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WAHTA ATENHROS:SERA

Ennisko:wa - March
(much lateness)



MARCH 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 After School Program	2 Community Shopping Baby Play Tutoring	3	4	5 Snowsnake Workshop
6 Snowsnake Workshop	7 Baby Play After School Program	8 After School Program International Women's Day	9 Foot Care Baby Play Tutoring	10	11	12
13	14 March Break	15 March Break	16 March Break	17 March Break 	18 March Break	19
20	21 Baby Play After School Program	22 After School Program	23 Baby Play Tutoring Stress Management	24 Traditional Health Fair 2pm-8	25 Good Friday	26
27 	28 Easter Monday	29 After School Program Community Meeting	30 Baby Play Tutoring	31		

FROM THE DESK OF CHIEF PHILIP FRANKS

As we begin the year, Council has begun to look toward completion of some initiatives aimed at the longer term for the membership. Some money was earmarked to begin the process of reviewing the membership code, and developing the matrimonial real property issue. These two areas will be carried out according to the Wahta Consultation Plan with an expected completion of within a year. Both of these are important issues facing us at this time and will require you to assist when contacted through surveys, or community meetings. Expectantly, the processes will be guided from the membership.

Back at the end of January the Wahta annual conference was held at nearby Minett. It was a good thing to see many people from the community and from the off reserve body attend. The featured speaker was Tom Porter, a great speaker and teacher. Tom took us through the beginnings of our time as Mohawk people. He emphasized the values of regarding life and ourselves as taught to us by the Creator. Over time we forget these things and end up treating ourselves badly, weakening our fabric as a nation.

The quarterly general meeting was held February 6. There were a number of presentations made to update the membership on matters at hand. As already said the Matrimonial Real Property law was discussed. This applies on reserve in the event of a marriage breakdown, or death, and affects the distribution of the matrimonial home. The federal provisional act now applies, but can be customized to our community through the passing of our law. The first decision is whether to stay with the federal act or not. It seems that at this time many people would rather have our own law. Hopefully everyone will voice their opinion as this process moves forward.

An update from Iroquois Cranberry Growers revealed good and not so good news. The good is that the retail market has picked up significantly over the last year, and the back log of frozen product in storage is going down. This as explained by Economic Development Officer, Lance Decaire, is due to creating a range of value added products and employing an improved advertising plan. On the other hand the bad news was that last year's harvest was the lowest ever. Measures will be put in place to ensure that we run efficiently and productively. The weather last year played a role in the decline, but also

there is an identified need to farm more scientifically with newer technology.

The new Cultural Healing centre was spoken about. Funds from the Wahta Community Trust and the Ontario Trillium fund fell short of completing the project. This happened as the renovation began and it was found some major items had to be carried out on the old building side; an updated wiring installation, removal of some older possibly hazardous building materials, some mechanical additions to the heating and ventilating, and all new drainage and septic. Despite the project overrun, and as the steering committee acting as general contractor, the cost of \$162.00 per square foot still fell in a comparable range for such a project. Programs in the centre should begin in the spring.

In 2014 the council of the day approved a payout from Hydro lease money to go the membership. Money was set aside for those eligible at the time but had not turned eighteen. This still left a surplus, so Council will finish that process and each member who qualified then will see an approximate \$600 payout.

An update from Wahta's lawyer on the issue of renegotiating the land claim settlement funds was provided to the attendees. This is an ongoing issue and more information will come to you as things progress.

To wind up the day, a presentation was made on the Wahta Community Trust, and some of the work the trust board will be undertaking this year.

As usual for more information on these and other issues are available by contacting the Council office, or going to the Wahta website and registering to view the member's portal. Until next month I hope you enjoy the relatively pleasant remainder of the winter.

Nia:wen kowa,
Chief Franks

*The Administration Building
will be closed on March 25th & 28th
for Easter*

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,

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 23rd, 6 p.m. - 8:30 p.m.

Location: Cultural Healing Centre

Contact: Carol Holmes

705-762-2354 ext. 233

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.

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.

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!!!

ANNUAL ICE FISHING DERBY!

FOOD AND DRINKS

SATURDAY, FEBRUARY 27th

8 am

WEBSTER LAKE



EVERYONE IS WELCOME TO ATTEND

The Strength family has donated a trophy in
memory of Stewart Strength.

PRIZES!

GIVEAWAYS!

This trophy will be awarded to the person that catches the largest fish.

Wahta Development Corporation

We are in the process of setting up a Development Corporation to oversee all of the business interests of Wahta Mohawks. Currently this includes Iroquois Cranberry Growers and Mohawk Food Processors Inc. All future Wahta owned business interests will be placed under the Development Corporation. One of the reasons to set up a Development Corporation is to enable continuity in business planning that is independent of our three year political election cycle. The Development Corporation will be run by a Board of Directors made up of representatives from Council, Business and Community Members. At this time we are looking for Wahta Members with business or related experience who may be interested in participating as Board Members. Anyone interested is invited to contact:

Lance DeCaire
Economic Development Officer
Wahta Mohawks First Nation
PO Box 260
Bala ON Canada P0C1A0
(705) 762-2354 ext 224
lance.decaire@wahtamohawks.ca

Please include a copy of your Resume or C.V., and \ or a cover letter outlining your experience.

Iroquois Cranberry Growers

Seasonal and Summer Employment opportunities.

Iroquois Cranberry Growers will have seasonal and summer openings for field workers, retail workers and food production workers. Anyone interested is invited to forward a resume to:

Lance DeCaire
Economic Development Officer
Wahta Mohawks First Nation
PO Box 260
Bala ON Canada P0C1A0
lance.decaire@wahtamohawks.ca

Iroquois Cranberry Growers

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



An aesthetic response to the more than 1000 MISSING AND murdered Aboriginal women in Canada

Nearly 1,200 aboriginal women in Canada have been murdered or gone missing in the last 30 years — 225 in 2014 alone, according to the RCMP. In Alberta, for example, **206 First Nations women have been killed over three decades** — or 30 per cent of all female homicides in the province.

The REDress Project was created by a Metis artist Jaime Black from Winnipeg who wanted to make a focus around the issue of missing or murdered Aboriginal women across Canada. It was an installation art project based on an aesthetic response to this critical national issue.

The project was seeking to collect 600 red dresses by community donation that would later be installed in public

spaces throughout Winnipeg and across Canada as a visual reminder of the staggering number of women who are no longer with us. Through the installation it was the hope to draw attention to the gendered and racialized nature of violent crimes against Aboriginal women and to evoke a presence through the marking of absence.



In 2014 the REDress Project was installed at the Canadian Museum of Human Rights

International Women's Day is March 8, 2016 which is a day to celebrate the social, economic, cultural and political achievement of women. We would like to take this day to celebrate all women and especially the Missing and Murdered Aboriginal Women of Canada.

We have decided to make our own Red Dress Exhibit outside of the Wahta Administration Building to show our respect to these women and also to draw attention to this horrible issue that is just being talked about now.

If you have a red dress that you would like to donate to this exhibit feel free to drop it off at the Administration building by March 1, 2016.

Our hope is to bring a visual reminder of the women who are no longer present and to help create conversation around this issue.

Aboriginal Legal Advice from Aboriginal Lawyers



ALAAL Clinic

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

Parry Sound Friendship Centre

What: Legal clinic for aboriginal clients

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

When: February 9, 2016
March 16, 2016
April 13, 2016
May 11, 2016

Time: 1pm – 4pm

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

Midland Friendship Centre

What: Legal clinic for aboriginal clients

Where: 175 Yonge Street
Midland, ON L4R 2A7

When: February 10, 2016
March 17, 2016
April 14, 2016
May 12, 2016

Time: 1pm – 4pm

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



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

NOTICE

TOBACCO QUOTA APPLICATIONS
ARE NOW AVAILABLE AT THE
ADMINISTRATION OFFICE

APPLICATIONS WILL BE ACCEPTED
UNTIL MARCH 15TH, 2016

SAVE THE DATE

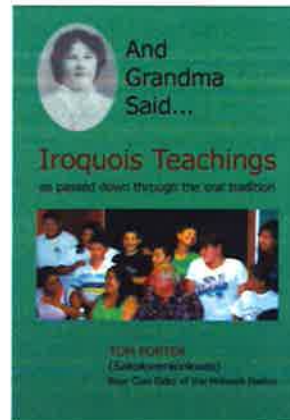
March 24th, 2 pm – 8 pm



Traditional Health Fair

Pease RSVP for Dinner by contacting Christine
at
762-2354 ext. 272

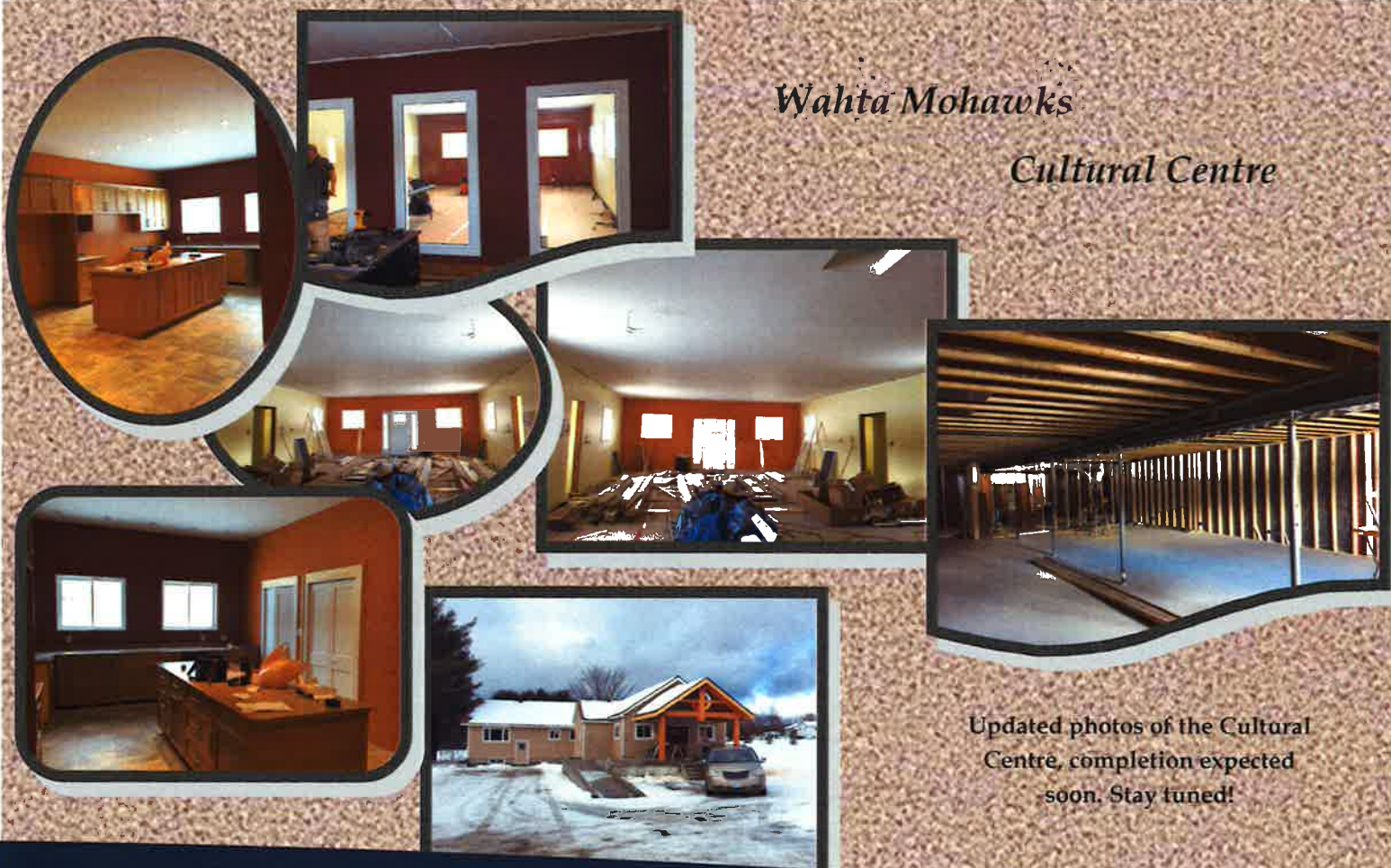
*An excerpt from; And Grandma Said. Iroquois Teachings
As passed down through oral tradition, written by, Tom
Porter, Sakokwenionkwas, Bear Clan Elder of the
Mohawk Nation.*



We must immerse our
people, our children, and to
teach them how to be mothers
and father, give them back
their ceremonies, give them
back their language, give them
back their spiritual history
and their history altogether,
teach them how to be
wholesome family members,
ambitious, honest, and
morally good.

Wahta Mohawks

Cultural Centre



Updated photos of the Cultural
Centre, completion expected
soon. Stay tuned!

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

NOTICE:

Unfortunately there has been vandalism occurring at the Resource Centre Gym. This could threaten public use and unsupervised access. If anyone has knowledge of this please contact the Administration Office at 762-2354.

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

Notice

Any Wahta Mohawks member over the age of consent interested in a brushing and clean-up contract of the Hydro Ones distribution lines must contact Scott Aubichon to get on the contractor list by **April 15th, 2016**.

The distribution line brushing and clean-up contract is significantly smaller in relation to the Transmission line contract, therefore only a limited amount of sections will be awarded.

Contracts will be awarded to qualified members via a lottery at a meeting.

Please be advised this includes anyone that expressed interest previously, you must re submit your name.

Scott Aubichon
Land Manager
Wahta Mohawks

Scott.aubichon@wahtamohawks.ca

Work 705-762-2353 Ext 242

If you leave a message please leave a contact number.

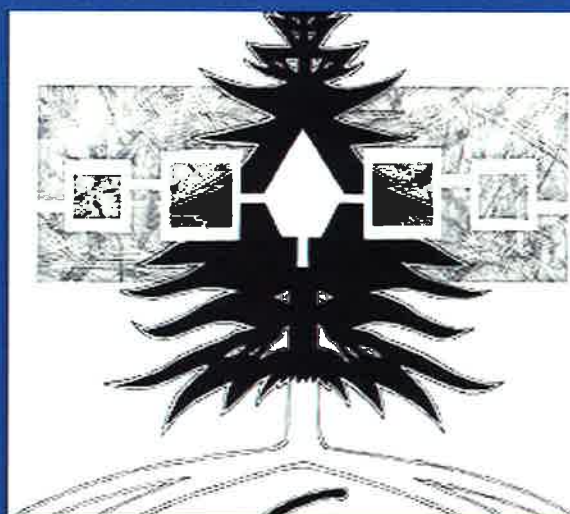
LOOKING FOR YOUNG ADULTS

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. 227 or email kara.wanothmee@wahtamohawks.ca

WE CAN MAKE A POSITIVE DIFFERENCE!!!



Membership Report

Persons accepted as Members

Quinn McCabe Commandant

Caleb James Commandant

Koby Acheson Commandant

Jordanna Grace Marsden



Get Twitter Updates
[@wahtamohawks](https://twitter.com/wahtamohawks)
twitter.com/wahtamohawks



Register for Newsletters, Meeting
Minutes and More Monthly Content
www.wahtamohawks.com

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