with hopes of being heard. The experience was amazing and the youth from Wahta that attended had a great time being part of such a youth led movement for the generations to come.

One moment that will be remembered by all of us is seeing the Youth from Attawapiskat at the Youth Summit. They had participated in a ceremonial "Youth Walk of Hope", trekking more than 950 km across Ontario

(Cochrane, ON to Niagara Falls, ON) to raise awareness on the suicide pandemic affecting First Nation Youth around the country. Their words and journey was such an inspiration to everyone at the Summit and we will be seeing more youth inspired movements in the near future because of it.



*Continued.....*





Thank you Chief and Council for this wonderful opportunity for our Youth! And we look forward to making a small presentation to update everyone on these "Calls of Action" and what the youth from all over Canada have been up to.

## Youth Engagement- July: R.E.A.L. School came to Wahta!

We had the opportunity to have R.E.A.L. school come to Wahta at our last Youth Night in July. It was an opportunity for the youth to get an idea of



what R.E.A.L. school is about and what they will be doing with them in August. The purpose of R.E.A.L. school is leadership development and help as many people as possible explore what it means to "create a life based on the powerful expression of authenticity rooted in the truth of who you really are!" Youth had a great time participating in multiple activities where they were challenged to express who and what they are about.



R.E.A.L. School is coming back to Wahta for a weekend event! The smiles and laughter will be seen and heard, please join us

and come out and be a part of the fun!

Who: Everyone Welcome! Not just for Youth!

When: August 19,20,21 (Friday-Sunday)

Time: 9:00am- 3:00pm

Where: Cultural Centre



Please RSVP to Kara 705-762-2354 ext 227 [kara.wanothmee@wahtamohawks.ca](mailto:kara.wanothmee@wahtamohawks.ca)



## **New Ontario Electricity Support Program**

*There's help for low-income households*

If you are a customer of an electricity utility and in a lower-income home, you may qualify for a reduction on your electricity bill through the Ontario Electricity Support Program. On July 23, a member of the Ontario Welfare Administrators' Association will be assisting members with the application. What you will need to bring: If you have filed your taxes for the past two years, please bring your Social Insurance Number and if you have anyone living in your household that is 18-74 years of age, you will need to bring their Social Insurance number with you also, your most current utility bill. If you have not submitted your taxes in the past two years: You will need to bring all of the above along with documentation of your income for yourself and each person between 18-74 years of age with you. You must make an appointment as it is an individual process. Please give me a call to set up a time. Kristal 705-762-2354 ext. 230



**SAVE THE  
DATE!**

Important consultations are underway this year at Wahta, please join in the meetings and watch the newsletter and website for updates regarding MRP. Electoral Regulations and the Membership Code.

### **Membership Consultation Meetings**

- ◆ October 29th, 2016 General Meeting
- ◆ January 28th, 2017 General Meeting

\* Regular Council Meetings are held the last Tuesday of each month at 7pm\*

The Wahta United Church is pleased to welcome our new pastor,

Derek Parenteau to our community.

Please come out to meet Derek at our "Faith Circles" that are being held every Tuesday at 1:00pm in the church basement.

If you would like visitation, please contact Derek at 705-346-7858



**Do you have any Questions, Comments or Suggestions for us?**

Your comments and suggestions are welcome and will assist us in continuously improving our community. We appreciate your input!

Please send a detailed email to: [comments@wahtamohawks.ca](mailto:comments@wahtamohawks.ca)

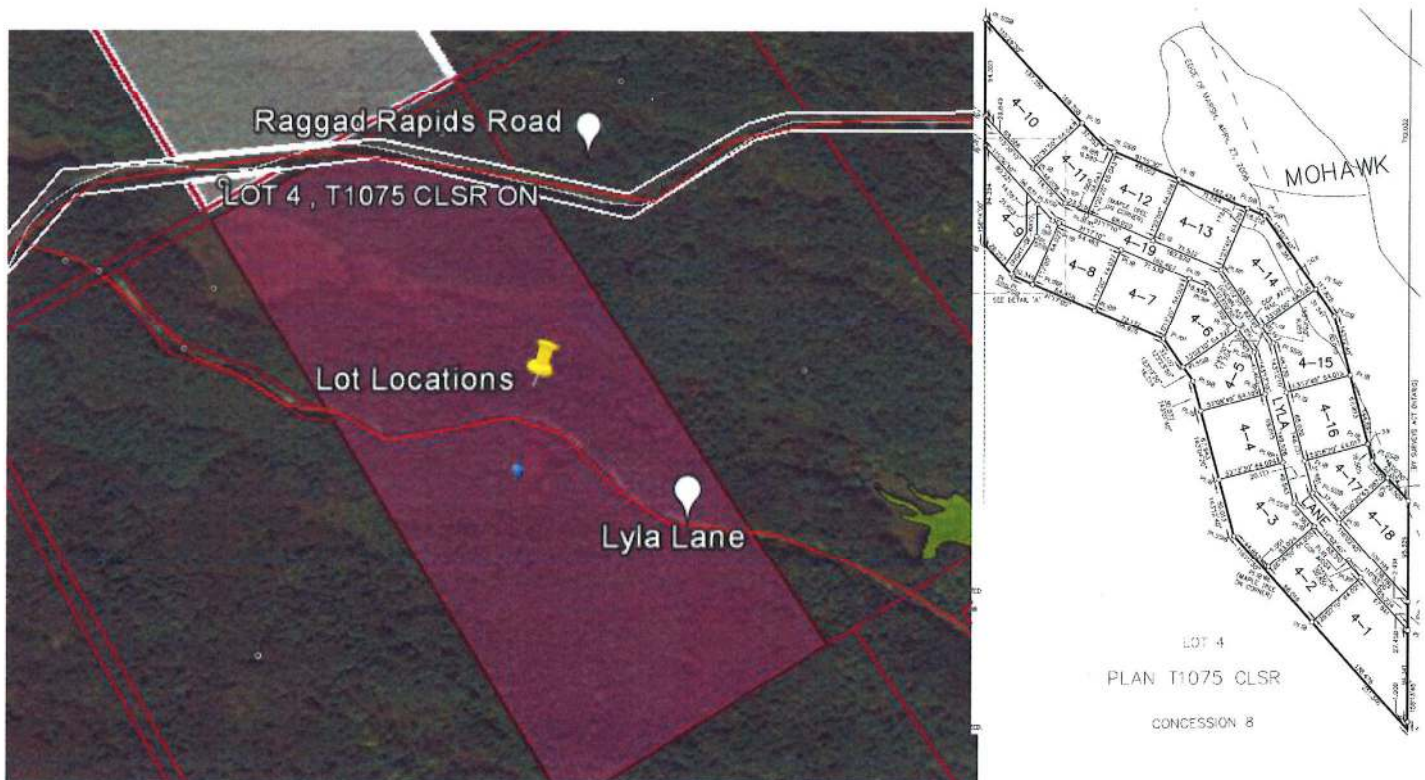
# New Land Lots For Sale - Update

Chief and Council are pleased to announce that Development #1 on Lyla Lane has been completed for land lottery assignment and sale.

Council has also identified future development lots #2 and #3 that funding has been applied for through First Nation Market Housing Fund and/or AANDC. These development lots require a housing development plan that includes but not limited to surveying, water, sewer and hydro. Development #1 (Lyla Lane) is the first land lot ready in 2016 as approved by AANDC. Other development lots will follow in 2017 - 2020 in conjunction with the 2016 - 2020 Strategic Plan as the process continues..

The lots available now are located on Lyla Lane (see map) and are back lots (not river front lots, there is also no designated access to the Musquash river). These lots will be assigned through a lottery for all interested members that enter their name (must be 18 years of age or over).

The cost of each land plot is \$2000. Lot sizes range from 0.7 acres to 2 acres.

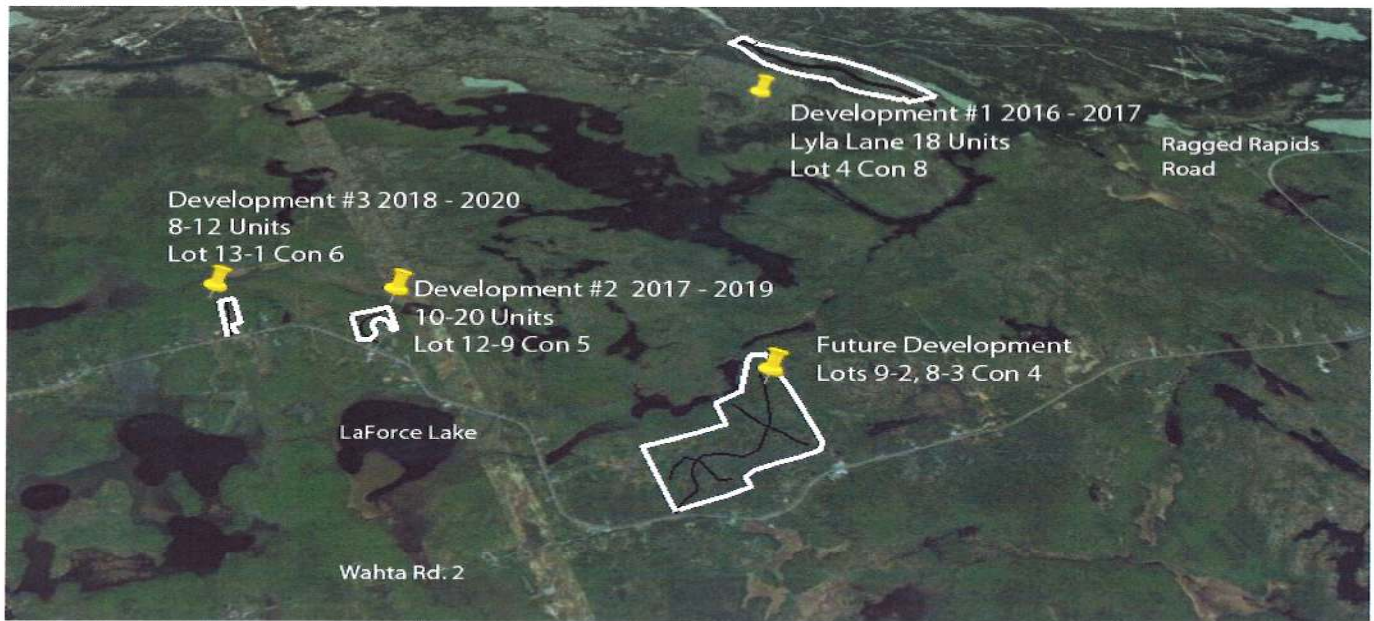


## Development #1 Completed - Lyla Lane

We want to give everyone ample time to consider this opportunity, all members are welcome to enter into the lottery, all names will be drawn and assigned a number, there are 18 lots available. The lottery draw and sale will take place this fall. Watch the newsletter and website for monthly updates on this development. If you would like to enter your name into the lottery or have any questions, email Lands Coordinator Scott Aubichon at [scott.aubichon@wahtamohawks.ca](mailto:scott.aubichon@wahtamohawks.ca)



## Future Development Lots



### 2<sup>nd</sup> ANNUAL "YWalk4Women&Girls"

#### CONNECTING MUSKOKA IN SUPPORT OF GIRLS MENTAL HEALTH

**Be a part of the "YWalk4Women&Girls" AND be  
a champion FOR positive change**

The 2<sup>nd</sup> Annual "YWalk4Women&Girls" will begin Monday, **August 8th, 2016 in Dwight** walking **north to south** this time, following a route that will connect Lake of Bays, Huntsville, Muskoka Lakes, Bracebridge, Gravenhurst, Wahta and Georgian Bay Township. Walking on consecutive days, we hope to complete the 2<sup>nd</sup> Annual YWALK in Port Severn nine days later on **Tuesday, August 16th**. *You* can join "YWalk"! The time and location of each day's start will be posted along with photos and facts of the day that you can share with your friends and family.

**YWalk** raises awareness of the lives of women and girls in Muskoka by TWEETING daily facts; connects Muskoka's communities in a common purpose and raises funds so that YWCA Muskoka can

continue to serve over **1,600** people in **44** different locations throughout Muskoka whose lives are affected by domestic abuse, unemployment, lack of housing, transportation and poverty.

**YOU** are invited to be part of this exciting Muskoka-wide trek by sponsoring "YWalk4Women&Girls", walking **AND** forwarding this message to at least one other friend, telling them you are a supporter and inviting them to join you (The more the merrier!).

The total fundraising goal is \$10,000 or 200 people at \$50 each. *Everyone can participate!*

Click on this link <http://www.ywcamuskoka.com/ywalk> to donate or call YWCA Muskoka at 705-645-9827. Tax receipts will automatically be issued for donations of \$20 or more. Be a CHAMPION of positive change for women & girls! Follow us on TWITTER @ywalk (#ywalk), FACEBOOK and YWCA Muskoka's website ([WWW.YWCAMuskoka.com](http://WWW.YWCAMuskoka.com)).

**YOU can make a difference!**

The Wahta Mohawks Community was invited to participate in the 2nd annual walk on August 15th at 9:am. We will be joining Beth Ward at the Administration Building .

A lunch will be provided after the walk

*Sponsor sheets are available at the Administration Building*

## Wahta Housing Funding

Funds are available to Wahta Mohawk status members who wish to construct or purchase a home.

### Funding Criteria:

- ♦ home must be located on Wahta Territory
- ♦ the member must own the land where they plan to build
- ♦ cannot be in financial arrears with the Wahta Mohawks
  - ♦ cannot own a home on or off reserve
- ♦ maximum allowable assistance is \$26,300.00 for house construction/purchase and \$15,000.00 for well/sanitation
- ♦ funds required to complete the home, over and above the subsidy amount must be identified prior to approval
  - ♦ inspections are required at each stage of the build
- ♦ the sale or rent of the subsidized home is prohibited within the first five years

## Canada Mortgage and Housing Corporation Funding

Housing funds are available through CMHC. There are several programs available such as residential rehabilitation assistance program (RRAP), home adaptation for senior's independence (HASI) and emergency repair program (ERP).

For the RRAP program it must be a health or safety issue in the home. HASI is for seniors for items such as a ramp or walk in shower. ERP is for items such as heating systems, roofs, etc.

An inspection is required for any of these programs and the homeowner's income must be below \$42,500.00.

If you would like to apply to any of the above programs, please contact Karen Sahanatien at 705-762-2354 Ex. 222.





## The Wahta Mohawks Community Trust

The Wahta Mohawks Community Trust is seeking proposals from Wahta Mohawk citizens and or Chief and Council interested in seeking financial support for community-based initiatives. *(Project submissions from Chief and Council must be accompanied by a Wahta Mohawks Council resolution).*

In accordance with the Trust Agreement, we are mandated to issue a call for proposals at the year-end. In addition to this call for proposals, the Trust will accept proposals throughout the year.

Community-based initiatives proposed in partnership with the Wahta Mohawks Council can include, but are not limited to:

- Land acquisition/land improvements
- Capital improvements and infrastructure
- Environmental enhancement
- Cost-shared program initiatives not covered by other government funds
- Culture, language and traditional programs not covered by other government fund
- Capital and equipment costs if located on territory
- Education

### Eligibility of Applicants

- Must be a citizen of the Wahta Mohawks
- Wahta Mohawks Chief and Council
- Must be of Mohawk ancestry
- Demonstration of need (e.g. other avenues of funding have been tried and exhausted)
- Individuals or groups

### Proposal Requirements

- A completed application form will be submitted to the Wahta Mohawks Community Trust by December 31, 2016.

**\*\*\*Proposal Application Forms are available on the Wahta Mohawks Website and at the Administration Office\*\*\***



# Aboriginal Legal Advice from Aboriginal Lawyers



## ALAAL Clinic

The purpose of this clinic is to provide culturally appropriate, summary legal advice to aboriginal clients.

Lawyers **Cara Valiquette** and **Jay Herbert** will focus on all areas of law, including criminal, child protection, family, and civil law. Services could include: creating wills, Powers of Attorney, and Indian Act issues. The clinic will run approximately once per month, at **two locations**. Space is limited, so sign up in advance!

### Parry Sound Friendship Centre

**What:** Legal clinic for aboriginal clients

**Where:** 13 Bowes Street  
Parry Sound, ON P2A 2K7

**When:** June 20, 2016  
July 11, 2016  
August 15, 2016  
September 12, 2016

**Time:** 1pm – 4pm

**Other:** Walk-ins are welcome, but those with appointments will be served first please call 705-746-5970 to book your appointment.

### Midland Friendship Centre

**What:** Legal clinic for aboriginal clients

**Where:** 175 Yonge Street  
Midland, ON L4R 2A7

**When:** June 24, 2016  
July 15, 2016  
August 19, 2016  
September 16, 2016

**Time:** 1pm – 4pm

**Other:** Walk-ins are welcome, but those with appointments will be served first please call 705-526-5589 to book your appointment.

2016 marks the first year Wahta raised the pride flag as part of the Muskoka Pride Festival. The week-long festival, in its eighth year, has a number of events culminating at a picnic in Bracebridge on the Sunday before



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

### AUGUST 2016

#### STAFF:

Susan Siwik CHN

Nancy Tabobandung, Clerk

#### OFFICE HOURS:

Monday, Tuesday &

Wednesday 8:30 – 4:30

Thursday 8:30 – 1pm

#### Toll Free NIHB client lines

Dental

1-855-618-6291

Monday to Friday 8 – 6

Orthodontics (Braces)

1-866-227-0943

Monday – Friday 8 – 5

All other services:

1-800-640-0642

Monday – Friday 8 - 4

Box 89 – 74 James Street

Parry Sound, ON P2A 2X2

Phone: (705) 746-5807

Fax: (705) 746-1421

[nancy.tabobandung@canada.ca](mailto:nancy.tabobandung@canada.ca)

[susan.siwik@canada.ca](mailto:susan.siwik@canada.ca)



#### MEDICATION

The Non-Insured Health Benefits Program (NIHB), is an insurance plan that can cover the cost of medications (that are on the Drug Benefit List) for eligible First Nations & Inuit clients. The pharmacy will need your name, date of birth, and status number, in order to bill NIHB for the cost of your eligible medications.

If you have a drug plan through your work, the pharmacy will bill the primary insurance plan (your work plan) then they will bill your secondary insurance plan (NIHB) for the remainder owing.

Upon retirement from work, some work plans enable the drug benefits to continue, speak to your insurance plan provider for more information.

For those whose work plan discontinues when you retire, NIHB would become your primary insurance plan.

NIHB will ask for confirmation that your insurance plan has been discontinued. You will need to submit a copy of a Termination of Coverage letter (from your work insurance plan) to your NIHB Regional Office. This letter will show your “effective date & termination date”. You can contact Nancy by phone or email to get your NIHB Regional Office address or fax #.

The list of Regional offices can be found at the Health Canada website:

[www.hc-sc.gc.ca/contact/fniah-spnia/fnih-spni/nihbr-ssnar-eng.php](http://www.hc-sc.gc.ca/contact/fniah-spnia/fnih-spni/nihbr-ssnar-eng.php)

Persons over the age of 65 & eligible for the Canada Pension Plan, may be entitled to the Ontario Drug Benefit Program (ODB). The ODB would become your primary insurance plan and NIHB would become the secondary insurance plan.

If you retire due to a disability, you may qualify for a drug plan from either your work disability or the Ontario Disability Support Program (ODSP).

#### Contact Numbers:

ODB: 1-855-405-0405

ODSP: 1-800-665-9718

NIHB: 1-800-640-0642

**Make sure that your status card and health card are NOT expired.**



## NOTICE

### Join Our Newsletter Email Initiative!

In an effort to reach more people, provide faster communication and more opportunities for community consultation, we would like to start emailing the newsletter to as many members as possible.

We are asking all members that have not registered their email address through the website portal to join the newsletter list, there are 2 ways to do so.

#### Two ways to get your newsletter through email:

1. Register at [www.wahtamohawks.com/member-registration](http://www.wahtamohawks.com/member-registration) (if you haven't already) and check the box that says you wish to receive all newsletters and notifications to your email address .
2. Email us at [info@wahtamohawks.com](mailto:info@wahtamohawks.com) and let us know you would like to have the newsletter emailed to you.

#### Why Switch To Email?

- Improved ongoing communication
- More community consultation opportunities
- Help save trees, postage and paper

#### Questions

##### Q: Why should I opt in for Newsletters?

A: With over 700 newsletters sent out each month it is a time constraint and costly procedure for staff every month. If you have an email address we would like to email you and save on time, paper and postage costs.

##### Q: When will I get the Newsletter?

A: Getting the newsletter online is actually faster than postage. We can email it once it is ready no need to wait for snail mail.

##### Q: How else will my email address be used?

A: Your email address will not be shared with anyone and will only be used for newsletters and occasional communication regarding community updates.



## IROQUOIS CRANBERRY GROWERS FARM STORE HOURS

(2860 Iroquois Cranberry Growers Drive)

Open 7 Days a Week  
Monday- Thursday 9am-5pm  
Friday & Saturday 9am-7pm  
Sunday 9am-5pm

Farm Store: 705-762-5725



## MONTHLY

### COMMUNITY MEETINGS

In order for council to serve you better we would like to ask members attending monthly meetings to submit new business in advance. This is something that council has done in the past and would like to start again, it can include questions, suggestions or items for discussion to be added to the meeting agenda.

Council would like to be able to address all issues and request a reasonable amount of time in which to do so.

Please submit items no later than the Friday before the Tuesday meeting (meeting is the last Tuesday of every month). Items not requested in advance cannot be included as new business or the meeting agenda. There are two ways to submit items, email at [coments@wahtamohawks.com](mailto:coments@wahtamohawks.com) or leave a message at 705-762-2354 ext. 256

## NOTICE

The roads improvement plan is well underway; aggregate is being applied to Wahta Mohawks Territory roads, this will continue for the next few weeks until all community roads have been resurfaced.

Once this phase of the plan has been completed, we will offer aggregate for sale to Wahta Mohawks Members.

If you would like to purchase aggregate please contact;

Scott Aubichon  
Wahta Mohawks  
Lands Manager  
Box 260  
Bala, Ontario  
P0C1A0

Office: 705-762-2354 Ext 242  
[Scott.Aubichon@wahtamohawks.ca](mailto:Scott.Aubichon@wahtamohawks.ca)

2 Bedroom Senior Apartment  
Excellent Condition

For more information, please contact the  
office at  
705-762-2354

2 Bedroom Family Apartment  
Excellent Condition

For more information, please contact the  
office at  
705-762-2354

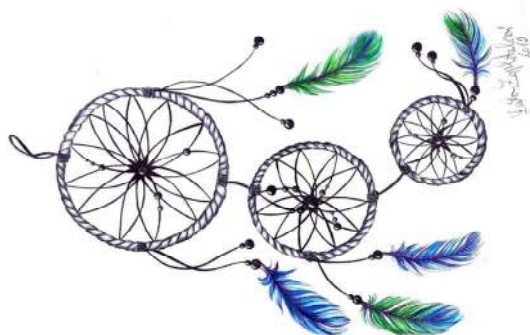


## SAVE A TREE

*Register for  
Newsletters,*

*Meeting Minutes and More Monthly  
Content at*

**[www.wahtamohawks.com](http://www.wahtamohawks.com)**



**WE CAN MAKE A POSITIVE  
DIFFERENCE!!!**



## Notice

Hydro One will be cutting some of the distribution lines to make them safe for brushing crews that will follow later this fall.

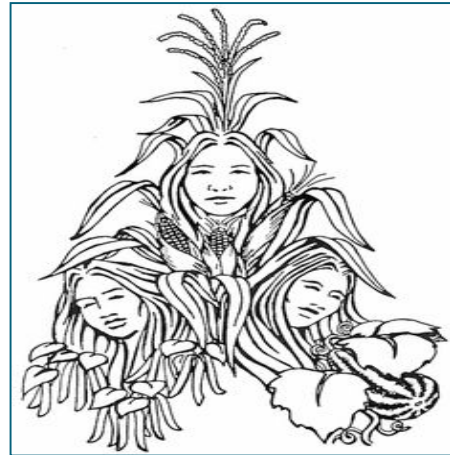
**This work will be concentrated south of the Moon River and north of the Musquash River.**

**If you have any questions please contact;**

Scott Aubichon  
Land Manager  
Wahta Mohawks

[Scott.aubichon@wahtamohawks.ca](mailto:Scott.aubichon@wahtamohawks.ca)

705-762-2353 Ext 242



### Bean Supper

In order to be well prepared for this year's Bean Supper, we are asking members to donate wild game. If you or your family and friends would like to contribute any wild meat it would be greatly appreciated. This year the Bean Supper will be held in November. A confirmed date will be provided as the month draws nearer. As the silent auction was a great success, we will continue to with this and any money raised will go towards children programming.

Please contact Kristal ext. 230 or Kara ext. 227 if you have any questions or would like to donate.

## NOTICE

There is a possibility that Canada Post may go on strike.

Should this happen please visit us at [www.wahtamohawks.com](http://www.wahtamohawks.com) for any upcoming programs or developments. The newsletter will be available at the office should this occur, please feel free to call the office should you have any question.

## Chief and Council

Chief Philip Franks	philip.franks@wahtamohawksCouncil.ca	705-528-9468
Councilor Mike DeCaire	mike.decaire@wahtamohawksCouncil.ca	705-644-3384
Councilor Teresa Greasley	teresa.greasley@wahtamohawksCouncil.ca	705-644-9934
Councilor Stuart Lane	stuart.lane@wahtamohawksCouncil.ca	705-641-1548
Councilor Lawrence Schell	lawrence.schell@wahtamohawksCouncil.ca	705-644-3001

## 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
Carol Holmes	Education Services	Ext. 233
Colleen Mendes	AHWS/NCWPW/AHBHC	Ext. 241
Alice Murphy	Finance Officer	Ext. 245
Kim North	Finance Clerk	Ext. 237
Karen Sahanatien	Lands and Housing Clerk	Ext. 222
Martie Stanton	Executive Assistant/Human Resources	Ext. 272
Kara Wanoth-Mee	Community Wellness Youth Worker	EXT. 227

*Please Feel Free to Call with any Questions or Concerns*

*Administration Office Hours:*

*Monday thru Thursday, 8:00am – 4:30 pm*

*Fridays 8:00 am – 2:00 pm*

www.wahtamohawks.com  
 705-762-2376 fax  
 705-762-2354 phone  
 Bala, On, P0C 1A0  
 P.O. Box 260

