

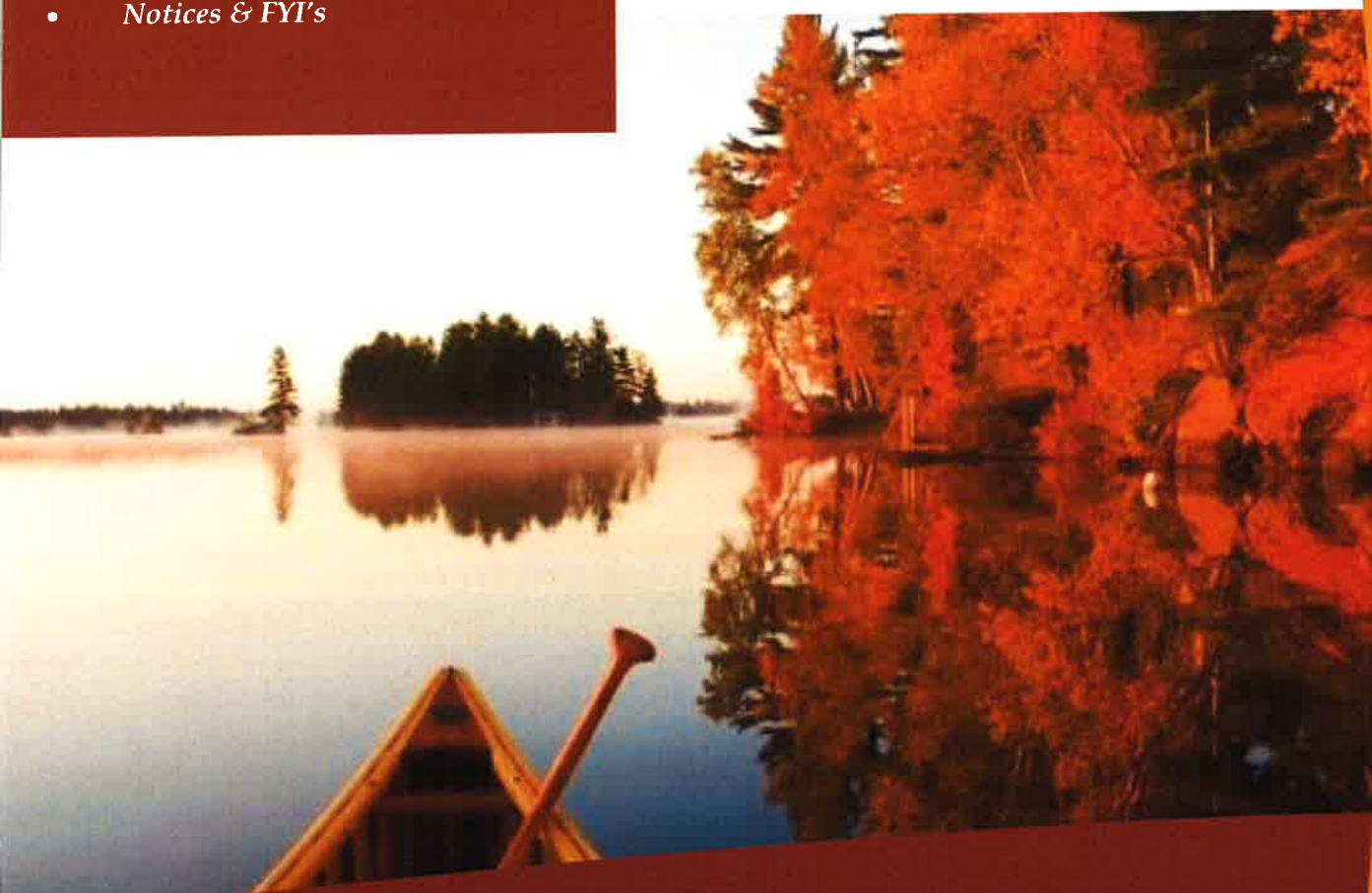
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KANIENKEHA:KA



WAHTA MOHAWKS



WAHTA ATENHROS:SERA

Kentenha – October 2015

October 2015

*Remembrance Day will be held at the Cenotaph at the Wahta Mohawks
Administration Building on Wednesday, November 11, 2015*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Pole Walking	2	3
4	5 Baby Play After School Program	6 Pole Walking After School Program Community Shopping	7 Baby Play	8 Foot Care Pole Walking	9	10
11	12 Thanksgiving Day Administration Building is closed	13 Pole Walking Women's Book Club After School Program	14 Baby Play	15 Pole Walking	16 Cranberry Festival	17 Cranberry Festival
18 Cranberry Festival	19 Baby Play After School Program	20 Pole Walking Dental Hygienist After School Program	21 Baby Play	22 Pole Walking Women's Dinner & Movie Night	23	24
25	26 Baby Play Diabetes Cooking After School Program	27 Pole Walking After School Program Community Meeting	28 Baby Play Chair Exercise	29 Pole Walking	30 Halloween Party for Seniors & Adults	31

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

Update from Chief and Council

From Chief Philip Franks on behalf of the Wahta Mohawks Council

Cranberry harvest is here and those affiliated with the farm are busy getting ready for that and to open up to all those visitors who will be coming into the area for the Cranberry Festival.

Iroquois Cranberry Growers on behalf of Wahta has renewed the relationship with the festival so that there will be mutual benefits gained for both the festival and ourselves.

The community general meeting was held on September 26, there were four main areas presented to the members gathered. First on the agenda was our financial report and audit presentation covering the first year for this Council, April 1 2014-March 31 2015. We were pleased to have our auditor deliver the message that the audit was completed and he found that the management and financial standings are in good shape. The auditor stated that the report to our main funder ,Aboriginal Affairs and Northern Development Canada more than meets the expectations of that federal department. Compared to the previous year costs are down in administration areas with no decrease in services delivered.

On the issue of the Matrimonial Real Property Act, our lands and resources manager presented highlights of the Act and what it means to us. The Act, as stated before, takes us into a new situation where the decision making over the settlement of a matrimonial property dispute will be ruled upon and ordered by the provincial court system although it is still legislated federally. It was explained that the act provides the opportunity for Wahta to develop its own law on this issue. That law would have to comply with basic requirements within the act but otherwise be developed by the membership and tailored to our own needs. The question of the day was whether we go down that route, or remain under the federal legislation. While there are two opinions on this it seems agreeable that Wahta will take exploratory measures into how this could occur.

A third discussion presented by the some of the Cultural Healing Centre committee, updated the progress being made to the addition and renovations being done at the old community centre. They outlined some future programming plans and explained the elements of their consultation process on what community members feel health, healing, and culture means to them. A new committee has recently been formed which will bring representatives from the Wahta Health Hub (Nurse Practitioner clinic) and the administrators of that clinic, the Cottage Country Family Health Team. The expected result will be a three year plan of how the address the community's culture and health needs. This presentation was given by staff members Carol Holmes, Colleen Mendes, and Christine Cox.

When this Council began it identified the cranberry marsh as a high priority to be dealt with due to lack of sales, overload of inventory, and lack of business structure. One of the steps to assist recovery of the farms success was to bring on the services of Lance Decaire in the Economic Development department. Lance presented on the marsh and steps being taken to improve that situation. Pleasingly he reported that there was some improvement in the financial status and described the improved marketing efforts being put in place. They include on line sales of product through Amazon, new signage, pursuing bus tours at harvest, and foreign exporting of our products. The general drive is to continue to build on the cranberry product line as the market for fresh berries does not yield the same financial result as it did years ago. Lance's concluding concept was to create a development corporation, one steered by an independent board of directors, thereby moving out of the current system of Chief and Council being the sole directors. This is an area Council identified as a priority over a year ago.

There is much more detail in these and other areas, as always please be in contact if you have further questions or want to give your input on these matters.



Health Benefits of Nordic Pole Walking

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

9:30 am – 10:30



Foot Care Clinic

October 8th (Thursday)

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.

**WOMEN'S DINNER & MOVIE NIGHT
PARTNERING WITH THE YMCA
THURSDAY, OCTOBER 22ND FROM 5:30 TO 8:30**



**FEATURED FILM:
FOR THE NEXT 7
GENERATIONS, 13 INDIGENOUS
GRANDMOTHER WEAVING A
WORLD THAT WORKS**

**CALL CHRISTINE FOR MORE
DETAILS AND TO RESERVE
YOUR SPOT**

705-762-2354 EXT 273



UPCOMING



CRAFTS

With

WENDY

Thursday, November 19th

9:am until completed

Lunch will be provided

Please contact Sherry at

705-762-2354 ext. 250

Halloween Party!!!!!!!!!!!!

Seniors And Adults

Come Out for some Halloween Fun!

Friday, October 30th

10:30 am – 1:00 pm

Costume is Mandatory

Please Contact Christine at

705-762-2354 ext. 273



Community Shopping
Tuesday, October 6th

In

Orillia 9:00 am

We will be going to Walmart
and Value Village

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



Women's Book Club

First Nations Authors

Tuesday, October 13th

6:00 pm – 7:30

Snacks will be provided

Contact Christine at
705-762-2354 ext. 273



Baby Play

Every Monday and Wednesday

9:30 am – 11:30 am

(excluding Thanksgiving Day)

Please contact Colleen at

705-762-2354 ext. 241

ENGAGING THE WAHTA
CHILDREN, CREATING
POSITIVE CHANGE



AFTER SCHOOL PROGRAM

ATTENTION

ALL CHILDREN IN

KINDERGARTEN AND GRADES 1

THROUGH 8!!!!

After school programs will begin on Monday
October 5th, and run every Monday and Tuesday
from 3:30 until 5:30. (excluding Thanksgiving
Day) 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.



Diabetes Cooking

with the

Diabetic Team

Monday, October 26th

Contact Christine at

705-762-2354 ext. 273

Chair Exercise

Wednesday, October 28th

10:30 am

Contact Christine at
705-762-2354 ext. 273



Membership Report for August and September 2015

Persons accepted as Members

Naomi Leigh Decaire
Karly Diane Jean Decaire
Madeline Alexandra O'Halloran
Matthew Terence O'Halloran
Mary Eliza Decaire
Gregory Daniel Decaire
Daniel Tomas Stolar
Anthony Tomas Stolar
Isabella Tomas Stolar
Jacob Kyle Decaire-Thomson
Raelyn Tasha Decaire-Thomson
Darryl Dean Schell

DENTAL HYGIENIST

Tuesday, October 20th

Lynn Davey, Dental Hygienist will be here to do cleanings from 1-7 at the Administration building. This program is part of a pilot project thru NIHB for communities who are underutilizing their Dental Benefit. This program is for **Status Members only** and services will be directly billed to NIHB. Please contact Amy Davidson for more information 705-762-2354 ext. 240

2015 Pilot

Improving Access to Preventive Oral Health Services

What is this pilot project about?

Chiefs of Ontario, the Ontario Dental Hygienists' Association, and Ontario Region First Nations and Inuit Health Branch have embarked on testing an exciting new model of preventive oral health care service delivery. Since

Registered Dental Hygienist (RDHs) can be authorized to self-initiate (meaning they can work independently within their scope of practice) they are ideally positioned to service First Nations communities who have limited access to dentist for preventative care. In Ontario, all dental hygienist are registered with the College of Dental Hygienist of Ontario (CDHO), which regulates the profession to ensure the public receives safe and effective oral health care.

This Project will test a new model of service delivery for First Nations communities and clients, matching communities in need with RDHs nearby, thus improving access to oral health. Some RDHs may have a stationary store-front clinic within accessible driving distance to a First Nation. Some may have mobile equipment that allows them to deliver service within non-traditional dental clinic setting in a community. And for Communities who have equipment but no service provider, this project will search out a service provider able to provide care with the community. The RDHs will be allowed to bill Non Insured Health Benefits (NIHB) directly for these services, thus eliminating the current barrier which only allows dentist to direct bill for preventive care.

Why is this project needed?

A recent survey of the Oral Health status among First Nations in Ontario (www.health.coo.org) demonstrated the need for better access to preventive oral health care. It is well known that a person's oral health is closely linked to other chronic diseases and to physical and mental

well-being. Current NIHB policies prohibit RDHs from billing directly for their services; only those preventive services provided under the umbrella of a dentists' clinic are covered by NIHB. This policy limits access to that service in areas where dentists are in limited supply, or do not participate with NIHB as a service provider.

How communities in need identified?

Health Canada (Ontario Region) has defined communities in need as those who's citizens have low utilization rates for preventive care, with usually less than a third of people who are eligible accessing regular care. Those communities have been contacted for their expression of interest in participating.

How are communities matched with a Registered Dental Hygienist?

The Ontario Dental Hygienist Association has worked diligently to inform their membership and those of the CDHO of this exciting opportunity. RDHs who express their interest are matched with an interested community in need in their local area.

What Happens next?

First Nations communities and the RDHs in their areas will work together to determine the details on how they will do business together. The project will be monitored by the advisory group (NIHB/FNIHB, ODHA and Chiefs of Ontario), through frequent communication from First Nations Health Directors, RDHs and NIHB. An evaluation will be carried out in 2 years to determine if we have achieved our goal -higher numbers of people accessing care from local service providers and thus improving their oral health care. Should the pilot prove successful, Registered Dental Hygienist will be accepted as oral health service providers by NIHB.

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

The Minimum Wage is going Up.

As of October 1, 2015 general minimum wage will be going from \$11.00 per hour to \$11.25 per hour.

Student minimum wage will be going from \$10.30 per hour to \$10.55 per hour. A person is classified as a student when they are under the age of 18 and work 28 hours per week or less when school is in session, or work during a school break or summer holidays.

Liquor Servers minimum wage will be raised from \$9.55 per hour to \$9.80 per hour.

Hunting and Fishing Guides minimum wage will be going from \$55.00 to \$56.30 per hour. This rate is for working less than five consecutive hours in a day.

Hunting and Fishing Guides minimum wage will be raised from \$110.00 per hour to \$112.60 per hour. This rate is for working five or more hours in a day whether or not the hours are consecutive.

Homemakers will go from \$12.10 per hour to 12.40 per hour. Employees doing paid work in their own home for an employer.

For more information about minimum wage please call 1-800-531-5551 or email ontario.ca/minimumwage.com



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



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

Happy Thanksgiving

From
The Chief, Council and Staff
Of
Wahta





NOTICE

TUTORING SESSIONS

Sessions will begin on Wednesday, October 7th 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

Cultural Healing Centre- "The Heart of the Community"

The Community Health and Cultural Healing Centre Committee met on September 28 to begin to develop the committee structure, mission, vision and guiding principles. The CHCHAC members have a two year term, with an annual rotation of 3 committee members. Of the 7 committee members; three members are Wahta Mohawk staff appointed by Senior Administrator, with 2 ex-officio members (Senior Administrators of Wahta Mohawks and Cottage Country Health Team).

The CHCHAC committee members:

Christine Cox-Health Services Family Support Worker
Carol Holmes - Education and Cultural Services Coordinator
Colleen Mendes- Aboriginal Healing and Wellness/ Child Welfare Prevention Worker
Lucia Sahanatien- Community
Iohate Sahanatien- Community Mohawk Longhouse Faith Keeper /Youth
Terry Sahanatien- Community Mohawk Longhouse Pine Tree Chief
Grace Sowards- Community Elder

EX-officio Members

Karen Commandant - Senior Administrator
Shelly Van den Heuvel - Cottage Country Health Team

Committee meetings are open for community to observe. A period of time may be available for questions or input; a suggestion box is available at the administration office and input can be provided to committee members directly. We will have our committee meeting minutes published on the Wahta Mohawks website after minutes have been adopted and approved by the Committee. We look forward to moving forward in a positive direction to promote health and healing within our community.

A grand opening of the Cultural Healing Centre will occur in January. The Centre will be available to all community members and residents. The Centre will provide a safe, non-discriminatory space available for everyone for self- empowerment and community connection.



Iroquois Cranberry Growers

****HARVEST 2015 STARTS OCTOBER 1, 2015****

Harvest is the most exciting time of the year for us at ICG! We finally get to see the beautiful red throughout our bogs! We have 2 different varieties of cranberries growing on the farm...Ben Lears and Stevens. Cranberries are grown and harvested like no other crop in the world. They're also native only to North America.

Harvest Highlights...

Harvest hours (until November 1st) OPEN 7 days week

Mon-Wed 9-5pm, Thur-Fri 9-7:30pm, Sat-Sun 9-5pm

See the harvesting and packing house operations
Shop at the Farm Store- sample cranberry goodies
Take a hike on our walking trails
Wagon Tours Thanksgiving Weekend & Cranberry Festival Weekend



* **Thanksgiving Weekend** - Horse Drawn Tours

* **Cranberry Festival, Oct. 17th, 18th, 20** - Horse Drawn Tours, 25 + Vendors, Shuttle Busses to Bala
AND ALWAYS Lots of Fresh Cranberries!!!

We're still looking for volunteers.... Call Kara at 705 762 2354 ext. 227
Can't make it to Harvest? We can ship fresh berries to you. Give us a call

Bala Cranberry Festival visit www.balacranberryfestival.on.ca for all your planning needs!

KANIENKEHA:KA



WAHTA MOHAWKS

Hey Everyone!

Check out the new Wahta Mohawks logo !

This is meant to replace the old logo

It was designed locally.

Let us know what you think, we would appreciate hearing from you





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 Trust agreement sets out the terms and conditions for the establishment of the Trust, the manner in which the funds shall be invested and the obligations of the trustees who are elected and ap-

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



NOTICE:

Hydro One will be cutting on the main distribution lines running through the territory until mid October. Wahta Mohawk contractors will then follow up with brushing.

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

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

If You Have Any Questions or Concerns

Please Feel Free to Call

Administration Office Hours:

Monday thru Thursday, 8:00am – 4:30 pm

Fridays 8:00 am – 2:00 pm

Closed Weekends and Thanksgiving

