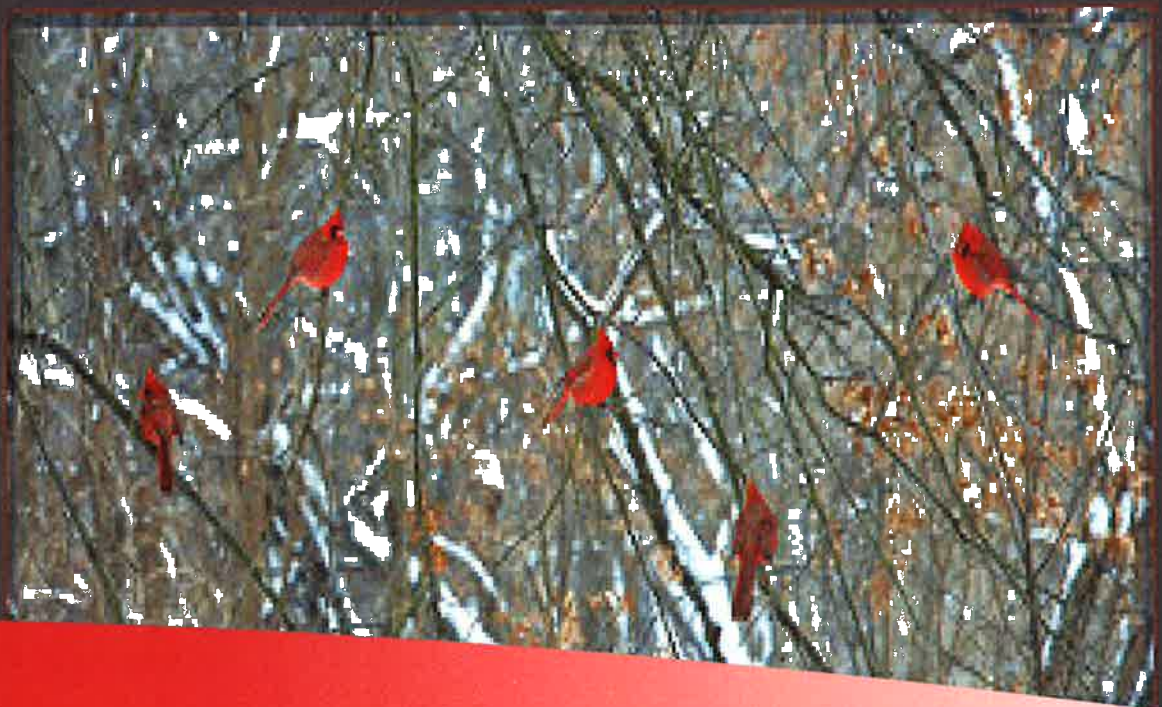


**IN THIS ISSUE:**

- *Calendar of Events*
- *From the Desk of the Chief*
- *Health Services*
- *Cultural Centre*
- *Employment & Training*
- *Notices & FYI's*
- *Contacts*

*General Meeting February 6th,*



**WAHTA ATENHROS:SERA**

*Enniska – February*

*(lateness)*

# February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Baby Play After School Program	2 After School Program	3 Baby Play Community Shopping Tutoring	4	5	6 General Meeting
7	8 Baby Play After School Program	9 After School Program	10 Baby Play Foot Care Tutoring	11	12	13
14 Valentines Day	15 Family Day Admin. Building Closed	16 After School Program	17 Baby Play Tutoring	18	19	20
21	22 Baby Play After School Program	23 After School Program Community Meeting	24 Baby Play Tutoring Chair Exercises	25	26	27
28	29 Destressing Workshop Baby Play After School Program					

## FROM THE DESK OF CHIEF PHILIP FRANKS

As we work through January, Council recently took a day to revisit the five year Strategic Plan set out last year, and to look at this year's plans. The Strategic Plan was created to cover a five year period and look at many aspects of Wahta Mohawks including governance, lands, members and economy. Further work on the five year plan will involve creating new goals as each year is completed so that the plan remains current.

During the past year, the areas addressed have been housing, developing a new comprehensive community plan, renewing a Capital Planning Study, and entering into the First Nation Market Housing Fund (a government program replacing the old Section 95 program that enabled mortgages on First Nations). Council had also set goals to address Iroquois Cranberry Growers, implementing the consultation plan, establishing a Cultural Healing Centre, and a review of the Citizenship Code. Many of these items you are most likely aware of through periodic updates over the past months.

Ongoing, there are the usual activities, including Iroquois Caucus and Association of Iroquois and Allied Indians, as well as maintaining meetings with Ministry of Natural Resources and Forests, and Hydro One. Council has been developing a portfolio system whereby individual members of Council would be responsible for receiving reports and updating all of Council on any concerns. The Council member would periodically meet with the Senior Administrator and the specific department to review and improve upon any identified policy changes. This will assist in a better communication flow to and from the administration, while offering a chance to provide input from council.

This is not meant to be Council directing staff, merely assisting and learning more about the regular progress our administration makes with each department.

There will be a general meeting on Saturday

February 6th. Items on the agenda include:

- ✓ Matrimonial Real Property Law
- ✓ Wahta Trust presentation
- ✓ Harvest report from Iroquois Cranberry Growers
- ✓ Cultural Healing Centre update
- ✓ Hydro lease dollars remaining
- ✓ Land claim update presentation from Phil Healy

I would like to invite everyone to comment on any matters they have concern with, please email us at [comments@wahtamohawks.com](mailto:comments@wahtamohawks.com)

One of the broad goals of Council was to improve communication within the membership, for those who access the internet there are many opportunities to add input. If you do not access the internet please use councils phone numbers located on the back page, it would be very much appreciated to hear from everyone through whatever means are available.

Thank you everyone for the continued interest in the affairs of Wahta Mohawks, your participation help makes it possible for the continued growth of Wahta.

Nia: wen kowa,  
Chief Franks

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*Please Note*  
*The Administration Building*  
*will be closed on Family Day,*  
*Monday February 15th*

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Come Out and Join  
In !!!  
Pole Walking  
Every Tuesday  
&  
Thursday

Foot Care Clinic  
Wed.  
February 10th



*The Children's Place*  
*ratiksakón'a*  
*raotinakte*

**Baby Play**  
**Every Monday and**  
**Wednesday**  
**9:30 am – 11:30 am**  
**Please contact Colleen**  
**at**  
**705-762-2354 ext. 241**  
*Note: Sessions will not be*  
*available on*  
*Family Day, February 15th*

The Women's Book  
Club  
Monday, February  
29th  
4:30-6 pm

**WHATS  
HAPPENING IN  
February**

**TUTORING SESSIONS**

Sessions every Wednesday, at the  
Administration Building Library  
Please make sure the school is  
informed if you want your child to be  
dropped off at the Administration  
Building for the program

**AFTER SCHOOL PROGRAM  
ATTENTION  
ALL CHILDREN IN  
KINDERGARTEN AND GRADES 1  
THROUGH 8**

After school programs run **every Monday and**  
**Tuesday from 3:30 until 5:30.** Please have your  
Mom or Dad call the school to have the bus drop  
you off at the Community Centre and Mom or  
Dad can pick you up there at 5:30.

Call Colleen

705-762-2354 ext.241 for more information.

*Note: Sessions will not be available on*  
*Family Day, February 15th*

*If buses are cancelled, the program is cancelled*

**STEPS TO DESTRESSING**

Please come out and join us on Monday,

February 29th, 2016!

Please contact

Christine at 705-762-2354

Ext. 273



Community  
Shopping  
Wednesday, Feb. 3rd  
In  
Barrie 9:00 am  
Please contact  
Christine at  
705-762-2354 ext. 273



Chair Exercise  
Wednesday, Feb. 24  
at  
10:30 am  
Contact Christine at  
705-762-2354 ext. 273

**ENGAGING  
WAHTA  
CHILDREN,  
CREATING  
POSITIVE  
CHANGE**



# How many times have you used the word STRESS???

## IF YOU EXPERIENCE HEADACHES, SORE MUSCLES, SLEEP ISSUES.... READ THIS!

Do you realize the affect stress has on our mental, emotional, physical and spiritual well-being?

Mentally stress can affect your memory, concentration, judgement, and can allow you to only see the negative, produce anxiety and worry.

Emotionally stress can affect your moods as you may become more irritable, agitated and unable to relax. One may feel overwhelmed and feel lonely, isolated, depressed or just unhappy.

Physically your body can be affected with aches and pains, irritable bowel, nausea, dizziness, chest pains and rapid heartbeat, frequent colds, loss of sex drive.

Your spirituality may suffer as you may turn away from that which once connected you to love and happiness. You may pray less or not at all. You might find yourself lost and not able to find beauty in the natural world as you once had before connecting you to a higher being.

Behaviours may change and you may find yourself eating more or less, sleeping too much or too little, isolating yourself from others, procrastinating or neglecting responsibilities, use alcohol, cigarettes or drugs to relax and you may exhibit nervous habits, ie. Stuttering, nail biting, pacing.

How can this affect our overall health??? Many health problems are caused or exacerbated by stress. This can include: pain of any kind, heart disease, digestive problems, sleep problems,

*There are tremendous benefits that arise from mindfulness practice, but it works precisely because we don't try to attain benefit. Instead, we befriend ourselves as we are. We learn how to drop in on ourselves, visit, and hang out in awareness." Dr. Jon Kabat-Zinn.*

depression, weight problems, auto immune disease, skin conditions.

So, we all experience it. We can't avoid it. Stress happens whether we like it or not. How can we manage stress in a way that can reduce or eliminate these symptoms and ultimately have positive change on our overall health????????

I would like to introduce Gerald Levine, M.D, a family doctor in Barrie who has been teaching stress management 2 days per week for the last 10 years. Dr. Levine has taught many school teachers, mental health workers, social workers and the general public.

He teaches THE INTEGRATIVE STRESS MANAGEMENT PROGRAM which combines western medical teaching about health and self-care and eastern meditation. The program is based on the work of Dr. Jon Kabat-Zinn who founded Mindfulness Based Stress Reduction

programs taught throughout the world. The main theme of the course is learning that stress is normal but we can learn to respond rather than over react to it. Attitudes of kindness to self and others, trust,

patience and letting go are emphasized. Each moment is considered to be a fresh start, which is a huge help with stress management, communication and relationships.

Dr Levine will be here in Wahta to introduce this program on:

**Wednesday March 23 – 6:00p.m. – 8:30 p.m.**

**Location: Cultural Healing Centre**

**Please contact Carol 705-762-2354 x 233 to register by February 15, 2016**

If participants feel this is a beneficial program we will offer the full 6 week program to follow. A minimum of 12 participants is required.

The tutoring and cultural mentorship program continues each Wednesday after school. The students enjoy the teachings led by Lucia Sahanatien. They participate in story- telling, language lessons, music, and have the opportunity to hear the Thanksgiving address in the language each time they meet. Group tutoring is led by Gillian Sahanatien (Higgins) and students are engaged in a variety of activities in areas of language arts and mathematics. Niawen to Lucia and Gillian for their continued devotion to this program.

Post secondary applications are available and applicants must return their completed applications before March 31, 2016. Contact Carol for an application if you are planning to attend college or university this year. Students planning to return to school next year must reapply!!!





## AN IROQUOIS TRADITION


**SNOWSNAKES** are a traditional Iroquoian game played in the winter. It is a game for men who travel to different communities in friendly competition. The snow snake is actually a piece of wood made from hickory, maple or birch trees. Logs are hand split to follow the grain of the wood. The snakes are carved by hand and the sticks are smoothed down to about  $\frac{3}{4}$  inch in diameter. The end is fitted with a lead tip and the snakes are treated with a special wax recipe.

There are two types differing in length; snow snakes 6 – 10 feet in length and mud cats which are approximately 3 feet in length.

The game is played on a track, see picture below. A log is used to make the track and the snakes are thrown down the track.

Men.....if you are interested and would like to learn how to craft your own snowsnake, please contact Carol Holmes at 705-762-2354 x 233.

It would be great to have this traditional game in Wahta, as our intent is to host a snow snake tournament next winter.




# SIX WEEK SERIES

## WAHTA YOGA

## COMMUNITY CLASS

Instructor Kyla Holmes



Join Kyla in a 1 hour yoga class that will leave you feeling empowered & relaxed!	Feb. 1st	Feb. 22nd
	Feb. 8th	Feb. 29th
	Feb. 15th	Mar. 1st

No yoga experience required  
Please wear comfortable clothing

TO REGISTER CONTACT - 289-314-6894  
INFO@KYLAFELLENYOGA.COM



# EMPLOYMENT OPPORTUNITIES

## Wahta Mohawks

### FULL TIME EMPLOYMENT OPPORTUNITY

Position: Public Works Position

Closing Date Feb. 12th, 2016

**POSITION SUMMARY:** Wahta Mohawks are seeking a Public Works Person to work with the maintenance department and its services including the planning, development and implementation of effective policies, procedures and practices for the keeping the Senior Administrator current and up-to-date on all matters relating to the management of the maintenance services and programs of the Wahta Mohawks in a timely and professional manner.

#### EDUCATIONAL AND PROFESSIONAL REQUIREMENT:

Journey person certification in a skilled trade

Minimum Grade 12 diploma and or 5 years' experience in plumbing, electrical, carpentry and mechanical fields, including automobile and furnace applications

DZ Driver's License essential

Safety compliance training and up-grading required as applicable to the job function areas; i.e. Confined spaces, WHMIS, etc. essential

Must produce a clean CPIC (criminal record check)

#### SKILLS REQUIRED:

Ability to manage a team effectively

Capable of meeting the physical demands of the maintenance department work environment including lifting, working outdoors year round, climbing, confined spaces, etc.

Proficient level of communication skills, verbal and written

Willingness to obtain a bus license

Willingness to work flexible hours including evenings, weekends for client based programs

## Wahta Mohawks

### PART TIME EMPLOYMENT OPPORTUNITY

Position: Community Wellness Worker

Closing Date Feb. 12th, 2016

**POSITION SUMMARY:** Reporting directly to the Senior Administrator, the Community Wellness Worker is responsible to develop and deliver culturally appropriate community based programs and services, to develop and deliver preventative programs and activities to all age groups by promoting a healthy lifestyle; increase cultural awareness and understanding among the community and about substance abuse issues. This will be facilitated one to one, family, and or group sessions with clients and the community.

#### EDUCATION AND PROFESSIONAL REQUIREMENT:

University or College degree in a related field

Experience working within the field with clients and community

Must produce a clean CPIC (criminal record check)

#### SKILLS REQUIRED:

Must have a proficient level of communication skills, verbal and written.

Must possess excellent organizational and time-management skills.

Must have the ability to work in and contribute to a team environment.

SEND RESUME TO HUMAN RESOURCES, WAHTA MOHAWKS

P.O BOX 260, BALA, ON. P0C 1A0

EMAIL: [martie.stanton@wahtamohawks.ca](mailto:martie.stanton@wahtamohawks.ca) FAX: 705-762-2376

For further information please contact the above.



## Logo Redesign

### Artwork Submissions for a New Logo wanted!

We are considering a change to the old logo (pictured to the left) and are looking for member submissions. The last newsletter requested feedback on one option we have used on the members report and newsletter. This is only one design and we are looking for feed back, please send your comments, comments and any new artwork to [comments@wahtamohawks.com](mailto:comments@wahtamohawks.com)



This logo was designed keeping in mind that Wahta means maple.

The three feathers represent the three clans of the Kanienkehaka "people of the flint".

The two flint arrows represent our gift to make fire and to obtain sustenance by hunting our food.

The nation squares represent the future faces for generations to come.

All artwork submitted will be posted in the newsletter and website for member feedback.

If you are submitting your artwork could you briefly explain the cultural significance and how it relates to Wahta Mohawks.

#### *You may ask;*

##### *1) Why change the old logo?*

For many years we have received feedback that the logo should be updated to something new that better represents our community and culture.

##### *2) Is there a prize offered to the winner?*

There will be a \$100.00 cash prize and recognition awarded to the successful designer. The deadline for submissions is February 29th, 2015

##### *3) How is the decision going to be made?*

Members, Council and Staff will vote. The design with the most votes will win. The results will be posted in the newsletter and online at [www.wahtamohawks.com](http://www.wahtamohawks.com)

***The final date for your logo submissions is February 29th, 2016.***

#### *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)



**2 Bedroom Apartment  
for  
Senior Tenant  
Excellent Condition**

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





**Ontario Energy Board**

## **Are you a low income household and want to lower your hydro bill?**

If you have filed your taxes in the last year you can apply online or by filling out a papercopy of the application located online at [www.ontarioelectricitysupport.ca](http://www.ontarioelectricitysupport.ca)

If you have not completed your taxes, your circumstances have changed since filing taxes or you need assistance, you will need to visit an intake agency.

*What is the ONTARIO ELECTRICITY SUPPORT PROGRAM program?*

**What is OESP?** - 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 (OESP).

Please call Kristal Berwick at 705-762-2354 ex. 230 to sign up. Upon receiving enough individuals to attend, a date and time will then be provided.

**Make Sure to Bring –** Copy of your current electricity bill and Social Insurance Number for all household members between 18 and 74, stubs verifying all income coming into your household. If you wish to complete your application sooner and are having problems, we would like to help you complete the OESP application. For further questions about OESP call ONWAA's toll free number at 1-844-885-3157 (8:30-4:30), or OESP's toll free (8am-9pm) at 1-855-831-8151.



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Register for Newsletters, Meeting  
Minutes and More Monthly Content  
[www.wahtamohawks.com](http://www.wahtamohawks.com)

### 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 [comments@wahtamohawks.com](mailto:comments@wahtamohawks.com) or leave a message at  
705-762-2354 ext. 256

### Hydro Brushing

If you have trees or brush on your property from the hydro brushing last fall and would like it removed you may call the office at

705-762-2354



### LOOKING FOR YOUNG ADULTS MEMBERS OF WAHTA MOHAWKS

Lets begin talking about a "Mentor" program in the community!

If you want to have input and be part of the development of a program please contact

Kara at 705-762-2354 ext. 224 or email  
[kara.wanothmee@wahtamohawks.ca](mailto:kara.wanothmee@wahtamohawks.ca)

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



### **\*\*ANNOUNCEMENT\*\***

### **GENERAL MEETING**

**February 6th, 2016**

**9am- 1pm**

## Iroquois Cranberry Growers

We're back...Even though its cold outside!

We still have all of your favourite cranberry treats, sauces, and jams available. So be sure to come check out the Cranberry Kiosk Store located at the Wahta Administration Building (2664 Muskoka Road 38, Wahta Mohawk Territory) throughout the winter months.

#### **Hours of Operation:**

Monday- Thursday 8:00 am- 4:30pm

Friday 8:00 am- 2:30pm

## 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
Teresa Greasley	Communication Coordinator	Ext. 256
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 Assistant/Human Resources	Ext. 272
Kara Wanoth-Mee	ICG Retail Manager	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*