

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

## *IN THIS ISSUE*

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

*Onerahtohko:wa - May*  
*(time of big leaf)*



# MAY 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Baby Play 9:30-11:30 After School 3:30-5:30 Yoga 7-8 pm	3 After School 3:30-5:30	4 Baby Play 9:30-11:30 Tutoring 3:30- 5:30pm	5 Parry Sound Mental Health Fair 9-2pm YMCA Movie 5:30-8pm	6	7 Community Clean up! 8-9:30 am breakfast
8	9 Baby Play 9:30-11:30 After School 3:30-5:30 Yoga 7-8 pm	10 After School 3:30-5:30	11 Community Shopping 9am Baby Play 9:30-11:30 Foot Care Tutoring 3:30-5:30	12 Youth & Young Adult Engagement Night 5:30 at the Cultural Healing Centre	13	14
15	16 Baby Play 9:30-11:30 After School 3:30-5:30 Yoga 7-8 pm	17 After School 3:30-5:30 Health Fair 2-8pm	18 Baby Play 9:30-11:30 Diabetes Club 10-12 Tutoring 3:30-5:30	19	20	21 Longhouse Social Potluck & Dance
22	23 <i>Victoria Day Office Closed</i>	24 After School 3:30-5:30	25 Baby Play 9:30-11:30 Chair Exercises 10:30 am Tutoring 3:30-5:30	26	27	28
29	30 Baby Play 9:30-11:30 After School 3:30-5:30 Book Club 4:30-6 Yoga 7-8 pm	31 After School 3:30-5:30 Community Meeting 7pm				

## *FROM THE DESK OF CHIEF PHILIP FRANKS*

As we move into the spring Council continues to deal with the issues at hand. Within the strategic plan revisited early this year there are initiatives that need to be completed as I have mentioned before.

The Matrimonial Real Property law research continues to be carried out by a staff member. Early local questionnaires netted only 20 responses to date.

This information is very important if we are to make the effort to put forth a Wahta law to the membership. Recognizing the MRP affects mostly residents in the community, there are other related issues within the federal act. For instance, for the first time the act prescribed that the provincial court would make rulings regarding property on reserve. Early returns indicate that Wahta members do not see this as an acceptable solution. The answer to this will have to be an alternative judicial body to rule on matters of residence, and occupancy of homes in the event of a marriage breakdown or death in the family. We will be moving forward with consultations and continue to discuss this issue more fully with the membership.

There will be much work done on reviewing and possibly recreating our membership code. This code was enacted in 1987 and does contain areas that need to be addressed to make it a most effective document. Council will be considering a proposed contract with a consultant who will work in and with the community over the next six months or so. Timely it might be, April 14 the Supreme Court released a ruling that the federal government has a fiduciary relationship with the Métis and non-status Indians, just as it does with status Indians, and that the Métis and non-status Indians have the right to be consulted and to negotiate on matters affecting them. This ruling does not order Canada to provide certain benefits to the non-status Indians but it does have an impact throughout the country that may very well lead to the addition of over 200,000 people being added to the registry of status Indians. Prime Minister Trudeau indicates consultations will be held across the country with the affected parties.

On the economic development side we are looking at a model of a business development body that would serve to govern over existing and future Wahta owned businesses, more specifically those

businesses held communally. The first two to include would be Iroquois Cranberry Growers and Mohawks Food Processors. This would take direct onus for business management off elected Councils thereby putting in place people who are in fact business people. Ultimately Council would still have the role of being the legal caretakers of community dollars.

Finally, it must be said that Council realizes it is open to criticisms from the community, however lately the integrity and reputation of administration workers have been called into question over social media. In one instance it is insinuated and falsely stated that staff fraudulently acquired a grant for the renovation of the old school building by saying it was a residential school. Had concerned persons been responsible to check, there was never such a claim made, however the funding agency press release had mistakenly added the reference. Such entries on the internet web are unacceptable and could have ramifications in the future for those involved. A review of the original proposal called the old school the reserve's day school. I would urge those who feel compelled to write such insinuations and speculations to educate themselves on matters of which they speak.

Don't forget April 30 is the next general meeting where the governance issues we are dealing with will be discussed. Hopefully we will be able to introduce the person who will assist in the consultations with our membership. Hopefully everyone will make an effort to find the time to attend.

Nia:wen kowa,

Chief Franks

Come Out and Join  
In !!!

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

## 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



Community  
Shopping  
Tuesday, May 10th,  
9:00 am pick up  
To Midland  
Walmart /Giant Tiger  
&  
Canadian Tire  
Please contact  
Christine at  
705-762-2354 ext. 273

## 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.

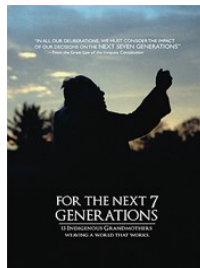
*NOTE: This program will not be available on May 23rd*



**BOOK CLUB**  
Monday, May 30th  
4:30 until 6

Discussing *Monkey Beach* and  
*The Winter We Danced*

Please contact  
Christine at  
705-762-2354 ext. 273



**YWCA's  
Women ( 12+)  
DINNER & MOVIE  
NIGHT**  
Thursday, May 5th  
5:30 – 8 pm

Please contact Christine at  
705-762-2354 ext. 273



Chair Exercise  
Wednesday, May 25th  
at  
10:30 am  
Contact Christine at  
705-762-2354 ext. 273



Foot Care  
Wednesday, May 11th

*The Children's Place*  
**ratiksaakón.'a**  
**raotinákte**

**Baby Play**  
Every Monday and  
Wednesday  
9:30 am – 11:30 am  
Please contact Colleen  
at  
705-762-2354 ext. 241

*Note: Session will  
not be available on  
Monday, May 23rd*

**ENGAGING  
WAHTA  
CHILDREN,  
CREATING**

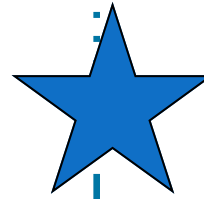


## Traditional Health Fair

Please join us !

May 17th  
2-8pm

Dinner will be served please RSVP to Amy at ext. 240



Diabetes Club Wednesday,  
May 18th 10-12...Contact  
Christine(273) or  
Sherry(250)...a monthly  
information session  
providing support and  
information for people who  
have diabetes as well as for  
others for diabetes  
prevention.



Mental Health Fair Parry Sound Thursday, May 5<sup>th</sup> 9:00-2  
" Information booths, free literature, wholistic health  
practitioners (massage, reiki) local drums (men, women  
and youth), alternative health care and wellness  
products and demonstrations...Contact Christine(273) or  
Sherry(250)



## ANNUAL SWIMMING LESSONS

Will be held July 4th—July 8th, 2016

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



## 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.

Watch for future newsletters for more information or contact the Administration Building for more  
information.

## Youth/ Young Adult Engagement Night

Thursday May 12<sup>th</sup>, 2016 @ 5:30pm



**Who:** Youth 12-19 yrs. old  
Young Adults 20-35 yrs. old

**What:** Come join us for another great night around food, peer to peer discussion on various topics/issues, cultural activities, and a great chance to get together and catch up.

A cross-cultural interactive activity called the 'Blanket Exercise' will be conducted to set the mood for the evening.

We will be discussing topics such as Attawapiskat and how Wahta's Youth/Young Adults can get involved with bringing hope to that community. With this we will be discussing Life Promotion and how we will continue to stay healthy and of a good mind here in Wahta.

**Where:** Cultural Center, Wahta

**Why:** Youth/Young Adult community engagement is needed and wanted

*We have a chance to have a voice and to continue to build friendships!*

**PLEASE RSVP by MAY 9<sup>TH</sup>, 2016**

**Kara 705-762-2354 ext 227 or email [kara.wanothmee@wahtamohawks.ca](mailto:kara.wanothmee@wahtamohawks.ca)**



# Mocc Walk

get active · get fit · have fun



### *How far can your moccasin's walk?*

The Ontario Native Women's Association's Aboriginal Diabetes Program is **challenging you to a Mocc Walk!** Join us for this walking challenge intended to increase awareness about diabetes and to promote physical activity among Aboriginal people across Ontario.

Just record the number of minutes you spent walking, tally your points at the end of the challenge and submit them to ONWA. You earn 1 point for every 10 minutes you walk. The more points you get, the more **chances you have to win great prizes!**

Everyone of all ages is encouraged to participate - women, men, youth, children, elders. Participate as individuals or gather your families, co-workers or friends and participate as a team! You can walk anywhere - on a treadmill, outside or at the mall.

### *Take the Mocc Walk 2016 Challenge!*

**\*REGISTRATION REQUIRED\***

#### **EVENT DETAILS:**

**Who:**  
Everyone! **Register** as Individuals or Teams (4 per team)

**When:**  
**Begins:** May 1<sup>st</sup>, 2016  
**Ends:** June 30<sup>th</sup>, 2016

**Where:**  
All across Ontario

**To register,** complete the registration form and e-mail, fax, or mail it to ONWA.

For more information, please contact:  
Robert Fenton  
Tel: (807) 625-8579  
Toll Free: 1-800-667-0816  
E-mail: [diabetes@onwa.ca](mailto:diabetes@onwa.ca)

*A Voice for Aboriginal Women  
and their Families*

For more info call **Kara 705-762-2354 ext 227** or email [kara.wanothmee@wahtamohawks.ca](mailto:kara.wanothmee@wahtamohawks.ca)

## SUMMER STUDENT EMPLOYMENT

Wahta Mohawks will be accepting resumes for the following positions: Children's Program Assistants at the Culture Centre and Cashier at ICG.

**Work Responsibilities of Children Program Assistant:** Providing prep work required by teacher and Program Administrator, snack and lunch prep, assisting with children's program daily, providing children with positive support and meeting individual needs, set up and clean up after daily program, opportunities will be provided for students to create games/activities to promote their leadership skills. Other duties not listed may be required of the student.

**Work Responsibilities of ICG Cashier:** Customer service, acquire knowledge of the cranberry marsh and the health benefits of the cranberry, stocking shelves, cashier, taking stock of inventory, completing customer orders and general cleaning of the store. Other

duties not listed may be required of the student.

To be eligible for one of these positions you must currently be 15-30 years of age, and be currently attending secondary or Post-Secondary studies full-time and be returning to school full-time this fall. Must be able to provide your status card number.

Interested students can mail, fax or email your resume to Kristal Berwick by May 31, 2016.

Kristal Berwick  
c/o Wahta Mohawks  
P.O Box 260  
Bala, ON  
P0C 1A0  
Fax: 1-705-762-2376

[kristal.berwick@wahtamohawks.ca](mailto:kristal.berwick@wahtamohawks.ca)



### SAVE THE DATE

CULTURAL HEALING CENTRE GRAND  
OPENING SATURDAY JUNE 18

More details to follow.....



*Register for  
Newsletters,  
Meeting Minutes  
and More Monthly  
Content at*

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

### ATTENTION

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

- ♦ April 30th, 2016 General Meeting 9AM
- ♦ July 16th, 2016 General Meeting 9AM
- ♦ October 29th, 2016 General Meeting & Referendum (tentative)
- ♦ January 28th, 2016 General Meeting

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

# CHALLENGING THE CONSTITUTION TO REVIVE OUR LANGUAGES.....

Lorena Fontaine, an assistant professor of Indigenous Studies at the University of Winnipeg and David Leitch a Toronto based lawyer are preparing a constitutional challenge that argues aboriginal people have the right to be taught in their own language which they argue falls under Section 35 of the Canadian Constitution. Section 35 guarantees aboriginal treaties, but has also been interpreted to protect customs, practices and traditions integral to aboriginal culture, which she says should include language. The Truth and Reconciliation Commissions final report said the federal government has a responsibility to provide sufficient funds for aboriginal-language revitalization and preservation.

It also said aboriginal languages are a "fundamental and valued element of Canadian culture and society." In a statement to CBC News, Indigenous and Northern Affairs Canada said it will spend \$2.6 billion on education, including language support, over the next five years. It also said the federal government will within months announce details about "the way forward" in First Nations education.

As Wahta Mohawks does not have one person designated to language here in Wahta, program planning staff realizes it is each staff member's responsibility to provide language opportunities for all in community. **One of these upcoming opportunities is a children's summer culture and language camp with adult language learning in the evening to support the children.** (Please see the job postings in this newsletter).



Nia:wen ko:wa to those who came out on Saturday April 9 to join us for an afternoon with Tom Porter. It was a great opportunity to bring community together and to remind us how to be with one's self and others. He spoke of the importance that knowing the traditional way of life and language strengthens one's self and community. Tom offered longhouse teachings throughout his message. His powerful message ended with traditional protocol regarding death in the clan family and the fact planned death (suicide and murder) are not part of Haudenosaunee way of being. Community gathered for a delicious meal of corn soup, fried bread and a ham dinner. To work off the meal we enjoyed a great social.

Nia:wen ko:wa to the Mohawk Longhouse who led the social dancing and to those who stayed to participate in song, dance and laughter. It was an enjoyable time by all and it was very nice to be together enjoying each other's company while engaging in our own songs and dances .



## Mental Health Week

May 2–8, 2016

CMHA's [Mental Health Week](http://www.mentalhealthweek.ca) is an annual national event that takes place during the first week in May to encourage people from all walks of life to learn, talk, reflect and engage with

others on all issues relating to mental health. Visit

[www.mentalhealthweek.ca](http://www.mentalhealthweek.ca) for more information.

Here are some simple ways to practice mental fitness:

- **Daydream** – Close your eyes and imagine yourself in a dream location. Breathe slowly and deeply. Whether it's a beach, a mountaintop, a hushed forest or a favourite room from your past, let the comforting environment wrap you in a sensation of peace and tranquility.
- **"Collect" positive emotional moments** – Make it a point to recall times when you have experienced pleasure, comfort, tenderness, confidence, or other positive emotions.
- **Learn ways to cope with negative thoughts** – Negative thoughts can be insistent and loud. Learn to interrupt them. Don't try to block them (that never works), but don't let them take over. Try distracting yourself or comforting yourself, if you can't solve the problem right away.
- **Do one thing at a time** – For example, when you are out for a walk or spending time with friends, turn off your cell phone and stop making that mental "to do" list. Take in all the sights, sounds and

smells you encounter.

- **Exercise** – Regular physical activity improves psychological well-being and can reduce depression and anxiety. Joining an exercise group or a gym can also reduce loneliness, since it connects you with a new set of people sharing a common goal.
- **Enjoy hobbies** – Taking up a hobby brings balance to your life by allowing you to do something you enjoy because you want to do it, free of the pressure of everyday tasks. It also keeps your brain active.
- **Set personal goals** – Goals don't have to be ambitious. You might decide to finish that book you started three years ago; to take a walk around the block every day; to learn to knit or play bridge; to call your friends instead of waiting for the phone to ring. Whatever goal you set, reaching it will build confidence and a sense of satisfaction.
- **Keep a journal** – Expressing yourself after a stressful day can help you gain perspective, release tension and even boost your body's resistance to illness.
- **Share humour** – Life often gets too serious, so when you hear or see something that makes you smile or laugh, share it with someone you know. A little humour can go a long way to keeping us mentally fit!
- **Volunteer** – Volunteering is called the "win-win" activity because helping others makes us feel good about ourselves. At the same time, it widens our social network, provides us with new learning experiences and can bring balance to our lives.
- **Treat yourself well** – Cook yourself a good meal. Have a bubble bath. See a movie. Call a friend or relative you haven't talked to in ages. Sit on a park bench and breathe in the fragrance of flowers and grass. Whatever it is, do it just for you.



Health  
Canada

Santé  
Canada

Your health and  
safety... our priority.

Votre santé et votre  
sécurité... notre priorité.

### PARRY SOUND HEALTH CENTRE - FIRST NATIONS & INUIT HEALTH BRANCH

#### ADDRESS:

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)

#### STAFF:

Susan Siwik, CHN

Nancy Tabobandung, Clerk

#### OFFICE HOURS:

Monday, Tuesday & Wednesday

08:30 – 4:30

Thursday 08:30 – 1:00

#### IMPORTANT PHONE #'S

Toll Free NIHB client lines:

Dental: 1-855-618-6291

All other benefits:

1-800-640-0642

### MAY 2016 – NEWSLETTER SUBMISSION

#### MAY IS MEDICALERT MONTH

The MedicAlert bracelet can be an eligible benefit under the Non-Insured Health Benefits Program (one per life time).

MedicAlert applications can be downloaded from the MedicAlert website ([www.medicalert.ca](http://www.medicalert.ca)) or an application form can be picked up from our office in Parry Sound.

There is a section that must be completed by a Doctor or a Nurse Practitioner.

Maximum and frequency limits apply. Any costs above what NIHB approves will be the client's responsibility.

If you have any questions, please contact your regional office.

Regional offices can be located at the Health Canada website.

<http://www.hc-sc.gc.ca/contact/fniah-spnia/fnih-spni/nihbr-ssnar-eng.php>

The Ontario Regional office is located at:

Non-Insured Health Benefits, Health Canada

Sir Charles Tupper Building

2720 Riverside Drive, 4<sup>th</sup> Floor

Address Locator: 6604E

Ottawa, Ontario

K1A 0K9

#### **General NIHB Inquiries**

Toll-free: 1-800-640-0642

Fax: 613-952-7054

## 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**

## Seasonal and Summer Employment Opportunities

Iroquois Cranberry Growers will have seasonal and summer openings for field 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  
705) 762-2354 ext 224

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## Wahta Economic Development

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 Wahta Mohawks, 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](mailto:lance.decaire@wahtamohawks.ca)

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

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Are you a student looking for a summer job? How about starting your own business? The Government of Ontario offers one time grants (up to \$3,000) to students looking to start a summer business. Have a look at the following link.

<https://www.ontario.ca/page/start-summer-company-students>

Applications have to be in by the beginning of May (check the website for details)

## SUMMER STUDENT EMPLOYMENT

Wahta Mohawks will be accepting resumes for the following positions: Children's Program Assistants at the Culture Centre and Cashier at ICG.

Work Responsibilities of Children Program Assistant: Providing prep work required by teacher and Program Administrator, snack and lunch prep, assisting with children's program daily, providing children with positive support and meeting individual needs, set up and clean up after daily program, opportunities will be provided for students to create games/activities to promote their leadership skills. Other duties not listed may be required of the student.

Work Responsibilities of ICG Cashier: Customer service, acquire knowledge of the cranberry marsh and the health benefits of the cranberry, stocking shelves, cashier, taking stock of inventory, completing customer orders and general cleaning of the store. Other duties not listed may be required of the student.

To be eligible for one of these positions you must currently be 15-30 years of age, and be currently attending secondary or Post-Secondary studies full-time and be returning to school full-time this fall. Must be able to provide your status card number.

Interested students can mail, fax or email your resume to Kristal Berwick by May 31, 2016.

Kristal Berwick  
c/o Wahta Mohawks  
P.O Box 260  
Bala, ON  
P0C 1A0

Fax: 1-705-762-2376 or Email: [kristal.berwick@wahtamohawks.ca](mailto:kristal.berwick@wahtamohawks.ca)

## SUMMER EMPLOYMENT OPPORTUNITIES

Wahta Mohawks seeks a **Mohawk Language Teacher** to fulfill a summer culture language day camp from June 27 - Sept 2. Responsibilities include providing language curriculum and instruction to registered day camp children/youth and to provide language instruction to parents and interested community. Hours will be flexible throughout day.

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Wahta Mohawks seeks a **Cultural Educator** to fulfill a summer culture language day camp from June 27-Sept 2. Responsibilities include providing curriculum and cultural instruction to registered day camp children/youth with cultural teachings to parents and interested community. Hours will be flexible throughout day.

Interested candidates can mail, fax or email your resume to Martie Stanton by May 31, 2016.

Martie Stanton  
c/o Wahta Mohawks  
P.O Box 260  
Bala, ON  
P0C 1A0

Fax: 1-705-762-2376 or Email: [martie.stanton@wahtamohawks.ca](mailto:martie.stanton@wahtamohawks.ca)



# James Bartleman

## Aboriginal Youth Creative Writing Award



**OPEN TO ALL ABORIGINAL**  
**Students in Ontario aged 18 and under**

**Deadline: May 31 of each year**

**For submission forms and more information:**

Visit: [ontario.ca/bartleman](http://ontario.ca/bartleman)

Email: [ontariohonoursandawards@ontario.ca](mailto:ontariohonoursandawards@ontario.ca)

The James Bartleman Aboriginal Youth Creative Writing Award recognizes Aboriginal youth for their creative writing talent.

Every year up to six Aboriginal students each receive the award of \$2,500.

The award is named after the Honourable James Bartleman who was the 27th Lieutenant Governor of Ontario, serving from 2002 – 2007. Mr. Bartleman was the first Aboriginal Lieutenant Governor of Ontario. The award was set up as a legacy to his efforts in promoting literacy among Aboriginal youth.



**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

#### THE CALL FOR POST SECONDARY APPLICATIONS

has now closed for the 2016-2017 academic year. Our deadline was March 31, 2016. Letters to applicants will be sent and received in early May.



# Find us on: facebook®

Wahta Mohawks has a new Facebook page! Check out our Facebook page for regular council and community updates at [facebook.com/wahtamohawkscouncil](https://facebook.com/wahtamohawkscouncil)

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## Longhouse Social

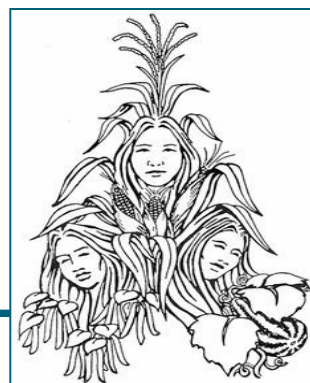
May 21st at 5:30 pm  
Potluck and Social Dance

For more information please call,  
705-762-2385

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The Seed Ceremony will be in May,  
Mother Earth will tell us when, please call for more further  
Information and date.

Everyone Welcome!



## YOGA CLASSES

Every Monday Evening  
7 pm, at the Cultural Healing Centre

**MOVE, STRETCH, STRENGTHEN**

*Instructor Kyla Holmes*



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)

## 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.

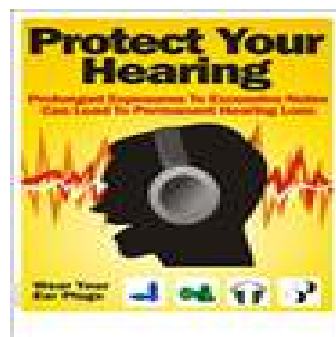
Please submit items no later than the Friday before the Tuesday meeting (meeting is the last Tuesday of every month). Items not requested in advance cannot be included as new business or the meeting agenda. There are two ways to submit items, email at [comments@wahtamohawks.com](mailto:comments@wahtamohawks.com)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



### COMMUNITY CLEAN UP DAY

It's that time of year again that we head out and clean up Mother Earth. Please join us at the Administration office on May 7 from 8:00 am to 9:30 am to have breakfast before heading out. Garbage bags, gloves and a giveaway will be provided upon joining us for breakfast. The Creator has provided us with beautiful land, let us do our part in keeping her clean.

## MAY is Hearing Awareness Month



Did you know?...

In Canada, 1 in 4 adult Canadians has some form of hearing loss.

1 in 5 Canadian youth have signs of hearing loss.

Aging is the number one cause of hearing loss, with severity increasing over time

Signs of Hearing Loss:

- Not paying attention
- Buzzing or Ringing in the ears
- Failure to respond appropriately when asked a spoken question
- Muffled hearing
- Constant frustration hearing speech and other sounds
- Avoiding conversation
- Social isolation
- Depression

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Local Resources:

Muskoka Audiology Clinic (705)646-2227  
256 James St, Bracebridge, ON P1L 1S2

Kimberley Hearing Centre (705) 645-3455  
118 Kimberley Ave, Bracebridge, ON P1L 1Z8

Canadian Hearing Society (705) 645-8882  
175 Manitoba St #103, Bracebridge,  
ON P1L 1S3

Muskoka Hearing Aids (705) 684-8300  
685 Muskoka Rd N, Gravenhurst, ON P1P 1N5

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

## 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
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*

www.wahatamohawks.com  
 705-762-2376 fax  
 705-762-2354 phone  
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