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P.O. Box 260
Bala, On. P1P 1R3
705-762-2354 phone
705-762-2376 fax
www.wahtamohawks.com



WAHTA ATENHROS:SERA

Kentenhko:wa – November 2015

November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Baby Play Children's After School Program	3 Children's After School Program	4 Baby Play Tutoring	5 Community Shopping in Barrie	6	7
8	9 Baby Play Children's After School Program	10 Children's After School Program	11 Remembrance Day No Programming	12 Foot Care	13	14 Bean & Wild Game Supper And Silent Auction
15	16 Baby Play Book Club Children's After School Program	17 Children's After School Program	18 Baby Play Tutoring	19 Crafts with Wendy	20 School PA Day Kids Longhouse	21
22	23 Baby Play Children's After School Program	24 Children's After School Program	25 Baby Play Chair Exercise & Healthy Lunch Tutoring	26	27	28
29	30 Baby Play Christmas Craft Children's After School Program	NOTICE Regular Community Council Meeting Date change to Dec. 1st				

Please Save the Date...The Community Retreat will be held on January 29th, 30th and 31st.

Chief and Council

Phillip Franks	Chief	705-528-9468
Lawrence Schell	Councilor	705-644-3001
Mike DeCaire	Councilor	705-644-3384
Teresa Greasley	Councilor	705-644-9934
Stuart Lane	Councilor	705-641-1548

Administration

705-762-2354

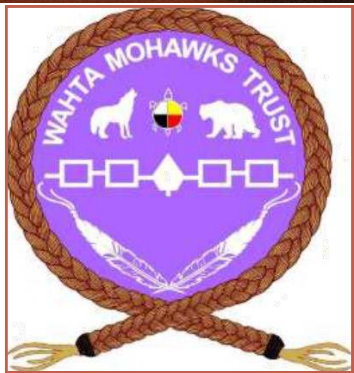
Karen Commandant	Senior Administrator	Ext. 231
Scott Aubichon	Lands and Resources Coordinator	Ext. 242
Kristal Berwick	Employment/SS Administrator	Ext. 230
Sherry Byrne	Health Services	Ext. 250
Christine Cox	Health Services Family Violence	Ext. 273
Amy Davidson	Health Services Assistant	Ext. 240
Lance DeCaire	Economic Development Officer	Ext. 224
Allan Farrell	Properties Manager	Ext. 244
Carol Holmes	Education Services	Ext. 233
Alice Murphy	Finance Officer	Ext. 245
Colleen Mendes	AHWS/NCWPW/ AHBHC	Ext. 241
Kim North	Finance Clerk	Ext. 237
Karen Sahanatien	Lands and Housing Clerk	Ext. 222
Martie Stanton	Executive Assistant/Human Resources	Ext. 272

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



Wahta Mohawks Community Trust Background

The Wahta Mohawks Trust was established pursuant to the land claims settlement agreement reached with the Federal and Provincial Governments. This agreement included the return of the land and monetary compensation. As part of this agreement the parties agreed to establish a Wahta Mohawks Trust Fund for the monetary portion of this settlement for the “use and benefits of the Wahta Mohawks and its citizens”. The agreement establishes that the full monetary value of the settlement shall be invested for at least 21 years.

The Wahta Mohawks Community Trust Trustees are collectively responsible for the overall governance of the affairs of the Trust and will work together to support the Wahta Mohawks Community Trust in fulfilling its visions and strategic objectives pursuant to the Wahta Mohawks Trust Agreement.

Wahta Mohawks Community Trust Election

To elect three (3) Trustees to serve until the end of the term at December 31, 2018

All candidates must meet the eligibility criteria to stand for election to the Wahta Mohawks Community Trust, per the Wahta Mohawks Community Trust Election Rules & Regulations, as enacted by authority of Article V11, Section 7.3 (e) of the Wahta Mohawks Trust Agreement.

Nomination Meeting

Saturday November 28, 2015 2pm to 6pm

Candidates Qualifying Forum

Saturday December 5, 2015 1pm to 4pm

Election

Saturday December 12, 2015 10am-3pm

Electoral Officer: Mathew Commandant mccom@wahta.com

Assistant Electoral Officer: Colleen Mendes admin@wahtamohawkstrust.org 705-762-2354 Ext 241



Ontario Energy Board

NEW ONTARIO ELECTRICITY SUPPORT PROGRAM

With the Ontario Electricity Support Program (OESP)

Low income households can receive a credit on each electricity bill. The amount of the credit will depend on how many people live in your house and your combined

income. Find out if you are eligible and how to apply.

VISIT www.OntarioElectricitySupport.ca

Outside Crisis Lines

24 Hr Crisis line – 1-866-893-8333

Mental Health Helpline – 1-866-531-2600

Kids Help Phone – 1-800-668-6868

Good to Talk Helpline- 1-866-925-5454
(post-secondary students)

Telecare Distress Line – 705-726-7922

Update from Chief and Council

From Chief Philip Franks on behalf of the Wahta Mohawks Council

Wahta once again suffered the loss of a long time community member. Our sincere sympathies go out to Elmer Decaire and family with the loss of their wife, mother, and grandmother.

News of the month was the election of a majority liberal government in Canada. Having attended the Iroquois Caucus last month at Wahta, and more recently the Association of Iroquois and

Allied Indians last week, both of our organization will be undertaking an effort to create a relationship with the new government. On many fronts there is a lot of work to do and this may become somewhat more fruitful if the government of Canada has an interest to work with us to help solve the many issues that we as Indigenous people have before us.

At AIAI Chiefs meeting there was discussion on priorities for the Chiefs in the coming year. Those areas are the ones that affect each member community. The main ones to work on are Taxation, specifically about point of sale tax exemptions, gasoline, and tobacco taxes and how they are applied to First Nations. Child Welfare is also on the agenda as trends indicate more aboriginal children are in care of Children's Aid than ever before. Community Safety concerning policing on reserves as well as programs and services for children and youth are going to be looked at. The last area is that of Lands and Resources, perhaps more specifically, revenue sharing with Ontario as resources from our lands are being taken to make money for the government. These issues will be the basis for continuing to work on a First Nation/provincial relationship.

Cranberry Harvest is over for another year. To follow up on the September 25 general meeting in the community Council will continue to work on a revised form of structure for Iroquois Cranberry Growers and Mohawk Food Processors, that being more of a corporate structure, more like a development corporation to oversee any and all Wahta Mohawks owned business-

es, but not to include private enterprises.

Council still is undertaking a call for a coordinator contract to approach the subject of the membership code. This would be a step toward addressing many of the areas of governance that need attending to such as an administrative code as well as the Matrimonial Real Property law.

A very initial Council approved investigation into increased and improved internet service that might see a communications tower be erected in the community through Rogers has not developed much more than an engineering study on a section of land just east of the cranberry marsh. So far there have been no meetings with Rogers and Council until that work is done, then we use a process to determine if the project is feasible and or desirable.

There will be a November meeting with the Ministry of Natural Resources and Forests to examine the involvement of that Ministry with Wahta, programs they offer, and clarification on enforcement issues.

There is no current development with the land claim and a case being put forward to revisit the terms and amount of the settlement dollars.

We continue to monitor the Wahta Mohawks investments, in the last quarter the market became very volatile due to world economics however given the fairly low level of risk with our investments we are still in a good position.

Until next month please don't hesitate to make any inquiries or comments on any issues that are important to you.

Niá:wen

Chief Philip Franks



WHATS HAPPENING IN NOVEMBER

Nordic Pole Walking is a low-impact exercise that provides the highest benefits for health, wellness and fitness for people of all ages and fitness levels.

Anyone who suffers from diabetes, who's overweight or has high blood pressure and has been encouraged by their physician to exercise, this is the activity for you.

The basis is simple. Normal walking utilizes muscles in the lower half of the body while pole walking adds the use of your upper body muscles, your arms, back, shoulders and neck. Pole Walking turns your walk into a whole-body activity.

Some of the benefits of Nordic Pole Walking are:

- * you incorporate 90% use of body muscles (only 40% while walking without poles)
- * you increase your cardiovascular workout
- * increases of up to 46% higher calorie expenditure
- * there is reduced stress on your hips and knees through the support of the poles
- * you improve your posture and balance
- * perceived as less workout than the actual true physical exertion
- * upper body activity using the poles improves upper body mobility
- * upper body activity using the poles reduces upper back, neck and shoulder pains
- * it is suitable for people of all ages and fitness levels

Come Out and Join In !!!

Pole Walking

Every Tuesday

&

Thursday

9:00 am – 10:00



Foot Care Clinic

November 12th (Thursday)

December 9th (Wednesday)

Please note the date changes

Health Services

Regular foot care will significantly improve comfort, mobility and the general health of your feet. This is particularly important for

people with diabetes because regular foot care can prevent problems and assist in early identification and care if problems do occur.

UPCOMING



CRAFTS

With

WENDY

Thursday, November 19th

9:am until completed

Lunch will be provided

Please contact Sherry at

705-762-2354 ext. 250

CHILDREN

Spend the PA Day on Friday, November 20th at the Longhouse!

9:00 am-3:00 pm

Lunch and Snacks will be Provided

Please Contact Colleen at

705-762-2354 ext. 241

if you plan on sending your children

Notification of Highway 400 Resurfacing Work

The Ministry of Transportation (MTO) will be undertaking the resurfacing of Highway 400 from about 3 kilometres north of the Muskoka Road 12 interchange northerly to Healy Lake Road. The road work is limited to the existing highway lanes and is expected to be completed in 2016. The pavement treatment will address the severe wheel track rutting and minor distortion areas. Other highway infrastructure, such as the inclusion of wildlife mitigation fencing, will also be reviewed as part of this work.



Road construction zones present a deadly hazard for the road crew workers so please slow down, obey signs, take caution and plan ahead for delays.



COVER ART CONTEST

PRIZE: \$250.00

First Nations YOUTH ARTISTS are invited to submit artwork to the Ontario First Nations Young Peoples Council for their Cover Art Contest.

The art design selected will be used as the cover art and representation for the OFNYPC Development Tool Kit in print, web and broadcasting communications. The design must reflect First Nations culture and represent youth connections. The submission must include a detailed description or explanation of the Art Design. Contest is **open to all youth; 15-29 of age** across Ontario. Please provide a biography of yourself along with your submitted artwork.

Entries must be recieved by: **Monday, November 30th, 2015**

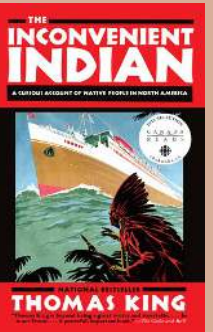
All submissions must include: your name, age, address, postal code, telephone/cell number or email.

Hard Copies: must be submitted on a seperate piece of paper (8.5" by 11" white paper) and can be mailed to: **Rachel Arsenault, 111 Peter Street, Toronto, ON, M3H 2Y6**

Electronic Submissions: can be sent by email and should be attached as JPEG, PDF, or GIF to **rachel.arsenault@coo.org** (Subject line- "Design Art Contest")

Women's Book Club ,
First Nations Authors

THOMAS KING is one of Canada's premier Native public intellectuals. King was the first Aboriginal person to deliver the prestigious Massey Lectures, and is also the bestselling, award-winning author of six novels, two collections of short stories and two nonfiction books. He won the 2014 Governor General's Award for Literature for his most recent novel, *The Back of the Turtle*. His non-fiction tour de force, *The Inconvenient Indian: A Curious Account of Native People in North America* won the BC National Award for Canadian Non Fiction and the RBC Taylor Prize, as well as being a finalist for 2015 CBC Canada Reads. He is a recipient of the Order of Canada. He lives in Guelph, ON.



ABORIGINAL ARTS & STORIES

Attention:
Aboriginal Youth
Between the Ages
of 9 and 29

Enter the largest and most recognized art and creative writing competition for Canadian Aboriginal youth!

Explore your heritage and culture through creative writing and art for a chance to win up to \$2,000 and other great prizes!

For more information call 1-866-644-6195

Submit online today by visiting:
www.GoToInfo.ca/WritingandArts



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. Please send a detailed email to:

comments@wahtamohawks.com



Get Twitter Updates
@wahtamohawks
twitter.com/wahtamohawks



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



Logo Redesign

Artwork Submissions for a New Logo wanted!

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



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

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

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

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

All artwork submitted will be posted in the newsletter and website for further member feedback. If you are submitting your artwork could you briefly explain the cultural significance and how it relates to Wahta Mohawks.

You may ask;

1) Why change the old logo?

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

2) Is there a prize offered to the winner?

There will be a \$100.00 cash prize and recognition awarded to the successful designer. The deadline for submissions is December 1st, 2015

3) How is the decision going to be made?

Members, Council and Staff will vote. The design with the most votes will win. The results will be posted in the newsletter and online at www.wahtamohawks.com

NOTICE

**Regular Community Council Meeting
date has been changed to
Dec. 1st, 2015**

Attention

Several cats on Wahta Territory have gone missing, this is most likely due to fishers in the area. Please take extra caution with your pets.

LOOKING FOR YOUNG ADULTS MEMBERS OF WAHTA MOHAWKS

to begin talking about a "Mentor" program in the community.

If you want to have input and be part of the development of a program please contact Kara at 705-762-2354 ext. 224

or email

kara.wanothmee@wahtamohawks.ca

Your time and commitment is appreciated



NOTICE

TUTORING SESSIONS

Sessions every Wednesday, at the
Administration Building in the 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
Thursday, November 5th
In
Barrie 9:00 am
Please contact Christine at
705-762-2354 ext. 273



Baby Play

Every Monday and Wednesday

9:30 am – 11:30 am

Please contact Colleen at

705-762-2354 ext. 241



Women's Book Club
First Nations Authors
Monday, November 16th
6:00 pm– 7:30
Snacks will be provided
Contact Christine at
705-762-2354 ext. 273

ENGAGING WAHTA CHILDREN, CREATING POSITIVE CHANGE



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.



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

LEST WE FORGET

In Flanders fields the poppies blow
Between the crosses, row on row
That mark our place, and in the sky
The lark, still bravely singing fly
Scarce heard amid the guns below

We are the dead, short days ago
We lived, felt dawn, saw sunset glow
Loved, and were loved, and now we lie
In Flanders fields

Take up our quarrel with the foe
To you from falling hands we throw
The torch; be yours to hold it high
If you break faith with us who die
We shall not sleep, though poppies
In Flanders fields



This year’s Remembrance Day service will be held at the Wahta Mohawks Administration Office. We have moved the cenotaph to the office location and will be having a rededication on November 11th at 10:30 am just before the service at 11:00am. Lunch will be provided following the service.

Please plan on attending.

Status Card Renewal

As we do not renew status cards at the administration office, the best way to get a new card is by mail. On the Aboriginal Affairs Canada website you can print off the secure certificate of Indian status application or contact the Wahta administration office for the forms or assistance.

You will need to get two passport style photos taken and your birth certificate to go with the application.

It does take time to get your card by mail, so it’s a good idea to check your expiry date and make your application a couple months ahead of time.

If you need further assistance, please contact the administration office.

705-762-2354

Protect yourself and others from the **FLU**

Influenza, or the flu, is a highly contagious and infectious respiratory disease.



✓ Get your annual flu shot

✓ Wash your hands frequently with soap and warm water

✓ Keep your hands away from your face

✓ Cough and sneeze into your arm, not your hand

✓ If you get sick, stay home until your symptoms are gone

✓ Keep common surface areas clean and disinfected

PEOPLE AT RISK OF COMPLICATIONS

The following groups are not more likely to get the flu. However, they are more at risk of developing complications if they do get sick:

1. Children under 5 years of age
2. Women who are pregnant
3. People with chronic conditions such as:
 - Heart disease
 - Liver disease
 - Kidney disease
 - Blood disorders
 - Diabetes
 - Severe obesity
 - Asthma and chronic lung disease
 - Neurological disorders
 - Cancer or immune-compromising conditions
4. Aboriginal people
5. People 65 years of age and older
6. People who are residents of nursing homes or other chronic care facilities

IMPORTANT If you have flu symptoms and you have one of these risk factors, contact a health care provider as soon as possible — antiviral medications may be needed.



Public Health
Agency of Canada

Agence de la santé
publique du Canada



Snow Removal for Driveways

Dear Homeowner:

Once again this winter season, Wahta Mohawks will be providing snow removal on household driveways for the time period November 15th, 2014 to April 15th, 2015. To assist with the planning and billing for this years’ service, we are asking that this form be completed and returned as soon as possible. The rate charged will depend upon the area of your driveway. Please contact Karen at the office to determine which rate that applies to you. We are pleased to advise that this service will continue free of charge for our senior residences. If you would like to have this service for the winter season 2015/2016, please fill out the information below and deliver or mail it to the administration office. Only those who have completed and signed the form will receive this service. There will be no “as needed” service available.

Homeowner _____

Address: _____

Please check one of the following for service delivery:

Snow blowing required:

Senior Residence _____

Community Residence _____

It is the responsibility of the homeowner to ensure all objects are removed or marked clearly along the driveway area. All items should be at least 3 metres (10ft) from the snow removal area. Wahta Mohawks is not responsible for any damages under any circumstances and if damages do occur, no compensation will be paid. This service is provided at your own risk.

Everyone including senior and community members must fill out this form and return to the administration office.
Please note, any member with an outstanding invoice as of Oct. 31st, 2015 from last seasons snow removal must be paid before receiving snow removal services for this year.

The billing of this service is generated at the end of every month.

Signature: _____

Kagita Mikam Employment & Training

Intake applications are ongoing for Kagita Mikam Employment & Training Programs. If you are unemployed, underemployed or out of school and would like to receive training to get back into the workforce then support is available upon meeting the criteria and funding availability.

Programs available through Kagita Mikam are: Purchase of Training, Targeted Wage Subsidy, Mobility Assistance, Youth Work Experience, Employment Assistance Supports and Self Employment Assistance. Funding for training is for 1 year only. Members of Wahta Mohawks without status are eligible for funding. A Letter from Wahta Mohawks stating that you have membership must be provided. Members with status must provide status number and membership letter. For more information on the program please contact Kristal at 705-762-3343 x. 204 or by email at kristal.berwick@wahtamohawks.ca

EMPLOYMENT OPPORTUNITY
CASUAL / ON CALL PERSON TO WORK WITH
THE MAINTENANCE DEPARTMENT

Wahta Mohawks is hiring a person(s) to work in the Maintenance department that can be available on a “on call” basis. The successful candidate must be available to work days, evenings and weekends and must provide the employer a clear criminal record check (CPIC) prior to employment.

Duties include but not limited to:

- Snowplow wing person
- Clean snow and ice from walkways and parking areas and roofs
- Operate industrial vacuum cleaners to remove scraps, dirt, debris and other refuse
- Wash windows, interior walls
- Empty trash cans and other waste containers
- Sweep, mop, scrub and wax hallways and gym
- Cut grass and tend grounds (trim branches, rake leaves, apply fertilizer)
- Clean and disinfect washrooms and fixtures
- Perform other routine maintenance jobs such as painting and drywall repair
- May move heavy furniture, equipment and supplies
- Ensure that security and safety measures are in place for Wahta band owned buildings
- Assist in routine maintenance and repair of equipment

Work Conditions and Physical Capabilities:

You must have the ability to work in diverse weather conditions. This position is physically demanding, must be able to lift 50 lbs, standing for extended periods, stooping, bending, perform repetitive tasks and pay attention to detail.

Interested members can bring in their resume to the attention of Martie Stanton, Human Resources. CPIC is required.

OR SEND RESUME TO HUMAN RESOURCES, WAHTA MOHAWKS
P.O. BOX 260, BALA, ON. P0C 1A0
Email: martie.stanton@wahtamohawks.ca
[Phone: 705-762-2354](tel:705-762-2354) Ext. 272
Fax: 705-762-4958

WAHTA MOHAWKS TRADITIONAL "POT LUCK" BEAN SUPPER

WHEN:

NOVEMBER 14, 2015 AT 5:30PM

WHERE:

WAHTA MOHAWKS
ADMINISTRATION BUILDING

COMMUNITY EVENT
EVERYONE IS WELCOME TO ATTEND

Silent Auction
· 50/50 Draw ·

*Money raised will go towards ongoing Children's
programming and activities.*



TICKETS:

\$10

****no fee for members & their family if they
are contributing to the potluck****

DONATIONS:

Looking for community involvement for
wild game donations Please contact the
committee at 705-762-2354

RSVP:

Please let committee know of your
attendance and what you will be
contributing

Cultural Healing Centre

The Community Health and Cultural Healing Advisory Committee (CHCHAC) meets the last Monday of every month (December will be an exception), at 6:00. To date the committee has met two times. We have revisited the purpose of establishing the centre; healing through language and culture and have prepared a draft vision and mission statement and guiding principles. We offer the work completed so far, and encourage any feedback and comments. Our goal is to have a finalized document by the end of December 2015, so please provide any suggestions and feedback in the next couple of months. Please keep in mind that as we progress over time our vision and mission statements will change to reflect our growth. You may call Carol Holmes, current Chair of the committee at 705-762-2354 x 233 or email carol.holmes@wahtamohawks.ca. You may also view this on line on our web page at www.wahtamohawks.ca

COMMUNITY HEALTH AND CULTURAL HEALING ADVISORY COMMITTEE

VISION STATEMENT: "The centre of the community where our hearts begin to beat as one".

MISSION STATEMENT: The Wahta Mohawks Cultural Healing Centre supports the individual, family and community to achieve self-awareness and empowerment. The Centre will serve as a place of knowledge and learning, and will provide opportunities for community to re-establish a sense of belonging, cultural connection, healthy living and self-discovery. The Cultural Healing Centre will become an integral component to healing within community by providing wholistic programming to promote and maintain balance.

GUIDING PRINCIPLES:

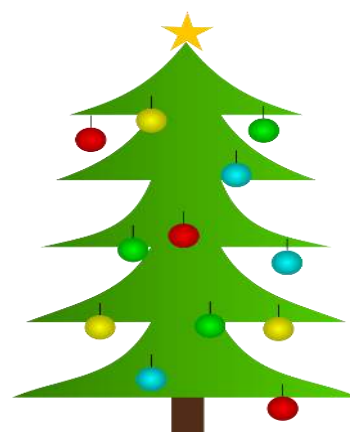
- ◇ We know and understand the purpose for our work is for the "Seventh Generation; those who are not yet born but will inherit the world".
- ◇ The Cultural Healing Centre promotes respect for each other, and being grateful to the land and the Creator.
- ◇ We will encourage traditional values such as sharing and caring, strengthening family ties, honoring the clan and nation.
- ◇ Confidentiality must be adhered to in order to create a safe place of trust which is vital to the success of the Centre and the programming that occurs within.
- ◇ We will promote belonging, and acceptance for all.
- ◇ Programs and Services are available to all community members and citizens; those members living beyond the borders of the Territory are encouraged to participate.
- ◇ All programs and services will clearly reflect our culture and traditions and will meet the identified needs of the community with the purpose to regain and retain our language and culture.
- ◇ We support and empower our own resource people and will utilize our people when possible as we recognize and respect their gifts and knowledge in helping to achieve our goals.

CHRISTMAS IS AROUND THE CORNER

SAVE THE DATES!!



COMMUNITY
CHRISTMAS DINNER
DECEMBER 11th



SENIORS
CHRISTMAS LUNCHEON
DECEMBER 15th



The Community Retreat will be held on January 29th, 30th & 31st