Orihwase'shón:'a ne Wahta Rontenro Raotirihwá:ke Kentehko:wa - The Time of Much Poverty

WAHTA ANNIEW SYNGHOM

November 2018



THIS ISSUE

- Calendar of Events
- Chief/Council Update
- Minutes
- Health Services
- Cultural Centre Events
- Education & Training
- FYI & Notices

Yoga Retreat

Join us November 18th for relaxation and rejuvenation with Yoga, Essential Oil Product Making, and Hot Stone Massage. Register by November 10th, 2018

Lunch & Learn

Join us November 15th to discuss programs, supports, and services you would like to see this upcoming year. RSVP by November 8th, 2018

Snow Removal

Please complete and return the "Snow Removal for Driveways" form as soon as possible for this upcoming winter. Contact Karen (ext. 222) at the office to determine which rate applies to you.

Salt & Sanding

Please note that Wahta Mohawks will no longer provide salt and sanding services to commercial addresses

NOVEMBER 2018									
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
				Community Shopping	2	3			
4 Church 11am	5 Toddler Mondays	6	7	8	9	10			
11	Diamond Dotz	Senior Craft Club	Natural Remedies Seniors Exercise	Wreath Making	16	17			
18	Toddler Mondays	20	Chair Exercise Lunch with Brad	22	23	24			
25	26 Colouring	Senior Tech Club	Community Kitchen	29	30				

Chief and Council Updates

Chief Philip Franks

Council continues to meet and work on carrying out the strategic plan that has been updated. In addition, certain issues arise from time to time that may require direction, or support from Council such as the need for a new roof at the Mohawk Food Processor building, or approving large capital expenditures. Another aspect of Council work is meeting with government departments or ministries as well as local service provision agencies in the area.

Some good news, the bridge replacement at Ragged Rapids is on track and should be complete by November 20th. This should be welcome news to those residents who must travel all the way to Cranberry Growers Road and south on the 400 to get back into the community or nearby towns. This inconvenience adds about twenty-five kilometres to what is generally less than five.

Recently an annual meeting with the Local Health Integration network we confirmed our goals in health for better access and services, and long term care services are in align with the health planning for North Simcoe Muskoka.

This is the season of harvest and the issue of the right to hunt in the territorial grounds not limited by the boundaries of the Wahta Territory is still a matter of discussion. The Ministry of Natural Resources and Forests will be contacted to determine a definite policy on their side as to how this is recognized. As for this year status quo remains, however it was pointed out that enforcement may be interpreted differently by individual officers. The ambiguity in this area remains a problem. Council is looking for clear affirmation of our indigenous right to hunt and fish off the reserve.

In long term care, Senior Administrator and Council are looking to have a service agreement signed with the Cottage Country Family Health team. Wahta would fund the CCFHT to supply an RN who would work out of the Wahta Health Hub. This person would be responsible for maintaining close contact with elders and the disabled in their homes. This concept would provide a closer linkage between patients and Nurse Practitioner Dana Strength, or their personal physicians. The needs of the elders could then be identified faster, and services to meet those needs could be delivered.

We welcome three new employees to the Wahta Administration, Health Manager Cindy Thompson, Family Wellbeing Coordinator Allana Healy, and Education Assistant Simon Sutherland. You will be able to meet these people when you attend events at the community centre, or the Cultural Healing Centre.

Getting back to the strategic plan, a number of priorities remain and look to provide a very busy schedule for Council over the coming months into the end of next year. There are still outstanding projects and issues that need to be completed and funding allocated. Much of the list is the result of requests and comments from the membership. Currently there are twenty-four areas to be addressed. The strategic plan document can be accessed at the Council office.

As we all know the federal government legalized cannabis and put it on the provinces and municipalities to deal with. Ontario has First Nation specific accommodations to the issue of retail. On October 23-24, I will be at the AIAI Chiefs Council where updates and discussion will happen. Currently no retail in Ontario will be issued, however, applications will open at the end of this year.

Also at the Chiefs Council we will be discussing more on the Federal Rights Recognition plans for Indigenous people, all matters of Health, Child Welfare, Housing, Taxation, Education, and plans for Chiefs to lobby the federal government on a number of issues.

Council has set out a time frame for implementing an improved election code according to the terms of the existing one. This means between now and March the development of these changes will need to be discussed with the membership. Many of the changes are procedural, such as the determination of the voters list and improvement to ensure any members do not get left off. On the other hand, some of the changes could include a longer time period between nominations and the actual vote, advanced polling, or mail in ballots or electronic voting. These are some of the things to think about over the coming months.

Recently I met with a local author, Patrick Boyer, who publishes books on the history of Muskoka. He does so in such a way that tries to portray how historical events affect the local people. Going forward he would like to incorporate some of our story. For example World War I had a dramatic effect on families in the area. If anyone has any old stories heard in their family, I would like to hear them. I hope to work with our library to find a way we could get together to share those. One of the ways to build a stronger community is to know our past.

If there are any concerns from the membership please don't hesitate to ask through the council office or by mail or email. He is hoping we all have a good November.

Niawen

Hope for Hali, How You Can Help

Hali Macdonald has been accepted for stem cell transplant surgery and will be travelling to Mexico to have the procedure done. This will happen in February and she will be in treatment from 24 to 28 days. This is a very costly procedure and the businesses and people have come together to raise funds to help with the costs. The "Hope for Hali" campaign is in full swing.

Sawdust City is doing a fundraiser in Gravenhurst November 24th at 7:00 p.m. with a silent auction.

The Frosty Pint Pub doing "Rally for Hali" on December 1st starting at 3 pm. For those that want to donate but don't necessarily want to go to Sawdust City or the Frosty Pint you can make a donation to a trust account that is being set up, more details on that to follow.

2018 Council Weekly Meeting Summaries

<u>Council Weekly Meeting Summary – Wed August 8, 2018</u>

In Attendance:

⊠Philip Franks ⊠Lawrence Schell ⊠Blaine Commandant ⊠Teresa Greasley ⊠Lorie Strength-Fenton

Agenda:

08.08.01 Membership Update – Waneek Horn-Miller attended to update council on the membership work to date including one on one interviews and next steps. She would like to do more interviews and work on a Vision Statement that may produce a more definitive identity as the first step to membership code. Upcoming community presentations tentatively for October 5 and 6.

08.08.02 Draft Housing Policy – Drafts have been approved for policy regarding the First Nation Market Housing Fund. See motion below.

08.08.03 Senior Administrator Revised Contract for Signature – revisions to Senior Administration contract approved and signed.

08.08.04 Indigenous Services Canada Funding Amendment – Approved and signed

08.08.05 Administration Draft Roof Report – Discussed roof report which contains many required items for repair, cost is extensive up to \$900 000 discussed funding options such as Capital Building Funds or OFNLP Funds.

08.08.06 Landfill RFP – A request for proposal to do a study funded by Indigenous and Northern Affairs to look at the planning and design of a possible transfer station and landfill closure.

08.08.07 District Update - Community Safety Zone – Met with the District to discuss the criteria in setting up a Community Safety Zone, there are certain criteria that should be met including crash risks, special concerns, OPP approval etc. Not all areas meet the criteria, suggested the safety area be in a more condensed area. Invasive species spot spraying was also discussed, they require an MCR. More meetings to be scheduled.

08.08.08 Schedule dates for Strategic Planning Priorities – Strategic Plan needs to be revised, possible dates of August 22 and 29 to be confirmed.

08.08.09 Finance Update – Reviewed monthly statements of budgets and expenditures. No remarkable changes.

Motions:

08.08.02 Housing Policy – Motion to adopt the Housing Policy, amended as needed. Carried by consensus.

Other Business: Councillor Strength-Fenton would like to see a sign at the Cultural Centre to properly identify the building. It was also suggested the backlit one at the band hall also be replaced.

Next meeting: Wed August 15, 2018

Council Weekly Meeting Summary – August 15, 2018

In Attendance:

☑Philip Franks ☑Lawrence Schell ☑Blaine Commandant ☐Teresa Greasley ☑Lorie Strength-Fenton

Agenda:

08.15.01 – Cherie Brant Development Corporation – Met with Attorney to revise the Development Corporation structure which will cover liability issues. Set the Senior Administrator as temporary Director. Discussed shareholder declaration which should provide more clarity in reporting to shareholders, annually and quarterly.

08.15.02 – BMO Commitment Letter – Commitment letter drafted from Council to guarantee 2.5 Million for First Nation Market Housing Fund as part of the loan program from Bank of Montreal.

08.15.03 – **Wilderness Traverse Adventure Race permission** – Company would like permission to use part of the Wahta Mohawk Territory Trails for their event. Access is granted upon receipt of company Liability Insurance.

08.15.04 – Financing Letter Request -Member request to provide council permission to allow Kubota to seize equipment in the event of default on financing.

08.15.05 – **Hydro One Forestry Contract** – Contract request for Hydro to conduct brushing on Feeder line. Rates should be discussed further.

Next meeting: Thursday August 23, 2018

Council Weekly Meeting Summary - August 23, 2018

In Attendance:

☑Philip Franks ☐Lawrence Schell ☐Blaine Commandant ☑Teresa Greasley ☑Lorie Strength-Fenton

Agenda:

08.23.01 Strategic Plan Priorities – Deferred

08.23.02 Trespass Update and Approval – reviewed changes to By-law for OPP enforcement issues in the event that a CP holder needs immediate relief from trespass, OPP can intervene. Changes will be posted to website for review.

Next meeting: Wed August 29, 2018

August 2018 Community Meeting Minutes

Date: Tuesday August 28, 2018

- I. Present: Chief Philip Franks, Councillor Teresa Greasley, Councillor Strength-Fenton. Regrets Councillor Lawrence Schell, Councillor Blaine Commandant
- II. Call to Order: The meeting was called to order at 7:04 pm.
- **III.** Adoption of the Agenda: Moved by Councillor Strength-Fenton, Seconded by Councillor Greasley. Carried.
- **IV. Adoption of Minutes of August 7, 2018:** Moved by Councillor Strength-Fenton, Seconded by Councillor Greasley. Carried.

V. New Business:

• Landfill Request for Proposal – Request for proposal has been completed to look at the dump options as it is nearing the end of usefulness. Some options may be to include looking at a transfer station or working with an independent company. Long term costs will have to be considered.

VI. Old Business/ Follow-up:

 Community Safety Zone - Wahta Mohawks has been approved as a Community Safety Zone. This means speed fines will be doubled for a 6.5 km stretch beginning on our west border to just past What A Convenience store and gas station. The signage will be posted soon.

- **Development Corporation** The Development corporation structure has been revised to limit liability for Wahta and a shareholder declaration is being drafted.
- **Membership Update** Waneek Horn Miller will be conducting more focus groups to discuss membership as well as presenters will be here in the fall for Great Law Teachings.
- Trespass Update Final amendments reviewed for OPP enforcement issues in the event that a CP holder needs immediate relief from trespass, OPP can intervene. Changes will be posted to website for review.

VII. August 2018 Motion Summary:

08.01.06 – OPG MOU - Motion to approve and sign the revised and final Ontario Power Generation (OPG) Memorandum of Understanding for Ragged Rapids Rd. Bridge work. Carried by consensus

08.08.02 Housing Policy – Motion to adopt the Housing Policy, amended as needed. Carried by consensus.

VIII. Next Meeting Date: Tuesday September 25, 2018

IX. Adjournment

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, 2018 to April 15th, 2019. 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 2018/2019, 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 outstanding invoice from last season must be brought up to date before you will be added to this year's listing.

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

New Employees

Cindy Thompson - Health Services Manager

Greetings Wahta Mohawks Community,

My name is Cindy (Brant) Thompson and I have been fortunate enough to have been hired as your Health Services Manager.

My background is in Health programs and Services where I spent 18 years doing in my home community of Tyendinaga Mohawk Territory in various positions including Health Manager for 10 yrs. I was also a Finance Officer for the last two yrs of my tenure with Tyendinaga prior to deciding to travel cross country to serve other First Nations in Health. I am a registered First Nation Mohawk woman and very proud to say so. I have already met some awesome people from the community and looking forward to meeting more of you.

Please drop in and grab a coffee and come see me, questions and concerns welcomed.

Allana Healey - Family Wellbeing Coordinator

My name is Allana Healey, and I am the new Family Wellbeing Coordinator. I graduated from the University of Guelph with a Bachelors Degree in Child, Youth and Family Studies, and a minor in Brain and Cognition. I previously worked for the Toronto District School Board in the Aboriginal Education Department, and plan on bringing my love of the outdoors to Wahta through my knowledge of outdoor education and horticultural therapy.

I am very excited to start developing programming for the families of Wahta. If you have any passions, interests or ideas you would love to see come to life in the community, please do not hesitate to drop by my office, give me a call or send me an email.

Simon Sutherland - Education Assistant

I am super excited to be joining the Wahta Mohawk team as the new Education Department Assistant! In this role I will be jump starting the tutoring program at the Cultural Centre and working closely with community members and Glen Orchard Public School to support the implementation of Indigenous curriculum in the Gathering Place. I will also be working with Wahta secondary school students to work on their transition to life after high school.

My wife, daughter and I have settled in Bracebridge after moving from Toronto. Prior to coming to the Muskoka region, I taught on a First Nation in Northwest Ontario, acted as the Education Director at an Oxford Learning Centre, and most recently oversaw the post-secondary education programs at the Children's Aid Foundation of Canada.

I look forward to working with you all and can't wait to get to know everyone!





NOTICE OF ELECTION FOR WAHTA TRUST BOARD

Friday, September 14, 2018

Notice of Nomination

Nominations for positions on Wahta Trust Board will take place on Saturday, November 17th, 2018 at 2664 Muskoka Road 38 on Wahta Mohawk Territory between the hours of 14h00 and 18h00 local time. If more than one nomination for a position is received, there will be a poll. Eligibility for Nominators and Nominees are contained in the *Wahta Mohawks Election Rules and Regulations*.

Qualifying Candidates Forum

In accordance with the *Wahta Mohawks Election Rules and Regulations*, a Qualifying Candidates Forum will be held on Saturday, November 24th 2018 at 2664 Muskoka Road 38 on Wahta Mohawk Territory between the hours of 10h00 and 12h00 local time. All Candidates must attend this meeting.

Notice of Poll

In accordance with the *Wahta Mohawks Election Rules and Regulations*, if more than one Nominee is nominated for the positions on the Wahta Trust Board, a Poll will be conducted for the positions on Saturday, December 1, 2018 at 2664 Muskoka Road 38 on Wahta Mohawk Territory between the hours of 09h00 and 19h00 local time.

The Election process will follow the *Wahta Mohawks Election Rules and Regulations* approved by Council on January 8, 2011.

Photo identification is required for all Electors, without exception.

For more information please call 705-762-3343.

Matthew Commandant Electoral Officer

Health Services November Updates

Community Shopping Thursday November 1st Midland (Giant Tiger, Alia, Winners, Boston Pizza, and Walmart) Pick up at 9 am Contact Christine or Sherry

Diamond Dotz Monday, November 12th 10-12 Contact Christine or Sherry

Natural Remedies Wednesday, November 14th 10-12 (Must register by November 7th) Contact Christine or Sherry

Seniors Exercise Wednesday, November 14th 1-2pm Contact Christine or Sherry **Wreath Making** Thursday, November 15th 6:30 (Must register by November 8th) Contact Christine or Sherry

Quick and Healthy Alternatives when living with Diabetes Tuesday, November 20th 10-12 (Must register by November 12th) Contact Christine or Sherry

Chair Exercise Wednesday, November 21st 10:00-11:30 Contact Christine or Sherry

Lunch with Brad Wednesday, November 21st 11:30-1 Contact Christine or Sherry

Colouring Monday, November 26th 10-12 Contact Christine or Sherry

Community Kitchen Wednesday, November 28th 1-2:30 Contact Christine or Sherry

December

Community Shopping Tuesday, December 4th Barrie Mall, East Side Mario's, Walmart Contact Christine or Sherry

Cookie and Gift Exchange Thursday, December 6th 11:30-1 Contact Christine or Sherry Seniors Exercise Wednesday, December 12th 1-2 (weather dependant)

Chair Exercise Wednesday, December 19th 10-1 (weather dependant)

Well Survey



Recognizing that drinking water is critical to a community, Wahta Mohawks is completing an inventory of all wells on the Territory. We want to provide documentation and easily search electronic records for each well. We will do an inspection to see if there are any concerns about the well, place a "Vermin-proof Cap" on each well to limit the chance of contamination collect and digitalize well records and tests for each well. Related to this, we are also documenting abandoned wells and preparing a report on what is required to seal the well and prevent contamination of ground water.

We will call and make an appointment with you to look at the well, document its location and take a picture. If you wish, we will install a Vermin-proof Cap on another visit. Your cooperation is appreciated.



The Wahta Mohawks Family Wellbeing Coordinator and NNADAP Worker would love the opportunity to meet with members of the community to discuss programs, supports and services they would like to see in the upcoming year. Thus, we are hosting a lunch in which community members can share ideas, concerns, passions and insights in a safe and welcoming space, surrounding themes of family cohesion and togetherness. *

What: Wahta Mohawks Lunch and Learn

When: Thursday November 15th, 12:30pm-2:30pm **Where:** Administrative Building Round Room

Who: All are welcome!

Why: For individuals across the lifespan-children, youth, adults and seniors- to advocate for their own needs and requests in the community, and be heard in doing so.

*Please RSVP to this event by November 8th (with any dietary restrictions) so we can order enough food for everyone. To RSVP, please contact Allana Healey

YOGA RETREAT

"Your soul is your best friend. Treat it with care, nurture it with growth, feed it with love."-Ashourina Yalda



Jordan's Principle

Jordan's Principle is a Federal principle that was enacted in 2009 to ensure that public services are available to First Nations children as they need them, when they need them. Services in health, education, recreation, childcare, languages and culture can be applied for.



Eligibility:

- All First Nations children (0-19 years old) who live on or off reserve
- One child or a group of children

"Every child, no matter who they are, or where they live, should get the services they need to grow up healthy and proud."

To work together in supporting a child through Jordan's Principle, please contact:



Allana Healey
Family Well-being Coordinator
Wahta Mohawks
allana.healey@wahtamohawks.ca
+ 1 705 762 2354 ext 241
wathamohawks.ca

Wahta Health Hub Welcomes

Tread Orthopaedics Inc.

"A community based, eco-conscious pedorthic practice"

Custom Foot Orthotics
Custom Footwear
Orthopaedic Footwear Modifications
Orthopaedic Hip/Knee/Ankle Braces
Compression Garments
Custom Shoes

Common issues treated include:

Fatigue/ache in the feet/legs, arch/heel/forefoot pain, ankle pain, knee pain, hip pain, low back pain, osteoarthritis, diabetes, ulcers, etc.

Patients <u>are not charged</u> for an assessment and most orthotics are covered by First Nations Inuit Health Benefits (FNIHB) or personal medical benefits. Zachary directly bills FNIHB.

To book an appointment with Zachary, please call the Wahta Health Hub at 705-762-1274.

Tread Orthopaedics is owened and operated by Zachary Quesnelle, H.Kin, Dip PED, C.Ped(C), Pedorthist.

Community Christmas Luncheon

Saturday, December 8th Lunch will be served at Noon Please call Kristan Sahanatien

705-762-3343 ext 203

Information for children ages 16 and under required at time of RSVP

If leaving a message, please ensure a phone number is given as a return call will be required to confirm your RSVP.

RSVP by Friday, November 23rd by noon



What are prescription opioids?

Prescription opioids are powerful drugs used to relieve severe pain. There are two types of opioid medications:

- "Over-the-counter" opioids that you can buy at a pharmacy without first visiting a doctor (like Tylenol 1) that are used to treat minor aches and pains like headaches, toothaches, and fevers.
- Opioids that are prescribed by a doctor or dentist to relieve medium to severe pain (like after surgery or getting your wisdom teeth pulled).

What is fentanyl?

Fentanyl is an extremely strong opioid that is prescribed for people with the most severe pain, such as people with cancer. It can be a spray, tablet, or patch and should only be used under medical supervision.

What is opioid misuse?

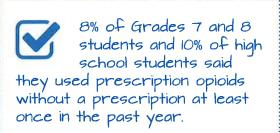
Using opioids that haven't been prescribed to you by a doctor, or using opioids differently than prescribed (e.g., taking more of them, or using them to feel high rather than for pain relief).

How often are opioids misused by Ontario students?

Last year in Ontario, 701 people between the ages of 15 and 24 went to emergency departments and 164 were hospitalized because of opioids. In 2015, 730 people (all ages) died because of opioids. 8% of Grades 7 and 8 students and 10% of high school students said they used prescription opioids without a prescription at least once in the past year.

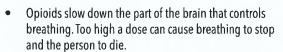
Are opioids legal?

It is illegal for anyone without a prescription to possess or use prescription opioids. Giving opioids to another person can be considered trafficking, even if no money changes hands.



DANGERS & SIGNS

What are the risks of using prescription opioids?



- People who use opioids regularly to feel high soon develop "tolerance." This means they must use more of the drug to get the same effect. This increases the risk of overdose.
- If people with tolerance stop taking the drug, they lose their tolerance quite quickly. If they then start taking the same amount again, there is a high risk of overdose.

Signs of an opioid problem:

- changes in energy, sleep, or appetite
- changes in friends or hangout locations
- stealing, borrowing money, or having extra cash
- · craving the drug all or most of the time
- losing control over use
- personality or mood changes

Signs of overdose:

- slow breathing or no breathing
- bluish skin, lips and fingernails
- coma–the person won't wake up
- snoring or gurgling sounds
- pupils are tiny, or eyes are rolled back
- vomiting

An overdose can cause death, usually because breathing stops. If caught in time, it can be treated with medications such as naloxone, which reverse the effects of opioids.

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 Martie at 705-762-3343 x. 272 or by email at martie.stanton@wahtamohawks.ca



Do you need support...someone to talk to?? Everyone needs support at one time or another.

Aboriginal Mental Health and Addictions Program (B'saanibaamaadsiwin) 705-746-2512 24/7 Support Line

This program is aimed at providing culturally appropriate support and treatment for Indigenous individuals, families, and community. Model of service is culturally relevant and community specific therapeutic interventions that are based on best practices.

Please contact Sherry for referral (ext 250) or referrals for counselling and treatment can come through any source or self-referral throughout the districts of Muskoka and Parry Sound. Services can be accessed by calling the Parry Sound Office. People can be supported in community or go into their offices...whatever your preference may be.

Dr. Ed Conners every Thursday at Culture Centre if you would like to book an appointment contact Martie 705–762-2354 ext 272

Wahta United Church

Faith Circle will be meeting at 1pm at the Church every Thursday Afternoon.

Church Service will be on November 4th at 11:00am If anyone would like a visit, they can contact Pastor Derek at (705) 346-1858



DECAIRATIONS

Woodworking has become a family hobby in my household, and we all have our little parts to play. My wife likes to paint the faces and write on the signs, and my kids like to help with the staining and sanding.

We enjoy it so much, and we have decided to share it with everyone.

We do custom woodwork decorations.

- Designs fo all seasons, i.e. Thanksgiving, Halloween, and Christmas, etc.
- Interior and Exterior works.
- Recycled Pallet wood creations.
- From Coat Racks to Pine Boxes, etc.
- Affordable prices.

Please e-mail Terrydecaire78@gmail.com









Join Our Newsletter Email!

In an effort to help save postage and paper costs, we would like to email the newsletter to as many community members as possible. To join the newsletter list, there are 2 ways to do so.

2 ways to get your newsletter through email:

Register at www.wahtamohawks.com/member-registration

Email us at info@wahtamohawks.com and let us know you would like to have the newsletter emailed to you.

Why Switch to Email

Why should I opt in for Newsletters?

Help Save on Postage and Paper! With over 700 newsletters sent out each month it is a time constraint and costly procedure for staff every month. If you have an email address we would like to email you and save on time, paper and postage costs.

When will I get the Newsletter?

Getting the newsletter online is usually faster than postage. We can email it once it is ready, no need to wait for snail mail.

Do I need to be a member to get the newsletter?

Not necessarily, if you are the spouse or parent of a member then please do not register but instead email us and let us know you would like to receive the newsletter via email.

How else will my email address be used?

Your email address will not be shared with anyone and will only be used for newsletters and occasional communication regarding community updates.

The Good Food Box

A Pilot Project (Started in January)

The Good Food Box is a monthly box of assorted fresh fruits and vegetables. Bulk ordering of fresh, high-quality produce (mostly local and Ontario) offers a sizable discount to customers. Each box contains a monthly newsletter with health and dietary information along with produce information and recipes to prepare meals from the box of produce you receive.

Boxes can be purchased and picked up from the administration building. Small boxes cost \$10.00 and large boxes cost \$15.00.

Boxes must be pre-ordered and paid for by the 7th of each month

Please contact Christine or Sherry

Contact Information

Chief and Council

philip.franks@wahtamohawkscouncil.ca

705-528-9568

Ext. 237

Ext. 222

Chief Philip Franks

Kim North

Karen Sahanatien

Cilici i iliip i taliks	piniip.iranks@wantamonawkscouncii.ca		703-320-3300					
Councilor Blaine Commandant	blaine.commandant@wahtamohawksco	705-394-8699						
Councilor Teresa Greasley	teresa.greasley@wahtamohawkscouncil	705-644-9934						
Councilor Lorie Strength-Fenton	lorie.fenton-strength@wahtamohawkscouncil.ca		705-774-2796					
Councilor Lawrence Schell	lawrence.schell@wahtamohawkscouncil.ca		705-644-3001					
Administration								
705-762-2354								
Scott Aubichon	Lands and Resource Coordinator	Ext. 242						
Nicole Belcourt	S.S. Administrator/Executive Assistant	Ext. 221						
Sherry Byrne	Health Services	Ext. 250						
Matthew Commandant	Housing Coordinator	Ext. 275						
Joanne Contant	Chief Financial Officer	Ext. 227						
Christine Cox	Health Services Family Violence	Ext. 273						
Amy Davidson	Health and Social Assistant (CHC) 705-762		3343 Ext. 200					
Allana Healey	Family Well-being Coordinator	Ext. 241						
Carol Holmes	Education Services	Ext. 233						
Murray Maracle	enior Administrator Ext. 231							
William Manary	By-Law Coordinator	Ext. 224						

Kristan Sahanatien NNADAP (CHC) 705-762-3343 Ext. 203

Martie StantonHuman Resources/EmploymentExt. 272Simon SutherlandEducation AssistantExt. 245Cindy ThompsonHealth Services ManagerExt. 240Samantha WalkerLibrarianExt. 225

Lands and Housing Clerk

Finance Assistant

Maintenance & Public Works

Berry BerwickPublic Works Supervisor705-641-0722Harry ByrneMaintenance Supervisor705-641-0833Terry DeCaireMaintenance705-644-9862Evan HolmesPublic Works705-644-9884

Please Feel Free to Call with any Questions or Concerns

Administration Office Hours: Monday through Thursday, 8:00 am-4:30 pm Fridays 8:00 am-2:00 pm



P.O. Box 260 Bala, On. P0C 1A0 705-762-2354 phone 705-762-2376 fax www.wahtamohawks.com