

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

Tsothohrha - The Time of the Cold



December/January  
2018-2019



## THIS ISSUE

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

## Attention Members:

The Administration Building will be closed for the Holidays beginning December 24th, 2018 and reopen on January 7th, 2019.

## Landfill

The landfill will be closed on December 26th, but open on Thursday, December 27th

## General Meeting

The next General Meeting will be on February 2nd, 2019 from 9:30am-12:00pm

## Senior's Christmas Luncheon

It is on Thursday, December 13th at 12:00pm. It will be held at the Administration Building.

## Community Christmas Luncheon

It is on Saturday, December 8th at 12:00pm. It will be held at the Administration Building.

## Building Closure

The Administration Building and Cultural Centre will be closed on December 10th for Staff Training

# DECEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Church 11:00am	3 Diamond Dotz 10:00am	4 Community Shopping	5 Education Parent Meeting 5:30pm	6 Cookie & Gift Exchange 11:30am	7	8 Community Christmas Luncheon 12:00pm
9	10	11 Public Council Meeting 7:00pm	12 Senior's Exercise 1:00pm  Skirt Making 6:30pm CHC	13 Senior's Christmas Luncheon 12:00pm	14	15 Potluck & Social at the CHC 5:30pm
16	17 Colouring 10:00am  Bingo CC 6:00pm	18	19 Chair Exercise 10:00am  Skirt Making 6:30pm CHC  Book Club	20	21	22
23	24 Admin Building Closed for Holidays	25 Christmas  No Public Council Meeting	26	27	28	29
30	31					

# JANUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Admin Building Open 8:00am	8	9 Senior's Exercise 1:00pm	10 Community Shopping  Dream Catcher Making 10:00am CHC	11	12
13 Church 11:00am	14 Diamond Dotz 10:00am  Retirement Living Info Session 2:00pm	15	16 Lunch with Brad 11:30am	17	18	19 Potluck & Social at the CHC 5:30pm
20	21	22 Health Lunch with Sue and Lindsey 12:00pm	23	24	25	26
27	28 Colouring 10:00am  Bingo CC 6:00pm	29 Public Council Meeting 7:00pm	30 Chair Exercise & Healthy Lunch 10:00am	31		

## Council Update for December 2018

Chief Philip Franks

I understand this is the final newsletter for 2018, so at on behalf of Wahta Council, I want to take this time to wish everyone a safe and happy holiday season (even though it is still mid November). Since my last update for you, it has not been quite a month. Council has been meeting regularly and working on the initiatives set out in our priorities.

I wrote last month looking to enact an improved elections code. There are identified flaws in the current rules, and some areas that are not set out clearly. In addition, there are opportunities to explore new systems within the regulations, such as a longer period between nominations and election day. This could include providing candidates the opportunity to use a special issue to all members where they can put forward their message to the people as to why they would make a good member of Council. Another area that could be explored and discussed might be absentee ballots. Council had received a legal opinion on the current system and has asked the law firm to put together a framework for new regulations that can be used as the basis of discussion through a consultation period.

At the time of this writing, the results for nominations for election to the Wahta Community Trust were announced over the weekend. To fill the three spots needing to be filled on the board of trustees, there were three names put forward. As procedure dictates there must be a trustee qualifying meeting one week after nominations. As it stands it looks pretty clear that returning to the trust for 2019 will be Tim Thompson and Shirley Hay. Joining them will be Kristal Berwick. Kristal previously served on the Trust and being familiar with how it operates, she will be quickly able to serve Wahta Mohawks. The trust board is entrusted to protect the land claim settlement dollars through responsible investing and in ensuring interest dollars are released to fund program applications.

Locally, Senior Administrator Murray Maracle and Health and Social Manager Cindy Thompson brought forth for council's endorsement new funding arrangements in health services. Added flexibility over a five-year period will open opportunities for better planning and budgeting. In addition, health has acquired access to renewal of the Patient Transportation program, as well as Home and Community Care. This will enable long term care and services for the elderly to improve in the community.

I recently attended a joint Health and Social, and Education meeting with the Association of Iroquois and Allied Indians. I will be updating Council in December on issues of health, child welfare, water, housing, education reforms and funding, including updates to the new Cannabis legislation and how these affect the work of Council on behalf of Wahta Mohawks.

As we enter into the gift giving season, I ask everyone to remember those who need assistance. Two members, Hali Camick and Christopher Stock are currently experiencing critical health issues and there are fundraising efforts ongoing to assist them through their times of crisis. Thoughts, prayers, and action are requested for them and anyone else you might know of who is in need.

Nia wen and best wishes to all. Our next update will be in February 2019.

Chief Philip Franks

## **2018 Council Weekly Meeting Summaries**

### **Council Weekly Meeting Summary – September 5, 2018**

#### **In Attendance:**

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

#### **Agenda:**

**09.05.01 Bala Legion Presentation** – Presentation on the upcoming seniors living facility was presented to Council. This will be a 128 room facility for seniors with rental rates approx. \$900/month. This will not be a long term care centre at this point. They are looking for support from Council, not identified on the Strategic Plan at this time.

**09.05.02 Trespass By-Law Approval** – Reviewed recent changes to OPP enforcement, will be posted on website and presented to the community.

**09.05.03 LHIN Funding Signature** – 2% increase in funding this year for Community Health Services, signatures required

**Next Meeting:** September 26, 2018. No meeting Sept 12 or 19<sup>th</sup> council members away.

### **Council Weekly Meeting Summary – Wed September 26, 2018**

#### **In Attendance:**

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

#### **Agenda:**

**09.26.01 Market Based Housing Application** - There was discussion on the difference between First Nation Market Housing Fund and the Wahta Housing Grants. They are two different programs, but limitations were discussed in the event that the grants have different requirements. Review further.

**09.26.02 Council Priorities Meeting Schedule / Strategic Plan Approval** – Deferred to a full day meeting.

**09.26.03 Northern Star Proposed MOU – Dickinson Wright Memo** – Requested another meeting with both Dickinson Wright and Northern Star to discuss memorandum.

**09.26.04 CORDA Application for 2019-20** – This is a program renewal for wildlife population studies and further by-law revisions. If approved yearly program plan to be submitted.

**09.26.05 Wellness Conference Venue Approval** – Casino Rama approved for Health and Wellness conference approved at a cost of \$49 000 funded by Health Canada. See motion below.

**09.26.06 Blakes Law Firm** – New law firm to be retained for the Additions to Reserve process. See motion below. Mohawk Council Resolution also required.

**09.26.07 MNR Violation Report** – Received communication through Ministry of complaint of Wahta lands. The Ministry does not have jurisdiction to enforce by-laws on reserve.

**09.26.08 Meeting with Indigenous Services and S. Burnett** – Indigenous services is now working with Health Canada to combat drinking water advisories. Indigenous services recognize the ongoing operation and maintenance of drinking water systems and would like a feasibility study on the long term costs. Administration building has been approved. Water supply still needs to be established in core area, there are ongoing issues such as road salt issues and new standards – Loss of Service Standards (LOSS) that need to be considered.

**Motions:**

**08.26.05** – Motion to sign Casino Rama venue contract at a cost of \$49 000 for the January 2018 Health and Wellness conference funded by Health Canada. Carried by consensus.

**08.26.06** – Motion to retain Blakes Law Firm on behalf of Wahta Mohawks for the ongoing Additions to Reserve process. Carried by consensus.

**Next meeting:** Wed October 3, 2018

**September 2018 Community Meeting Minutes**

**Date: Tuesday September 25, 2018**

**\*Meeting Cancelled**



## **Wahta Mohawks Community Trust**

### **Election Update**

The Trust was created by a land claim agreement in 2005 which included a financial settlement. The funds were placed in Trust which is governed by a Trust Agreement overseen by five Trustees, three elected by the community to three-year terms and two appointed by the Wahta Mohawk Council. The Trust accepts proposals and funds projects throughout the year which will benefit the Wahta Mohawk people. The Trust is a separate legal entity from the Wahta Mohawk Council.

On November 17, 2018, nominations were held for the three elected positions on the Trust. The following individuals were nominated: Shirley Hay, Kristal Strength-Berwick, and Tim Thompson.

A Qualifying Candidates Forum is scheduled for Saturday, November 24, 2018 at the Wahta Mohawks Administration Building at which time the candidates must indicate if they are willing to accept the nomination and sign the Eligibility Requirements Form.

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## **Wahta Mohawks**

2664 Muskoka Road 38, Wahta  
Box 260  
Bala, Ontario,  
Canada, P0C 1A0  
Phone 705-762-2354  
Fax 705-762-2376  
[www.wahtamohawks.ca](http://www.wahtamohawks.ca)

### **EMPLOYMENT OPPORTUNITY**

**Closing Date- December 10, 2018**

### **NATIVE LANGUAGE CURRICULUM ACTIVATOR**

**Full Time Contract Position- January-June 2019**

**Position Summary:** Wahta Mohawks invites applications for the position of Native Language Curriculum ActivaTOR. The successful candidate will report to the Senior Administrator. The Native Language Curriculum Activator is responsible for the development of a Kanienkehaka language curriculum resource that will aid in the revitalization, retention and protection of the Mohawk language of the Wahta Mohawks.

#### **Primary Duties:**

The Native Language Curriculum Activator will be responsible for:

- Creating a Kanienkehaka language curriculum resource suitable for use in the instruction of a variety of Mohawk language learners ranging from novice to mastery level.
- Holding public consultations with community members to make amendments to curriculum resource, as required, before final publishing
- Increasing the domain of language use amongst Wahta Mohawk community members
- Cataloguing and incorporating existing language resources
- Offering support to native language instructors as necessary

#### **Educational Requirements:**

- Ontario Certified Teacher, or similar certification from another jurisdiction, considered an asset
- Indigenous Language Teacher's Certificate considered an asset
- A combination of education and relevant experience will be considered

#### **Knowledge:**

- Knowledge of Kanienkehaka language and culture an asset
- Knowledge of public consultation practices

#### **Skills Required:**

- Past language curriculum development a must
- Strong interpersonal and communication skills
- Strong organizational skills
- Ability to manage competing priorities and meet deadlines

**SEND RESUME TO HUMAN RESOURCES, WAHTA MOHAWKS**

**P.O. BOX 260, BALA, ON. P0C1A0**

**EMAIL: [martie.stanton@wahtamohawks.ca](mailto:martie.stanton@wahtamohawks.ca) FAX: (705)762-2376**





Community Energy Specialist - Stefan Tylak, M.Sc

The Wahta Mohawks have a new Community Energy Specialist who has recently started after relocating from Campbell River, BC. Prior to starting his career in Nova Scotia, Stefan Tylak obtained his Master of Science in Renewable Energy at Murdoch University in Western Australia. Having been born and raised in Ontario, he has spent much time in Central Ontario and is very pleased to return to the beautiful place we call home.

With experience in renewable energy and efficiency, education and outreach, energy and the environment and program development, Stefan has a broad range of experience in several roles and is also currently an Associate Member with Sustainability Solutions Group. When he was the Community Energy Adviser with the City of Campbell River, he was tasked with implementing their Community Energy Plan and supporting the BC Energy Step Code. Stefan played a key role in Halifax's innovative, successful, Solar City Program during its development and through to completion of the pilot program and was also the first Embedded Energy Adviser with Efficiency Nova Scotia. He concurrently managed HRM's first corporate, net-metered photovoltaic (PV) installations, as well as ~80 energy efficiency projects for municipal facilities and infrastructure, which reduced energy usage by ~1155 MWh/yr. While involved in tidal energy at the Department of Energy in Nova Scotia, he also instructed Ecosystem Goods and Services at Dalhousie University. He has also developed and delivered RETScreen® training workshops to industry professionals in Brazil. Stefan's involvement in energy evaluations, public education and capacity building on energy and climate change, as well as Community Energy Planning goes back to the start of his career at Clean Nova Scotia and CBCL Ltd. Stefan has a passion for collaboratively moving towards being more sustainable and lives with his wife Priscilla, two young daughters Julia and Laura, as well as their lovely black lab Susie.

There are often many opportunities to use energy better, from simple, no cost measures to complex and multifaceted approaches. While it is tempting to focus on upfront costs and simple payback, the true benefits shine through with a holistic perspective that looks at long term savings (that often grow due to energy cost increases), avoided maintenance costs, increased comfort and overall Return on Investment (ROI).

Stefan will be undertaking interactive community outreach and education with a focus on energy efficiency and conservation, renewable energy and carbon emissions from the use of different energy sources in various ways, including both existing and new homes and buildings. We'll also explore opportunities for funding as a means of seeing real results and benefits.

You can look forward to flyers, posters and interactive opportunities such as questionnaires, presentations and consultations to offer input into the program to help ensure benefits are spread throughout the Community. Stefan very much looks forward to working with the Community and would love to hear from you at [stefan.tylak@wahtamohawks.ca](mailto:stefan.tylak@wahtamohawks.ca) or 705-378-0048.

# *'Tis the Season to be Careful*



## ENJOY A FIRE SAFE HOLIDAY

### WHAT'S THE RISK?

Smoking and cooking are the **top 2 causes of fatal fires** during the holidays (Nov, Dec, Jan).

Injuries caused by smoking account for **1 in 10 home** fire injuries during the holidays.

Smoking accounts for **30%** of all home fire deaths during the holidays.

Cooking fires account for **19%** of all home fires during the holidays.

**27%** of all home fire injuries occur in cooking fires during the holidays.

**Alcohol is a factor in many fatal fires involving smoking and cooking.  
DRINK RESPONSIBLY!**

### How do I protect my family during the holidays?

- ❖ Always stay in the kitchen while cooking. If you must leave, turn off the stove.
- ❖ Keep an eye on any drinkers in your household and make sure all cigarettes are properly extinguished and the stove is off before going to bed.
- ❖ Cigarettes can smoulder among upholstered items for hours before igniting. Check sofas and chairs for cigarettes that may have fallen between the cushions.
- ❖ Provide large, deep ashtrays for smokers.
- ❖ Wet cigarette butts with water before discarding.

### ARE YOU PROTECTED BY SMOKE AND CO ALARMS?

- ❖ In 34% of fatal home fires there is no smoke alarm warning.
- ❖ Install smoke alarms on every storey of your home and outside all sleeping areas.
- ❖ CO alarms are required outside all sleeping areas if your home has a fuel-burning appliance, fireplace or attached garage.



## EDUCATION

The next Education Parent meeting is scheduled for December 5 at 5:30. The children will be offered an early dinner at the after school program, and finger foods will be available for parents attending the meeting.

Bruce Barrett, Superintendent of TLDSB will be joining us. This will be an opportunity to meet him and bring forth any questions or concerns that you may have.

In partnership with our library, Samantha will provide a brief presentation for parents about internet safety and what to be aware of especially involving human trafficking issues.

Wahta Mohawks hosted the annual Association of Iroquois and Allied Indians two- day Education Directors Forum on November 7 and 8. TLDSB Director Larry Hope, Consultants Holy Groome and Heather Truscott attended on behalf of the Board. The two days consisted of communities sharing best practices with in various areas of education. One highlight was hearing from the student panel. The 4 students representing Batchewana, Oneida and Wahta spoke eloquently about their secondary school experiences and provided education directors insight as to areas where school boards can improve upon. One of the biggest concerns coming from students is the lack of First Nation staff hired in provincial schools as teachers, administrative staff, custodians etc. These concerns will be addressed locally at our board level. Many thanks to Makayla Smith for participating in this forum and sharing her thoughts and concerns and for sharing a you tube video "I Just Sued the School System". This video is worth watching.

Simon Sutherland, our recent hire in Education, has been working with our tutor and establishing individualized tutoring programs for those students with needs. He has also been working with Glen Orchard staff and can provide diagnostical testing to determine student academic progression, a tool in establishing accountability at Glen Orchard and assisting in identifying any areas of concern. For those students on our nominal roll we can provide supports as needed. We have had a 100% success rate in graduating students from high school and we expect to maintain this rate. Largely the success lies with our parents as well as the additional supports we can provide in community and at school accommodating special education needs.

## EDUCATION REMEMBRANCE DAY

*To mark Remembrance Day, the Glen Orchard Public School community featured the service and sacrifice of Wahta Mohawk community members in their school display. Featured are photos taken from the Wahta archives of Herman Stock, who was killed in action during World War II, and images of the war memorial at the Administration office. Students and teachers alike realize the importance of remembering the sacrifice of all of those from their communities who served. Lest We Forget.*





## Library Update

Check out the Library Facebook page! It contains information on programs, services, as well as library updates. You may also use it to contact the library. You can find us by searching “Wahta Mohawks First Nation Public Library,” on Facebook, or by visiting [facebook.com/wahtamohawkslibrary](https://facebook.com/wahtamohawkslibrary)

### Mohawk Dictionaries

The library now has two different Mohawk Dictionaries available for use in the library. The first is “Kanyen’keha Tewatati: Let’s Speak Mohawk” and the second is “One Thousand Useful Mohawk Words” by David Maracle.

### Library Programs

Please Note: Toddler Mondays is being postponed until July

### Book Club

Five copies of *The Neighbors* by Hannah Mary McKinnon have been purchased for those interested in joining Book Club. Our December meeting will be held on December 19<sup>th</sup>. For more information on Book Club, check out the library Facebook page. To request a book, call or email Samantha at 705-762-2354 ext. 225 or email [samantha.walker@wahtamohawks.ca](mailto:samantha.walker@wahtamohawks.ca)

### OverDrive Collection

Don’t forget to sign up for a Patron ID so you can access OverDrive. It has thousands of e-books and audiobooks. You can use them with your own devices or borrow from the library. Call (705) 762-2354 ext. 225 or email me at [samantha.walker@wahtamohawks.ca](mailto:samantha.walker@wahtamohawks.ca), and I can provide you with a Patron ID and OverDrive instructions.

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## Silect Auction for Basketball Stands (2 Available)

Each system comes with a weighted steel stand, backboard, and rim.  
Please provide your bid in a sealed envelope to Matthew Commandant.

The draw will be on January 21st, 2019. For more information contact Matthew at [matthew.commandant@wahtamohawks.ca](mailto:matthew.commandant@wahtamohawks.ca) or 705 762 2354 ext. 275

# Health Services Events

## December

**Diamond Dotz** Monday, December 3<sup>rd</sup> 10:00am-12:00pm

**Community Shopping** Tuesday, December 4<sup>th</sup> Barrie Mall, East Side Mario's, Walmart Contact Christine or Sherry

**Cookie and Gift Exchange** Thursday, December 6<sup>th</sup> 11:30am-1:00pm Contact Christine or Sherry

**Seniors Exercise** Wednesday, December 12<sup>th</sup> 1:00pm-2:00pm (weather dependant)

**Colouring** Monday, December 17<sup>th</sup> 10:00am-12:00pm

**Chair Exercise** Wednesday, December 19<sup>th</sup> 10:00am-1:00pm (weather dependant)

## January

**Seniors Exercise** Wednesday, January 9<sup>th</sup> 1:00pm-2:00pm

**Community Shopping** Thursday January 10<sup>th</sup> Barrie Mall, Moxie's and Walmart Contact Christine or Sherry

**Diamond Dotz** Monday, January 14<sup>th</sup> 10:00am-12:00pm

**Retirement Living Information Session** Monday, January 14<sup>th</sup> 2:00pm (Administration Round Room) Contact Sherry

**Lunch with Brad** Wednesday January 16<sup>th</sup> 11:30am-1:00pm Contact Christine or Sherry

**Colouring** Monday January 28<sup>th</sup> 10:00am-12:00pm

**Chair Exercise and Healthy Lunch** Wednesday, January 30<sup>th</sup> 10:00am Contact Christine or Sherry

# Cultural Centre Events

**Skirt Making with Lucia Sahanatien** December 12<sup>th</sup> & 19<sup>th</sup> 6:30-8:30pm (Cultural Centre) Call Kristan to register 705-762-3343 ext. 203

**Potluck and Social** December 15<sup>th</sup> 5:30pm-8:30pm (Cultural Centre) Please bring a dish to share with everyone

**Dream Catcher Making** January 10<sup>th</sup> 10:00am-12:00pm (Cultural Centre) Call Kristan to register 705-762-3343 ext. 203

## Parry Sound Health Centre First Nations & Inuit Health Branch December 2018

### OFFICE HOURS

**Monday – Friday**

**08:30 – 4:30**

### STAFF:

Susan Siwik, CHN

Lindsey Adams, CHN

Nancy Tabobandung, Clerk

[susan.siwik@canada.ca](mailto:susan.siwik@canada.ca)

[lindsey.adams@canada.ca](mailto:lindsey.adams@canada.ca)

[nancy.tabobandung@canada.ca](mailto:nancy.tabobandung@canada.ca)

Box 89–74 James Street, 2<sup>nd</sup> Floor

Parry Sound, ON P2A 2X2

Phone: (705) 746-5807

Fax: (705) 746-1421

### Toll Free NIHB Client Lines

Dental

1-855-618-6291

Monday to Friday 8 – 6

Orthodontics (Braces)

1-866-227-0943

Monday – Friday 8 – 5

All other services:

1-800-640-0642

Monday – Friday 8 - 4



### Hepatitis C Testing

With same day results

#### Fast facts:

1. Hepatitis C is a virus that injures your liver.
2. You can have hepatitis C and not know it.
3. Testing is the only way to find out if you have hepatitis C.
4. Hepatitis C is passed blood to blood.
5. Treatment can cure hepatitis C
6. Hepatitis C is different from hepatitis A and hepatitis B.

### Protect yourself and others

Infections such as HIV, hepatitis C and hepatitis B can be prevented.  
Working together, we can stop their spread in our communities.

**GET INFORMED.  
GET TESTED.**

Tests and immunizations are available. Talk to your community health nurse or other health care provider about getting yours.

To find out more call PSHC @ 705-746-5807.



Poster design and layout courtesy of Sioux Lookout First Nations Health Authority  
Funding provided by Health Canada



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# Thinking about using cannabis before or during pregnancy?

**Cannabis in foods or drinks can make people feel higher than expected.** Because the effects of cannabis are not felt right away but can appear hours later, people may take more cannabis than they had planned.

- ❖ The body has to digest the cannabis before feeling the effects.
- ❖ The signs and symptoms can vary from mild to severe.

## Before pregnancy

If thinking about getting pregnant, start prenatal care early. Cannabis use may affect:

- ❖ Ability to get pregnant
- ❖ Menstrual cycle
- ❖ Sperm count and quality

## During pregnancy

**Cannabis is not recommended to treat morning sickness or for medical purposes during pregnancy.** Ask a health care provider about safer options to feel better. To know more, refer to the web link *Nausea and Vomiting* on page 4.

- ❖ The more cannabis is taken during pregnancy, the more it affects the baby's developing brain.
- ❖ Cannabis use may also affect a mother's health during and after pregnancy.

🌿 **There is no known safe amount of cannabis use during pregnancy.**



**If using cannabis during pregnancy, a newborn has more risk of:**

- ❖ Lower birth weight
- ❖ Lower alertness

These risks can lead to health problems for a growing child.

**✿ Although cannabis is a natural plant, it doesn't make it safe during pregnancy.**

## **Risks to a child's brain development**

**Use of cannabis during pregnancy may affect a child's brain development, behaviour and mental health into adolescence and early adulthood.** The effects may be permanent. If a mother uses cannabis daily, some of the risks for the child may be:



### **Age 0 - 3 years:**

- ❖ Difficulty calming down
- ❖ Exaggerated startles
- ❖ Sleep problems



### **Age 3 - 6 years:**

- ❖ Poorer memory
- ❖ More impulsive
- ❖ Less attentive
- ❖ Less able to understand and follow instructions



### **Age 6 - 10 years:**

- ❖ More hyperactive and impulsive
- ❖ More difficulty learning
- ❖ Symptoms of depression and anxiety
- ❖ More difficulty making decisions
- ❖ Less attentive



### **Age 14 - 18 years:**

- ❖ Poorer school performance
- ❖ Delinquency problems
- ❖ May try and/or use cannabis earlier
- ❖ Continue to be hyperactive, impulsive and less attentive

## When parenting

**Using cannabis may reduce a person's ability to pay attention, make decisions or react to emergencies.** This can affect how parents respond to a child's needs and keep them safe. Parents can miss:

- ❖ Signs of danger
- ❖ Need to be comforted
- ❖ Cues for hunger
- ❖ Desire to play and learn

Using cannabis may affect parent-child interactions and attachment. The effects of cannabis can last for several hours.

**Consuming cannabis in foods or drinks can make people feel higher than expected.**

Because the effects are delayed, people may take more cannabis than they had planned.

🌿 **Talk to your health care provider about your cannabis use.**



🌿 **It is important to be alert and to pay attention to your child's cues.**

🌿 **Be sure that there is always someone available who is not high to take care of your child.**



Cannabis products like cookies, gummy bears, brownies, lollipops, and shakes can look like a treat to a child.

**Keep all cannabis products away from children.**

They can be harmful to a child. Watch for:

- ❖ Anxiety
- ❖ Difficulty breathing
- ❖ Lack of coordination
- ❖ Sleepiness
- ❖ Drowsiness
- ❖ Slurred speech
- ❖ The signs and symptoms can vary from mild to severe.
- ❖ The body has to digest cannabis first to feel the effects, which can take some time.
- ❖ A child's reaction may not be right away, but can show up hours later.

**Saturday February 23rd, 2019**

**Starts at 8am**

# Ice Fishing Derby and Winter Carnival

## *Activities Include:*

- *Dog Sled Rides*
- *Chili Cook off with Prizes*
- *Lumberjack Shows at 11am, 1pm and 2:30pm*
- *Skating on the Lake*
- *Indoor Bouncy Castle for the Kids*
- *And of Course Ice Fishing*

*Hotdogs, hamburgers, chili and other goodies will be served for lunch*

*Please plan on attending and please dress warm.*

*Webster Lake*

*Wahta Mohawks*

*Fun for the whole Family*

*Have a great day out on the ice*

*Everyone is Welcome*

*Hope to see you there!*

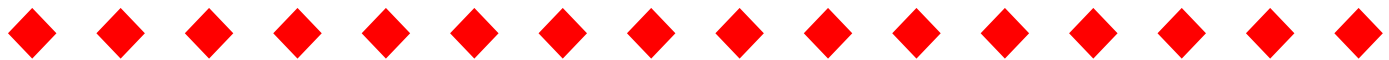


# Kagita Mikam Employment & Training

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](mailto: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 Connors** every Thursday at Culture Centre if you would like to book an appointment contact Martie 705- 762-2354 ext 272



# Wahta United Church

Church Service will be on  
December 2nd at 11:00am

Beginning January, Church Service  
will be on the second Sunday of each  
month

If anyone would like a visit, they can  
contact Pastor Derek at (705) 346-  
1858



Christmas Countdown



6 ft "Believe"



Mantle "Merry Christmas"

## Just in time for Christmas

[decairations@gmail.com](mailto:decairations@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](http://www.wahtamohawks.com/member-registration)**

**Email us at [info@wahtamohawks.com](mailto: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.

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## 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

Chief Philip Franks	philip.franks@wahtamohawksCouncil.ca	705-528-9468
Councilor Blaine Commandant	blaine.commandant@wahtamohawksCouncil.ca	705-394-8699
Councilor Teresa Greasley	teresa.greasley@wahtamohawksCouncil.ca	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
Brittany DeCaire	Receptionist	Ext. 221
Allana Healey	Family Well-being Coordinator	Ext. 241
Carol Holmes	Education Services	Ext. 233
Murray Maracle	Senior Administrator	Ext. 231
William Manary	By-Law Coordinator	Ext. 224
Kim North	Finance Assistant	Ext. 237
Karen Sahanatien	Lands and Housing Clerk	Ext. 222
Kristan Sahanatien	NNADAP (CHC)	705-762-3343 Ext. 203
Martie Stanton	Human Resources/Employment	Ext. 272
Simon Sutherland	Education Assistant	Ext. 245
Cindy Thompson	Health Services Manager	Ext. 240
Samantha Walker	Librarian	Ext. 225

## Maintenance & Public Works

Berry Berwick	Public Works Supervisor	705-641-0722
Harry Byrne	Maintenance Supervisor	705-641-0833
Terry DeCaire	Maintenance	705-644-9862
Evan Holmes	Public Works	705-644-9884

*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 280  
Bala, On, P0C 1A0  
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