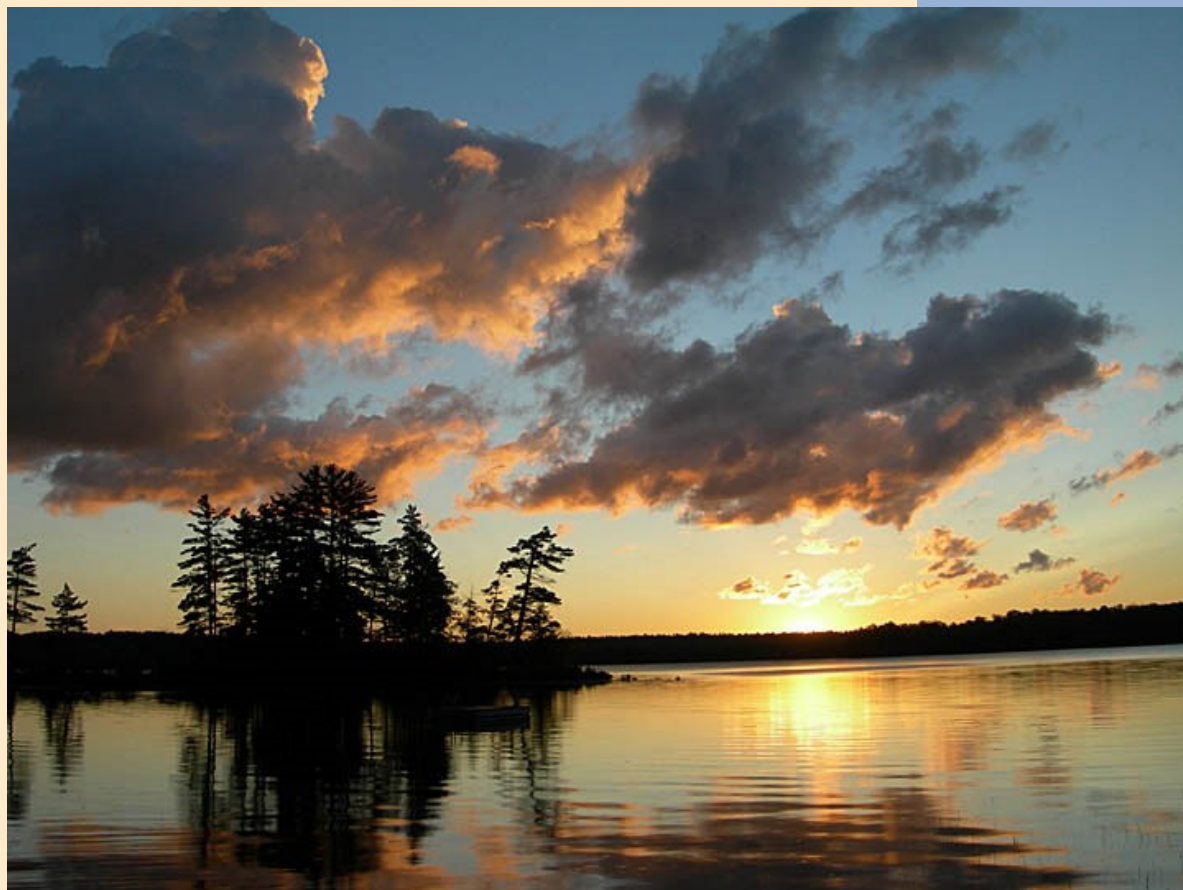


Orihwase'shón:'a ne Wahta Rontenro Raotirihwá:ke



Ohiarihko:wa July
(time of much ripening)

IN THIS ISSUE

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

July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Yoga 7-8pm CC Baby Play AB 9:30 Swim Lessons	5 Foot Care AB Pole Walking Swim Lessons	6 Baby Play AB 9:30 Swim Lessons	7 Pole Walking Swim Lessons Community Unity	8 Swim Lessons Community Unity	9 Community Unity Members Meeting 10am CC
10	11 Yoga 7-8pm CC Summer Camp Baby Play AB 9:30	12 Summer Camp Pole Walking Drum Group 6:30-8 CC	13 Summer Camp Community Shopping 9am pick up Baby Play AB 9:30	14 Summer Camp Pole Walking REAL School 5:30-9 CC	15 Summer Camp	16 General Meeting 9am AB
17	18 Yoga 7-8pm CC Summer Camp Baby Play AB 9:30	19 Summer Camp Pole Walking	20 Summer Camp Baby Play AB 9:30 Diabetes Club AB 10am-12pm Budgeting 11am AB	21 Summer Camp Pole Walking	22 Summer Camp	23
24	25 Yoga 7-8pm CC Summer Camp Baby Play AB 9:30	26 Summer Camp Pole Walking Community Meeting 7pm AB	27 Summer Camp Chair Exercise 10:30 am– 1pm Baby Play AB 9:30	28 Summer Camp Pole Walking	29	30 Annual Bass Derby And Picnic 8am
31						

Administration Building – AB

Cultural Centre – CC

Wahta Council Updates

Since our last newsletter a number of new developments are underway and others are ongoing. Following the Council strategic plan, we have seen the completion of the addition to, and rejuvenation of, the old community centre. This building now has a new focus as a cultural healing centre which will provide a place for traditional teachings and activities to assist in strengthening individuals, families, and community identity. The Grand Opening was held recently where 14 children and 1 adult received Mohawk names in a Mohawk Naming Ceremony with the assistance of the Longhouse.

The community celebrated Aboriginal Day on June 21st at the Cultural Healing Centre. This included the annual education recognition for students, and a meal followed by a round dance. The education banquet is a modern day “tradition” for us for many years now. It is a time to show that the community members stand behind the achievements of our younger members.

In early June we hosted the Association of Iroquois and Allied Indians Annual General Assembly. Chiefs and Council members from the seven member communities came together to discuss issues that affect us all. Of note it was the assembly’s commitment to continue to include youth in voicing their concerns as we go forward into the future. They are recognized as the next leaders in our communities and are valued for their input and encouraged to become involved. Each community will strive to do so in their own leadership dealings as we are also encouraging here at Wahta through the recent youth group and attendance at meetings.

We continue to work on infrastructure in the community, most recently on our road improvement project. Council is also monitoring Iroquois Cranberry Growers, the expansion of Mohawk Food Processors, and looking at a separate board of directors for band run businesses. ICG continues to be a major concern for us and information will continue to be presented regularly at community meetings to gain members input.

The sale and distribution of eighteen lots of land on Lyla Lane will happen this Fall through a fair system of lottery. Please ensure you submit your name to Scott Aubichon by email to be included. It should be noted that Council recognizes some members want to build a home in the community and are hampered by the lack of available land, we are looking to also open up lands along the main road in 12-18 months as well. Investigations into accessing other means of funding to develop these areas are ongoing.

Recently Council entered a mediation process with Hydro One regarding differing interpretations of a past agreement. There was disagreement with a section of the Relationship Agreement signed by past council in terms of In Kind services in lieu of cash. An understanding has been reached and going forward we will provide Hydro with identification of where longer term needs will be to provide better power in the community and hydro will include that in their planning.

Further meetings will occur in July with the option of further mediation if necessary.

Continued.....

Council supports and will move ahead with some new processes that will be occurring over the next many months within our membership. One is how we will define citizenship in the future. Consultation will be moving forward with assistance from members of Kahnawake. Waneek Horn-Miller will lead the process and presented the work to be carried out with input from the membership at the last General meeting. Much of her work will gather feedback from the membership about how we view ourselves in the future. Many First Nations are also struggling with similar issues we face here at Wahta; citizenship issues such as if we should continue to deal with blood quantum criteria or search for other ways.

Council has also supported a community Unity initiative to be led by Dr. Ed Connors of Orillia, and Kevin Deer from Kahnawake. This is a new approach aimed at bringing together a number of key identified groups from Wahta to look at differences and seek mutual understandings based on traditional guidance to strengthen ourselves and move the membership forward in unity. The membership needs to be able to discuss our ideas and views as we go forward and Council is providing leadership in supporting this process. The process will involve Dr. Connors and Kevin Deer speaking with groups separately and then bring all together for factual and open discussions about how we go forward as Wahta people as we work through the Indian Act and all of the influences it has on our lives. Again there will be opportunity for everyone on and off reserve to voice opinions.

COMMUNITY UNITY

Dr. Ed Conors and Kevin Deer will be in the community speaking with different groups on July 7 & 8th, 2016. As part of their community engagement a members meeting will be held on Saturday, July 9th at 10:00 am at the Cultural Centre. Please plan to attend, your input and feedback is crucial in this process.

Finally, there will be several information, education, and working meeting opportunities as well as other ways to engage and for you to voice your opinions if you live outside travelling distance to the community. Timely and regular communication will be a necessary part of the process to keep everyone fully informed and we are committed to ensure that will occur as well. Watch for upcoming information on the website and in the Newsletter and please take some time to get involved in the important membership issue.

I hope you are enjoying the first days of summer and the beautiful weather we have been receiving and I look forward to seeing you personally throughout the upcoming meetings.

Nia:wen kowa,

Chief Philip Franks

Wahta Citizenship Code Community Consultation Project

Three Bears Consulting was recently contracted by Wahta to engage in a community consultation process that will guide the creation of a new Wahta Nation Citizenship Code. This Consultation process will be a multi-phased project which will include:

Knowledge Sharing Sessions

Indian Act / The Identity Dilemma

The Blanket Exercise

3 Aspects to Any Citizenship Code: Citizenship / Membership / Residency

Wahta; A Historical Timeline

Innovative Solutions: Examples for a Path Forward

Community Consultation

The community consultation will be extensive and as far reaching as possible. This phase will include focus groups with

Elders,

Youth,

Women,

Men

Non-Member Residents.

Additionally, there will be a questionnaire sent out to each Wahta Nation Member along with one-on-one interviews with Key Stakeholders within the community. Every effort will be made to collect as many diverse perspectives as possible. Dates for the Focus Groups and Stakeholder interviews are currently being planned to ensure maximum participation. The information collected will be compiled and reported back to the community following the end of the consultation process.

Creation of the New Wahta Nation Citizenship Code

The information collected during the consultation process will guide the writing of the new Wahta Nation Citizenship Code. The code will be written and presented back to the community in early 2017.

Project Reporting

Throughout this process we will be reporting our findings back to the Wahta Nation Governing Council and the Community. We encourage all feedback throughout the process and if you would like to schedule a personal interview to share your opinions and ideas on this subject please contact Three Bears Consulting at 3bearsconsulting@gmail.com

Three Bears Consulting is an Indigenous consultancy firm. This project will be led by Mohawk Olympian Waneek Karawinionta Horn-Miller. Waneek, a mother of three is a bear clan woman who's families hail from Kahnawake and Ohsweken. She has worked extensively in both the Indigenous and non-Indigenous world in media, program development, motivation and capacity building. Waneek will be leading a team of experts including Carleton associate professor Dr. Kahente Horn-Miller who's work in Indigenous Identity will help inform this process. Three Bears Consulting will be supported by legal council and seasoned facilitators, ensuring the best possible process and outcomes. We are honoured to be working with community of Wahta and we are looking forward to meeting and working with the community members in the coming months.



CELEBRATING ABORIGINAL DAY AND STUDENT SUCCESS

On June 21 community gathered to come together in friendship to recognize the day and to honor our students as they complete another year of school. It was a great barbeque prepared by Wahta Mohawk staff as we enjoyed the meal outside under the large tent set up by the maintenance department. At the end of the meal students were awarded a small gift and encouraging message. The fun event ended in celebration with a social that was led by Iohate, Karoniakaronte and Lucia. Our deepest gratitude is extended to all who made this a special day by joining us to celebrate our culture and our greatest gifts- our children.



2016





Will be held July 4th—July 8th, 2016



**Please contact Colleen
at
705-762-2354 ext. 241**



Community
Shopping
Thursday, July 13th,
9:00 am pick up
to Orillia Square
Mall
&
Walmart
Please contact
Christine at
705-762-2354 ext. 273
Or
Sherry ext. 250

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

NOTICE
TUTORING SESSIONS
&
AFTER SCHOOL PRO-
GRAM

Will resume in September



Chair Exercise
Wednesday, July
27th
10:30 am - 1 pm
at the
Admin Building
Contact Christine at
705-762-2354 ext. 273



Foot Care
Tuesday July 5th

Diabetes Club
Wednesday, July 20th
at the
Admin Building
10am-12pm
Contact Christine ext.
273 or Sherry ext. 250



ENGAGING WAHTA 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

AIAI 17TH ANNUAL Elder's Gathering

When: August 30th-September 1st, 2016

(Bus will leave Wahta Administration building at 10 am on Monday August 29th)

Where: Delaware Nation

Theme: Honouring the Past For a Healthier Tomorrow

Dress up theme: Elvis (Day 2-August 31) Prizes to be won!

Registration Deadline: Friday July 22 Contact Sherry 250 or Christine 273

CULTURAL HEALING CENTRE

JULY 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.. This fees for this program are supported by our Health Services budgets.

GRAND OPENING OF CULTURAL HEALING CENTRE TOOK PLACE ON JUNE 18

Beginning with the *Ohenton Kariwahtekwen* led by Iohate Sahanatien. The attendees then gathered outside the building to witness the ribbon cutting ceremony after Chief Philip Franks said a few words about the history of the building, offered gratitude to the Cultural Healing Centre committee and project management team who provided direction to the renovation project. Committee member Elder Grace Sowards and Committee member Faith Keeper Iohate Sahanatien together cut the red ribbon symbolizing the official opening. The crowd moved inside where we witnessed the beautiful naming ceremony performed by Pine Tree Chief Kanenrahkénia:te (Terry Sahanatien) and Iohate Sahanantien and Lucia Sahanatien. Children were given names by the cultural centre based on their individual characteristics while others were already given their name by family from birth. The ceremony itself was offered in the Mohawk language and involved parents along with song and dancing. A lunch was provided afterward before settling in to listen to Author Lee Maracle whose message was about letting go of a painful past and embracing a future with strong cultural values and the importance of family.



There will be a rotation of committee members in September. We require two replacements to fill those seats. If interested please contact Carol Holmes, Committee Chair.

YOGA CONTINUES EACH MONDAY FROM 7-8 AT CULTURAL HEALING CENTRE

Why Yoga? Yoga is a physical, spiritual, emotion and mental practice originating from India that includes breath control, meditation and poses using the body. Yoga will increase mental clarity, self esteem, and confidence all while benefiting the body in various ways. You will leave the class feeling grounded, strong, calm and relaxed. Each class includes a temple massage, props to ease and modify poses, essential oils, music, a new meditation each class, and a spiritual reading. Mats are provided. Students are welcome to bring a blanket and eye pillow for savasana (the final resting pose). **Restorative Yoga:** A gentle and slow practice that focuses on use of props (provided) such as bolsters, blocks and straps. Poses will be held for longer periods of time. A great way to unwind and destress. A beneficial practice for all but especially those who want an easier and more relaxing practice. **Yoga Flow:** A fitness based yoga series using postures and breath. This class will allow you to sweat out the toxins, increase flexibility, stamina and strength. Any questions please direct them to info@kylaellenyoga.com. See you on your mat!

TEACHINGS FROM THE LONGHOUSE

TEACHINGS FROM THE LONGHOUSE..... As stated in the previous newsletter we will begin to offer a series of educational teachings. The first series THE CREATION STORY will be offered SATURDAY AUGUST 27 beginning at 10:00 am. As requested by community we will begin each month to provide these teachingsORIGIN OF THE CLANS – SATURDAY SEPTEMBER 24. We look forward to seeing you at the Cultural Healing Centre for these informative educational seminars

Origins of Clans– August

Migration Story– September

Birth of Peacemaker– October

The Journey of the Peacemaker– November

Formation of Great League of Peace—December

Kariwiiio The Good Word— January



Women's

Drum Group

Tuesday, July 12th

6:30-8

at the

Cultural Center

Everyone Welcome!!

(experienced or newcomer)

Contact Christine (273) or Sherry (250)

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 705-762-2354 x 233.

WAHTA RORONON CULTURE AND HEALING CENTRE

Mohawk Naming Ceromony

Jackson **Tehowenrie** Dewasha
(He is stirring it)

Katie **Kawennó:tie** DeCaire Morgan
(Words going along the water)

Jayden **Karonhiatatie** DeCaire
(In the skies)

Ava **Ionnontionniens** DeCaire
(She is thinking)

Lily **Kahnekenhá:wi** DeCaire
(She is carrying the water)

Willow **Ose** Commandant
(Willow)

Myla **Wenhniiseri:io** Commandant
(Nice day)

Jace **Rotiarenton** Greasley
(He is first)

Sierra **Iakoriwaieri** Sahanatien
(She is kind)

Molly **Kanerahtióstha** Commandant
(She beautifies the leaves)

Lilly **Tekatsitsahá:wi** Falconer Ward
(She picks flowers)

Ryan **Roianere** Strength
(He is good)

Keira **Kaniatará:ke** Gray
(On the river)

Colleen **Katsisaraken** Mendes
(She is a white flower)



Youth Engagement – Walk for Attawapiskat

On Saturday May 28, 2016 six Youth from Wahta departed at 7:00 am to make their way to Sudbury to attend the Attawapiskat First Nation Walk for Awareness. There was a Traditional Smudging Ceremony to start the day followed by guest speakers and 18 honored Attawapiskat Youth were in attendance. The walk went through the city of Sudbury and finished at Bell Park which had a beautiful view, where we then concluded with a Round dance. We couldn't have asked for a more beautiful day to walk and support these Youth. It was a great chance for the Youth of Wahta to participate and show their compassion and support to another First Nation community.



What's Happening in July...

What: R.E.A.L. School

When: Jul 14, 2016

Where: Cultural Center

Time: 5:30pm-9:00pm



RSVP by July 12th

Contact Kara at ext. 227

This July we have an exciting Youth Engagement Night planned where we have a guest speaker from R.E.A.L. School attending. It will be a kick off night for youth to get insight into an upcoming R.E.A.L. School Youth Leadership weekend here in Wahta. We hope all youth in Wahta will plan on attending.

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!"** This program is 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!

Assisting people in connecting to their inner spirit, **R.E.A.L. School** is designed as an evolutionary program. They utilize various processes for self-discovery that reinforce positive changes in one's perception of self and others. In every **R.E.A.L. School** program, participants are guided through various interactive and experiential exercises focused on creating self-awareness. Some youth from Wahta have participated in R.E.A.L. School before and absolutely loved the experience. We are thrilled to be able to offer this opportunity here in Wahta.

YOUTH AND YOUNG ADULT ENGAGEMENT

Save the Date

August 11, 2016, September 8, 2016 ,

ACKNOWLEDGMENT

In the month of June multiple youth went out into the community of Wahta and picked wild leeks from the land. The group together picked over 30 lbs within a few evenings of work. These leeks were then distributed to community members, elders/seniors, family members. Also the A.I.A.I General Assembly meeting used some for their lunch and had delicious potato wild leek soup.

Their hard work was greatly appreciated and they were very successful with gathering and organizing to meet up nightly to pick, clean, and prepare. All Youth had a great time getting out and working together. We are looking forward to more get togethers around working with the land and gathering resources, and gathering food and preparing it in the coming months.

Bekki DeCaire Ava DeCaire Lily DeCaire Bryan DeCaire Blake DeCaire Dan DeCaire Kara Wanoth

THANKS FOR ALL OF YOUR HARD WORK!



Find us on:
facebook®

Wahta Mohawks has a new Facebook page!

Check out our Facebook page for regular council and community

NOTICE:

**The workshop date is cancelled.
This date conflicts with another meeting for the
Community Unity Peace Process
and will be rescheduled**

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

The Final Community Conference at Red Leaves was “The Journey Begins”

So Let's Get Started!

A series of 4 workshops are planned for this year.

Registration and Attendance is required for 2 out of 3 in order to register for the final workshop. Watch for upcoming dates , times and topics to move forward with Community Healing.

July 9th, 2016 — **To Be Rescheduled**

October TBA

November 5th, 2016

January 27, 28, 29, 2017

The Wahta Mohawks

Wellness Series

“Our Hearts Begin To Beat As One”

Cultural Healing Center

Lunch Provided

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

Children are welcome

This is the opportunity for all to move forward with the health of our community in mind.

This Is the Journey

St. Lawrence College



CONGRATULATIONS!

On Thursday June 16, 2016 Kristal Berwick graduated from St Lawrence College with distinction.

For the past two years Kristal has been studying the path of Traditional healing and incorporating traditional medicines into everyday life. She has been sharing her teachings and knowledge with staff, members of the community and family.

Congratulations Kristal in earning your diploma as an Indigenous Social Service Worker.



Wahta Mohawks Annual Bass Derby and Picnic

Saturday July 30th, 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!

Prizes





WAHTA MOHAWKS COMMUNITY TRUST

REQUEST FOR PROPOSAL

The Wahta Mohawks Community Trust is seeking proposals from Wahta Mohawks 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).*

Application forms are available at the band office.

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 completed and submitted to the Wahta Mohawks Community Trust by December 12th, 2013.
- Proposals received after this date will be evaluated at a later date.

Please contact Sylvia Thompson, Wahta Mohawks Trust Coordinator if you have questions or require further information.

Wahta Mohawks Community Trust

Wahta Mohawk Territory

P.O. Box 290

Phone/Fax (705) 762-2354 (705) 762-2376

E-mail: admin@wahtamohawkstrust.org

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

Budgeting

Also on July 20, 2016 Alice Murphy will be available to provide education, skills and organization strategies when it comes to budgeting your finances. Please bring with you your monthly income, expenditures etc. Session will start at 11:00. Please give me a call to sign up as lunch will be provided. 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

- ♦ **July 16th, 2016 General Meeting 9AM**
- ♦ October 29th, 2016 General Meeting & Referendum (tentative)
- ♦ 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

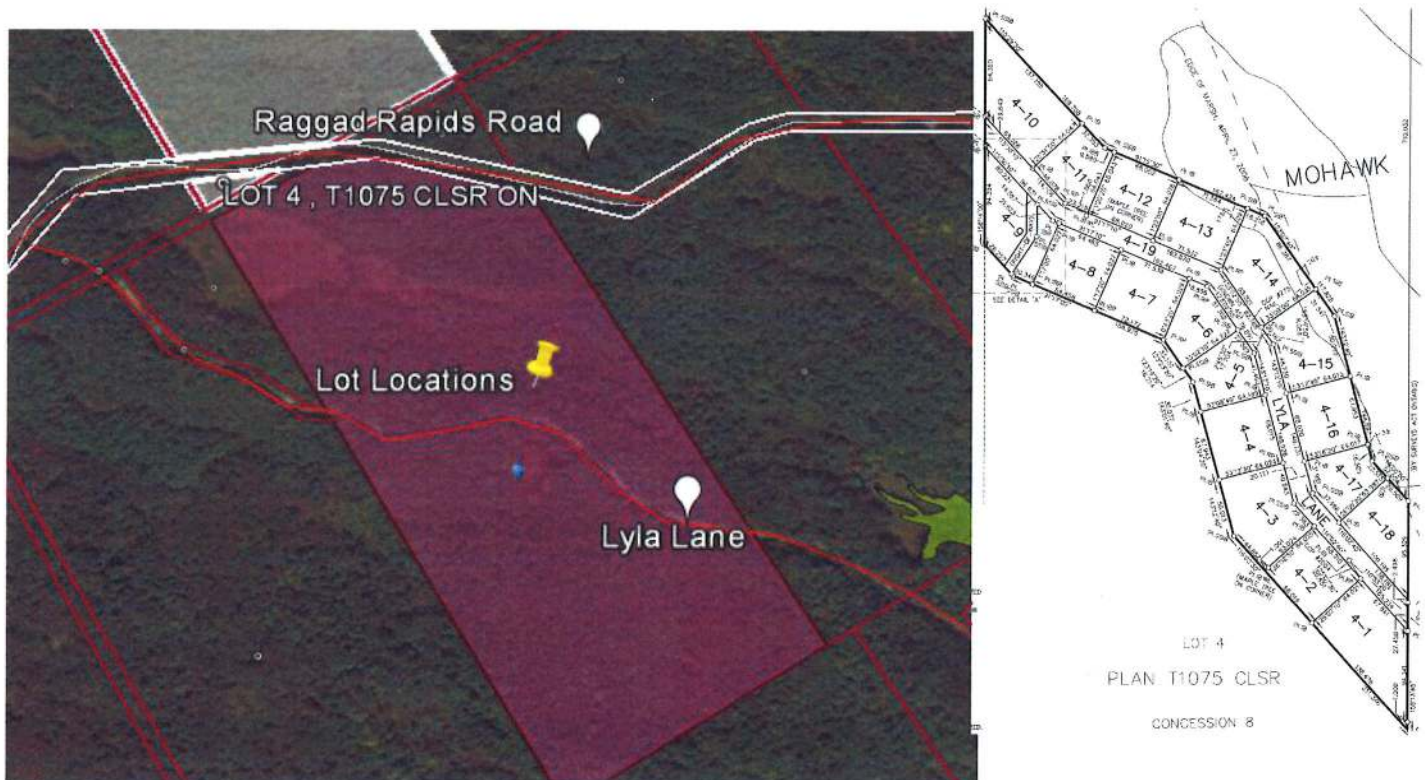
New Land Lots For Sale - Update

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

Future Development Lots



2nd 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 2nd 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 2nd 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).

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

STAFF:

Susan Siwik CHN

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

susan.siwik@hc-sc.gc.ca

Parry Sound Health Centre First Nations & Inuit Health Branch

JULY 2016

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 +

Wahta Renovation Funding

Monies are available to Wahta Mohawk status members who may need or want renovations to their home.

Funding Criteria:

- they must live in the home fulltime and own the home
- home must be located on Wahta Territory
- an inspection be completed by Ontario First Nation Technical Services Corp
- home must be at least five years old
- cannot have accessed the program within the last five years
- maximum allowable assistance is \$26,300.00
- assistance is 50% cost shared between homeowner and Wahta Mohawks
- cannot be in financial arrears with the Wahta Mohawks
- an inspection of the septic system is a requirement

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 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).

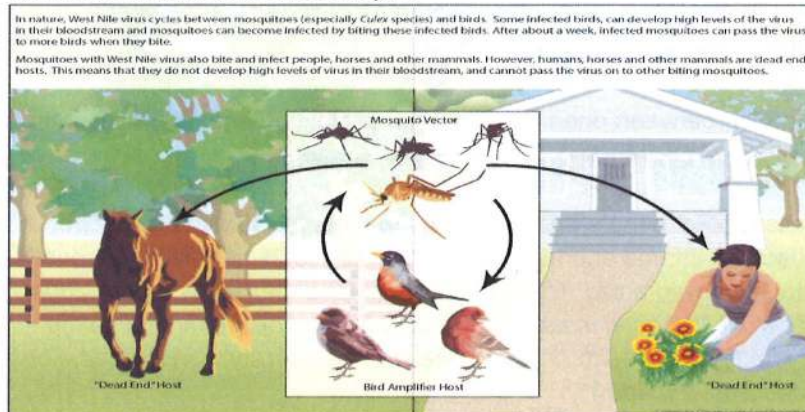
For the RRAP program it must be a health or safety issue in the home. HASI is for seniors for items such as a ramp or walk in shower. ERP is for items such as heating systems, roofs, etc.

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.

WEST NILE VIRUS FACTS SHEET – From the Simcoe Muskoka District Health Unit

West Nile Virus Transmission Cycle



WNV is a mosquito-borne virus that can cause illness, including in rare cases, encephalitis (inflammation of the brain). WNV can be spread to humans by the bite of an infected mosquito. Mosquitoes become carriers of the virus when they feed on infected birds.

Signs and symptoms

Human infections from the virus are rare and those affected usually experience only mild symptoms such as fever or headaches. The illness can be serious and inflammation of the brain (encephalitis) can occur in a small number of cases.

Flu-like symptoms begin in humans, about 3 to 14 days after a bite from an infected mosquito. Although most people will not become sick if bitten by an infected mosquito, WNV can cause severe illness in some people. Those at greatest risk of severe illness are people over the age of 50 and people with chronic diseases or weakened immune systems

How to protect you and your family

Try to stay indoors when mosquitoes are most active (dusk to dawn). When you do go outside, wear light-coloured, long-sleeved shirts, long pants and use a repellent. When using insect repellent be sure to follow the manufacturer's recommendations.

What should I consider when purchasing insect repellent?

When choosing a repellent, consider a product that meets your needs, and only use personal repellents that are registered in Canada. **Never** use a product labelled as an *insecticide* on your body. Make sure you:

- read repellent label carefully before using
- apply the repellent sparingly on any exposed skin (*do not apply underneath clothes*), avoiding your eyes; if you do get repellent in your eyes, rinse with water immediately
- spray in well ventilated areas
 - are not sensitive to a product, by applying repellent to a small area on your arm and waiting 24 hours
 - if you suspect you or your child may be having a reaction to the repellent, stop using the product immediately, wash the treated area, and seek medical attention.

Are there alternatives to a DEET repellent?

WEST NILE VIRUS FACTS SHEET – From the Simcoe Muskoka District Health Unit

P-menthane 3,8-diol and soybean oil are active ingredients that can protect people against mosquito bites. Products containing P-menthane 3,8-diol can provide up to two hours of protection against mosquitoes but cannot be used on children under three years of age.

Products containing soybean oil can provide between one to 3.5 hours of protection against mosquitoes, depending on the product. Be sure to read the labels before applying any repellent.

Registered products containing citronella protect people against mosquito bites for 30 minutes to two hours. These products should not be used on infants and toddlers. Certain products containing citronella have a limit on the number of applications allowed a day. Read the product label before using. *(In 2004, Health Canada completed a review of citronella-based insect repellents that are applied directly to the skin. But since Health Canada did not identify any health risks, citronella-based personal insect repellents will remain on the market until a final decision is made.)*

How you can reduce mosquito-breeding sites

A mosquito-breeding site is any container, depression, or area containing stagnant water for a period longer than seven days in which mosquito eggs may be able to develop to maturity. Some sites include rain barrels, ponds, bird baths, pool and boat covers, and old tires and lawn ornaments.

By preventing and eliminating breeding sites, adult mosquito numbers can be decreased, which can then reduce your risk of being bitten by a mosquito.

To eliminate potential breeding sites:

- keep grass cut and trim shrubs and bushes;
- fill ponds with Koi or other mosquito-eating fish(do not stock ponds that have an outflow to natural water sources if stocking with non-native fish) and consult the Ministry of Natural Resources before stocking any water body;
- keep swimming pools, spas and hot tubs chlorinated and covered tightly when not in use;
- change the birdbath water weekly;
- ensure water doesn't accumulate in tires and tire swings;
- empty buckets, wheel barrows and pots;
- store small boats and canoes upside down;
- be sure boat covers do not accumulate water;
- drain or fill tree holes;
- screen or eliminate water in sump pumps;
- keep eavestroughs and rain gutters clean;
- drain plastic covers on lawn chairs and other outdoor equipment weekly.

8 Week Introduction to Construction Course

Open to those who are First Nations – Status/Non Status, Inuit and Metis



LIUNA!
LOCAL 183
Training Centre

PARTNERS ON ABORIGINAL INCLUSION
PAID
DURHAM - GTA



July 11, 2016 to September 2, 2016 Monday to Friday in Coburg ON

The 8 week, **Introduction to Construction Course** in partnership with L.i.U.N.A. (Labourers International Union of North America) Local 183 Training Centre Coburg, aims to prepare Aboriginal people for long-term employment while addressing the shortage of highly skilled Construction Labourers in the province.

This course will give participants the opportunity to experience the trades, regardless of the level of experience. Participants will also be provided with the basic health and safety training they would need to be ready for the job site.

QUALIFICATIONS:

Grade 12/OSSD/GED, Valid Driver's Licence, and CPIC
Qualified candidates may be eligible for financial support

During the 8 week training course some of the areas covered include:

- Health and Safety
- Certification: WHMIS, and Standard First Aid Level-A CPR + AED
- Working at Heights
- Cement Forming and Finishing

Some of the equipment supplied:

- CSA approved steel-toed safety boots
- Hardhat
- Safety glasses
- Tool bag including framing hammer, tape measure, chalk line with refill and safety gloves.
- Reflective Safety Vest.

For more information, contact your Employment Counselor or the PAID Project Coordinator at:

Gavin Lawrence

Project Coordinator

Partners on Aboriginal Inclusion Durham-GTA (PAID)

Kagita Mikam Aboriginal Employment and Training

(M) 905-550-4093

(T) 905-233-9734

gavin@kagitamikam.org

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 (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 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.



FARM STORE HOURS

(2860 Iroquois Cranberry Growers Drive)

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

Kiosk Store Hours

(2664 Muskoka Rd. 38, Wahta Administration Office)

Monday-Thursday 8am-4:30pm
Friday 8am-2:00 pm

Farm Store: 705-762-5725
Kiosk Store: 705-762-2354 ext 227
Retail Manager: Kara Wanoth-Mee

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 or leave a message at 705-762-2354 ext. 256

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



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

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

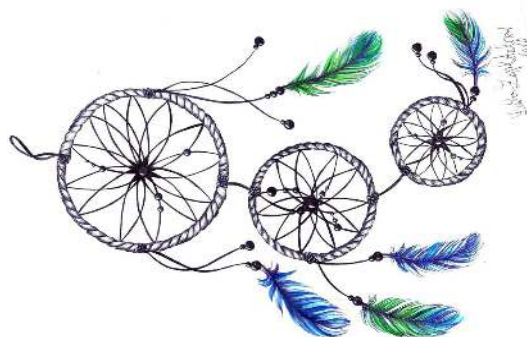
Scott.Aubichon@wahtamohawks.ca

*Register for
Newsletters,*

Meeting Minutes and More Monthly

Content at

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



Smudging Prayer

May your hands be cleansed,
that they may create
beautiful things.

May your feet be cleansed,
that they may take you
where you most need to be,

May your heart be cleansed,
that you may hear
its message clearly,

May your throat be cleansed,
that you might speak rightly
when words are needed.

May your eyes be cleansed,
that you may see
the signs and wonders
of this world.

May this person and this space
be washed clean
by the smoke
of these fragrant plants,

And may that smoke
carry our prayers,
spiralling to heaven.



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 or Kara 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 for any upcoming programs or developments or send us your email address. 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	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

