



# WAHTA ATENHROS:SERA SESKEHA AUGUST (TIME OF FRESHNESS) 2015

## Staff Recognition

Congratulations to the staff members who are celebrating their service anniversary milestones this year! Chief, Council and Administration have recognized staff members who are celebrating their fifth, tenth, and twenty-fifth year service anniversaries. Chief, Council, Administration and the Community value their contributions to making our organization such a special place and helping to achieve its mission and vision.

This year, these staff members were recognized;

Carol Holmes, 25 years

Karen Sahanatien, 20

Kristal Berwick, 10 years

Terry DeCaire, 5 years

*We thank you for your years of service and dedication!*

## NOTICE

**We are compiling a list of persons who attended residential schools and are requesting family members to please call in with their names**

**Please call**

**Karen Sahanatien  
705-762-2354 Ex 222**

### IN THIS ISSUE:

CALENDAR  
HEALTH SERVICES  
EDUCATION  
ANNOUNCEMENTS  
EMPLOYMENT  
CONTACTS

**SAVE THE DATE!**  
**COMMUNITY GENERAL MEETING**  
**SEPTEMBER 26TH**  
**9AM— 1PM**  
**LUNCH PROVIDED**

# August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Shopping Mall and Walmart Right to Play	6 Right to Play	7	8 Celebration of Life for Rodney White
9	10 Right to Play Blueberry Picking	11 Right to Play	12 Gravenhurst Farmers Market Foot Care	13 Right to Play	14	15
16	17	18 AIAI Elders Conference	19 AIAI Elders Conference	20 AIAI Elders Conference	21	22
23	24 Crafts with Wendy	25 St. Jacobs Community Meeting	26	27 Chair Exercise Lunch & Bingo	28	29
30	31 Corn Roast					

**\*\*Please note that the Thursday afternoon "social get-togethers" will continue in the fall \*\***

## Strawberry Social and Teaching

Thursday, July 2nd at 1:30

Please contact Sherry at ext. 250 or Christine at ext. 273



## Community Shopping

Wednesday, August 5th—Walmart and Mall in Barrie

Please contact Christine at ext. 273



## Blueberry Picking

Monday, August 10th

We will be stopping for lunch at your own cost

Please contact Sherry at ext. 250 or Christine at ext. 273.



**Foot Care**  
**Wednesday, August**  
**12th**



## Chair Exercise, Lunch & Bingo

Thursday, August 26th

Please Contact Christine at ext. 273



## Attention all Elders!!!

Come for Tea, cookies and sandwiches that the children and youth of Wahta have prepared for you on Thursday August 6<sup>th</sup> from 11:30am - 1:00pm. Please contact Colleen at ext. 241 if you would like to join us.

## Crafts with Wendy

Monday, August 24th, at 9 until 12

Pease contact Sherry at ext. 250



## Gravenhurst Farmers Market

Wednesday, August 12th

The bus leaves at 8:30

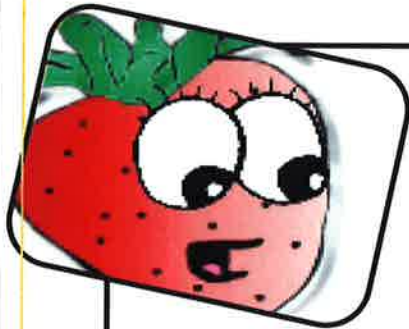
Please contact Christine at ext.273

Or Sherry at 250



## RIGHT TO PLAY

The summer program will run August 5,6,10,11,13 from 9:00am –1:00pm until August 13th. Please contact Colleen ext. 241 for more information.



## Children of Wahta Strawberry Picking



*From left to right;*

Abby DeCaire, Idella Matchett, Keira Gray, Lily DeCaire, Sierra Sahanatien, Ava DeCaire, Lily Ward, Emma DeCaire, Jackson Dewasha, Caleb Matchett, Jace Juszczuk



## COMMUNITY CORN ROAST AND POTLUCK

MONDAY AUGUST 31, 2015 FROM 6:30pm – 9:30pm

Please confirm your attendance with Sherry ext. 250, Colleen ext. 241, Kristal ext. 230 or Christine ext. 273.

Please let us know what you plan on bringing to the pot luck so we can ensure we have a variety.

Please bring your lawn chair with you as we will be outside.

## TRADITIONAL KIDS CAMP

Wahta Mohawks hosted their third Traditional Kids Camp from July 14-16, 2015. The children participated in Mohawk basic language and command words, Mohawk cultural teachings of the natural world, Traditional games: Lacrosse and Tug of war, swimming, storytelling of the woman with no face, craft – dolls of no faces dressed in regalia, social dance and the meaning of songs.

Nia:wén kó:wa to Terry, Lucia and Iohate Sahanatien for being the children's mentors and sharing their knowledge and Traditional living.





# **YOUR VOICE YOUR FUTURE**

**COMMUNITY FOCUS GROUP DINNER**

**ALL AGES (13+)**

**WEDNESDAY, AUGUST 26**

**6PM**

**RSVP TO KRISTAL BY NOON ON MONDAY, AUGUST 17<sup>TH</sup> 705-762-2354 (EXT 230)**

**CHILDREN (0-12) WILL BE CONSULTED DURING ONE OF THE RIGHT TO PLAY PROGRAMS**

**\*IF LEAVING A MESSAGE PLEASE INFORM HOW MANY CHILDREN WILL BE COMING WITH YOU AS CHILDCARE WILL BE AVAILABLE IF NEEDED**

**\*PLEASE NOTE THAT THE PURPOSE OF THE FOCUS GROUPS IS FOR INFORMATION TO BE FOCUSSED ON THE POSITIVE.**

**WE HOPE TO HAVE A LARGE TURN-OUT FOR ALL  
FOCUS GROUPS!! COMMUNITY INVOLVEMENT IS  
NOT IMPORTANT, IT IS ESSENTIAL!**

She:kon,

We hope this letter finds you well. You will have noticed that construction work has begun at the Cultural Healing Centre (formerly old band office). We are excited to see the development of the Centre begin to emerge.

Culture/Language was identified in the Community Strategic Plan of 2011 and is still a priority for community and Council. In addition, culture/language was identified in the recent Wahta Mohawk Health Services Survey as being necessary to wellness and therefore has been incorporated in the three year plan.

On this note, program staff are collectively working together to provide opportunity for further community consultation regarding the types of programming that you feel is needed to continue the healing path of our community. We encourage your participation and invite you to attend the focus group session. To stimulate your thought process prior to the community focus group the

committee has come up with 5 words: Wellness, Wholistic, Culture, Traditions, and Healing. What do they mean to you and how can they be reflected in the cultural centre and the programming that will be provided? Please consider your individual answers. Should you be unable to attend the focus group session, there is opportunity to express your thoughts on the Wahta Mohawks website ([wahtamohawks.ca](http://wahtamohawks.ca)) located on the members portal, as well as a suggestion box located in the reception area of the administration building.

Staff will also provide a presentation at the General Meeting held in September.

Nia:wen Kówa

From,

The Cultural Healing Centre Committee

Carol Holmes, Sherry Byrne, Kristal Berwick, Colleen Mendes, Amy Davidson, and Christine Cox



## ON LINE MOHAWK LANGUAGE PROGRAM BEGINS

We are getting very excited to begin the on line language program commencing the week of August 24, 2015. This 30 week program will conclude the last week of March 2016. Our work to develop and deliver the program is progressing well. We welcome Alyssa (Meagan) General of Six Nations to our team, in the role of Language Instructor. We recognize the need to maintain the Wahta dialect, therefore Meagan will be supported by speakers to ensure our dialect is being taught. In developing audio and video resources to support the programming, we welcome Mohawk speakers to participate. Please contact Carol if you would like to be part of the development of curriculum resources.

We have a full registration of 12 student participants, with a waiting list in the event that any participants are unable to commit to the learning process.

In celebration of this event, we invite community to attend a feast honouring our language and showing support to our learners. See advertisement below...

PLEASE JOIN US  
THE CELEBRATION TO OUR LANGUAGE LEARNING  
MONDAY AUGUST 10  
6:00 pm  
WAHTA ADMINISTRATION CENTRE  
PLEASE RSVP BY AUGUST 5th  
CONTACT CAROL 705-762-2354 X233



## MEMBERSHIP

The following persons have been accepted as members:

Jordan William Barron  
 Hayden Peter- Charles Jackson  
 Thomas Napoleon Commandant  
 Mary Victoria Commandant  
 Deborah Ida Gena Schell  
 Curtis James Tony Cain Dewasha  
 Nadia Arlette Margaret  
 Dewasha  
 Philip Richard Dewasha  
 Angela Lynne Madore-Cleghorn

### The AIAI Elders Conference

Is being held at Wahta this year on August 18th-20th. If you are interested in setting up and manning a craft booth during that time please contact Sherry (250) or Christine (273) if you are interested

*Thank you to the staff of Wahta Mohawks that prepared the dinner to celebrate Aboriginal Day and to Lucia , Terry and Iohate Sahanatien for providing traditional music, song and dance. And a special thank you to the members that came out to celebrate !*



# ICG Store Grand Re-opening

Saturday August 1<sup>st</sup>

We're having a party and you're invited!

Renovations are complete & the new signs are up

Come out and see the store and marsh

Have a free hot dog and pop and enter our draw.

Let's all celebrate the next chapter

at

Wahta's own Iroquois Cranberry Growers!



### 1st ANNUAL "YWalk4Women&Girls"

On Monday, August 10th, 2015 the 1st Annual "YWalk4Women&Girls" will begin in Port Severn (Township of Georgian Bay), and follow a route connecting Georgian Bay Township, Gravenhurst, Bracebridge, Muskoka Lakes, Huntsville and Lake of Bays. "YWalk4Women&Girls", approximately 170 kilometres, will be walked on consecutive days, with the hope of finishing in Dwight on August 19th. The Walk will be going through Wahta Territory on Tuesday, August 11<sup>th</sup>, 2015.

"YWALK4Women&Girls" will raise awareness of the lives of women and girls in Muskoka; connect Muskoka's communities in a common cause and raise 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"** AND **recruiting at least one other sponsor** (the more the merrier!). The total fundraising goal is \$10,000. That is 200 people at \$50 each – enough to fund 4 school-based programs for girls or 3 programs for women. YOU can make a difference!

Simply click on this link <http://bit.ly/1GyPEx8> or call YWCA Muskoka at 705-645-9827 for more information and to donate. Don't forget to forward this message to at least one other friend, tell them you are a supporter and invite them to join you. Then follow our progress!

Wahta Mohawks would like to support this Walk by getting as many women to participate as possible. Staff, community and members who sign up and complete the walk with another sponsor will be invited to join us for a meal after the event and will be recognized in the monthly newsletter for their participation. Be a CHAMPION of positive change for women & girls! Please leave your name at the reception should you plan to attend. (705) 762-2354. We hope to see you there!

### *In Memoriam*

*Please Join Us to Celebrate the Life of Rodney White who passed away on July 14th, 2015.*

*The celebration and luncheon will take place on August 8th at 1 pm at the Administration Building.*

*An Excerpt From.....*

## A History of the Wahta Community

### Some Notable Elders and Community Members of the Past

Elders interviewed for the community history project were asked if there were any elders who they thought had made a particularly valuable contribution to Wahta or who should be mentioned in the report. Some names suggested were Philip Laforce, Adam White and Sarah Sahanatien.

#### *Philip Laforce*

Philip Laforce was born July 22, 1890 at Wahta and died on October 29, 1965 at the age of 75. He was the son of Xavier (born July 6, 1842; died March 23, 1927) and Philomene Laforce (born 1846, died February 9, 1941). Philip's half brother Gibson Laforce is believed to have been the first child born at Wahta after the move. Philip was married to Cecila Thompson who was born March 3, 1894 and died May 24, 1974 at the age of 80. Their children included Phoebe, wife of Frank Roads, and Elsie, wife of Wesley Sahanatien.

Philip is well known in the Wahta community. One reason for this was his historical writings which were published in the *Bracebridge Gazette* and *Muskoka Sun*. Several extracts from his work have been used in this report, but it is recommended that anybody interested in the community history should read his articles.

Elders interviewed remembered different things about Philip, some of which have been mentioned elsewhere in the report, i.e., that he used to make "Yum-Yum" from maple syrup and sugar, that he had one of the first cars at Wahta, and that he used to sell his strawberries in Bala. According to Ken Commandant, Laforce may have received some awards.



If you know someone that you feel should be recognized for their contributions socially, economically, politically or culturally now or in the past, then please complete one of the attached forms and submit to Karen Commandant, Senior Administrator by mail or email at [karen.commandant@wahtamohawks.ca](mailto:karen.commandant@wahtamohawks.ca) using the form below.

[illegible]

13

# Bass Derby/Picnic



Grab your fishing rod and head to Webster Lake for our annual bass derby. This year will be slightly different due to the ongoing work at the old hall. All activities will be held at the administration building beginning at 8am with fishing. Unfortunately we won't have baseball this year, but we will still enjoy a horseshoe tourney and fish fry/bbq. Prizes and giveaways! Everyone welcome, hope to see you there!

**Date: Saturday, AUGUST 1st**

**Time: 8 am**

**Webster Lake  
Administration Office**

# NOTICE

## BRUSHING CONTRACTS

THERE WILL BE BRUSHING contracts AVAILABLE THIS YEAR FOR THE TRANSMISSION AND DISTRIBUTION LINES. FOR FURTHER INFORMATION PLEASE CALL SCOTT AUBICHON AT 705-762-2354 EXT. 242 OR EMAIL SCOTT.AUBICHON@WAHTAMOHAWKS.CA

### FYI

We are updating our phone contact information database, if you would like to update your number or add it to our list please call 705-762-2354

### JURY DUTY

Anyone wishing to participate in Jury Duty and would like to receive an application to do so may call  
705-739-6116

## 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 program please contact Kristal at 705-762-3343 x. 204 or by email at [kristal.berwick@wahtamohawks.ca](mailto:kristal.berwick@wahtamohawks.ca)



# AIAI 16th Annual Elder's Gathering

## WHEN

August 18, 19 & 20, 2015

## WHERE

Wahta Mohawks Territory

Administration Building | 2664 Muskoka Road | 705.762.2354

## DETAILS

**Theme:** An Elders Role: Guiding Our Communities

**Registration Deadline:** Friday, August 7, 2015 at 12 noon  
(Registrants must be from an AIAI Member Nation)

**Dress Night:** "Woodstock - Hippy Heaven" Four contest prizes to be won!



For more information please contact Christine Cox at 705.762.2354 ext. 273

519.434.2761



AIAI.ON.CA



Health Canada  
Santé Canada

#### STAFF:

Susan Siwik CHN

Marsha Rivers CHN - LOA

Nancy Tabobandung, Clerk

#### OFFICE HOURS:

Monday, Tuesday &

Wednesday 8:30am – 4:30pm

Thursday 8:30am – 1pm

#### Important Phone #'s

Toll Free NIHB client lines

Dental: 1-855-618-6291

All other services:

1-800-640-0642



Box 89 – 74 James Street

Parry Sound, ON P2A 2X2

Phone: (705) 746-5807

Fax: (705) 746-1421

[nancy.tabobandung@hc-sc.gc.ca](mailto:nancy.tabobandung@hc-sc.gc.ca)

[susan.siwik@hc-sc.gc.ca](mailto:susan.siwik@hc-sc.gc.ca)

[marsha.rivers@hc-sc.gc.ca](mailto:marsha.rivers@hc-sc.gc.ca) (LOA)

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

### AUGUST 2015

#### WAHTA MOHAWKS COMMUNITY VISIT DATES

WEDNESDAY AUGUST 12<sup>TH</sup> – B&P CLINIC

WEDNESDAY AUGUST 26<sup>TH</sup> – CHAIR EXERCISES \ LUNCH EDUCATION

#### SUNSAFETY

**DID YOU KNOW?** You need protection from UV rays on both sunny and cloudy days, since up to 80% of the sun's rays can get through light cloud, mist, and fog.

1. **Cover up!** - Wear light colored long sleeved shirts, pants and a wide-brimmed hat made from breathable fabric.
2. **Buy sunglasses** that protect against both UVA and UVB rays.
3. **Use the UV Index** forecast. Tune into local radio and TV stations. When the UV index is 3 or higher, wear protective clothing, sunglasses and sunscreen (broad spectrum SPF 15 or higher).
4. **Use sunscreen** (SPF 15 or higher) when the UV index is 3 or more.
5. **Drink plenty of cool liquids** (especially water) before you feel thirsty.

If sunny days are also hot and humid, stay cool and hydrated to avoid heat illness. Dehydration (not having enough fluids in your body) is dangerous, and thirst is not a good indicator of dehydration.

#### UV Index

Exposure Category	UV Range
Low	< 2
Moderate	3 to 5
High	6 to 7
Very High	8 to 10
Extreme	11 +

# West Nile Virus (WNV) Fact Sheet

## What Is West Nile Virus?

West Nile virus infection can cause serious disease. WNV is established as a seasonal epidemic in North America that flares up in the summer and continues into the fall. This fact sheet contains important information that can help you recognize and prevent West Nile virus.

## What Can I Do to Prevent WNV?

The easiest and best way to avoid WNV is to prevent mosquito bites.

- When outdoors, use repellents containing DEET, picaridin, IR3535, some oil of lemon eucalyptus or para-menthane-diol. Follow the directions on the package.
- Many mosquitoes are most active from dusk to dawn. Be sure to use insect repellent and wear long sleeves and pants at these times or consider staying indoors during these hours.
- Make sure you have good screens on your windows and doors to keep mosquitoes out.
- Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets and barrels. Change the water in pet dishes and replace the water in bird baths weekly. Drill holes in tire swings so water drains out. Keep children's wading pools empty and on their sides when they aren't being used.

## What Are the Symptoms of WNV?

- **Serious Symptoms in a Few People.** About 1 in 150 people infected with WNV will develop severe illness. The severe symptoms can include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These symptoms may last several weeks, and neurological effects may be permanent.
- **Milder Symptoms in Some People.** Up to 20 percent of the people who become infected will have symptoms which can include fever, headache, body aches, nausea, vomiting, and sometimes swollen lymph glands or a skin rash on the chest, stomach and back. Symptoms can last for as short as a few days to as long as several weeks.
- **No Symptoms in Most People.** Approximately 80 percent of people who are infected with WNV will not show any symptoms at all, but there is no way to know in advance if you will develop an illness or not.

## How Does West Nile Virus Spread?

### ▪ Infected Mosquitoes.

WNV is spread by the bite of an infected mosquito. Mosquitoes become infected when they feed on infected birds. Infected mosquitoes can then spread WNV to humans and other animals when they bite.

### ▪ Transfusions, Transplants, and Mother-to-Child.

In a very small number of cases, WNV also has been spread directly from an infected person through blood transfusions, organ transplants, breastfeeding and during pregnancy from mother to baby.

### ▪ Not through touching.

WNV is not spread through casual contact such as touching or kissing a person with the virus.

## How Soon Do Infected People Get Sick?

People typically develop symptoms between 3 and 14 days after they are bitten by the infected mosquito.

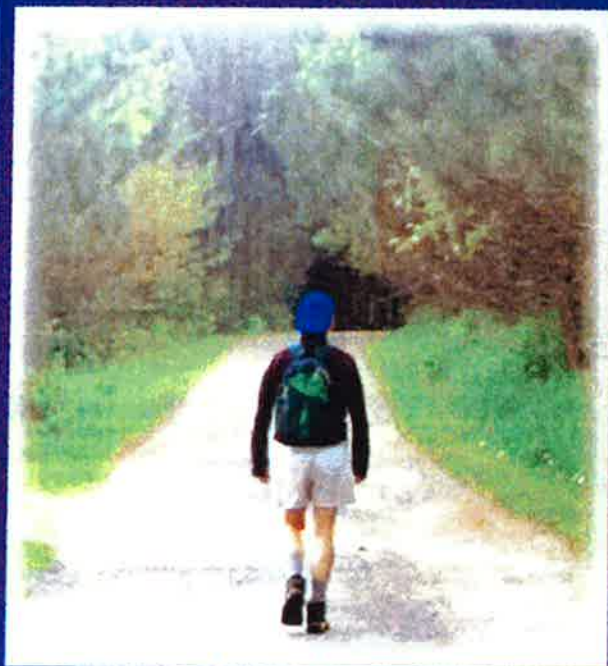
## How Is WNV Infection Treated?

There is no specific treatment for WNV infection. In cases with milder symptoms, people experience symptoms such as fever and aches that pass on their own, although illness may last weeks to months. In more severe cases, people usually need to go to the hospital where they can receive supportive treatment including intravenous fluids, help with breathing, and nursing care.

## What Should I Do if I Think I Have WNV?

Milder WNV illness improves on its own, and people do not need to seek medical attention for this infection though they may choose to do so. If you develop symptoms of severe WNV illness, such as unusually severe headaches or confusion, seek medical attention immediately. Severe WNV illness usually requires hospitalization. Pregnant women and nursing mothers are encouraged to talk to their doctor if they develop symptoms that could be WNV.





ywca  
muskoka

## *Y Walk 4 Women & Girls*

Beth is walking to raise funds and awareness for the YWCA Muskoka women & girls programs. Join her on the walk or support her here!

### **WELCOME!**

Beth is walking to raise funds and awareness for the YWCA Muskoka women & girls programs. She has mapped out Muskoka and will be walking through your neighbourhood starting from Port Severn and ending in Dwight over a period of 8-10 days. The locations of departure and arrival are based on good weather and progress so things may change during the walk!

Stay updated on the Y's FB page: [www.facebook.com/muskoka.yw](http://www.facebook.com/muskoka.yw) or on Twitter: [@YWCAMuskoka!](https://twitter.com/YWCAMuskoka)

There are **4** ways you can support the walk!

1. Make a Direct Donation!
2. Join her in the walk at 8 different locations!
3. Use Social Media and share her progress using FB/Twitter & Storify!

*Hashtag – #ywalk4women&girls*

4. Recruit **1** other person to sponsor the walk!



For more information please call the YWCA Muskoka at **705-645-9827** or email: [office@ywcamuskota.com](mailto:office@ywcamuskota.com)

# Giant Hogweed

(*Heracleum mantegazzianum*)



Photo courtesy of Patrick Hodge, MNR

## Similar Species

There are a number of plants that look very similar to Giant hogweed such as Cow parsnip, Purplestem angelica, Woodland angelica, Valerian, Lovage, and Queen Anne's-Lace (also known as Wild carrot). However, these plants are not as large as a mature Giant hogweed, which grows up to 5.5 metres tall under ideal conditions. The white flower clusters resemble those of Queen Anne's-Lace, but tend to be more widely spaced and can form a flower-head almost one metre wide.

## Distribution

Giant hogweed has a scattered distribution across southern and central Ontario, south of the line from Manitoulin Island to Ottawa.

Giant hogweed (*Heracleum mantegazzianum*), also known as Giant cow parsnip is a perennial plant and a member of the carrot family. It is a garden ornamental from southwest Asia that is naturalizing in North America and becoming more common in southern and central Ontario. Giant hogweed has the potential to spread readily and grows along roadsides, ditches and streams. It invades old fields and native habitats such as open woodlands.



Giant hogweed stem. Note coarse hairs.  
Photo courtesy of Ron Black, MNR

[ontario.ca/invasivespecies](http://ontario.ca/invasivespecies)



Giant hogweed stalk and flower clusters.  
Photo courtesy of Karen Rimmer

## Biology

Seeds may take several years to germinate and are viable in the soil for up to 15 years. During the first year, the plant produces a rosette of leaves up to one metre high. After 2 to 5 years the plant produces flowers. As it grows a large root, thick hollow stems and large lobed leaves are formed. The stems of the plant are covered with reddish-purple flecks and stiff hairs filled with sap. Sap may also collect in the hollow stem bases. Giant hogweed flowers once in its lifetime, unless the flower clusters are damaged before opening. Once the plant produces seeds it dies. Each plant can produce up to 120,000 winged seeds (typically 50,000). Seeds dropped in streams can float for three days. They can move long distances via water in ditches and streams. Seeds can also be spread up to 10 metres by the wind.

## Natural Resource Impacts

There is evidence that Giant hogweed can shade out native plants, although scientists have not done extensive research on its impact in Ontario or Canada. In the United Kingdom it grows in areas bordering lakes, streams, and wetlands and causes rocks, soil and other material on stream banks to fall into streams. This threatens salmon spawning sites. Similar impacts may occur in Ontario.

## Health Concerns

The clear watery sap of Giant hogweed contains toxins that can cause severe dermatitis (inflammation of the skin). You can get severe burns if you get the sap on your skin and the skin is then exposed to sunlight. Symptoms occur within 48 hours and consist of painful blisters. Purplish scars may form that last for many years. Eye contact with the sap has been reported (in the media and by various web sites) to cause temporary or permanent blindness. However, evidence of permanent blindness linked to exposure to Giant hogweed cannot be substantiated by any existing research. Coming in contact with Cow parsnip and Wild parsnip can cause similar reactions.

## Prevention

Do not purchase, trade or grow Giant hogweed in your garden. Only buy native or non-invasive garden plants. When you transport soil, sand or gravel make sure it is free of Giant hogweed – both plant parts and seeds.

## Removal and Management

If you have Giant hogweed on your property, it is recommended that you hire a professional exterminator to remove it. The plant will be removed safely and as few seeds as possible will be spread. Reducing a large population of Giant hogweed will take a long term commitment. The best time to remove the plant is in late April or early May. It is usually less than 30 centimetres tall, easier to dig up, and more susceptible to herbicides at this time of year. It is also cooler in the spring than in the summer so wearing protective clothing is more comfortable.

**Protective clothing:** Wear protective clothing, including waterproof gloves, long sleeve shirts, pants, and eye protection. It is ideal to wear a disposable "spray suit" coverall over top of your normal clothing (spray suits are commercial grade waterproof coveralls). Remove protective clothing carefully to avoid transferring any sap from your clothing onto your skin. Wash your rubber gloves with soap and water, and then take off your spray suit or outer clothing. Wash your rubber gloves again and then take them off. Finally, take off your protective eye wear. Put non-disposable clothing in the laundry and wash yourself immediately with soap and water.

### **Mechanical control:**

#### **Spring Removal (i.e. early May):**

Use a spade to remove as much of the root as possible. Digging up older plants can be difficult since roots can grow deeper than one metre. The plant might re-grow from the root and you may need to dig repeatedly to remove it completely. Or, you can cover the dug area with black plastic to smother out new growth. If it's possible to use machinery, mow new growth every two weeks.

#### **Summer Removal (i.e. early July):**

- **Plants without flowers:** If the infestation is small dig the stems and roots out and dry them thoroughly before disposing of them.
- **Plants with flowers:** To prevent seeds from growing and spreading, remove flower heads before they ripen (when they are white). **Note: If the flower heads have changed from white to green, seeds are being produced and it will be very hard to remove the seed heads and/or cut the plant without spreading the seeds.** Return to the area regularly and remove any new growth.



Giant hogweed stalk and flower clusters.  
Photo courtesy of Karen Rimmer.

### **Control Using Herbicides:**

Herbicides can be used to control plants (like Giant hogweed) that are poisonous to the touch. Glyphosate is effective at controlling the top-growth of Giant hogweed. Foliar herbicide applications are most effective in spring on actively growing plants, followed with a subsequent summer application for missed plants or plants that have re-grown. Since glyphosate is non-selective and removes only the green vegetation that it comes into contact with, new seedlings will often germinate and emerge after glyphosate has been applied. If areas treated with glyphosate are covered in mulch 10 to 14 days after application, it will reduce seedling germination and growth. Herbicide treatments may need to be repeated in following years. If a plant is flowering, herbicides are not effective and control methods should focus on carefully removing the flower heads. Follow label directions and relevant provincial and federal legislation when using herbicides.

### **Disposal:**

**Do Not Burn. Do Not Compost.** Carefully remove flower heads from stems and place them in black plastic bags. Make sure not to drop any seeds while you are doing this. Seal the bags tightly and leave them in direct sunlight for about a week. Allow stems and roots to dry out thoroughly before disposing of them. Call your municipality to find out if bags containing Giant hogweed can be sent to your local municipal landfill site.

### **In the event of any direct exposure/contact to this plant**

If you get sap on your skin wash the area well with soap and water. Keep the affected area out of the sun. If photo dermatitis (inflammation of the skin caused by exposure to sunlight) occurs, see a doctor.

If you get sap in your eye, flush your eye with water immediately and see a doctor immediately.



Giant hogweed seedling.

Photo courtesy of Rachel Gagnon, Ontario Invasive Plant Council.

If you think you have Giant hogweed on your property or if you see it in your community please call the Invading Species Hotline at 1-800-563-7711 or report your sighting online at [www.invadingspecies.com/Report.cfm](http://www.invadingspecies.com/Report.cfm). You will be asked to send in photos for identification. Do not collect parts of the plant for identification.

The Ontario Ministries of Agriculture, Food and Rural Affairs, Health and Long Term Care, Environment, and Natural Resources are working together with our partners (in particular Ontario Federation of Anglers and Hunters, Ontario Invasive Plant Council, Municipalities and Conservation Authorities) to provide information on the identification and control of Giant hogweed.

### Other Resources

Ontario Invasive Plant Council

Invading Species Awareness Program

[ontario.ca/invasivespecies](http://ontario.ca/invasivespecies)

Ontario Ministry of Agriculture, Food and Rural Affairs

Ontario Weeds

### For More Information

Contact the Invading Species Awareness Program hotline at 1-800-563-7711.



## **Bala Cranberry Festival Committee**

**We need Volunteers who want to make a difference!**

Iroquois Cranberry Growers was built by Wahta members into the largest cranberry marsh in Ontario. The Bala Cranberry Festival is the single largest event that we have to promote and show the world what our small Mohawk community has accomplished. This year we are going to make a “splash” at the Festival. We need your ideas and we need your energy.

Join us on Thursday August 6 at 6:30 at the Administration Centre in the Round Room and let's get started.

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### **Employment Opportunity**

#### **Iroquois Cranberry Growers**

#### **Sales and Marketing Professional**

Iroquois Cranberry Growers, Ontario's largest cranberry farm, is located in the heart of Muskoka near Bala Ontario. Community owned and operated by Wahta Mohawks First Nation, Iroquois Cranberry Growers (ICG) has an opening for a Sales and Marketing professional to develop sales of ICG branded value added products including cranberry based jams and chutneys in addition to juice and frozen berries. Primary duties initially will be to develop the market in Ontario, expanding to the rest of Canada. Significant opportunities exist to expand on existing export markets in Europe and Asia.

The successful candidate will have a combination of a commerce related university degree and/or significant experience in selling food products to the retail market.

This job will involve travel. It is possible for the successful candidate to work out of their home office remote from the ICG offices however they will most likely reside in Ontario.

Remuneration will be based on experience with a high commission component.

If you are interested in applying for this position please forward your resume to:

Lance DeCaire  
Economic Development Officer  
Wahta Mohawks First Nation  
Box 260  
Bala On. POC 1A0  
[lance.decaire@wahtamohawks.ca](mailto:lance.decaire@wahtamohawks.ca)

## Chief and Council

Phillip Franks	Chief	705-528-9468
Lawrence Schell	Councillor	705-644-3001
Mike DeCaire	Councillor	705-644-3384
Teresa Greasley	Councillor	705-644-9934
Stuart Lane	Councillor	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/AHBHC	Ext. 241
Kim North	Finance Clerk	Ext. 237
Karen Sahanatien	Lands and Housing Clerk	Ext. 222
Martie Stanton	Executive Admin Assistant/Human Resources	Ext. 272

WAHTA MOHAWKS  
BOX 260  
BALA ON CANADA  
POC 1A0



*Please....*

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