

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

Enniska - The Time of Lateness



February 2019

THIS ISSUE

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



**There will be a general meeting on
Saturday, February 2nd at 9:30am at the
administration building**

**Public Council Meetings will now be on the
first Tuesday of each month.
The next meeting is Tuesday, February 5th**

**Ice Fishing Derby &
Winter Carnival
February 23rd, 8:00am at
Webster Lake**

Dog Sled Rides
Chilli Cook-Off with Prizes
Indoor Bouncy Castle
Lumberjack Shows
Skating

**Are you thinking about building or renovating? Contact Karen or Matthew for
help with the various Housing Programs, Subsidy Programs & Mortgage
Programs that are available. 705-762-2354**

**karen.sahanatien@wahtamohawks.ca
matthew.commandant@wahtamohawks.ca**



FEBRUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Family Tobogganing Day CC 10:00am	2 General Meeting 9:30
3	4	5 Mohawk Language Class (AB) 6:30pm Public Council Meeting (AB) 7:00pm	6 Community Shopping Yoga CC 7:30pm	7 Good Food Box orders due	8	9
10 Church 11:00am	11 Diamond Dotz 10:00am	12 Mohawk Language Class (AB) 6:30pm	13 Dietician Lua Baker 9:00am - 12:30pm Senior's Exercise 1:00pm Yoga CC 7:30pm	14	15	16
17 Science North (AB) 8:30am	18	19 Mohawk Language Class (AB) 6:30pm	20 Yoga CC 7:30pm	21	22	23 Ice Fishing Derby & Winter Carnival 8:00am
24	25 Bingo CC 6:00pm Colouring 10:00am	26 Mohawk Language Class (AB) 6:30pm Good Food Box arrives	27 Chair Exercise and Healthy Lunch 10:00am Yoga CC 7:30pm	28		

Chief and Council Updates

Chief Philip Franks

Welcoming in the New Year always includes saying farewell to the last one. In 2018 we saw progression in a number of areas, however there were setbacks in others.

Regarding progress with the Additions to Reserves process we continue to meet and plow through the administrative requirements laid in the land claim agreement, and provincial and federal government stipulations. We now have on board a law firm with experience in these processes and hope to be guided through our considerations at a faster pace.

In policy development Council approved a rather lengthy housing policy that is a requirement of the First Nations Market Housing Fund. This policy entails all aspects of residential dwelling on our lands where funding is required, and policy regarding rental buildings.

Recently a long worked on Financial Policy was approved by Council. This policy outlines all aspects of dealing with money income and expenditures. Such a document guides the financial department, all staff, and Council in ensuring the handling of Wahta Mohawk funds is transparent and proper.

A late in the year bit of news came regarding the administration building. A new roof system will have to be put on. It has been leaking during storms and ice buildup problems for years, so Council is looking to approve our own source funding for the nearly one million dollar project before any further damage is done to the building structure. Other funding opportunities and being sought but not guaranteed. A project management company will be engaged in the next short while. Our new Capital Assets Manager Randy Sonmor will likely be to go between for Council.

Looking ahead to this year, Council is working on completing initiatives, a revamp of the citizenship code, and updating our electoral regulations. Since last October a federal law legalizing cannabis affects us, our community needs to deal with accommodating or not the retail sales of marijuana.

With Election regulations it has been well documenting there is vagueness in some areas that in the past has led to varying interpretations on how to conduct some aspects of the election. This will enable electoral officials to promptly and fairly make decisions, and to ensure voters do not turn up to vote just to find out they are not on a list. Looking back at real examples over at least three past elections and based on a legal review, Council is looking to make sure there are no wrongs to be righted. There are two main issues with this that come to mind. One is to having a longer period of time between the nomination day and the election itself (currently a two week window). A second one considers off site voting, that is voting on line, or perhaps mail in.

Please be sure to join us at the February General meeting in the morning, starting with a light breakfast. The election regulations, citizenship, and cannabis.

2018 Council Weekly Meeting Summaries

Council Weekly Meeting Summary – October 3, 2018

In Attendance:

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

Agenda:

10.03.01 Landfill RFP and MCR - Request for Proposals and Minor Capital Application to be submitted to Indigenous Services Canada. These needed to be submitted with a formal MCR supporting the work.

10.03.02 Development Corporation – Consulting Proposal – Looked at an economic development consultant as a temporary measure until a full time staff member is hired. It was decided that a competitive hiring practice needs to be followed as stated in the HR policy.

Next meeting: Wed October 10, 2018

Council Weekly Meeting Summary – October 10, 2018

In Attendance:

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

Agenda:

10.10.01 Wahta Rd. 2 Access – A request from a cottager has been made for permission to use Wahta Rd. 2 for new roadway to be built at the end for some remaining cottagers. This will increase traffic overall and therefore may not be a good option for Wahta residents.

10.10.02 Local Integrated Health Network Meeting – Yearly meeting held with the LHIN. Discussions included Indigenous priorities such as long term care, more patient navigators, youth treatment and traditional healing. Discussed the high costs of Long Term Care homes and viable options around nursing and home care as an alternative.

10.10.03 Waneek Horn – Miller Membership Meeting – Final membership report summarizes the ongoing work of educational workshops, survey results and one on one interviews. Report will be made public.

Next Meeting: Wed October 17, 2018

Council Weekly Meeting Summary – October 17, 2018

In Attendance:

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

Agenda:

10.17.01 Finance – Monthly Update – Six month update on current budgets in comparison to annual budgets.

10.17.02 MFP Roof – Four quotes received, refer to tech services to compare quotes accurately.

10.17.03 Vehicle Replacement – Discussed trading in Jeep and Truck to purchase a new truck. A decision on snow plowing for next year must be made first.

10.17.04 AIAI Letter of Agreement – Child Welfare and Family Revitalization – A small funding agreement for \$5857 was signed.

10.17.05 Appointment to HSAB Board – Appointment of new health Manager Cindy Thompson to the Health and Social Advisory Board was requested. Motion below, resolution also required.

10.17.06 DBCFS – Feedback on Potential Hire – Discussed DBCFS feedback on potential hires to work with Wahta families. Require full list of new hires for Wahta and surrounding area.

10.17.07 CCFHT Draft MOU – Draft agreement for part time Registered Nurse Practitioner in conjunction with Cottage Country Family Health Team.

Motions:

10.17.05 – Motion to appoint Cindy Thompson, Wahta Mohawks Health Manager to the Health and Social Advisory Board. Carried by consensus.

Next meeting: October 31, no meeting October 24.

October 2018 Community Meeting Minutes

Wahta Mohawks Community Meeting Minutes

Date: Tuesday October 30, 2018

- I. **Present:** Chief Philip Franks, Councillor Blaine Commandant, Councillor Teresa Greasley, Councillor Strength-Fenton. Regrets Councillor Lawrence Schell
- II. **Call to Order:** The meeting was called to order at 7:06 pm.
- III. **Adoption of the Agenda:** Moved by Councillor Greasley, Seconded by Councillor Commandant. Carried.
- IV. **Adoption of Minutes of August 28, 2018:** Moved by Councillor Greasley, Seconded by Councillor Commandant. Carried.
- V. **Actions Arising from Minutes:** Chief Franks suggested some resources or contacts be made available to seniors for specific needs that are not covered in the housing policy. Service providers such as window washing etc. could be recommended.
- VI. **New Business:**
 - **Cottage Country Family Health Team / Local Health Integration Network Meeting –** A Registered Nurse will be hired to visit members on a regular basis. All the current health services are being studied by the Ontario government, future changes on programs and funding are not yet known.
 - **AIAI Chiefs Council Update –** The Grand Chief and Deputy Grand Chief submitted their reports. Education, housing, federal rights framework, non insured health benefits and cannabis were discussed. There are concerns that the Federal framework does not discuss land claims and treaties, AIAI continues to reject the legislation.
 - **Water Project Update / S. Burnett / Indigenous Services Canada –** Funding is now available for a feasibility funding study which is underway. This funding will determine the real cost associated with the water project ongoing.
 - **LED Street Lights –** See motion below. More LED street lights are required along Muskoka Rd.38 as well as upgrading current ones. It will reduce costs over time.
 - Motion to instruct Administration to look into costs to replace current street lighting to LED lights and increase visibility in additional low lighted areas in Wahta. Carried by consensus.

Old Business/ Follow-up

- **Citizenship Code Update** – A final report will be available to members which will include survey results, one on one interview summations.
- **Administration Staffing Updates** – There is some new staff hired. Health Manager - Cindy Thompson, Education Assistant – Simon Sutherland, Family Wellness Worker - Allana Healy, NNDAP Worker - Kristan Sahanatien
- **Election Regulations Update** – Looking at election regulation irregularities, a legal opinion was obtained, and draft changes will be made. Consultation is also planned for 2019.
- **Appointment of Electoral Officer** – This needs to be completed in December or January. Look further into this for announcement at next meeting.

VII. September/October 2018 Motion Summary

08.26.05 – Motion to sign Casino Rama venue contract at a cost of \$49 000 for the January 2019 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.

10.17.05 – Motion to appoint Cindy Thompson, Wahta Mohawks Health Manager to the AIAI Health and Social Advisory Board. Carried by consensus.

VIII. Questions/Comments:

Chief Franks stated that the Remembrance Day event will take place in Bala on November 11, 2018.

Shirley Strength asked if Northern Star was still in development. Chief Franks stated that they are coming in for another meeting the following day.

VIII. Next Meeting Date: Scheduling Conflict for November 27, 2018. New date is set to Tuesday December 11, 2018

IX. Adjournment

Many Thanks Wahta from the Stock
family for (Chris)

We couldn't have done it without your
help!

Members
Families & Friends
Local Smoke Shops
Band Hall & Stores

Thank you for your generous support!



Wahta Mohawks Gym News!

We have installed new flooring and purchased a variety of new equipment for the community gym, located under the Nursing station. On February 4th from 6-8 we will be having our opening. Please join us at that time if you wish to receive instructions on the use of the new equipment or contact Amy Davidson for further information. 705-762-3343 ext. 200

Military Service Recognition Book Project

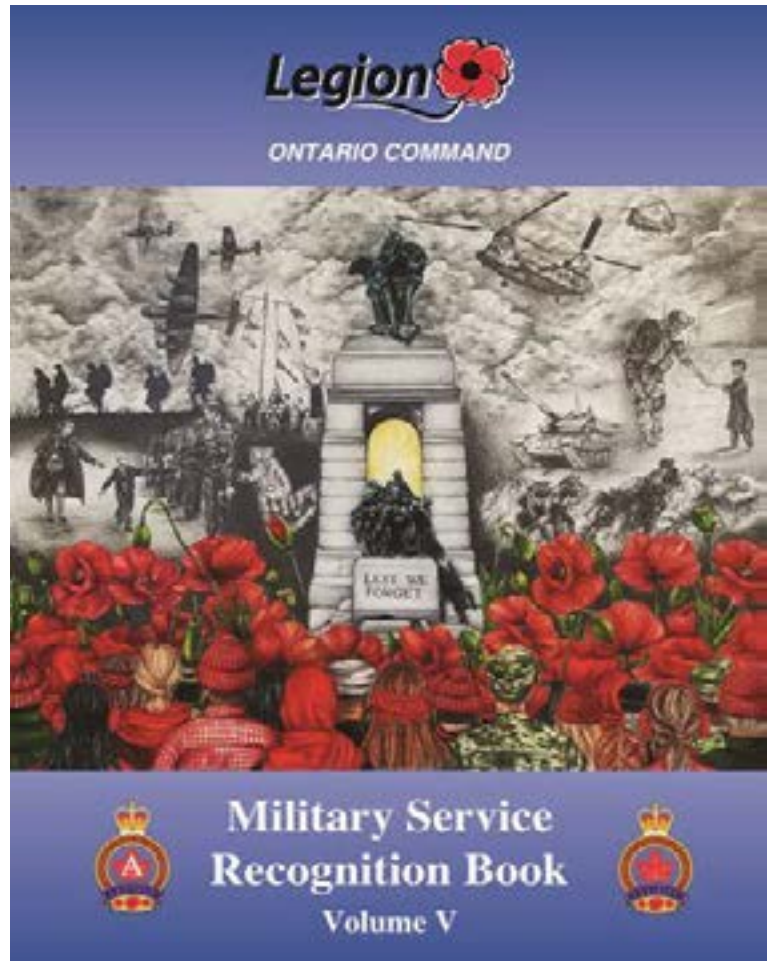
To the brave soldiers who were able to return home from far away lands and let us not forget the brave fallen soldiers who did not come home to their loved ones.

The Royal Canadian Legion is in the process of gathering information on Veterans who served in the Military. This information will be part of a book being published in late 2019.

In Volume #6 we will be publishing approximately 700 veteran submissions into a soft cover 496 page.

Submissions are now being accepted by completing the submission form.

The form can be downloaded from the Legion website at <http://www.on.legion.ca> or contact Bill Roberts at renting@xplonet.ca



Mail or hand deliver your submission to the Bala Legion along with a photo. Do not e-mail or fax your submission. See detailed information on the Ontario Command website.

Bala Legion
1011 Maple Ave
Bala, ON
POC 1A0

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
- Princess visits
- 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!



Secret Code Hand Washing Game

Read the information on the following page,
and complete the Handout to win a
Secret Code Hand Washing Bag!

Bring your completed answer sheet to the
front desk of the Administration Building to
collect your prize!

If you answer all the questions correctly you will
have the chance to win 1 of 3 \$50.00 Gift Cards
for Toys “R” Us!



Update on Coverage for Smoking Cessation Treatments

Smoking cessation therapies are used to help people quit smoking. Some people need more than one patch at a time to control cravings, and may combine patches with other forms of nicotine replacement therapy. NIHB clients are now eligible in a 12-month period for coverage of:

- Up to 36 boxes of patches (7 patches per box)
- One 12-week course of treatment, like gums, lozenges, and inhalers, or spray

If you reach your limit on smoking cessation products but want to try quitting again, ask your pharmacist to call the Drug Exception Centre and you may be eligible for more. NIHB will cover these over-the-counter products when they are recommended or prescribed by a pharmacist, so you don't need a prescription from a doctor.

The Program also covers Zyban and Champix, which are prescription medications used to help people quit smoking. Please talk to your health care provider about the right products and therapies for you.

Hand Washing Information Sheet

General Principles:

- Germs are so small that you can not see them and they are found almost everywhere.
- There are many types of germs (bacteria and viruses).
- Bacteria and viruses can cause illnesses and diseases such as: upper and lower respiratory tract infections, influenza, pneumonia, hepatitis A & B and Shigellosis.
- Washing your hands is the best prevention against these illnesses and diseases!

How to Wash Your Hands:

- Use warm, running water.
- Use liquid or pump soap whenever possible.
- Rub hands together vigorously for 10-20 seconds.
- Pay special attention to the cuticles and underneath the fingernails.
- Rinse thoroughly and dry off hands with a dry paper towel or hand dryer.

When to Wash Hands:

- After using the toilet.
- Before preparing, touching or eating food.
- After playing with animals, handling money, coughing, sneezing, or blowing your nose.

Importance of Hand Washing:

- Illnesses and diseases caused by bacteria and viruses can be very serious and can even cause death if not properly treated.
- Germs can be spread 4 ways: fecal-oral contact (ie-hepatitis A and Shigellosis), direct/close contact (ie-lice), blood contact (ie-HIV/AIDS and hepatitis B) and respiratory/airborne contact (ie-influenza and colds).

Secret Code Hand Washing Game

Actual Letter: A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
 Secret Code Letter: Z Y X W V U T S R Q P O N M L K J I H G F E D C B A

Secret code letters are in parenthesis below. Match the code letters to the actual letters to spell a word relating to hygiene.

1. Type of germ that causes hepatitis A is a _____
 (C E R T I F I C A T E D)
2. Wash your hands for at least _____ seconds.
 (C O U N T D O W N)
3. When washing your hands use _____ water.
 (C O L D)
4. Hand washing soap should be _____.
 (C O M M O N S E N S E)
5. Most important part of hands to wash is under the _____.
 (C U R T A I N S)
6. Germs can be spread at least _____ different ways.
 (C O U N T D O W N)
7. When washing your hands rub together _____.
 (C E R T I F I C A T E D)
8. The best prevention against infectious disease is _____.
 (C O M M O N S E N S E)
9. The type of germ that causes Shigella is a _____.
 (C O M M O N S E N S E)
10. The most important time to wash your hands is after using the _____.
 (C O U N T D O W N)



Name _____

I pledge to wash my hands regularly

Professional Chainsaw Operators Course

Funded through Kagita Mikam, Wahta Mohawks is happy to offer a Professional Chainsaw Operators course to interested members. This course is only available to members of Wahta Mohawks over the age of 14. Interested individuals will need to provide a letter from the registrar at the time of registration. Membership letters are available by contacting Karen Sahanatien at the Administration office.

To take part in the course, participants must supply the following equipment:

Chainsaw (Be sure that the chainsaw is purged of fuel for the classroom portion):

- Size and type appropriate for the work normally performed
- Properly sharpened, maintained and ready to work in full compliance with requirements of applicable legislation, with owner's manual (if possible)
- For field session, participants will require chain oil and mixed gas as per the owner's manual

Sharpening & Maintenance Tools

- Combination tool
- Correct size round file with handle
- Filing guide
- Depth gauge tool
- Flat file with handle
- Small screwdriver (to fit carburetor adjustment screws)
- Chainsaw grease gun, rag
- Spark plug gap tool, wire brush, emery paper
- Chain saw owner's manual
- Felling aids (wedges, axe/hatchet, felling bar (optional)

Personal Protective Equipment:

- Forestry headset (CSA approved hardhat, ear plugs and/or earmuffs, and face screen
- CSA approved safety glasses (with side shields)
- Chainsaw gloves/mitts
- Chainsaw pants/chaps
- CSA approved protective footwear with chain saw cut protection
- Reflective vest (or similar high visibility garb

******Limited funding is available to assist with the costs of required equipment. Please review your equipment before registering so you know what your needs are as you must have all of the listed equipment in order to participate******

Dates for this course are to be determined but will occur before the end of March.

To register please contact Simon Sutherland at 705-762-2354 ext. 245 or by email at simon.sutherland@wahtamohawks.ca no later then February 8th, 2019



My name is Lua Baker and I have been a dietitian for 5 years. I moved to Bracebridge from Nova Scotia when I finished University and have since fallen head over heels for this beautiful region!

I am very passionate about nutrition and feel that it is very important in contributing to our physical and mental health.

My favorite part about being a dietitian is working with people and helping support them in meeting their nutritional goals; whatever those may be! Food is functional but it is also something we can derive great joy from so I love helping people redefine their relationship with food in a healthy and fulfilling way.

Fun Fact: I LOVE BEANS! I could talk about how amazing they are all day! Packed with fiber, protein, iron AND cheap to boot- they are my favorite super food! The protein and fiber in beans, peas and lentils are good for weight management because these nutrients make you feel fuller longer. The carbohydrates in beans take longer to break down so they provide you with longer lasting energy ☺

Lua will be at the Wahta Administration Building every second Wednesday of the month from 9am -12:30pm.

Please keep your eye out for “Lua says...” coming in an upcoming Newsletter

Are you a diabetic client?

Do you have a burning/tingling/numbing sensation in your feet?

If so, come visit Zach, the onsite pedorthist at the Wahta Health Hub

All services are federally funded at no cost to the client

Booking new appointments for January 23rd and February 20th, 2019

Please call the Health Hub at 705-762-1274

Thank you.

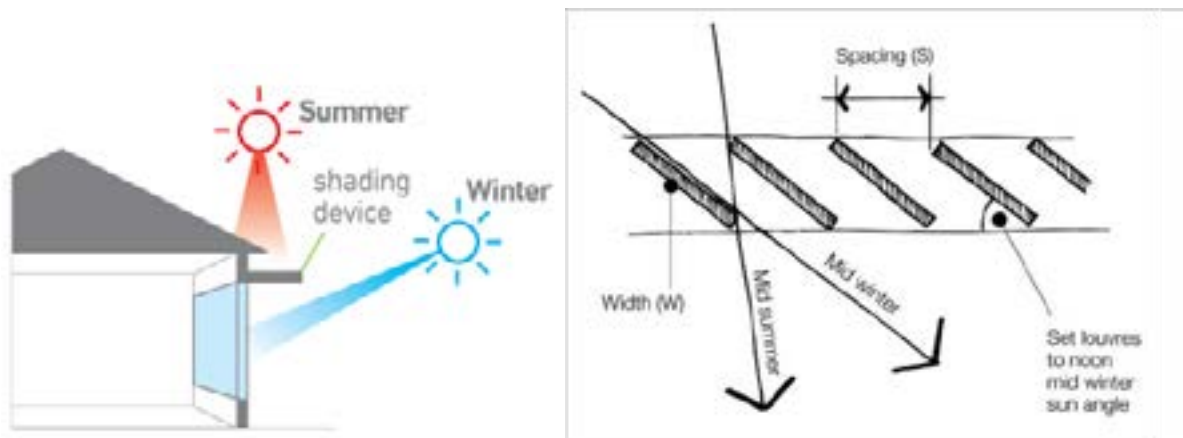




Community Energy Program Update

Many thanks to those who participated in the Community Energy Questionnaire! We received dozens of responses that will help focus efforts to use energy better in the Community. It's great to see how much Community progress has already been made as well as the interest in saving money and reducing greenhouse gas emissions while encouraging energy independence and a better quality of life. While some questions were quite personal, the way we use energy is often very personal and unique too, offering valuable reflection to help guide us forward as a Community toward making more informed energy decisions for us and future generations.

For our CCAO, we're looking into passive solar (as seen below – to exclude the Sun in the Summer, but allow it in the Winter), as it is already oriented east-west in the fashion of a longhouse, which lends itself very well to dramatically increase comfort, while reducing heating and cooling needs (by roughly 50%!); greenhouses gases and costs for decades! These principles - best done at the time of design - can also be applied to residential homes.



The Wahta Mohawks co-hosted (with the Georgian Bay Biosphere Reserve) a Community Climate Change Planning event, which brought together representation from numerous First Nations, Townships, District of Muskoka, economic development and other. About 30 attended, which created a great opportunity to start discussing a regional climate action plan.

Upcoming opportunities to further engage include presentations and at my table at the Annual Wellness Conference, with helpful information and a limited number of gift bags. We're also planning to finalise our Community Energy Plan, which offers another means to help guide us with future energy decisions. As always, you are most welcome to contact me at stefan.tylak@wahtamohawks.ca or 705-378-0048/705-762-2354 with any questions/concerns. Thanks for reading, Stefan

This initiative was made possible in part through the financial support of the Independent Electricity System Operator's (IESO) Education and Capacity Building Program. Wahta Mohawks is solely responsible for implementation of, and the content of any materials produced by, this initiative, and the IESO has no responsibility or liability whatsoever in the event that any person suffers any losses or damages of any kind as a result of the initiative.

Health Services

February Events

Community Shopping Wednesday February 6th, 9:00am pickup Barrie Mall, Sunset Grill, Contact Christine or Sherry

Good Food Box Orders Due Thursday February 7th, Contact Christine or Sherry

Diamond Dotz Monday, February 11th 10:00am-12:00pm

Seniors Exercise Wednesday, February 13th 1:00pm-2:00pm, Contact Christine to register

Colouring Monday, February 25th, 10:00am to 12:00pm

Good Food Box Arrives Tuesday, February 26th

Chair Exercise and Healthy Lunch Wednesday, February 27th 10:00am-1:00pm
Contact Christine or Sherry to register

Mohawk Language Class February 5th, 12th, 19th, 26th
From 6:30pm-8:00pm at the Administration Office
(Please note there will be no classes in the month of March)

Trip to Science North Sunday February 17th
Leaving the Administration Office at 8:30am. Returning around 7:00pm.
Please call Kristan at 705 762 2354 ext. 250 to sign up.

Upcoming Events

Trip to Ripley's Aquarium Toronto Saturday March 9th
Leaving Administration Office at 8:00am. Please call Kristan at 705 762 2354 ext. 250 to sign up

Trip to Toronto Blue Jays Sunday March 31st
Leaving the Administration Office at 10:00am. Please call Kristan at 705 762 2354 ext. 250 to sign up.

March Break Camp
March 11th – 14th from 9:00am to 4:00pm and March 15th from 9:00am to 1:00pm
Snacks and lunch will be provided.
Please contact Brittany at 705-762-2354 for more information or to register.
More details to follow in the next newsletter

POST SECONDARY PROGRAM:

Post Secondary Application Forms are available by contacting Carol Holmes ~ carol.holmes@wahtamohawks.ca 705-762-2354 x 233. Indigenous Services Canada provides the funding to sponsor post secondary students. Successful applicants must provide a copy of the Certificate of Indian Status Card. The Wahta Mohawks Post Secondary Program supports students attending schools in recognized and accredited Community College and University programs. Funding may include *tuition, books and supplies allowances and living allowances. ***tuition amounts may be capped depending on the amount being applied for.**

EDUCATION INFORMATION MEETING FOR PARENTS

The Next Education Information meeting is scheduled for March 20, 2019. Following the same format, we will begin at 5:30 following the Afterschool Program. Child care will be available from 5:30 – 7:30 p.m.

LANGUAGE VIDEO PROJECT

“preserving the voice of our language keepers”

This project was extended to allow the extra time to complete the work involved. We anticipate the completion for the end of January, with DVD and booklets available of our first Kanien’kehaka language speakers. The project product includes a DVD consisting of Speakers who were interviewed in the language and the DVD offers subtitles written in both Kanien’kehaka and English. A booklet accompanies the DVD with written format in both languages as well.

These resources will be made available once we have them completed.

Wahta United Church

Church Service will be on
February 10th at 11:00am

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





Influenza

What is influenza?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death.

How is influenza spread?

Influenza is spread mainly from person to person through coughing or sneezing. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get the flu by touching a surface or object that has the virus on it and then touching their own mouth, eyes or possibly their nose.

Infected people may be able to infect others beginning one day before symptoms develop and up to seven days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Children, especially younger children, might transmit the virus for longer periods.

How do I protect myself and others?

The flu shot is the best defence to protect yourself, your family and those you care for. It has been shown to reduce the number of doctor visits, hospitalizations and deaths related to influenza.

- Get the flu shot early and every year
- Wash your hands often
- Cover your mouth and nose when you sneeze
- Try not to touch your face
- Stay at home when you're sick
- Clean and disinfect common surfaces and items

For more information on the flu shot see the SMDHU fact sheets on [adult](#) and [child](#) influenza vaccines.

What signs should I watch for?

Influenza signs include fever, headache, chills, cough, fever, stuffy nose, sore throat, muscle aches, extreme weakness and tiredness. It is important to note that not everyone with influenza will have a fever. Some people may have vomiting and diarrhea, though this is more common in children than adults. The elderly, young children and people with chronic illnesses are at greater risk of more severe complications.

How is influenza diagnosed?

It is very difficult to tell the difference between the flu and other viral or bacterial illnesses based on the symptoms alone. Influenza is diagnosed by swiping the inside of your nose or the back of your throat with a swab and then sending the swab for testing. Only health care providers can do the swab.

What is the difference between the common cold and influenza?

SYMPTOM	COLD	INFLUENZA
Fever	Rare	Common, high (39C (102F)) Starts suddenly, lasts 3 – 4 days. Doesn't happen to everyone.
General aches and pains	Sometimes, mild	Common, often severe
Muscle pain	Sometimes, mild	Common, often severe
Tiredness and weakness	Sometimes, mild	Common, starts early and can last 2 – 3 weeks
Sneezing	Common	Sometimes
Chest discomfort	Sometimes, mild to moderate	Common, can be severe
Complications	Can lead to sinus congestion or earache	Can lead to pneumonia and respiratory failure, can worsen a current chronic condition, can be life threatening

For more information please call the Communicable Disease Team or the Vaccine Preventable Disease Team (705) 721-7330 ext. 8809.



**simcoe
muskoka**
DISTRICT HEALTH UNIT

Tel: 721-7520
Toll free: 1-877-721-7520
www.simcoemuskokahealth.org

Your Health Connection

Family Tobogganing Day



Community gathering at the hill across from the Cultural Centre for a day of tobogganing fun
We would like to have a fire for hot dogs and marshmallows so please feel free to bring some dry wood

February 1st (it's a PA day) and March 9th

Meeting at the Cultural Centre for 10am or meet us there if you know where it is!

If you have any questions, contact Amy at 705-762-3343 ext. 200

B I N G O

February 25th 5:50pm

At the Cultural Centre

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 are not charged 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 owned and operated by Zachary Quesnelle, H.Kin,
Dip PED, C.Ped(C), Pedorthist.



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
wahtamohawks.ca

YOGA CLASSES

When? Every Wednesday from 7:30-8:30PM

Where? Cultural Centre (until further notice)

Join us for relaxation and rejuvenation with weekly yoga classes that focus on stretching, strengthening and becoming one with self.



Everyone is welcome! For any questions please contact:



Allana Healey
Family Well-being Coordinator
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wahtamohawks.ca

January 7, 2019

WAHTA MOHAWK
PO BOX 260
BALA ON P0C 1A0

Dear WAHTA MOHAWK:

During the Independent Assessment Process, claimants' personal and confidential information was recorded in numerous documents, including application forms, hearing transcripts, and reasons for decisions. In 2013, the Truth & Reconciliation Commission (TRC) and the Chief Adjudicator asked the Court for direction about what should happen to the IAP records once claims were resolved.

In August 2014, after hearing the parties' submissions, the Court decided that the promises of confidentiality must be respected and confirmed that claimants and others identified in IAP records are entitled to privacy. It was decided that, prior to the destruction of the records, claimants should be notified about their right to have several of these records memorialized at the National Centre for Truth and Reconciliation.

The four categories of records were:

- 2081. Application forms;
- 2082. Printed record of the claimants' testimony (transcript);
- 2083. Voice recording of the claimants' testimony; and
- 2084. Decisions.

On October 6, 2017, the Supreme Court of Canada ruled that claimants have the right to preserve their IAP and ADR records at the National Centre for Truth and Reconciliation (NCTR) prior to them being destroyed. The courts ruled that the retention period will end on September 19, 2027, 15 years from the IAP application deadline, September 19, 2012. During that time, survivors may choose to memorialize their IAP and ADR records by archiving them with the NCTR. They can also request a copy for themselves. That choice will be brought

to their attention through a Notice Program administered by the Chief Adjudicator of the Indian Residential School Adjudication Secretariat.

As part of the notification process we are reaching out to our partners and stakeholders to ensure you have information on the resources available to pass on to any claimants that may be interested in learning more about their options

Please find enclosed copies of both the Consent Form (to archive records) and the Request Form (to request a copy of their records), as well as, Notice Program information poster, pamphlets and postcards to be displayed and distributed. There are electronic files stored on attached USB for your use, including the Notice Program information products for additional printing and informational videos. The first video is the *IAP information Video* that explains the components of the settlement agreement and the Independent Assessment Process and *My Records, My Choice – Notice Program Information Video* that helps explain the choices available to claimants regarding the disposition of their records. Both videos can be shared with survivors and community members to assist in the understanding of their options. These information products are part of the commitment; aiming to ensure IAP and ADR claimants have clear information in relation to the disposition of their records. This information enables claimants to better understand their rights

The intent is to point you toward resources that are easily accessible and support your engagement with your clients in addressing any questions or concerns that may arise in regards to these topics.

If you have any questions, please do not hesitate to contact us at 1-877-635-2648 or by email at MyRecordsMyChoice@irsad-sapi.gc.ca.

Thank you for your anticipated collaboration.

Sincerely,



Roger Tetreault, Executive Director
Indian Residential Schools Adjudication Secretariat
8th Floor, 2010 – 12th Avenue
Regina, SK S4P 0M3

Adjudication Secretariat

Secrétariat d'adjudication

1-866-960-0828

Request for a copy of my IAP or ADR records

If you made an IAP or ADR claim for compensation for residential school abuse, you can get a copy of your IAP or ADR records for yourself, to keep or share with others.

The IAP is the Independent Assessment Process for compensation for claims of abuse at residential schools. The ADR was the earlier Alternative Dispute Resolution process.

You have until September 19, 2027 to request a copy of your records. (Information that identifies other people will be removed to respect their privacy.)

To request a copy of your records:

1. fill out and sign the form below
2. give us your contact information on the next page, and
3. return both completed pages to the IAP Secretariat.

Please check the record(s) you wish to receive	
My application for compensation	<input type="checkbox"/>
The transcript of my testimony	<input type="checkbox"/>
My compensation decision	<input type="checkbox"/>
Signature _____ Date: month/day/year _____	
[If this form is signed with a mark, a witness must complete this part.] I HAVE READ this form to the person who made the mark above in my presence and who confirmed to me that he/she understands this request.	
Signature of witness _____	Name (please print) _____ Date: month/day/year _____

Residential Schools Crisis Line

If you are feeling pain or distress because of your residential school experiences, please call the free 24-hour crisis line: 1-866-925-4419.

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 **Simon Sutherland** at **705-762-3343 x. 245** or by email at **simon.sutherland@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 is at the cultural centre every Thursday. If you would like to book an appointment contact Sherry at 705-762-2354 ext. 250

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

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. 272
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
Kim North	Finance Assistant	Ext. 237
Karen Sahanatien	Lands and Housing Clerk	Ext. 222
Kristan Sahanatien	NNADAP (CHC)	705-762-3343 Ext. 203
Randell Sonmor	Capital Assets Manager	Ext. 230
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 260
Bala, On, P0C 1A0
705-762-2354 phone
705-762-2376 fax
www.wahiamohawks.com